

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JULY 7, 2011

Welcoming America's Newest Citizens

100 Sworn in at Mount Vernon on July 4.

BY ED SIMMONS, JR.
THE GAZETTE

On the broad green in front of Mount Vernon the morning of July 4, "General George Washington" welcomed 100 new United States citizens from 41 countries who'd just raised their right hands and solemnly sworn their Oath of Allegiance.

"Contribute to the beacon light of America," he urged them. "Congratulations! You are now United States citizens."

Meanwhile, across the nation more than 24,000 new citizens were also stating their oaths this Independence Day.

Joining "General Washington" at the Mount Vernon ceremony were Continental soldiers of the 1st Virginia Regiment in emerald blue frock coats, white leggings and tricorne hats, who fired two crashing, smoky volleys. And serenading the new citizens was Miss America 2010 Caressa Cameron, singing "The Star Spangled Banner."

Among the new citizens on the Mount Vernon green was Clarice Kabore, 42, from Burkina-Faso, West Africa and her husband Dr. Inoussa Kabore, 48, with their children DJelika, 12, and Jarnell, 7.

"The freedom that we have in the United States is really marvelous," said the physician who came to America nine years ago to advance his studies helping women in developing countries with childbirth and disease prevention. He is now director of Strategic Information at Family Health International.

"I'm really in a position now to do a whole lot of good," he said.

Another of Mount Vernon's 100 new citizens was 1st Lieutenant Youngsul Jeong, 43, from South Korea. A medical re

SEE NEWEST CITIZENS,
PAGE 4



"General George Washington" encouraged the 100 new citizens to "contribute to the beacon light of America."

PHOTOS BY ED SIMMONS, JR./THE GAZETTE



Dr. Inoussa Kabore, left, came to America to advance his medical studies helping women in childbirth.

Partial Widening Expected by 2016

A two-mile segment of Route 1 in county timeline; no timeline for remainder.

BY GERALD A. FILL
THE GAZETTE

The first time Route 1 Corridor traffic problems were brought before the Board of Supervisors was not when the Fort Belvoir expansion was announced several years ago, but back in 1966 when the fledgling Mount Vernon-Lee Council of Citizens Associations proposed that the board take steps to install rail transportation along Route 1.

Dr. Glen Fatzinger, one of the founders of the original citizens association recently recounted the association's early history at a recent Mount Vernon Council of Citizens Association (MVCCA) meeting. Nothing was done about rail transit then or in the ensuing years.

Now, because of the decision several years ago by the Department of Defense's Base Realignment and Closure Commission (BRAC) to transfer functions to Fort Belvoir and the consequent thousands of additional employees that would follow, the Board of Supervisors, Virginia Department of Transportation (VDOT), and Department of Defense (DOD) are energized and focused to bring long overdue road and mass transit improvements to the 7.5 mile Route 1 Corridor in Fairfax County.

However, gaps in available funding, unresolved in the next year, will further delay road and mass transit improvements until 2020 or later. Nevertheless, all responsible parties are now publicly committed to support actions to fund

SEE TWO-MILE, PAGE 3

Loss of Authority

Fairfax County's zoning authority could be undermined by proposed legislation regarding cell towers.

BY MICHAEL LEE POPE
THE GAZETTE

Local and federal officials are clashing over who should have the final say in where cell phone towers are located. A bill currently under consideration in Congress would

eliminate a portion of Fairfax County's zoning authority, creating concern in a community where an increasing presence of cell towers has created a sense of unease. Lee District Supervisor Jeff McKay is concerned that the legislation

SEE FEDERAL, PAGE 5

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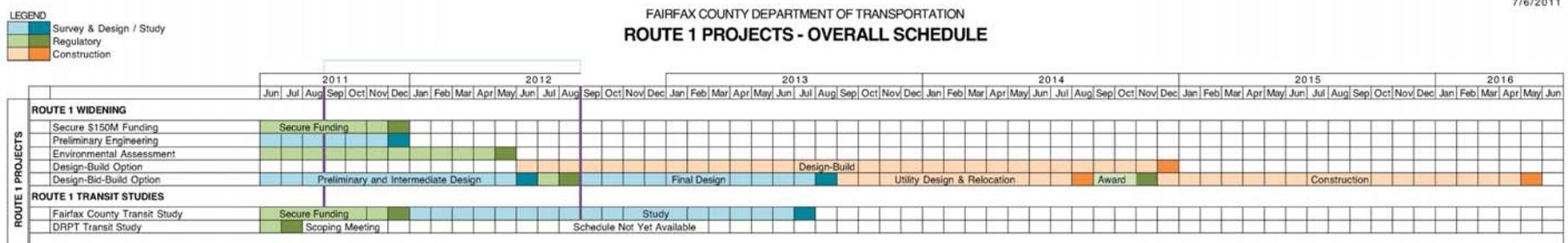


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County projected timeline for selected Route 1 improvement projects: The timeline is for Route 1 from Telegraph Road north to Woodlawn Road only.

Two-Mile Segment of Route 1 in County Timeline

FROM PAGE 1

RELATED STORY, PAGE 7.

the base-line studies — environmental, historic preservation, transit, road widening, and centerline — required by Federal and State law in order to move toward the design, right-of-way acquisition, bid-build phase in one two-mile area projected to be completed by 2016, depending on availability of funding from local, state, and federal sources.

Because of the legal and practical requirements for baseline studies to be completed, there are no likely shortcuts for the impending opening of the new Fort Belvoir hospital, wounded warriors rehab and family center, child care center, and DOD military functions at Fort Belvoir scheduled to open. Compounding the traffic problems in the not-too-distant horizon is the creation of the new National Museum of the U.S. Army, and the Mount Vernon Estate's Presidential Library and Convention Center. The county is funding Connector bus improvements — nine more buses, changes in eight routes, four new routes — and looking to identify money to provide traffic relief.

In the near and long term, Comprehensive Plan amendments, transit studies and other plans are in the works and commitments have been made that will trigger a massive commitment of money and manpower, some of which is already underway to ultimately transform the Route 1 Corridor from a '60s-type suburban four-lane

highway to a modern urban-suburban six-lane highway combined with rail and bus mass transit systems and user-friendly commercial, retail businesses and residential housing beginning in 2016 and beyond to serve the growing needs of the corridor for the foreseeable future.

The General Assembly's recent passage of a two-year transit study and the pending availability of federal money — \$150 million — which the county transportation staff is poised to apply for will finance the required planning, environmental, and design studies, and move the county, VDOT, and Federal Highway Administration into a position to design and build an expanded Route 1 in the Telegraph Road to Woodlawn Road section. However, beyond that, no federal or state money has been identified for study design, right-of-way acquisition, environmental assessments for road widening or transit construction north of Woodlawn. Local, state, and federal officials must still identify and commit tens of millions in funds and purchase general obligation bonds to finance the plans and construction that will emerge from the various studies.

Local elections to be held this fall mean candidates running for office in the southeast region of Fairfax County will focus on what some perceive as the premier quality of life issue in the Mount Vernon-Lee mag-

More

ROUTE 1 REVITALIZATION: FAIRFAX COUNTY BOARD OF SUPERVISORS

Key county offices include:

- * Transportation
- * Community Revitalization
- * Southeast Fairfax Development Corporation
- Current and planned actions by Fairfax County; VDOT; Virginia Department of Rail and Public Transportation; DOD; FHWA:
- * Richmond Highway Widening (Telegraph Road to Woodlawn Road) - \$145.5 M
- * Transit Studies (Richmond Highway Specific) - \$6.0 M; also County-wide study of Enhanced Public Transportation Corridors (including Richmond Highway)
- * BRAC-Related Bus Service Changes – 8 routes changing; 4 new routes; 9 new buses purchased; on-going operating costs funded
- * BRAC- Related Road Improvements – Mulligan Road (new connection from Richmond Highway to Telegraph Road) including realignment of Old Mill Road/Mount Vernon Highway; Telegraph Road; Fairfax County Parkway including improvements at Kingman Gate
- * Additional Wayfinder signage to promote tourism
- * Improvements at Pohick Road (Tulley Gate) and Belvoir Road (Pence Gate)
- * New Gunston Road bridge crossing
- * Federal shuttle buses installed

- * Department of Defense TDM coordinators at Main Post and North Area
- Other current and planned Route 1 Corridor improvements include:
- * Board of Supervisors approval of amendments to the county's Comprehensive Plan changes to provide for the following Route 1 Corridor improvements:
 - 2.8 million square feet of office space
 - 375 hotel rooms
 - 899 residential units
 - Accotink Village residential density doubled.
- * County efforts to upgrade bus shelters, sidewalks, pedestrian amenities and intersection improvements are on-going focus for Richmond Highway and throughout the Mount Vernon and Lee Districts.
- * County actively seeking to identify federal and state funding for additional transportation improvements and focusing on those which have the most impact
- * On-going bus service improvements associated with the Richmond Highway Public Transportation Initiative. REX and Connector service increases implemented in 2010.

Source of Information: Board of Supervisors, Department of Transportation; fairfaxcounty.gov

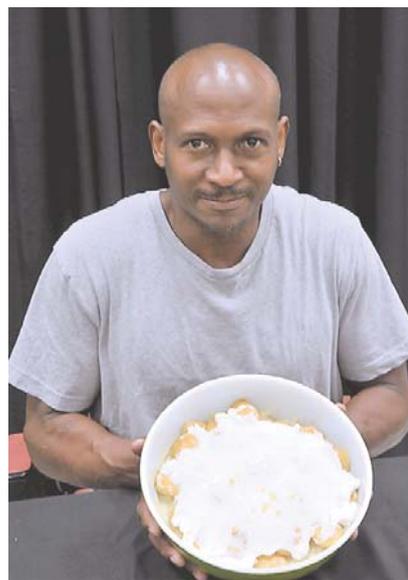
isterial districts: the transportation problems of the Route 1 Corridor. Supervisors Gerald Hyland and Jeff McKay have long been committed to revitalization. They have bemoaned the lack of funding, and the lack of support by both the state, which is currently not supplying any money for second-

ary road improvements, and the federal Department of Defense which brought the Fort Belvoir expansion. U.S. representatives Jim Moran and Gerald Connolly continue to press for transportation funding support needed to accommodate the Fort Belvoir expansion.

Taste of Gum Springs

Members and neighbors of the Gum Springs Historical brought a dish for the fundraising potluck dinner June 25. Barbequed chicken, sweet potato pie in graham cracker crust, macaroni and cheese, chili, banana pudding, upside down pineapple cake with cranberries and more were set out on the buffet to be tasted by the judges and then enjoyed by the community. The Taste of Gum Springs has become an annual event at the historical society.

PHOTOS BY LOUISE KRAFFT/THE GAZETTE



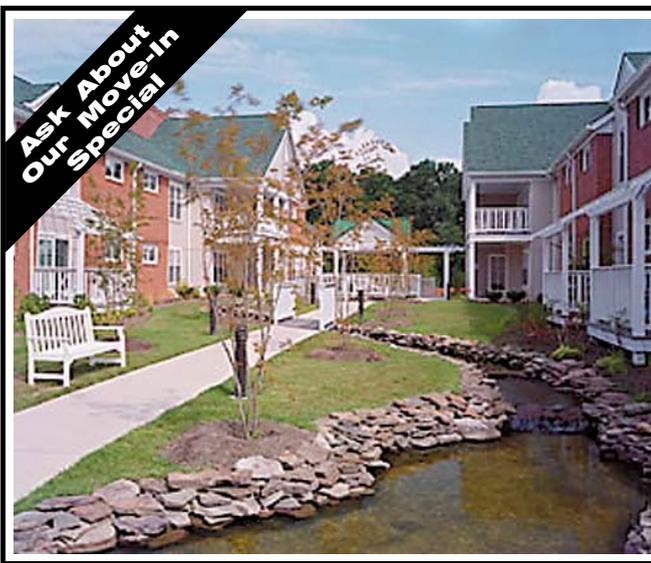
Victor Rhodes brought his homemade banana pudding.



Barbara Streater baked an upside-down pear cake with cranberries.



Josephine Evan prepared a macaroni and cheese casserole.



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NEWS

Newest Citizens

FROM PAGE 1

searcher with a Ph.D., he works on Army medical issues like field hygiene, sanitation and environmental engineering.

"I am glad to be a part of this great country and contribute to the society," he said. With him was his wife Jinseon, 34, a homemaker, and their son Eugene, 10.

Also praising her new nation was Carlene Wingate, 33, from Trinidad and Tobago, and now an E3 in the U.S. Navy. She has aspired to work in medicine ever since she nursed her ailing grandfather when she was a teenager back in Trinidad. "I realized that's what I wanted to do with my life."

Now, a new American, her dream is coming true now that she is about to study nursing.

"I feel honored," she said of her swearing in. "I'm proud to represent a country that has given me every opportunity imaginable."

After the ceremony, as "General Washington" made his way to the shaded cool of the house where he would reunite with "Martha," he could be heard welcoming the new citizens and the assembled crowd



PHOTO BY ED SIMMONS, JR./THE GAZETTE

"I'm proud to represent a country that has given me every opportunity imaginable," said Carline Wingate of the U.S. Navy.

with these words: "Happy July 4th! Enjoy your independence!"

Thunderous daytime fireworks over the Potomac completed the day.

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Federal Proposal Concerns County

FROM PAGE 1
could allow for significant increases in the height of transmission poles that may be at odds with the county's Comprehensive Plan.

"We're very concerned about losing our local zoning authority," said McKay. "If this legislation goes through, we may actually lose our ability to respond to some of the anger and some of the concerns about location of these."

Last month, McKay persuaded his fellow members of the Board of Supervisors to adopt a motion to approve an official letter sent from Chairwoman Sharon Bulova to U.S. Sen. Mark Warner (D-Va.). The letter expresses support for most of the Public Safety Spectrum and Wireless Innovation Act while drawing attention to Section 528, which the Board

of Supervisors say would undermine their zoning authority. Essentially, the concern among supervisors is that the legislation, as written, would force state and local governments to approve modifications to existing wireless towers that may not be in their interest.

"The exercise of local zoning authority over these types of facilities is, quite simply, working well in Fairfax County and elsewhere in the county," Bulova wrote in the letter. "The wireless industry has not shown that local zoning authority is being abused, and as a result, there is no reason to enact the language in Section 528."

The Public Safety Spectrum and Wireless Act was

designed to deploy a nationwide interoperable broadband network for first responders, one of the last major recommendations of the 9/11 Commission. Numerous public-safety organizations support the legislation, including the International Association of Fire Chiefs and the International Association of Chiefs of Police. The Fairfax County Board of Supervisors has also supported allocating an additional portion of the spectrum for public safety to build a network that that could help the county's efforts to achieve interoperability.

"We are the ones who will field all the complaints from the public about the location of these."

— Lee District Supervisor Jeff McKay

"For too long, the nation's first responders have not had access to a nationwide, truly interoperable, broadband network for their use," said Grant Seiffert, president of the Telecommunications Industry Association.

In a written statement supporting the bill. "Nearly 10 years after 9/11 and seven years after the commission's findings, it's past time for the deployment of a nationwide interoperable public safety network to move forward."

McKay agrees with the concerns of the association, and he says he supports most of the bill. But he would like to see Section 528 redrafted. He says it's a matter of local officials being able to respond to local concerns.

"We are the ones who will field all the complaints from the public about the location of these," said McKay. "Therefore we should have the ability to hold public hearings and decide their location."

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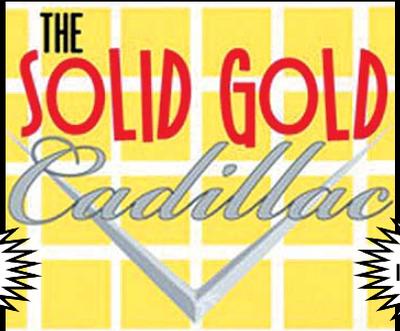
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Alex./Woodland Park \$759,999
3225 Woodland Lane
Beautiful, updated contemporary on spectacular .84 acre wooded, waterfront lot w/shared dock. Wonderful view from a wall of double pane picture windows. Remodeled kitchen & master bath suite & newer high efficiency HVAC. Lovely sun rm addition w/gorgeous views of landscaped brick walkway, patio & water. Lg 2 car garage. Walk to Mt. Vernon Estate or GW bike path. Enjoy a scenic commute along the Potomac River. 5 mins to Ft. Belvoir, 15 to Metro & Old Town, 25 to Natl Airport & 30/35 to Pentagon/D.C.

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Wood FP in living rm. Lovely kitchen w/corrian counters & large picture window facing scenic backyard. Sweet front porch. Large unfin bsmt: ample storage. 5 minutes to Ft. Belvoir.



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Large stunning 5BR, 3BA split w/ oversized 2 car garage. Updated from top to bottom: kitchen, baths, windows, maintenance free exterior & freshly painted interior. Large bedrooms plus in-law suite on lower level. Professionally landscaped yard. Huge, warm & cozy sunroom & family room for entertaining. 2 wood burning FPLs. Premium location: 5 minutes to Ft. Belvoir, 15 to Metro & Old Town, 25 to National Airport & 30/35 to Pentagon & D.C. This is a GEM!



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HOME SALES

In May 2011, 111 homes sold between \$1,896,000-\$49,500 in the Mount Vernon area.

This week's list represents those homes sold in the \$1,896,000-\$370,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
8023 BOULEVARD DR E	6	5	1	ALEXANDRIA	\$1,896,000	Detached	0.58	ARCTURUS ON THE POTOMAC		
7207 PARK TERRACE DR	4	3	1	ALEXANDRIA	\$1,094,000	Detached	0.41	VILLAMAY		
7325 REBECCA DR	3	2	0	ALEXANDRIA	\$900,000	Detached	0.62	HOLLIN HILLS		
7602 RIDGECREST DR	4	3	1	ALEXANDRIA	\$850,000	Detached	0.60	WELLINGTON HEIGHTS		
1606 MASON HILL DR	5	3	1	ALEXANDRIA	\$810,000	Detached	0.50	MASON HILL		
2806 HOLLAND CT	4	4	1	ALEXANDRIA	\$735,000	Detached	0.25	HOLLAND COURT		
1904 WHITEOAKS DR	4	4	0	ALEXANDRIA	\$725,000	Detached	0.60	HOLLINDALE		
6031 WOODMONT RD	4	3	0	ALEXANDRIA	\$720,000	Detached	0.17	BELLE HAVEN		
8900 CAMDEN ST	6	3	0	ALEXANDRIA	\$680,000	Detached	0.31	STRAITFORD LANDING		
7720 ELBA RD	5	3	0	ALEXANDRIA	\$675,000	Detached	0.39	HOLLIN HILLS		
7911 WASHINGTON AVE	3	2	1	ALEXANDRIA	\$675,000	Detached	0.23	WELLINGTON		
8204 HENSLEY CT	4	2	1	ALEXANDRIA	\$670,000	Detached	0.25	HENSLEY ESTATE		
1111 I ST #C	4	3	1	ALEXANDRIA	\$665,000	Townhouse		BELLE VIEW		
1527 BELLE HAVEN RD	4	3	1	ALEXANDRIA	\$645,000	Townhouse	0.07	OLDE BELHAVEN TOWNE		
9216 PATTON BLVD	4	3	0	ALEXANDRIA	\$635,000	Detached	0.57	MT VERNON TERRACE		
7700 LOOKOUT CT	5	3	0	ALEXANDRIA	\$630,000	Detached	0.48	KIRKSIDE		
6035 WOODMONT RD	3	2	1	ALEXANDRIA	\$621,455	Detached	0.21	BELLE HAVEN		
9212 CHERRYTREE DR	4	3	0	ALEXANDRIA	\$612,500	Detached	0.46	MT VERNON FOREST		
1917 SWORD LN	4	2	2	ALEXANDRIA	\$605,000	Detached	0.21	STRAITFORD ON THE POTOMAC		
4105 TIDEWATER CT	4	3	0	ALEXANDRIA	\$605,000	Detached	0.58	MT VERNON FOREST		
9005 BEATTY DR	4	2	1	ALEXANDRIA	\$599,900	Detached	0.50	RIVER BEND ESTATES		
8822 FORT HUNT RD	4	3	1	ALEXANDRIA	\$596,000	Detached	0.27	POTOMAC VALLEY		
7621 MIDDAY LN	3	3	0	ALEXANDRIA	\$586,000	Detached	0.36	KIRKSIDE		
8618 YARDLEY DR	5	2	1	ALEXANDRIA	\$580,000	Detached	0.27	RIVERSIDE PARK HESSICK		
4319 GRANADA ST	4	3	1	ALEXANDRIA	\$579,000	Detached	0.42	MT VERNON MANOR		
8401 CONOVER PL	4	3	0	ALEXANDRIA	\$560,000	Detached	0.35	COLLINGWOOD ESTATES		
8422 CAMDEN ST	5	3	1	ALEXANDRIA	\$560,000	Detached	0.26	STRAITFORD ON THE POTOMAC		
1211 FALSTER CT	4	2	1	ALEXANDRIA	\$560,000	Detached	0.29	COLLINGWOOD ESTATES		
4204 SONIA CT	4	3	1	ALEXANDRIA	\$548,000	Detached	0.08	MOUNT ZEPHYR COMMONS		
2011 HOOVER LN	4	3	0	ALEXANDRIA	\$545,000	Detached	0.20	STRAITFORD ON THE POTOMAC		
7201 BEECHWOOD RD	4	2	0	ALEXANDRIA	\$530,000	Detached	0.39	HOLLIN HILLS		
2005 CLARK PL	3	3	0	ALEXANDRIA	\$530,000	Detached	0.28	HOLLIN HALL VILLAGE		
1200 WAYNEWOOD BLVD	4	2	1	ALEXANDRIA	\$525,000	Detached	0.33	WAYNEWOOD		
1907 HACKAMORE LN	4	2	1	ALEXANDRIA	\$515,000	Detached	0.28	RIVERSIDE GARDENS		
7932 WELLINGTON RD	4	3	0	ALEXANDRIA	\$498,700	Detached	0.20	HOLLIN HALL VILLAGE		
6903 STONEBRIDGE CT	4	3	1	ALEXANDRIA	\$475,000	Detached	0.22	STONEBROOKE		
2506 DAWN DR	3	4	0	ALEXANDRIA	\$460,000	Detached	0.24	GROVETON BAPTIST CHURCH		
2107 SHENANDOAH RD	3	2	0	ALEXANDRIA	\$435,000	Detached	0.31	KIRK		
6424 HILLSIDE LN	3	2	1	ALEXANDRIA	\$419,900	Detached	0.29	WILLIAM HAUG		
8265 CEDAR LANDING CT	4	3	1	ALEXANDRIA	\$415,000	Townhouse	0.08	HUNTINGTON AT MT VERNON		
4337 ROLLING STONE WAY	4	2	0	ALEXANDRIA	\$410,000	Detached	0.25	STONEBROOKE		
5902 MOUNT EAGLE DR #1604	2	2	0	ALEXANDRIA	\$402,000	Hi-Rise 9+ Floors		MONTEBELLO		
8024 FORDSON RD	4	3	0	ALEXANDRIA	\$400,000	Detached	0.25	SHEFFIELD MEADOW		
8725 MCNAIR DR	5	4	0	ALEXANDRIA	\$397,500	Detached	0.46	TWIN OAKS		
7657 AUDUBON MEADOW WAY	3	2	2	ALEXANDRIA	\$388,500	Townhouse	0.03	GROVE AT HUNTLEY MEADOWS		
5711 NORTON RD	5	3	0	ALEXANDRIA	\$385,000	Detached	0.30	HICKORY KNOLL		
5826 WYOMISSING CT	3	2	2	ALEXANDRIA	\$377,750	Townhouse	0.04	BERKSHIRE		
9114 BUCKNER RD	3	3	0	ALEXANDRIA	\$370,000	Detached	0.50	WOODLAWN MANOR		

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Things To Do Today

- 1. Breakfast w/ Mary & Bob—8:30
- 2. Tai chi group at 10
- 3. Birthday Luncheon—Noon
- 4. Pottery class—1:00
- 5. Canasta club at 3:00

Notes:
Italian Night in the dining room!

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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 Herry 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

How Board Chair Candidates View Route 1

Three perspectives on improving the Route 1 corridor.

BY GERALD A. FILL
THE GAZETTE

Republican and Independent candidates challenging incumbent Sharon Bulova for chair of the Board of Supervisors both contend that Bulova is not listening to local citizen concerns, and doesn't have the vision or plan to manage the varied needs of the Route 1 corridor. Bulova responds by pointing out she lived in the Mount Vernon District and knows first-hand the needs of the Route 1 corridor.

Bulova was elected in a special election in February 2009 to complete the term of Gerald Connolly, the former chairman of the Board of Supervisors who was elected U.S. representative.

Previously, she was Braddock District supervisor, 1988-2009.

She is married to Lou DeFalaise. A northern Virginia resident since 1966, Bulova and her husband together have four adult children and five grandchildren.

On the priority of the Route 1 corridor, she said, "Revitalization of the Route 1 corridor is and will continue to be at the top of my list of priorities along with the Tysons Corner development. I intend to look at the model of the Tysons Corner Partnership (a local Advisory Group) as something we should consider creating in the Route 1 corridor to monitor development and advise the county.

"First, however, I will consult with the able supervisors who serve the Route 1 corridor, Supervisor Gerald Hyland and Supervisor Jeff McKay. Gerry's Visioning Task Force was an excellent bottom-up citizen participation process which provided all of us a set of recommendations for the Route 1 corridor to consider. Jeff is very well aware of the needs and interests of his constituents and has written and spoken about the Route 1 corridor extensively. I will also take a close look at the work of the Southeast Fairfax Development Corporation (SFDC) to assess what additional help, if any, they might offer to the revitalization of the corridor.

"The cold hard reality of what we are facing is there is no money from the state or federal government for transportation improvements. However, I and others are pleased to see that finally the state is funding the long overdue transit study which I recently urged the Commonwealth Transportation Board to begin as soon as possible. That is scheduled to be a two-year undertaking. If there is a way to speed up completion of the requisite studies and get on with the design, right of way acquisition, and actual widening of Route 1, and the mass transit design and construction, I

and others on the board will do everything we can to 'fast track' the process. In the meantime, we are doing what we can to improve intersections, plan and design road and sidewalk improvements on a selective basis and, working with our elected state and federal representatives, apply for state and federal money wherever it is available. We have also been using money generated from property taxes on commercial and industrial zoned property dedicated to transportation capacity improvements. For fiscal year 2011 we expect to realize \$43.1 million.

"The restrictions on our ability to raise money for transportation projects, including for Route 1, continue to frustrate me and the rest of the board. Faced with non-existent support from the state which is responsible for transportation, the county is struggling to meet its transportation infrastructure needs county-wide and that affects our ability to provide needed revenue for the Route 1 corridor. In that connection, when it is appropriate, I will support the imposition of a meals tax on restaurants to raise money for our needs. However, for the board to impose such a tax we would need to place the issue on the ballot as a referendum. Our staff projects a meals tax to yield about \$80 million. One option is for us to use the money to buy bonds which, if present rates prevail, we could leverage for about \$800 million. If made available we could use this money for the much needed Route 1 corridor improvements as well as other critical priorities."

Responding to the allegation by her challengers that she is out of touch about the needs of the Route 1 corridor, Bulova said, "I used to live in the Mount Vernon District, and worked near Fort Belvoir at the Davis Army airfield. My former husband worked on the base at the Night Vision Lab. So, I am personally aware of the impact of the Fort Belvoir expansion on the lives of those who live in the region. I have seen improvements in the Route 1 area over the past many years, and I am committed to working with the citizens, the local district supervisors, and state and federal officials to minimize the adverse effects on traffic due to Fort Belvoir and other expansion plans affecting Route 1 traffic. The state is responsible for roads and they have failed to meet their commitments. That is why the county is committing money of its own to help do the necessary planning and construction of the road widening from Telegraph Road to Woodlawn. Federal money is anticipated for the Route 1 road widening and we will apply for it as soon as we are aware of the requirements. We should be able to begin widening Route 1 from 4 to 6 lanes in this section in mid-2012 and complete the work in 2016. We have also financed the purchase of nine new buses and are planning other



Bulova



Radle



Williams

adjustments to bus transit routes in anticipation of the many new employees coming to and from the Fort Belvoir Army Base."

REPUBLICAN board chair candidate Michael "Spike" Williams, 42, is a small business owner in real estate and former project manager for a high tech firm.

He is married: Wife, Julie; two stepsons Chris and Stephen, and daughter, Nora.

His community volunteer activities include youth sports, donating graphic designs for local non-profits and former president of Moneys Corner Homeowners Association.

Responding to why he is running for board chair, Williams said,

"I am running for chairman because I believe new leadership on the board is needed. Ms. Bulova hasn't the vision or a plan for the future needs of the county. If elected I will consult widely within the community, on the board and with other elected officials, community, and commercial organizations to develop a plan for the future of the county.

"It is disingenuous of local leaders to promote the perception of a vibrant revitalization in the Route 1 corridor while it is evident that it is languishing at best. We have seen the failed leadership in the Tysons Corner development and the entire county does not need to foot the bill for another massive project. We are already paying excessively high real estate taxes in the middle of a slow economic recovery. The citizens of Fairfax County deserve better leadership and a new vision. I will work to ensure that all stakeholders in the Route 1 corridor will have an opportunity to voice their opinions on how the corri-

dor will evolve in the future. Because without input from the community and those impacted by the changes any plan is doomed to failure."

INDEPENDENT candidate Will Radle is employed as an agent with AFLAC insurance company. His community and volunteer activities include: Member, Mount Vernon-Lee Chamber of Commerce; citizens association representative on the Lee District Land Use and Transportation Committee; appointed as the organizing chairman on the Rapidan Habitat Local Chapter of Habitat for Humanity, at the age of 19. He is married with no children.

To advance Route 1 revitalization, Radle first would consult with the Board of Supervisors and with the northern Virginia state delegation to the Virginia General Assembly with the goal to rectify what he believes is an unfair state education mandate at an annual cost of \$501 million. He said that the General Assembly is "driving up our real estate taxes by over 31.5 percent." They do so, he states, by requiring Fairfax County to meet 71.26 percent of the costs of the state education mandate. He points to the fact that Lee county in southwest Virginia only pays 16.92 percent of the cost of the education mandate. When that is stopped, he said, "we will have the resources necessary to address our local priorities in transportation, education, and tax relief. In fact we will be able to invest \$193 million annually while lowering real estate taxes to 93 cents per \$100 of assessed value." If elected he said he will finance the Route 1 widening through general obligation bonds.

Radle also said, "Chairman Bulova has not used the influence of her office to aggressively move Route 1 revitalization forward. The base realignment decision has been known since 2005 and for the past three years as chair she has done little to advance efforts to prepare for the influx of tens of thousands of new employees and their cars to an already congested highway."

Radle said that if he is elected he will work to lower the real estate tax rate, take control over funding authorities, and be a unifying force on the board.

BULLETIN BOARD

To have a notice listed, e-mail gazette@connectionnewspapers.com. Call Steve Hibbard at 703-778-9412 with questions.

ONGOING

The Mount Vernon Farmers Market will be held on Wednesdays instead of Tuesdays for the 2011 market season. The market is in the parking lot of the Sherwood Library located at 2501 Sherwood Hall Lane in Alexandria. The hours are 8 a.m. until noon. Visit www.fairfaxcounty.gov/parks/FarmersMarkets/ or call 703-642-0128.

UCM's Back Porch Thrift Store is in need of donations of furniture. UCM will pick up

furniture, as well as other larger donations, or they can be dropped off at the back of the store Monday through Saturday, from 10 a.m. to 5 p.m. To arrange for pick-ups, call 703-768-7106, ext. 320. Located at the Mt. Vernon Crossroads Shopping Center at 7838 Richmond Highway, Alexandria.

SATURDAY/JULY 16

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.

OPINION

More on Summer Food

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summertime.

In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle

schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000

pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See www.strength.org

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23

General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

EDITORIALS

LETTERS TO THE EDITOR

Self-Appointed Crusader

To the Editor:

I am one of the people Mr. H. Jay Spiegel was referring to in his recent letter "Flouting Leash Law," printed June 30, 2011.

I admit that I don't always live my life strictly by the letter of the law. When my kids were little, I let them ride unsecured in back of my pickup truck as I drove them around the block. Before my son was 21 years old, I let him share some beer with me. I have used fireworks to celebrate Independence Day, and my dog has not always been on his leash.

Mr. Spiegel is not shy in pointing out the wrongdoing of others; his letters to the editor often read like the rantings of a self-appointed crusader trying to protect us from ourselves. He also exercises his rights by calling the police on his neighbors, and brings legal action against those who disagree with him.

But I believe his recent letter and actions go too far in his quest to control the behavior of others.

For example, Mr. Spiegel had driven his vehicle around the neighborhood and taken pictures of me without my permission, and then shared the pictures with others, also without my permission. In his recent letter to Gazette, he boasts that he "can identify by name" those involved — a scare tactic made famous during the McCarthy era. He then describes the personal habits of women (in-

cluding my wife) as they walk their dogs; and finally his letter discloses information about private individuals and their occupations. Who in their right mind spends so much time snooping on their neighbors and then writes about it to the media, all in the name of leash laws?

Quite frankly, I find this behavior shameful, and even creepy. It reminds me of news accounts of others who are stalkers or predators. This is way beyond Animal Control on so many levels.

If Mr. Spiegel really believes in "protecting others from inappropriate behavior," he should mind his own business, and focus instead on his own issues.

Tom Lehner
Alexandria

Frustrating Graduation

To the Editor:

The following letter was sent to Scott Brabrand, Assistant Superintendent of Fairfax County Public Schools.

No parent should be prevented from watching their child graduate from high school. But I was, along with at least 30 other parents that I recognized, for no good reason.

I am referring to the recent West Potomac graduation ceremony that was held at the Hayfield Secondary campus. It's important for you to understand what many parents went through at this poorly-

planned event. I held a valid white ticket to the ceremony yet I was physically barred from entering by the Fairfax County Police. Nowhere on the ticket or in the published instructions or during a Cliff Hardison robo-call was there any mention made of a 3 p.m. deadline for entrance, nor that it would be enforced by a police barricade.

At 2:45 there was no parking at the school, and things were no less than chaotic, so I dropped my wife off at the front east entrance. The instructions promised police traffic control in the area to speed entrance. There was none, they were all inside preparing to block the entrances to the field house. Once I finally found makeshift parking, I ran to the west entrance of the school where just inside, I was stopped and told that I and many others would have to wait until the graduates finished lining up and processed before we could enter. After all 500 or so graduates entered, we were allowed to proceed to the entrance where police told us the doors were closed, and no further entrance was permitted. We were told to turn around and go to the overflow auditorium and watch our kids graduate on TV, no exceptions. I noticed many other people also with valid white tickets being denied entry from the front east entrance and told to go watch the ceremony on TV.

The overflow auditorium was a noisy place being patrolled by WPHS security personnel, who were yelling at people to be quiet. I watched in the auditorium with

disbelief, unable to hear very much, shocked at the turn of events. My daughter was in the front row of the ceremony, an honor student with a 4.0 GPA, and my wife was in the field house alone. The fact that I had spent countless hours as a volunteer being on the band board, Captain of the Pit Papas for three years, repairing instruments and equipment, traveling to competitions all over the state for marching band and drumline, now meant nothing in my predicament. After watching my daughter walk across the stage on TV to receive her medal for being an Honor Student, I decided to return to the lobby to see if the rules had changed again in hopes of at least watching her receive her diploma. The police were still enforcing no entrance to the field house. While there, I witnessed another well-dressed dad exit the TV auditorium and engage a police officer in a heated, profane attempt to enter the field house. After he was denied, he walked 15 feet down the security tape, ducked under it, and made a dash for the entrance door. The police caught him, grabbed him around the shoulders, and physically restrained him. After more yelling and profanities, they pushed him back toward the TV auditorium and gave him the choice: jail or watch on TV. I was horrified to see that such a joyous event had been reduced to the level of a protest march.

The combination of the parking

SEE LETTERS, PAGE 17

Mount Vernon Gazette

www.MountVernonGazette.com

Newspaper of Mount Vernon

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

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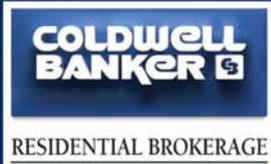
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George Washington Park \$795,000
607 West View Terrace, Alexandria, VA 22301

Delightful & gorgeous home, just blocks to the King St Metro! 4BR, 3BA, recent expansion & kitchen renovation. Nicely finished lower level, lovely deck, large lot, long driveway & garage. Pristine condition.



Sherry York 703-625-337



Old Town \$945,000

114 Franklin Street, Alexandria, VA 22314

This wonderfully bright and sunny 3BR plus 3.5BA end brick townhome is located only one block from the Potomac River! Fabulous gourmet kitchen perfect for entertaining! Delightful Georgetown patio plus off-street parking for two cars.



Donnan C. Wintermute 703-518-6156

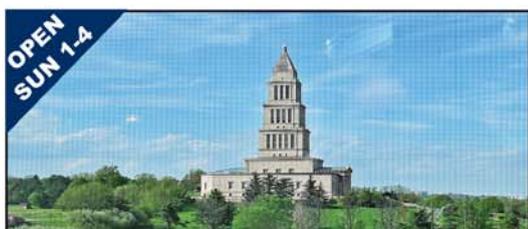


Old Town/Porto Vecchio \$1,045,000
1250 S Washington St #805, Alexandria, VA 22314

Glorious views of the Potomac River are yours to enjoy from this 2,225 sq ft penthouse at sought-after Porto Vecchio. This 3BR & 4BA luxury home features marble entrance foyer, HW flrs, FP, cheerful solarium, pool plus tennis court!



Donnan C. Wintermute 703-518-6156



Greater Old Town \$472,500
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Classic, Convenient, Coveted! Large 2BR, 2BA, 2 car garage Carlyle Towers condo with glassed-in balcony. 24 hr desk, 2 gyms, tennis, pools, and more! 2 metros, shops, & Dash bus. What a view! www.CarlyleTowers1-1001.com.



Marie Louise Meyer 703-836-2080



Rosemont/Del Ray \$1,195,000
1600 Hancock Avenue, Alexandria, VA 22301

Close to Everything! Stunning! High ceilings, welcoming wrap porch and open floor plan. 4 fully finished levels, 6 bedrooms, 4 full baths, large chefs kitchen with bar opening to eating area, great deck and patio.



Phyllis Patterson 703-518-6158



Riverview at Mt Vernon \$1,495,000
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Quiet Cul-de-sac of Custom Built Homes! 5 bedrooms, 5.5 baths, great room with Palladian windows & coffered ceiling overlooking stone terrace with fountain. 10' ceilings on first floor, 2 MBR's main & upper floor with balcony and steam shower.



Phyllis Patterson 703-518-6158



Yates Garden \$629,900

405 Franklin Street, Alexandria, VA 22314

Stunning, bright and sunny. Yates Gardens brick front 2 bedroom & 2 bath home with amazing front garden. Renovated kitchen and newer lower level bath. Situated in the heart of the SE quadrant of Old Town. Close to bike path & King Street. Slate back patio with Wysteria garden.



Eileen Marousek 703-507-2350



Woodlawn Manor \$499,900
9009 Patton Blvd, Alexandria, VA 22309

Pleasant Living! Enjoy one or two-level living in this spacious brick home on a wooded, private 1/2 acre lot! Fabulous living room with cathedral ceiling and skylights. 4 bedrooms, 3 baths plus a spacious family room with walk-out on lower level.



Jane Cole 703-598-6198



Old Town \$1,250,000
126 Prince Street, Alexandria, VA 22314

Blending history and contemporary living, this 1783 home boasts 4 levels, 5 fireplaces, 3 BR, 3.5BA, gourmet kitchen and private patio. With hearts of pine wood floors throughout, this residence exudes comfort and sophistication.



Bonnie Rivkin 703-598-7788



Fort Hunt \$579,000
1703 Old Stage Road, Alexandria, VA 22308

Charming split level in Riverside Gardens. 3 bedroom, 2 bath, large & sunny kitchen opens to flagstone patio. Hardwood floors on main & bedroom levels with numerous updates. Walk to pool, tennis and Stratford Elementary School.



Karen Leonard 703-328-7041



Hollin Hall \$499,900
1911 Ingram Place, Alexandria, VA 22308

A Best Buy in the Ft. Hunt Area! Fantastic 4BR, 2BA, 2 level brick rambler on a cul-de-sac with fabulous fenced yard. Gourmet kitchen, newer windows, updated baths, FR and den. Wayneswood School District.



Ed Pagett 703-518-6161



Sulgrave Village \$1,195,000
1912 Prices Lane, Alexandria, VA 22308

Beautiful nearly new brick 4BR, 4.5BA colonial with 3 car garage in close-in Mt. Vernon. All the amenities one would expect as well as a wall mounted 61" plasma TV with sound system and a permanent back-up generator.



Ed Pagett 703-518-6161

703-518-8300 • 310 King Street Alexandria, VA 22314



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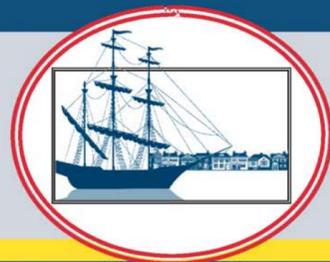
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LONG & FOSTER

OLD TOWN HISTORIC DISTRICT OFFICE



ALEXANDRIA

#1 LONG & FOSTER OFFICE IN VIRGINIA



Managing Broker
Bill Jourdan

OPEN SUN!



4503 Ferry Landing Rd
\$625,000
One Level Luxury!
Rare opportunity - Spacious one lvl home in premier Yacht Haven location! This home has been updated & offers many features: open floor plan, updated kit and baths, stunning MBR suite w/cath, ceiling and luxury bath, sunroom and 2 car gar. Looking to eliminate stairs & not sacrifice size and amenities - this is it!
OPEN SUN 7/10, 1-4. GW Pkwy, paste Estate, L-Ferry Landing Rd.

NEW HOME!



1205 Cedar Dale Ln
\$1,250,000
Pre-Construction Value!
Rare new home opportunity just off GW Parkway! Fabulous price on spacious Fairfax model by Wakefield Homes, the area's leading custom builder. Craftman architecture with full front porch to enhance natural beauty of gorgeous 1/2A lot. Home is loaded with upgrades and custom features and located in Waywood School Dist. Priced thousands below other new homes in area! (Pic is similar home)

JUST LISTED! CONTRACT!



1203 Falster Rd
\$519,950
Priced to Sell!
Spacious 5 bedroom home on truly magnificent, private 19,000 sq ft lot in prime Collingwood location. Home has been lovingly maintained by long time owner and i in pristine condition. Features: large room sizes, eat-in kitchen, sunroom, hardwood floors, updated HVAC and more! Exceptionally attractive price on this unique property. Great Value!

NEW - OPEN SUN 1-4
\$ 695,000
Alexandria
6127 BAYLISS PL.



Impeccable 3 level brick Colonial on quiet cul-de-sac, minutes to Pentagon, Metro & BWay. 4BR/2.5BA's w/1,300 sq ft of unfinished space in w/out basement for future growth. Bonus sunroom w/skylights & in-home office. To die for 2 tiered 1/3 acre yard w/fabulous oversized deck.

Kim Muffler 703.282.7739

OPEN SUNDAY 1-4!
\$ 600,000
Old Belhaven Towne
6308 OLDE TOWNE CT



Gardener's Delight! Spacious 3 lvl TH boasts a beautiful eat-in kitchen w/42" cabinets, a separate DR, a LR w/bay window & FP, and a finished walkout rec rm w/built-in bookcases & a full bath. Upper lvl has 3 large BR & 2 FBA.

Catherine.Foltz@longandfoster.com
Catherine Foltz 703.626.6914

NEW - OPEN SUN 1-4
\$ 425,000
Alexandria South
8525 WASHINGTON AVE



Completely renovated brick rambler in Mount Zephyr. Everything is new from the hardwood floors to the doors and windows. Top of the line open kitchen w/stainless and granite. 15 x 12 dining room addition opens to spacious deck.

Ruth Guirard 703.609.3343

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!

NEW PRICE!



1907 Rampart Dr
\$625,000
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!

NEW HOME!



8313 Mount Vernon Hwy
\$689,000
New Home-Resale Price!
Brand new home opportunity in prime Mt. Vernon location by Wakefield Homes. Custom building with many modern amenities and upgrades. Features include: expanded master bedroom suite, front porch, gourmet kitchen, high ceilings, 2 car garage. Pre-construction sales price provides unique opportunity to purchase brand new home for the same price as a 40 year old resale! Model available to walk through by appointment.

\$ 1,149,900
Belle Haven
"PARKLAND!"



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

OPEN SUNDAY 1-3!
\$ 415,000
Alexandria / #718
5902 MT EAGLE DR



Spacious 3BR / 2BA, 1,695 square feet and two enclosed terraces. Updated kitchen, baths, HVAC's; multiple walk-in closets, garage & extra storage. Resort style living in Montebello, a gated community on 35 acres! Easy access to Old Town, I-495, Reagan Airport and DC.

Pictures: www.ijumani.com
Inderjeet Jumani 703.472.8804

PRICE REDUCTION
\$ 595,000
Alexandria South
"FRUIT TREES"



You can move right in! The floors have been refinished, the house painted and new W/W carpet in the family room, which is just the right size for a ping pong table. 4BR/3BA rambler with detached 2 car garage. The fruit trees will soon be ready for picking!

Bev Morrison 703.517.1257

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!

OVERPRICED!



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!

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.

\$ 589,000
Mt Vernon
"PRIME"



Beautifully maintained home on landscaped 1/2 acre lot w/rear decking, 5BR/3FBA, wood floors under carpet, large screened porch over carport. Mstr BA addition w/jetted soaking tub, sky lights, walk-in closet. Established neighborhood surrounded by mature trees on river. Good schools & quick commutes.

Michael Manuel 703.615.6317

NEW LISTING!
\$ 275,000
Palazzo
"CONVENIENCE"



Move-in ready 2BR/2BA condo! Beautiful & meticulously maintained space w/granite, SS, gas FP, new carpet (BRs), extra large balcony, closets, 2 garage spots. Amenities incl: pool & gym. Super location w/easy access to 395, 495 & 95

www.susanmovesyou.com
Mindy Brubaker 571.242.9913

OPEN SUNDAY 1-4!
\$ 924,000
Mt Vernon
4106 FERRY LANDING RD



6BR, 4FBA home w/open floor plan. Master suite w/priv BA on ML, library, LR, DR, brkfst & fam rms + fantastic Chef's kit w/SS, cherry, ctr island & tile w/porcelain inlay. 2nd mstr suite has tray ceilings, lrpl & fabulous BA. Beautiful landscaped yard + deck & 2 brick patios.

Randy Bender 703.906.1749

NEW PRICE!



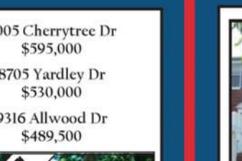
8723 Bluedale St
\$519,950
Owner Says Sell Now!
Check this price-owner want immediate sale and ahs slashed price accordingly! Spacious 5BR, 3BA home in premier Stratford location. Originally on the market for \$567,500. This home has had significant updates and is in excellent, move-in condition. Absolutely best Stratford area value available. Don't miss out on it!

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.

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


OPEN SUNDAY 1-4!
\$ 370,000
Alex / Del Ray
3002 MT VERNON AVE



Charming TH in popular Del Ray neighborhood is move-in ready & Priced To Sell - No HOA Fee! 3 lvl 2/3BR & 1BA Rare 2 off-st prkg spaces - 300sf brick patio off LR. Minutes to DC!

Sharon Edwards 703.408.8144

OPEN SUNDAY 1-4!
\$ 310,000
Fairlington / Arl.
4601 31st RD S #B2



1 lvl 2BR / 1BA in Fairlington Villages. Enjoy summer days & evenings on the porch opening up from DR. Fresh paint & gleaming hdwds make this unit show beautifully. Lge storage space conveys + parking. Near shops/restaurants in Shirlington - min to Pentagon & DC. Pool & tennis courts.

Mary Bourke 703.906.5825

NEW LISTING!
\$ 480,000
Parker Gray Historic District
"INCOME PRODUCING"



2 rental units each 1BR/1BA could easily convert to single family. Rear fenced patio, parking for up to 2-4 cars. Conveniently located in the rapidly developing North End of Old Town. 4 blocks to Metro.

Denise Elfes 571.212.3114
Richard Webber 703.518.8448



#1 Long and Foster Agent in Virginia - 2009 & 2010!
CHRIS WHITE ~ 703.283.9028
www.chrisandpeggywhite.com - chris.white@longandfoster.com

400 KING STREET, ALEXANDRIA 22314
703.683.0400 ~ FAX 703.683.1303
www.OldTownAlexandria.com



Some Like It Haute



Shoes sold at The Shoe Hive come in any style for work, casual gatherings, special occasions, and more along with other accessories.

SHOE HIVE

115 S. Royal Street, Alexandria; 703-584-7105
www.theshoehive.com

A balance of everything is what you will find at the Shoe Hive. From casual to professional, the boutique sells shoes from designers such as Tony Burch, Butter, Sam Edelman and many more. Abigail Hopkins, manager at the Shoe Hive said, "Our main focus is finding things you can't get anywhere else."

The Shoe Hive was opened in 2003 by owner Elizabeth Todd, who also founded the Old Town Boutique District. In addition to shoes, the shop also carries handbags, jewelry, and hats.

Alexandria's Boutique District offers something special for everyone.

BY SVETLANA AVELLAN
GAZETTE PACKET

PHOTOS BY SVETLANA AVELLAN

Alexandria is known for its unique history, brick-lined streets, trendy restaurants, shops, theaters, and many other attractions that caused the city to be a major draw for tourists. Although many locals may be familiar with them, others aren't aware of the treasures to be found in the Old Town Boutique District. Located mainly on and off King Street, the district consists of 28 unique boutiques. Inside each, the shops are filled with one-of-a-kind or hard-to-find items, all within walking distance. For more information, hours of operation, and directions, visit

www.oldtownboutiquedistrict.com.



DIVA
116 S. Pitt Street,
Alexandria; 703-683-1022
www.divaboutiqueva.com

Opened in 2006 by owner Cindy McCartney, Diva brings a European atmosphere to Old Town. With McCartney's obsession in shopping, she wanted to open a consignment store after 20 years of working as a cosmetics manager. Diva carries brands such as Chanel, Prada, Marc Jacobs, and many more.

"I have things that work for everyone from high school on up. We have a selection of jewelry, handbags, and shoes as our add-ons for the clothes," said McCartney.

Designers such as Prada, Chanel, and Versace are sold at the three-story boutique Diva.



Bellacara, meaning beautiful face.

BELLACARA
1000 King Street, Alexandria; 703-299-9652
www.bellacara.com

Owners Kimberly Putens and Angela Sitalides recently celebrated their 11th anniversary of opening a boutique that sells products for hair, skin and body. "Brands sold in Bellacara are not your typical drug store brands," said Putens.

With more than 45 brands in the shop, and no previous professional training, Putens said, "We are women, we have enough personal experience to satisfy our customers." Attracting ages 30-50, both Putens and Sitalides know exactly which product will work for a customer, based on their research and personal use of the cosmetics.



Pink and Brown offers seasonal clothing made out of organic materials for both boys and girls.

PINK & BROWN

1212 King Street, Alexandria; 703-584-7105; www.pinkandbrownboutique.com

Anything made from tree-bark, bamboo, soy, organic cotton is not only unique but comfortable and healthy for any person, especially a baby. Owner Lan Le opened Pink & Brown three years ago from an inspiration of her own children. "Two of my three kids have sensitive skin. It was hard to find any store that sold organic clothing; therefore for the health of my kids, I opened Pink & Brown," said Le.

Items sold at Pink & Brown such as handmade toys, eco-friendly furniture, and shoes come from all over the world from designers in Canada, Peru, and others.



fibrespace offers products and classes for current and future customers that knit and crochet.

FIBRE SPACE
102 N. Fayette Street, Alexandria;
703-664-0344
www.fibrespace.com

After years of teaching, owner Danielle Romanetti's number of students grew out of control, which caused her to open fibrespace. Launched in 2009, fibrespace sells supplies for those who knit and crochet. "Like many, we deal with stress, and by keeping my hands busy, knitting is my stress-reliever," said Romanetti. The shop provides all level classes, including summer camps. With the lessons, customers may attend parties and events to discover new ideas and products.

Local Boutiques Heat Up Summer



The Sugar Cube can cure any sweet tooth with a vast variety of candy and chocolate offered.

SUGAR CUBE

210 N. Lee Street, Alexandria; 703-584-2868
www.sugarcubesweets.com

Who doesn't crave sugar once in a great while? Owners and sisters Kim and Alyssa Theodore's passion for sweets led into launching Sugar Cube in 2006. "Our parents were self-employed, therefore we always joked about opening our own business, and here we are," said Kim Theodore.

After graduating from college, both Kim and Alyssa applied their skills into their professional and creative side of business. Kim added, "We carry candy that you can't find in this area, and it's guaranteed to be fresh."



Imperfections sells unique furniture found at auctions, and from intensive research.

IMPERFECTIONS

1210 King Street, Alexandria; 703-837-1670

Since 1999, Imperfections has featured numerous antique furniture found in auctions and intensive research performed by owner Nancy Deitchman. When entering the shop, each corner, wall, and section of the floor is laid out in its own unique way.

On the side of furniture, Imperfections also carries original paintings by Ron Van Sweringen and Zakhar Sasim. "Our store attracts college students, senators, delegates, tourists and your everyday people," said Peggy Young, Deitchman's assistant. Imperfections sells items from vintage to modern with good quality and price.



The Christmas Attic sells anything that fits the Christmas tree, including ornaments for each holiday from Easter to the Fourth of July.

THE CHRISTMAS ATTIC

125 S. Union St., Alexandria; 703-548-2829
www.christmasattic.com

For 40 years, Christmas Attic has opened the door for holidays, attracting locals and tourists for a large variety of ornaments. The boutique sells decorations for any holiday occasion such as Halloween, Easter, Thanksgiving, Fourth of July and many others.

Betsy Husser, buyer, who has been at the Christmas Attic for 30 years, said, "In addition to the ornaments, we sell gift items, jewelry, wine, for all age groups." Located inside a 200-year-old building, The Christmas Attic has two floors filled with something to gaze at in each corner.



Fitness on the Run offers classes for those seeking to gain strength and optimal health.

FITNESS ON THE RUN

109 S. Alfred Street, Alexandria; 703-299-9333
www.fitnessontherun.net

Fitness on the Run opened seven years ago by owners Adrien Cotton and Denise Dick. The boutique fitness facility offers one-on-one training, with classes that focus on strength, endurance, resistance, and conditioning. "After 16 years of working in the political world, I realized I wanted to help people become happier and healthier," said Cotton.

Along with the owners, Fitness on the Run has many skilled trainers that attract ages 35 to 70. In addition, the facility offers nutritional advice and counseling.



Wine, coffee, tea, lunch, dinner, classes, socials and monthly features are all within Grape + Bean.

GRAPE + BEAN

118 S. Royal Street, Alexandria; 703-664-0214
www.grapeandbean.com

In other words, Wine + Coffee. For many, the day starts with one and ends with the other, according to Sheera Rosenfield, co-owner along with husband David Gwathmey. Opened in 2008, Grape + Bean carries more than 200 different wines, including a variety of coffee from around the world. "We wanted to fill that gap in Old Town of bringing something of high quality," said Rosenfield.

Along with fine drinks, the specialty food shop offers menu service throughout the day. With over 15 years of experience, David and Sheera offer seated and stand-up classes for knowledge and social gatherings. Check out the shop's grape and bean of the month.

ENTERTAINMENT

T.J. STONE'S

New to Alexandria!

T.J. Stone's celebrates American cuisine with libations from around the world!

Menu Favorites:
Smoked Gouda Tater Tots, Truffle Chips & Spinach Dip, Braised Short Rib Sliders, Crab & Shrimp Salad, Bourbon Steak Classic Sandwich, House Smoked Barbeque, Hot smoked New York Strip, Chicken & Sausage Gumbo Pot Pie, Braised Short Rib Pot Roast, Vegetarian & Gluten Free Items, Great Kids Menu

Brunch every Sat. & Sun.
Specials every day & much more!
Private Party Room (seats up to 40)
Over 250 beer and wine from around the world
Firkin Thursdays!
(live cask beers every week)

\$2.50 Bar Food Menu M-F 4pm-7pm & other specials at bar
14 HD Flat Screen TVs in bar, Shuffle boards, Golden Tee & touch screen games

Free Parking
Check us out on Facebook!

T.J. Stone's Grill House & Tap Room
608 Montgomery Street
Alexandria VA 22314
703.548.1004
www.TJstones.com

JULY 10 TO OCT. 31

Alexandria Arts and Crafts Fair.

11 a.m. to 6 p.m. every Sunday. Features some of the areas' best artists and artisans and includes jewelry, glass works, ceramics and pottery, hand woven products, and other crafts. At St. George Gallery, 105 North Alfred Street, in the heart of Old Town Alexandria.

NOW THROUGH JULY 10

"The Solid Gold Cadillac."

Presented by Aldersgate Church Community Theater. Show dates are June 24, 25, July 1, 2, 8, 9 Fridays and Saturdays, 8 p.m.; June 26, July 3, 10 Sunday Matinees, 3 p.m. Advance tickets are \$14/adults; \$11/youth/senior. Tickets at door are \$15/adults and \$12/youth/seniors. At Aldersgate United Methodist Church, 1301 Collingwood Rd. Alexandria. Visit www.acctonline.org or call 703-660-2611.

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

Celebrity Grill-Off Showdown. 10 a.m. to 3 p.m. Cowboy-themed games at the Stockman & Dakota Corral. With Craig Melvin, WRC anchor and Britt McHenry, WJLA sports reporter. The celebrities will grill-up Stockman & Dakota steaks using their own recipes. Visitors will be able to sample and vote for their favorite celebrity-prepared steak. The winning grill-master, as determined by visitors' votes, will receive a \$5,000 donation to their charity of choice. At Potomac Yard Center, parking lot of Shoppers, 3801



JULY 20

Saxophonist Dave Koz. Six-time Grammy-nominated saxophonist Dave Koz at The Birchmere. Dave's current CD, "Hello Tomorrow," debuted at No. 1 on both the Billboard Top Contemporary Jazz Albums chart.

Jefferson Davis Hwy., Alexandria.

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

SUNDAY/JULY 10

Civil War Sunday. 1 to 5 p.m. Explore the Civil War in Alexandria with "Civil War Sundays" at the Alexandria Archaeology Museum, 105 North Union Street, #327, Alexandria. Visit www.alexandriarchaeology.org or call 703-746-4399.

MONDAY/JULY 11

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

Poetry Reading. 7:30 to 8:30 p.m. Neva Herrington, whose daughter Elizabeth was murdered in Fredericksburg, wrote a series of poems about the ordeal. She will also read her poems about lighters subjects, like garlic and coffee cake. At the Duncan Library, 2501 Commonwealth Ave., Alexandria. Call 703-746-1705.

Lunch Bunch Concert.

12 to 1 p.m. Andrew McKnight (Folk/Roots). At the Canal Center Plaza, 44 Canal Center Plaza. Contact: 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 Park Amphitheater, 4301 W. Braddock Rd., Alexandria. Contact: maureen.sturgill@alexandriava.gov, 703-746-5592.

Alive With History. 6 to 9 p.m. Free. Explore the Torpedo Factory Art Center's history with a DIY button project and historical photobooth, and learn about the Alexandria Black History Museum. Target Gallery hosts the Artist of the Year reception for Tory Cowles, and The Art League Gallery hosts the reception for the All-Media Membership Show and Francis Borchardt's solo show, with live music by The Higher Ground String Band. At the Torpedo Factory, 105 N. Union St., Alexandria. Visit www.torpedofactory.org; 703-838-4565.

FRIDAY/JULY 15

Mount Vernon Swing Band. 7:30 to 9:30 p.m. Admission is \$4 at door. Dance to a live band led by conductor Owen Hammett. Open to All. At Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-765-4573.

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.

Mount Vernon At Home

Community Support Independence

MOUNT VERNON AT HOME offers peace of mind and practical solutions that enhance the independence of our members, allowing them to enjoy life, remain in their own homes and stay connected to their community.

In the past year, MOUNT VERNON AT HOME has assisted our membership by providing: 180 round trip transportation requests, 98 business referrals, 44 home technology requests, 38 home maintenance requests and over 20 personal shopping, errands and household needs. Additionally we sponsored 51 educational and social events that were attended by over 500 participants.

Learn more about MOUNT VERNON AT HOME membership and volunteer opportunities at our spring information session:

Wednesday, July 20, 2:00 – 3:00 pm
Sherwood Regional Library, Sherwood Room, first floor

RSVP call 703-303-4060
or email us at info@mountvernonathome.org

The Best in Family Dining



Food fit for a king on a family budget

An Alexandria community fixture for more than 100 years, the Royal Restaurant offers the best in Greek, Italian and American cuisine. Enjoy burgers, steaks, prime rib, chicken, seafood, pasta and full salad bar complete with special children's menu items.



734 North Saint Asaph Street, Alexandria, Virginia 22314
703-548-1616 • www.theroyalrestaurant.com
Award-winning wine menu • Major credit cards accepted

West Potomac Grad Roberts Earns Swimming Honor

Savannah College of Art and Design's Liz Roberts, a 2006 graduate of West Potomac High School, has been named the Bluegrass Mountain Conference's Female Swimmer of the Year, as selected by the league's head coaches.

Roberts, a senior, had an outstanding season as she also earned SCAD Women's Swimmer of the Year in addition to her BMC laurels. In the NAIA National Swim Championship, Roberts won three events and finished second in another as she helped the Bees to a third-place finish.

At the NAIA event, Roberts won the 100-yard breaststroke with a time of 1:02.28. The clocking was an NAIA record as well as a BMC all-time record. Roberts and three teammates won the 200 and 400 medley relays with times of 1:44.30 and 3:48.78, respectively. Both times were national records and BMC all-time records. She also set a SCAD school record in the 200 breaststroke, finishing second with a time of 2:19.62.

At the BMC Championship, Roberts won two events. She finished first in the 100 and 200 breaststroke races with times of 1:03.10 and 2:22.32, respectively, to take her 2011 toll of postseason championships to five. The Bees finished third at the BMC meet.

"Liz worked incredibly hard this season and earned every single bit of her improvements," head coach Chris Conoln said in a press release. "Every time she hit the water she made adjustments and got faster. She is continuing to train in preparation for the 2012 U.S. Olympic Trials. Her goal is to qualify. I know she will accomplish that goal. What I am really looking forward to seeing what she does at the meet — it will be special for sure."

Roberts is a four-year NAIA All-American and is a 2011 magna cum laude graduate from SCAD. She started her swimming career at the Riverside Gardens Swim and Tennis Club, where she was an NVSL all-star.

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.



Liz Roberts, a 2006 West Potomac graduate, was named Bluegrass Mountain Conference Swimmer of the Year while competing for Savannah College of Art and Design.

The football camp will be 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.

Fort Hunt 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 excellent opportunity to give back to the community, be a positive role model to many young children 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 sponsoring 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@fcps.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 information.

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 register 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.

SCHOOL NOTES

Send announcements to the Mount Vernon Gazette, by e-mail to gazette@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Photos are encouraged. Call Steve Hibbard at 703-778-9412 with questions.

William Finch of Alexandria earned a Master of Business Administration degree in financial planning from California Lutheran University.

Bradley Williams of Fort Belvoir has been named to Southeast Missouri State University's Dean's List for the spring 2011 semester.

Bucknell University has released the dean's list for outstanding academic achievement during the spring semester of the 2010-11 academic year.

♦ **Felix Boakye-Afryie, Alexandria**, son of Kofi and Comfort Boakye of Alexandria, and a 2010 graduate of Mount Vernon H S, Alexandria.

♦ **Daniel I. Fritz, Alexandria**, son of Karl and Nahid Fritz of Alexandria, and Jennifer Grise of Intervale, NH, and a 2009 graduate of West Potomac H S, Alexandria.

Daniel Harrison Petkoff of Alexandria was among 3,967 students from Miami University of Ohio who received degrees during spring commencement exercises Saturday, May 7 at Yager Stadium. Petkoff received a Bachelor of Arts degree.

Esther Antwi of Alexandria has made the dean's list for Franklin & Marshall College's spring 2011 semester. Esther is the daughter of Esther Antwi of Alexandria and is a graduate of Freedom Academy.

Bryce W. Johnson of Alexandria made honor roll at Oregon State University.

Sandra Elizabeth Callejas of Alexandria recently graduated from

the Savannah College of Art and Design. Callejas earned a Professional Master of Architecture degree.

Esther Antwi from Alexandria was one of the 546 students who took part in Franklin & Marshall College's commencement exercises on May 14. Esther, daughter of Esther Antwi, was awarded a bachelor of arts degree in Psychology. She is a graduate of Freedom Academy.



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WELLBEING

Of Diets and Dietitians

BY JON ROETMAN
THE CONNECTION

Some people might hesitate to consult with a dietitian, whether it's to lose weight or eat healthier. Isn't there a chance the dietitian will tell you that you need to do everything differently?

Fairfax-based registered dietitian Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietitian should speak with several to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I don't drag it out."

Saving money can be another benefit of seeing a dietitian. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

THE PROCESS of selecting a dietitian should involve questioning credentials, Omar said.

"I think there's something to say for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, foodconfidence.com.

"Maybe you're not sure that working with a dietitian is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dietitian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years," Omar said.

TIME, OR LACK THERE OF, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route."

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Patrick from France, 17 yrs.
Loves the outdoors and playing soccer. Patrick's dream has been to spend time in America learning about our customs and attending American high school.



Diane from Italy, 16 yrs.
Likes to play tennis, swim, loves to dance. Elisa hopes to play American softball and learn American 'slang' while in the USA.

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Rising Hope Mission Celebrates 15 Years

“Manifesting the ministry that Jesus started.”

By ED SIMMONS, JR.
THE GAZETTE

Spiritual beacon for the homeless and needy of the Route 1 Corridor, Rising Hope Mission Church launched its 15th Anniversary Kick-off Celebration Sunday night in a two-hour-long swirl of Christian Rock, emotional testimonials, sacred dance and with elected officials and area pastors expressing support and praise.

“If God could create a miracle to part the Red Sea, he could do the same on Route 1 and did,” said Mary Baker, a long-time congregation member who saluted Rising Hope pastor the Rev. Keary Kincannon as “one of God’s shepherds.” His church, now in its 15th year, aids about 8,000 people yearly with food, clothing, shelter and opportunities to worship and transform their lives.

Another founding member Chuck Denton recalled how Kincannon began his ministry in 1995 “out of the back of his station wagon” gathering 11 members who first met in the community room at Westford Housing Complex in 1996.

Appointing Kincannon as pastor that year, said United Methodist district superintendent the Rev. Ken Jackson, “was probably one of the best appointments we made.”

Original member Barbara Sharif recalled how Kincannon had written in an early flyer that “hope is rising on the Route 1 Corridor” led her to suggest naming the church “Rising Hope.”

“It was like the story of the mustard seed, the way it grew,” she added. Located now



PHOTO BY ED SIMMONS, JR./THE GAZETTE

Singing “Jesus is The Rock” with the Rev. Keary Kincannon, right, and the Rising Hope Band are Mount Vernon Supervisor Gerry Hyland, Del. Scott Surovell, the Rev. Tuck Bowerfind and the Rev. Ken Jackson. At left are Thella Jacobs and Venisa McCormick.

a tenth of a mile from Route 1 on Russell Road, the church presently meets in a three-story building with a skylight-lit chapel, food pantry, clothes closet, dining hall, kitchen and offices. Kincannon told the gathering he has a vision for an even larger church that will include the building of affordable housing.

Recalled Debra Brothman, Rising Hope was “a bright light in a very dark tunnel of despair,” and Robert Pailey described the original church as “a little congregation with a big heart with big dreams.”

Mount Vernon Supervisor Gerry Hyland told how his visit on a freezing night with the homeless at the church’s Hypothermia Shelter “told me everything about Rising Hope” which led to his realizing that Kincannon is “a magnificent person we’re very fortunate to have helping all of us.”

“What the state can do,” said Del. Scott Surovell, “and what the county can do, isn’t enough. That’s where you guys come in.”

“You do the heavy lifting for us,” said St. Luke’s rector and supporter the Rev. Tuck Bowerfind, “the day-to-day forming of community with the least, the lonely and the left out.”

Rising Hope is a “beloved community,” said Dr. Fred Smith, professor of Urban Ministry at Wesley Theological Seminary. It is “ruled by love expressed in concrete acts” where “diversity is necessary to see the many faces of God” and “everyone’s worth is affirmed.”

At the conclusion of the evening’s festivities, Kincannon affirmed, “Together we are doing our best to manifest the ministry that Jesus started. This is a place where God’s love is going to change lives.”

The year-long celebration of Rising Hope’s 15th anniversary includes a “Dinner, Dance & Auction” Sept. 30 at the Mount Vernon Country Club, an evening of Christian comedy Oct. 23 with Scott Davis and a “Celebration Concert” in 2012.

CRIME REPORT Activities reported by the Mt. Vernon police department through July 1.

FATAL CRASH

On Wednesday, June 22 around 11:23 p.m. police responded to a crash on Richmond Highway. 60-year-old Robert Berry, with no fixed address, was attempting to cross Richmond Highway from the east side near Arlington Drive. A 58-year-old female was traveling northbound driving a 2010 Nissan Rogue and struck Berry in the northbound lanes. Berry was transported to a local hospital where he was pronounced dead. The driver of the Nissan remained on the scene. Crash Reconstruction Detectives responded to investigate the crash. Preliminary investigation indicates the victim was not in a crosswalk, and that alcohol and speed do not appear to be factors.

BANK ROBBERY

Police responded to the report of an armed robbery at the Virginia Commerce Bank located at 7901 Richmond Highway in Alexandria shortly after 11 a.m. on Monday, June 27. A man passed a note demanding money, to a teller. The suspect left the bank with an undisclosed amount of cash. There were no injuries. The suspect was described as black, in his mid-20s, approximately 5 feet 6 inches tall, with close cut hair and big eyes. He was wearing black pants and a black shirt, with white designs on it. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at

www.fairfaxcrimesolvers.org or text “TIP187” plus a message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

LARCENIES

- 4500 block of Arendale Square.** Bicycle stolen from residence.
- 1600 block of Belle View Blvd.** Cigarettes stolen from business.
- 7800 block of Eagle Ave.** Purse stolen from residence.
- 7900 block of Eagle Ave.** GPS stolen from vehicle.
- 3900 block of El Camino Place.** Work equipment stolen from vehicle.
- 7900 block of Janna Lee Ave.** Tires stolen from vehicle.
- 7400 block of Mount Vernon Square Center.** Meat and seafood stolen from business.
- 1800 block of Old Richmond Highway.** Tires stolen from vehicle.
- 3300 block of Oriole Lane.** Passport and greencard stolen from vehicle.
- 7600 block of Richmond Highway.** GPS and cell phone stolen from vehicle.
- 7600 block of Richmond Highway.** Bicycle stolen from business.
- 7700 block of Richmond Highway.** DVD player stolen from business.
- 7900 block of Richmond Highway.** Mountain bike stolen from business.
- 8600 block of Richmond Highway.** Liquor stolen from business.

LETTERS

FROM PAGE 8

debacle, and no reasonable provision for all white ticket-bearing parent arrivals from every entrance before and during the ceremony made for a very unpleasant experience. I had to do my best to not let it affect my daughter’s proudest day.

I have nothing to personally gain by writing you. Our only child is off to Virginia Tech next fall so we likely will not be attending another Cliff Hardison-run graduation ceremony.

But, I don’t want to see any more parents put through the same frustration and miss a once-in-a-lifetime event. I urge you to examine the leadership capability of Mr. Hardison, and his ability to work with others and communicate with the parents. I view this as a total failure on his part, in which he has done irreparable damage to his community.

Bill Laux

WPHS Pit Papa Captain '08,'09,'10

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-Werner Heisenberg

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ALEX / FRANCONIA \$775,000

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Impressive center hall 5 Bedroom Colonial with attractive split stair case to dramatic cat walk overlooking 2 story family room with marble fireplace. Main level office, Luxury master. Large 2nd & 3rd bedrooms w/well designed Jack 'n Jill bath. Walk-out lower level features au pair suite and fully equipped 2nd kitchen. *Directions: From Franconia Road take Bush Hill to end, left Cloud Mill, Right to LaVista to 5587.*



CALL MARILYN TRUDEAU 703-577-1262



ALEXANDRIA SOUTH \$489,900

POPULAR HOLLIN HALL

Three level front-to-back split features cathedral ceiling living room with cheery streaming natural light and cheery fireplace. Three bedrooms on upper level, family room & fireplace on lower level. Ideally located at edge of Paul Springs Park.



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Large 3 level townhome, ceramic tiled entry foyer, hardwoods thru main rooms including front kitchen with breakfast area and stainless appliances, granite counters. Skylights in upper hall and master bath. Finished lower level with fireplace & full bath. 3 Bedrooms, 3.5 baths.



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