



# Mount Vernon Civic Association, Inc.

Winter 2018

[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

## PRESIDENT'S MESSAGE

*"You cannot escape the responsibility of tomorrow by evading it today."*

— Abraham Lincoln

I hope everyone had a great holiday season. I had the pleasure of being on neighborhood watch just before Christmas, and I noticed some very impressive light displays. Thank you to our neighbors for spending the time to make our community a special place. The children loved the light displays and you received many compliments.

Please join us for our next MVCA meeting on Wednesday, January 10 at the Washington Mill Elementary School library at 7 p.m. for pizza and drinks. This annual meeting will start at 7:30 p.m. and we will hold elections (*note the posted slate inside this newsletter*). Nominations can be made from the floor. Please thank all of our great volunteers for their dedication and hard work.

I would like to point out that we have a few unfilled committee chair positions: Environmental & Recreation (E&R) and Education. These are both important positions within our organization. I have met with a few folks that have shown interest, but, like most of us, are pressed for time. However, these committees each have many touch points on important issues that impact our daily lives. For example, the E&R committee is vital in helping to push Fairfax County to manage water run-off and flooding in our neighborhood.

The Education committee regularly has Karen Corbett-Sanders and Supervisor Storck in attendance. We have many opportunities to make suggestions to

these key decision makers. We also have many important budgeting and school construction issues directly impacting us. As such, we need a strong voice in this process.

Having dependable and effective committee chairs makes my role as President of the MVCA more impactful. I am better informed when weighing in on voting for resolutions. It is my experience, after 10 years, that the MVCCA, although not perfect, does effect meaningful change.

A great example of our impact on matters that involve our community is our continuing battle against air traffic noise. Poul Hertel, MVCA's Air Traffic Noise Chair, is hard at work keeping us informed and ensuring that our voices are heard. He will provide his latest update at our January meeting.

I also want to publicly thank Dr. Pat Smirniotopoulos for her efforts in keeping us informed on the George Washington (GW) Recreation Center and long-term health benefits of swimming. The County has accepted a request for proposal to redevelop the Old Mount Vernon High School and acreage behind the property. Thus, the future of the GW Rec Center is now in question. We need to reach out to Supervisor Storck and demand that the new proposal keeps a public pool in this location. As we learn more, we will update the community.

Have a great winter and as always feel free to email me at [mclucid@verizon.net](mailto:mclucid@verizon.net). I look forward to seeing everyone around the neighborhood.

Sean McCarthy  
MVCA President

## HEALTH & HUMAN SERVICES

Swimming consistently ranks as one of America's most popular exercises, particularly since it is one of a few activities that cools you down while boosting your heart rate.

Rated as the second most effective exercise after cross-country skiing, swimming involves all major muscles of the body and it gives you more of a total conditioning effect than many other sports. Swimming's long, sinuous motions, along with the increased range of motion of your body in the water, elongates the muscles while strengthening them.

Lap swimming is particularly popular among people over age 30 in sedentary jobs resulting in helping them get a strong and healthy heart with minimal risk of injury.

When your body is in horizontal position, immersed in the water your heart pumps more efficiently because it does not have to pump against the gravity. As a result, between 10 and 20 percent more blood is pumped with each contraction. This effect gives you the potential to work harder and longer than you could on land. Also, your pulse doesn't usually get as high in the water.

### Ease Into Fitness Swimming

Start fitness swimming as you would any new activity, slowly and progressively. As you advance, try to stay in the water about 30 minutes and move on

for more if you can. Before you start, it is advisable to consult with your physician if you are over 45 years of age for men and 55 years of age for women.

Swimming is a good activity for people with Osteoporosis because it maintains range of motion, builds strength and endurance, and increases cardiovascular fitness with minimal stress on bones and joints. Water walking is also very effective regarding range of motion, muscle strength and joint flexibility for people who cannot swim.



### A Refreshing Approach to Exercise

One of the sport's main attractions is the quiet, meditative tranquility that lets the mind float off to peaceful levels of creativity and well-being. Released from 90 percent of their body weight and sometimes freed from physical limitations that make land movement difficult, many people find water calming and refreshing.

*P.A. Smirniotopoulos, M.D.*  
MVCA Guest Contributor

Editor's Note:

*This information has been collected from various publications and the Washington Post.*

## BUDGET AND FINANCE

The Virginia General Election is behind us, and democratic candidates ruled the day. Fairfax County and District 42 followed suit, voting for the winning candidates. Our local polling precinct, Westgate (613) at Washington Mill Elementary School, leans more right and favored the Republican candidate in every case. Fairfax County voted 67 percent of the Democratic candidates, while our precinct was 52 percent for the Republicans.

I could not find much on the new governor's economic plan. Governor-elect Northam calls for gradually eliminating the state's [grocery store](#) tax. The 2.5 percent tax applies to food staples like bread and milk and other items to be prepared at home, although it does not apply to hot foods meant for immediate consumption or alcohol. Northam says the grocery store tax is regressive and points to a [study](#) by the Tax Foundation that shows the tax disproportionately hurts the poor. He also wants to create a bipartisan tax commission to try to simplify Virginia's tax code. He wants to balance the budget and called for an audit of state operations to see how Virginia spends its money. He did say that the state should spend more on education.

I promised to follow up on a statement that one of the delegate candidates made at our October meeting—that only 20 percent of every tax dollar we send to Richmond comes back to the county. I did verify this to be true as of a couple of years ago, and that negotiations are constant with Richmond to increase this share. I'm hopeful our new Delegate Tran will include this as part of her agenda, although I couldn't find anything on her economic platform other than helping the region to attract more jobs.

Another budget-related issue before the county is its stance on short-term rentals, i.e., Airbnb, HomeAway and others. The State contemplated enacting a statewide ordinance for a couple of years that would speak to this new trend of sharing your home on a short-term basis. Earlier this year, they stated that local jurisdictions should develop their own code. Since then, two Fairfax County residents have been cited for short-term rentals, and one of those is in the



MVCA boundary in Wycliffe on the Potomac. I've spoken with the homeowner and watched the Board of Zoning Appeals hearing on November 29 that addressed the two citations. The Board promised a ruling by January 10, even as the County crafts its new ordinance.

Nearly 8,000 County residents responded to a survey on the matter, with over 80 percent favoring such short-term rentals. If the County issues an ordinance that favors these rentals, they will surely attempt to draw revenue from the homeowner. I'm fairly conversant in this matter and am happy to talk to anyone about it.

I heard from a resident after my last article, complaining about the method the County collects business license fees. Businesses pay a flat fee, or a tax rate, based on their level of Gross Receipts, so a business could suffer a loss and still pay a fee. This scenario certainly does seem unfair.

I hope everyone enjoyed the holiday season, and that you and your family have a healthy and prosperous 2018!

Please feel free to email me with any budget and finance related questions: [Jason.Leaver@icloud.com](mailto:Jason.Leaver@icloud.com)

*Jason Leaver*  
MVCA Budget and Finance Chair

***Hello Neighbors:***

Here is our slate for the Mount Vernon Civic Association Board for 2018. Please let me know if you have any questions or concerns. Also, please feel free to contact me if you are looking for volunteer opportunities in our neighborhood.

- President** - Sean McCarthy
- 1st V.P.** - Jason Leaver
- 2nd V.P.** - Karan Cerutti
- Secretary** - Lisa Faustlin
- Treasurer** - Jess Mazur
- Directors** - Paul Schray
- Dan Rinzel
- John Hurley

*Lisa Faustlin*  
MVCA Secretary

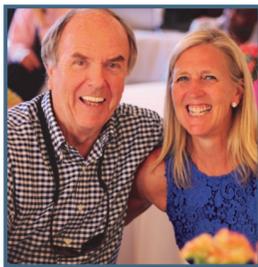
**Epiphany Weekday School**  
5521 Old Mill Rd. Alex. VA. 22309

**Our preschool offers an early childhood program for children 2-5 yrs of age. A half day program with extended day options.**

**Call 703-780-3852**

**Epiphany Lutheran Church**

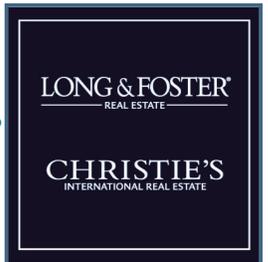
**Worship service 9:30 Sunday mornings**



# CHRIS & PEGGY WHITE

“THE AREA’S LEADING REAL ESTATE TEAM”

Consistently leading the Mt. Vernon Area in real estate sold. See what your neighbors are saying about the services we provide!



★★★★★ Highly likely to recommend

02/18/2017 - [h iratas](#)  
Sold a Single Family home in 2017 in Alexandria, VA.

- Local knowledge: ★★★★★
- Process expertise: ★★★★★
- Responsiveness: ★★★★★
- Negotiation skills: ★★★★★

Chris White is an exceptional real estate professional. In January 2017, Chris White sold our home three days after he listed it. Our home languished on the market for 6 months from June to December 2016, we made a change in agents, and Chris White sold our home at our full asking price.

He is a consummate professional. We highly recommend using him. We would use him again.[Less](#) ^

★★★★★ Highly likely to recommend

02/01/2017 - [v iju nasir dilley](#)  
Bought and sold a Single Family home in 2017 for approximately \$475K in Alexandria, VA.

- Local knowledge: ★★★★★
- Process expertise: ★★★★★
- Responsiveness: ★★★★★
- Negotiation skills: ★★★★★

Chris and his team are simply the best! We talked to Chris back in November about making an offer on a house and getting our current house sold. Last week we settled on both properties and it would not have been possible without Chris. Anyone who knows the Mount Vernon area is familiar with the pages of properties The White Team is credited with selling in the weekly Gazette. Knowing how busy he is, everyday time we communicated with Chris either via email or phone we always felt as if we were his only customer, knowing full well he was very busy. He worked tirelessly on our behalf, negotiating with the other realtors and always had our best interests in mind. We have two small children and two dogs and would try to make showings as convenient and stress-free as possible. We have referred many friends to Chris who are looking to buy and sell just as we did. The Whites are the best realtors around, we could not have asked for better agents![Less](#) ^

Your home is your most valuable asset! When it is time to sell, don't take a chance— always call CHRIS & PEGGY WHITE — THE AREA'S PROVEN LEADERS!

CHRIS & PEGGY WHITE ● (703) 283-9028 ● [Chris.White@longandfoster.com](mailto:Chris.White@longandfoster.com)

# Cedar Knoll



*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 space! Walk-ins Welcome, Reservations Recommended 703.780.3665  
reservations@cedarknollva.com 9030 Lucia Lane Alexandria, VA 22308 www.cedarknollva.com

## AIR TRAFFIC UPDATE

The FAA Sothern Flow proposal is moving forward with feasibility studies soon to be finished. Once they are done, there will be a public input period with the route changes slated for implementation in November 2018.

Here is a letter that I recently sent to the Fairfax County Board of Supervisors:

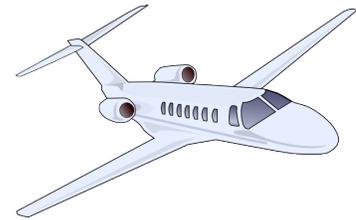
*Dear Madam Chairperson and members of the Fairfax County Board of Supervisors:*

*One of the main reasons we moved to the Mount Vernon area was that we found a house with a large backyard in a nice, quiet subdivision. This tranquility now seems very much at peril, since it seems we are to bear the brunt of the burden of NEXT GEN, without having had any real voice in the matter.*

*We have tried to raise these issues, only to be rebuffed with dismissive admonishments that there will be no impact on our neighborhood. These are pronouncements without any scientific basis. To the contrary, we have seen and heard planes that have followed the new path and altitudes that generated significant and prolonged periods of intolerable noise. In one case, a conversation that I was having in the backyard with a colleague had to stop for over two minutes due to noise from an aircraft.*

*The Palisades neighborhood in the District of Columbia is an example that closely mirrors the effects we will experience, with flights routinely flying over 5,000 feet at a commensurate distance to the community and on the other side of the river in Maryland. The flights still generate noise decibels measured at well over 65 decibels on the official Palisades noise meter, which is well over safe norms.*

*Due to the intensified noise and condensed routes, the NEXTGEN system has been the subject of numerous lawsuits from cities, counties and states around the country. Recently, the Washington Post published an article about the efforts of*



*Washington, D.C. and Maryland to combat the effects of NEXTGEN noise. The Governor of Maryland has asked his Attorney General to initiate a lawsuit against the FAA. However, little was said in the article about Virginia's efforts, because Virginia is complicit in supporting the efforts of the FAA.*

*This situation is a sad state of affairs in which a modernization effort becomes a zero-sum game, with the Mount Vernon folks being the losers. We will clearly be affected by these changes and deserve far more participatory process, and greater scientific evaluation of the effects of noise and pollution on our community before the Board of Supervisors endorses the current FAA proposal. I ask the following:*

- That the Board goes on record to question the legality of the decision to implement NEXTGEN without an environmental impact study. Other jurisdictions have fought these decisions, with rollbacks to previous flight paths, until a fair and equitable solution has been reached.*
- Before any implementation or public hearing on implementing the change, that a full scientific evaluation of the effects of noise and physical pollution be ascertained on a valid scientific principal and disseminated to the affected residents.*
- That the FAA provide the community with official test flights of the new paths for the community to ascertain the effects of the new path before any public hearing.*

*Poul Hertel*  
MVCA Guest Contributor

## PLANNING & ZONING



The MVCA Planning & Zoning Committee recently voted on and supported four projects after receiving briefings on each:

- **The Huntington Club:** 19.5 acres is a challenge to redevelop. In the process, they will develop a high quality, mixed-use development that will improve and/or enhance environmental conditions.
- **2560 Huntington Avenue:** A mixed-use development that was updated with new FEMA floodplain for the area presents its own challenges; will also maximize natural and environmental conditions.
- **Sky View Park- 8419 and 8423 Sky View Drive:** The developers want to increase maximum permitted density on the .875 acre lot from eight dwelling units per acre to 16 dwelling units per acre. The applicant has the support of the exiting Sky View Park homeowner's association.
- **Pear Tree Village Center Day Care – My Little Angels Daycare, LLC:** The traffic study for this project showed no impact on current traffic on local streets accessing this commercial operation, particularly Cooper Road, the closest to the property. Safety of children will be first priority in this project.

Lastly, Fairfax County staff, along with representatives from Virginia Department of Transportation, presented the County's proposed comprehensive plan on EMBARK and RT 1 widening.

Issues/concerns from the meeting were:

- Sound walls/barriers that cover six percent of the corridor in five areas is not appropriate for a visually pleasing main street (which is what Richmond Highway is envisioned to become).
- Lack of adequate schools. We need to make sure we have enough and in the right places.
- Under-grounding of utilities especially for electrical are a must.
- Metro-rail and the stations should be accounted for now, not later, for the extension of the Yellow line and it should be underground.
- Ease of east-west crossing of Richmond Highway essential for school children and parents.
- Improved environmental conditions and storm water control is a must.
- Parking restrictions in suburban neighborhoods is important so the overflow of BRT riders and shoppers in these new CBC's do not overflow into communities.

*Karen Cerutti*  
MVCA Planning & Zoning Chair

**Mount Vernon Civic Association, Inc.**

**MVCA Membership Meeting**

**Wednesday, January 10, 2018**

Washington Mill Elementary School  
7 p.m. pizza and soda; 7:30 p.m. program

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Our Air Traffic Noise Chair, Poul Hertel,  
will provide an air traffic update.

MVCA annual elections will take place  
during this meeting.

**Officers**

President: Sean McCarthy .....703-360-0372  
1st Vice President: VACANT  
2nd Vice President: Karan Cerutti .....703-778-4442  
Secretary: Lisa Faustlin .....303-396-5164  
Treasurer: Jessica Mazur .....703-517-8468

**Directors**

Terry Enright ..... 202-299-7459  
Dan Rinzel .....703-360-4627  
Paul Schray .....703-619-9377

**Committee Chairs**

Budget and Finance: Jason Leaver .....703-799-6739  
Education: VACANT  
Environment & Recreation: VACANT  
Health & Human Services: Marv Chadab.....703-360-9537  
Membership/Directory: Crystal Tully.....202-774-0427  
Neighborhood Watch: Ted Thompson .....703-780-1972  
Planning & Zoning: Karan Cerutti .....703-778-4442  
Public Safety: John Hurley .....703-799-9353  
Transportation: John Reiser .....703-780-4824