

Mount Vernon Gazette

Mount Vernon's Hometown Newspaper • A Connection Newspaper

July 29, 2021



The money will fulfill needs in the UCM network in Mount Vernon.



Toni Ardabell, Inova's Chief of Clinical Enterprise Operations; Alison Decourcy, Executive Director United Community; Yolanda Thompson with United Community; Karen Berube, Inova Vice President, Inova Community/Population Health, J. Stephen Jones, MD, FACS President and CEO, Inova Health System

Inova Awards \$240K to Local Nonprofits

Inova Health System awarded \$240,000 in Community Health Fund grants to 14 local nonprofit organizations this month, including \$20,000 to United Community in Mount Vernon. The Community Health Fund allows Inova to invest in the community through partnerships that address population health needs and promote equity. These partnerships reinforce Inova's ability to provide world-class healthcare by supporting positive programs and opportunities that make a difference in the quality of life, health, and

welfare of the communities Inova serves, they said.

"We are very thankful for the life-changing work of our nonprofit partners in taking care of our community," said J. Stephen Jones, MD, President and CEO of Inova Health System.

The Inova Community Fund Grant will support the United Community initiative to expand its current healthy food markets at four mobile sites in under-resourced communities, serving 600 families per week. United Community will continue to

advance partnerships with healthy food suppliers at low or no cost.

One specific area United Community is targeting for assistance is the Janna Lee Neighborhood off Richmond Highway in Mount Vernon.

Each year, Inova issues requests for applications to local nonprofit organizations to apply for Community Health Fund grants. In 2021, Inova doubled its funding to a total of \$240,000 to address increased needs of residents due to the COVID-19 pandemic.

2021 Community Health Fund Awardees:

- Boys & Girls Clubs of Greater Washington
- The Campagna Center
- Capital Youth Empowerment Program
- Carpenter's Shelter Inc.
- The Child and Family Network Centers
- La Cocina VA
- Loudoun Literacy Council
- NOVA Scripts
- Central Nueva Vida, Inc.
- Our Minds Matter
- SCAN of Northern Virginia
- United Community
- YMCA of Metropolitan Washington
- The Women's Center

'Strategic Underground' Throughout County

Dominion Power is undergrounding wires throughout Fairfax County

BY MIKE SALMON
THE CONNECTION

During the frequent thunderstorms that are forecasted throughout the summer, flashlights and candles may have been the short-term answer in the past, but Dominion Energy has another option with a program they are offering called "Strategic Underground," so the lines won't be exposed when lightning strikes and other mishaps.

"Strategic Underground is a system-wide initiative focusing on shortening outages following major storms," said Dominion's Heather Montville in their promotional video, where they moved to identify outage-prone lines. "Our goal for you is to provide minimal impact," she said.

Dominion Energy Virginia's Strategic Underground Program is an initiative to shorten power restoration times following major storms, they said. Dominion Energy accomplishes this by finding the most outage-prone overhead power lines and moving them underground for protection.

"Tree limbs falling on lines and weather are two of the greatest contributors to outages," Montville said.

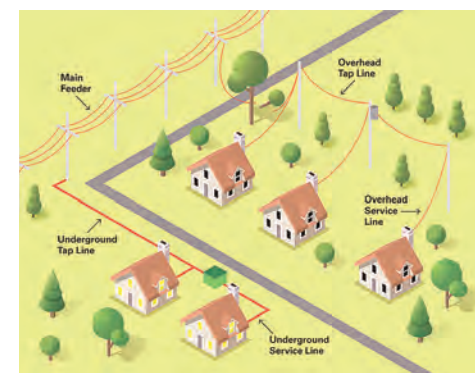
Moving the most frequently damaged power lines underground benefits customers by making outages in those areas shorter and less frequent. When crews don't have to make as many repairs after a storm, it takes much less time to restore power to all customers. Faster power restoration means that life returns to normal more quickly and decreases the economic impact on homes and

businesses across the area.

Dominion uses a data-driven process to continually analyze the performance of tap lines over a 10-year period. Those most prone to outages will be considered for placement underground. Tap lines, the overhead wires that go into neighborhoods, typically sustain the most damage during storms and require the highest number of repairs.

As of the beginning of June, they have converted more than 1,700 miles of overhead taplines and removed close to 2,500 annual outage events. These projects have directly affected almost 42,000 customers, Dominion said.

As areas and neighborhoods are identified, a project team will begin a comprehensive outreach process to work cooperatively with property owners and neighborhood groups on a plan for undergrounding portions of the lines. Dominion Energy will work closely with property owners to obtain the rights necessary to perform the work, their project



This Dominion diagram shows undergrounding advantages in a neighborhood.

information stated.

Sen. Scott Surovell and others have pressed Fairfax County to include partial funding for undergrounding power along with the Embark Richmond Highway development plan.

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. For more than 40 years, our Associates have lived in and supported Alexandria, helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com

#WeAreAlexandria



OPEN 7/31 & 8/1, 1-4PM

Belle Haven | \$2,395,000

Majestically sited overlooking the grand Potomac and Belle Haven Country Club, this home features a welcoming gallery foyer with large room sizes, wide hallways, and gleaming hardwood flooring. It has been strategically positioned with 4 balconies and a deck to maximize viewing. The main level features a study, stone sunroom, and generous living and dining rooms. The eat-in kitchen quality is exceptional and adjacent is the window-filled family room with river perspective and overlooking the stone patio. Upstairs the expansive hallway leads to 5 bedrooms including the primary suite with marble bathroom, walk-in closet, and rocking chair veranda. The lower walk-out level has an oversized garage and spectacular 1,500-bottle wine cellar. 6115 Vernon Terrace
Janet Catterson Price 703.622.5984
www.JanetPriceHomes.com

Orchard Valley | \$1,142,500

Gorgeous 4-bedroom, 2-bath, detached home on .24 acres in Alexandria City! Amazing sunroom overlooks the beautifully landscaped yard complete with a handcrafted gardening shed & dog run! Walk to Metro! 317 Lamond Place
Lisa Groover 703.919.3426
www.LisaGroover.com



OPEN SUN 8/1, 1-3PM

Del Ray | \$799,900

3-bedroom, 2.5-bath semi-detached home! Charming front porch leads to a large living room with a wood-burning fireplace. Fenced-in flat backyard. Park in the driveway & walk to restaurants & shops on "The Avenue." 33 E Bellefonte Ave.
Jen Walker 703.675.1566
www.JenWalker.com



OPEN 7/31 & 8/1, 2-4PM

Sunnyside | \$749,999

Highly sought after 3 bedroom, 2 full & 2 half bath, updated home just outside Del Ray & Old Town. Open floor plan, primary bathroom, walk-in closets, fully finished 3 levels, outdoor patio, and garage all make for easy living. 3802 Charles Ave.
Bretta Bombac 703.980.6931
www.BrettaBombac.com



COMING SOON

Hybla Valley Farms | \$620,000

One level home has been lovingly maintained and updated! Living room with wood-burning fireplace, hardwoods throughout except carpet in bedrooms, beautiful updated kitchen, year-round sun porch off dining area. 2804 Woodlawn Trail
Phyllis Sintay 703.472.3563
www.psintay.com



Fairfax | \$750,000

Meticulously maintained 4-bedroom, 3-bath raised rambler for easy one level living. Attractively updated. Generous rooms. Great storage. Family room with fireplace. BIG deck backs to trees. Near GMU & Robinson. 10440 Stallworth Ct.
Sue Feintheil 703.819.1964
www.suef4homes.com



Old Town \$1,520,000

Historic gem on coveted block of Old Town overlooks Windmill Park and the Potomac River. Formal living, dining, large family rooms plus

gorgeous private walled garden – great entertaining and living space! Four bedrooms, three and a half baths! 201 Gibbon Street

Susan Anthony 703.795.9536
www.SusanBruceAnthony.com



OPEN SUN 8/1, 2-4PM

Colecroft \$774,900

Beautifully maintained 4-level townhouse. One block to Metro, and a short walk to both King St & the Waterfront. New granite & appliances, freshly

Painted throughout. Covered front porch and private rear patio off the kitchen. Two bedrooms, plus guest/office in the basement. 564 N West Street

Peter Crouch 703.244.4024
www.CrouchRealtyGroup.com



OPEN SUN 8/1, 2-4PM

Berkshire \$559,000

Beautifully renovated three level townhouse is just a half mile from Huntington Metro! Cul-de-sac setting, new kitchen, both full baths have been

renovated, crown molding, wood floors, walkout lower level opens onto a large patio. 5819 Wyomissing Court

Donna Cramer 703.627.9578
www.DonnaCramer.com



Hunting Creek Club \$225,000

Spacious 850-SF, one-bedroom condo with panoramic Sunset view, new stainless appliances, new flooring, two large

walk-in closets, pool, tennis and parking. 5 blocks to Huntington Metro and quick bike ride to GW Parkway bike trail. 2059 Huntington Avenue #904

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Drawing the Line

How much should cities and counties be divided among lawmakers?

BY MICHAEL LEE POPE
GAZETTE PACKET

For Mason Cook of the Middleridge neighborhood in Fairfax County, the problem of gerrymandering can be understood in an afternoon commute. During a public hearing of the Virginia Redistricting Commission this week, he explained that if he were to drive from his house to his grocery store and then drop off a package at his post office he would have gone through three different House of Delegates districts.

“It makes no reasonable sense,” said Cook. “I would like to implore the redistricting commission to try to keep the south-central area of Fairfax County together.”

Speaker after speaker gave personal testimony about how their neighborhoods are separated into unintelligible pieces and connected with other communities in neighboring counties. Several brought maps to show the strange configurations and shapes created by decades of partisan redistricting, a process that has been guided by elected officials for years.

Now a new Redistricting Commission is about to have a crack at drawing new maps for the House of Delegates, the State Senate and congressional districts. Many voters from Northern Virginia are telling them they don't like the kinds of districts like the state Senate seat currently held by Dave Marsden

“State Senate District 37 currently stretches roughly 30 miles from Centreville to the center of my community,” said Bill Millhouser of Annandale. “District 37 includes numerous disparate communities with completely different issues and needs as it weaves across the county, and I think it's a perfect example of an elongated gerrymandered district.”

ACROSS NORTHERN VIRGINIA, voters say they're unhappy that their cities and counties are sliced and diced in a way that separates them from their neighbors and connects them to communities far away. One example that came up during the public hearing at George Mason University is the 11th Congressional District, which is currently held by Gerry Connolly. It includes Tyson's Corner and Reston, but it also stretches deep into Prince William County all the way to Swans Creek.

“There's no community of interest between Tyson's Corner and Swans Creek in Prince William County,” said Bill Millhouser of Fairfax County. “We hear a lot of talk about voter suppression. These kinds of congressional districts are all about voter suppression, and they make the congressional elections totally meaningless.”

Some argue that splitting communities into multiple districts is actually a good thing. If one lawmaker is apathetic to an issue or disagrees with advocates, they can go to another. Also, members of the General Assembly who are in leadership introduce very few bills, so their local jurisdictions



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

Members of the redistricting commission listen to Debora Wake, president of the League of Women Voters of Virginia, during a public hearing this week at George Mason University.

“We hear a lot of talk about voter suppression. These kinds of congressional districts are all about voter suppression, and they make the congressional elections totally meaningless.”

— Bill Millhouser of Fairfax County

can't count on them to include items from their legislative packages. As a result, some say the more the merrier in terms of local delegations. That's not an opinion that was widely shared at the George Mason public hearing.

“I would like to propose that Arlington be represented by fewer delegates and fewer state senators,” said Chris DeRosa of Arlington. “Each delegate would be more fully engaged with the Arlingtonians in his or her district.”

THE CENSUS DATA that will be used to

draw the new political maps is expected to be available in about three weeks. The numbers will offer a snapshot in time, providing a great deal of information about one point in time last year. But the numbers don't tell you much about the growth and development that's in the pipeline — large scale development in Potomac Yard or south Old Town that will bring thousands of new residents to Alexandria will reshuffle the deck in terms of relative population to the declining populations in Southwest Virginia.

“The Census data you're going to be using to draw maps this time are actually based

on data that will be two years old by the time the first election is held using those maps,” said Tom Osborne of Alexandria. “Under-populated districts mean over-representation for those areas, and over-populated districts mean under-representation, and fast-growing areas inevitably end up under-represented during the life cycle of this 10-year redistricting.”

THE HISTORY OF drawing political boundaries in Virginia is full of racism and revenge. In the 1780s, Gov. Patrick Henry tried to draw the congressional districts to deny his archenemy James Madison a seat in the House of Representatives. In the early 1900s, white supremacists in the Democratic Party instituted a poll tax as part of a Jim Crow plan to exclude Black voters from the process. Even after the last redistricting a decade ago, federal courts determined Republicans were engaged in an unconstitutional scheme of racial gerrymandering.

“Some institutions of civic life have not and do not work for all Virginians,” said Paul Berry, chairman of the Fairfax County Redistricting Commission. “Our collective effort in this process is driven by equity.”

Modern technology has made the process of drawing political boundaries extremely effective for partisan purposes. Lawmakers have access to software that can help them go block by block to rig the outcome of elections with military precision. They will also eventually have access to the latest Census data that will help them understand which areas are growing the fastest and therefore need more representation.

Del. Vivian Watts (D-39) spoke at the George Mason public hearing to request the precincts crafted by local elected officials should be the building blocks for the new maps.

“In defining community, please look at precinct lines, not sub-Census tract lines,” said Watts. “I respect the work that is done year in and year out by our local elected boards to define precinct lines. They come as close to respecting community as any building unit I can possibly describe.”

CALENDAR

DEL RAY ART CAMP

Del Ray Artisans invites youth ages 8-12 to Art Camp 2021 for a week of professional art instruction! Campers will have an immersive creative journey: painting, sculpting, journaling and other artful planned activities. During nice weather, campers will even have outdoor time to get fresh air, unwind, and replenish their creative energy. All art supplies are provided. July 26-30; \$325/child; scholarship support available. Registration at DelRayArtisans.org/event/art-camp-2021

THURSDAY/JULY 29

Savory Soiree: “Bold as Brass” - Chamber Music. 5:30 and 7 p.m. At The Secret Garden of the Rectory, 711 Princess Street, Alexandria. If you've never heard a trombone

quartet or a French horn trio, this is your moment. Hear the noble French horn and the characterful trombone showcase the arresting versatility of their instruments. Featuring Kennedy Center Horn Trio: Wei-ping Chou, Horn | James Nickel, Horn | Robert Rearden, Horn. Visit the website: <https://www.classicalmovements.com/secretgardenconcerts/>

SATURDAY/JULY 31

Tropical Teas Tasting. 10-11:30 a.m. At Green Spring Gardens, Alexandria. (Adults) Savor a selection of real and herbal iced teas that will transport you to the tropics. Flavored with tropical plants, fruits, and flowers, these teas are delicious hot or cold. Take home recipes for more exotic teas to blend yourself. Tropical accompaniments served. \$25 per person.

Register online at www.fairfaxcounty.gov/parks/parktakes (code JIW.B59M) or call Green Spring Gardens at 703-642-5173.

SATURDAY/JULY 31

Around the World Cultural Food Festival. 11 a.m. to 7 p.m. At Oronoco Bay Park, Old Town Alexandria. Around the World Cultural Food Festival, the largest outdoor cultural food festival in the Washington, D.C., metro area, celebrating the rich intercultural diversity, will take place in Oronoco Bay Park in Old Town Alexandria. The participants will have the opportunity to taste authentic traditional food from restaurant vendors while watching a diverse folk show with

Free and Open Exchange Benefits All

To the Editor:

Across the nation, state lawmakers are actively working to prevent students from having an open and equitable history education - one that both acknowledges the role of racism in the United States and portrays the lived realities and viewpoints of people in marginalized communities accurately.

As someone who was born and raised in Oklahoma before moving to Northern Virginia, I have seen this censorship first hand and the disparities in history curriculums from state to state. In the past year, my Fairfax County public high school, McLean High School, has done an excellent job incorporating a multitude of perspectives into both our English and History courses and provided several opportunities for open and honest dialogue about the discrimination faced by Black, Brown, and Indigenous communities. We have been assigned readings like *Stamped: Racism, Antiracism, and You* by Jason Reynolds, as well as had a plethora of projects centered around unheard voices. While the experiences of some, such as those of disabled and LGBTQ+ folk, have been less recognized, these conversations and assignments are exactly what history classrooms around the state and nation should look like. This free and open exchange has benefits for all students, and it has personally improved my academic

experience significantly. We must continue to acknowledge and teach about the value, cultures, histories, and modern-day contributions of all Americans, particularly of marginalized communities that are often the most invisible in many classrooms. All young people, especially students of color, deserve an equitable education and the right to learn and talk about issues such as racism and their own history.

Susan Shobeiri
McLean High, 12th Grade

Let's Have an Intellectually Honest Gubernatorial Contest

To the Editor:

As a lifelong Republican who voted for Trump twice, I'm truly dismayed by our party's reliance on false narrative and grievance-driven politics. Virginians deserve a Gubernatorial contest that's an intellectually honest contest of ideas between Youngkin and McAuliffe.

I'm obviously speaking of the Big Lie. I wish Trump had won, but he simply didn't. Who says? He lost the Nov. 4 election. He lost multiple recounts in battleground states. He lost an effort to prevent Congress from certifying the election. He lost no fewer than 86 election fraud lawsuits covering Arizona, Georgia, Mich-

igan, Nevada, Pennsylvania, and Wisconsin, including rulings by 38 Republican judges, some appointed by him. In what universe of reality is this record not dispositive?

Just the other day I heard Trump talk about "untold thousands of dead people voting," so I checked. Georgia has 2 confirmed illegal votes in 2020. Pennsylvania confirms only 1 attempt to cast a ballot on behalf of a dead person. Michigan reports no confirmed cases. You get the

idea.

I'd hate to see Virginia become a national embarrassment like Arizona. Arizona election auditors found 182 cases of potential voter fraud out of more than 3 million ballots cast. That's a fraction of 0.00006. Of the 182 cases, only 4 have led to charges. Of the 4, 2 votes favored Biden and 2 favored Trump. The Arizona "audit," cloaked in secrecy, was supposed to conclude in April. I strongly suspect they've found nothing material and are working to concoct "inconsistencies" to muddy the debate, satisfying whoever's paying them.

The Commonwealth has such a storied history, politically speaking. Our state is the home of giant political intellects such as Jefferson, Madison, Mason, Henry, etc. We would dishonor them and diminish ourselves to let Virginia become Arizona.

John Christmas
Alexandria

Man Found Dead in Apartment; Apparent Shooting

Detectives from FCPD Major Crimes Bureau continue to investigate after a 19-year-old man was found deceased Tuesday night, July 27, inside an apartment in the 3100 block of Southgate Drive in the Alexandria section of Fairfax County. Officers responded at 7:12 p.m. after a family member found Ronald Worthy Jr., of Alexandria, suffering from apparent gunshot wounds to the upper body. Fire and Rescue personnel responded and pronounced him deceased.

The investigation revealed Worthy was last seen by a family member yesterday morning. During a canvass of the neighborhood, several community members believed they heard gunshots in the early afternoon hours but no calls for service were received by the Fairfax County Department of Public Safety Communications. Cartridge cases were recovered inside the apartment. Detectives did not observe any obvious signs of forced entry into the apartment and do not believe this to be a random act of violence. The Office of the Chief Medical Examiner will conduct an autopsy to determine the manner and cause of death.

Anyone with information about this crime or who may have noticed anything suspicious is asked to please call our Major Crimes Bureau at 703-246-7800, option 3. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477), by text - Type "FCCS" plus tip to 847411.



Detectives were on the scene and continued to investigate the homicide in the 3100 blk of Southgate Dr, in the Alexandria section of Fairfax County on Tuesday, July 27. Call 703-691-2131 if you have any information to share with police.

mously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477), by text - Type "FCCS" plus tip to 847411.

Victim specialists from our Major Crimes Bureau's Victim Services Division have been assigned to ensure that the victim's family is receiving appropriate resources and assistance.

This is being investigated as the 14th homicide year to date in Fairfax County. Detectives have made 10 arrests related to the 14 homicides. In 2020, there were 6 homicides year to date.

MOUNT VERNON DISTRICT

STATION

DRIVING UNDER THE INFLUENCE/POSSESSION OF AMMUNITION BY A FELON/POSSESSION WITH INTENT TO DISTRIBUTE: Richmond Highway at Fairfax County Parkway, 7/17/21, 1:44 a.m. An officer made a traffic stop for a suspected DUI when the driver ran from the car. Donnell Jamal Tyler, 28, of Maryland, was caught nearby. Inside his vehicle were items associated with the distribution of marijuana and ammunition contained in a loaded magazine. Tyler was charged with driving while intoxicated, obstruct-

tion, possession of ammunition by a convicted felon, possession with intent to distribute marijuana and driving on a revoked license.

COMMERCIAL ROBBERY: 3100 Lockheed Boulevard (7-Eleven), 7/21/21, 12:46 a.m. A man assaulted an employee, took cash from the register and ran away. The employee was taken to the hospital for injuries that were not life threatening.

COMMERCIAL ROBBERY: 2305 Huntington Avenue (7-Eleven), 7/21/21, 5:50 a.m. A man assaulted an employee, took cash from the register and ran away.

www.MountVernonGazette.com

@MtVernonGazette

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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A Connection Newspaper



New Food Scrap Composting at Select County Farmers Markets

Nature's recycling reduces methane and lowers carbon footprint.

BY MERCIA HOBSON
THE GAZETTE

Fairfax County residents have another option for managing organic wastes such as fruit and vegetable peels, food left on dinner plates, coffee grounds, and even paper towels and napkins. Rather than grinding some of these in a garbage disposal and sending the particles to wastewater systems or tossing them in the trash where they end up as a significant contributor in landfills, people can re-purpose food waste. Instead, they can help create what some consider a magic soil amendment, compost. Composting is one method to reduce methane, a potent greenhouse gas emission generated from organic waste in landfills.

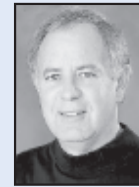
Fairfax County Park Authority is one month into hosting composting pilot programs at four of its Farmers Markets. The pilot locations are the Wednesday Mount Vernon Market at 2501 Sherwood Hall Lane, Alexandria; the Thursday Herndon Market at 765

SEE COMPOSTING, PAGE 8



PHOTO BY MERCIA HOBSON/THE CONNECTION

With a little assistance from Fritz Gottschalk, Veteran Compost, Sarah McGuire of Herndon drops her food scraps in the container at the Herndon Farmers Market location, one of four county markets selected to test the food scrap composting program.



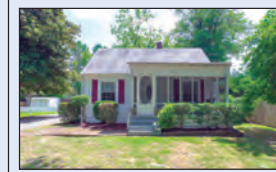
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Alex/Riverside Estates \$619,900

8503 Mt. Vernon Highway

This charming 3 level, 5BR, 2.5BA Cape Cod is the only model of its kind in popular Riverside Estates. Main level offers an open living & dining rooms w/a lovely screened porch off the dining room & nice large deck off the kitchen. The kitchen has been previously updated w/granite counters, SS Appls, white cabinets & hwd floor-2 large BRs, & a full bath. The upper level has 3BRs & 2nd full bath. The lower level has a large family room w/FPL, half bath & a huge utility room w/ample room for a workshop, & storage. Walk across the street to Mt. Vernon High School & Riverside Elementary. Mt. Vernon Estate & Pkwy are 3 minutes (S), Ft. Belvoir is 7 minutes (S), and Old Town 16 minutes (N) - Priced Well.



Alex/Engleside Village \$404,900
8425 Woodlawn Street

If you are looking for a beautifully maintained Cape Cod just bursting w/charm & perfect for a starter home, here it is!! 3BR, 1BA, double pane windows, high quality wall to wall carpet & a lovely, & well-maintained kitchen & bath. If you have small children, you can walk them next door to Woodlawn Elementary. You can sit out on your swing on your covered porch & imagine how your Great Grand Parents spent a good portion of their evenings years ago. Location - Lot-Charm & well maintained, will all come to mind as you tour this property. Shopping & restaurants are readily available up & down Route 1-Old Town Alexandria is 15 minutes (N), Ft. Belvoir 5 minutes (S), National Airport 25-28 minutes (N) & the Pentagon/D.C. 30 minutes (N). A large .32A lot w/mature trees & a beautiful backyard w/an original stone exterior FPL & a 3-person swing are inviting you to relax or entertain. The garage is detached & offers plenty of room for your car & tools. A 12x12 shed will handle your lawn equipment. Very few homes left in Mt. Vernon for <\$450K. This is ONE!



Vienna/Acadia Condo \$394,900
9480 Virginia Center Blvd. Unit 120

Beautiful 2BR, 2BA Condo located in South Vienna. Good Sized Bedrooms each with their own walk-in closet and bath. Kitchen is open to the eating area and family room & has beautiful corian countertops. Attractive laminated flooring through the kitchen, family room and hallways. Don't miss the office station and the lovely balcony off the family room. 2 convenient garage spaces below are reserved for this unit. Tremendous community amenities highlighted by a wonderful swimming pool, gym, recreational room and office room. Finally, a perfect location with quick and easy access to Rt. 66, 495 and Rt. 50. If you want to leave your car behind, a quick 2 block walk will put you at the Vienna Metro Station. This wonderful property can be yours to enjoy!!



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Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	VA State No.	Route #	Route Name	Crossing	Posted Date
WYTHE	1086	52	FORT CHISWELL RD	GALENA CREEK	7/7/2021
WYTHE	1093	52	FORT CHISWELL RD	STREAM	7/7/2021
HANOVER	6016	617	SPRING RD	SOUTH ANNA RIVER	7/6/2021
SMYTH	6345	800	ST. CLAIR CREEK RD	ST CLAIR CREEK	7/3/2021
RICHMOND (M)	8034	7542	GROVE AVE	ROUTE 195 & CSX RR	6/24/2021
SCOTT	6505	617	SHELLEYS RD	BRANCH	6/17/2021
BUCHANAN	1060	460	RIVERSIDE DR	LOONEYS CREEK	6/15/2021
BUCHANAN	1107	T1012	RAILROAD AVE	LEVISA RIVER	6/15/2021
WISE	6219	630	SOUTH MOUNTAIN RD	BAD CREEK	6/11/2021

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit www.virginiadot.org and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact, haulingpermits@vdot.virginia.gov.

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Rarely-seen Spoonbills Draw Fans to Huntley Meadows Park

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Their flat, six-to-seven-inch, spatula-like bills look like long-handled spoons swishing back and forth in the Huntley Meadows Park wetland. These are stunning birds, roseate spoonbills, and they have attracted legions to the park in recent weeks. Observers reported one on June 26 to eBird (www.eBird.org), three on July 16 and two each day since as of July 20, according to Dixie Sommers, avid birder and treasurer of the Audubon Society of Northern Virginia.

“Battalions of photographers and birders have crowded the boardwalk,” reports Larry Meade, president of the Northern Virginia Bird Club.

These are the first sightings of this bird in this park, according to the park’s manager, Karen Sheffield. “The visitor excitement has been high and the parking lot has been full,” she reports.

Bryan Watts elaborates. “Roseate spoonbills are one of those beautiful but unusual species that really attract people. There are few sites in nature that rival a flock of spoonbills flying over a southern swamp or marsh in the half light of dawn,” he says. Watts is the Director of the College William and Mary’s Center for Conservation Biology.

Roseate spoonbills are tall, long-legged, pink waterbirds. Adults have scarlet red wing patches, red eyes and pale green heads. Some admirers liken them to a Dr. Seuss storybook character. The birds have a football-shaped body, can be up to 33 inches tall, weigh 42 to 63 pounds and have a 47-to-50-inch wingspan. Young birds are a paler pink than adults.

The birds scoop up fish, crustaceans and other prey as they slowly step through the water. “Spoonbills specialize on small aquatic creatures. They swing their bills back and forth through the water, allowing the water to pass through and capture food items,” says Greg Butcher, Vice President of the Audubon Society of Northern Virginia.

Roseate spoonbills are typically seen in coastal southeastern U.S. states and South America. North America’s roseate spoonbills breed mostly in Florida and Texas. So why are they in Northern Virginia? “All the long-



PHOTO BY BARBARA JOAN SAFFIR

Roseate Spoonbill in flight at Huntley Meadows.



PHOTO BY BARBARA JOAN SAFFIR

Nature photographer Barbara Saffir said: “I was thrilled to see the spoonbills and to photograph them [at Huntley Meadows] — even after seeing the more colorful breeding-color parents and babies up close this April in St. Augustine (Fla.)”

legged wading birds, like herons, egrets, ibises and spoonbills, disperse after the nesting season,” Butcher says. “Both white ibises and roseate spoonbills are breeding farther north than they used to and so they are dispersing farther north than they used to. I saw an immature white ibis at Huntley Meadows the same day I saw the spoonbill.” Spoonbills have been recently documented in other parts of Virginia and the mid-Atlantic region as well.

“The spoonbills at Huntley Meadows Park mostly appear to be juveniles,” observes Meade.

Watts explains: “After fledging, young birds wander beyond their normal range. These birds may have been aided by the recent storm, but the late summer wandering is consistent with the pattern we see in most waders.”

A Valued Oasis

“The visitation of the spoonbills and the fact that the birds have remained for two weeks speaks volumes for Huntley’s wetland restoration project and our ongoing active management of this wetland,” says Sheffield. “The spoonbills are finding wonderful habitat, including lots to eat. This is a significant mark of wetland management success.”

Butcher adds, “They are good indicators of good water quality that can support these creatures that form the base of the aquatic food chain.”

There are six spoonbill species worldwide. “Roseate spoonbills nest in colonies with egrets, ibises and herons, typically on islands or over standing water,” according to Cornell University’s “All about Birds,” in habitats like mangroves, willows, sea myrtle and other shrubs near the water. Nests can be up to 16 feet above the ground or water.

If there’s a positive side to climate change, maybe it’s more spoonbills. “We can expect more spoonbills,” predicts Butcher. “It is almost certainly connected to global warming. It also helps that we no longer kill long-legged wading birds for their plumage.” He is refer-

ring to the late 19th and early 20th century plume hunters, people who slaughtered millions of birds for feathers to decorate women’s hats in the name of fashion. Experts say that spoonbills were common in the southeastern United States until the 1860s but virtually eliminated by plume hunting.

In 2016, the species rated a 10 out of 20 on the “continental concern score,” metrics prepared by the group Partners in Flight. While Partners in Flight considers the bird to be a species of “low conservation concern,” the loss of feeding and nesting habitats does worry many who monitor bird populations and health.

As the “paparazzi” flock to Huntley Meadows to see this rarity, the spoonbills just keep wading and swishing their impressive bills in the water unperturbed, thrilling the throngs.



PHOTO BY LARRY MEADE

Larry Meade, president of the Northern Virginia Bird Club, captured this image of the two Roseate Spoonbills at Huntley Meadows earlier this week.



PHOTO BY DIXIE SOMMERS

Roseate Spoonbills feeding at Huntley Meadows.



PHOTO BY DIXIE SOMMERS

The pair of Roseate Spoonbills that have been visiting Huntley Meadows.



PHOTO BY DIXIE SOMMERS

Dixie Sommers, avid birder and treasurer of the Audubon Society of Northern Virginia, photographed the dozens of photographers wielding thousands of dollars in optics, lined up to see the spoonbills.

New Food Scrap Composting at Select County Farmers Markets

FROM PAGE 5

Lynn Street Herndon; the Saturday Burke Market at 5671 Roberts Parkway, Burke; and the Sunday Mosaic District Farmers Market, operated by FRESHFARM at 2910 District Ave., Fairfax.

“An estimated 25-30 percent of the food we buy is wasted,” said Sharon North, Fairfax County Department Public Works and Environmental Services. “While there are many strategies to reduce uneaten food, composting is the best solution for sustainably managing wasted food. Food scraps, when properly composted, provide an excellent soil amendment. Composted organic waste can be used as a natural fertilizer, putting nutrients back into the soil.”

THE CONCEPT for the novel program came about during discussion at the July 21, 2020, Fairfax County Board of Supervisors Environmental Committee Meeting. At the time, Mount Vernon District Supervisor Dan Storck discussed many environmental initiatives, including expanding county staff’s work to recycle and reuse compost.

“It’s clear as a community, as a society, as a world that we have to move our environmental efforts along. In fact, it’s critical that we accelerate our environmental efforts. In spite of and maybe even because of COVID-19, we are learning a lot of lessons



MERCIA HOBSON/THE CONNECTION

Keep food scraps out the garbage; make compost, as seen here, the magic soil amendment.

about what pandemics are, what worldwide events can do to us as a planet, the harm that they can create, the death toll that they can wreak,” said Storck during the Committee Meeting. “I’m here to say to you that what we’re likely to face with respect to global warming and climate change will be ten times worse over the next couple of decades. So, this isn’t just a nice thing to do. This isn’t just a want to do. It is a must-do.”

The discussion ultimately led the Board to the pilot program. “In November 2020, the Fairfax County Department of Public Works and Environmental Services, Solid Waste Management Program (SWMP) launched a pilot program for residents to collect food scraps at the I-66 Transfer Station and the I-95 Landfill Complex,” said North. The two permanent sites accept food waste seven

days a week.

SUMMER OF 2021, SWMP expanded the food scrap compost program to include farmers markets. It coordinated with Fairfax County Park Authority to identify host markets that would be good candidates. They also cited one program at the year-round market run by FreshFarm in Fairfax. North said adding the market locations provided another option for Fairfax County residents who wanted to compost food waste, particularly if they had meat, dairy, and other items that do not do well in a backyard composting system.

“Food scraps collected through the pilot program are taken to commercial facilities that manage them in a more industrial process...They also can accept compostable take-out containers, plates, cups, and utensils,” North said.

At the Thursday Herndon Farmers Market, Fritz Gottschalk of Veteran Compost, welcomed market shoppers to his table. “We come here to talk to folks who come to the market. We pick up their food scraps from their homes and run them through our composting process. We use the compost on the farm or feed it to the worms and distribute it back to our residential customers,” Gottschalk said.

Asked what can go in the compost bin, Gottschalk said if the food is on your plate

and that includes meats and grains, put it in the bin. Other items include coffee grounds, paper towels, napkins, the cardboard part of the toilet paper roll, and compostable food containers, flatware, plates, and cups. No cooking grease, though, no paper towels from the garage or bathroom, tissues, or pet waste.

According to Gottschalk, the farm is at Woodlawn Estate in Alexandria, where Arcadia Center for Sustainable Food & Agriculture is located. Arcadia is a nonprofit organization dedicated to creating a more equitable and sustainable local food system through four programs. One is its Veteran Farmer Program that trains military veterans for new careers in agriculture. <http://arcadiafood.org/programs/veteran-farmer-program>

Gottschalk said the majority of Veteran Compost employees are veterans. “We work with them to get a job making compost, making something out of nothing,” Gottschalk said. The stated goal of Veteran Compost is “To fuel our growth with people and material that others pass over.”

John Dudzinsky, Farmers Market Manager at the Herndon site, said that Veteran Compost provided a good opportunity for homeowners to dispose of their food waste. The company and the program fit in well and helped with environmental sustainability. “Our Farmers Market welcomes the veteran-owned composting business,” said Dudzinsky.

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Bedridden in Burtonsville



By KENNETH B. LOURIE

It all started innocently enough: on Crystal Beach in Galveston Texas while enjoying a family vacation. Due to 11 years of chemotherapy, I have neuropathy in both feet. As a result, I never walk barefoot, especially on a beach, unless of course, I go into the water. Which on the Saturday before last. I did. When I returned to my beach chair, with my feet all sandy and wet, I elected not to put my sneakers and socks on for the 50-yard walk back to our accommodations. Oh (literally), how I wish I had.

Not 10 feet from the end of the beach was a narrow strip of road (tar, concrete, I can't remember) which we had to cross to reach the grassy margins which would then take us to our house. No sooner had I stepped left, right, left, that I felt like a buffalo which had been shot on the Great Plains, as I immediately collapsed onto a neighbor's yard swearing in pain as I landed; as the heat of the pavement seared through the bottom of both feet. As I sat on the grass with my heels clenched and my toes pointing skyward, I thought, "I'm not going to be able to walk the 25 yards to our house." Somehow, within a few minutes, I summoned up the strength to stand and somehow I managed to hobble my way home. (I'll spare you the details of the excruciating pain I endured walking up the 20+ wooden steps to get inside our house.)

The following day, I remained inside with my feet off the floor and my socks on angling for some kind of relief. The only times I had to move (to visit the bathroom) were sheer torture. Later that day, I relented and let my wife, Dina, look at my feet. She removed my bloody socks and recoiled in horror. To say it wasn't a pretty sight isn't really stating the obvious. It's stating that I was oblivious. I suffered through the rest of the night, taking only Extra Strength Tylenol for pain. It didn't really work. The next day we drove to Urgent Care.

I was seen within 15 minutes of my arrival. The physician's assistant on call removed my socks and assessed the damage. He said I had second degree burns on the soles of both feet. He prescribed an antibiotic pill, a pain pill and some medicinal cream. The cream was to be smeared on a non-adhesive bandage which then was to be placed on the affected areas and wrapped with a self-sticking, ace-type bandage which was to be changed twice a day. I was given my prescriptions and a set of crutches. Soon I was out the door - via a wheelchair, and then Dina drove us across the street to a pharmacy where we picked up our goodies. Finally, we had a treatment plan and relief was in sight. Oh (literally) how I wish it were so.

The next day was our last day of vacation. Of course I was no use to anybody as the house was cleaned and everyone packed their stuff as the cars were loaded with luggage (and back down those same 25 wooded steps). It was nearly three hours later (after a two-hour car ride) with Dina driving (don't tell the car rental place) as I squirmed in pain, until we arrived at our airport gate with yours truly getting wheelchair assistance.

Circumventing lines to drop off baggage and pass through security, with haste and super efficiency, we eventually were deposited at Gate A17 in plenty of time to make our departure. Unfortunately, the pain had not really subsided. In my mind I knew I was going to Urgent Care later that night after we arrived home in Maryland. These painkillers couldn't kill a fly let alone the pain from a second degree burn. (We were seen that night at a local Urgent Care around 11 pm. They confirmed the diagnosis, but they prescribed a more serious painkiller: percocet. Which so far hasn't stopped the pain. Duller it, maybe?)

Back at the gate, while we waited to board, a woman came over to sit next to where I had stretched out across two seats to minimize the pain. Dina explained to her the reason why I had my legs outstretched was because I was injured. She smiled and said: "Would you mind if I ... ? Stay tuned to this space for "Still Bedridden in Burtonsville" publishing Wednesday, August 4th.

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

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SENIOR LIVING



PHOTO CREDIT: E. DAVID LURIA

Encore Sentimental Journey Singers performed a concert in Fairfax, Virginia. The Sentimental Journey Singers program is a chorus for those who have been diagnosed with early or beginning moderate Alzheimer's and other memory impairments.

Music for Singers Alzheimer's Disease

New choral program gives those with Alzheimer's and other memory impairments the gift of music.

BY MARILYN CAMPBELL
THE CONNECTION

When Peter Midgley and his wife went on their first date, they discovered their mutual love of music. In fact, they were both members of the same choir. When the couple married and had children, melody-making became a major part of the family's everyday life. Though Midgley has been diagnosed with Alzheimer's Disease, the tradition of music is still a part of his life thanks to his adult daughter Debbie Caramella and the Sentimental Journey Singers program, a chorus for those in the early or beginning moderate Alzheimer's and other memory impairments.

"We learned of SJS through the adult day center my dad was attending. It seemed like the perfect fit for us because music has been a part of our family story since before we were a family," said Caramella who, as her father's caretaker, is also part of the choir. "Besides the benefits of the physical, social, and cognitive engagement that the choir provides, we have discovered that when we sing together, Alzheimer's loses its grip, and we are just a dad and a daughter enjoying what we have all our lives."

The program is part of Encore Creativity for Older Adults, a choral program for singers 55 years of age and older. Sentimental Journey Singers will begin operating in Sep-

tember in Montgomery and Fairfax counties.

"Music brings pure joy no matter where we are in life, but when there is a diagnosis of Alzheimer's or another memory impairment, music taps into another part of the

brain and it's one of the last things to go," said Anita Irvin, Executive Director, Insight Memory Care Center. Insight clients have joined Sentimental Journey Singers. "There are so many mental and social benefits from music and we saw such a positive experience from our participants that joined the choir. They very much looked forward to the rehearsals."

The season begins in September with rehearsals for the group's holiday concert. Singers and their caretakers will sing in three-part harmony. Group members will enjoy the social aspect of choral singing while

learning healthy vocal technique skills.

"Alzheimer's is a very lonely disease. It's usually you and your caregiver, so when these singers come out every week, the social interaction means a lot to them," said Jeanne Kelly, Founder and Artistic Director of Encore Creativity. "The experience will offer teamwork, confidence, a lot of fun

and incredible joy."

Tuition for 15 weeks of rehearsals is \$190 and includes sheet music, rehearsal CD, and a December concert performance for family and friends that is free and open to the general public. There are no auditions and Encore is hopeful that all care partners will also sing. There will be 15 rehearsals led by Mary Ann East, Ph.D., an Encore conductor who is also the music director at Community of Faith Methodist Church in Herndon, Va. and the Co-Founder and Director of the Capital Harmonia Community Women's Chorus.

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