

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JUNE 30, 2011

SUMMER  FUN



PHOTO BY LOUISE KRAFFT/THE GAZETTE (2010)

Among summer's possible pursuits: Sailing classes at the Belle Haven Marina.

SEE SUMMER FUN SPECIAL SECTION, PAGES 14-16.

55 Years For Hamilton

Former coach sexually molested boys, ages 9-16.

BY BONNIE HOBBS
THE GAZETTE

Justice took a long time coming — but when it finally came to John Hamilton, it came down hard. Last Friday, June 24, the man convicted of sexually molesting five boys, ages 9-16, was sentenced in court to 55 years in prison.

Tears flowed on the witness stand as four out of the five victims testified about what their former, Little League baseball coach had done to them as children — and the devastating effects it's had on their lives. Also testifying was the mother of one of the victims.

"John robbed [my son] of his innocence and his childhood," she said. "[My son's 11-year-old dream

to be the best at baseball was exploited by Hamilton for his own, selfish enjoyment, with no regard for the wreckage he left behind."

On March 29, Hamilton, 39, of Gabrielle Way in Centreville, pleaded guilty to two counts of aggravated sexual battery, two counts of taking indecent liberties with a minor and one count of crimes against nature. But he'd committed these offenses years before — and he was only in a court of law, at all, because he'd been arrested in Europe after fleeing the country to escape prosecution.

Before moving to Centre Ridge, Hamilton was a long-time baseball coach for the Fort Hunt Youth Ath

SEE FORMER COACH, PAGE 3

Behind Closed Doors

Police chief, county executive propose excluding public from misconduct investigations.

BY MICHAEL LEE POPE
THE GAZETTE

Advocates for a public role in oversight of allegations of police misconduct faced a major setback this week, jeopardizing their yearlong effort to increase transparency in one of the most opaque departments in the county.

During a meeting of the Board of Supervisor's Public Safety Committee, County Executive Anthony Griffin and Police Chief David Rohrer threw their support behind a plan that would exclude public participation, although they opened the door to a way for the outcome of investigations to be appealed.

SEE BEHIND, PAGE 4

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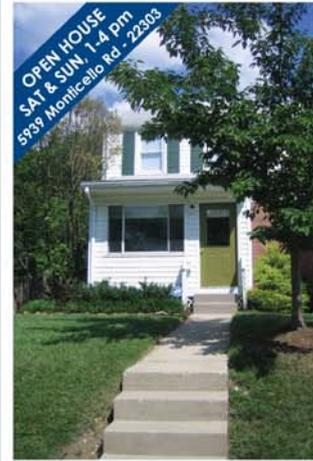
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Bryant Alternative High School Graduates 38

Proves students can rise above challenging circumstances to reach their goals.

BY CD BROWN
THE GAZETTE

“All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education of youth.”

That quote from the Greek philosopher, Aristotle, was displayed on the program of Bryant High School’s graduation program.

No matter the circumstance that brought the 38 students to Bryant, the result is the same now. They’re all high school graduates.

Students spoke of the caring staff members that helped propel them toward their goal.

“They helped me a lot,” said Ennis Alsaadi, who credits the staff for opening up opportunities for him. “I found everyone at the school supportive.” The student admits he made poor choices in the past, before coming to Bryant. He was an award recipient of the William Cullen Bryant/LCA English Award, Dream Catcher’s, the Edward A. Ball scholarship (awarded to a Bryant graduate planning to pursue any post-secondary education), and a Careers and Learning scholarship. Alsaadi also received honors from the school’s BETA Club. He plans to attend Northern Virginia Community College for two years, transferring afterwards to the University of Virginia where he’ll continue his studies to become a doctor.

Graduating senior Jimmy Agyekumaah credits the school for turning his life around and placing him on a more productive path. He won a Careers and Learning scholarship for his essay describing how his life has changed as a Bryant student. “Since I’ve

been here I’ve been more focused, and I’ve learned that you have to have an education to be successful”. The scholarship is awarded to students who demonstrate academic merit and achievement.

Two other Bryant graduates also received scholarships.

Lilian Acquina-Jimenez, student-speaker at the graduation ceremony, received a Student Leadership award (Bryant High School’s version of student government), a Dream Catcher Award (awarded by George Mason University), the Kenneth R. Plum Award (awarded each semester to a Project Opportunity student), and the William Cullen Bryant/LCA English Award (awarded in honor of the American author for which the school is named). Jimenez also received the Tippins Jordan Award, and also received Bryant’s Beta Club award (awarded to students with a 3.0 GPA). She received the school’s Project Opportunity award for pregnant or parenting young women.

Ah’Zia Dorsey, who welcomed her graduating class and faculty, was also honored with a Project Opportunity award. Dorsey will attend Northern Virginia Community College this fall. She credited Bryant for getting her through her senior year after the birth of her son.

While the graduates praised the staff for helping them reach this important life milestone, the staff praised the students for overcoming the odds.

“It’s your turn to be an advocate for yourself,” said Jean McKey who retired in January of this year, but returned to Bryant for the graduation. “After the staff members called you, sent you emails to make sure you got your work done, you are now your own advocate.”



PHOTO BY CD BROWN/THE GAZETTE

Graduates of Bryant High School cheer after receiving diplomas.

The graduates received a celebrity-like visit from Ronald Mitchell, founder and CEO of BEM Foundation, whose career shadowing program called “Make the Unimaginable a Reality” pairs mentors with youth that have an interest in their areas of expertise. The program was designed to expose youth to various careers and fuel inspiration for college.

As the ceremony’s keynote speaker, Mitchell shared his own struggles in education as a youth. “It took me five years to graduate high school”, he told the students. “I wasn’t supposed to be here today,” explained Mitchell as recounted a conversation with one of his school teachers. “They told me I didn’t have the intestinal fortitude to be successful.” On his aspiration of becoming a lawyer, he was told he “just wasn’t bright enough.”

Looking back, Mitchell said he now thanks that teacher for his comment because it gave him “the fuel and motivation to overcome obstacles.”

Mitchell admonished the students to never give up, and “master the things that don’t cost any money” to be successful in life.

Explained Mitchell, “It doesn’t cost any money to work hard, or to have a great attitude. It doesn’t cost any money to study. It doesn’t cost any money to do what you were born to do.”

“It’s no secret you guys are sitting here today,” said Mitchell. “It’s not luck. You guys have something special.”

Mitchell ended his remarks by telling the students that the return on their investment will be greater than they’d ever imagine. “Remember, you were born to do the unimaginable.”

Said Bryant’s principal, Larry Jones, who had all smiles for his 2011 graduating class, “Now they’re ready to start the next phase of their lives.”

To learn more about Bryant High School and the programs offered, go to www.http://www.fcps.edu/BryantAltHS/

Former Coach Sentenced to 55 Years in Prison

FROM PAGE 1

letic Association. He was well-regarded as a leader and trusted by the parents of his players. But he hid his darker side from the adults.

However, in 2009, a 24-year-old man gathered his courage and told police what happened to him during June and July 1997 when he was 12 and Hamilton was his Little League coach. He reported that his coach sexually molested him in his [Hamilton’s] vehicle in the parking lot of Sandburg Middle School.

Police then went to Hamilton’s home, on May 22, 2009, to charge him with taking indecent liberties with a minor. But when they arrived, they found a 16-year-old, male, Danish exchange student living with him. The teen told police that, between Aug. 15 and Dec. 25, 2008, Hamilton had performed sex acts on him. So Hamilton was also charged with crimes against nature.

After his arrest, police issued a press re-

lease asking any others victimized by Hamilton to contact them. In response, three more young men came forward.

❖ One had been coached by Hamilton for three years and had been sexually abused him by him frequently. As a result, police charged Hamilton with aggravated sexual battery.

❖ Another revealed that, between June 1 and Aug. 31, 1999, when he was 14, Hamilton helped him with batting, but eventually exposed himself to the boy. For this offense, Hamilton was charged with taking indecent liberties with a minor.

❖ The third young man said Hamilton touched him inappropriately and performed sex acts on him while he was his Little League coach in fall 2001. So police charged Hamilton with aggravated sexual battery.

A grand jury indicted him, Aug. 17, 2009, on all five felony charges, and he was scheduled to enter his pleas, Oct. 7, 2009, in Circuit Court. But following his arrest, he’d been released from jail on bond and didn’t

stick around to face his punishment.

“Hamilton traveled to Germany with his mother and refused to return to the U.S.,” said Assistant Commonwealth’s Attorney Stott. “But on Aug. 25, 2010, he was arrested by the Polish Border Guard as he tried crossing into the Czech Republic.”

He was then extradited back to the U.S., returning Jan. 20; but this time, he was held without bond. In March, he pleaded guilty to all charges before Fairfax County Circuit Court Judge Brett Kassabian.

Hamilton’s sentencing was last Friday and, at the outset, five people told the court the impact his actions had on their lives. The first young man said he was confused and taken advantage of by the coach.

“Now I know that the dream I had of playing baseball turned into a nightmare,” he said. “I know it was wrong.” A parent now, with sons of his own, he can’t be completely happy that they, too, want to play baseball because, he said, “I have these memories of what happened to me.”

“It took me a long time to tell my parents about it, but I’m glad I did because I now know I wasn’t the only person it happened to,” he added. “It’s still hard to talk about.”

The next victim said the most-difficult walk he’d ever taken was the one to the witness stand. Looking directly at Hamilton, he said, “I promised myself I’d never see you again, but I’m here today. I’m not who I should be or want to be. You’re a bad person for what you’ve done to everybody. I was 9 years old. I would give anything to have my childhood back, my failed relationships and jobs. There’s no fixing what you’ve done to me; the damage is done — it’s irreparable.”

Before being victimized, said another young man, “I had a great deal of admiration and respect for people in positions of authority, such as coaches and teachers. I trusted Mr. Hamilton; I believed he had my best interests in baseball at heart. But he

SEE 55 YEARS. PAGE 9

PUBLIC NOTICE

George Washington's Mount Vernon Estate will celebrate Independence Day with An American Celebration, July 4, from 8:00 a.m. to 5:00 p.m., featuring military reenactments, patriotic music, and more. Please be advised that a brief daytime fireworks display will take place as part of the day's festivities at 12:45 p.m. The Mount Vernon Ladies' Association thanks you for your tolerance and apologizes for any disruption.

To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org

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NEWS

Behind Closed Doors

FROM PAGE 1

"Officers have to know we will hold them accountable, and I think they know that," Rohrer told committee members. "But they also have to know that we have their backs."

Sitting side-by-side in a committee room at the Fairfax Government Center, the county manager and police chief outlined a potential role for the county auditor in overseeing investigations of police misconduct. After a study of how the department conducts investigations, the pair is expected to come before the Board of Supervisors with a formal recommendation that the county auditor review some allegations of misconduct.

"A substantial part of the problem has been the amount of time that's necessary to appropriately investigate cases," Griffin told committee members. "People read the accounts in the newspaper and they reach their own conclusion based on those accounts."

"The best example of that is Route 1," responded Mount Vernon District Supervisor Gerry Hyland (D). "And I know you've taken action concerning that officer without waiting for the investigation from the FBI to be completed."

THE SHOOTING of an unarmed man in 2009 by Officer David Ziants shocked many

in the Mount Vernon Community and remains controversial now that he's been fired. The case came on the heels of a number of other high-profile cases in which Fairfax officers killed unarmed civilians. Starting in May 2010, a coalition of organizations and individuals began meeting at the Sherwood Regional Library and formed the Virginia Coalition for Police Accountability.

"The police need us, and we need the police," said executive director Nicholas Beltrante at the inaugural meeting. "However, no one is above the law."

For more than a year, the group has been pushing the county government to create a citizen review board that would have the power to investigate allegations of police misconduct. Yet those efforts seem to have fallen on deaf ears. After the county manager and the police chief outlined their plan to have the county auditor review investigations this week, several members of the Board of Supervisors wanted to make sure that the process would not be open to members of the general public to lodge complaints. None of the members expressed any support for creating a panel of citizens to review cases.

"The citizen review, from my standpoint, happens at a minimum every four years when they can review the Board of Super
SEE AUDITOR, PAGE 19

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PEOPLE



The players from the Fort Hunt Little League All Stars.

Opening Ceremonies

Forty-two teams from Springfield, Dale City, South County, Fort Hunt, Woodbridge, Woodlawn and DTQ (Dumphries, Triangle and Quantico) arrived at the Red Stevens Field at Carl Sandburg School last Friday evening, June 24, for the festivities and ceremony that opens the annual tournament. President of the Fort Hunt Little League Paul Murphy welcomed all and Chaz Johnson, the district 9 selection to umpire the Senior State Tournament sang the National Anthem. The new VA D9 Administrator John Donaldson opened the ceremony.

PHOTOS BY LOUISE KRAFFT/THE GAZETTE



Rocky Iboleon, Peter Costigan, Justin Shetton and Christian Copeland recite the Little League Pledge with Fort Hunt President Paul Murphy.



Woodlawn Little League with President Patrick Cooney and Managers Dave Carty, Steve Summa, Rich Mather and Steve Anderson and Mike Le Morta converse while their players take position on the baseline.



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Mount Vernon Gazette

OBITUARY

Thomas Wilson Chadwick



Thomas W. Chadwick of Alexandria died Tuesday, June 21, 2011 at Mount Vernon Hospital. Born Nov. 28, 1923, he was the son of the late Carl E.

and Mary R. Chadwick. He is survived by his wife, Ann Collins Chadwick of Alexandria; his daughter, Alice Chadwick Goodman (husband, John and their daughter Kate); his two sons, Thomas W. Chadwick, Jr. (wife, Diana and daughter, Brittany) and Carlton James Chadwick; and two stepdaughters, Janet Patterson (husband, Don and their children Mark and Kelly), and Joyce Cook (husband, Rodney and their sons Ryan, Josh and Brad); as well as two great-grandchildren. His first wife, Betty Rose Chadwick, died in 1979.

A native of Charleston, S.C., Tom moved to Northern Virginia in 1955 to work as press secretary, legislative assistant and campaign manager for the late U.S. Sen. Olin D. Johnston of South Carolina. Tom grew up on Wadmalaw Island and moved to Charleston during the depression until he served in the U.S. Navy as a SeaBee during World War II. Shortly after the War, he attended the University of South Carolina where he majored in journalism. He left school to work for The State newspaper in Columbia, S.C., covering a variety of topics, including state politics.

While working for Senator Johnston, Tom would help manage the senator's re-election cam-

paigns in South Carolina, as well as the presidential campaigns of Adlai Stevenson, President Kennedy and President Johnson. After the death of Senator Johnston in 1965, Tom went to work for the U.S. Postal Service. Overlapping his early years at the Postal Service, he also served as an advance coordinator for President Johnson on domestic and foreign trips, including official visits to Vietnam and Thailand. He also took a leave of absence in 1968 to work on the Presidential campaign of Hubert Humphrey. He retired after 21 years with the Postal Service, including 14 years as the Consumer Advocate — representing the Postmaster General on all consumer matters and managing the Office of Consumer Affairs with the authority to cross all organizational levels and boundaries to deal directly with all consumer problems.

Over the past 56 years in Northern Virginia, Tom was active in the local community and in the Episcopal Church. In the mid-1990s, he served on the Fairfax County Consumer Protection Commission. Over the years, he contributed to St. James Episcopal Church in Mount Vernon in many ways, including as a vestry member, Senior Warden, Sunday school teacher, Lay Reader and fundraiser. More recently he served as a Lay Eucharistic Minister, a Lay Pastoral Care Minister and as a Trustee.

A funeral service will be held on Thursday, June 30 at 7:30 p.m. at St. James Episcopal Church, 5614 Old Mill Road, Alexandria, VA, 22309. In lieu of flowers, donations may be sent to St. James Episcopal Church.

Church Marks Golden Anniversaries

Heritage Presbyterian Church, 8503 Ft. Hunt Road, is celebrating two Golden Anniversaries. The first, observed on June 5, celebrated the church's beginning on June 4, 1961, as Heritage United Presbyterian Church, a Mission Church meeting in Waynewood School's cafeteria.

Under the leadership of Dr. Carroll A. Wood, formerly of the Tippecanoe Presbyterian Church of Milwaukee, Wisc., church services were held there until Oct. 3, 1965, when the congregation moved into its new church building situated on River Farm, formerly a part of George Washington's vast acreage.

The second celebration will occur in late April 2012, marking the occasion when Heritage became the 67th church to be chartered in what was then the Washington City Presbytery. Boasting 56 char-

ter members, this action was highlighted by support from an Advisory Commission consisting of members drawn from six neighboring churches. Wood accepted the call to be the first minister of the newly-chartered church and served in that capacity for seven years until departing for a new ministry elsewhere. Details of the projected celebration are being developed by a 50th Anniversary Committee.

Over the intervening years Heritage Church has striven to be a Spirit-led, mission-minded community of Christians, reaching out to the Mount Vernon community and the world. Celebrating the heritage of its historic setting and 50 years of practicing faith as disciples of Jesus Christ, the church encourages residents to join in worshiping, teaching and practicing stewardship.

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| • Canned soup | • Pasta | • Macaroni & cheese | • Baby food |
| • Canned fruits and vegetables | • Rice | • Peanut butter | • Diapers |
| • Canned beans | • Tomato sauce | • Jelly | • Paper shopping and grocery bags |
| | • Cereal & oatmeal | • Dry milk | |



CRIME

Activities reported by the Mt. Vernon police department through June 24.

ROBBERY

A 31-year-old man was robbed while delivering food to a home in the 7900 block of Audubon Avenue on Thursday, June 16 around 1:45 p.m. While inside an apartment building, he was approached by a man who displayed a knife and demanded the victim's cell phone and money. The victim complied and the suspect fled. The suspect was described as black, about 20 years old. He was approximately 5 feet 8 inches tall and 180 pounds. He had dreadlocks and an unshaven beard. He was wearing a white T-shirt and blue jeans.

ATTEMPTED LARCENY

A man attempted to steal a cell phone from a 42-year-old man at a bus stop, located at Buckman Road and Russell Road, on Saturday, June 18 around 11:10 a.m. The suspect asked the victim to make a phone call; while the victim dialed the number, the suspect tried to take the phone from the victim's hand. The victim was able to hold on to his phone and chased the suspect a short distance before losing sight of him. The suspect was described as black, about 5 feet 3 inches tall and 140 pounds. He was wearing a dark-colored shirt and tan pants.

ROBBERY

A 16-year-old boy was robbed while walking home from work on Saturday, June 18 around 11 p.m. The boy was approached at the intersection of 16th St. and I St. by two other males. They assaulted the victim and took his bag of food then fled. The victim ran home and called police. The suspects could only be described as male, in their late teens to early 20s. The victim did not require medical treatment.

MALICIOUS WOUNDING/ ARREST

A 27-year-old male of 27 Pace Lane in

Alexandria was charged with malicious wounding after an altercation at a restaurant in the 8400 block of Richmond Highway. On Sunday, June 19 around 2 a.m. the 24-year-old victim walked outside the restaurant and was approached by the suspect. The suspect reportedly struck the victim in the face with a beer bottle. A patrol officer found the victim walking from the restaurant and summoned rescue. The victim was treated at the scene for non life-threatening injuries.

ROBBERY/ ASSAULT

A 35-year-old man was assaulted and robbed of his money on Monday, June 20 around 5:05 p.m. in the 3200 block of Audubon Avenue. The man was approached by three other men while walking home. One suspect displayed a knife and demanded money. He assaulted the victim, took cash, then all three suspects fled. The first suspect was described as black. He was wearing a black T-shirt and jeans. He had shoulder-length dreadlocks. The other two suspects were black, in their late teens to early 20s. They were both wearing black T-shirts. The victim did not require medical treatment.

ROBBERY/ ASSAULT

A 21-year-old man was assaulted and robbed of his wallet and cell phone on Wednesday, June 22 around 12:35 a.m. The man was walking in the 8500 block of Greenleaf Street when he was surprised by five other males. One suspect displayed a knife and several of the suspects assaulted the victim. They took property and fled. The suspects were described as black, in their late teens to early 20s. One suspect was tall and skinny with dread locks. He was wearing a black tank top and black shorts. The victim did not require medical treatment.

SEE CRIME, PAGE 19



Northern Virginia
Regional Park Authority

PUBLIC NOTICE

AMENDMENT TO THE FAIRFAX COUNTY PARK AUTHORITY REGULATIONS, SECTION 1.16-1, AND THE NORTHERN VIRGINIA REGIONAL PARK AUTHORITY REGULATIONS, SECTION 1.16-1.

Notice is hereby given that the Fairfax County Park Authority (FCPA) will hold a public hearing on Wednesday, July 13, 2011, at 7:30 p.m. in room 941 at the Herrity Building at 12055 Government Center Parkway, Fairfax, VA, to receive public comments on a proposed amendment to FCPA Regulations, Section 1.16-1 Athletic Field Use.

Notice is hereby given that the Northern Virginia Regional Park Authority (NVRPA) will hold a public hearing on Thursday, July 21, 2011, at 7:30 p.m. at 5400 Ox Road, Fairfax Station, VA to receive public comments on a proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use.

The full text of the proposed amendment to the FCPA Regulations Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.fairfaxcounty.gov/parks/press/html/pr073.htm

The full text of the proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Northern Virginia Regional Park Authority, Public Information Office, 5400 Ox Road, Fairfax Station, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.nvrpa.org

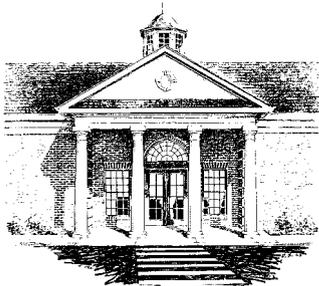
All persons wishing to speak on this subject at the FCPA public hearing may call the Public Information Office at 703-324-8662, to be placed on the Speakers' List. Person's interested in speaking at the NVRPA public hearing may call Chris Pauley, Park Operations Director, at 703-359-4613 to be placed on the Speaker's List. Individuals are not required to register in advance, and may also sign up to speak at the public hearing.

For more information, call 703-324-8662 (FCPA) or 703-359-4603 (NVRPA).



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : www.fairfaxcounty.gov/parks • E-mail: parkmail@fairfaxcounty.gov

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Housing Confusion

It's true that many aspects of housing in Northern Virginia don't make much sense. Some areas have a significant number of foreclosed properties sitting vacant, currently identifiable by their foot-high lawns.

Hundreds of families are homeless, tens of thousands of families spend far more than they can afford every month for rent. Some families live overcrowded into tiny spaces.

And tens of thousands, perhaps hundreds of thousands, of workers have moved far away from their jobs in Northern Virginia to housing that they can afford, only to clog the roads and foul the air commuting.

The sustained efforts in Fairfax and Arlington to provide a supply of affordable housing by developing some new and preserving existing housing has still left tens of thousands of families on waiting lists, and thousands more shut out of even the waiting lists.

But it is good policy to provide a range of high quality housing scattered around the area in all kinds of neighborhoods.

A current swipe at "luxuries" afforded to people living in some subsidized housing is misplaced at best. Pursuing policies that would make affordable housing stripped down, basic and concentrated would not save money, and would create a variety other problems. Many

cities and localities are still recovering from decades-old policies that resulted in concentrations of low income housing in one place.

We know better than that now.

The region will soon see its largest jump in new development, residential and commercial, around the Tysons Metro stops and the Dulles rail corridor. Developers, who will benefit from the rail and increased densities, will provide a percentage of affordable and mixed income housing there, a critical part of smart growth.

EDITORIALS

Fourth of July Safety Net

Parties and celebrations on the Fourth of July often involve alcohol, and the holiday is one of a handful designated as "high risk" for drinking and driving.

A local organization, Washington Regional Alcohol Program, provides free rides home for anyone over 21 by calling their SoberRide number.

WRAP's 2011 Independence's Day SoberRide program will be offered from 10 p.m. Monday, July 4 to 4 a.m. Tuesday, July 5, 2011. To receive a free cab ride home (up to a \$30 fare), call 800-200-8294. You must be 21 or older to use the SoberRide service. Callers are financially responsible for anything over \$30.

WRAP's SoberRide helps area residents have a safe way home on high-risk holidays. Since 1993, WRAP has provided over 52,000 safe rides home.

Parents are still the ones who must provide the guidance and safety net for their teens and young adults under 21. Summer is the most dangerous time for teen drivers. Remember to talk about it.

Digital Editions, Twitter

Readers can sign up to receive one or more editions of the Connection, including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View and the Potomac Almanac.

Email your name, mailing address, email address and the paper or papers you would like to receive to GoingGreen@connectionnewspapers.com.

We will email a digital replica of the print edition directly to your email box every week.

Looking for something a bit more immediate? Follow us on Twitter. @ffxconnection, @marykimm, @Michaelleepope, @followfairfax, @connectvictoria, @AmcVeighConnect, @jonroetman.

LETTERS TO THE EDITOR

Hungry Are Helped

To the Editor:

Thank you for bringing attention to the plight of school-aged children as they move into summer and can not rely on their schools for nutritious breakfasts and lunches. Your article, "Going Hungry," sheds light on a situation United Community Ministries (UCM) has successfully addressed for years through a multi-faceted approach to fighting hunger, particularly in times such as the summer or during school breaks, when the need is greater than normal.

Operating since 1969, UCM helps low-income individuals and families fight poverty, hunger and homelessness while creating self-reliant members of the community. Because of UCM, last year more than 9,000 hungry individuals had food to make at least 686,712 meals. Many of the individuals who benefited were children.

Rather than a patchwork of services, UCM offers residents of southeastern Fairfax County programs that not only alleviate hunger, but also seek to eradicate poverty by addressing the root of the problem, such as joblessness or a

lack of quality, affordable childcare, which leaves parents unable to work or forces them to place their children in unsafe environments, stunting their educational and social development at a time when it is most needed. We offer a holistic approach to the multiple reasons that people find themselves fighting to make ends meet, working with clients on areas such as goal setting and financial literacy, and making referrals to the other services that exist in our area that can help them move beyond poverty and into economic stability.

More specifically, UCM offers food to children in three primary ways: (1) through its food pantry, which operates year round; (2) through the Bryant Early Learning Center, which provides three nutritious, USDA approved meals daily to children who attend the Center, 80 percent of whom come from low income families; and (3) through special summer programs that provide children in need with lunches and snacks, as well as the ability to spend time in a safe environment with fun, extracurricular activities.

In the last four years, our community has seen harder times than ever before with more people living in poverty, living

with hunger, struggling to maintain housing, or finding themselves unemployed. We have seen the number of people needing assistance rise higher and higher each year. At the end of the last fiscal year, UCM had served more than 14,000 unduplicated men, women and children — an increase from 9,000 people just four years ago.

As difficult as the situation may be, we are grateful to be a part of the solution, ensuring that thousands of children each summer do not go hungry. UCM is a community organization in the truest sense — we were founded by the community to serve the community. We have been operating for 42 years, and our presence as a community safety net plays an important role in the lives and the health of the men, women, and children who live amongst us but struggle to make ends meet. We will continue our fight toward the fulfillment of basic human needs long as it is needed, and in collaboration with a well-organized group of other non-profit organizations who work in this part of Fairfax County to do the same.

Cynthia N. Hull
Executive Director
United Community Ministries

SEE LETTERS, PAGE 19

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A Connection Newspaper

55 Years in Prison

FROM PAGE 3

was manipulative, and I feel great sorrow for those involved.”

The next witness showed the judge pictures of himself as a care-free, 12-year-old baseball player, with Hamilton, before the abuse began. “We went to an Orioles game,” he said. “[Hamilton] became a close friend of my family — and part of it.”

The young man said Hamilton first touched him while mowing the lawn at the middle school the boy would attend that fall. Hamilton performed sex acts on the boy and showed him pornography. “I remember these things every day, in vivid detail,” he said. “It’s disgusting; I get chills thinking of what he did to me.”

The sexual abuse continued for nearly two years. “He stopped when I was 13 and confronted him,” said the victim. “I told him I could get him thrown in jail, if he didn’t stop.” Addressing Hamilton, he said, “Now I’m in control and I’m going to help you go to prison.”

But as a child, he said, he was intimidated by his coach. “He showered me with gifts,” said the

young man. “Once, when I was angry at him, he told me he’d spent \$5,000 on me and guilted me into forgiving him.”

Although he’s gone on with his life, thanks to his “amazing family,” he said, “This has had everlasting, negative effects on [me] — and will have, until the day I die.” Turning toward Hamilton, he said, “You deserve to spend the rest of your life in prison, John, and I regret not saying something about this earlier. It sickens me to think of some other kid going through what I did, and I want to leave here today in peace, knowing you’re in prison for the rest of your life.”

Next, that victim’s mother testified. Obviously shaken, she said, “When I began writing the victim-impact statement, I realized I’d never healed from what Hamilton did to my son. I’m still in shock and disbelief. How could I have let this happen to [him]? How could we have been so manipulated by a pedophile?”

Directly addressing Hamilton, she said, “John, you betrayed everyone in our family. The pain and

SEE HAMILTON, PAGE 21



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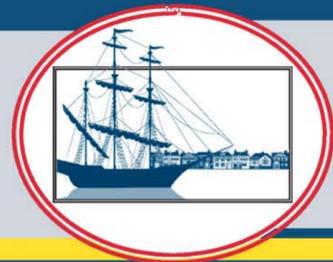


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 Waterfront property w/ elevator, 2-car garage, in-ground pool on 1/2 acre lot. 6BR/4.5BA + 5,501 sq ft of beautifully updated living space.
 Call...
 Betty Quirk 703.851.3447
 Suzanne Backus 703.338.3594

\$294,900
 Lorton
 "30K IN UPGRADES"
 Your chance to own a gorgeous End Unit. 3BR/2.5BA home with beautiful landscaping and backing to trees. Upgraded HVAC, energy efficient window, siding/wrapped trim, bath w/porcelain tile & kitchen w/SSA. Huge 2 lvl deck for guests. Walk to VRE & near to Ft Belvoir.
 www.JasonSellsNova.com
 Jason Sanders 703.298.7037

NEW PRICE!
 2205 Basset St
 \$675,000
Total Renovation-Price to Sell!
 Price slashed for immediate sale! Seller's loss is your gain. Purchased last Aug. for over \$700,000 + additional \$20,000 invested. Fabulous 3 level colonial shines! Features: 4BR, 3.5BA, stunning kitchen, sumptuous MBR, 2FP, fin lower level with outside entrance. No expense was spared on renovating this better than new home from top to bottom!

JUST LISTED!
 2005 Westfield St
 \$625,000
Fabulous Home-Great Location!
 A few blocks from River and GW Parkway, this fabulous home has been updated and expanded! Over \$104,000 in top quality updates have been recently completed! Features include: family room with cath. ceiling, updated kitchen, top of the line cabinetry, appliances and Virginia soapstone countertops, 4BR, 2.5BA, spacious lower level. Private landscaped grounds on quiet cul-de-sac.

JUST LISTED!
 5421 Grist Mill Woods Way
 \$825,000
Modern Home-Magnificent Setting!
 Large colonial with bright, open floor plan in prime location on 1/2 acre lot backing to gorgeous parkland. Fabulous home with all the bells and whistles including: high ceilings, dramatic two story foyer, gourmet kitchen, first floor study, large family room, sumptuous master suite, full walk-out lower level and two car garage. Amazingly beautiful, private setting.

\$1,149,900
 Belle Haven
 "NEW LISTING!"
 Center Hall Colonial in heart of Belle Haven w/4 finished levels of luxurious living space. 4BR/4BA/2FP. Renovated from top to bottom. Kitchen opens to family room and screened porch overlooks brick courtyard & parkland. Master suite w/spa bath, walk-in closet and rooftop deck. Suzanne Backus owner/agent
 Suzanne Backus 703.338.3594

UCM
 "A MUCH NEEDED THANK YOU..."
 ... to our Agents and Staff who collected & donated 2,274 pounds of food for the United Community Ministries (UCM) Food Pantry. And to Trader Joe's for donating a "Bale" of paper bags used to distribute food to UCM clients. To help or give to this worthy agency go to: www.ucmagency.org.

\$735,000
 Wayneswood
 1200 CROTON DR
 Fabulous expanded "Saratoga" in sought after Wayneswood. 5BR/3BA, updated kitchen, 2-sided fireplace for living room - dining room addition. Gracious family room addition with wood stove. Set on corner lot, the generous screened porch overlooks a bocce ball court in the back yard.
 Steve Crime 703.625.5836

NEW PRICE!
 4502 Phyllis St
 \$549,950
Huge Home - Little Price!
 Most home for the money in Mt. Vernon area! Incredibly spacious property with major additions including family room, master bedroom and oversize 2 car garage. 5 bedrooms, 3.5 baths, hardwood floors, and 2 decks. Library can easily be converted to main level bedroom. Prime location on large lot fronting cul-de-sac. Over 3,000 sq ft of beautifully maintained living area!

JUST LISTED!
 4003 Belle Rive Ter
 \$1,895,000
River Front Opportunity!
 Owner wants immediate sale and has priced home accordingly. Previously listed at \$4.8 mill! Spacious custom home designed to capitalize on breathtaking river views from every corner of the home. Open floor plan with app. 11,000 sq ft of luxury. Extensive balconies, patio & roof deck embrace the majestic setting of this elevated lot overlooking the Potomac River! OFFERS INVITED!

CONTRACT!
 9005 Cherrytree Dr
 \$595,000
 8705 Yardley Dr
 \$530,000
 9316 Allwood Dr
 \$489,500

\$485,000
 Alex/Porto Vecchio
 "RIVER VIEWS"
 Spacious 1BR/Den has fabulous National Harbor / River view with magnificent sunrise & night lights! Neutral decor. Ask about buyer incentives. Larger units available. Call today for an appt...
 Pat Tierney and Mary Taylor 703.850.5630

\$349,900
 Alexandria
 "STORYBOOK PERFECT"
 ... inside & out! Enchanting Garden! 2 Master Suites, one w/a balcony and one w/a sitting room. Lower level has sep entrance & full bath for use as another bedroom. LR has fireplace, DR has big bay window. Big laundry room with storage area. Close to Metro, on bus line, walk to many shops.
 June Sherwood 703.346.3029

\$524,500
 Mt. Vernon
 "NEW LISTING IN WAYNEWOOD"
 Split lvl w/carpot on one of the prettiest lots. Oversized windows & sun porch take advantage of the view. Beautifully landscaped yard flows into swim club green space. Formal living room w/vaulted ceiling, wood-burning fireplace & sliding glass doors to patio. Hardwoods. 3BR/2.5BA.
 Ruth Guirard 703.609.3343

8890 McNair Dr
 \$749,500
Pristine Custom Colonial!
 Custom colonial in enclave of 17 homes on quiet cul-de-sac surrounded by grounds of Mt Vernon Country Club. Many fabulous features include: large room sizes, stained hardwood floors, updated kit & baths, open kitchen-family room, upgraded trim detail & custom built-ins. Spacious master suite and 2 car gar. Pristine condition on gorgeous professionally landscaped lot.

4503 Ferry Landing Rd
 \$625,000
One Level Luxury!
 Rare opportunity- Spacious one level home in premier Yacht Haven location! This special home has been updated and offers many fabulous features: open floor plan, updated kitchen and baths, stunning master suite w/cathedral ceiling and luxury bath, sunroom and 2 car garage. If you are looking to eliminate stairs & not sacrifice size and luxurious amenities- this is it!

1907 Rampart Dr
 \$655,000
Stunning Addition!
 One of the most truly spectacular properties in Ft. Hunt area! Exceptionally bright, open floor plan. Back of home was expanded resulting in breathtaking, glass walled, open kitchen/family room and main level master suite. Fabulous features include: updated gourmet kitchen with granite and custom cabinets. Expansive deck! Great location!

\$1,950,000
 Ford's Landing
 "THE ABSOLUTE BEST"
 Potomac End TH, riverfront terrace w/views all around. Newly renovated chef's kitchen, custom cabinets, Wolf cooktop, Subzero, cherry & granite island & more. Renovated master suite level w/ river views, sitting room gas FP. \$150,000+ in updates. Call Renee for an appt...
 Reneesellsalexandria.com
 Renee Reymond 703.507.5330

\$3,950,000
 Alexandria / Mt Vernon
 WATERFRONT ESTATE
 This stunning custom residence is situated on 2+ historic acres of the Potomac River. Light filled interiors offer a perfect balance of formal & casual life styles. The exterior grounds are enhanced by beautiful gardens, breathtaking river views, a heated pool and 140' dock with 2 boat lifts. Enjoy this magnificent retreat w/just a short commute to Old Town Alexandria & DC.
 www.maryfousage.com
 Mary Lou Sage 703.851.5441

\$524,500
 Mt. Vernon
 "NEW LISTING IN WAYNEWOOD"
 Split lvl w/carpot on one of the prettiest lots. Oversized windows & sun porch take advantage of the view. Beautifully landscaped yard flows into swim club green space. Formal living room w/vaulted ceiling, wood-burning fireplace & sliding glass doors to patio. Hardwoods. 3BR/2.5BA.
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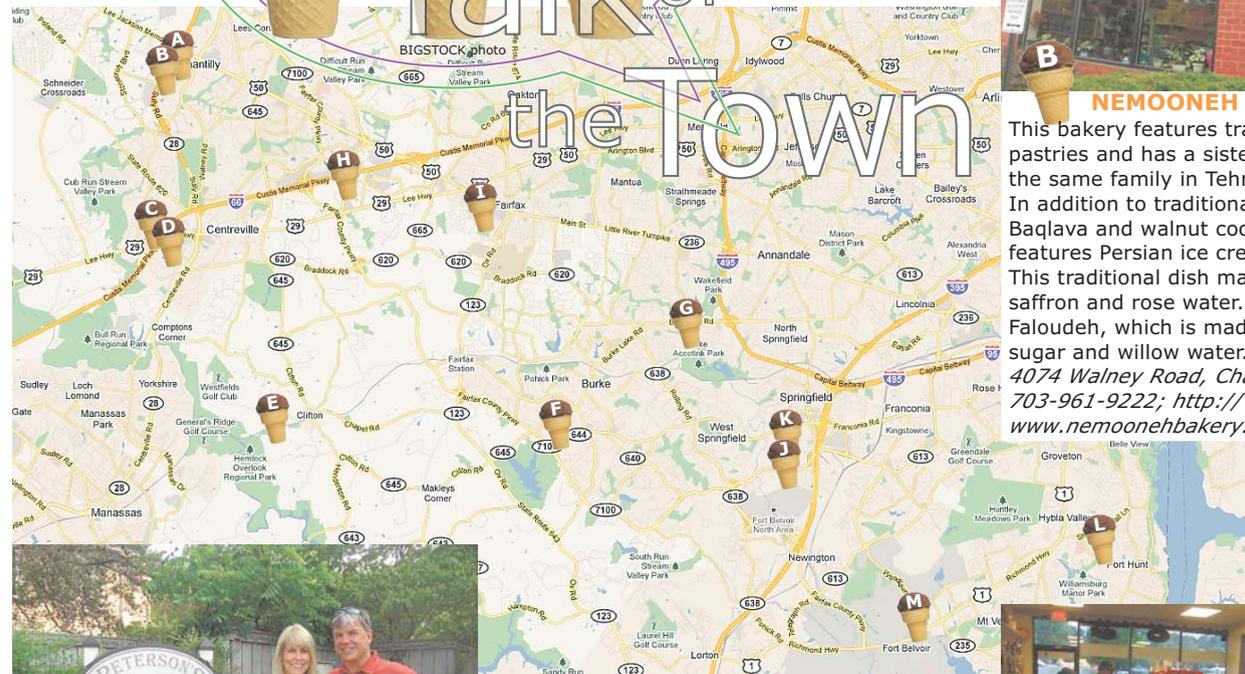
Summer Sweets

Nothing says summer more than a big, delicious scoop of ice cream. Yet our local stores can offer residents with a sweet tooth a whole lot more. Instead of ice cream, what not try frozen custard? There are also more than a few local shops that specialize in cupcakes.

Here is a list of some local favorite dessert spots.

By Julia O'Donoghue
The Gazette

Summer Fun guide to desserts, ice cream and cake.



WOODY'S ICE CREAM

Customers are likely to get served by the owner Woody Lashley himself when they walk into this comfortable storefront that offers soft serve ice cream. The parlor is decorated with Woodson High School memorabilia and past newspaper articles about Woody's.

Last fall, Woody's moved to Old Town Fairfax after a brief hiatus. It features many traditional ice cream favorites including hot fudge brownies, root beer floats, sundaes and milk shakes.

10435 North St., Fairfax, Va.
703-277-9553; <http://www.woodysiccream.com/>



SHILLA PATISSERIE CAFE

This Korean bakery offers Bubble Tea, a milk drink mixed with tapioca balls, and a wide selection of pastries. They also sell Korean ice cream and patbingso, a Korean summer dessert that involves ice shavings, sweetened beans, fruit, frozen yogurt, sweet syrup and rice cake. The store is also well known for putting out samples of their baked goods for customers to taste.

6015 Centreville Crest Lane, Centreville, Va.
703-266-6001



MILWAUKEE'S FROZEN CUSTARD

"Custard is not pudding, yogurt nor ice cream, which it resembles, but something like heaven in your mouth," writes Al Casey, owner of Milwaukee Frozen Custard, on his website.

When he moved to Northern Virginia, Casey found his new home lacking in frozen treats that satisfied him as much as frozen custard. Milwaukee Frozen Custard uses premium cream direct from Wisconsin and egg yolk.

13934 Lee Jackson Memorial Highway
Chantilly, Va.
703-467-0900; <http://www.milwaukeefrozcustard.com/>



PETERSON'S ICE CREAM DEPOT

Former Mayor Tom Peterson and his wife Jean operate this robust soft-serve ice cream stand from the garage of their historic home on Main Street in the Town of Clifton. The shop is only open from Mid-March to November. It provides ample seating in the shade or, if they prefer, patrons can enjoy their treat while taking a walk around downtown Clifton.

7150 Main St., Clifton, Va.
703-830-7898; www.petersondepot.com



HOLLIN HALL PASTRY SHOP

Owner Mel Meadows is a European-style pastry chef who has been working in the area for three decades. In 2004, the Mount Vernon-Lee Chamber of Commerce awarded Meadows and the Hollin Hall Pastry Shop the local "business of the year" award.

Some of the items sold in the store include fresh fruit tarts, pastry cream cheese streusel bars, triple chocolate mousse, Napoleons and a variety of hand-rolled truffles. The store's pastries are also available at the King Street farmer's market in the City of Alexandria on the weekends.

7920 Fort Hunt Rd. Alexandria, Va.
703-768-9643; <http://www.hollinhallpastry.com/>



LE BLEDO DALAT BAKERY

This Vietnamese bakery serves Vietnamese coffee, pork buns, banh beo, cream puffs and other types of dessert, but specializes in cakes. The whipped cake frosting is not necessarily as sweet as that found in American or European-style bakeries.

The store opens around 7 a.m. for breakfast and closes at 7 p.m. on weekdays. They also serve lunch, including Banh Mi sandwiches and other meat dishes.

6651 Backlick Road, Springfield, Va.
703-569-0379



CAKES BY HAPPY EATERY

Woei and Fu-Mei Wu originally opened the Happy Eatery Restaurant and Bakery in Alexandria 17 years ago. In 2002, they decided to focus on the dessert end of the spectrum and opened a full-service Chinese bakery in Centreville.

The selection varies daily but the cafe sometimes carries fresh bear claws, vanilla torte cake, almond puffs, peanut butter cheesecake and chocolate raspberry cupcakes.

14200-A Centreville Square, Centreville, Va.
703-988-9688; <http://www.cakesbyhappyeatery.com/>



HOT BAKES N CAKES

This bakery is attached to an Indian restaurant in Springfield and features a number of specialized sheet cakes. The menu includes mango, strawberry, chocolate truffle, eggless and sugar-free pastries. Cookies include Indian favorites like masala, nankhataal and jeera.

7000 Backlick Road, Springfield, Va.
703-992-8656; <http://www.hotbakesncakes.com/>



NEMOONEH BAKERY

This bakery features traditional Iranian pastries and has a sister bakery owned by the same family in Tehran.

In addition to traditional pastries, like Baqlava and walnut cookies, the bakery features Persian ice cream.

This traditional dish made of milk, sugar, saffron and rose water. The store also sells Faloudeh, which is made of corn starch, sugar and willow water.

4074 Walney Road, Chantilly, Va.
703-961-9222; <http://www.nemoonehbakery.com/>



THE SWISS BAKERY AND PASTRY SHOP

All ice creams and sorbets are made on site at the Swiss Bakery. The stores also carry a wide variety of French pastries, cookies and tarts for purchase.

Items offered include tiramisu, Napoleons, eclairs, rum balls, dark chocolate mousse and pumpkin cheesecake.

9536 Old Keene Mill Road, Burke, Va.,
703-569-3670 (Burke)
5224 Port Royal Road, Springfield, Va.,
703-321-3670 (Springfield)
<http://www.theswissbakery.com/>



CUPCAKES ACTUALLY

Run by two sisters, this shop specializes in the ever-popular gourmet cupcake. Located in Fairfax Corner, the store's "signature" cupcakes are hand dipped in chocolate or caramel. They are called "actually dipped" chocolate, "actually dipped" caramel and "actually dipped" peanut butter.

Other cupcake flavors include key lime, pina colada, mint julep and champagne.

11944 Grand Commons Ave., Fairfax Va.
571-522-6315; <http://cupcakesactually.com/>



OCCASIONALLY CAKE

Started by Mount Vernon residents Sabrina Campbell and Marcia Crandall, Occasionally Cake specializes in eccentric cake design but also serves up gourmet cupcakes every day. There are new cupcake flavors all time but some of the recent creations include strawberry lemonade, chocolate covered cherry, hazelnut squared, chocolate pear and chocolate dipped amaretto.

8850 Richmond Highway Alexandria Va.
703-780-2253;
<http://www.occasionallycake.com>

SUMMER FUN



PHOTO BY LOUISE KRAFFT/GAZETTE

Fourth of July at the Mount Vernon Estate

Celebrate!

Monday/July 4

Mount Vernon Independence Day. Mount Vernon Estate and Gardens, 3200 Mount Vernon Memorial Highway, Mount Vernon. www.mountvernon.org.

- ❖ Troop Inspection by General Washington. 9:30 a.m. Re-enactors from the First Virginia Regiment assemble for inspection by "General Washington" on the Bowling Green, where the Declaration of Independence will be read by the First Virginia Regiment.

- ❖ Wreath Laying. 10 a.m. The George Washington Chapter of the Sons of the American Revolution lead a procession to George Washington's Tomb for a wreathlaying ceremony.

- ❖ Independence Day Naturalization Ceremony. 11 a.m. One hundred new citizens will be sworn in by the United States Citizenship and Immigration Services.

- ❖ Red, White and Blue Concert. 12 p.m. Patriotic favorites by the National Concert Band of America, an 80-member company of retired musicians from each of the United States Armed Services' bands.

- ❖ A pyrotechnic salute to America. 12:45-12:50 p.m. A colorful display of smoke fireworks fired over the Potomac river.

- ❖ Mount Vernon's all-American birthday cake. 1 p.m. Free birthday cake offered to visitors, while supplies last.

- ❖ Fife and drum corps. 1:30 p.m. Military music and drills.

- ❖ Revolutionary War military demonstrations. 2:30 p.m.

Saturday/July 9

Alexandria's Birthday Celebration. 4-10 p.m. Free. Oronoco Bay Park, 7 N. Lee St., Alexandria. Moonbounce, fire-truck slide, dunk tank, bouncy boxing and music by the Capital Focus Jazz Band, 6 p.m. Park and Recreation Commission award ceremony and cutting of birthday cakes by City Council members, 7:30 p.m.; then music by the Alexandria Symphony Orchestra at 8:30 p.m., with conductor Kim Allen Kluge, followed by 9:30 p.m. fireworks and Tchaikovsky's "1812 Overture" complete with cannon fire. Bring lawn chairs or blankets and a picnic meal. Call 703-838-4844 or 703-883-4686.

SCHEDULE:

4 p.m. — Community Exhibitors, Children's Activities and Refreshment Sales;

5:45 p.m. — Pre-show Entertainment: Four Star Combo, Rockabilly & Honky Tonk;

7:30 p.m. — Opening Presentation of Park and Recreation Commission's CIVIC Awards Poetry Reading by Amy Young, Alexandria's Poet Laureate;

8 p.m. — Birthday Cake;

8:30 p.m. — Dreams of Summer: The Alexandria Symphony Orchestra with Kim Allen Kluge, conductor;

9:30 p.m. — Fireworks display featuring Tchaikovsky's "1812 Overture" with Cannon Support by the United States Marine Corps, Basic Training School, Quantico

To Go: Family Tour Day

Junior Docents to lead special tours at Gadsby's Tavern Museum.

BY SVETLANA AVELLAN
GAZETTE PACKET

Gadsby's Tavern Museum, located in Alexandria was once known as "the place to be" in the 18th century. Named after Englishman John Gadsby, the museum is made up of the 1785 tavern and the 1792 city hotel. The tavern held events for dancing, theater, music, meetings, and social gathering for local and historic figures such as George Washington, John Adams, James Madison, James Monroe, and the Marquis de Lafayette.

This summer, the museum is holding tours hosted by Junior Docents, volunteers from grades three to seven. Each docent will be dressed in 18th century clothing while discussing the stop they are stationed at on the tour. Stops include the taproom, bedchambers, ballroom, assembly room and dining room.

A total of 25 docents have been trained after applying and auditioning to be a part of Old Town Alexandria's history. The volunteers reside in the



Junior Docent Evan answers the questions of tourists at Gadsby's Tavern Museum.

Alexandria and Fairfax area and attend private and public schools. The tour will give docents an opportunity to entertain their own peers and families.

The tours are held Sundays on July 3, July 24, and Aug. 21 from 1 p.m. – 4 p.m. \$5 for adults (\$4 with AAA), and \$3 ages 5-12. No reservations are necessary. The museum is located at 134 N. Royal Street, Alexandria. For more information contact Michele Longo, Curator of Education at 703-746-4739 or visit www.gadsbystavern.org.



PHOTO BY LOUISE KRAFFT/GAZETTE

Alexandria Festival of the Arts

SEPT. 10-11

Alexandria Festival of the Arts. Free. Saturday, Sept. 10 from 10 a.m. to 7 p.m.; Sunday, Sept. 11 from 10 a.m. to 5 p.m. Featuring 200 artists offering an eclectic mix of artwork, live music and interactive art activities. Also featuring an Ice Cream Bowl Fundraiser presented by The Art League and the Torpedo Factory Art Center. Located in Old Town, on Historic King Street from Washington Street to the Potomac River waterfront. Navigational address: 480 King Street, Alexandria. Visit www.artfestival.com or www.VisitAlexandriaVA.com or call 561-746-6615.



PHOTO BY LOUISE KRAFFT/GAZETTE (2010)

Del Ray Art Market at the Nicholas Colosanto Center.

SATURDAY/JULY 2

Alexandria Art Market. 10 a.m. to 4 p.m. The market boasts amazing artwork from local artists, music from multicultural musicians and great food from local restaurants. At Colasanto Park in the heart of Del Ray. Free and open to public. www.TheDelRayArtisans.com or DRA.AlexandriaArtMarket@gmail.com to apply.



PHOTO BY LOUISE KRAFFT/GAZETTE

Art Activated at the Torpedo Factory

SATURDAY/SEPT. 10

Art Activated. Noon to 4 p.m. Step inside from the street fair and let your creative side play at this 5th annual event. Visual art comes alive with artist demonstrations and interactivity. At the Torpedo Factory Art Center, 105 N. Union St., Alexandria. Visit www.TorpedoFactory.org; 703-838-4565.



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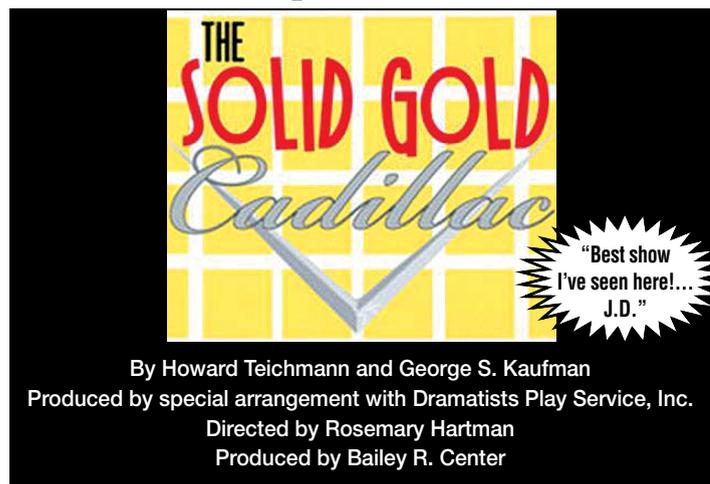
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By Howard Teichmann and George S. Kaufman
Produced by special arrangement with Dramatists Play Service, Inc.
Directed by Rosemary Hartman
Produced by Bailey R. Center

June 24th - July 9th Fridays and Saturdays, 8 p.m.
June 26th - July 10th Sunday Matinees, 3 p.m.
July 4th - Special Luncheon/Matinee:
Luncheon begins at 1 p.m. - Matinee is at 2 p.m.

Tickets	Purchased on-line	Purchased at the door
Adult	\$14	\$15
Youth/Senior	\$11	\$12
* Luncheon/Show	\$25	\$25

*These tickets must be purchased before 5 pm, Thursday, June 30th.

Discount Tickets and Information
www.acctonline.org

For more information call 703-660-2611
1301 Collingwood Rd. Alexandria, Virginia 22308

SUMMER  FUN

JUNE 27 TO JULY 24

"Up in Smoke." Kiln Club Show. At 105 North Union Street, Ground Floor Studio 19, Alexandria. Call 703-548-6288 or visit www.torpedofactory.org/galleries/scope.

NOW THROUGH JULY 31

JAT: Paper, Brass and Process. Art work by Jonathan Thompson. In Paper, Brass and Process, JAT explores Victorian-themed issues of beauty and violence with emphasis on process and technique. At the Schlesinger Center Margaret W. & Joseph L. Fisher Gallery, NVCC Alexandria Campus.

JULY 2 TO AUG. 14

Tory Cowles: Living Large. Artist's reception is July 14 from 6-8 p.m. Reception: July 14, 6-8 p.m.; awards ceremony at 7 p.m. Special Programming: July 28, 6-8 p.m.; Art Panel: Why does art move you? At the Target Gallery, Torpedo Factory Art Center, 105 N. Union Street.

JULY 1 TO 22

Made in the U.S.A. Del Ray Artisans will be celebrating Independence Day and the month of July with artwork inspired by U.S. people, places and/or things. Show Opening and Artist Reception: Friday, July 1 from 7 p.m. to 10 p.m. At the Del Ray Artisans gallery at the Nicholas A. Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. Visit www.TheDelRayArtisans.org.

NOW THROUGH JULY 5

The Gravitational Pull of Memory. Free. Prints and Collages by Veteran Printmaker Ann Zahn. Opening Reception & Meet the Artist: Thursday, June 9, 6:30 - 8 p.m. At the Art League Gallery, 105 North Union Street, Alexandria. Visit www.theartleague.org.

OLD TOWN WATERFRONT

FUN DAYS

2ND SUNDAYS ♦ 1-4 PM

ENJOY ART, FAMILY FUN & MUSICAL ENTERTAINMENT

JULY 10 ♦ AUG. 14 ♦ SEPT. 11

AT ALEXANDRIA CITY MARINA, LOCATED BEHIND THE TORPEDO FACTORY ART CENTER

PRESENTED BY:

- Alexandria Waterfront Committee
- Torpedo Factory Artists
- The Art League
- Alexandria Seaport Foundation
- Alexandria Archaeology

SPECIAL THANKS TO:

Alexandria Gazette Packet
Mount Vernon Gazette



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SUMMER FUN



SUNDAYS IN JULY

Civil War Sundays. 1 to 5 p.m. Free. At the Alexandria Archaeology Museum, located on the third floor of the Torpedo Factory art Center.

THURSDAY/JUNE 30

Christmas in June. 5:30 p.m. Dinner and Candlelight Service for military families and friends. The church service at 7:30 p.m. will be a traditional Christmas Eve Service with candlelight, carols, and communion. This event is for all military families and friends who were unable to spend the Christmas holidays with their loved ones. At Trinity United Methodist Church, 2911 Cameron Mills Road, Alexandria. Call 703-549-5500. Make reservations at www.trinityalexandria.org.

FRIDAY/JULY 1

Honoring America Concert. 7:30 p.m. Free. Presented by the Symphony Orchestra of Arlington, conducted by Jeff Dokken. The concert will also feature the Open5ths, a Washington, D.C., based men's chorus. At Kenmore Middle School Theater, 200 S. Carlin Springs Road, Alexandria.

The Fabulous Hubcaps. 8 p.m. At The Carlyle Club, 411 John Carlyle St., Alexandria. Call 703-548-8899. Visit www.thecarlyleclub.com.

SATURDAY/JULY 2

Mozayik. Tickets are \$30/\$35/\$40. Haitian Creole Jazz Icon Mozayik will be performing at The Carlyle Club, 411 John Carlyle St., Alexandria. To purchase tickets, go to: www.TheCarlyleClub.com. Call 703-548-8899.

Alexandria Art Market. 10 a.m. to 4 p.m. The market boasts amazing artwork from local artists, music from multicultural musicians and great food from local restaurants. At Colasanto Park in the heart of Del Ray. Free and open to public. www.TheDelRayArtisans.org or DRA.AlexandriaArtMarket@gmail.com to apply.

SUNDAY/JULY 3

Family Tour Day. 1 to 4 p.m. Special tours hosted by Junior Docents who will be stationed at each stop on the tour, including the taproom, bedchambers, ballroom, assembly room and dining room. At Gadsby's Tavern Museum, 134 North Royal Street, Alexandria. Call 703-746-4242 or visit www.gadsbystavern.org.

TUESDAY/JULY 5

Material Innovations From Artistic Experimentation. 6 to 8 p.m. Free. With Rebecca Lasky, Artist and Inventor of "Goo." At Morrison House, 116 South Alfred St., Alexandria. Visit www.torpedofactory.org.

WEDNESDAY/JULY 6

Ben Brenman Park Concerts. 7 - 8 p.m. Woven Green (Rock, Folk & Funk)
Location: Ben Brenman Park, 4800 Brenman Park Dr.
Contact: Special Events, maureen.sturgill@alexandriava.gov, 703.746.5592.

Summer Concert Series. 8 p.m. With the U.S. Air Force Band Concert Band and Singing Sergeants. At T.C. Williams High School, 3330 King Street, Alexandria. Call 202-767-5658 or visit www.usafband.af.mil.

DJ Dance Party. 9 to 11 p.m. Admission is \$6. With DJ Dabe Murphy. At Nick's Nightclub, 642 South Pickett St., Alexandria.

FRIDAY/JULY 8

The Sock Monkeys. 8 p.m. At The Carlyle Club, 411 John Carlyle St., Alexandria. Call 703-548-8899. Visit www.thecarlyleclub.com.

SATURDAY/JULY 9

Annual City of Alexandria & USA Birthday. 4 to 10 p.m. The City of Alexandria will celebrate its 262nd and the USA's 235th birthday at Oronoco Bay Park, 100 Madison St., located at the Potomac River between Fairfax, Pendleton, and Madison Streets. The celebration includes fun for the entire family, including children's activities, community exhibits, a performances and birthday cake. Contact: Cheryl.lawrence@alexandriava.gov, 703-746-5418.

Meade Skelton. 8 to 10 p.m. At St. Elmo's Coffee Pub in Del Ray, 2300 Mount Vernon Ave., Alexandria. Call 703-739-9268.

"Reconciliation and the Elaine, Arkansas Race Riot of 1919: Forgive or Forget." Film screening at 4:30 p.m. Free. Part of Movies With a Mission program. At the Alexandria Black History Museum, 902 Wythe Street, Alexandria. Call 703-746-4356. Visit www.alexblackhistory.org

MONDAY/JULY 11

The 257th Army Band. 7 to 8:30 p.m. The 257th Army Band



MONDAY/JULY 4

George Washington Visits. 7 a.m. to 10 a.m. Re-enactor James Manship will join guests for a Colonial-style breakfast and photos. At Washington Suites Alexandria, 100 S. Reynolds St., Alexandria. Call Justin White at 703-370-9600, ext. 7258, or at justin.white@washingtonsuitesalex.com.

is a National Guard unit located in the capital city. Officially recognized as "The Band of the Nation's Capital". At Market Square, 301 King St., Alexandria. Contact: Maureen Sturgill, maureen.sturgill@alexandriava.gov, 703-746-5420.

WEDNESDAY/JULY 13

Lunch Bunch Concert. 12 to 1 p.m. Andrew McKnight (Folk/Roots). At the Canal Center Plaza, 44 Canal Center Plaza. Contact: Special Events, maureen.sturgill@alexandriava.gov, 703-746-5592.

Summer Concert Series. 8 p.m. The U.S. Air Force Band — Max Impact, The Airmen of Note and the Air Force Strings. At T.C. Williams High School, 3330 King Street, Alexandria. Call 202-767-5658 or visit www.usafband.af.mil.

DJ Dance Party. 9 to 11 p.m. Admission is \$6. With DJ Dabe Murphy. At Nick's Nightclub, 642 South Pickett St., Alexandria.

THURSDAY/JULY 14

Michael DeLalla in Concert. 7 p.m. Tickets are \$10. Part of the Second Thursday Music. At The Athenaeum, 201 Prince Street, Alexandria. Call 703-548-0035 or visit nvfaa.org.

Music at Twilight Concerts. 7:30 to 8:30 p.m.

The Bobcats (Rock & Roll). At Fort Ward Amphitheater, 4301 W. Braddock Rd., Alexandria. Contact: Special Events, maureen.sturgill@alexandriava.gov, 703-746-5592.

FRIDAY/JULY 15

Alexandria Citizens Band Concert. 7:30 to 8:30 p.m. The City's Oldest Performing Arts Organization. At Market Square, 301 King St., Alexandria. Contact Special Events, maureen.sturgill@alexandriava.gov, 703-746-5592.

John Pizzarelli. 8 p.m. At The Carlyle Club, 411 John Carlyle St., Alexandria. Call 703-548-8899. Visit www.thecarlyleclub.com.

JULY 15-17

Christmas in July. Presented by The Christmas Attic and the businesses of Union Street. 15 retailers and community organizations will host a variety of activities either inside stores or on Union Street ranging from pictures with "Summer" Santa & Mrs. Claus, historical tours, holiday trunk shows, food and wine tastings, cookie decorating, storytime for tots, ornament making, arts and crafts, ice cream, paint your own nutcracker, green holiday home tips, fashion styling, pooch pictures, musical entertainment and much more. Located on Union Street between Cameron and Duke Street in Old Town. Visit www.christmasattic.com or 703-548-2829.

SATURDAY/JULY 16

Jeff Bush Jazz. 8 p.m. At The Carlyle Club, 411 John Carlyle St., Alexandria. Call 703-548-8899. Visit www.thecarlyleclub.com.

Speak Up for a Child. 11 a.m. Fairfax Court Appointed Special Advocates is hosting an information session for volunteers. If you would like to learn more about advocating for abused or neglected children, call 703-273-3526, x22 or email ekosarin@casafairfax.org. At Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

Civil War Spotlight Talks. Free. Explore Civil War Artillery Projectiles. 30-minute talks from 10 a.m. to noon; and 2 to 4 p.m. Learn about a variety of Civil War-period ammunition, from a 100-pounder Parrott shell to a Ketcham hand grenade. At Fort Ward Museum, 4301 West Braddock Road, Alexandria. Visit www.fortward.org or call 703-746-4848.

JULY 16-17

Free Music Lessons. Kingstowne Acoustic Music joins in the fight against heart disease by offering free music lessons in the following: guitar, bass, banjo, mandolin, violin, piano, ukulele and voice lessons. At 110 Kingstowne Center in Alexandria. Call Kingstowne Acoustic Music at 703-822-9090.

TUESDAY/JULY 19

Mount Vernon Genealogical Society. 1 p.m. Free. The meeting will feature the presentation "Leaping to Erroneous Conclusions" by Christine Rose. Meets in Room 112 of Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call Phyllis Kelley at 703-660-6969 or publicity@mvgenealogy.org.

WEDNESDAY/JULY 20

Ben Brenman Park Concerts. 7 to 8 p.m. Dave Chappell Duo (Blues). At Ben Brenman Park, 4800 Brenman Park Dr., Alexandria. Contact Special Events, maureen.sturgill@alexandriava.gov, 703-746-5592.

Summer Concert Series. 8 p.m. American Jazz Heroes with the U.S. Air Force Band — The Airmen of Note. At T.C. Williams High School, 3330 King Street, Alexandria. Call 202-767-5658 or visit www.usafband.af.mil.

Swing Dancing. 9 to 11 p.m. Admission is \$10. With the band, Atomic Swing Club. At Nick's Nightclub, 642 South Pickett St.

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SUMMER  FUN

Gentlemen, Start Your Engines

ACCT revs up
“The Solid Gold
Cadillac.”

BY JEANNE THEISMANN
GAZETTE PACKET

She may be blonde, bit she’s anything but dumb. Sometime actress Laura Partridge, a minority shareholder in a major New York company, dares to challenge the status quo of the board of directors of General Products in this charming rendition of the 1953 George Kaufman and Howard Teichmann Broadway comedy, “The Solid Gold Cadillac,” now playing at the Aldersgate Church Community Theater.

Directed by Rosemary Hartmann and produced by Bailey R. Center, ACCT has mounted a production that captures the satirical wit and romantic comedy that film buffs remember from the 1956 classic starring Judy Holliday and Paul Douglas.

“It was a struggle to produce and be in the cast at the same time,” said Center, who starred as the sinister Albert Metcalfe. “I won’t ever do it again but I wanted the opportunity to work with Rosemary, who is an incredible director.”

Center and Hartmann have assembled a talented cast led by Barbara Hayes as the guileless but brilliant Laura Partridge. When the not-so-naïve Partridge learns of the corruption within the company, she strategically sets about to bring back Edward McKeever, the founder of the company who earlier resigned his position to take a prestigious government job in Washington.

Hayes, last seen at ACCT as Martha in Arsenic and Old Lace, carries the show with her comedic timing and masterful command of the stage as the deceptively ditzzy heroine who is determined to save the company for all of the small stockholders like herself.

Community theater veteran James McDaniel is Edward McGeever, an icon of integrity attempting to retake control of the company he founded. Standing in his way is a corrupt board of directors played with sinister perfection by Will Monahan as T. John Blessington, Joseph Le Blanc as Warren Gillie, Dan Beck as Clifford Snell and Center in his on-stage role as Albert Metcalfe.

The always-entertaining Carol



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

The cast and crew of “The Solid Gold Cadillac” celebrate June 24 after the opening night performance at Aldersgate Church Community Theater.



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

Producer Bailey R. Center with director Rosemary Hartman on opening night of *The Solid Gold Cadillac*.

Strachan brilliantly pulls off the role of the narrator, played by an unseen George Burns in the film adaptation of the play. Unlike Burns, Strachan is seen onstage as Estelle Evans and delivers each line with her trademark distinction.

Cast members making their ACCT debut are Jerry Hoffman, seen locally in the Little Theatre of Alexandria production of “Oliver!,” Melissa Purvis and Anne Monahan, who also made her musical theater debut in “Oliver!”

Hartmann served as set designer while costume designer Ferrell Hardigan gift wraps the cast in nostalgic period costumes of the

1950s.

A witty satire from the golden age of American comedy, “The Solid Gold Cadillac” is considered by some one of the funniest plays written about big business corruption in the familiar Main Street takes on Wall Street theme.

Under the direction of Hartmann, a WATCH award-winner for her direction of the Elden Street Players’ production of Three Tall Women, ACCT’s ensemble cast pulls together a script that is sharp and clever and keeps the pace moving toward the anticipated triumph of good over corporate conspiracies. With a sense of whole-

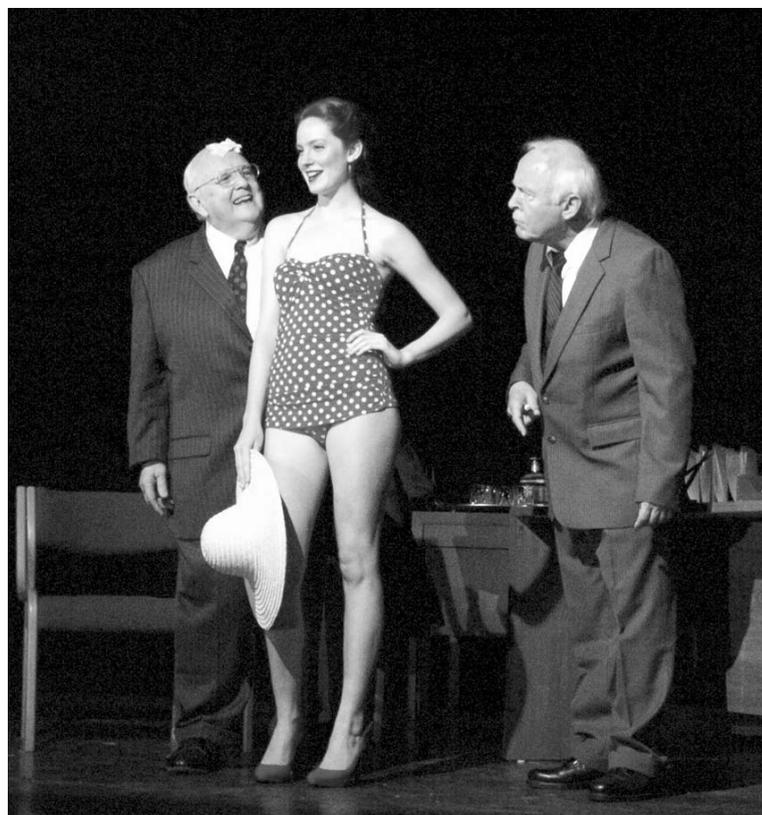


PHOTO BY HOWARD SOROOS

“The Solid Gold Cadillac” is playing through July 10 at Aldersgate United Methodist Church.

some 1950s fun, it’s a delightful evening of entertainment from some of the area’s best in community theatre.

So fasten your seatbelts for an entertaining ride from ACCT’s charming rendition of “The Solid Gold Cadillac.”

To Go

The Aldersgate Church Community Theater production of “The Solid Gold Cadillac” is playing now through July 10 at Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m. A special luncheon matinee will be held July 4 at 2 p.m. For tickets or more information, visit www.acctonline.org.



An unleashed dog in the Stratford Landing neighborhood.

FROM PAGE 8

dogs through our neighborhood off-leash. They've been asked numerous times by numerous people including the police to leash their dogs to no avail. It has been explained to them numerous times, including in this month's Stratford Landing newsletter (http://www.stratfordlanding.org/images/SLCA_June_2011_Newsletter.pdf) that their actions endanger others and their dogs, but they refuse to take heed.

As I view my street from the windows of my home office, there are four main perpetrators, three of whom I can identify by name. One is the former chief of staff of a U.S. senator. His wife walks the same dog by my house on-leash at about 6 a.m. every weekday, but he insists on running the same dog using his bicycle, sometimes off-leash but usually off-leash. Two years ago, while he was running the dog on his bicycle, the dog was hit by a car and badly injured. After his wife walked the badly limping dog past my house for several months, it thankfully recovered. Then, he resumed his running of the dog on his bicycle. He recently wrote me an e-mail informing me that he "... will continue, despite the dangers ...". Do we get a vote?

Another is a former member of Stratford Landing's executive committee. Last week she trotted past my house with the dog 50 yards ahead. I happened to be outside and asked her where the dog's leash was. She showed me the leash in her hand as the dog continued to run half a football field ahead of her. When I asked her to place the leash on her dog, she replied, "Is he bothering you?" How does one respond to such ignorance?

A third is the chief executive officer of a lobbying organization concerning global issues, and his wife. He used to walk with his wife by my house several times a week with their large yellow dog run-

ning 30-40 yards ahead. After the umpteenth time asking them to use a leash, instead, they changed their route and now do the same thing elsewhere in our community. Occasionally, they do walk by my house with their dog off-leash as they did once last week. Apparently global issues are more important than safeguarding neighbors.

A fourth is a couple who I don't know. The wife walks their Doberman Pinscher on-leash but the husband often does so off-leash. I've asked him to leash the dog, to no avail.

Perhaps it is going to become necessary to ask the Animal Control Police to stake out our community and start writing tickets. Wouldn't it be a shame to have to waste our limited county resources to enforce leash laws in Stratford Landing concerning people who know better but openly defy a law that was put in place to protect others from such inappropriate behavior? I mentioned the professions or civic involvement of these law-breakers because, clearly, as people in responsible positions, they know better. What a shame.

H. Jay Spiegel
Mount Vernon

Write

The Gazette welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Gazette
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
gazette@connectionnewspapers.com

Auditor To Do Police Review?

FROM PAGE 4

visors and make their own determinations," said Lee District Supervisor Jeff McKay (D). Advocates for a citizen-review board say they are not giving up their fight. Now that the county auditor has initiated a study for reviewing how investigations are conducted, members of the coalition say that gives them more time to make their case before an official recommendation is presented to the Board of Supervisors. And they're not about to give up.

"Even though today was a disappointment, we're not going to give up," said Annie Whitehead, secretary of the coalition. "We're going to continue to fight to get a citizen review board."

Others say they have yet to receive a complete hearing, criticizing how the committee hearing was conducted.

"We were promised 10 minutes," said Ronald Koch, president of the coalition. "They waited until after they already made their decision to hear our speaker, and they didn't give us the 10 minutes. So I think it's despicable the county would lie to the citizens committee."

Other members of the coalition said the current recommendation is inadequate.

"Clearly I'm disappointed," said Sal Culosi, who reached a \$2 million settlement with the police after his son was killed by a Fairfax SWAT team in 2006. "That auditor has absolutely no teeth."

CRIME REPORT

FROM PAGE 7

LARCENIES

4000 block of Adrienne Drive. Two bicycles stolen from residence.
2700 block of Arlington Drive. CD player, tire and ignition stolen from vehicle.

1600 block of Belle View Blvd.

Soaps and lotions stolen from business.

7800 block of Bluebird Lane.

Wallet stolen from vehicle.

Boswell Ave./ Fordson Road. Purse stolen from business.

7400 block of Convair Drive. Spray machine stolen from vehicle.

Cyrene Blvd./ Grey Goose Way.

Safe and welder stolen from vehicle.

900 block of Darton Drive. Two iPods stolen from residence.

2800 block of Fort Drive. Purse and iPod stolen from vehicle.

8400 block of Fort Hunt Road. Keys stolen from school.

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NEWS

Hamilton

FROM PAGE 9

anguish we experienced will never go away. Your self-indulgent crimes had an impact on the whole community. You robbed the community's faith in its ability to protect its own."

Crying, she told her son, "You're not responsible for what happened. I had no idea John was abusing you, and I'm so sorry I couldn't protect you. I will live with this for the rest of my life."

Defense attorney Steve Merrill said although his client exposed himself to many children, he touched very few. "The only child-molesting he's done over the past 8 or 9 years was [the exchange student]," said Merrill. "Although one is too many."

Stott asked Judge Kassabian to sentence Hamilton to the maximum he could receive for his crimes — 65 years behind bars. "Four of the victims were little boys when the defendant molested them — not the people who put on brave faces to testify today," she said. "They weren't in a position to fight back. When he offered them assistance, their parents thought what a wonderful person he was. But he was a wolf in sheep's clothing."

Regarding the exchange student, said Stott, "He came to America for an adventure. He was living thousands of miles away from everyone he knew — with a child molester."

"The details you heard today and the tears you saw were heartbreaking — and it's years later," she told Kassabian. "This affects [the victims'] trust in others and sense of safety, plus their relationships with their parents and with people in the future — and it can't be restored. But this court can punish this defendant."

She said children are vulnerable and deserve protection from the adults around them. Hamilton, however, "deserves every minute, hour and second of a 65-year prison sentence," said Stott. "He went to great lengths to avoid prosecution, and his flight to Europe demonstrates that he doesn't feel remorse. He didn't want his victims to have closure. If not stopped, he will abuse victim after victim, leaving other lives shattered."

Before sentencing, Hamilton said he felt "horrible" for "the harm my actions have caused these young men and their families." Noting he'd been a "positive influence" in many lives, he said how "truly sorry" he was and that he planned to change his life.

But the judge had the last word, saying the abuse was accomplished by "a betrayal on a number of levels by someone in a position of trust and authority as a coach and a friend." He then sentenced Hamilton to 55 years in prison — 20 years for each of the two counts of aggravated sexual battery and five years each for the two indecent-liberties charges, plus the crimes-against-nature offense.

Kassabian ran each sentence consecutively and gave Hamilton an additional 15 years, which he suspended. Said the judge: "I have an obligation to protect the community, and that's what I'm going to do."

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Running Clubs Provide Fun, Competition

Running with club members can help with motivation.

BY JON ROETMAN
THE GAZETTE

Mark Drosky enjoys running. In fact, he feels he was made for it. Drosky, a 50-year-old Alexandria resident, is co-president of the Northern Virginia Running Club, which meets on Tuesdays at T.C. Williams High School. He is a long-time athlete who used running as a way to continue competing after high school.

"It's something I'm kind of built to do," said the 5-foot-9, 145-pound Drosky. "I do enjoy it, but my skeleton, for lack of a better word, is built for it. I'm thin, I haven't had a knee problem in my life [and] I'm not carrying extra pounds. ... I love to be outside. ... All you need is a pair of sneakers."

Drosky, who has been a member of the Northern Virginia Running Club for a decade, said the group offers a social element to running for those of all ability levels. Club coach Jerry Alexander, who also coaches with the Georgetown Running Company Race Team, works with runners ranging from beginners to elite athletes.

"We don't assume that everyone knows what a 4x800 workout is," Drosky said. "We try to explain to them what we're doing and why. ... [We have] members who have qualified for the Olympic trials to the guy who just started running."

Samantha Kirby Cole is the club's other co-president. She moved to Arlington in 1997 and it didn't take long for her to find a sense of "community."

Cole, 42, competed in cross country and track while at Muskingum University in Ohio and wanted to get back into running after relocating to Arlington. She joined the Northern Virginia Running Club in 1998 after meeting a club member during her first



Kevin Shaw launched the Kingstowne Striders running club in 2009.

SUBMITTED PHOTO

race in the area.

Thirteen years later, Cole is on the club board of directors and has worked her way from the club's level three, geared toward less experienced runners, to level one.

"I do it for fun and I do it stay in shape," she said. "... We're very community oriented. ... We offer a community kind of feel, not just running. We back each other up and step in and do what we can."

While the group meets on Tuesdays in Alexandria, members are trying to bring back a Thursday meeting in Arlington.

The three different group levels allow runners of all ability levels to join. Cole said making the effort to show up the first time could pay dividends.

"I think of myself as being more competitive," Cole said. "I started off in group three and I moved up to group one. I try to compete, at least for my age. ... I think it's like a stress thing. I get to beat myself up for awhile and then I get to feel good about beating myself up. ..."

"[I would tell beginners] just to show up. We've got a coach to at least get them started. Showing up is the first step to getting something started. ... You have people consistently there every week and they push" you.

Go to novarun.com for more information.

GETTING BACK IN SHAPE: Kevin Shaw

didn't recognize the person in the photograph.

He did recognize it was time for a change. Shaw was in his mid-40s when he saw a picture of himself painting a deck in Deep Creek, Md. At 5 feet 10, he weighed more than 250 pounds. The image proved to be a life-changer.

"It was almost like I didn't recognize that person," he said. "... I was in an oversized XXXL T-shirt and I said, 'That can't be me,' and I realized it was."

Shaw and his wife, Suzanne, contacted a nutritionist. He also started walking. With time and effort, Shaw's walking turned to running. Within a year, he went from sitting on the couch to competing in a half marathon (13.1 miles). Within 18 months, he competed in a full marathon.

While working to shed pounds, Shaw joined the DC Road Runners running club in 2006 before joining the Reston Runners for two years. Now 51, the Kingstowne resident is president of the Kingstowne Striders, a group he helped launch in January of 2009. He weighs 168 pounds and has participated in three Iron Man triathlons and a pair of JFK 50-milers.

"I was really overweight," said Shaw, an information systems engineer with MITRE. "I lost 90 pounds during that process. I started walking and I wanted to do my first 5K and I wanted to run a little bit and even-

tually fell in love with running. ...

"I love to run. My worst day running is better than my best day at work."

Running clubs helped Shaw develop an enjoyment for the sport. Along with surrounding oneself with a motivating support group, running clubs offer a social aspect. Shaw said it is important to find the group that is the best fit for one's needs and goals.

"It's a relationship. Not all clubs are built for everyone," Shaw said. "... Just finding a group of people that you seem to click with and that inspire you [is important]. Keep trying folks until you find a group that you like."

Shaw started the Kingstowne Striders as a way to experience the enjoyment he felt as a member of the Reston Runners while being able to run and create a sense of community closer to home. The group started with nine members and now includes more than 90 families, Shaw said. The group, which contains runners of all ability levels, offers social workouts on Saturdays and Sundays and more competitive track workouts on Tuesdays.

There are also members interested only in walking.

The Kingstowne Striders are involved in two events which give back to the community: The Springfield 15K/5K in June raises money for youth programs in the greater Springfield area and the Jack T. Farrar Jr. "Fill the Shoes" 5K in November raises money for pancreatic cancer research.

Running with the Kingstowne Striders is one way to stay motivated. Shaw also signs up for races well in advance, knowing he's going to compete one way or another, so he might as well make it easier on himself by staying in shape.

In terms of nutrition, Shaw said "I don't beat myself up" when he overeats, instead choosing to re-focus the next day. Also, he realized losing weight was going to take time.

"I didn't put all that weight on overnight," he said, "and it certainly wasn't coming off overnight."

Visit kingstownestridders.org for more information.

SPORTS BRIEFS

Fort Hunt Football, Dance Camps

The Fort Hunt Youth Athletic Association will hold football and cheer and dance camps July 18-22 and July 25-29 at Carl Sandburg Middle School. Both sessions run from 6-8 p.m.

The football camp will introduce new players to basic concepts and will be non-contact and very low intensity. The cheer and dance camp will teach basic cheerleading and dance moves and will be a stepping stone to more organized and focused routines.

Cost is \$80 per session or \$150 for both. If one is unable to pay the camp fees, a confidential financial hardship can be arranged.

Visit the FHYAA Website at fhyaa.org to register. Contact Tina McCammon, assistant commissioner, at tina.mccammon@yahoo.com for more information.

Coaches Needed

The Fort Hunt Football and Cheerleading Program is looking for coaches for football, flag football and cheerleading. No experience necessary.

Becoming a volunteer coach is an excel-

lent opportunity to give back to the community, be a positive role model to many youth and do something for the greater good. If interested, contact Tina McCammon, assistant commissioner at tina.mccammon@yahoo.com.

Fort Hunt Flag Football Program

The Fort Hunt Youth Athletic Association will field a flag football program for boys and girls ages 5 and 6 (as of Aug. 1, 2011) this year. Registration is open until goals of 64 players and 10 on a waiting list are met (waiting list players if not selected to teams

will receive full refunds). Practices begin on Aug. 8 and will run from 5-6 p.m. Regular season games will start Sept. 17 and run through Oct. 8. Playoff games will be held Oct. 15 and the championship game is Oct. 22.

Cost is \$100 per player. Visit the FHYAA Website, fhyaa.org, to register.

WP Air Raid Football Camp

The Wolverine Booster Club is spon-

SEE SPORTS BRIEFS, PAGE 23

SPORTS BRIEFS

FROM PAGE 22

soring the Air Raid Football Youth League Camp, structured toward grades 4-8 and ages 10-14. Camp sessions are July 11-15 and July 18-22. Each day runs from 6-8:30 p.m. on the West Potomac High School practice fields.

Cost is \$75. Make checks payable to the Wolverine Athletic Booster Club or WBAC.

WP Boys Basketball Summer Camps

West Potomac will host three weeks of basketball camps in July for ages 7-16. Week one is the co-ed camp from July 5-8. Cost is \$95. Weeks two (July 11-15) and three July 25-29) are boys camps. Cost is \$120. Contact West Potomac head coach David Houston at djhouston@fcp.edu for more information.

American Legion Baseball Players Wanted

The Montgomery College Rockville baseball team is looking for American Legion or showcase-quality players for the fall 2011 and spring 2012 seasons. The Rockville Express of the Cal Ripken League plays their home games at MC Rockville. Contact coach Rick Price at 240-447-6948 for more infor-



PHOTO BY JULIE DIVINE

On June 25-26, the newly formed Mount Vernon Magic Silver participated in the Summer Spectacular softball tournament in Columbia, Md. In this its first tournament, the Magic Silver competed against 15 other teams. On Saturday, the Magic Silver had two victories to win their pool. On Sunday, the Magic had two more victories to make it to the finals where they ran into the PA Ball Hawks. After giving up eight runs in the first inning, the Magic were able to battle back to 11-5 before time ran out. Next tournament will be July 9-10.

mation.

Sports Updates On Twitter

Follow sports editor Jon Roetman on Twitter at @jonroetman for sports updates around Northern Virginia and Montgomery

County, Md.

Register Open For Senior Olympics

Registration is open for the 2011 Northern Virginia Senior Olympics, which will take place Sept. 17-28. Participants can reg-

ister online by going to nvso.us.

More than 25 indoor and outdoor events from track and field to scrabble and chess are offered. Senior adults 50 years of age and older, who live in a sponsoring jurisdiction, are eligible to participate. Registration information is available at local senior centers, community centers, senior residences or by calling 703-228-4721. Details and registration forms are also available online at www.nvso.us. Deadline to register is Sept. 1.

The fee is \$10 plus \$1 per event. There are additional charges for golf, miniature golf, bowling and fencing.

Seniors may compete in more than one event. Each event is divided into age categories and some by gender. Winners will be awarded gold, silver and bronze medals after each event. The events will take place at various locations throughout Northern Virginia.

New events in 2011 are badminton, volleyball, cycling and a 1,600-meter run has been added to the track events. Events are track and field, swimming, diving, tennis, table tennis, golf, miniature golf, 10-pin bowling, Wii bowling, pickleball, racquetball, scrabble, bocce, cribbage, fencing, chess, duplicate bridge, backgammon, bunco, horseshoes, men's 3-on-3 basketball, men's and women's basketball free throw, team line dancing, yo-yo tricks, eight-ball pool, Frisbee throw and softball hit and throw.

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- Cruisin' on the River Classic Car Show — Aug. 6
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- Abbey Road on the River — September 1 thru 5
- Das Best Oktoberfest — September 24 & 25
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