

Heartbreak and Hope

U.S. Rep. Gerry Connolly hosts Alzheimer's Town Hall.

BY ANDREA WORKER
THE GAZETTE

“Alzheimer’s disease will touch every American family at some time or other. There aren’t many other conditions you can say that about. Today, Alzheimer’s kills more people each year than breast cancer and prostate cancer combined,” said U.S. Rep. Gerry Connolly (D-11) to the attendees of the Town Hall meeting at the headquarters of the National Capital Area Alzheimer’s Association in McLean on Monday, June 10.

Connolly was one of several speakers on the agenda, that included representatives from the National Alzheimer’s Association, the Agency on Aging from Fairfax and Prince William counties, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

Cindy Schelhorn, senior director of communication with the Alzheimer’s Association, opened the event and Connolly began the session with a personal story about the disease’s effect on his own family. “My Irish immigrant grandmother survived the boat journey to America, even being robbed on the ship. She worked hard. She saved. She was able to bring her own mother and her brothers over from Ireland. She wasn’t able to fight off Alzheimer’s.”

Connolly told of his grandmother’s strength from years of hard work “and walking to Mass everyday.” In some ways, said the congressman, her physical fitness proved to be less than a blessing after the disease struck. “She lived a long time with



PHOTOS BY ANDREA WORKER/THE CONNECTION

The panel at the Alzheimer’s Town Hall included U.S. Rep. Gerry Connolly (D-11), and representatives from the National and local Alzheimer’s Association, Area Agencies on Aging, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

Alzheimer’s. Watching her fade away before my eyes was one of the most difficult things I had to deal with growing up. The worst is knowing your loved one knows something isn’t right, but there is nothing they can do.”

THE CONGRESSMAN has co-sponsored the HOPE for Alzheimer’s Act and the Palliative Care and Hospice Education and Training Act, supported the RAISE Family Caregivers Act and is a member of the bipartisan Congressional Task Force on Alzheimer’s. But he is concerned. “The President’s FY 2018 Budget, and many of

the bills currently on the table would wreak havoc, throwing people out of nursing homes and adult care centers, and severely limiting care and resources for our vulnerable seniors.” A threatened 18 percent cut in the funding for the National Institutes for Health “would gut federally funded research ... it certainly would bring us no closer to a cure,” said Connolly. “And right now, there is no cure. There really isn’t much in the way of treatment.”

“There are about 140,000 Virginians estimated to be suffering from some form of dementia,” said panelist Sharon Davis with

the Virginia Alzheimer’s Commission, and she says the effect of the disease takes a toll on the family as well as the afflicted. “I have spent more than half of my adult life as a caregiver.” Davis’s husband is now a live-in patient at a memory-care facility, suffering from early-onset Alzheimer’s. Her mother lived for 18 years with the disease.

“It’s a tragedy. It’s a disease that robs them of what should be the best years, time they have earned to relax and enjoy.” As Davis pointed out, it’s also a disease that can have devastating emotional and financial impacts on families, as many struggle to cope physically and financially to provide usually round-the-clock care.

Stories of heartbreak and challenges continued, but Karen Hannigan with Fairfax County Area Agency on Aging wants to get the word out that there is help and support, for the patient and the families and caregivers.

“We operate based on the ‘No Wrong Door Initiative’ model,” said Hannigan.

That model means that persons who call for help don’t encounter a “sorry, wrong department and we can’t help” response. “No matter what, we guide you. Our staff are ‘field-trained.’ We know the system. Let us do the navigating and take away at least that much stress from the situation.”

Negotiating the government regulations, the gaps between Medicare and Medicaid, the insurance maze, and trying to find appropriate resources while dealing with the actual disease and its effects on the patient, and possibly on the family as caregivers, can be overwhelming. “Call us, Monday through

SEE FACING ALZHEIMER’S, PAGE 10

Health and Healing

Fort Hunt businesses in harmony.



PHOTO BY ANTONELLA NICHOLAS/THE GAZETTE

Laz Balazs and Anna Lanier stand in front of their new business, Fort Hunt Massage and Spa.

BY ANTONELLA NICHOLAS
THE GAZETTE

Laz Balazs and Anna Lanier, owners of the new Fort Hunt Massage and Spa, pointed out the distinction between a masseuse and a massage therapist as they explained the ins and outs of their new business. Balazs and Lanier are professional massage therapists, not masseuses who are sometimes associated with prostitution-like businesses.

Formerly, they worked together as massage therapists for a different business in Fort Hunt until that business moved to a new location. Balazs and Lanier returned to Fort Hunt and started their own business when they realized that the quiet, tree-filled Hollin Hall area

was a better fit for their craft and their clients. Peaceful surroundings make for a more stress-free atmosphere, and a better massage, they said.

“We love this neighborhood, we love the people here,” Lanier said.

Their clients come from all over – Mount Vernon, Arlington, Stafford, even Maryland – and vary widely in age. High school students, teachers, athletes, and retirees all come for the same

therapeutic treatment.

Balazs and Lanier have different backgrounds in massage therapy, but they have the same goal in mind – healing. Lanier uses Eastern and Western Techniques with the intention of relieving stress on the mind and the body. Balazs comes from a medical background and spent a number of years working with a chiropractor. He is fascinated with anatomy and works

SEE BUSINESSES, PAGE 10

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Inside MVCCA

Creating an opportunity for dialogue on issues facing the community.

BY GERALD A. FILL
THE GAZETTE

The Mount Vernon Council of Citizens' Associations, Inc. (MVCCA) and the community at large are inundated with planning, zoning, rezoning, development issues along Route 1 and everywhere else that can be accommodated.

Unprecedented urbanization is underway in full force in the Mount Vernon Magisterial District. In approximately 3-4 years the southeastern sector will be broken off (Lorton and parts south and west) and a new magisterial district will be created to accommodate the population growth that is underway already and will continue.

Some of the current and upcoming challenges include an expanded Fort Belvoir, U.S. Army National Museum, Lorton HealthPlex, expanded Mount Vernon Hospital, a vastly expanded transportation system along Route 1 and, with it, commercial expansion. In addition the area will be witness to a multi-year rehabilitation of a new community center that will replace the Old Mount Vernon High School, and the further development of North Hill and associated developments that continue to replace the Lorton Prison and surrounding area.

For those in the Mount Vernon community who are unaware of MVCCA's existence or what it does, here is the organization's brief formal explanation:

It is "a nonpartisan, nonprofit organization of citizens' associations in the Mount Vernon Magisterial District of Fairfax County. For the purpose of membership eligibility, the association types include: a civic association, a community association, a property association, a homeowners association (HOA), or a condominium unit association. Every citizen association in the Mount Vernon Magisterial District is eligible for membership provided the association is organized and operated for non-partisan civic activity and no substantial part of its

objective is the promotion of commercial enterprise. A member association must represent at least 10 housing units. The purpose of the Mount Vernon Council is to represent and promote the interests of its member associations and to further the common good and general welfare of the residents of the Mount Vernon Magisterial District."

"The MVCCA was established by a small group of concerned citizens back in the early 1970s," said MVCCA co-chair Katherine Ward. "These individuals felt that their interests were not being taken into consideration by the local elected county officials and county staff. Ever since then the organization has continued to offer Mount Vernon district residents and community organizations a forum to address issues of concern from land use, transportation and environmental as well as public safety, education and housing. Our members and participants work together to ensure that the Mount Vernon District continues to thrive and most importantly that our elected officials and the county staff listen to what we care about and take action on our behalf. Being part of something bigger than yourself can make all the difference in achieving positive results for ourselves and our community."

MVCCA operates through standing, ad hoc, or special committees which rely on community volunteers to review and develop positions on various policy issues and forward their positions to the MVCCA membership in the form of resolutions or present their findings informally at the General Council meetings which meet monthly.

Citizens, business representatives and nonprofit representatives, and elected and appointed county, state, and federal officials or their representatives attend the MVCCA meetings. Minutes of the MVCCA meetings and the work of the committees are recorded and published in the the MVCCA online newsletter. The meetings are open to the public.

At its June 28 General Council meeting here are some of the activities that took

place:

A briefing by a representative of the zoning modification task force which looks to debate and propose more flexible, practical, and reasonable changes in the zoning process on minor zoning actions while assuring citizens and planners that zoning and rezoning actions will not compromise the Comprehensive Plan for the county or compromise the current zoning standards. The emphasis is on flexibility.

At the meeting, presiding co-chair Ward called on the various committee chairs to report on their activities, and announce the date of their next committee meeting. The July General Council meeting will be held July 26, 8 p.m. in the Mount Vernon Governmental Center Community Room.

The Environment & Recreation Committee Chair Cathy Ledec urged that members vote to support the Resolution prepared for the Council's consideration and supported jointly by the Environment and Recreation Committee, the Planning and Zoning Committee, and the Transportation Committee. She urged the approval of the rezoning application by the NOVUS Property Holdings LLC, which seeks approval affecting 5.3 acres of property to develop a 375 multi-family unit building which will impact the adjacent Spring Bank community. The Spring Bank association supports the rezoning application. The Resolution was voted on unanimously and forwarded to District Supervisor Dan Storck for his and the Board of Supervisors' consideration.

Storck made a short presentation, referred to his handout which summarized actions by the Board of Supervisors, information items, and included a summary list

of the legislation passed by the General Assembly that the Governor signed. Among the bills enacted and signed into law were two proposals that the MVCCA worked on and urged the County Board and the local northern Virginia delegates and state senators to support. The first was on short-term rental property; the county has already circulated a survey and is in the process of preparing regulations on the use of short-term rental property. The other piece of enacted legislation that the MVCCA worked on was to stop the City of Alexandria from dumping sewage into the Potomac river.

Storck urged that members encourage residents to attend and participate in the upcoming "Embark" Route 1 transportation improvement community meetings designed to invite community comments and questions, and bring residents and organizations up to date on the changes planned for Route 1 transportation improvements. The date and location of the next Embark meetings, which Storck will attend, are: July 19, 7 p.m. at the Huntington Community Center, and July 27, 7 p.m. at the Woodlawn Elementary School.

Storck was asked about the status of rehabilitating the Old Mount Vernon High School located on Route 1. At the beginning of the year, the gym and some of the rooms were made available for local youth recreation and community uses as an interim measure. Storck announced that the county planning staff has advertised for a Master Planner bid that would take over the lengthy process of developing the options for the variety of uses, and design the rehabilitation measures.

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"Being part of something bigger than yourself can make all the difference in achieving positive results for ourselves and our community."

— MVCCA Co-Chair Katherine Ward

ZIPS Expands to Mount Vernon

ZIPS Dry Cleaners, known for its same-day, one price business model, has opened its newest store in the Mount Vernon area of Alexandria. Located in the Sacramento Center at 8796 Sacramento Drive, the 3,000-square-foot store marks the second in Alexandria and 14th in the state of Virginia for the Greenbelt-based franchise.

"Dry cleaners use very similar machines and solvents, but many places provide a lot of smoke and mirrors with things like paper that you just throw away," said Andy Cucchiara, ZIPS vice president of operations. "ZIPS would rather provide the best service with the highest quality possible and provide the customer a lower price without including things that really are not necessary."

At ZIPS, any item of clothing — from a necktie to a coat or pair of pants — is dry cleaned for \$2.29, which is two times less expensive than the industry average. Garments are cleaned on-site, allowing for

same-day service.

"You walk in, and you know exactly what you are going to pay," Cucchiara added. "The model is very simple. There are no add-on prices. You bring it in by 9 a.m., and you have it by 5 p.m. the same day."

Additionally, ZIPS uses a "green-conscious" closed-cleaning system that reduces waste, uses biodegradable plastic bags and recycles hangers.

"Our goal is to consistently deliver absolute customer satisfaction at a very affordable price point," said Marlin Franco, general manager of the Mount Vernon store. "The fact is that everyone needs dry cleaning in some capacity. The real question customers should ask themselves is, 'Would I rather pay \$50-\$60 for 10 pieces to be dry cleaned, or \$22.90 for the same 10 pieces and have it done in one day?'"

For more information, visit www.321zips.com.

— JEANNE THEISMANN

One price dry cleaners opens in Sacramento Center.



PHOTO CONTRIBUTED

ZIPS Dry Cleaners is now open at 8796 Sacramento Drive in the Sacramento Center in Mount Vernon. This is the second Alexandria location for the Greenbelt-based franchise.

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Pedestrian Killed Crossing Route 1

A 22-year-old man was hit and killed by a car around 1:15 a.m. on July 2 while attempting to cross Richmond Highway.

Gerson Rodriguez Cruz, of Alexandria, died at the scene. He was hit by a 2016 Mercedes sedan traveling southbound on Richmond Highway just after Belvoir Drive. The driver of the car stayed on the scene and cooperated with officers.

Crash Reconstruction detectives say speed and alcohol were not factors and no charges are pending.

It appears Rodriguez Cruz was not in a crosswalk at the time he was struck.

Detectives are investigating whether a second vehicle may have hit Rodriguez Cruz, and it's possible the driver didn't know.

Anyone with information is asked to contact the Fairfax County Police at 703-691-2131, or Crime Solvers by visiting www.fairfaxcrimesolvers.org or texting "TIP187" plus a message to CRIMES(274637).

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Alex/Riverside Estates \$599,900
8303 Cherry Valley Lane

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Problems for Public Health

Increasing the number of uninsured is bad for the rest of us, and the economy.

The proposed plan in the U.S. Senate to give the wealthiest Americans massive tax cuts by cutting health coverage for people who are poor, have disabilities and elders, would also affect the rest of the population, and the economy.

People without health insurance face economic uncertainty. When they do incur medical bills, they often cannot pay them in full. This increases costs to providers and decreases the ability to participate in the economy.

People without health insurance are sicker than people with insurance, but they also often can't afford to stay home from work, often exposing others to preventable illnesses. They are less likely to have flu shots and other routine immunizations that protect all of us, including those with the weakest immune systems and those who cannot be vaccinated.

U.S. Sen. Tim Kaine was in Springfield this week talking to people who depend on Medicaid coverage. He and U.S. Sen. Mark Warner have been active in opposing these major cuts to health care.

This bears repeating — here are some other consequences of proposals in the Senate bill:

- ❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

- ❖ In Virginia, more than 14,000 veterans could lose coverage under Medicaid.

- ❖ States could opt out of the law's essential health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance. Would Virginia be a state that opts

out? Quite likely.

- ❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity, mental health issues, ADD, etc.

- ❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

- ❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers, costing Virginia an estimated \$40 million annually; \$3 million in Fairfax County; \$2 million in the City of Alexandria.

- ❖ \$800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are

people who were middle class but outlived their savings and coverage.

- ❖ In Virginia, the proposed changes to Medicaid would cost the state \$1.4 billion over seven years.

- ❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of addiction.

- ❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

- ❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

Read last week's editorial, "Killing the Poor to Pay Millionaires," here: www.connectionnewspapers.com/news/2017/jun/27/opinion-editorial-killing-poor-pay-millionaires/

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS

Send in Your Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets?

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to gazette@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

Time To Invest in Early Voting

BY SCOTT SUROVELL
STATE SENATOR (D-36)

In Virginia, we have elections every year. This year, we even have three including a special election for school board on Aug. 29 and then elections for Governor, Lieutenant Governor, Attorney General and State Delegate on Nov. 7.

Turnout in our state and local elections plummets. In my experience, a large reason is that voting takes precious time away from jobs and families and given Northern Virginia traffic, time is at a premium.

That's why I have been encouraging everyone to vote by mail. Most people do not realize how easy it is and most people also do not realize they are even eligible. If you work out-

side Fairfax County, if you cannot stand in line for long periods, are an out-of-town college student, on vacation or leaving the county for 10 minutes on Election Day, a first responder, or have a commute and workday longer than 11 hours, you can vote early by mail.

Last year, over 120,000 Fairfax County citi-

LETTERS TO THE EDITOR

Help Reduce Plane Noise

To the Editor:

Air traffic from Washington's National Airport (DCA) now exceeds that from Dulles; nearly 400 flights depart and arrive every day. About 80 percent of these aircraft (those travelling west) traverse Fairfax County. At a rate of one every two or three minutes during peak

times, overhead air traffic can produce continuous noise — in excess of 70 dBA (occasionally 80 dBA) over residential communities from Old Town Alexandria to Mt Vernon. Such constant noise pollution and accompanying exhaust contaminants are recognized as having deleterious impacts on human health. Fairfax County residents are suffering.

While I fully support no excuse early voting, that has yet to pass in Richmond for political reasons. But there are things that our local

SEE EARLY VOTING, PAGE 10

times, overhead air traffic can produce continuous noise — in excess of 70 dBA (occasionally 80 dBA) over residential communities from Old Town Alexandria to Mt Vernon. Such constant noise pollution and accompanying exhaust contaminants are recognized as having deleterious impacts on human health. Fairfax County residents are suffering.

In Spring 2015 the FAA implemented NextGen, an advanced flight control system

SEE LETTERS, PAGE 13

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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A Connection Newspaper



MVCCA

FROM PAGE 3

Former Supervisor Gerry Hyland formed a Rehabilitation Task Force which prepared a report and recommendations for the alternative uses of the Old Mount Vernon High school. In addition, the efforts of Storck's Task Force will also be taken under consideration along with the efforts of the anticipated Master Planner. Storck said the bid process will take time, and then there will be an inventory and research phase by the contractor including consultation with the community advisory task force, residents, businesses, and nonprofits before a proposal would be developed for review by the Board of Supervisors.

Storck informed the attendees that Heather Dietz was a key staffer in the county planning office for the project should there be any questions about the planning process. He also said that he views this project as a very high priority transformational initiative, and he and his staff and local advisors are available to consider ideas and answer questions from the community.

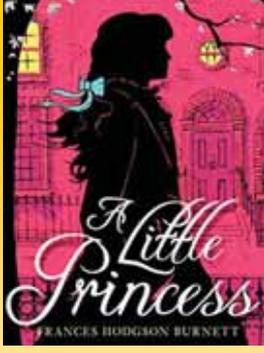
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Home LifeStyle



PHOTOS COURTESY OF MCEARNEY

The owner of this Alexandria home remodeled it in the image of her childhood home found in southwest Florida.

Recreating a Childhood Oasis

Home features chef's kitchen and saltwater pool.

When a local interior designer purchased her Alexandria home, she wanted to renovate it in the image of homes from her childhood in southwest Florida. The result was a light-filled space with custom finishes and a heated saltwater pool, reminiscent of a tropical paradise.

"The home is artfully constructed inside and out by an award-winning master designer with emphasis on luxury and comfort," said Janet Catterson Price of McEneaney Associates.

The home, which has four bedrooms and four bathrooms is located in Belle Haven and features 11 skylights and several large windows, allowing for an abundance of natural light.

The walls of the 4,000 sq.-ft property are swathed in custom

wallpaper including paper made of linen and silk. Needlepoint wool carpeting covers some of the home's floors.

"The homeowner ... was influenced by homes she grew up in," said Price. "Some bedrooms had fabric upholstered walls that gave the spaces a cocoon quality, so she was always drawn to recreate it."

The chef's kitchen is equipped with a Viking stove, dual full-size refrigerators, a custom granite sink, a separate butler's pantry and walk-in food pantry.

"I've rarely seen a property with such distinctive characteristics, such as ... custom wall coverings and built-ins throughout," said Price.

The home is on the market for \$1.8 million.

— MARILYN CAMPBELL



This Alexandria home features a heated saltwater pool.

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Seminary Area

212 North Quaker Lane, Alexandria VA Steeped in history, this lovely brick center hall 5BR + 4 1/2BA colonial is sited on over an acre of land. Guest quarters over 2 car garage plus underground gunpowder magazine & stable. Just reduced to \$1,795,000 Donnan C. Wintermute (703) 608-6868 <http://bit.ly/2dlQXk8>



Rosemont

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Belle Haven

2105 Woodmont Road, Alexandria VA Beautifully expanded center hall colonial with gleaming wood floors on 3 levels that have just been redone, huge gourmet kitchen, master and so much more. Includes 5 bedrooms and 4.5 baths. Ext/Int just painted. Worth the visit- you'll fall in love! \$1,349,000 Bonnie Rivkin (703) 598-7788 <http://bit.ly/2nDXbZB>



Harvest Ridge

9921 Rosewood Hill Cir, Vienna VA Elegant brick front Colonial on quiet cul-de-sac .85-acre lot. 5100+ sqft, 2 story foyer, formal dining & living rms, family rm w/FP, sunroom, study & au-pair suite. Master Suite, walk-in cust closet, finished walk out level basement, 2 car garage & expansive rear deck. 1,050,00 The York Group (703) 945-6728 <http://bit.ly/2oRQMLd>

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121 Queen Street, Alexandria VA GARAGE brick townhouse just steps from the Potomac River and Old Town's finest shops/restaurants. 2BR 2.5BA Country French Eat In Kitchen +separate DR, Walk In Lvl FR/Library. \$1,050,000 Jolee Rubin (703) 548-0697 <http://bit.ly/2tyXwNx>



Chatham Square

408 Oronoco Street, Alexandria VA This rarely available Chatham Square end unit is beautifully maintained and flooded with natural sunlight. Perfect for gracious entertaining and comfortable family living, this 3BR + 3 1/2BA brick townhome offers fp, updated kitchen + 2 car garage. \$939,900 Donnie Wintermute (703) 608-6868 <http://bit.ly/2lVwnjf>



Open House Sunday 1-4pm • Alexandria

8133 Stacey Road, Alexandria VA Just Listed, New Construction in Wayneswood School district by prominent local builder. Over half acre lot backs to woods. 4BR, 4.5BA Craftsman Style loaded with upgrades. \$849,900 The York Group (703) 945-6728 <http://bit.ly/2syCX2s>



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Fort Ellsworth

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MOUNT VERNON GAZETTE ❖ JULY 13-19, 2017 ❖ 9

Businesses in Harmony

FROM PAGE 1

with chronic conditions. “We complement each other,” Balazs said about his and Lanier’s techniques.

Massage facilitates blood circulation and loosens muscles. Massage can also correct posture, and relieve stress. Through massage techniques, ailing muscles can relearn basic movements. Especially in the case of chronic conditions, massage can relieve pain in ways that medicine cannot, he said.

According to Balazs, taking medication to relieve pain does not always get at the root of the problem. Massage techniques, such as manipulating soft tissue, may be more effective in the long run.

Balazs and Lanier hope to assist local residents in living a full life. “This community is very active,” Lanier said. She said that some runners, bikers, and swimmers in the area are impeded by injuries, but they move more freely after massages.

Regarding other health-related businesses in the Hollin Hall Shopping Center, Balazs and Lanier believe that massage is very complementary. They encourage customers to work out and exercise at places like Curves and Fort Hunt Pilates. If health activities were a meal, a customer would want the main course, and the dessert. “When everything comes together, that’s the full plate,” Balazs said.

Curves, also in Hollin Hall Shopping Center, is one of those businesses that Balazs has in mind. Curves is a fitness franchise specifically tailored for women. Its essence is an efficient 30-minute workout that exercises many different parts of the body. Women can use machines on the Circuit, a circle of exercise machines, and they can

take a variety of classes at different levels of intensity. An electronic coaching system monitors progress.

This particular Curves is jointly owned by nine local members. Formerly located in Belle View, Curves had been in danger of closing because the previous owner’s interests lay elsewhere. These members negotiated ownership, and in February 2016 Curves re-opened in Hollin Hall Shopping Center. The core of the membership is in Fort Hunt, so the move to Hollin Hall Shopping Center did not uproot members.

“There is a supportive community here,” said Cheryl Ellsworth, one of the owners. She also said there is a sense of safety knowing that the women with whom you exercise are your neighbors.

To this point, Liz Tipton, manager of the Fort Hunt Curves, says that the most important aspect of the Curves fitness experience is that the women support each other. Both Ellsworth and Tipton expressed an admiration for Curves because it fosters a special relationship among members.

“They help each other through things, share recipes and recommendations,” Ellsworth said.

Curves takes a holistic approach to wellness. Monthly coaching check-ins focus on individual member’s goals, healthy lifestyle habits, and factors that motivate them. Coaches make members feel welcomed and supported as they advance the larger goal of improving a member’s quality of life.

The Fort Hunt Curves is also interested in giving back to the community through partnering with local charitable organizations. Good Shepherd Housing and Rising



A group of Curves members after a Zumba workout: From left are Nancey D’Orazio, Jan Wilder, Vicki Aardema, Cristina Howard, Wanda Dougherty and Linda Slusser with Blaire DeLorge (instructor) in front.

Hope Mission Church are just two organizations to which Curves members donate food and supplies. “Five months out of the year we’re doing something to raise awareness for other organizations,” Ellsworth said.

Curves is beginning to explore collaborations with local businesses that are similarly interested in women’s health. Like the owners of Fort Hunt Massage and Spa, the owners of Curves hope their business gives clients a chance to do something for themselves that is a step toward a health-minded lifestyle.

Aizhan Patten started Fort Hunt Pilates three years ago when driving to Old Town for a pilates class became too tedious. There weren’t any pilates studios nearby, so she started her own.

According to Patten, pilates improves alignment, tightens form, and helps the body find balance. In Fort Hunt Pilates classes, clients use the “Reformer,” a spring-



PHOTOS CONTRIBUTED

Aizhan Patten started Fort Hunt Pilates three years ago.

loaded piece of equipment on which they do resistance-based exercises. In this way, pilates can be as hard or as gentle as a client desires.

Patten differentiates pilates from exercises like running on a treadmill because pilates has a mental component. “You always have to think about what you’re doing, and from what body part the movement originates,” she said, “It helps you sharpen your focus.”

Pilates can be valuable to athletes in preventing injuries, she said. Many injuries are the result of misalignment and overuse. Pilates seeks to correct wrong alignment and strengthen core muscles — good alignment and a strong core make injuries less likely.

Like the other two local businesses, Fort Hunt Pilates is a place where friends come together to support each other. “We’re all neighbors,” Patten said. She believes that when exercising with people you like, the exercise is made all the better. Also, like Curves and Fort Hunt Massage and Spa, Fort Hunt Pilates is concerned with encouraging an active and health-minded community.

Facing Alzheimer’s Challenge

FROM PAGE 1

Friday, 8 a.m. - 4:30 p.m. at 703-324-7948,” said Hannigan. “You don’t need to know all of the information. We do. Just tell us your story.”

The National Alzheimer’s Association also offers a helpline. “It’s free care consultation. It’s nationwide. We work with agencies around the country and can help you get to the right people,” said Jane Priest, program manager with the association. “24/7, call us at 1-800-272-3900, or visit the website at www.alz.org.”

Along with more assistance for patients, caregivers and families, Priest and others on the dais and in the audience want to see more focus on education and training, as well. The National Alzheimer’s Association and the regional chapters are dedicating more time and resources on outreach programs. Annandale resident Catherine Bergstrom who attended the event welcomed this initiative.

Bergstrom related the experiences of her husband who had to be hospitalized. “This was a hospital, and they still did not know how to deal with a patient suffering from this disease.”

Sharon Davis of the Virginia Alzheimer’s Commission added her own stories of her

husband’s treatment at hospitals and medical facilities that worsened his mental state, instead of improving the situation.

THE OUTREACH PROGRAMS of the Alzheimer’s Association seek to train the general public, as well as doctors, caregivers, law enforcement personnel and others on how to recognize if someone is suffering from Alzheimer’s or dementia, and how to best react and assist.

Currently, there are no “Dementia Friendly Communities” in Virginia. The model, which seeks to raise awareness of the disease and of dementia in general and offer training and tips for real-life encounters is being tested in other jurisdictions nearby. Toni Reinhart, owner of Herndon-based Comfort Keepers that provides in-home senior and elder care services, wants to change that. This month, she is gathering local service and community leaders in her area to make Herndon a “proof of concept” project. “Herndon is so community-focused. Our leaders are very service-oriented. I think it’s the best place to get this rolling in Virginia.”

Connolly applauded all of these efforts, as he pledged to continue to fight for Alzheimer’s funding.

COMMENTARY

Early Voting

FROM PAGE 6

government here in Fairfax County could do to make voting early easier.

First, I developed a website that allows voters to submit applications to vote early electronically to the Fairfax County Registrar. It takes about two minutes to complete online. You can use it at www.scottsuovell/votebymail. Fairfax County could and should embed a similar tool on the official Fairfax County voting website.

Next, we should open satellite early voting locations like the one at the Mount Vernon and Franconia Government Centers for more days and longer hours.

We should also have more satellite voting locations. Every person getting on the Metro at Franconia-Springfield, South Van Dorn Street, or Huntington Metro can vote early. There should be

early voting stations there. The South County Government Center should have a voting location. The Lorton Library needs to be open more days and longer.

Lastly, Fairfax County should provide postage prepaid envelopes for voters to return their ballots. You would be shocked how many people — especially Millennials — do not have stamps at home nowadays.

Facilitating more early voting will require more election officers and thus more money, but shorter lines and fewer disruptions save all of us time on Election Day and encourages more participation in our democracy. Our community is a great place to live because we have such engaged citizens. Encouraging democratic participation will only make it better.

Please email me at scott@scottsuovell.org with any feedback. It is an honor to serve as your state senator.

ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Potomac Fiber Arts Gallery. Various times through July 30 at the Torpedo Factory, 105 N. Union Street, ground floor Studio 29. Show is called "Under the Big Top," highlighting the work of three featured artists: Janet Barnard, Paige Garber, and Anne-Sanderoff Walker. Call 703-548-0935, or visit www.Potomacfiberartsgallery.com for more.

Ceramics Show. Various times through July 30 at 105 N. Union St., ground floor Studio 19. The "Rough around the Edges" Kiln Club show. Call 703-548-6288 or visit scopegallery.org.

Light and Depth Exhibit. Various times through July 31 in the The Associates Gallery at the Torpedo Factory, 105 North Union St., Studio 29. Artwork of Marine Weiss and Jennifer Brewer Stone is featured. Visit torpedofactory.org.

The Light of Day Paintings. Through July 15, various times Broadway Gallery, at 5641-B General Washington Drive. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-354-2905 for more.

Adult Woodworking Class. 5-8 p.m. through August 5 at the Alexandria Seaport Foundation, Union St. Woodworking 101, hosted by ASF's Middle School Math Program Manager, woodworker, and furniture designer Nicole Reidinger of Habitat Woodworks. \$250. Visit www.alexandriaseaport.org or call 703-778-0977 for more.

Artwork Inspired by Nature Exhibit. Various times through Aug. 31 at Huntley Meadows Park Nature Center, 3701 Lockheed Blvd. Local artist-photographer Nina Tisara will share some of her mosaic work in an exhibit entitled "Inspired by Nature." Call 703-768-2525 or visit www.fairfaxcounty.gov/parks.

Costumes of Mercy Street. Through Sept. 1, at The Lyceum: Alexandria's History Museum, 201 S. Washington St. To learn more about The Lyceum, visit alexandriava.gov/Lyceum or call 703-746-4994.

Gadsby's Tavern Museum Relics. Various times through Labor Day at Gadsby's Tavern Museum, 134 N. Royal St. Learn the history of the museum, the purchase and see the original woodwork. Call 703-746-4242 or visit www.gadsbystavern.org for more.

Mount Vernon Farmers Market. 8 a.m.-12 p.m., Wednesdays, through Dec. 14. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm for more.

All the President's Pups. Saturdays 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. All the President's Pups Walking Tour, along the way, learn about George Washington's love for dogs, his dogs' unusual names, and his efforts to improve the quality of his hunting dogs through breeding. \$7. Visit www.mountvernon.org for more.

Mercy in Alexandria Walking Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual



PHOTO BY CURTIS WAYNE MILLARD

Live Music

The Mastersons are in Concert, Tuesday, July 18 at 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. \$59.50. Visit www.birchmere.com for more.

history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more

The Lyceum: 175 Years of Local History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit www.alexandriahistory.org for more.

Pick-Up Hockey. Ongoing, Wednesdays and Fridays 11:30 a.m.-1 p.m. at Mount Vernon Ice Skating, 2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit www.fairfaxcounty.gov/parks/rec/mtvernon/ or call 703-768-3224 for more.

Medical Care for the Civil War Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/forward for more

Alexandria's Nurses and Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum for more.

Shield of Earth: Defending the

SUMMER SUNSET MOVIES IN MOUNT VERNON

The Mount Vernon Rec Center at 2017 Belle View Boulevard will be the location for family-friendly movies throughout the summer. Twice a month, from 7-11 p.m., movies will start at sunset. The movie schedule is as follows:

- ❖ July 14 - "The Jungle Book"
- ❖ July 28 - "Secret Life of Pets"
- ❖ Aug. 11 - "The Lego Batman Movie"
- ❖ Aug. 25 - "Beauty and the Beast"

Heart of the Union exhibit. Ongoing, museum hours Tuesday through Saturday, 10 a.m.-5 p.m., Sundays, noon-5 p.m. at Fort Ward Museum, 4301 West Braddock Road. Highlights of the exhibition include military passes issued by Provost Marshal's Office, construction tools, and original photographs of some of Washington's defenders. 703-746-4848 or www.forward.org.

Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital exhibit. Ongoing, Tuesday through Saturday, 10 a.m.-4 p.m., Sundays, noon-4 p.m. at the Carlyle House Historic Park, 121 N. Fairfax St. Come see the site that inspired "Mercy Street," the new PBS' series inspired by real events that took place at Carlyle House. www.carlylehouse.org or call 703-549-2997

Color Disorder Exhibit. Ongoing, Thursday through Sunday, noon-4 p.m., Sundays, noon-4 p.m. at the The Athenaeum, 201 Prince St. A joint exhibition of artists Katie Baines and Amy Chan who use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. www.nfaa.org or 703-548-0035.

Flamenco Show. Wednesdays and Thursdays, 7:30-8:30 p.m. at La 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 back room of Fontaine Caffe and Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

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. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of 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 through the lives of this iconic Virginia family. Visit www.leeendallhouse.org or call 703-548-1789.

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.forward.org or call 703-746-4848.

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 estate admission. Visit www.mountvernon.org for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming 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. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions to park staff during normal business hours at 703-768-2525.

Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more Free. Visit www.alexandriaarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monacoalexandria.com for more

Wake Up Wednesdays featuring The Pop Up Cafe. 7-9:30 a.m. on Wednesday's near the King Street Tunnel - Carlyle Entrance located near 2000 Duke Street near Motley Pool. The cafe will feature coffee, live music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.com

CAMPS, CLASSES & WORKSHOPS

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a schedule.

The Harmony Heritage Singers (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2nd and 4th Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit www.HHSingers.org, or call Bruce at 703-352-5271.

MAY 31-AUG. 25

Summer Theatre Camps. Various times at the Little Theatre of Alexandria, 600 Wolfe St. Preschool-8th graders can learn acting, musical theatre, dancing, improv, Shakespeare, film making. Visit www.thelittletheatre.com or call 703-683-5778.

JULY 17-21

Del Ray Artisans 2017 Summer Art Camp. All day at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Ages 8-14 are invited to spend one week creating art and architecture, followed by a one-day gallery show. All art supplies and snacks are provided. Visit DelRayArtisans.org/event/Art-Camp-2017 for more.

JULY 18-20

History Camp for Kids. 9 a.m.-noon. at The Lyceum, 201 South Washington St. Engages children in American history and life in historic Alexandria through artifacts, storytelling, singing, crafts, old-fashioned games, and visits to nearby historic places. \$105. Visit

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Art Exhibit

Artwork of Marine Weiss and Jennifer Brewer Stone is featured in the "Light and Depth Exhibit," through July 31 in the The Associates Gallery at the Torpedo Factory, 105 North Union St. Visit torpedofactory.org.

www.alexandriava.gov/Lyceum, or call 703-746-4994 for more.

JULY 24-28

Del Ray Artisans 2017 Summer Art Camp. All day at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Ages 8-14 are invited to spend one week creating art and architecture, followed by a one-day gallery show. All art supplies and snacks are provided. Visit DelRayArtisans.org/event/Art-Camp-2017 for more.

THURSDAY/JULY 13

Coffee and Connections. 8-9 a.m. at The Potomack Company, 1120 North Fairfax St. A networking Alexandria Chamber of Commerce event with a lecture by Elizabeth Haynie Wainstein on her career in auctions. \$10 for members, \$20 for non-members. Visit alexandriavacoc.

Artists Reception. 6-8 p.m. at the Torpedo Factory, 105 North Union Street. "Sarah Nesbitt: Making Sense of What We Have," exhibition open July 13-Sept. 3. Visit www.theartleague.org for more.

First Thursday in Del Ray. 6 p.m. on Mount Vernon Avenue in Del Ray. The theme for the event is Red, White, and Blue. Visit www.visitdelray.com for more.

Artists Reception. 6:30-8 p.m. at the Torpedo Factory, Studio 21, 105 North Union Street. Sally Davies' "Global Views: Light & Shadow" exhibition open July 6-Aug. 6. Visit www.theartleague.org for more.

Kasey Chambers with Garrett Kato Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. New double album "Dragonfly." \$35. Visit www.birchmere.com for more.

JULY 13-29

By the Seashore. Various morning hours at The Lab at Convergence, 1819 N. Quaker Lane. Produced by Arts on the Horizon. Using an imaginative mix of puppetry, movement, and sound, this sensory-filled production is specifically designed for babies and young toddlers. Visit www.artsonthehorizon.org for more.

JULY 14-AUG. 31

Oil Paintings by Patricia Uchello. 9 a.m.-5 p.m. at the River Farm, 7931 East Blvd. Free. Call 703-768-6983 or visit www.patriciauchello.com.

SATURDAY/JULY 15

Native American Yard Sale. 7 a.m.-

2 p.m. at the Church of St. Clements 1701 N. Quaker Lane. The American Indian Society of Washington D.C. is sponsoring this. Call 571-269-3307 for more.

Dump Your Junk Event. 9 a.m.-noon at John Carlyle Square Park, 300 John Carlyle St. The Carlyle Community Council, the City of Alexandria and the Alexandria Economic Development Partnership invites residents the chance to purge and dump their junk for free at the Carlyle Purge. Free. Visit www.AlexandriaVA.Gov/CarlyleFun for more.

Tons of Trucks Event. 10 a.m.-1 p.m. at Chinquapin Park, 3210 King St. All ages are invited to explore and get behind the wheel of more than 20 different vehicles from seven City departments. Parking is available at T.C. Williams High School, 3330 King St. and First Baptist Church, 2932 King St. \$5 per person or \$15 per family of four. Visit www.alexandriava.gov/Recreation, call 703-746-5457.

Meet the Artists. 10 a.m.-5 p.m. at Gadsby's Tavern Museum, 134 North Royal St. Artists Stewart Watson and Lauren Frances Adams will talk about how they created the artworks on display throughout the museum. Visit www.alexandriava.gov/GadsbysTavern or call 703-746-4242.

Garden Stroll and Ice Cream Social. 10 a.m.-11:30 at Green Spring Gardens, 4603 Green Spring Rd. Stroll the summer gardens with a Master Gardener docent, then cool down at an ice cream social in the 1784 Historic House. \$12. Call 703-941-7987 or visit www.fairfaxcounty.gov/parks/greenspring/.

Write Like a Woman Networking Workshop. 1:30-3:30 p.m. at the Athenaeum Gallery, 201 Prince St. KaNikki Jakarta will lead a networking workshop for women writers that uplifts and inspires through writing. Call 703-548-0035 or visit nvfaa.org for more.

Mount Vernon Nights Concert Series. 6 p.m. at Workhouse Arts Center, 9601 Ox Road, Lorton. Traditional country musical performance by the Robin and Linda Williams. Free. Visit www.fairfaxcounty.gov/parks/performance or call 703-780-7518.

APPLICATION DEADLINE JULY 15

Alexandria Amplify. Small business start-ups looking for tools and guidance to succeed. Over three months, workshop will provide six sessions full of small business ideas and guidance recommendations.

\$250. Participants who successfully complete all six sessions will be refunded half their fee. Contact Gloria Flanagan at gflanagan@alexandriasbc.org for more.

SUNDAY/JULY 16

Children's Art Workshop. 3 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association presents violinist Sergey Prokofyev and pianist Wei-Hsien Lien playing sonatas by Debussy, Mozart, and Brahms as part of their chamber music series. Free. Visit www.wmpamusic.org for more.

Jazz at Meade. 4 p.m. at the Meade Memorial Episcopal Church, 322 N. Alfred St. Musicians Tony Craddock, Jr., and Cold Front. \$20 donation. Visit www.meadechurch.org/.

TUESDAY/JULY 18

Genealogy Talk. 9 a.m.-noon at Hollin Hall Senior Center, 1500 Shenandoah Road. Learn how to use multiple sources to assemble accounts of historic ancestral events and create biographies of ancestors from genealogist John Philip Colletta, Ph.D. Free. Call 703-768-4101 or visit www.mvgenalogy.org.

Salute American Vodka. 7 p.m. at Union Street Public House, 121 S. Union St. The event will mark the start of sales of the patriotic spirits in Virginia restaurants and retailers, thus increasing the brand's charitable impact nationwide. The first dollar of every bottle sold is donated to nonprofit organizations that support veterans and other American heroes. Call 617-269-7171 for more.

The Mastersons in Concert. 7:30 p.m. at The Birchmere, 3701 Mt. Vernon Ave. \$59.50. Visit www.birchmere.com for more.

WEDNESDAY/JULY 19

Women and Wine. 6-8 p.m. at Salon Amarti & Spa, 1010 King St. Proceeds of this event support Volunteer Alexandria. \$25. Email development@volunteeralexandria.org or call 703-836-2176 for more.

THURSDAY/JULY 20

Garden Tour and Tea. 1-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Tour the demonstration gardens with a Master Gardener docent who will narrate with stories of Green Spring past and present. Afterwards, a traditional English afternoon tea. \$32. Visit www.fairfaxcounty.gov/parks/parktakes or call 703-642-5173.

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NextGen flight paths

LETTERS TO THE EDITOR

FROM PAGE 6

that uses GPS instead of radar to track flight paths in and out of DCA. NextGen's much increased geolocation accuracy offers the opportunity for the FAA to alleviate aircraft noise pollution over essentially all of Fairfax County. This is achieved by precisely directing departing and arriving aircraft along the center of the nearby Potomac River, including its westward turn at about eight miles south of the airport, rather than over residential communities. Planes must be high enough that their noise fades into the background before turning from the river. Fairfax County Supervisor Dan Storck, enthusiastically supports river-centered flight paths as do elected state Del. Paul Krizek and U.S. Rep. Don Beyer. Fairfax County residents can pressure all their elected representatives to encourage the FAA's rapid implementation of this solution. They can also participate in the South Flow Alliance for Quiet Skies (<https://www.facebook.com/southflowalliance/>) that is fighting for reduction of aircraft noise pollution over Fairfax County.

Judith Lean
Alexandria

Disappointed By Supervisor

To the Editor:

I fully agree with Mr. Spiegel's [letter, The Gazette, July 6, "How Best To Evaluate Supervisor Storck?"] assessment of Supervisor Storck, the "Storck That Does Not Deliver." I have sent him letters, I have sent him e-mails and have met him personally on sev-

eral occasions. Contrary to his automatic email response that I would get a response in two days, I have never gotten a response in two days, in some cases it was months.

The Board of Supervisors has authority over the Office of Code Compliance. I have repeatedly requested that that the Non-Delivery Stock direct that the Code Compliance Office enforce the zoning codes that the residents of Fairfax have reviewed, approved, accepted and expect to be enforced. There are residents on Camden Street in complete violation of two existing zoning code violations which has brought down property values.

The Non-Delivery Storck has told me that there is nothing he can do. I concur with Mr. Spiegel's assessment.

Greg Maley
Alexandria

Too Closely Watching?

To the Editor:

Although I rarely agree with Jay Spiegel, I defend his right to air his views even when it appears he has become the official editorial writer for the Mount Vernon Gazette. However, I believe he crossed the line last week when he described keeping track of when Supervisor Dan Storck's car can, and cannot, be seen in the parking lot of the government center and when he can, and cannot, be viewed through a window working at this desk. In light of recent attacks against our elected leaders by angry and misguided people, I found Mr. Spiegel's words

creepy at best. The more disturbing part may be that Mr. Spiegel, apparently, doesn't realize how worrisome his words may sound.

Carol Cooke
Alexandria

Reform Public Employee Pay

To the Editor:

I read with interest Mr. Siegel's letter [The Gazette, July 6, "How Best To Evaluate Supervisor Storck?"] regarding Dan Storck's performance as supervisor thus far. I do agree that his frequent communications are an improvement over his predecessor (although it does appear that the major function is ceremonial and congratulatory).

I think I can shed some light on Supervisor Storck's frequent calls for more taxation. Even though the prior county executive acknowledged several years ago that Fairfax County was paying employees above market rates in terms of both compensation and pension benefits, only a weak, halfhearted attempt at curbing the excess has been made.

Perhaps you saw a recent report that over half of fire department employees make over \$100,000 a year and in fact, quite a few are making in excess of \$150,000 per year in overtime, bringing total compensation to over \$250,000. These are not department heads. No one ever thought to cap overtime? Firefighting is a hazardous job, but not the only one by any means. This level of compensation is excessive on its face and is certainly not an example of fiscal

SEE LETTERS, PAGE 14

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-Werner Heisenberg

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A Near Catastrophe, Always

By KENNETH B. LOURIE



As I bring our two cat carriers up from the basement in order for "The Buff Boys" to acclimate in anticipation of their impending visit to the veterinarian, I can't help but think back to the spring of 1976. That's when an appointment to mend my male cat, Tillie, nearly went very wrong.

To this day, the circumstances still haunt me. Tillie had been a surprise birthday gift given to me in September 1975, along with a puppy I named Gus (both named after a W.C. Fields' movie, "Tillie and Gus").

Tillie was an all-black domestic short hair. Gus was a German Shepard/St. Bernard mix. He was beautiful. He had a white-ish beige coat, floppy ears and a curly tail.

Introduced to one another at 6 weeks old, Tillie and Gus were the best of friends/siblings. Though I made sure they spent their evenings inside, during the day, both were outside. (We had a fenced-in yard so Gus was confined. Tillie however, as you might imagine was not. He had the run of the neighborhood.)

Sure enough, one day, Tillie got into a cat fight. His tail had been bitten and was beginning to abscess. I knew I had to take him to the veterinarian. However, I was in college and had very little money to spare. Nor did I have a credit card either. (Those were the days before credit card companies solicited college students.) In a financial bind, I called my parents and asked for money (I did work in the dining hall all through college but lived in a house off campus and had the usual room and board-type expenses).

They sent me \$25. (In my mind, I can still see the check.) In addition to whatever other money I could scrape together, I guess it was enough so I took Tillie to the "vet" for repair. He stayed overnight. The next day, I got the call that he was ready for pick-up. That's when the event occurred that has affected me/my animal-owning life going on - four decades plus.

I went by myself. I had a car; a 1970 Ford Maverick, but no cat carrier. I was, apparently, planning on simply holding Tillie in my arms as I had done the day before. However, the pick-up was not nearly as uneventful as the drop-off.

Once I got outside the building, Tillie began squirming (his tail had been shaved and had stitches where the abscess/bite had been inflicted) and broke free from my grasp. He ran off about 20 yards - or so to the rear of this modest one-story building and stopped just shy of a chain-link fence which separated where we all were to another neighborhood - beyond my reach. My fear: had Tillie climbed over that fence somehow, he likely would have been gone forever.

Slowly I approached Tillie, repeatedly calling his name as quietly and reassuringly as I could, trying not to rattle, startle or scare him in any way; presuming post-surgery, in an unfamiliar place, possibly in pain, it might not take much from his father to cause him to scamper off and disappear.

As I casually walked toward him, amazingly, Tillie sort of stood still, enough for me to scoop him up. Which I did and then carefully walked back to my car and drove us both home without any further ado - except for the rest of my taking-cats-to-the-"vet" life. And yes, that means now.

And though I'm not stupid enough to transport cats without cat carriers anymore, I am only at ease once we're back home and have let the cats out of their boxes and released them into the house (all our cats are indoor cats). Throughout this process, I must check the latches on their carriers a half-a-dozen times; in the house, in the car, in the parking lot outside the "vet's" office, in the waiting room, in the examining room and then again afterwards; back in the waiting room while I pay, in the car on the way home and finally in the driveway as I prepare to carry the carriers/cats across the yard and into the house. Once inside with the cats/carriers in hand, finally I can relax. Home at last.

Forty-one years ago; it seems like yesterday, or maybe tomorrow if the "vet" can see us. And that's what worries me. Been there and unfortunately, have done that.

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

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LETTERS

FROM PAGE 13
competence.

County employees are also retiring much younger than you are with better pensions. And the funding gap on those obligations is going to grow and grow. So you can see why Supervisor Storck thinks we need more taxation. It is much easier than having to adopt realistic compensation reform.

Valerie Downer
Alexandria

Targeting Apathy

To the Editor:

This letter concerns community apathy. My letter in last week's Gazette discussed issues of concern regarding the first 18 months of the tenure of Mount Vernon Supervisor Dan Storck. I would be more than mildly surprised if Supervisor Storck or his staff submits a rebuttal. After all, it is clear the Storck playbook provides that letters to the Gazette critical of their actions or inactions are to be ignored in print. Community apathy will take care of everything. Concerns ignored will just go away. That is why, to date, I have heard nothing from Supervisor Storck's office, either directly or publicly, regarding serious concerns I recently raised regarding an inappropriately located flashing school speed limit sign on Parkers Lane and a mosquito breeding ground in Stratford Park adjacent Stratford Elementary School. No problem here - just move on.

Community apathy is the reason why a local umbrella civic organization representing only 41 of the over 225 community organizations in the Mount Vernon District wields such an inordinate amount of power to influence Supervisor Storck. An organization whose bylaws give equal voting power to communities of 10 and 800 homes is fatally flawed cannot possibly enjoy any credibility whatsoever to influence community decisions. Yet our supervisor has pledged fealty to this organization. I would wager a scientific survey conducted by the Gazette would reveal that fewer than 10 percent of Mount Vernon residents even know what the acronym MVCCA represents or about its community role.

In reaction to last week's letter, numerous local residents praised me for the letter and confirmed that my impression of the first 18 months of Supervisor Storck's tenure is accurate. However, when I asked them to submit letters to the Gazette confirming my impression, the typical response was that they can't do so because they have business before the county and are worried that criticizing the Mount Vernon supervisor could jeopardize approval of their projects. Community apathy at its worst. Hopefully, others have submitted letters to this week's Gazette in support of my impressions. Hope springs eternal.

My late mother taught me that speaking truth to power benefits the community as a whole. In her spirit, I will continue to bring issues to the attention of the community that I believe are important for the community to know, with the hope that community apathy will recede in favor of broader community activism.

H. Jay Spiegel/Mount Vernon

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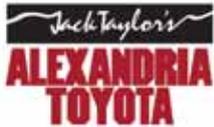
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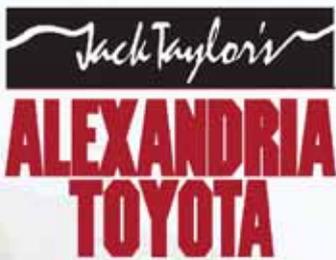
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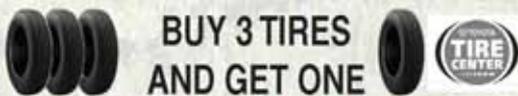
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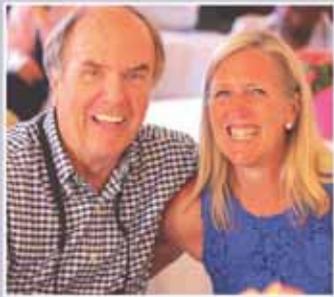
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7617 Range Rd.
\$639,000

Spacious 3 level home on gorgeous large fenced lot in prime close-in location. Many features include: bright open floor plan, updated thermal windows, hardwood floors, four large bedrooms, distinctive stone front, huge level back yard, large storage out building, and two car garage. Fabulous property in prime location for very reasonable price!



JUST LISTED

OPEN SUNDAY

9309 Maybrook Pl
\$549,500
Great Value!

Spacious 3 level, 5 Bedroom home in prime Mt. Vernon location at exceptional price! Fabulous features include: 5 large Bedrooms, Including master with private bath, Lower level family room with fireplace, bright open kitchen and private back yard.



NEW HOME!

4403 Mt. Vernon Memorial Hwy.
\$899,000



3 new luxury homes by Wakefield Homes! This Radford Model provides all the new home bells & whistles at a remarkably reasonable price! Open floor plan enhanced by high ceilings and large windows. Great setting just down the road from Mt. Vernon Estate. FREE finished basement rec room w/ bath & \$10,000 seller credit* for limited time! Visit our website for more info on this build & project! www.mtvernonpark2.com



8306 Centerbrook Pl
\$845,000

Manors of Mt. Vernon!
Exceptional opportunity! Gorgeously updated Colonial on quiet cul-de-sac for remarkably reasonable price.

Home has three beautifully finished levels including lower level with full walk out. Major updated throughout include: Kitchen, baths, fresh paint throughout, large deck overlooks private backyard,, the list goes on. A must see!



OPEN SUNDAY

NEW PRICE

8307 Crown Court Rd.
\$729,900
Amazing Pool!

Spectacular 5 Bedroom, 5 Bath home featuring large room sizes, soaring cathedral ceilings, and oversize two car garage. Large deck overlooks truly stunning backyard scene with custom pool, spa and extensive hardscaping. Vacation at home in setting that resembles luxury upscale resort!



9210 Cherrytree Dr.
\$635,000

Fabulous home in premier Mt. Vernon neighborhood. Exceptionally spacious 5 BR, 3 BA home with bright, open floor plan. Major

updated include: roof, windows, HVAC, Kitchen & more. Features inc Chef's kitchen w/ gas cooking, beautiful stained hardwood floors, upgraded trim including custom wood handrail, sunroom, and custom deck overlooking grounds adjoining wooded area.



NEW HOME

8717 Plymouth Rd.
\$1,399,000
On the move!

Things are moving in Plymouth Haven! Take advantage of the last opportunity for the best new home price in neighborhood. Pre-construction sale provides maximum opportunity to personalize. Special offer includes free finished lower level rec room and bath plus \$10k closing cost allowance with use of approved lender. Save hundreds of thousands of dollars compared to other new builds in neighborhood!



9424 Mt. Vernon Circle.
\$699,000

Chance to move into area's premier waterfront Community at remarkably reasonable price! Spacious home has huge potential and provides numerous features inc: large rooms, open Kit- Family room, hardwood floors, 2 car garage, sun room & roof top deck! Magnificent community amenities inc: docks, tennis courts, & gorgeous open space overlooking river. Opportunity to personalize and make it your own!



CONTRACT

1205 Falster Rd.
\$649,500



SOLD

5420 Grist Mill Woods Way
\$879,000



SOLD

9504 Lynnhall Pl.
\$1,099,000

3711 Great Neck Ct.
\$639,900



SOLD



SOLD

1127 Gladstone Pl.
\$795,000



4220 Adrienne Dr.
\$499,500



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