

Mount Vernon Gazette

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MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION PAPER

AUGUST 7, 2008

Workhouse Offers Showcase for the Arts

New arts center in Lorton seeks to bring artists, viewing public closer together.

BY DEREK B. JOHNSON
THE GAZETTE

When the overcrowded and run-down Lorton Reformatory closed in 2002, the debate began in the community about what to do with the land the prison complex sat on.

The facilities at 9601 Ox Road in Lorton were already steeped in history. Originally established by Congress at the behest of President Theodore

“This is a world-class arts center in your backyard,”

— Tina Leone, CEO of the Lorton Arts Foundation

Roosevelt in 1910, the Occoquan Workhouse in Lorton was designed to use its own prisoners to work the land. Over the decades, it became famous as the site where 123 members of the National Women's Party were housed and mistreated after picketing Woodrow Wilson's White House in 1917, as well as a housing site for Nike anti-aircraft missiles during the Cold War.

In recent years, the prison's historical significance took a backseat to its reputation as a community eyesore. With the week-long grand opening of the Workhouse Arts Center on Sept. 19, 2008, the Lorton Arts Foundation seeks not only to transform that repu-

tation with a massive, multi-faceted renovation of the facility, it hopes to put Lorton on the map as one of the preeminent institutions of artistic expression in the Washington, D.C. area.

“This is a world-class arts center in your backyard,” said Tina Leone, CEO of the Lorton Arts Foundation.

THE EFFORTS and resources required to make that world-class center a reality were daunting. The prison complex is nearly 100 years old. The various utility lines including sewer, water and electricity all had to be replaced, as well as large-scale construction and renovation efforts on the buildings themselves. The Workhouse, currently in what is being called “Phase one,” consists of 10 buildings, mostly former prisoner dormitories, revamped into art studios, galleries, workshops and exhibitions. Classes in subjects like acting, dancing, ceramics, painting, photography and sculpting will be offered to the public and studio space will be leased out to area artists.

“There is nothing like this in the United States,” said Leone. “We've looked.”

The goal of the center is two-fold: create a regional hub that will act as a magnet both for established artists to display their work and amateur students looking to hone their



PHOTO BY SAM FUNT/GAZETTE

An aerial shot of the Workhouse grounds, two months before the center's grand opening Sept. 19, 2008.

craft.

The foundation also has plans to operate the center as a venue for festivals, events, performances and exhibitions. “Phase two” of the Workhouse Arts Center, planned for construction in 2009, will add a 300-seat performance theater, a music barn and 40 live-in studio apartments leased out to artists who will live, work and display their art on-site. Plans are also in the works to create a museum

EACH ARTIST at the Workhouse, according to Leone, has submitted their work to be reviewed by a panel of critics selected by the foundation before they become contributing members of the Workhouse Artist

Association.

Alex Beard demonstrated the versatility of the center when discussing his involvement during the opening festivities. A drawing artist and oil painter by trade, Beard will be displaying his work in the main exhibition hall, as well as conducting several workshops with children. The desire by the Lorton Arts Foundation to make the Workhouse Arts Center equally accessible to the public as well as the artist appealed to him.

“It will be one of the few places, maybe unique in this respect, where it will be able to bridge the arch between arts and crafts, the artists and the public,” said Beard, who owns studio galleries in Soho, N.Y. and New

SEE SHOWCASE, PAGE 7



Dance
Around

The Washington Ballet is bringing classes to The Athenaeum.

DANCE, PAGE 3

Saudis' Seek Medical Knowledge At Inova

Two physiotherapists observe rehabilitation methods.

BY CHUCK HAGEE
GAZETTE

Two Saudi Arabian physiotherapists toured Inova Mount Vernon Hospital's rehabilitation in August to gain insight and knowledge as to the best way to renovate and upgrade their own facilities in The Kingdom.

Sponsored by the U.S. Army and escorted by Lt. Col. Joel Craddock, U.S. Army, MSC, advisor to the Saudi Arabian National Guard, Mohammad H. Al Khalifa, senior physiotherapist, National Guard Hospital-Dammam and Yasir A. Al Khalifah, senior physiotherapist, King Abdulaziz Hospital-Al Ahsa, were briefed on IMVH's capabilities and staffing as well as given a complete tour. They also shared details of their operations and facilities with IMVH staff.

“This is a real learning experience for them. They have been and will be visiting a variety of military medical facilities but this is only one of two exposures they will receive to a non-military facility,” Craddock

said. The other is George Washington University Hospital.

“Also, I want to explain that their National Guard is a full-time, standing military force. It is not like ours. It is responsible for all internal security,” he said. The National Guard hospitals are government operated and provide full paid medical services to a large portion of Saudi Arabia's 25 million people.

There are also a wide array of non-military hospitals throughout Saudi Arabia, according to Abu Limon, a translator traveling with the group. Saudi have their choice

SEE SAUDIS, PAGE 3

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To Honor Gartlan's Mental Health Advocacy

The Joseph V. Gartlan, Jr., Mental Health Center is the name that would honor the memory and dedication of the late State Senator if a Board Matter proposed Monday by Mount Vernon District Supervisor Gerald Hyland comes to fruition.

Hyland proposed the name change for the Mount Vernon Mental Health Center, located next to Inova Mount Vernon Hospital, during Monday's Fairfax County Board of Supervisors meeting. His motion also asked that the County Executive consult with the Community Services Board in selecting "an appropriate name."

Hyland noted in making his proposal that former Virginia Governor Gerald Baliles, in his eulogy during Gartlan's funeral, stated, "None of his (Gartlan's) efforts were more significant than those on behalf of mental health."

Gartlan wrote recommendations to reform mental health laws. In 1982, he co-sponsored legislation that repealed a statute that allowed the forced sterilization of mental health patients without their knowledge, Hyland pointed out in his motion.

The Mount Vernon Mental Health Center is currently undergoing renovation. "Given Senator Gartlan's enormous contribution to Mental Health and his dedication to save Mount Vernon Hospital, I believe renaming this facility after him is a fitting tribute to commemorate his life," Hyland said.

Neighborhood Resource Fair Sept. 20

Lee District's Neighborhood Resource Fair will be held Saturday, Sept. 20, from 9 a.m. to 11 a.m., at the Franconia Government Center, 6121 Franconia Road. County staff will be available to provide information on such topics as property maintenance and use, parking issues, trash collection, health concerns and hoarding, and street maintenance.

McKay Seeks Condemnation Public Hearing

Lee District Supervisor Jeffrey McKay requested Monday that the Fairfax County Board of Supervisors direct staff to advertise a public hearing for 4 p.m., Sept. 22, to lay the ground work for the condemnation of land expediting the construction of a road improvement project at South Kings Highway and Harrison Lane. The project was initiated in 2004, according to McKay's condemnation proposal.

The hearing will be held in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Anyone planning to testify must register with the Clerk of the Board of Supervisors in advance or upon arrival at the Center.

"Although the Land Acquisition Division has been negotiating to acquire these land rights since July 21, 2008, it has been unable to reach resolution due to property owner concerns about the project. Repeated deferrals to move forward on the project have meant increases in project costs. Thus, condemnation is necessary," McKay stated in his proposal.

Under the Virginia code, "a public hearing is required before property interests can be acquired in such an accelerated manner," McKay pointed out.

Technically known as 4YPO12, the project encompasses the installation of a turn lane on South Kings Highway eastbound from South Benson Drive to Harrison Lane. It necessitates "some re-grading of existing yards, driveways, installation of a new storm drainage system and one new traffic control signal at the intersection of South Kings Highway and Harrison Lane," according to McKay's Board Matter.

To advance the project it is necessary to acquire "seven Deeds of Dedication." It is that acquisition that has stalled the project and triggered McKay's condemnation request.

SEE THIS WEEK, PAGE 6



Liane Boon left, director, Rehabilitation Services, IMVH, explains the fake produce in the mini-market and other therapy simulations during a tour of the "Easy Street" area to visiting Saudi Arabian medical personnel Yasir A. Al Khaifah center, senior physiotherapist, King Abdulaziz Hospital-Al Ahsa, and Mohammad H. Al Khalifa right, senior physiotherapist, National Guard Hospital-Dammam.

Saudis Tour Hospital

FROM PAGE 1

of using either category of facility, he explained. Each region of the country has an estimated three or four hospitals, according to Limon.

With the objective of the visit being one to gain insights in preparation for renovations and staffing of their facilities, the Saudi visitors were focused on orthopedics and rehabilitation. They also questioned their IMVH hosts on staff capabilities, requirements, and procedures.

"One of reasons we are here is to learn the best ways to improve our staffing as well as the hospitals," Al Khalifa told Liane Boon, director, Rehabilitation Services, IMVH, who led the discussions and conducted the tour for the visiting medical personnel.

"Seventy percent of our patients are able to return home after treatment. Others may go to a skilled nursing facilities if they can receive better care there than at home," Boon explained.

Traditional the average patient age in rehabilitation at IMVH has been between 50 and 55 years-of-age. "However we treat patients ranging in age from 14 to 100 plus," Boon said.

"We do a lot of family teaching to improve care when patients return home," Boon said. "Inova Health System, of which we are a part, covers Northern Virginia with a whole host of services — many specifically geared to one or more of our particular hospitals," added Barbara Doyle, CEO, IMVH.

By comparison Al Khalifa pointed out that his hospital, which is located in the eastern section of Saudi Arabia, averages 70 beds and they do not provide specialty services like a burn unit or IMVH's rehabilitation capabilities.

However, they do provide both in-patient and out-patient care. "It is a small hospital and my area has only eight employees," he said.

Al Khalifah's hospital is more than three times that size with 250 beds and offers various specialized services. The largest hospital in the nation is located in the Riyadh with 1,500 beds.

ONE AREA OF IMVH that held great fascination for them was what is known as "Easy Street." It is a rehabilitation area that enables patients, both those with physical and neuro(logical) injuries, to begin to readjust to and deal with everyday realities and challenges of the outside world.

It contains a mock grocery store with imitation produce and a check out aisle with a cash register, a simulated metro train for boarding and debarking in a wheel chair, the chassis of an automobile

with training capabilities for getting in and out, and other rehabilitation and physical facilities.

The two physiotherapists began their week-long tour by visiting military medical facilities at Fort Sam Houston, TX. From IMVH they will visit George Washington University Hospital and Walter Reed Army Hospital, according to Steve Lemon, coordinator, International Programs, Office of the Army Surgeon General.

Both Al Kalifah and Al Khalifa hold a Bachelor's Degree in Physiotherapy and serve as team leaders at their respective hospitals. They will return with their newly gained knowledge to Saudi Arabia on Friday, Aug. 8.

"Seventy percent of our patients are able to return home after treatment."

—Liane Boon, director, Rehabilitation Services, IMVH

POLICE BRIEFS

Arrest Made In Traffic Fatality

Alfredo Martinez Rivera, 31, of 13102 Kumar Road, Woodbridge, has been charged with aggravated involuntary manslaughter and driving while intoxicated in the death of 53 year-old Robert L. Thomas of 3424 Spring Drive, Groveton, Mount Vernon District.

Thomas died as a result of a head on collision Sunday, August 3, approximately 11:30 p.m. The crash occurred in the northbound lanes of Route 1 at the intersection of the ramp to I-95 in Lorton when Rivera's 2006 Pontiac veered across the concrete median striking the 1996 Saturn driven by Thomas, according to Fairfax County Police.

Thomas died at the scene, according to police. A front seat passenger in his car was transported to Inova Fairfax Hospital for non life-threatening injuries, police stated.

Rivera was also treated at Inova Fairfax for non life-threatening injuries, according to police. He was then transported to the Fairfax County Adult Detention Center.

The northbound lanes of Route 1 were closed for several hours as a result of the crash and the ensuing investigation. This is Fairfax County's 11th traffic fatality in 2008. At the same time last year there were 33, police reported.

—CHUCK HAGEE

Police Collect For Less Fortunate

A collection box has been placed at the Mount Vernon District Station, Fairfax County Police, in the Mount Vernon District Government Center, 2511 Parkers Lane, to gather "essential items for local families less fortunate than others." The drive is being conducted in conjunction with Fairfax County Child Protective Services.

"Many children in our district begin their school day without the benefit of having these items. It is very unfortunate, but it does happen," according to Crime Prevention Officer Daryl Davis.

The items being sought are: Toothpaste, toothbrushes, combs and brushes, soap, liquid soft soap, shampoo, dental floss, deodorant, diapers, and new underwear for grade school age children.

Police Educate Moped/Scooter Operators

With escalating gasoline prices more people are heading out on motorized scooters and mopeds. Unfortunately, many of the drivers of these new two-wheelers have little or no experience in manipulating them through heavy traffic. Increasingly, the results are injury and even death.

To correct that, the Fairfax County Police Department has released a new educational brochure to alert scooter/moped drivers to the rules of the road as they pertain to these gas saving vehicles. It also contains tips on how not to trade safety for economy.

"We are seeing a surge in people, some more experienced than others, commuting by moped, scooters and motorcycles, which can create safety concerns when mixing with other vehicles," said Traffic Safety Specialist Master Police Officer Bob Barton.

On July 1 a new state law went into effect dealing particularly with the use of mopeds, according to Barton. If a moped is driven over 35 miles per hour it is considered a motorcycle. This requires the operator to have additional driver's certifications and a motorcycle license.

Additionally, the moped needs license plates, proper registration and insurance, according to Barton. If a moped is driven under 35 mph, the driver does not need a license or insurance and the vehicle does not need license plates, according to the brochure. However, the driver must carry identification.

For additional information visit the web site on this issue at www.fairfaxcounty.gov/police/brochure/guide-scooter-moped-cycle-operation.pdf or call Fairfax County Police Traffic Division at 703-280-0563.

NEWS



PHOTO BY SCOTTY BOATRIGHT

125th Firefighter Graduation Class Makes History

The first mother/daughter career firefighter combination in Virginia history came into being Friday, Aug. 1, when Erin J. Gardner received her fire helmet from her mother Lt. Pamela Dailey during the 125th Recruit School Firefighter Graduation, Fairfax County Fire & Rescue Department, ceremony in the County Government Center Auditorium in Fairfax. Gardner was one of 33 firefighter recruits to graduate from the 22-week

course that night. Lt. Dailey is assigned to the Fair Oaks Fire and Rescue Station number 21. Her daughter is assigned to the Tysons Corner Fire and Rescue Center number 29.

After extensive research, it was found that only two other mother/daughter firefighter combinations exist. One in Knoxville, Tenn and the other in Wales, United Kingdom, according to Daniel Schmidt, director, Public Information, FCF&R Department.

McKay Declares War On Blight

As hard as foreclosure is on home owners they are not the only ones suffering. Dealing with this neighborhood problem is the essence of a Board Matter proposed Monday by Lee District Supervisor Jeffrey McKay.

Acknowledging that the "the three-pronged approach to mitigating the foreclosure crisis" just approved by the Fairfax County Board of Supervisors "will help individuals," McKay noted it will not address the adverse impact of foreclosures on neighborhoods. For that he proposed a different set of remedies.

"There is another aspect of predatory lending that we must address. The people who live next door to the now vacant and unkempt houses. We can — and should — do more to help the neighbors and neighborhoods that are struggling with the large impact that foreclosures have on their communities," McKay said.

"While the immediate impact of a vacant house and an unmaintained lot is visible, it's harder to see the costs to the community and to local governments who are trying to police foreclosed properties and keep them from dragging down neighborhoods," he said.

McKay noted that many local governments nationwide are passing ordinances to deal with foreclosed properties and "imposing fines on mortgage companies" that are responsible for them. To back up his proposal McKay cited and provided a copy of a Wall Street Journal article headlined, "Vacant-Property Fees Add to Mortgage Firms' Woes," published July 29.

It focused on the problems local governments are facing in having lending institution, who now own

the properties, to "step up to the plate" in maintaining them. "The idea is to get some responsibility so these buildings don't sit there and have a negative impact on the community while people argue about who is responsible," the article noted in a quote from William Good, commissioner, Inspectional Services, Boston.

"Some localities are requiring mortgage companies to register and take responsibility for vacant homes, even if the property has not yet become a formal foreclosure. The purpose is to keep vacant homes from beginning a steep downward slide in the period between delinquency and foreclosure," McKay stated.

Other local government actions cited by McKay included:

- * Adding registration fees for vacant or foreclosed properties

- * Assigning specific foreclosure driven penalties for property maintenance failures

California allows local governments to impose a \$1,000 per day fine on financial institutions that do not maintain vacant properties and miss a 14-day window to bring them into compliance.

- * Providence, R.I., enacted a "vacant property penalty" that imposes a fine equal to 10 percent of assessed valuation if a vacant property remain unoccupied and a blight on the neighborhood.

McKay moved that the issue be referred to staff "for review and analysis" of the County's legal position and ability to enact such ordinances. They are to report back to the Board of Supervisors by the first meeting in September.

—CHUCK HAGEE



PHOTOS BY CHUCK HAGEE/GAZETTE

Local rock band, "The Cool Kings," entertains residents of Janna Lee/Creekside apartment complex off Buckman Road as part of their celebration of National Night Out.

Hundreds Support Night Out

Mount Vernon neighborhoods join with police to celebrate their alliance.

BY CHUCK HAGEE
GAZETTE

Neighborhoods, housing complexes, and community centers throughout Mount Vernon District and southeastern Lee District turned out in force August 5 to participate in the 25th Anniversary of National Night Out. A crime and drug prevention event, the annual interaction between residents and police is designed to strengthen community alliances among neighbors and with law enforcement.

"This is always a good event for us. We usually get between 150 and 200 people attending," said Sandra Medrano, United Community Ministries Youth Program Coordinator, who helped organize National Night Out festivities at the Janna Lee/Creekside apartment complex on Buckman Road. That event even featured "The Cool Kings," a live rock and roll band for entertainment.

In New Alexandria National Night Out is usually held at the home of a member of the local civic association. "This is our fourth year of participation although the event is 25 years old.



New Alexandria resident Joan Darrah, vice president of the New Alexandria Civic Association, discusses community policing with Fairfax County Police Officer K.J. Baker during the community's observation of National Night Out.

It's a good chance to build community within the community," said Joan Darrah, vice president, New Alexandria Civic Association.

In addition to the camaraderie,

most of the sites also had food and beverages ranging from grilled hot dogs and hamburgers to ice cream and an array of other picnic type

SEE NIGHT OUT, PAGE 21



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OPEN SUN 1-4



Alex/Mt. Vernon \$689,900
9200 Forest Haven

One of the most admired homes in all of Mt. Vernon has finally come on the market! This beautiful 6BR, 4BA, 2FPL, Cape Cod also boasts a large 2 car garage and a stunning family room addition. Perched on a magnificent, landscaped .5 acre lot, it overlooks both Grist Mill Pk & Washington Mill Pk & is only 1 mile from Mt. Vernon Est. A combination of solid old world construction & today's modern conveniences... Beautifully finished hardwood floors thru-out, freshly painted, energy efficient replacement windows, top of the line 40K roof... the list goes on! Come see us this Sun during our Open House. We'll leave the door open for you.

OPEN SUN 1-4



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“Russian Kettlebells” — Caviar They Are Not

Don't try this without an instructor and training.

BY CHUCK HAGEE
GAZETTE

Russians don't use simple dumbbells when they exercise. They prefer “Kettlebells.” And, that takes some serious getting used to.

That was the point being made last Saturday at the grand opening of Dynamic Solutions, a new health and fitness center, at 6328 H Richmond Highway, in the Krispy Korner Shopping Center. The star of the opening was what some have described as “a cannonball with a handle.”

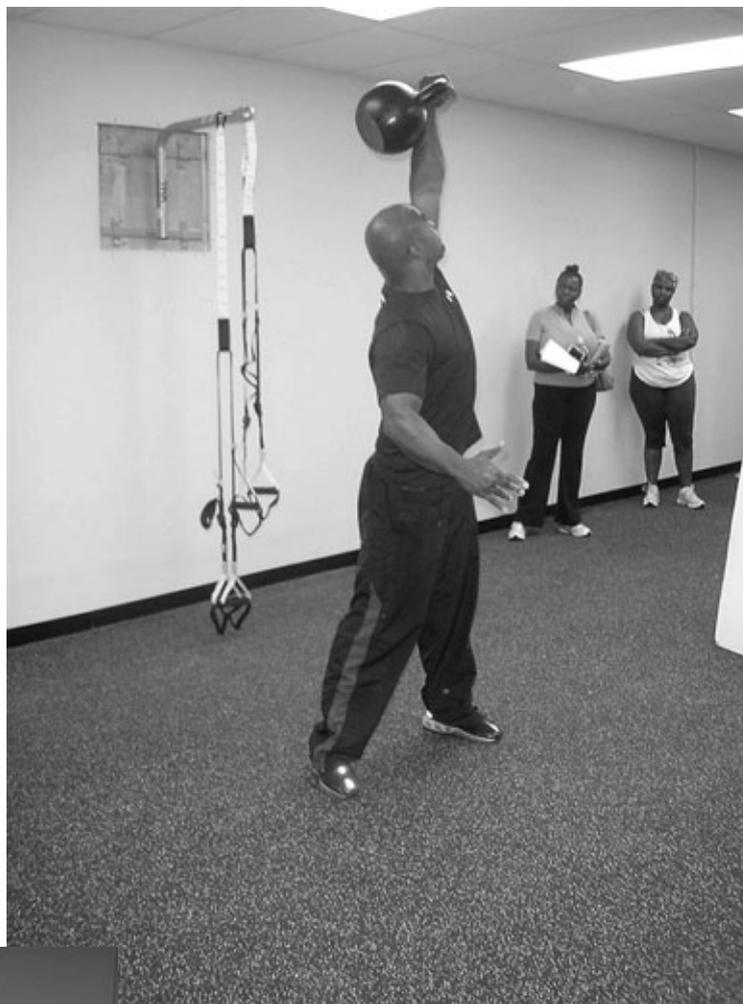
“It's an intimidating piece of equipment.”

—Darius Gilbert, co-owner,
Dynamic Solutions

Kettlebells have become popular among certain fitness groups including the U.S. military, police and fire departments, sports teams, and martial arts enthusiasts, according to Smith.

“My clients used to be mostly serious athletes who came after all the buzz the Russian athletes got in the 80's training with kettlebells. Then it became popular with the military because they noticed dramatic changes in their power and stamina,” Gilbert said. “Now I see more and more women and weekend warriors because they've heard that they can get a better workout in a shorter time. People don't have two hours to spend in a gym doing cardio and weights. They don't expect a quick fix, but they do want to see results.”

That was evident from the crowd that poured into the basement center last Saturday from 9 a.m. to 1 p.m. More



CHUCK HAGEE/GAZETTE

Darius Gilbert, co-owner, Dynamic Solutions, puts on a weight lifting demonstration using Russian “Kettlebells” during the grand opening.

Unlike traditional dumbbells and weight machines, kettlebells are markedly different. The weight is not evenly distributed. The user's body has to act as a counter balance.

Kettlebell exercise involves lifting, swinging, pressing and pulling this uneven weight. In one demonstration Gilbert pressed an 88 pound kettlebell above his head with one arm. “I normally work with 55 pound kettlebells,” he acknowledged after he lowered it to the floor.

Each movement requires not only work from the target muscle, but also from stabilizing muscles to counter the momentum and gravity. The result is a more efficient, effective total body workout, according to Smith.

The kettlebell is ideal for anyone trying to burn fat quickly, increase flexibility, mobility and agility, build muscle strength, boost energy levels, reduce stress and tension in the body, and get results fast for optimum wellness, according to Gilbert.

Dynamic Solutions is part of a new trend by fitness studios to help clients obtain overall health and wellness, Smith explained. “We do it by combining the old with the new,” she said.

Russian Kettlebells, yoga and QiCong, a meditation exercise similar to Tai Chi, are offered along with modern

services such as life style coaching, and other services at Dynamic Solutions. Additional information can be found at www.kettlebellstronginva.com.



Julie Coder, Karen Smith and Lasaun Taylor right to left, instructors at Dynamic Solutions, demonstrate the proper use of Russian “Kettlebells” during the exercise center's grand opening.

“It's an intimidating piece of equipment, but for a growing number of people, this is all they need to get a whole body workout. This is much more dynamic. It involves all the body's muscles,” said Christina Smith, co-owner, Dynamic Solutions, along with Darius Gilbert.

Used in Russia since the 1700's, kettlebells are believed to have originated as weights in the local markets and evolved as people started throwing them around for amusement.

than 70 potential customers had visited the demonstration opening before noon, according to Smith, a certified holistic life style coach and metabolic advisor. The latter teaches people how to control their diet according to their genetic makeup.

Three Dynamic Solutions instructors joined Gilbert, who is Russian Kettlebell certified, in demonstrating the proper use of the strange looking weights, that actually do resemble a cannonball with a handle, for the audience inside the health center.

THIS WEEK IN MOUNT VERNON

FROM PAGE 3

Walk Set For Aug. 26

Lee District Supervisor Jeffrey McKay reminded everyone at Monday's Fairfax County Board of Supervisors' meeting of the upcoming annual “Bridge Walk” over Veteran's Bridge, formally known as Amherst Avenue Bridge, in Springfield on Tuesday, Aug. 26 at 7:30 p.m.

“This community building event began seven years ago to mark the installation of new lighting” on the bridge, according to McKay. Beginning on the north side of the bridge, the march ends at the American Legion Plaza on the south side with music by the Kings Park Concert Band, food prizes, and more. Everyone is welcome, including family dogs on leashes.

Booster Gets Contribution

Mount Vernon High School Academic Boosters Corporation has received a \$500 contribution from T-Mobile, according to

Ron Fitzsimmons, president, ABC. “We are thrilled to receive this extremely generous contribution from T-Mobile,” he said.

“T-Mobile has a strong commitment to education and academic excellence. That is why we are pleased to support the ABC at Mount Vernon High School. It's an investment in the Mount Vernon Community that we're proud to make,” said Jane Builder, senior manager, External Affairs, T-Mobile.

“This contribution is especially timely because, like other schools in the country, Mount Vernon will be facing difficult funding issues in the next few years and we do not want our students to lose ground academically,” Fitzsimmons said.

ABC is a non-profit 501C3 organization whose mission is to “encourage academic excellence” at MVHS. Founded over two decades ago, the organization's annual budget of approximately \$4,000 is used primarily to provide grants to teachers for projects that might otherwise go unfunded, according to Fitzsimmons.

—CHUCK HAGEE

NEWS

Showcase

FROM PAGE 1

Orleans, La. "The fine artist and the true craftsman are ultimately doing the same thing."

Those points were echoed by Leone. "We will not only bring the best of the art world to Lorton, but also remain community-oriented and provide these opportunities to everyone," she said.

One local group anticipating the September opening of the Workhouse is the Springfield Art Guild. The SAG has been invited to be the first group to show in the center's main gallery space.

"The members of the Springfield Art Guild were instrumental in supporting the Lorton Arts Foundation's efforts to open the workhouse," said Sharon Mason, executive arts director for the Lorton Arts Foundation. "They have helped for five years with things like feasibility studies leading up to the county's signing of the lease. We chose the Springfield Arts Guild to be one of the first to exhibit because of the effort they made to get us to where we are."

Like the Springfield Arts Guild, many art groups around Fairfax County have no galleries, according to Mason. The Lorton Workhouse Arts Center will feature art from these groups regularly.

TO AVOID depending on county funding to prop the center up financially, Leone said she was hired in 2002 to devise a business plan that would make the Workhouse a self-sustaining entity. The center has already leased out all available studio space to local artists two months before September. Plans are underway to build a performing arts center where accredited courses will be offered.

The Foundation has also raised over \$4.7 million in the last two years through fund-raisers, including a performance by Mikhail Baryshnikov in September last year that brought in \$1.4 million.

A small army of around 80 volunteers will provide support to the 35 full-time employees expected to be on the center's payroll by September.

Beard said that he enjoyed the symbolism the center displayed in contemporary American life.

"One of the ideas I love about the Workhouse is the idea of converting a prison into an arts center," he said. "Mostly, as you go around rest of the country, the exact opposite is happening. The arts are being cut and more prisons are being built. It's much healthier for our larger culture and our society to have more arts and less prisons."



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OPINION

Seek Help Local governments, schools, authorities, should get expert, citizen input on budgets.

Local governments and school districts are facing the prospect of actually having less money in the next budget cycle, and higher expenses.

While the just-concluded budget setting included gnashing of teeth over "shortfalls," overall this meant that schools and government programs didn't get quite as much of an increase as they needed to continue spending at the same rate as before.

The looming year will be different. There will actually be less money, not less of an increase.

Many families and businesses in North-

ern Virginia have already been coping with higher costs and less income and without the option of raising the tax rate.

Fairfax County government and schools, like most local governments, are now tackling an overall analysis of where the money goes.

EDITORIAL

This is a critical exercise in a budget cutting cycle, but in addition to analyzing themselves, each locality and school system should seek the free, expert help that is available right next door in the process.

Northern Virginia is blessed with residents that include some of the top economic and policy minds in the nation. Some would be

willing to donate their time despite busy lives to analyze and bring perspective to different parts of the budget.

Each branch of local government should establish its own "Blue Ribbon Commission" (using any name each one chooses) to study these huge, complex budgets, most in the billions of dollars and containing thousands of programs.

Seek out citizens with budget and program expertise in particular areas, and set them to work assigned to specific parts of the budget. Then take their recommendations seriously.

But in tight times, it's important to resist ending programs that are needed and im-

portant, even if we could live without them for a few years.

Some programs should be eliminated; many can operate on reduced funding for a few years. But it's important to recognize that if you cut something out entirely, it will probably not be back.

Many families and businesses have faced cost cutting in the past year at a level that local governments will probably not have to achieve. But this year will require that they actually spend less than they did the year before.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

Just What is in an Address?

BY THOMAS W. CHADWICK
MOUNT VERNON RESIDENT

I read "What's in a Name" with intense interest. It's a fine article by Julia O'Donoghue on a very touchy subject.

Forty-three years ago I moved to my home in Stratford Landing on one of the farms of the original George Washington estate, "Mount Vernon." For 10 years I was a staff assistant to the late Senator Olin D. Johnston of South Carolina, then Chairman of the Senate Post Office and Civil Service Committee. He died in the spring of 1965 and I transitioned "downtown" to the U.S. Post Office Department's Headquarters, Office of Finance and Administration. Later I was appointed the first Consumer Advocate of the new and "independent" U.S. Postal Service. I became the lightning rod between the public's postal service desires and the Postal Service's desires for "efficiency" at whatever cost.

My first encounter with the problems of having an Alexandria address, although living near Mount Vernon in Fairfax County, was the rates of insurance charged for automobiles. Citizens who lived in densely populated areas at addresses in Alexandria were charged higher rates than those who lived in less densely populated outlying county areas. So, following litigious discussion, insurance companies agreed to establish rates based on Postal Service zip

code locations, instead of the old Post Office management-designated addresses.

Then came the decision of U.S. Postal Service operational management to make using zip codes on mail mandatory in order to be able to move and deliver increasing volumes of mail more efficiently. "We will deliver mail by zip code, not addresses," declared the Postal Service over and over. Postal operational management said delivery of mail would be more accurate and timely because zip code numbers were readable mechanically whereas addresses became confusing for various readers. Mailers welcomed the innovation and, surprisingly, consumers adopted quietly, first the 5-digit numbers and then the 9-digit zip codes which define numerically down to your house, apartment or whatever.

About 25 years ago, a consumer movement sprang up in the Mount Vernon area as well as in other areas like Mason Neck (Postal Service delivery address was Lorton) to change the Postal Service address to "Mount Vernon" rather than "Alexandria." The Postal Service refused for years to even think of changing because they claimed that places like Mount Vernon have "non-delivery" post offices. Mail addressed to Mount Vernon, they claimed, would be mis-sent there, and lacking delivery ability at the facility, would be delayed while routed back to the "sortation plants" for re-delivery to the "delivery office," Alexandria.

Retired by now, I asked. "Why would this happen, since you loudly broadcast that mail was being delivered by the numbers, i.e., zip codes?" By this time, about 20 years ago, I was working closely with our Supervisor, Gerry Hyland, to solve the problem. Endless calls to my successor at Postal Service Headquarters and Merrifield, the Northern Virginia Management Facility, led to more claims that postal employees would err. The argument was this: if you have a wrong address and right zip code, the mail would be delivered to the wrong address. Conversely, if you have the right address and the wrong zip code the mail would be delivered to the wrong zip code address.

Finally, Supervisor Hyland and I went to Merrifield to meet with the Northern Virginia Postal Manager, but that, too, failed to get anywhere. The attitude was: you can tell your constituents to use Mount Vernon in the address, but if you do, we cannot assure your mail will be delivered at all, much less not delayed in delivery. With that statement, we could not go back and tell people to use "Mount Vernon" in the address. Some progress was made, however. Sometime during all this debate, the Postal Service authorized consumers in Mason Neck to switch from the old address, "Lorton," to "Mason Neck."

As a last resort, I addressed six batches of test envelopes to myself as follows: Each envelope bore my correct name, my correct

street address and the correct zip code for my area. That is, the envelopes all had: Thomas W. Chadwick, 8723 Waterford Road, Virginia, and zip code 22308. However, each envelope had a different geographical location in front of the state "Virginia," and the zip code. The locations the envelope addresses bore were: Alexandria; Stratford Landing; Mount Vernon; Union Farm; Fairfax County; and on one envelope, simply "Virginia." I sent these batches of test envelopes, with postage affixed, to friends in California, Minnesota, New York, Texas, Missouri, South Carolina and Florida. These friends were asked to mail all of the envelopes on the same day.

All of these envelopes were delivered to my home within the delivery standards set the Postal Service. None were mis-delivered, delayed or lost.

My opinion then, and through the years, has been that postal sorting systems and postal employees are all smart enough to assure delivery of the mail, regardless of how it is addressed, as long as you use the correct street address and state and the right zip code.

It's about time the Postal Service lives up to its promise to consumers to deliver mail "by the numbers" and not by political address. That way Gerry Hyland and I can use "Mount Vernon" and Richard Seltzer can use "Alexandria" or even "Hollin Hills," if he chooses.

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LETTERS

Influence of Environmentalists

To the Editor:

A concern shared by some voters in previous elections was what role, if any; evangelical beliefs would have in shaping public policy. How often did we hear that if a candidate endorsed by the likes of Jerry Falwell, Pat Robinson or James Dobson got elected, the light of liberty would quickly succumb to a dark and oppressive theocracy? Long on rhetoric but short on specifics, Democrats did their best to frighten voters. And while evangelical candidates were a reliable vote against gay marriage and unfettered abortion, once in office their behavior hardly matched the hyperbole coming from the people who opposed them. Abortion is still legal, gays are busy redefining marriage and the government is hardly a theocracy. In other words, the impact evangelicals had on policy was negligible.

If only the same could be said of those who worship Mother Earth! With apocalyptic warnings of global warming and vapid promises to save the planet, the environmental lobby holds considerable sway over today's Democrat Party. While Republicans have been accused of being in the pocket of the religious right, little has been said about those pulling the strings of the Democrat marionette. Their influence goes far beyond simply singling out behaviors as morally wrong; it reaches deep into everyone's wallet. Efforts to lower gas prices by increasing the production of domestic oil have met with fierce resistance from the environmental lobby. Far too many environmentalists view the combustion engine with the same jaundiced eye the Temperance Movement had for distilleries. Our energy bills remain unnecessarily high because efforts to produce more fuel clash with environmental beliefs. And those beliefs ultimately influence how

Democrats vote. While evangelicals may have caused some voters to feel like sinners at least it didn't cost them every time they pulled up to the pump.

Thomas M. Beattie
Mt. Vernon

Good Energy Ideas

To the Editor

Gas prices recently reached an all-time high. Families are feeling these prices every day, forced to make tough choices and looking for relief.

Sen. John McCain says he has a plan – a Gas Tax Holiday. This isn't a plan with Virginia families in mind. The truth is Sen. McCain's plan would save Virginians no more than \$30 over the entire summer – only half a tank of gas! In turn, it would cost our state over \$188 million that we need for our roads and highways and over 6,000 jobs across the commonwealth.

Sen. McCain's plan is exactly why we need real change and why I am supporting Sen. Barack Obama this November. Sen. Obama will move aggressively to reduce our dependence on foreign oil. He's proposed investing \$150 billion over 10 years in renewable fuels, a plan that would create 5 million new, good-paying jobs.

To help Virginia families immediately, Sen. Obama has called for a second stimulus package. He would also enact a tax cut for the middle class that would mean up to an additional \$1,000 annually in the pockets of Virginia families.

He also believes we need to force the energy companies to use or lose 68 million acres of federal oil and gas leases they're stockpiling, and he's offered a plan to close loopholes to curb energy speculation that's driving up the cost of oil.

We need leaders who are willing to stand up and tell us not only what we want to hear, but what we need to know. It is time for

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4003 Belle Rive Terrace
\$4,800,000

Riverfront Estate!

Prime Mount Vernon location with the most breathtaking river views you have ever seen! Over 11,000 sq ft of living space with five bedrooms including river view MBR suite on main level with enormous luxury bath & huge closets. Dramatic river views from every corner of the home! Extensive balconies, deck and roof deck capitalize on the majestic setting high above the Potomac River!



OPEN SUN!

9101 Peartree Landing
\$859,000

Classic Colonial! Gorgeous Pool!

\$110,000 Price Reduction! Stately Georgian Colonial in prime location on quiet cul-de-sac just off the GW Pkwy. Three finished levels, bright and open floor plan, stunning master suite and oversized two car garage. Spectacular open kitchen/family room leads to gorgeous back yard with custom pool. Open Sun 1-4pm. S GW Pkwy, past estate, R Peartree Lndg.



Mount Vernon Grove
\$998,900

Stunning New Home Under \$1,000,000!

Wakefield Homes provides potential opportunity to build a truly astounding amount of instant equity! Build this spectacular custom home at a fraction of its originally intended price! Bright and open floor plan, high ceilings, large rooms, granite counters and all the other bells and whistles you would expect in over \$1,000,000 luxury homes! Limited pre-construction opportunity - call today! (Pictures of similar houses in different locations).



4417
Tarpon Lane
\$550,000

Huge Potential!

This exceptionally spacious home was custom built to capitalize on the natural beauty of its wooded grounds. Fabulous open floor plan and large room sizes provide bright, airy environment. Five bedrooms include three, including MBR, on the main level. Stunning 18x12 upper level room with cathedral ceiling provides unique artist's studio or home office. Oversize two car garage. Walk to community Marina.



4212
Dandridge Terr
\$619,000

Classic Center Hall Colonial!

Great New Price! Spacious 4BR home has master suite with private bath, open kitchen/family room, granite counters in kitchen, updated baths, replacement thermal pane windows, hardwood floors, walk-out lower level and oversized 2 car garage. Prime location on large fenced lot on quiet Southwood cul-de-sac.



8620
Curtis Ave
\$495,000

Large Home! Small Price!

This is one of Mount Vernon's most exciting opportunities! Spacious four bedroom home in great condition with large room sizes, gorgeous hardwood floors, three full baths, master suite with private bath, eat-in kitchen, masonry fireplace and full walk-out lower level. Prime location on exceptionally large lot convenient to everything!



4307
Sheridan's Point
\$939,000
Georgian Colonial!

Large Price Reduction! Classic Colonial in prime Mt Vernon

location. Home has a combination of location, size and features typically only available in \$1,000,000+ homes! 3 finished levels, open kitchen/family room, stunning master suite, dramatic sun room overlooking private fenced yard. Stately updated home is in pristine condition.



8824 Stratford Lane
\$1,275,000

Rare 2 Acre Lot!

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Alexandria
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3842 Old Dominion Mill Drive

BEN GROUBY 703.362.2891



Alexandria
\$459,900

EVERYTHING'S DONE

Just listed brick end-unit TH, 3 bedroom, 3.5 bath, den, family room with fireplace, den, backs to trees, fenced yard, a perfect "10." EZ commute, All Kingstowne Amenities!!

7420 Gadsby Square

LOUISE DEVERS 703-795-9944



OPEN SAT. 1-4

Alexandria
\$353,900

IN THE HEART OF OLD TOWN

Beautifully upgraded 2BR/2BA home featuring a step down LR & separate BR's level, which gives unlimited privacy & enhance the property spaciousness. Walk-in closet in MBR, double sink, sep. shower & oversized tub. California kitchen w/built-in serving counter. New SS appliances, granite, HVAC system, light fixtures & windows. Gleaming hardwood floors in foyer.

275 S. Pickett Street #301

ELIZABETH SACHERO-PEREZ
703-774-7448



OPEN SUN. 1-3

Old Town North
\$489,900

NORFOLK LANE GEM

Fabulous 2 bedroom, 2 bath, Light-Filled, Brick End Unit in Quiet Heart of Old Town Greens. Beautiful Hardwood Floors, Unique "Deux Tablx Dans Une" Kitchen, Garage, Pool and Tennis Courts. To View 700A Norfolk Prior to Open House Call Philip G. Matyas at 703-518-8727.

700A Norfolk Lane

PHILIP G. MATYAS 703.518.8727



OPEN SUN. 1-4

Alexandria
\$839,000

BEST PRICE IN LEE MEWS!

Lovely brick end TH features formal living room & dining room, updated kitchen with Corian counters, built-in bookcases, crown molding, hardwood floors throughout, family room, fireplace & great storage. Double French doors lead to brick patio and 1 assigned parking space.

426 North Saint Asaph Street

MARTINE IRMER 703.346.7283



ALEX/OLD TOWN
\$750,000

CLASSIC BUNGLOW

Updated & expanded 3BR, 3BA Bungalow with 2 story addition!

Open floor plan, large eat-in kitchen, MBR suite with bath and generous closet & recreation room with private bath. All new windows, HVAC, roof, appliances, plumbing, fixtures & refinished hardwood floors. Open front porch, deck, fenced yard & detached garage. Walk to shops, restaurants, farmer's market & METRO! This unbelievable price is the seller's bottom line- no negotiation please!

107 East Windsor Avenue

EMILY CAPELLI 703.472.1282

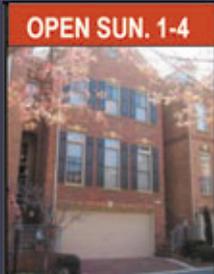


Belmont Bay
\$414,900
YOUR NEIGHBOR HAS A HELICOPTER YOU CAN HAVE THE BOAT

Take a short drive to see this beautiful planned waterfront community w/golf course, marina & VRE station out your door. Short commute to DC, Quantico, Ft. Belvoir, Old Town. Built in '04, shows like a model with over \$100K in upgrades. Riverfront pool, gym, garage, bike trails, wildlife refuge & more! Vacation/Resort style living just mins. away. Other units available.

440 Belmont Bay Drive

DELAINE CAMPBELL 703.518.8740



OPEN SUN. 1-4

Alexandria
\$899,900

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Sophisticated living at it's best in this NV built 1 owner home. Immaculate 4 finished levels, 4 BR, 4.5 BA, custom wood trim, fluted columns, shiny wood floors, neutral carpet and dramatic tray ceiling with indirect lighting in the MBR. Landscaped yard with large patio, lighting and in ground irrigation system.

1675 Hunting Creek Drive

ANN LOGSDON 703.568.8433



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Superb opportunity to lease a premier residence with spectacular river view overlooking the Potomac. This elegant 2BR and library corner residence features a huge roof top terrace unique to only 3 homes at Porto Vecchio! Splendid entertaining/gardening possibilities! Remodeled kitchen, beautiful appointments & windows galore. 3 exposures! Amenities!

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PAT TIERNEY 703.850.5630



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Alexandria \$1,149,000
Gracious 3 level, 3 bedrm, 2.5 bath Colonial w/large family rm. 1 fireplace & amazing yard. Off-street parking. Convenient to Old Town & Del Ray.
211 W. Uhler Terrace
Christine Garner 703-587-4855



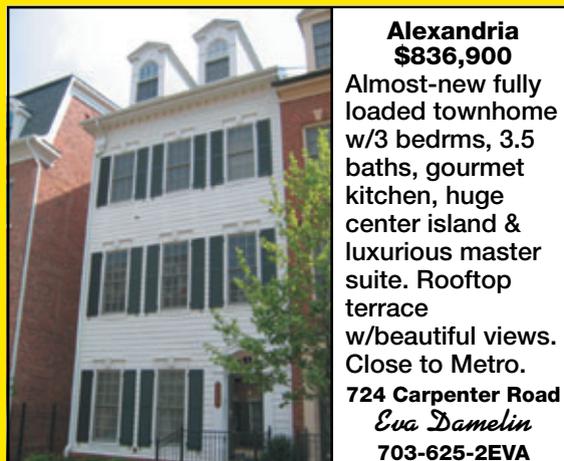
\$329,000
Charming beauty! Stylish 2 bedrm w/huge LL, storage, workout rm, hardwd floors & balcony. Stunning!
4819 30th Street #B-1
Sue Feintheil 703-819-1964



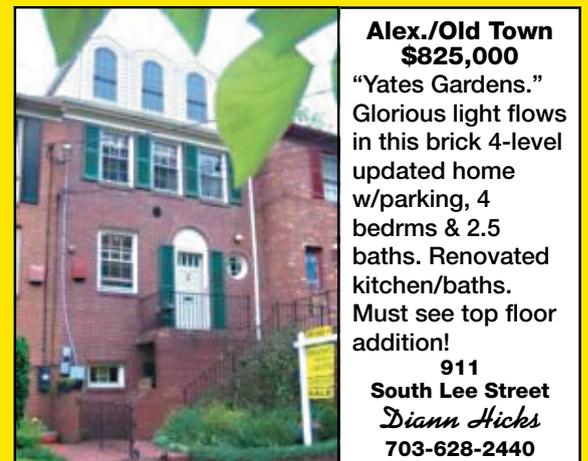
Alexandria \$625,000
Just listed & perfectly priced! Center hall Col. in prime location w/4 upper lvl bedrms & 2.5 baths. Hdwd flrs, FP, large lvl fenced yard & walk-out LL. Well-maintained. One block to pool.
8721 Camden Street
Joni Koons 703-209-7277 • Greg Koons 703-209-7678



Arlington \$1,599,000
New 3 level, 5 bedrm, 5.5 bath Arts & Crafts home on 10,000 s.f. level lot! Open floor plan is ideal for entertaining or casual living! Convenient to shopping, restaurants, & D.C.
3118 Kensington Street
Christine Garner 703-587-4855



Alexandria \$836,900
Almost-new fully loaded townhome w/3 bedrms, 3.5 baths, gourmet kitchen, huge center island & luxurious master suite. Rooftop terrace w/beautiful views. Close to Metro.
724 Carpenter Road
Eva Damelin 703-625-2EVA



Alex./Old Town \$825,000
"Yates Gardens." Glorious light flows in this brick 4-level updated home w/parking, 4 bedrms & 2.5 baths. Renovated kitchen/baths. Must see top floor addition!
911 South Lee Street
Diann Hicks 703-628-2440



Alex./South \$499,999
Updated 3 bedrm, 2 bath Rambler w/fantastic rec rm addition. Renovated kitchen, new hall bath & large fenced backyard. Minutes to Van Dorn Metro, I-495 & shops/restaurants of Kingstowne & Old Town.
6017 Mayfair Lane
Jennifer Bobsein 703-835-1256



Alexandria \$157,000
Light & bright, spacious 1 bedrm, 1 bath condo overlooking trees. Lovely updates thru-out. "Wall of Windows." Marble tiled foyer & kitchen. Huge balcony. Lots of storage. Tucked away just inside Beltway!
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Marianne Wells 703-869-1320



Alexandria \$589,900
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5769 Governors Pond Drive
Bob Bazzle 703-599-8964



Alexandria \$869,900
Beautiful 4-lvl TH convenient to D.C., Pentagon & O.T. 4 bedrms, 3.5+.5 baths, hardwd flrs & big walk-in closets, 2-car garage. Community amenities include pool & tennis courts.
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Bob Bazzle 703-599-8964



Alex./Old Town \$732,000
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ALEXANDRIA/BEVERLY HILLS \$659,900



Best Value in Beverly Hills! Adorable Three-Bedroom

This is by far the best value in Beverly Hills! This adorable three-bedroom home has granite and new cabinetry in light-filled kitchen, separate dining room, spacious living room, and supersized TV in family room that conveys! Large fenced backyard is completely flat! Main-level master bedroom. An amazing deal.

Sue Goodhart
703.263.8321
www.suegoodhart.com
MLS ID# AX6623104



ALEXANDRIA \$414,900



A Classic Colonial on Colonial!

Beautiful three-bedroom townhouse - Great Location - Terrific Touches - Don't miss this one! Hardwoods grace the living and dining room on main level and all three bedrooms upstairs. Finished basement has a fireplace, full bath, and separate laundry room, too. Fun patio out back for summer barbecues and entertaining. See pictures online today at www.jenwalker.com.

Jennifer Walker
703.675.1566
www.jenwalker.com
MLS ID# AX6834327



OLD TOWN ALEXANDRIA \$1,149,999



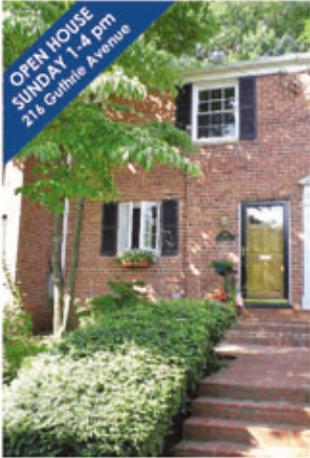
New Listing!

Just steps away from the Lee Street Park and the River is this impeccably restored residence by one of Alexandria's premier builders. All historic elements have been preserved in this circa 1820 home. The spacious double parlors that lead to a deep walled garden offer room for daily living and entertaining. The top-of-the-line kitchen adjoins a warm and inviting dining room with fireplace. Additionally there are four bedrooms and two-and-a-half baths.

Sissy Zimmerman
703.989.9779
www.sissyzimmerman.com



ALEXANDRIA \$424,000



Warwick Village

Lovely three-bedroom row house in Warwick Village. Hardwood floors throughout the main and upper levels. Designer paint colors throughout. A renovated basement with a huge full bath and a backyard to die for. Feel like you are living in a park, yet so close to the fun and bustle of Del Ray.

Elizabeth Lucchesi
703.868.5676
www.LizLuke.com



ALEXANDRIA \$899,000



Russell Road

1940s brick colonial welcomes you with character and charisma. Updated kitchen, living room, dining room and library on the main level, three bedrooms up and a finished basement providing numerous storage opportunities. The outdoors are just as impressive, providing a screened porch, small "greenhouse" and hot tub set among private gardens.

Elizabeth Lucchesi
703.868.5676
www.LizLuke.com
MLS ID# AX6826909



OLD TOWN ALEXANDRIA \$469,000



Big Yard!

This Old Town rowhouse has the perfect yard for entertaining or pets. Renovated kitchen, two baths, screened porch, patio, and more. Easy access to Metro, restaurants and shops.

Lisa Smith
703.201.3102
www.LisaLSmith.com



ALEXANDRIA/PORTO VECCHIO \$625,000



Upscale Living

Two-bedroom unit in Alexandria's premier waterfront community featuring an eat-in kitchen with new maple cabinets and stainless appliances, formal dining room with water views, glassed-in sun porch, large master bedroom with master bath and dressing area. Condo amenities include limo service, Metro service, pool and gazebo on the water with picnic area.

Brian Murphy
703.823.6644
www.mceneaney.com
MLS ID# AX6737680



ALEXANDRIA/DEL RAY \$559,000



Del Ray - Mount Ida

Three-bedroom Tudor on a quiet street with flowers everywhere in the charming yard. Newly painted interior and refinished hardwood floors. Additional features include sunroom, enclosed porch, updated kitchen, separate dining room, and garden shed. Minutes to Metro, Del Ray restaurants, coffee/ice cream shops, and Pentagon City.

Anne Martone
703.525.1900
www.mceneaney.com
MLS ID# AX6822470

OLD TOWN ALEXANDRIA \$2,650,000



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Ready to be transformed back into a stately residence by someone with the knowledge and vision to return this historic home back to its early graciousness. Built in 1784-1785, this property has undiscovered history and secrets yet to be told. Call for an appointment to see.

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SCHOOLS

BSA Troop Member Royce Sims Donates His Hair to Locks of Love

After growing his hair for 18 months, Royce Sims, a member of BSA Troop 993 in Mount Vernon, had 10 inches of his hair cut for charity. Royce donated his hair to Locks of Love in June. During the troop's Court of Honor in June, Royce shared his story of growing his hair. He said the worst part was trying to comb the tangles out and the best part was knowing another child would benefit by having a hair piece made from his hair.



Royce Sims, before



Royce Sims, after

SCHOOL NOTES

Prior to reporting to school, every student entering the sixth grade in Fairfax County Public Schools (FCPS) during the 2008-09 school year is required to receive a booster dose of the tetanus, diphtheria, acellular pertussis (Tdap) vaccine if at least five years have passed since the last dose of tetanus toxoid-containing vaccine (DTP, DTaP, DT, or Td) was administered. Effective with the 2006-07 school year, Virginia law requires that students cannot begin school in the fall without documentation of having had the Tdap booster or hav-

ing had a tetanus-containing vaccine within the past five years.

Each student who is 11 years old should get the Tdap immunization, and his or her parent or guardian should provide documentation to the school as soon as possible. If the student is still 10 years old, a parent or guardian should check with the child's physician to see if Boostrix is being used. If not, the student must wait until his or her 11th birthday to receive the immunization. The Tdap booster vaccine can be obtained from a pediatrician's office or

from the Fairfax County Health Department. Fairfax County Health Department clinics will administer the vaccine at no charge on Mondays and Wednesdays from 8 a.m. to 3:30 p.m., on Tuesdays from 10 a.m. to 6 p.m., and on Fridays from 7:30 a.m. to noon at the following locations:

- ◆ Mount Vernon Clinic, 8350 Richmond Highway, Suite 233, Alexandria, 703-704-5203.

- ◆ Springfield Clinic, Cary Building, first floor, Suite A100, 8136 Old Keene Mill Road, Springfield, 703-569-1031.



BSA Troop 993 Celebrates its 50th

Boy Scout Troop 993 in Mount Vernon is celebrating its 50th anniversary on Sunday, Aug. 17 from 11:30 a.m.-1:30 p.m. Chartered in 1958 by Wesley United Methodist Church, Troop 993 would like to borrow "artifacts" from former Scouts for the reception. Your stories are welcome, too, at the Facebook page: <http://www.facebook.com/group.php?gid=26204220551&ref=mf>

Former scouts, previous leaders and the public are invited to attend the reception. RSVP to Dottie Dilts at 703-360-0940 by Aug. 10. Wesley United Methodist is located at 8412 Richmond Avenue, Alexandria.

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5pc Set
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All-Star Swimming Season Winds Down

The Northern Virginia Swimming League (NVSL) held their individual all-star meet on Aug. 2 at Little Rocky Run pool in Centreville.

Top swimmers from each of the 17 divisions competed for the honor of league's best swimmer in their respective event or events. Individual medley races started first and the team relay events were eliminated. Regardless of the abbreviated contest, those in attendance witnessed close finishes and dominating performances alike.

Though all the swimmers who competed represented the elite in the NVSL, a few stars shone brightest. Winners of multiple events included: Cassidy Bayer of Mount Vernon (girls eight and under backstroke and butterfly); Miller Surette of Lee-Graham (boys 9-10 breaststroke and IM); Suzanne Dolan of Overlee (girls 9-10 freestyle and backstroke); Janet Hu of Mosby Woods (girls 11-12 freestyle and IM); Alessandra Troncoso of Old Keene Mill (girls 13-14 breaststroke and IM); Sean Fletcher of Hunter Mill (boys 15-18 butterfly and IM); and Ashley Danner of Cottontail (girls 15-18 breaststroke and IM).

Hu and Danner turned in some of the day's most impressive performances. Hu won her freestyle event by almost two seconds (27.85) and her IM event by more than five seconds (1:08.45).

And there was no shortage of thrilling finishes, either. Fletcher captured his first win, in the individual medley, by only .03 seconds over Bradley Phillips of Pinecrest. Even closer, Matt Weinberg of Orange Hunt defeated Michael Hallock of Fox Mill Woods in the boys' 15-18 backstroke by only .02 ticks in the day's most heart-pounding finish. In all, 12 races were decided by .18 seconds or less.

Still, perhaps nothing captured the thrill of All-Star Saturday quite like the final race. In the last heat of the last event — girls' 15-18 butterfly — Elizabeth Hall of Poplar Tree sped to a record finish of 28.93 seconds.

The time broke the record she had tied at the Divisional Meet the previous Saturday and which had

been set 24 years ago, by a mere one-hundredth of a second.

THE NVSL-DIVING DIVISION (NVSL-Dive) crowned individual champions in eight different categories at its annual All-Stars Dive Meet on Aug. 3 at the Dunn Loring Swim Club in Vienna.

More than 170 divers from across Northern Virginia earned the privilege to compete at All-Stars through the performances at the eight individual division championship meets that were held on July 27.

Divers in the following categories competed: freshmen (10-and-under); juniors (11-12); intermediates (13-14); seniors (15-18).

NVSL-Dive is a league comprised of 47 teams from community pools throughout Northern Virginia. The teams are seeded into eight divisions based on the strength and depth of their teams. Each week, as many as 1100 divers competed in 23 dual meets with other teams in their divisions. Team championships are determined based on the results of these meets. Following the conclusion of the regular season, each division holds an Individual Divisional Championship Meets, which determines who was eligible to compete in the All Stars Meet.

Full results are posted at: www.nvsl Dive.nvblu.com.

THE COLONIAL SWIMMING LEAGUE (CSL) also held its annual All-Star meet on Aug. 2 at Burke Centre. There were 35 different swimmers who took first-place medals.

The top individual performers included Hayden Village's Christopher Crapco, who won all three of his events for the third consecutive year. The Broadlands Piranhas had three triple-winners — 8-year-old Isaiah Fitzgerald, 12-year-old Kristin Haufler, and 14-year-old Alli Haufler. Matt Jones, a 12-year-old representing the Burke Centre Penguins won three all-star gold medals for the second time.

— MICHAEL GARCIA AND ERIC J. GILMORE

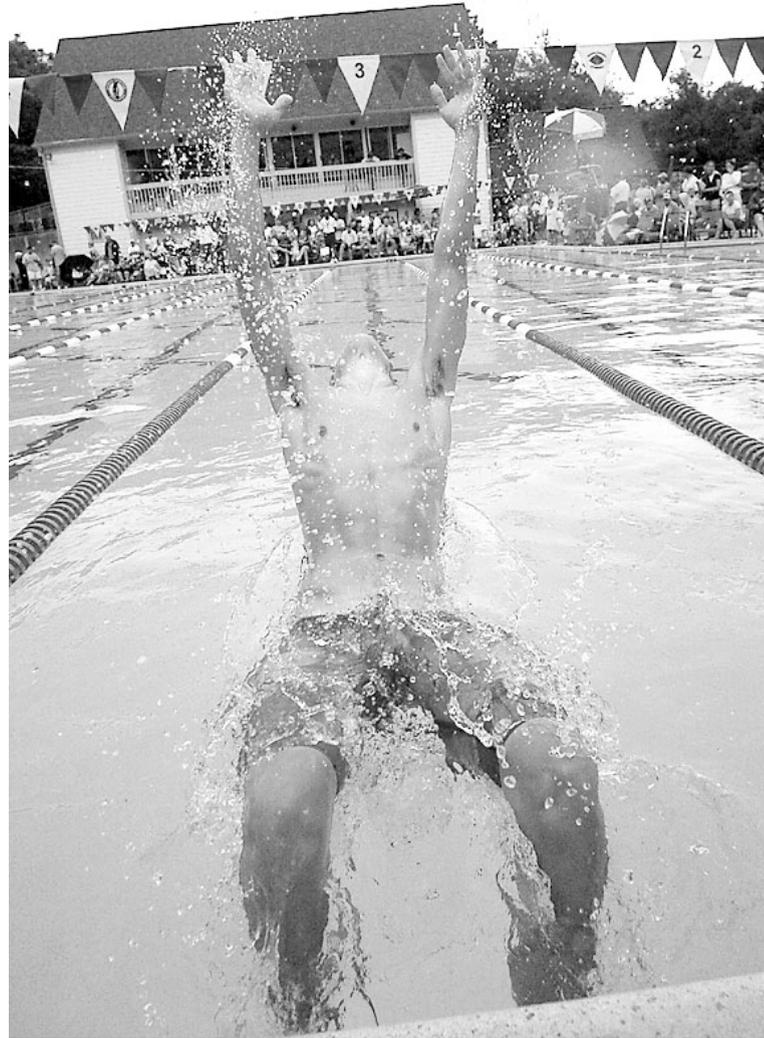


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The CSL and NVSL held their swimming and diving all-star meets on Aug. 2-3.

SPORTS BRIEFS

High Schools Starting Football Practice

It's that time of year again. Mount Vernon opened fall practice at 7:30 a.m. on Aug. 5. West Potomac commenced tryouts on the same day.

With temperatures hovering in the mid 90s, the Virginia High School League (VHSL) set out a policy reminder on how the schools are to cope. The VHSL recommends that if the temperatures are between 95-104 degrees, then schools should not use helmets, pads or heavy equipment. If the temperature ranges between 90-94 degrees, the VHSL recommends that equipment be removed as often as possible provided the schools are monitoring their players. With anything sub-90 degrees, coaches are urged to provide "adequate water supply at all competitions with breaks every 20-30 minutes for hydration."

The first game VHSL-sanctioned game will be held on Aug. 28, with National District foes Wakefield and Yorktown both playing. The following night, Aug. 29, Mount Vernon will face T.C. Williams at 5 p.m. in what will be the unveiling of the Titans' renovated football facility. West Potomac opens the non-district schedule

at Centreville. Kickoff set at 7:30 p.m. The Wolverines will scrimmage Washington-Lee on Aug. 15 and Osbourn Park the following weekend before opening the regular season.

Redskinettes Making Trip to Mount Vernon

The Washington Redskins cheerleaders, known as the Redskinettes, will make an appearance in support of the Fort Hunt Sportsmen's Association annual fundraiser on 10 a.m.-noon on Aug. 10 in front of the Village Hardware, Hollin Hall Shopping Center. Two Redskins Cheerleaders will be on hand to assist the Sportsmen's annual fundraiser in support of local youth athletic programs.

The cheerleaders will be signing a color photograph and giving away a raffle opportunity for patrons to win two season passes to see the Redskins home games. Proceeds are used by the Fort Hunt Sportsmen's Association to support youth athletic programs in the Fort Hunt community and area pyramid schools leading up to and including West Potomac.

Raffle tickets are available for a donation of \$1 per ticket, \$5 for six tickets, or \$20 for 24 tickets.

The winner will be chosen Sept. 11 at the Mount Vernon Country Club.

Former West Potomac Stars Start College Camps

For two brothers, it was familiar territory and for two freshman, summer football practice is brand new.

Former West Potomac standout and current University of Kentucky offensive guard Christian Johnson has been sidelined by a back injury and also is dealing with an eligibility issue.

Johnson, a senior, hopes to return to practice by the end of August and will be enrolled in school for the fall semester. However, either the injury or possible ineligibility could force him to sit out the 2008 season. He has a redshirt year available and could return for the 2009 season.

Johnson has played in 36 games over the last three seasons, including 15 starting assignments. He was team's starting left guard as a sophomore during the 2006 season.

His brother, Micah Johnson, who was a Wolverine for two seasons, is UK's slated starter at middle linebacker. A former top recruit, Micah Johnson

has appeared in 25 career games, and had 58 tackles and two interceptions last season.

He was selected to the SEC All-Freshman Team by league coaches in 2006 and even made a surprise entry at running back in the Music City Bowl, scoring his only career touchdown.

Recent West Potomac graduate Robert Byrd went through his first two-day-practice at Troy University, his first as a Division I athlete. Wearing No. 82, Byrd will "get a close look during summer camp," according to Troy's athletic Web site.

On Monday, the Trojans started the first of three consecutive two-a-day sessions, with one starting at 6 a.m. and the other at 6 p.m. Byrd, a late signee had 40 receptions for 850 yards and school-record 11 touchdowns last season. The 6-foot-3, 185-pound receiver also lettered in basketball, track and weight-lifting.

After last season's offensive coordinator Tony Franklin moved to Auburn, 28-year-old Neal Brown is the new Troy offensive coordinator. The Trojans have non-conference games against LSU, Ohio State and Oklahoma State.

Jimmy Bennett, the standout West Potomac offensive lineman, also started fall camp on Aug. 1 at the University of Connecticut. Bennett, listed at 6-foot-7, 300 pounds, will wear No. 72.

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Reservations Coordinator
General Description: This position will serve as primary contact responsible for coordinating reservations for pre-purchased admission tickets, meals, and guided services with tour operators, group leaders, teachers and education groups.

Essential Functions: Responsible for inbound calls and enters orders into reservation system; Up-sells programs and encourages sales; Assists clients in planning daily itineraries and answering questions; Communicate with various MVLA departments including restaurant, Food Court, and Education Provides utmost customer service to ensure a positive visitor experience; Sends client proper information (contract, menus, etc.) as needed for each individual order; Ensures proper payment is made on time, working with Finance Department as needed Researches discrepancies with group payments; Manages group ticket windows and accommodates arriving groups with tickets and guidelines; Answers ticketing group hotline, monitors voice mail on this line, processes ticket orders accordingly, returns voice mails within 24 hours; Maintains supplies for group sales functions including ticket stock for Food Court vouchers and hotel vouchers; Coordinates fulfillment of tickets and programs sold through Education; Communicates arrivals with support departments; Books special event programs for tour groups; Meets and greets groups as necessary.

Required Qualifications:

- Three years experience in a guest service environment
- Proficient in Microsoft Office Suite (Word, Excel, Outlook, Power Point)
- Proven skills in verbal and written communication
- Ability to maintain a positive attitude in a hectic environment
- Experience in a call center environment and/or report writing experience is a plus
- Experience with ticketing processes and systems preferred
- Must be able to perform normal physical activity for an office environment

Ticketing Lead
General Description: The ticketing lead will serve as primary contact and support for ticketing staff, answering questions and concerns, assisting with transactions, encouraging sales and setting the standard for guest service. Leadership responsibilities include daily balance of cashier sales and estate attendance/activities reporting, employee scheduling, coaching and communications, as well as customer service and issue resolution; Candidates should have previous ticketing experience, preferably in the museum or similar tourism community; position requires availability on weekends, holidays and other non-traditional work hours as Mount Vernon is open 365 days.

Essential Functions: Production and maintenance of daily and monthly sales and cashier reporting; Creation of weekly staffing schedule inclusive of adjustments, breaks, etc...; Maintenance and distribution of daily attendance/activity and sales reports; Distribution of departmental communications to staff inclusive of memos, policy information, Complimentary ticket requests, Current activities, Special events and promotions, and Assist "Group Sales" with phone calls and messages.

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- supervisory experience (one year minimum)
- positive attitude and excellent customer service skills
- ability to perform routine office activities inclusive of proficiency in MS Office suite
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Please send a cover letter and resume with salary history to Human Resources: hmail@mountvernon.org, by fax to 703.780.8320 or by US Mail to POB 110, Mount Vernon, VA 22121. Mount Vernon is an Equal Opportunity Employer.

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Alex. Dept. of Social Services, Attn: DHS Personnel, 2525 Mount Vernon Ave., Alexandria, Va. 22301. Call (703) 838-0810 or <https://jobs.agencies.virginia.gov>

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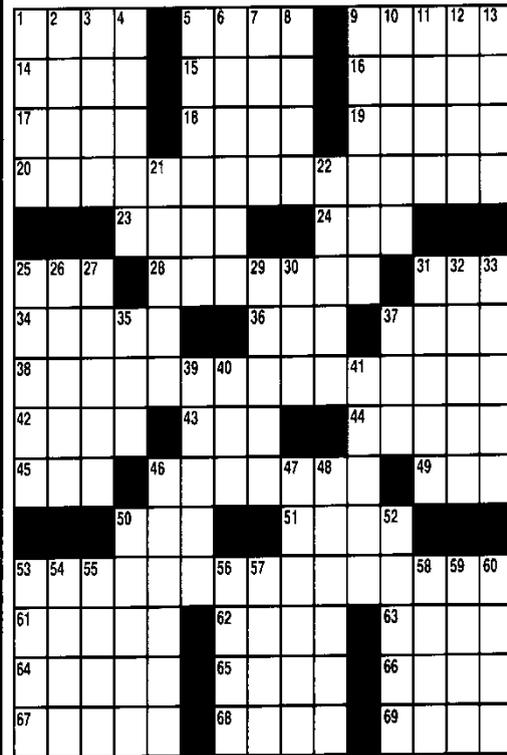
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TUESDAY NOON

NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0322-3



Puzzle by Gregory E. Paul

ACROSS

- 1 Not so much
- 5 The "A" in N.E.A.
- 9 Spelunker
- 14 Very much
- 15 Partner of potatoes
- 16 Martini garnish
- 17 Neighbor of Senegal
- 18 100%
- 19 Actress Braga of "Kiss of the Spider Woman"
- 20 Jean Harlow, e.g.
- 23 Goodyear product
- 24 Grassland
- 25 Gift decoration
- 28 Sawbuck
- 31 12th graders: Abbr.
- 34 Sailor's "stop!"
- 36 Cpl. or sgt.
- 37 Came to a perch
- 38 Beatles transport
- 42 Nothing but
- 43 Sun, e.g.
- 44 Wound up
- 45 Springsteen's "Born in the _____"

DOWN

- 46 Aspen attire
- 49 Hair stiffener
- 50 Gorilla
- 51 Stiffly neat
- 53 Popular apple
- 61 Put up with
- 62 Chunks of history
- 63 Filly's father
- 64 Had a crush on
- 65 Trig function
- 66 Additionally
- 67 Skeptical
- 68 Popular sneakers
- 69 O'Neal of "Love Story"
- 12 Like Darth Vader
- 13 Down-to-earth
- 21 "Same here!"
- 22 Blossom
- 25 Louisiana marsh
- 26 Pizzeria fixtures
- 27 When repeated, a Washington city
- 29 Gives the brushoff, maybe
- 30 Toxic compound, for short
- 31 Broken arm holder
- 32 Post-wash cycle

- 33 Man of — (Superman)
- 35 Underhanded
- 37 "What — you getting at?"
- 39 No longer asleep
- 40 — Lanka
- 41 Storage area
- 46 Rapid
- 47 Higher ground
- 48 Van Gogh painting that set an auction record in 1987
- 50 Puff snake
- 52 Scrooge, e.g.
- 53 Chutzpah
- 54 Instrument that's blown into
- 55 In person
- 56 Drawer site
- 57 Cleveland's lake
- 58 In need of a shampoo
- 59 — Major
- 60 Witnessed

ANSWER TO PREVIOUS PUZZLE

Q	U	O	V	A	D	I	S	C	O	I	F	E	D
A	S	P	E	R	I	T	Y	U	P	T	I	M	E
T	A	R	R	A	G	O	N	M	A	C	R	O	S
A	G	A	R	S	N	A	F	U	H	E	L	M	
R	E	H	A	B	P	O	L	S	L	O			
					Z	O	O	T	S	U	I	T	I
S	C	R	A	W	N	I	E	R	O	G	D	E	N
T	H	I	N	K	E	R	M	A	R	L	E	N	E
R	E	C	O	N	P	S	A	L	M	I	S	T	S
E	S	E	O	R	I	E	N	T	E	D			
E	S	P	T	A	T	S	D	E	T	A	T		
T	G	I	F	Z	Z	T	O	P	P	O	M	E	
C	A	L	I	C	O	I	D	O	L	A	T	E	R
A	M	A	J	O	R	N	I	N	E	T	I	E	S
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Note: Due to space limitations, the crossword may not appear from time to time. In that case, you may look on our Web site: www.connectionnewspapers.com and click on the "Print Editions" button. It should appear in a newspaper from a different Classifieds zone.



PHOTOS BY CHUCK HAGEE/CAZETTE

Tracy White cooks up burgers and hot dogs at the Gum Springs Community Center, Mount Vernon District, in preparation for the crowd expected to celebrate the 25th Anniversary of National Night Out.

Support Night Out

FROM PAGE 5

goodies. Tracy White at Gum Springs Community Center on Fordson Road had his hands full grilling enough burgers and dogs to feed the large crowd on hand.

At Belle Haven Condo on Belle Haven Boulevard it was as much of an event for local canine residents as their owners. Neighbors showed up with their pooches in tow for a community walk. There was also ice cream and cold drinks plus doggie goodies.

NATIONAL NIGHT OUT is a nationwide event that is designed to heighten awareness of crime and drug prevention efforts, generate support for, and participation in, local anti-crime efforts and strengthen neighborhood spirit and police-community partnerships along with sending a message to criminals that neighborhoods are organized and fighting back

Sponsored by the National Association of Town Watch and co-sponsored by local law enforcement agencies, National Night Out involves more than 10,000 communities in all 50 states,

U.S. Territories, Canada, and military bases worldwide. In all more than 34 million people were expected to participate in the United States during this year's event, according to the National Association of Town Watch..

"The participation has been really great. Neighborhoods have turned out in force. In fact, there was such a good turnout we ran out of time in getting to them all," said Lt. David Russell, assistant commander, Mount Vernon Station, Fairfax County Police Department.

"Everybody seemed to be enjoying themselves. And, from our perspective it's a great opportunity to talk with residents and meet them one on one," he said.

Each year Fairfax County police officers as well as National Park Service police officers make the rounds to the various Mount Vernon District neighborhood gatherings on National Night Out. This year Deputy Chief Col. Steve Sellers joined Mount Vernon Station Commander Capt. Mike Kline in visiting various NNO events throughout Mount Vernon and southeastern Lee districts.



Mt. Vernon District Station Commander Capt. Mike Kline, FCP, 3rd from right, and Fairfax County Police Deputy Chief Steve Sellers, second from right, talk with residents of Janna Lee/Creekside during National Night Out festivities at the apartment complex off Buckman Road.

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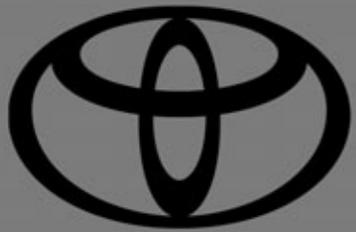


WOODBIDGE - \$139,900

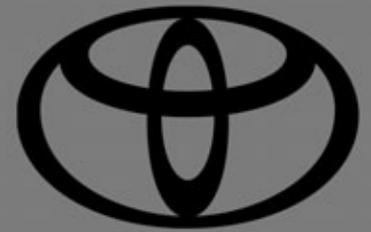
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