



# Mount Vernon Civic Association, Inc.

Winter 2022

[www.MountVernonCivicAssociation.org](http://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

## 2022 PROPOSED BUDGET

	2021 Proposed	2021 Actual	2022 Proposed
Beginning Cash Balance	\$9,035.00	\$9,034.65	\$12,321.10
Cash Inflows (Income):			
Dues (checks)	\$6,500.00	\$5,350.00	\$5,625.00
Dues (PayPal)	\$1,400.00	\$2,417.70	\$2,500.00
Advertising	\$6,500.00	\$6,175.00	\$900.00
Interest	\$5.00	\$3.48	\$4.00
Monuments	\$3,000.00	\$0.00	\$0.00
Total Cash Inflows	\$17,405.00	\$13,946.18	\$9,029.00
Available Cash Balance	\$26,440.00	\$22,980.83	\$21,350.10
Cash Outflows (Expenses):			
Picnic	\$2,000.00	\$0.00	\$2,000.00
Association Dues (MVCCA)	\$150.00	\$150.00	\$150.00
Meetings (WMES)	\$300.00	\$0.00	\$150.00
Directory	\$3,000.00	\$2,915.00	\$0.00
Membership Billing Letter	\$1,400.00	\$1,470.24	\$1,558.01
Newsletter(Print+edit)	\$6,000.00	\$5,054.61	\$4,429.80
Utilities	\$315.00	\$355.68	\$0.00
Postage and USPS Box rental	\$150.00	\$188.00	\$188.00
Go Daddy	\$466.00	\$466.20	\$0.00
Other (Insurance)	\$500.00	\$0.00	\$350.00
Monument expenses	\$3,000.00	\$0.00	\$0.00
Virginia State Filings	\$25.00	\$60.00	\$60.00
Bank Fee/Correction	\$0.00	\$0.00	\$0.00
TOTAL CASH OUTFLOWS	\$17,306.00	\$10,659.73	\$8,885.81
Ending Cash Balance	\$9,134.00	\$12,321.10	\$12,464.29

### MVCA's 2022 Nominated Officers

*As required by MVCA By Laws, Article III Section 1. Officers, states: "The President...appoints... each biennium, a committee...to nominate candidates for election as directors and officers."*

*The Directors and Officers are proposed:*

**Directors:**

John Hurley  
Dan Rinzel  
Sean McCarthy

**Officers:**

President, Tom Russell  
1st Vice President, Jason Leaver  
2nd Vice President, Karen Cerutti  
Secretary, Lisa Faustlin  
Acting Treasurer, Jason Leaver

## HEALTH & HUMAN SERVICES

### Resolution: Stay Well in 2022!

As we start out a New Year, we have high hopes for a return to normalcy!

The following three headlines in healthcare news are worthy of your consideration:

**First**, get boosted! If you have not yet received your first series of vaccines for COVID, or if you have not been boosted, it is not too late. The Omicron variant of COVID-19 accounts for over 75% of cases in Virginia. The vaccine can help prevent COVID and reduce the likelihood of hospitalization. The vaccine is safe, well-studied and one of the most effective vaccines ever made. Reputable healthcare sources around the world recommend getting the vaccine – don't hesitate to ask your primary care doctor about it if you have any concerns.

What's different with Omicron? The variant has over 50 mutations, 36 of which are on the spike protein. It is more contagious than Delta and Alpha. Fortunately, it does not seem to cause as serious of symptoms (less virulent).

**Second**, remember to stay on top of your preventive care. Whether it be breast cancer screening, colon cancer screening or the pneumonia vaccine, stay up-to-date based on your age and your risk factors.

If you have been putting off getting back to the doctor, consider doing a virtual visit to catch up on these items. Keeping up-to-date with screenings greatly reduces the risk of preventable diseases; if

detected early, many cancers are treatable and survivable. Treatment for high blood pressure and high cholesterol can prevent strokes and heart attacks.

Staying healthy often just takes one visit a year. Check out MyHealthFinder at [health.gov](https://health.gov) for your age-based recommendations.

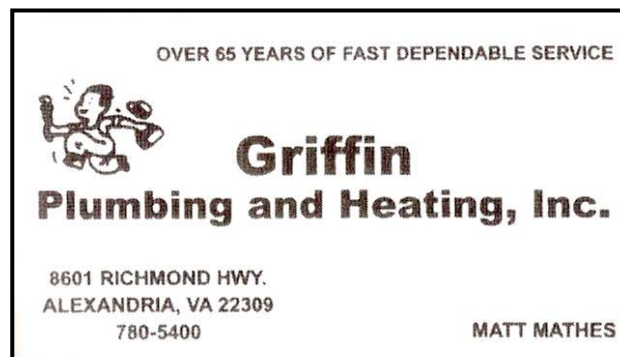
**Finally**, January marks the 10-year anniversary of the National Alzheimer's Project Act. The government approved \$300 million additional in funds for Alzheimer's and dementia research- a total of over \$2 billion.

Dementia has several causes, including Alzheimer's, vascular, frontolobar and mixed. Some are preventable by monitoring your blood pressure, cholesterol and staying active. Dementia is one of the costliest diseases in the U.S., and this investment moves forward possible prevention and treatment for Alzheimer's.

A major point of funding is to promote advanced care planning. Talk to your doctor about Advanced Directives, Medical Orders for Life Sustaining Treatments (MOLST), and what your goals of care and wishes for healthy living are, regardless of your age.

Stay well in 2022 and feel free to reach out with any concerns. We build community together!

**Alison Huffstetler, MD**  
*Health & Human Services Chair*



## COMMUNITY ISSUES

### *The Proposed Redistricting of Political Boundaries is Disastrous for MVCA and George Washington's Estate*

Every 10 years, the results of our National Census are used to redraw the boundaries of the voting districts for the U.S. Congress and the Virginia Delegates and Senators to ensure that each is equal or as close to equal as possible in population.

In Virginia, the Virginia Supreme Court is charged with that responsibility. They, in turn, authorized an organization to propose adjusted boundaries and gave a very short time of two weeks for us to respond to their proposed changes.

Their changes meant that the homes in MVCA and George Washington's Estate would be removed from Fairfax County and combined with districts south of us.

In my response to the Virginia Supreme Courts, I opposed those changes. Below is a summary of my response:

Removing George Washington's Estate and the 933 homes of the Mount Vernon Civic Association from:

- Virginia Senate District #34 and putting us in Senate District #33 combines us with the towns of Woodbridge and Manassas; we have no relationship with these two towns.

- Removes us from Virginia Delegate District #16 and puts us in District #19, combines us with Lorton, Gunston and Woodbridge; we have no relationship with these towns.

- Removes us from Congressional District #8 and puts us with Congressional District #7 combines us with Prince William and Stafford Counties; we have no relationship with these two counties.

These changes violate five redistricting requirements set by the Virginia Supreme Court:

1. We are split from our contiguous community with Fairfax County.
2. The change does not respect our natural boundaries.
3. It denies our participation with our larger community of interest in Districts 34, 16 and 8.
4. It removes us from an existing compact district.
5. It fails the equity test - many minority students from our adjacent districts are taught in our community where we have historically provided Food for Thought packets for those students in greatest need and we raise funds for our community food banks among our association members to support the families in need along the Rt 1 corridor.

**Tom Russell**  
*President, MVCA*

### ***Mark Your Calendar!***

Our next MVCA Membership Meetings will be held:

**Wednesday March 9 & Wednesday, May 11 (7:30 p.m.)**

## GW PARKWAY TRAFFIC CALMING UPDATE

Many of us love living near and driving along the GW Parkway. But recently some of us have become concerned about the changes being made to it. How did we get to this point?

- The George Washington Parkway is a national park under the responsibility of the National Park Service (NPS) and is listed on the National Register of Historic Places. The aims and rules of the Park Service are very different from local, state or national highway systems.
- There has been increasing concern about the high speed of drivers, accidents and dangerous intersections. This resulted in NPS completing a traffic and safety assessment.
- NPS used a 3E's model to address the traffic safety issues identified by the assessment while protecting the Parkway's historic character: the 3 E's are:

1. Engineering (striping and installing bollards – the white plastic 3-foot posts secured to the asphalt road)
2. Enforcement (signage and Park Police)
3. Education (drivers change their driving habits as they comply with the new striping and bollards).

Please join us at our January 12, 2022 MVCA meeting where we will take the time to more fully discuss this issue.

For those of you who are concerned about driving the Parkway as redesigned, I suggest you take another road and let others learn how to slow down on the Parkway first.

If you would like to express your concerns about this project, visit: [GWMP\\_Superintendent@NPS](mailto:GWMP_Superintendent@NPS).

**Tom Russell**  
*President, MVCA*

### Public Safety

Captain J.C. Reiff, the new Commander of the Mt. Vernon Police District, will meet with us via ZOOM at our January 12, 2022 General Meeting. He is no stranger to Law Enforcement nor to Mount Vernon. Capt. Reiff is open to your concerns and suggestions.

#### Winter Warnings

- Be careful when disposing fireplace and BBQ ashes, etc.
- Ensure that your smoke, fire and carbon monoxide detectors have fresh batteries.
- Do not pass a stopped school bus if it has flashing red lights. Remember to allow extra

stopping distance on icy pavement.

- Clear vehicle windshields and windows of snow and ice before driving. Vehicles should have flashlights, emergency blankets, etc.
- Reflective vests and cell phones are recommended for walkers.
- Consider a battery-powered radio preferably with Weather Channel for your home in case electric power is "out."
- Remember that Police, Fire and Rescue vehicles often are in route from several directions to emergency scenes. Do not assume someone else has called.

**John Hurley**  
*Public Safety Chair*

## LOCAL HISTORY

### *“Doctor” George Washington*

*By Peter Bernad, MD, MPH, FACP*

Our former illustrious neighbor and First President of the United States, George Washington, is less well-known and had a somewhat surprising skill as “lay physician,” providing medical care for his family, those on his farm, and later for his troops.

In the late 1700's, inhabitants of Fairfax County and Alexandria, as well as the Continental Army, faced numerous medical challenges, but medical knowledge at that time was primitive at best, still based on ancient Greek and Roman notions.

Washington began learning about local diseases out of necessity in his early career as a successful surveyor, laying out the City of Alexandria and the land south of it, which included swampy wetlands and marsh areas.

George Washington also read numerous books, especially from England, dealing with medicine or medical cures. He was ahead of his time in his knowledge of medicine and saved numerous lives, teaching the concept of cleanliness, improvements in hygiene, and the importance of nutrition. Washington was among the first to know about smallpox, having read about the disease from Europe, and understood building up natural immunity, he was an original scientist in recognizing and conceptualizing early vaccination for his Army.

Finally, our first President learned medicine from personal experience, contracting many of the infections common in those times. He experienced "ague" and "fever" (malaria from the mosquitos that were all around our area). He was actually treated with cinchona (just with Peruvian bark) containing quinine. This early treatment saved many lives, but most likely caused hearing loss in Washington. He is known to have developed smallpox when he accompanied his half-brother Lawrence, who had



tuberculosis, to Barbados to help him recover. Washington himself later acquired tuberculosis as well. He was influenced by local doctors to receive venesection, a very popular form of treatment for various illnesses at the time, called bloodletting, even practicing it on himself occasionally, when there was no one else to do it for him.

Unfortunately, bloodletting may have hastened Washington's death during his final illness, which turned out to be epiglottitis, a treatable disease with a simple tracheostomy procedure.

(It is curious but venesection is still used for some illnesses, such as hemochromatosis and forms of polycythemia).

And so, I would like to add to the many distinguished characteristics of our first President and our neighbor the sobriquet “Dr. George Washington,” first in the hearts of Americans, first in leadership of our military troops, first in honor and valor and now, first in medical care of his family, neighbors and troops.

## NEIGHBORHOOD UPDATES

### Washington Mill Elementary School Construction Update – January 2022

Now that the asphalt has been applied to the roofs, for the next few months, most of the construction will occur inside the buildings. A drain will be installed in the front of the school and the sound of bricks being cut will be heard. If other concerns arise, please reach out to [tw-russell@att.net](mailto:tw-russell@att.net).

### Many Thanks!

MVCA thanks Jorie O'Donnell, Block Captain Committee Chair, and all our MVCA Block Captains for delivering more than 300 new MVCA 2022 Membership Directories and Fairfax County Office of Emergency Management Preparedness Packets to our dues-paying members. Thank you for doing this during a very busy time in your lives. We appreciate it very much!

We also want to thank Supervisor Dan Storck for leading the effort to save River Farm. While many helped, Dan kept us focused on saving the farm. Thank you.

### Membership Dues Letters

Our Annual Membership Dues Letter will be sent in February to all MVCA residents. Please take the time to support MVCA's efforts to keep our community safe, welcoming and supportive by renewing or applying for membership in MVCA – the cost is only \$25/year.

**LONG & FOSTER®**  
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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](mailto: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](http://www.cedarknollva.com)



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

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

Wednesday, January 12, 2022; 7:30 p.m.

Our next *virtual* MVCA Membership meeting will feature speaker Captain Reiff, Fairfax County Police, discussing the homicide rate that has doubled from last year and the difficulty of finding new police officers.

To connect to our virtual Zoom meeting: *by internet*, use meeting number: 634 598 1220, if a passcode is requested use 743225; *by phone*, dial 301 715 8592 and enter the meeting numbers above or *use this link*:

<https://us02web.zoom.us/j/6345981220?pwd=NjhLSHM2MTJ0eEMyN3NZOXZjbjZ0UT09>

## Mount Vernon Civic Association, Inc.

### Officers

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

### Directors

John Hurley .....703-799-9353  
Dan Rinzel .....703-360-4627  
Sean McCarthy .....703-360-0372

### Committee Chairs

Air Traffic: Poul Hertel.....703-780-1909  
Block Captain: Jorie ODonnell .....703-765-6470  
Budget: Kirstin Quackenbush.....kirsten.quackenbush@gmail.com  
Education: Jana Gutu.....240-475-7575  
Environment & Recreation: Gale Curcio... .....703-360-3621  
Health: Alison Huffstetler .....757-303-2254  
Membership/Directory: Marcelle Brown .....703-371-7552  
Neighborhood Watch: Ted Thompson .....703-780-1972  
Picnic: Mary Jo Jensen .....248-245-7224  
Planning & Zoning: Karan Cerutti .....703-778-4442  
Public Safety: John Hurley .....703-799-9353  
Transportation: John Reiser .....703-780-4824  
Web: The Hollands .....www.MountVernonCivicAssociation.org