



Mount Vernon Civic Association, Inc.

March 2022

www.MountVernonCivicAssociation.org

Belle Rive • Ferry Landing Estates • Ferry Landing Villa • Ferry Point Estates • Mount Vernon Forest • Mount Vernon Grove • Mount Vernon Park • Oxford • Riverbend • Riverwood • Vernon Square • Washington Woods • Westgate • Wycliffe on the Potomac • Yacht Haven Estates

PRESIDENT'S MESSAGE

Dear MVCA members:

We are very fortunate to live in a peaceful, safe community, but we must continue to be vigilant. During our January 2022 Membership Meeting, Captain Reiff, Mount Vernon District Station, gave us valuable advice on how to keep our homes and community safe.

Based on his excellent comments, I offer the following suggestions for your consideration:

Car thefts and home burglaries:

- Take your keys out of your vehicles, park them in the garage when possible, and lock them.
- Close and lock your garage and lock the door from the garage into your home.

Captain Reiff told us that when he served in the McLean District, well-organized thieves easily stole cars in the night by checking which cars were open and had keys in the locks. Those that did, they quickly drove off and the cars were rarely found. Thieves also buy generic garage door openers, drive through neighborhoods activating the opener and when a garage door opens, they steal the vehicles or enter the house if the door is left unlocked.

Police and citizen patrols:

When one of our members asked Captain Reiff why there were not more police patrols, he said our police force has 134 vacant police positions because Fairfax County salaries for police are not competitive. I asked Supervisor Dan Storck and County Executive Bryan Hill during their

presentations at Mount Vernon's 35th Annual Town Meeting to start increasing police salaries now and to include in the County's 2023 Budget sufficient funds to hire for all 134 vacant positions. I urge you also to call our supervisors and ask them to vote for competitive police salaries.

Each of us as can also help with this effort. Call Ted Thompson, our MVCA Neighborhood Watch Committee Chair at (703) 780-1972, and volunteer to patrol our streets. Ted does a great job leading this effort and we are grateful for all our volunteers who take their time to protect our safety.

Thank you for your support,

Tom Russell
President, MVCA

You Are Invited to a Very Special Meeting!

On Wed., March 9, 2022, at 7:30 p.m., we will take time during our MVCA Membership Meeting to: (1) review what MVCA has achieved over the last two difficult years; (2) consider what our vision should be for the future of MVCA and our greater community, and what we can do to achieve that vision.

Please join us to participate in this discussion. We look forward to your insights and suggestions!

This will be a virtual meeting. Join by:

Using the Internet: Go to Zoom, put in meeting ID number 634 598 1220 and passcode #743225 if requested.

From your phone: Dial (301) 715-8592, when asked use 634 598 1220# and passcode 743225.

AIR TRAFFIC REPORT

On Jan. 27, 2022, the Federal Aviation Administration (FAA) presented the revised Noise Screening results (*Preliminary Noise Study*) for the proposed South Flow takeoff route from Ronald Reagan Washington National Airport. FAA's proposed new southerly airplane takeoff route would fly over our area.

Although this route change has long been explained as reasonably benign, this is an erroneous assumption that we have questioned throughout, and which is now confirmed by the revised results.

According to the revised Noise Screening results, "the proposed action implementation caused a reportable noise increase of at least +5dB (decibels) to State Historic Preservation Office (SHPO) sites and to neighborhoods in Belvoir, Fort Hunt, Mount Vernon, and Piscataway Park." (This affects the Mount Vernon Estate, in particular).

If the localities represented by the South of the Airport (SOA) subcommittee (Fairfax County, the City of Alexandria, and Prince George's County) wish to pursue this proposed route change, two things will be required: (a) an Environmental Assessment and (b) consultation with Virginia and Maryland SHPOs. There are thirteen SHPO locations affected by the proposed modifications, and which have veto power over these modifications. However, to put things in perspective, the Virginia SHPO did allow Alexandria to build a Metro station on a Scenic Easement that was meant to protect the George

Washington Memorial Parkway's view shed. Although the results show a +5dB change, the range might be as wide as +15dB. The decibel scale is a logarithmic scale with a base of 10, so a 60dB event is actually 10 times a 50dB event and tripling the sound intensity generates a 3.0dB rise.

Furthermore, it is unclear whether this study of proposed southerly takeoffs has also taken into account the aircraft noise from planes already flying overhead on the northerly route to land at the airport.

Nevertheless, those who desire to change the departure route now argue that noise should be spread in such a way that it is distributed to less populated areas, no matter the impact.


The SOA subcommittee jurisdictions are hiring a consultant to review the applicable recommendations for rerouting traffic through our region. The FAA will be informed of the consultant's conclusions, allowing for the speedy implementation of new or revised flight procedures over our territory.

However, we do not have access to the consultant's work order, which is crucial. The SOA group has expressed interest in a census-based (per capita) noise study. Because the Maryland side is densely packed with scenic easements and other reserves to preserve the original Mount Vernon perspective, the population density on that side is likely to be substantially lower. "Only people who live beside the river will be affected, so it is equitable," a Fairfax County SOA representative stated.

This is an assumption that isn't backed up by FAA noise data, and it ignores the fact that the vast majority of flights landing from the south already go over our area.

Poul Hertel
Committee Chair

OVER 65 YEARS OF FAST DEPENDABLE SERVICE



Griffin

Plumbing and Heating, Inc.

8601 RICHMOND HWY.
ALEXANDRIA, VA 22309
780-5400

MATT MATHES

HEALTH & HUMAN SERVICES

I greatly appreciate Google. It's true! I use it for many day-to-day questions. And frankly, I am *never* upset when a patient comes to me after searching their symptoms on the internet – it is smart to be your own advocate.

But with a great deal of information available, you might wonder what deserves your time and attention. As a rule of thumb, .gov websites and those of large academic medical institutions are reliable (MayoClinic.org).

Here are four sound websites that you can use for medical searches:

- MedLinePlus: Common Medical Problems <https://www.medlineplus.gov/>

While this website is not as friendly or aesthetically pleasing as WebMD, it is much more evidence focused. If you are wondering about anything from the common cold to ADHD to colon cancer, the MedLinePlus website has the basics. I personally appreciate that it often identifies medications that can, or cannot, be used for kids. As a heads up, MedLine.com takes you to a medical product page - this is not the correct website. MedLinePlus is managed by the National Institute of Health.

- MyPlate: Dietary Guidance <https://www.myplate.gov/>

MyPlate is great for both kids and adults with the “Life Stages” tab at the top that offers specific guidance for infants, toddlers, and wise-aged-adults. Not just the food pyramid, anymore. I appreciate their recipe section with price tools to meet your budget and skill level. You can build your own recipe book and watch short videos on food prep. The quiz page is down for maintenance at the moment, but it will be back. MyPlate is managed by the US Department of Agriculture.

- MyHealthFinder: Preventive Medicine <https://health.gov/myhealthfinder>

As a family doc and population health researcher, this website has my heart (but don't tell my husband). Enter your age, gender, and a few specific risk-based questions and the website builds a list for your preventive recommendations *without collecting personal info like your birthday or email*. You get to be in control of your health - just because something is recommended it does not mean you must get screened. Rather, the list serves as a guide for discussion between you and your primary care doc. MyHealthFinder is managed by the Office of Disease Prevention and Health Promotion, an office within the Department of Health and Human Services.

- FDA: Drug Recalls <https://www.fda.gov/drugs/drug-safety-and-availability/drug-recalls>

No snazzy address, but this is the place to go for drug recalls by the FDA. When the reflux medication ranitidine (Zantac) was recalled in 2020, this is where I went to find out why. (It was caused by a small impurity due to nitrodimethylamine. Remember that one for the quiz later.) The website also updated me when the recall was terminated, aka - the medication is back on the shelves. The recall website is managed by the US Food and Drug Administration.

As always, stay well and feel free to reach out with any concerns. We build community together!

Alison N. Huffstetler, MD
Committee Chair

PUBLIC SAFETY

Safe Utilities:

811 is the phone number you should call to receive a free plotting of the various utilities (gas, electricity, water, sewer, telephone) on and under your property. Our area has many "buried" (AKA underground) utilities. Some are buried in shallow trenches and others much deeper. On the same block there may be buried as well as overhead electric lines and buried and overhead TV services. Gas lines are buried but take various routes from the street to the gas meter. If you have any work to be done on your property, be sure that you and/or the contractors call 811 BEFORE doing any digging.

Do not take a chance causing a gas explosion or electrocution or loss of water and sewer service.

Public Safety Salaries and Benefits:

Recruitment and retention of First Responders (Police, Fire, Rescue/EMS, etc.) is becoming a concern for many areas including the Washington Metropolitan Region. Arlington County recently announced a probable increase of 5 % for all County employees and more for some Public Safety staff. Police will also receive bonuses and the possibility of take-home cars.

Spring is almost here! Please check your outdoor lighting, batteries for smoke and carbon monoxide detectors and your fire extinguishers. Are your bike helmets in good shape ? Please keep car doors locked.

Call 911 if there is an Emergency (Police, Fire, Rescue/EMS).

John Hurley
Public Safety Chair

Washington Mill ES Update

Over the next two weeks, the Washington Mill Elementary School construction team plans to complete a small area of roofing; then through March and April they will continue finishing the inside of the buildings and brick the outside of the buildings.

Installing the exterior storm piping is ongoing, as the weather did not cooperate previously. If Continental, Cherrytree or Volunteer residents have any questions, you are welcome to call (703) 360-0257.

Pothole Problems?

Did you know?

If you have potholes on your street, help is available from the Virginia Department of Transportation (VDOT).

Just call VDOT at (800) 367-7623, give the address nearest to the pothole and they will repair it!



PADDLE BOARD CLEAN-UP REPORT

What's that guy doing?

We all love the natural beauty of Virginia. I doubt any of us love the ubiquitous trash. But what can we do to make our little corner of Virginia more beautiful? You can put on a pair of gloves and become a litter picker, no previous experience necessary! But first, a little background:

On my wife's birthday in April of 2020 (at the start of the pandemic), she wanted to get out of the house and see the sunrise over the Potomac. We parked along the GW Parkway at a spot that would afford us a glorious view of the sun rising over Maryland. As the dawn slowly gave way to sunrise, we saw a watercraft (hard to make out the details in the early morning light) that looked like a battleship. As the sun rose and the craft approached, we realized it was a gentleman on an SUP (stand up paddleboard) that was loaded up with trash. He pulled into shore right near us and I couldn't resist asking him what he was doing. "Trying to clean up the river, one SUP at a time." I thanked him and he told me his online name, SUP Garbage Man, and that I could follow him on his website, on Facebook, and on Instagram.

That chance meeting flipped a switch in me. After all my years of kayaking along the Potomac and seeing all the trash in the river and thinking "Somebody oughta do something about this," I realized that that somebody was me. The next time I took out my kayak, I strapped on a milk crate and brought some old kitchen tongs and filled that milk crate up with trash that assuredly did not belong in the Potomac.

In honor of SUP Garbage Man, I made an Instagram account, SIK Garbageman (SIK for sit in kayak), and posted my trash pick-up. I quickly found a whole community of litter pickers and ploggers (plog is a combination of pick-up litter and jog) who do their small part to make our planet a cleaner place. Not only do they continue to inspire me, but

they remind me daily that each one of us can have an impact and that each small piece of litter that is cleared away (or never created in the first place!) is a step toward a cleaner world. Reduce, Reuse, Recycle is the motto of a cleaner planet.

Since my first clean up in May of 2020, I have cleaned up the equivalent of 646 plastic grocery bags of trash and recycling. (I always try to separate out the recycling, so it doesn't clog up our landfills more than they are already clogged up.) I do most of my trash picking while kayaking or out on my SUP, but I will also go for "litter walks" and clear away trash around the neighborhood, whatever neighborhood I happen to be in. SUP Garbage Man is much more prolific. He has cleared over 3719 cubic feet of trash and recycling (a size bigger than a city bus) since he started in May of 2019.

If you would like to follow SUP Garbage Man and donate to his cleanups -- for example, he has to pay money to Fairfax County to take the tires he clears out of the river -- his website is: [SUP Garbage Man](#). You can also follow him on Facebook or Instagram, just search for SUP Garbage Man. (You can likewise follow me, but on Instagram only, search for SIK.Garbageman).

Even better, come join us! Put on a pair of gloves (trash is gross!) and pick up that crushed beer can on the side of the road that you see each morning while you are out walking. It feels great to improve our little corner of the world and your neighbors will appreciate your efforts as well. (If you want to post about your cleanup on Facebook or Instagram, feel free to do that as well, but that extra little bit is certainly not necessary.)

Thank you for reading and wishing you all a great, clean day!

Richard (Rick) Franklin
MVCA Member

NEIGHBORHOOD UPDATES

Membership Dues

Please pay your MVCA Dues and fill out the Membership Form by mailing them in or doing so online at our MVCA web site (mountvernoncivicassociation.org). It costs us \$1,000 each time we print and mail our MVCA Newsletter to all of our 944 residents. We need your membership dues (only \$25/household) to pay for those costs. Thank you!

Making Music!

Do you enjoy singing showtunes? Pam Beggan has organized a fun group which gets together just to sing and enjoy each other's company every Tuesday night at 7:30 p.m. The group meets at the Mount Vernon Yacht Club, 4817 Tarpon Lane, Alexandria, VA 22309. Pam plays the piano and Steve Weigert plays his sax or clarinet. You do not need to have a great voice or musical training to join us, and if you play an instrument, be sure to bring it. Everyone is welcome, so just come have a good time!

Set Your Sails!

MVCA members are cordially invited to attend the Mount Vernon Yacht Club's (MVYC's) annual Commissioning Day and Blessing of the Fleets on Sunday, May 1, 2022, at 2 p.m. Light refreshments will be served. The event will take place on "The Point" beside the water's edge (or in the clubhouse in the event of rain). MVYC is located at 4817 Tarpon Lane, Alexandria.

LONG & FOSTER®
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE



No one knows the Mt. Vernon - Ft. Hunt area better than Chris and Peggy White. Their names are synonymous with local Real Estate. Chris and Peggy's unique knowledge of the area's communities, each with their own characteristics have earned them the title, "The Mount Vernon specialists." Chris and Peggy's longstanding tradition of extraordinary service, unique knowledge of the market, and track record of success has resulted in them selling many houses several times over! Chris and Peggy's legendary capacity to serve their clients is now enhanced by their twin sons Mark and Michael who have joined the family business. Let our family help your family!

Chris.White@LNF.com | 703.283.9028



We love the Mount Vernon community and have appreciated the support now and through the years. We hope everyone is staying healthy and safe. We hope to reopen our doors soon and look forward to seeing you all again. In the meantime, we are open for carryout Tuesday through Sunday. See our website for full hours and menus.

www.cedarknollva.com



With seasonal menu changes, a waterfront patio, and a fireplace in each room, Cedar Knoll is the perfect setting for a romantic evening, a gathering of family and friends, or special events small and large.

Lunch, Dinner, and Brunch service weekly. See our website or call us for more information.

*Ask us about our private event spaces! Walk-ins Welcome, Reservations Recommended 703.780.3665
reservations@cedarknollva.com 9050 Lucia Lane Alexandria 22308 www.cedarknollva.com*

Mount Vernon Civic Association, Inc.
P.O. Box 61, Mount Vernon, Virginia 22121

**Please join us next week for our
MVCA Membership Meeting:**

Our next virtual MVCA Membership Meeting is Wednesday, March 9 at 7:30 p.m. Please join us.

Using the Internet: Go to Zoom, put in meeting ID number 634 598 1220 and passcode #743225 if requested.

From your phone: Dial 301-715-8592, when asked use 634 598 1220# and then passcode 743225.

Mount Vernon Civic Association, Inc.

Officers

President: Tom Russell.....703-360-0257
1st Vice President: Jason Leaver703-799-6739
2nd Vice President: Karan Cerutti703-778-4442
Secretary: Lisa Faustlin.....303-396-5164
Acting Treasurer: Jason Leaver703-799-6739

Directors

John Hurley703-799-9353
Dan Rinzel703-360-4627
Sean McCarthy703-360-0372

Committee Chairs

Air Traffic: Poul Hertel.....703-780-1909
Block Captain: Jorie ODonnell703-765-6470
Budget: Kirstin Quackenbush.....kirsten.quackenbush@gmail.com
Education: Jana Gutu.....240-475-7575
Environment & Recreation: Peter Bernad... ..202-437-6874
Health: Alison Huffstetler757-303-2254
Membership/Directory: Marcelle Brown703-371-7552
Neighborhood Watch: Ted Thompson703-780-1972
Picnic: Mary Jo Jensen248-245-7224
Planning & Zoning: Karan Cerutti703-778-4442
Public Safety: John Hurley703-799-9353
Transportation: John Reiser703-780-4824
Web: The Hollandswww.MountVernonCivicAssociation.org