Tour de Mount Vernon

Supervisor Storck leads inaugural cross-district bike ride.

By Tim Peterson
The Gazette

When Carlos Alfaro of the Woodlawn area of Mount Vernon showed up New Year’s Eve morning at the Belle Haven Marina parking lot with his road bike, he didn’t know what to expect. Neither did Supervisor Dan Storck (D-Mount Vernon), who organized the magisterial district-spanning group ride he advertised as “Tour de Mount Vernon.”

“I wanted to get a ride in this year,” Storck told a group of 20 to 30 riders, himself bundled up in several layers and a neon green high-visibility jacket. The objective, Storck said, was to tour some of the trails and roadways running through Mount Vernon District, and along the way discuss some of the near to distant development plans for the area.

Storck said at least 40 people had registered for the event through a website sent out by his office, though with the cold and the holiday weekend, he was uncertain of what attendance would be. Seeing the turnout, Storck said he couldn’t have been happier.

Fitness watches beeping and gears clicking, riders departed from Belle Haven around 9:45 a.m. heading south on the trail along the George Washington Memorial Highway.

After following the curve at the entrance to George Washington’s Mount Vernon estate, riders kept following the Mount Vernon Trail. Pausing after a particularly craggy stretch of paved path, Storck and half a dozen riders stopped and talked informally.

Storck said he was aware of that trail and others that could greatly benefit from repaving, which he may be able to assist with money available for road repairs.

For Schools: New Year, New Superintendant

Budget shortfall, equity and nondiscrimination are storylines for 2017.

By Tim Peterson
The Gazette

With the passing of 2016, Fairfax County Public Schools also waved goodbye to its highly influential superintendent Dr. Karen Garza. Garza, who came to FCPS in July 2013 and is largely credited with the titanice achievements of bringing full-day Mondays to elementary schools, pushing back high school start times and pushing through a $2.7 school billion budget for FY2017, announced her resignation in September last year. It took effect in December.

Garza’s temporary replacement is Dr. Steven Lockard, who has worked as deputy superintendent for FCPS since August 2014. The school board has hired the same recruiting firm that brought them Garza as a candidate, Hazard, Young, Attea & Associates, and the search is on.

As with Garza’s recruitment, there will be town hall meetings, community meetings, online portals for feedback and opportunities to meet in person with the final candidates.

Pat Hynes, who represents Hunter Mill on the school board, said the search could take up to three months, with the goal of having a new superintendent in place by May or June of this year.

Police Auditor, Civilian Review Panel for 2017

Body cameras, mental health part of public safety focus.

By Tim Peterson
The Gazette

This year will see two historic firsts for Fairfax County, its police department and citizens: the beginning work of an Office of Police Auditor and Civilian Review Panel. The auditor will review police use of force cases and internal investigations of those incidents, while the panel will review other citizen complaints of police misconduct and abuse of power.

Both bodies were recommendations from the Ad Hoc Police Practices Review Commission, a panel created by Supervisors chairman Sharon Bulova largely in response to public frustration and anger over the lack of transparency and accountability after the 2013 shooting of unarmed Springfield man John Geer in the doorway of his home by then-Fairfax County Police officer Adam Torres. A committee appointed...
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Nestled in lush landscaping, this spacious 2-level Goodman has 3 bedrooms, 3 full baths, renovated kitchen, master bedroom suite, beautiful hardwood floors, newer roof & HVAC, great storage, Wonderful indoor/outdoor spaces. wrap around deck, 4 season plantings, pond & stream.
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Budget will once again be a major storyline for the school system, as Hynes said the board is currently looking at about a $90 million shortfall for FY 2018. Hynes lamented the voting down of a proposed meals tax that would have brought the school system an estimated $67 million that would have gone to investing in teacher salary scale and other long-term investments. "Those things are on the block right now," said Hynes.

A citizen budget task force is being re-engaged to go over the work of a previous task force and look for any and all possibilities of trimming, to make up that $90 million.

"That’s the conversation we’ve been having with the community," Hynes said. "Unless that shortfall gets a lot smaller, it’s a hard nut to swallow."

George Becerra of Burke is an FCPS parent and actively engaged with both school system and county-wide issues, sitting on a subcommittee of the Ad Hoc Police Practices Review Commission.

"The reality is this year, the schools will not get what they’re asking for," Becerra said. "When do we start having a conversation of programs over taking money away from teachers?"

"Forget the name, is it doing what it’s supposed to be doing?" he said. "How do you know money going to it is actually producing results?"

Mount Vernon representative to the school board Karen Corbett Sanders says another major topic for 2017 is discussion of ensuring consistency of programs from school to school.

"We started down this path with homework and grading policy last year," she said. "What does equity really mean," Corbett Sanders continued. "We’re going to have some healthful discussions about it. Everything from early education on."

Hynes said to help address the challenge of equity, the school system is planning to hire an assistant superintendent for innovation and equity.

"Looking at equity really is a systemic thing," said Hynes. "It has to be top-down, it has to be part of how you deliver curriculum in every building."

Hynes and Becerra agree the county’s level three and four Advanced Academic Centers in only select elementary and middle schools, which require testing and choice by parents to enter, introduce the problem of equity.

Then in high school there are honors, Advanced Placement, International Baccalaureate and general education classes. "The reality is by then kids are sorted," Hynes said. "They’ve been sorted through our system that is still in place.

Hynes emphasized that Policy 1450 as it is around the country. Over the last two school years, the board voted to add sexual orientation and gender identity — generally understood as the sex that someone feels or intrinsically identifies with relative to their sex at birth — to the FCPS nondiscrimination policy for students and faculty.

O n Dec. 20, Fairfax County Police released security camera footage showing the sequence of events that led up to and immediately followed Master Deputy Sheriff Patrick McPartlin shooting Yovani Amaya Gomez at the bus depot outside Inova Fairfax Hospital on Aug. 15, 2016.

The previous Friday, Dec. 16, Commonwealth’s Attorney Ray Morrogh announced his decision that McPartlin was not criminally liable in the shooting and that it was a “justified homicide.”

David Smith, commander of Fairfax County Police Department major crimes division, broke down the security camera footage of events leading up to and following Yovani Amaya Gomez (pictured on screen holding a sign post he used to attack a security guard and Sheriff's deputy) being shot by Master Deputy Sheriff Patrick McPartlin.

Share thoughts and ideas for ideal superintendent characteristics at ten community meetings in January. A survey for online submissions will be posted Jan. 9 at www.fcps.edu.

❖ Monday, Jan. 9, 1 p.m., Gatehouse Administration Center, room 1600, 8115 Gatehouse Road, Falls Church, VA 22042.
❖ Monday, Jan. 9, 7 p.m., South County High School, 8501 Silverbrook Road, Lorton, VA 22079.
❖ Tuesday, Jan. 10, 12:30 p.m., Virginia Hills Center Library, 6520 Diana Lane, Alexandria, VA 22310.
❖ Wednesday, Jan. 11, noon, Providence District Office and Community Center, multipurpose room 2, 3001 Vaden Drive, Fairfax, VA 22031.
❖ Wednesday, Jan. 11, 7 p.m., Stuart High School Little Theater, 3301 Point Valley Lane, Falls Church, VA 22044.
❖ Tuesday, Jan. 17, 7 p.m., Chantilly High School Lecture Hall, 4201 Stringfellow Road, Chantilly, VA 20151.
❖ Wednesday, Jan. 18, 7 p.m., Langley High School Auditorium, 6520 Georgetown Pike, McLean, VA 22101.

The full, unedited security footage of Gomez released by Fairfax County Police is available online here (link: http://www.connectionnewspapers.com/news/2016/dec/20/fairfax-county-sheriffs-deputy-cleared-fatual-shot/).

Law enforcement invites media to view and break-down sequence of events.

❖ Wednesday, Jan. 11, 7 p.m., Mount Vernon High School Little Theater, 8515 Old Mount Vernon Road, Alexandria, VA 22309.
❖ Tuesday, Jan. 17, 11 a.m., Herndon Council Chambers, 765 Lynn Street, Herndon, VA 20170.
❖ Tuesday, Jan. 17, 1 p.m., Burke Centre Library, 5935 Freds Oak Road, Burke, VA 22015.

❖ Tuesday, Jan. 17, 7 p.m., Stuart High School Little Theater, 3301 Point Valley Lane, Falls Church, VA 22044.
❖ Tuesday, Jan. 17, 7 p.m., Chantilly High School Lecture Hall, 4201 Stringfellow Road, Chantilly, VA 20151.
❖ Wednesday, Jan. 18, 7 p.m., Langley High School Auditorium, 6520 Georgetown Pike, McLean, VA 22101.
Storck Leads Inaugural Cross-District Bike Ride

FROM PAGE 1

from opening but when completed will span 80 acres in the Fort Belvoir area and exhibit rare artifacts, documents and images, as well as an experiential learning center.

In addition to community members, Storck had invited a number of county staff and government officials on the ride to get a first-hand look at situations needing attention, like the rocky trail.

Bikers continued on to Jeff Todd Way, heading north to Telegraph Road and a mettle-challenging hill. At the top of the hill, however, volunteers were waiting at the Kingstowne Station 37 of Fairfax County Fire & Rescue with water bottles. The group took a brief break to warm up, use the bathroom and meet with station Captain Derrick Penny.

The group followed Telegraph southwest toward Lorton, eventually turning right on to Lorton Road after a brief jog on Richmond Highway.

They took Lorton Road past the work entrance for Liberty Crest at Laurel Hill, a $188 million project that’s redeveloping former Lorton prison structures on 80 acres for residential and commercial use.

Bikers followed Lorton Road to a short jog on the Gerry Connolly Cross County Trail before continuing on Workhouse Road and taking the redone entrance to the Workhouse Arts Center in Lorton.

Staff from Storck’s office and other volunteers were waiting outside the Workhouse’s main building with hot chocolate, water bottles and energy bars.

Though the group had splintered somewhat during the ride, they reconvened at the Workhouse around 12:30 p.m., just over 20 miles pedaling from the starting point. Alfaro said that despite the cold, the sun had come out and the ride was “totally worth it.”

“I’ve lived in this area most all of my life,” Alfaro said, “and it’s the first time I’ve biked here.”

Alfaro said it was the first time he’d explored this much of the county by bike and he was already looking forward to Storck’s next tour.

Charlie Dyer of Fairfax Station is a member of the Fairfax Alliance for Better Bicycling and Potomac Pedalers organizations. Dyer said he especially liked the new Lorton Road extension, which he called “pretty, and doable.”

“I’m thrilled to see the redevelopment, or development, on this end of the county,” Dyer said.

Loretta Trowen of West Springfield said she was similarly thrilled to see a supervisor take such an engaged approach with biking.

“I’m here to support someone who’s supportive of biking,” she said.

Like Alfaro, Cathy Miller of Fairfax, was excited to find some new routes for getting from Point A to Point B, and to get out and see friends on New Year’s Eve. Miller is also a member of the Fairfax Alliance for Better Bicycling.

WITH 20 MILES IN THE BOOKS, some riders took alternate transportation back to Belle Haven while others continued on to different destinations.

Those remaining largely followed the same route back to the start point, completing just over 40 miles in the saddle.

Storck said again he was encouraged by the turnout, and intends to use this first Tour de Mount Vernon as a learning experience for engaging more of the community and scheduling more similar rides in the future.

Photographs by Tim Peterson/The Gazette

Police Auditor, Civilian Review Panel to Become Reality in 2017

FROM PAGE 1

Bulova is reviewing six candidates who topped the applicants list.

For the civilian review panel, invitations to nominate members have been sent to dozens of community groups, including minority organizations, disability services, interfaith groups and others that were part of the Election Process Improvement Commission. Each supervisor may also make nominations. Public Safety Committee chair supervisor John Cook (R-Braddock) said the full board will review all the nominations in closed session Feb. 14.

Supervisor Pat Herrity (R-Springfield) fully supported the auditor position but has been critical of the need for a civilian review panel — he was the only supervisor to vote against its creation.

Looking ahead at 2017 though, Herrity said “my expectation and hope for both is they’re going to confirm our police department is doing a very good job.”

Randy Sayles of Oak Hill was a member of the Use of Force subcommittee of the Ad Hoc Commission. Sayles spent more than 35 years in law enforcement with the Denver Police Department and Drug Enforcement Administration. He said he is very optimistic both the auditor’s office and civilian review panel will be beneficial to the supervisors, police and citizens.

Sayles said from what he’s seen, “There’s a sense there can be real improvement and transparency, not just lip service.”

In choosing the members of the panel, Sayles said it’s crucial the supervisors go with people who won’t allow bias to corrupt the review process.

“It’s very important people picked deal with facts, demand facts and make decisions based on facts,” Sayles said, “and communicate those in a way that’s not divisive.

“Try to get a diversity of people,” Sayles said. “But ultimately, pick people who are willing to be fair, no matter what. It can be a difficult thing to do.”

ANOTHER SIGNIFICANT and contentious recommendation from the Ad Hoc Commission is the implementation of police officer-worn body cameras. Herrity said the supervisors are set to approve a new pilot program this month.

“They are absolutely important,” Herrity said. “This is something our police department supports, our citizens support. We should go ahead and get it done now.”

Herrity said the estimated cost for getting body cameras up and running on police in Fairfax County is $30 million. The pilot, he said, will last for several months.

He’s asked that it include two different vendors and be done at stations in two magisterial districts.

SUPERVISOR COOK said another public safety priority is taking next steps with the Diversion First program, which is set up to prevent people with mental illness or developmental disabilities from going to jail for nonviolent offenses.

Coordinating more with the court system is an important issue, Cook said.

“We really need a sea change in how we think about mental illness,” said Cook, “to recognize it serves a public safety purpose as well as to get people treatment. If you just throw them in jail, 80 percent of the time, something else happens, they’re going back in.”

The next meeting of the board’s Public Safety Committee is scheduled for Jan. 31 at 3 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway in Fairfax.
Krizek Seeks Mandatory Seatbelt Law

Del. Paul Krizek (D-44) has introduced a bill to require all occupants of a motor vehicle to utilize safety restraints. Current law requires safety belt use only by occupants under the age of 18, drivers, and front-seat passengers.

The idea for the bill came from West Potomac High School student, Jonathan Tucker, who proposed the legislation as his 2016 Amundson Institute Scholar project. The bill would make it a secondary offense for any automobile passenger to fail to use a seatbelt.

Crime News

Suspect Arrested In Shooting

Officers arrested a 40-year-old man from Alexandria who was wanted for malicious wounding, use or display of a firearm while committing a felony, and possession of a firearm by a convicted felon in relation to the Dec. 27, shooting in the 3800 block of Mirmont Place. The suspect was arrested without incident and will be taken to the Adult Detention Center where the warrants will be served.

Police initially responded to a call for a man chasing another and shooting at him with a handgun. The victim was wounded by a bullet that grazed his leg. He was treated at the scene by Fairfax County Fire and Rescue personnel.

Anyone with information about this incident is asked to contact Crime Solvers electronically by visiting www.fairfaxcrimesolvers.org or text-a-tip by texting “TIP187” plus a message to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

Suspect in Stabbing Arrested

Detectives have charged a man for stabbing another man on Monday, Dec. 26. An investigation determined he knew who did not know each other were outside talking with a mutual acquaintance in the 8300 block of Brockham Drive. He was taken to the Adult Detention Center and charged with malicious wounding.

Anyone with information is asked to contact Crime Solvers electronically by visiting www.fairfaxcrimesolvers.org or text-a-tip by texting “TIP187” plus a message to CRIMES(274637) or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

Police Release Video Of Robbery Suspects

Detectives have released surveillance video of the suspects in the robbery that occurred at the Quality Inn at 7212 Richmond Highway, on Thursday, Dec. 15, shortly before 11 p.m.

Police are asking for the public’s assistance in identifying the two men and car that appear in this video. See https://fpdnews.wordpress.com/2016/12/28/update-detectives-release-video-of-hotel-robbery-suspects-and-car/.

The first suspect was described as black, 25 to 30 years old, and around 6 feet tall. He was wearing a black or dark blue hooded jacket, blue jeans, black sneakers, black gloves, and a ski mask. The second suspect was described as black, 25 to 30 years old, and around 5 feet 10 inches tall. He was wearing a gray, hooded sweatshirt, black pants, black shoes, gloves, and a ski mask.

The car was described as a silver compact sedan.

The bill would make it a secondary offense only by occupants under the age of 18, drivers, and front-seat passengers, under the age of 18.

Major Crimes detectives assumed the investigation. During 2014, 58 percent of back seat passengers killed were not buckled up. In 2008, motor vehicle crashes killed 25,351 occupants, where 55 percent were unrestrained, according to the National Highway Traffic Safety Administration.

**See Crime, Page 14

Crime Report

The following incidents were reported by the Mount Vernon District Police Station.

UNLAWFUL ENTRY: 8000 block of Pantano Place, Dec. 29, 7:14 p.m. A security officer reported that three juveniles were inside a vacant apartment. Officers responded and identified the three juveniles. Charges are pending.

ROBBERY: 8200 block of Russell Road (Mount Vernon Apartments), Dec. 22, around 7:42 p.m. A 31-year-old woman was walking on a sidewalk when two men grabbed her from behind, threw her to the ground, took her purse and ran off. The victim was treated at a local hospital for minor injuries.

TRAFFIC PURSUIT/DWI/POSSESSION OF MARIJUANA/UNAUTHORIZED USE/ARREST: 3879 El Camino Place, Dec. 24, around 8:50 p.m. Officers saw a vehicle driving erratically and attempted to conduct a traffic stop. The driver failed to pull over. Eventually, the officers were able to stop the car. A 39-year-old man from Waldorf, Md., was arrested, taken to the Adult Detention Center, and charged with unauthorized use of a vehicle, possession of marijuana and driving while intoxicated.

ROBBERY: Parrott Place/Pelican Place, Dec. 21, around 1 p.m. A 35-year-old woman was walking through a neighborhood where she was approached by two men. One suspect displayed a knife and demanded cash. The other suspect threw her to the ground and took an unknown amount of money from her purse. The suspects ran away. The victim did not require medical attention.

SHOPLIFTING/ARREST: 6700 block of Richmond Highway (Marshall’s), Dec. 21, around 4:45 p.m. A loss prevention officer notified a detective that three men, whom he recognized as serial shoplifters, had left the store with merchandise. A lookout of the suspect car was provided to local officers and a suspect was made. The driver, a 49-year-old man from Baltimore, was arrested, taken to the Adult Detention Center and charged with petit larceny. The other two suspects were released.

DEC. LARCENIES

Barcliff Road/Richmond Highway, tools from construction site 3100 block of Burman Lane, tires and rims from vehicle

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Alex/Westwynd $679,900 8200 block of Russell Way Beautiful Contemporary One of Westwynd’s premier woodlots, backed up to over 10 acres of prairie, forest, meadows, wildlife & spectacular views. Large flat / level building area, separate dining room, beautiful landscaped lawns, car & Driveway wreathes, wall of windows brings outdoors inside - Garage & Dock-Community boat ramp, swimming pool, & walking trails. Minutes to Old Town (N) and Ft. Belvoir (S).

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Alex/Sequoia $157,900 3879 El Camino Place Lovely, well maintained, 2 bedroom & 1 bath, w/open floor plan-Large living room w/views through floor to ceiling windows & sliding glass door to front patio. A 2 car garage, a large driveway plus a garden pantry, opens up to living room- New carpeting in 2nd floor & new bathroom vanity. Master BR has large walk-in closet – Both bedrooms have sliding glass doors that open to rear patio/porch & front patios are fenced for your convenient access. Close to Ft. Belvoir, Old Town Alexandria.

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Mount Vernon Gazette • January 5–11, 2017
Personal involvement of Culosi, Beltrante key to success of police commission.

The call for reform and transparency in Fairfax County Police began long before the shooting death of John Geer in August 2013. Some members of the Fairfax County Police Practices Review Commission pressed for reform for nearly a decade before the formation of the commission. Their experience also should answer any question about whether reform was really needed.

Anita and Sal Culosi lost their son Dr. Salvatore “Sal” Culosi Jr. when he was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse by a SWAT team member executing a warrant. Police knew Culosi was unarmed and did not consider him dangerous. The shooting was ruled an accident and the officer faced no charges.

“My son would still be alive today,” Culosi said at the first meeting of the commission in March 2015, “but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk.”

Culosi Sr. told members of the commission that David M. Rohrer told him that use of force policy changes had been made since his son’s shooting, but that Rohrer declined to give him copies of the changes or tell him exactly what changes were made. Rohrer, now deputy county executive for public safety was Fairfax County Police chief when Culosi Jr. was killed.

As the commission began its work, Police Chief Edwin Roessler and Rohrer among others, embraced Sal Culosi Sr.’s involvement, and worked with him on many details of policy changes ranging from how SWAT teams are deployed to “ready gun position.” New policies were developed with his input, are available to the public and mark significant improvements.

NICHOLAS R. BELTRANTE, a retired D.C. homicide detective and Mount Vernon resident, founded Virginia Citizens Coalition for Police Accountability in 2010 in response to the shooting death of unarmed David A. Masters who was shot and killed by a Fairfax County Police officer on Richmond Highway and Fort Hunt Road on Nov. 13, 2009. Masters, a former U.S. Army Green Beret, struggled with mental health issues.

Beltrante decried the secrecy surrounding the Masters and Culosi cases among others, and began advocating for the formation of a civilian review panel.

He wrote to the Connection in 2012: “During the years 2010-2011, the CCPA has directed a number of letters to Chief David M. Rohrer regarding these and other citizen allegations of police abuse, misconduct, and negligence. These letters have gone unanswered. As a result the CCPA began in January 2012 mailing letters of complaint to Fairfax County Board of Supervisors Chairman Sharon Bulova with the understanding they would be forwarded to Supervisor Gerald W. Hyland, the board’s Public Safety Committee chairman, for appropriate action. In recent weeks the CCPA has written to Supervisor Hyland in an effort to determine what action, if any, he had taken. To-date, we have not heard from Supervisor Hyland. “The apparent lack of accountability by various entities of the Fairfax County Government regarding these serious issues has caused many citizens grave concern and some have expressed their frustration by indicating their belief this may constitute a case of malfeasance.”

Beltrante noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases were closed.

The establishment of a civilian review panel and an independent police auditor, both approved last year by the Fairfax County Board of Supervisors, plus changes in policies about use of force, transparency and crisis intervention, among many others, are major accomplishments.

The Culosis and Beltrante began the call for such changes many years before the death of John Geer. Geer’s best friend, Jeff Stewart, also served on the Ad Hoc Police Commission. Stewart was present on the scene when his friend was shot dead. Stewart’s voice was also critical on the commission. The personal involvement of these families and individuals in the process, plus the new openness of leadership in the FCPD, made all the difference.

— MARY KIMM
mkimm@connectionnewspapers.com

County Should Be Supporting Recycling

To the Editor:

Does Fairfax County actually care about recycling? Based on recent experience, I suggest that the answer is a mixed one. Yes, most of us residents are furnished with the blue roll-away bins that we fill with recyclable materials and put out by the curb each week, but the county seems to have missed its eight stand-alone, non-attended recycling centers like the one that existed on the hill behind the Mount Vernon Recreation Center.

I spoke this week with the director of solid waste management for Fairfax County, a phone call facilitated by a staffer for Supervisor Dan Storck. The staffer had responded to my inquiry about why the recycling center had been closed, with a notice at its site directing patrons to proceed to West Ox Road if they had items to recycle. (For the record, the West Ox location is way out I-66, some 28.5 miles from my house.) The center had been closed, said the sign, because people were dumping trash there.

It was clear from the beginning of the conversation that the Fairfax County employee wasn’t buying anything I was selling. I told her that many people used the recycling center and that the reason people dumped items like mattresses, old TV sets, and broken furniture next to the recycling bins was because there was nowhere else to put them. What if the county had placed a dumpster there to accept trash, I asked, rather than closing the recycling center? The logic on the sign simply did not make sense to me, I said.

Her response was a litany of reasons why I didn’t understand waste management, while she had 38 years of experience. The eight stand-alone, non-manned recycling centers collected “only” 2200 tons of recyclable materials last year, she said, a small fraction of the total. And why didn’t I just use the blue bin, she asked. I explained that we did use the bin, and that we filled it every week, with furniture full of trash.

That’s when we went to the place behind the rec center. She then told me that I could simply leave materials outside the bin, and it would be picked up. Not so, I said, as such items would blow around the neighborhood and into the parkland across the street. She then told me that I...
I hope that the Board of Supervisors will reverse this ill-conceived decision.

Col. James T. Currie, USA (ret)/Alexandria

Fragile Habitat
To the Editor:
The National Park service has contracted with seven tree-cutting companies to remove trees along the Parkway from above Spout Run to Mount Vernon through March of 2017. This calls for removal of trees deemed a danger. It is the responsibility of a certified arborist to determine which trees are to be cut down. Recently over 90 trees were removed near the boardwalk north of Tulane Drive. Many of the trees were far from the boardwalk and posed no threat to people or property.

Included among the trees cut down were three Pumpkin Ash trees that had been selected by a certified arborist from Bartlett’s Tree service along with a park service biologist. These were injected with insecticide to protect them from Emerald Ash Borer using funds provided by the Friends of Dyke Marsh. The trees were evaluated in the spring and were deemed healthy. Regrettably, the arborist responsible for overseeing this cutting was ill at the time of the tree saving, and the selection of trees was made by an unauthorized individual removing many that exceeded 70 years of age.

In areas of the midwest and northeast, where up to 19 percent of the urban forest is composed by Ash trees, a decision has been made after a cost-effective analysis, that the considerable price of emerald ash borer treatment while other, more distressed trees, are removed. The National Park Service’s designated arborist has been removing all Ash trees close to “targets,” including those with no obvious defects and their justification is likely that Emerald Ash Borer, sooner or later, will affect all Ash trees and that removing them is justified. But is this truly a proper rationale for cutting? Overreach jeopardizes a fragile habitat that we all enjoy.

Edward Eder/Alexandria

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A growing Mediterranean Restaurant, a staple in the community, is looking for “Bright Stars” to join their team.

This position is responsible for direct customer contact, greeting the guests, taking orders and delivering the food and beverage in a timely and professional manner. Ensuring all aspects of service delivery are performed according to restaurant standards. Ability to multitask in a fast-paced environment. Be responsible for all billing procedures related to food and beverage service pertaining to the restaurant and using our Micro-POS system. Ability to perform all opening and closing duties.

Candidates should have the following:
A high school or equivalent education required. 1-2 years of Food service in a mid to upper scale restaurant. Outgoing personality and good people skills. Be service driven and have a positive outlook. Services must be at least 18 years of age.

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www.mammaskitchenva.com

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Mount Vernon Gazette • January 5-11, 2017 • 7
Wellbeing

Tips to Achieve New Year’s Resolutions

Advice on setting and reaching goals.

By Rikki George
The Gazette

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

“Both of my parents died from heart attacks,” says Ripke, 57 of Fairfax Station. “My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds.”

Losing weight, getting organized, achieving physical fitness and improving one’s finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the Journal of Clinical Psychology, only eight percent of people who make New Year’s resolutions keep them and achieve success.

“One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so,” said Joel Bitman, a Bethesda-based psychotherapist.

“Another reason is that people often set unrealistic goals or don’t have a plan to achieve their goals.”

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. “When you set a goal, say quitting smoking for example, ask yourself whether it’s something that you really want to do or something that you think you should do,” says Bitman. “If you’re doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit.”

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one’s body by the end of the year, setting unrealistic expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

“Trying to lose 60 pounds in time for a beach vacation during spring break isn’t going to happen,” he said. “But losing 10 pounds by April is absolutely achievable for most people.”

A key to that achievement is creating a clear set of concrete goals that are realistic, specific, measurable and include a timetable, says Bittman. “You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult,” he said. “But if you are able to make small changes and reach small weekly, daily or even hourly goals, you’re more likely to gain confidence to keep going. It’s easy to become discouraged and give up.”

“If you want to become more fit, but you haven’t exercised in years, you might begin by committing to walking 30 minutes a day, three days a week,” said Brand. “That is much more realistic than signing up for a gym membership and planning to spend an hour there every day until you’ve whittled your body down to a size two.”

Keeping Resolutions

Realistic goals and specific plans among keys to success.

By Marilyn Campbell
The Gazette

The right mindset can make a New Year’s resolution stick, according to experts. It’s important to focus on what you want and how you want to reach it. Here are some tips from local experts to help you:

1. Set realistic goals. “Resolutions are an ambivalent plan to lift weights before work and go to the gym at 5 a.m.? What could be an alternative strategy for you?”

2. Be in the realm of measurable, achievable and time-based. “Being realistic is key for resolutions,” says program.“By February, that ambitious plan to lift weights before work becomes no plan at all. With a little retooling and help from others, New Year’s resolutions can be achievable. Here are a few tips from local experts to get started on the right track.

According to Executive Coach Jean Ackrill, a physician trained in neuroscience and leadership coaching. Why do you want to do this? If you fail, just start again. As Ruskin said, “The all or nothing approach never gets you to all.”

3. Make a plan. “Ruskin suggests breaking a resolution down into steps on a daily or weekly basis and work them into a schedule. By doing so, tasks become less overwhelming and, more importantly, they become a habit.”

4. Get support. “It helps to be accountable to someone and to get organized,” says Ruskin. Identify one or two trusted people — especially someone with similar goals. Together, you become a co-motivating group.

5. Be patient. “Finally, understand you won’t be perfect. It takes a lot of work to change behavior, so have compassion with yourself when you do this,” said Ackrill. If you fail, just start again. As Ruskin said, “The all or nothing approach never gets you to all.”

6. Visualize. “Visualize your body down to a size two.”

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Belle Haven Country Club

Mount Vernon-Lee Chamber of Commerce

Photos by Rikki George

Gazette Packet

Terry Garret wants to quit smoking. Timothy Noel Castle wants to do more for others. Larry Miller has been a resident of Alexandria for 52 years. His resolution is to not procrastinate. “I have a tendency to procrastinate,” Miller said. He spends two hours a day. He is stress-free. He’s been retired for 20 years.

Tips to Achieve New Year’s Resolutions

Advice on setting and reaching goals.

By Rikki George
The Gazette

Terry Garret wants to quit smoking. Timothy Noel Castle wants to do more for others. Larry Miller has been a resident of Alexandria for 52 years. His resolution is to not procrastinate. “I have a tendency to procrastinate,” Miller said. He spends two hours a day. He is stress-free. He’s been retired for 20 years.
Legislators To Hold Public Hearing

A s in years past, the Fairfax County delega-
tion to the General Assembly will hold a hearing for public comment on the upcom-
ing 2017 session on Saturday, Jan. 7, begin-
ing at 9 a.m. at the Fairfax County Government Center.

Fairfax County Board of Supervisors Chairman
Sharon Bulova will welcome the delegation to the Government Center on behalf of the Board of Super-
visors and deliver brief remarks.

Fairfax County is assisting with the logistics of the delegation’s event. Fairfax County residents who
want to sign up in advance to speak at the hearing should register online or contact the Office of the Clerk to the Board of Supervisors at 703-324-3151, TTY 711, by noon on Friday, Jan. 6.

Only Fairfax County residents or individuals speak-
ing on behalf of a Fairfax County organization may
register to speak, and are asked to personally regis-
ter for their speaking slot (residents needing assis-
tance will be helped on a case by case basis). Orga-
nizations are encouraged to limit their number of
speakers to five. Additional attendees in support of
said organization at the public hearing may be rec-
ognized by the chair. Speaking slots will be num-
bered based on a first come, first served allocation.

Each speaker will be allocated three minutes to
address the delegation. Speakers must be present
when called to the podium, and people who miss
their turn will be added to the end of the list of speak-
ers. The chair reserves the right to modify the guide-
lines on site for the smooth operation of the public
hearing.

Further information on the public comment hear-
ing is available from members of the Fairfax County legislative delegation. Contact information for indi-
vidual delegation members is available on the Vir-
ginia General Assembly web page: http://
whosmy.virginiageneralassembly.gov/

BULLETIN BOARD

VOLUNTEERS WANTED
AARP Foundation Tax-Aide
is seeking volunteers to participate in a
free, non-profit program, offered in
conjunction with the IRS, that provides
tax filing assistance to people of low- and middle-income,
with special attention paid to those
aged 66 or older. Training will be
available in December and January to
help taxpayers Feb. 1–April 18, 2017.
Visit www.aarp.org/taxade.

Sponsors Needed, Britepaths Family
Sponsoring. Britepaths is a non-profit
organization that helps families
with children under 18 in need of
assistance. Britepaths is expecting to
have 3,000 households on its
assistance list. A great family,
company or group holiday service
project. Register and learn more at
http://britepaths.org. Contact 703-
273-8829 or hpassist@britepaths.org.

SECOND WEDNESDAYS
Art Making as Meditation, 7:8:30 p.m.
St. Aidan’s Episcopal Church, 8331 Riverside Road. Art making as
meditation can be an active form of contemplative practice.
Each session begins with a short reading and a brief introduction to
materials. Silence for making and meditation
lasts an hour followed by sharing
images or insights gained through the
process, if desired. Children able to
participate in silence are welcome
to come with a parent’s quiet
supervision. RSVP not necessary for
attendance, but helpful for planning
purposes. Call 703-366-4220, email
info@centerforspiritualdeepening.org
or visit www.stadianesecommunity.org/
Center-for-Spiritual-Deepening.

SUNDAY/JAN. 8
School Open House, 2-4 p.m.
Burgundy Farm Country Day School,
8710 Mount Vernon Highway, Alexandria.
School serves pre-kindergarten to 8th
class. Call 703-329-6968 to RSVP or
schedule a personal tour. Visit
www.burgundyfarm.org for more.

TUESDAY/JAN. 17
Heroin-Opioid Dependency Information,
7-9 p.m. at Merrifield
Center, 8221 Willow Oaks Corporate
Drive, Fairfax. The Fairfax-Falls
Church Community Services Board is
hosting a public information session
for people who know someone who
has opioid or heroin dependency and
learn about a new CBST opioid
dependence treatment group
that starts in February. 703-324-7006.

People Notes

Email announcements to gazette@connectionnewspapers.com. Include date, time,
location, description and contact for event: phone, email and/or website. Photos and artwork welcome.
Deadline is Thursday at noon, at least two weeks before event.

Email announcements to gazette@connectionnewspapers.com. Include date, time,
location, description and contact for event: phone, email and/or website. Photos and artwork welcome.
Deadline is Thursday at noon, at least two weeks before event.

Learn as if you were to live forever; live as if you were going to die tomorrow.
—John Wooden
ENTERTAINMENT

3 Ways To Bust New Year’s Resolutions

**F**

It’s easy to get overwhelmed while standing face-to-face with a veritable buffet of sweet treats, but you can’t go wrong with blood orange dreamisle — a caky version of the summertime frozen dessert, teeming with orange flavor and boasting a smooth, moist cake. Or for a campfire favorite brought back into the city, pick up a s’mores rice cake in mere seconds. And vegetarians might stem from the Alexandria neighborhood — has just what the doctor ordered (so to speak) to delve into a caloric heyday.

When perusing the menu, there’s really only one deep end to dive in — the Breakfast All Day (aka BAD) Burger. A patty topped with a fried egg, hash browns, cheese, grilled onions, maple syrup, and ketchup, it will make you forget about your rice cake in mere seconds. And vegetarians aren’t left out, either — the slightly more healthy Veggie burger is waiting in the wings for just such an occasion. Grab some onion rings or fries on the side, and you’ll be back to your old ways in no time.

**F**

“Fully Committed” at MetroStage

MetroStage, 1201 N. Royal St. Tom Friedman presents a play about contortionist. $55-$60 703-548-9044

Appetite

**APPETITE**

BurgerFi sports quite a few offerings that are poised to break dietary resolutions. Low flavors of the original. In fact, go ahead and pick up a few — they’ll keep for later.

Carluccio’s, 100 King St. Admittedly, there’s nothing in the culinary landscape so satisfying as the carb-goodness of pasta. And at Carluccio’s, which has quickly become a mainstay in Alexandria’s Italian-food scene, the possibilities are seemingly endless. From a variety of antipasti sharing boards to start one’s meal (preferably with a gaggle of compatriots) to a plethora of pasta options for dinner to a sweet treat to finish up the evening, the restaurant has everything you need to carb-load for the days ahead.

Coming in with a crowd? The family-style Trio de Pasta might be just the spot. Choose three pasta entrees from the menu — perhaps a spaghetti con polpette (meatballs), pasta con funghi (mushrooms), and the agnolotti (pasta filled with burrata cheese and spices) — and get ready to break bread with the table. Don’t feel like sharing? Try the risotto of the day for one — and if the mushroom variety is on the menu, order it at once.

**Ongoing**

“Fully Committed” at MetroStage

MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones, MetroStage, 1201 N. Royal St. Tom Friedman presents a play about a contortionist, juggling phones.
Acoustic Music Live

Acoustic artists Friction Farm and Michael Bowers & Siobhan Quinn will perform Sunday, Jan. 8 at 7 p.m. at the George Washington Masonic Memorial, 101 Callahan Drive. Tickets are $18/$15 for advance sales and members, contact herb@focusmusic.org or 703-380-3151.

First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all Senior Center programs is $48. Call 703-765-4573 to sign up.

Flamenco Show. Wednesdays and Thursdays, 8-10:30 p.m. at Las Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the lounge of Foonaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8515 or visit www.foonaine.com for review.h1j

Their Fates Intertwined: The Lees of Alexandria in the War of 1812, Wednesday-Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. at Fendall House and Gardens, 614 Oronoco St. A new exhibit on the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria’s citizens during the conflict that led to the writing of our national anthem. Free. Visit www.leefendallhouse.org or call 703-348-1789.

Alexandria Cars and Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina’s, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month, 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday, 10 a.m.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-8488.

Dinner for the Washingtons. 12 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. $5 in addition to admission. Visit www.mountvernon.org for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit nva.org to view concert calendar and list of artists. Second Thursday Music artists. The Monday Morning Birdwalk takes place weekly, rain or shine (except during electrical storms, strong winds or icy trails), at 7 a.m. www.ConnectionNewspapers.com

ENTERTAINMENT
Zombie Drama Camp Registration

Parade of Plants
9:30 to 10:30 a.m. at Lloyd House, 220 N. Washington St. The seven woman acapella crowd had the honor to spread the light of the Lucea Winter Solstice tradition. The tradition is a combination of the Italian Saint Lucy and the old Scandinavian legends of the evil spirits of 13th of December and is one of Sweden’s most cherished traditions. Free: 703-746-4554

SATURDAY/JAN. 7

Nowell Sing We, 10-11 a.m. at St. Mary Catholic Church, Lyceum, 313 Duke St. Alkemie Medieval Music Ensemble will present a concert of Medieval and Renaissance vocal music for three sopranos and vielle (medieval fiddles) and instrumental dances in celebration of Epiphany. Register $35 at www.alkemie.org. Parade of Plants, 11 a.m. at Green Spring Gardens, 4603 Green Spring Road. Look at the history of the Rose Parade, see floats and decorations from the traditions of the floats and go on a walk in the gardens to select plant materials. Afterwards make a wintery decoration from natural materials in the tradition of the floats. $6 Register online at www.fairfaxcounty.gov/parks/parks/tickets using code 290183501 or call 703-642-5173. Zombie Drama Camp Registration, 10 a.m.-2 p.m. at the West Potomac Theatre, 6500 Quander Road. Open to students 3rd-8th grades. www.westpotomactheatre.org

SUNDAY/JAN. 8

Art Show and Reception, 1-3 p.m. at 4603 Green Spring Road, Alexandria. Residents can receive free collection at the curb for recycling on their regular trash collection day, beginning Monday, Jan. 9, through Friday, Jan. 22. Remove stands, lights, and decorations from trees. See alexandriava.gov/YardWaste.

TUESDAY/JAN. 10

SVCC Community Chorus Invitational Rehearsals start for all interested singers to join for the spring 2017 season. No audition is required. Join by registering for this one-credit class at Northern Virginia Community College, Alexandria campus. Rehearsals are 7 p.m. on Tuesdays at the NVCC Alexandria campus, 3001 N. Beauregard, with some optional extra Sunday morning rehearsals. The college waives tuition for seniors 60 and older. Dr. Mark Whitmore, Director. 703-845-6097 mwhitmire@nvcc.edu

WEDNESDAY/JAN. 11-12

Musical Comedians Stephen Lynch. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. $25. www.birchmere.com

SATURDAY/JAN. 14

Movie Night at Del Ray Artisans, 7-9 p.m. at Del Ray Artisans, 2704 Mount Vernon Ave. Featuring “Pollock.” Learn about the life and work of 20th century artist Jackson Pollock. DelRayArtisans.org/event/pollock-movie.

WEDNESDAY/JAN. 15

Dyke Marsh Walk 8:30 to 11:30 a.m. at the Dyke Marsh, 6401 George Washington Memorial Pkwy. Join leader Tom Nardone to scan the river for waterfowl and enjoy a walk through the marsh and woodland areas. Sponsored by the Northern Virginia Bird Club. www.nvbc.org. Volunteer Alexandria Open House, 4:30 p.m. at the Del Ray Branch, 1st floor board room. Meet friends and learn how to get engaged in the community. Visit www.volunteeralexandria.org.

ICONOGRAPHY: Prayer in Images
7:30-9 p.m. at St. Aidan’s Episcopal Church, 8531 Riverside Rd. Learn how to read the symbolism in this art form and how icons are used in Orthodox Christian churches and homes with Laura Clerici. 703-360-4220

THURSDAY/JAN. 26

Songwriter Scott Miller and Mac McAnally in Concert, 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. 703-549-7500 or www.birchmere.com

SATURDAY/JAN. 28

“Hands-on: Collaborate Abstractly” 2-3:30 p.m. at Del Ray Artisans. Workshop students partner up to create abstract art. DelRayArtisans.org/event/hands-on.

SUNDAY/JAN. 29

Marine Chamber Orchestra Plays Water Music, 2 p.m. at the Alexandria Concert Hall, 495 East Campus Drive. Music by George Frideric Handel. 703-845-6156 or www.schlossingercenter.com

MONDAY/SUNDAY/JAN. 30-FEB. 5


TUESDAY/FEB. 7

Iconography: Prayer in Images, 7:30-9 p.m. at St. Aidan’s Episcopal Church, 8531 Riverside Rd. Learn how to read the symbolism in this art form and how icons are used in Orthodox Christian churches and homes with Laura Clerici. 703-360-4220

FEB. 7-MARCH 19

Patonac Fiber Arts Gallery, Toronto Fibre Studio, 295 North 105 N. Union St. Cosmic Sights and Sounds, comes as the winter night sky’s grand collection of brilliant stars begins to give way to the vernal equinox. This show will also highlight the work of featured artists Carol Bodin, Mickey Kunkle, and Lynda Prioleau. www.potomacfiberglass gallery.com

TUESDAY/FEB. 14


SPORTS

Pitt St. Grant Hellmier, organist-choirmaster, will direct the Advent Choir in a Choral Evensong on the Feast of the Epiphany. Music by Ayleydale, Stanford, Archl. Palestine will be featured. The Three Wise Men will appear in this service. 703-549-3312, grant@stpaulsalexandria.org

FREE ACAPELLA CONCERT
7:30 p.m. at Friendship Firehouse, 107 S. Washington St. Features classical works by Handel, Vivaldi, Saint-Saëns. Free. 703-768-2525 or 703-746-4554

SATURDAY/DECEMBER 30

Alexandria Museum of History & Art, 100 King St. Participating artists: Carol Bodin, Mickey Kunkle, and Lynda Prioleau. 703-360-4220. www.amoha.org

ALEXANDRIA MUSEUM OF HISTORY & ART
MEMBERS ART EXHIBIT
3:30-8:30 p.m. at the Alexandria Museum of History & Art, 100 King St. Participating artists: Carol Bodin, Mickey Kunkle, and Lynda Prioleau. 703-360-4220. www.amoha.org

THE VACCINIUM TEAM SHOWCASE MANY TECHNIQUES IN BOTH TRADITIONAL AND MODERN DESIGNS. woodlawnevents@alexandriava.gov.

THE WINTER HOUSE: THEME OF "SIMPLY ABSTRACT" PREMIUM ART EXHIBIT
9:30 a.m.-4:30 p.m. at The Winter House, 220 W. Old Dominion Dr. Features abstract works by featured artists: Caroline Glen, Laura Tebbe, Joann Smith, and Tori Horgan. Free. 703-360-4220. www.savingplaces.org.
MEDICO, Frank (age 92). Born in South Braintree Massachusetts and resided in Mt. Vernon, VA for 52 years died on Friday December 30, 2016. He exemplified care, love and a person who always helped giving and help for others and for children. He is survived by his adult daughters Jane and Patricia Medico, son Fred Medico, Daughter-in-law Susan Medico, four grandchildren and four great grandchildren.

Friends may visit at the DEMAINE FUNERAL HOME, 520 S. Washington St. Alexandria, VA 22314 where the family will be present on Sunday January 8th from 2PM to 9PM. A Mass of Christian Burial will be offered on Monday January 9th at 10AM at St. Mary's Catholic Church, 315 S. Royal St., Alexandria, VA 22314 with interment to follow at Quantico National Cemetery. In lieu of flowers contributions may be made to St. Jude children's Research Hospital, 501 S. Jude Place, Memphis TN 38105 or Shriners Hospital for Children, 2900 Rocky Research Hospital, 501 St. Jude Place, Memphis TN 38105 or Shriners Hospital for Children, 2900 Rocky Research Hospital, 501 St. Jude Place, Memphis TN 38105 with Interment to follow at Quantico National Cemetery. In lieu of flowers contributions may be made to St. Jude children's Research Hospital, 501 S. Jude Place, Memphis TN 38105 or Shriners Hospital for Children, 2900 Rocky Research Hospital, 501 St. Jude Place, Memphis TN 38105 with Interment to follow at Quantico National Cemetery. In lieu of flowers contributions may be made to St. Jude children's Research Hospital, 501 S. Jude Place, Memphis TN 38105 or Shriners Hospital for Children, 2900 Rocky Research Hospital, 501 St. Jude Place, Memphis TN 38105 with Interment to follow at Quantico National Cemetery.
Jr. Kindergarten Team Teacher

KIDDIE COUNTRY
Developmental Learning Center
Burke, VA 22015 kiddiecountry@aol.com
Fax: 703-644-0073 Phone: 703-644-0066

Kiddie Country is accepting applications for a co-teaching position one of our Jr. Kindergarten programs. 6-8 hours per day. M-F. Applicant must have a degree in Early Childhood Education or Elementary Education. Team teachers will work together to appropriately conduct a planned semi-structured program supported by a curriculum specialist. Please apply if you are caring, motivated, and committed to high quality education for preschool learners. Applicants are invited to call Kiddie Country directly for further information or an appointment. EOE

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7600 block of Russell Road, beer and cigarettes from business
6300 block of South Kings Highway, merchandise from business
7100 block of Westfield Court, credit card from residence

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$5.00 OFF with purchase of $35.00 - $49.99
$10.00 OFF with purchase of $50.00 - $99.99
$15.00 OFF with purchase of $100.00 - $199.99
$20.00 OFF with purchase of $200.00 - $499.99
$50.00 OFF with purchase of $500.00 or more

Genuine Toyota Sight Line Wiper Blades $10 OFF

Buy 3 Tires and Get the 4th for $1

See Service Advisor for details.

Got Tires?

Get $1000 OFF on any new Toyota.

ToyotaCare Plus $299.99

Comes up to 4 years/40,000 miles

TrueStart Battery Special $99.95

Includes battery installation.

30,000 Miles Factory Recommended Service $159.95

10% Off over the counter parts

ToyotaCare Customers

Don't forget your free service.

6,000 - 10,000 - 15,000 - 20,000 - 25,000 - 30,000

Free Services Call 1-800-868-1327

You’re Covered.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy • Alexandria, VA 22305

BRAKE SPECIAL $99.95

Includes: Rear Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect exterior hardware. GMAC & CHASE EXCEPTED. DO NOT APPLY TO ALL VEHICLE. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER. TOYOTA RECOMMENDS TRW FOR GMAC & CHASE EXCEPTED. DUE TO GMAC & CHASE EXCEPTED, GMAC & CHASE EXCEPTED.

Lube, Oil & Filter Service Special $29.95

Includes: Change of oil (up to 6 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complement any outstanding maintenance scheduled with print out.

Complimentary 15 Minute Alignment Check $49.95

Includes: Check front, rear wheel alignment for proper alignment of all wheels. SCION™ and TOYOTA CERTIFIED. GMAC & CHASE EXCEPTED.

15% Off Any Accessories

- Apparel
- Windshield wipers
- iPod adapters
- All weather floor mats
- Toyota bedliner

10% Off Any Service

- Genuine Toyota service
- Toyota certified service
- Toyota maintenance
- Toyota sport service

Call for an appointment at 703-684-0710 or schedule online at ALEXANDRIATOYOTA.COM
CHRIS WHITE
Planning to sell in 2017?
Now is the time to call Chris & Peggy White!
Leading the Area in Real Estate. SOLD!!!

4209 Sonja Ct.
$535,000
Immaculate!
Spacious home, pristine condition! Feels like brand new home. Dramatic large walls of windows, high ceilings, and open floor plan combine to bring light to every corner of this exceptionally spacious home. Features include: 3 finished LL's, full walk out lower level with full Bath and fireplace, gourmet kitchen, luxurious master suite, custom deck & patio. Virtually new home at fraction of the price!

5427 Grier Mill Woods Way
$899,000
Stunning 5,686 sq ft Colonial featuring dramatic open floor plan, large room sizes, soaring high ceilings, and modern amenities typically found in $1 M+ properties. Features include: 3 Fin levels, walkout lower level, 5BR/4.5BA's, Chef's kitchen, upgraded tile, hardwood floors, 2 car garage. Custom deck and brick patio capitalize on gorgeous fenced grounds backing to park. Amazing Value!

8421 Dandridge Terr
$588,500
Beautifully Updated!
Prized to sell - fabulously updated home in Southwood, one of the area's premier communities. Features include: 4 BR's, 2.5 updated baths, stunning Chef's kitchen open to family room with stone fireplace, hardwood floors, and side load 2 car garage, custom deck overlooks fenced rear yard. Nothing like it for under $600,000!!

9114 Craig Ave.
$635,000
Pristine Condition!
Truly exquisite property! Spacious 5 Bedroom home on gorgeous, fenced level lot in premier location. Numerous features include: Bright open floor plan, Hardwood floors, gas cooking/heat/heat water, thermal windows, and garage. Large deck overlooks spacious grounds. Property is in pristine "move in" condition!

5515 Mt. Vernon Ln
$939,000
River Views!
Classic brick colonial in prime location on large lot. Fronting quiet cul-de-sac. Just steps from the private marina for the exclusive use of the Mount Vernon on the Potomac residents. Special features include: large room sizes, spacious custom kitchen, expansive master suite with river views, finished lower level with full bath & walk out, oversized 2 car garage, dramatic deck with view of river.

8417 Plymouth Rd.
$1,399,000
New Build!!
New Mansion II model on half acre lot in Plymouth Haven, 3,525 square feet on two main levels plus fully finished basement and 2 or 3 car garage. Open floor plan, high ceilings, upgrades throughout. Finished recreation room & bathroom in Basement. Pre-construction contract offers maximum opportunity to customize $10,000 towards closing costs (Using approved lender).

8419 Mt. Vernon Cir
$998,500
One time opportunity to acquire true estate caliber property in Mt. Vernon on the Potomac - the only community in the area with a private marina for the exclusive use of its residents. Imposing residence with many custom touches including open foyer with double curved stairway, custom white brick exterior, high ceilings and spacious room sizes. Columned veranda overlooks pool.

9221 Patton Blvd.
$795,000
Custom Build!
True custom home with bright open floor plan and Potomac views on half acre lot in premier water access community. Stunning Master suite on main level! Other features include: 5 Bedrooms, 4.5 Baths, Chef's kitchen w/ granite counters, Gas cook top, wood floors, large deck and oversized 2 car Garage. Truly amazing value!

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