



# Mount Vernon Civic Association, Inc.

Spring 2019

[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

*“There is but one straight course, and that is to seek truth and pursue it steadily.”*

– George Washington

I hope everyone is staying warm this winter. Please note the date of our next general membership meeting: Wednesday, March 13, 2019, at Washington Mill Elementary School. Please join us at 7 p.m. for pizza and drinks.

Our guest speakers include the Fairfax County Department of Transportation's Embark planner, Sophia Fisher, and her team. They will discuss transportation, land use and design of the Embark comprehensive plan, focusing on areas in the Mount Vernon area, including the Woodlawn Community Business Center (CBC) and the impact of that plan on our community.

The details of the Embark comprehensive plan can be found at [www.fairfaxcounty.gov/planning-zoning/embark-richmond-highway](http://www.fairfaxcounty.gov/planning-zoning/embark-richmond-highway). This is an initiative that focuses on a multi-modal transportation future for the Richmond Highway corridor. The changes could have a significant impact on us and how we shop and live in the Mount Vernon area. Such changes include the widening of Richmond Highway and Bus Rapid Transit routes. There are many agencies involved in the process, including state and federal agencies.



Many of the civic associations up and down the Route One corridor are concerned about minimizing the ability to make left turns, as well as disrupting local traffic patterns and community members' quality of life. I look forward to listening to our County planners explain what changes we should expect over the next decade.

On a lighter note, the community picnic is officially scheduled for Sat., June 8, from 1-5 p.m. at St. James Church. We will have our local team of pig roasters at the grill. A big shout out to neighbors Marty and Maureen Rayman for chairing this event, and to Adam Roca and Chris Pegher for offering to cook. Watch the next newsletter for additional details.

I want to thank everyone who has already paid their dues. MVCA dues cover numerous expenses, including our quarterly newsletter, the picnic and the publication of the

neighborhood directory. Block captains will be reaching out as a reminder, and to see how things are going overall.

Speaking of the directory, plans for our 2019-2020 edition are in full swing thanks to our new Director Chair, Jeannine Carrado. Please send in your membership form ASAP if you want to update your contact information or have services your younger family members provide – i.e., babysitting, lawn mowing, snow shoveling, etc.).

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## HEALTH & HUMAN SERVICES

This month, I'm discussing one of the most common dermatological problems: Atopic eczema, or more commonly known as dermatitis, an inherited condition of the skin characterized by red, scaly, swollen, itchy and fissured skin.

If the inflammation is severe enough, fluid can exude, and if the skin is scratched and rubbed over a long period it will thicken, darken and have an increase in skin markings. Since the skin's appearance resembles lichens (growths on trees and rocks), it is called "lichenified" and the condition is then also known as neurodermatitis.

In infancy, the distribution of atopic eczema is often generalized, but as time progresses, it tends to localize to the flexural folds (behind the knees and elbows) and the nuchae (back of neck). Often, the skin rash is associated with other immunologic problems such as asthma, hay fever, contact dermatitis, and food or medication allergies. Food allergies in babies can be mitigated by breastfeeding, which delays the introduction of foreign antigens as long as possible. In children, using emollients is very important since a major defect in this disease is the loss of the barrier protection that the rest of us have. Newer barrier restoration creams containing ceramides can be beneficial in avoiding flare-ups. Also, over-the-counter CeraVe cream should be used

on children after bathing. Flare-ups can be minimized by avoiding fragrances, reducing stress and staying away from irritants such as detergents.

Treatment for dermatitis revolves around the application of topical steroid creams. These steroids vary in potency, and the base in which the medication is dissolved is also key. Your healthcare professional can help you decide the appropriate type and strength of the steroid. There are also nonsteroid containing topicals, but I find these to be only minimally effective and very overpriced.

In rare cases, severe outbreaks require systemic steroids (pills), but this should be minimized because of side effects. Occasionally, bacterial infections can complicate the condition and antibiotics are required. Diluted bleach baths can help reduce these bacterial infections. Recently, a biological agent similar to those used for psoriasis was approved. Early results with Dupixent have been encouraging although it is not approved for children under age 12.

Finally, joining an Atopic eczema support group can help educate parents - the more you know, the more you can help your children. And of course, your doctors are always here to help.

**Dr. Marv Chadab**  
*Health & Human Services Chair*

### Letter From the President

*Continued from Page 1*

I also want to thank all of the businesses that have advertised with us over the years. Without your support, the directory wouldn't be possible.

Please join me in extending a big thank you to Jess Mazur for updating the MVCA website from deep in the Outback of Australia. Remember, we keep copies of the newsletter and other helpful resources on our site.

Finally, I have continued to reach out to Mount Vernon Estate in MVCA's ongoing efforts to

combat air traffic noise. They are trying to schedule a meeting with Mike Rioux, Mount Vernon District representative to the Metropolitan Washington Airports Authority community working group, to find out where they are in the process. I will keep you posted as we learn more. In the meantime, please continue to reach out to our elected officials to complain about the noise.

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

**Sean McCarthy**  
*MVCA President*



**Mount Vernon Yacht Club**  
Established 1956

*The members of Mount Vernon Yacht Club extend  
a warm invitation to our annual Commissioning  
Day and Blessing of the Fleets.*

*Sunday, 5 May 2019 at 2:00 PM*

The Mount Vernon Yacht Club celebrates its annual “Commissioning Day” and “Blessing of the Fleets” ceremony every spring. Passed down through generations of sailors and navies around the world, the centuries-old ceremony is intended to safeguard crews and ships from the danger of the seas through a traditional blessing given by a clergyman at the water’s edge. Our ceremony is brief and highlighted by a performance of the United States Coast Guard Ceremonial Honor Guard Silent Drill Team.

The Mount Vernon Yacht Club, located at 4817 Tarpon Lane, Alexandria, VA 22309, is a neighborhood-based social club located near George Washington’s Mount Vernon Estate just south of Washington, D.C. Some people think a “yacht club” is only for boaters, but MVYC has something for everyone, every month of the year!

As active members of the community and stewards of the Potomac River, it is our hope that you will join us in ushering in another wonderful boating season while enjoying light refreshments and sweeping views of the mighty Potomac River.

Mount Vernon Yacht Club – *the gem of the Potomac since 1956!*

[www.mvyc.net](http://www.mvyc.net)

## BUDGET & FINANCE

County Executive Bryan Hill's "bumper sticker" on the Fiscal Year 2020 proposed budget:

*I am presenting a balanced budget, with no increase in the Real Estate Tax rate, which provides compensation increases for our valuable employees and meets the full operating request from the Fairfax County Public Schools. This budget proposal includes investments in human services, public safety, and transportation and relies upon savings generated from operational efficiencies.*

He presented his proposed Fiscal Year 2020 Budget to the Board of Supervisors last month. The proposed General Fund budget is \$4.44 billion, a \$156.9 million increase over the current FY 2019 Adopted Budget. This represents an increase of 3.67 percent, down from the 4.69 percent increase last year. Including other appropriated funds such as federal and state grants, **the total proposed budget is \$8.86 billion**, which ranks among the top 100 countries in the world, OBTW.

The proposed budget maintains the current real estate tax rate of \$1.15 per \$100 of assessed value. Approximately **75.6 percent of residential property in the county increased in value** over the past year, with an average increase of 2.36 percent. As a result of this change, the average tax bill will increase by \$149.16. (We received our 2019 assessment last week and it increased 4 percent, the first increase in 3 years.)

### Schools:

The county executive's recommended general fund transfers to Fairfax County Public Schools (FCPS) totaling \$2.35 billion. This is a 3.82 percent, or \$86.46 million, increase over the current FY 2019 budget.

The proposed operating transfer fully funds the School Board's requested transfer after accounting for an anticipated increase in state revenues. The top priorities for the FCPS FY 2020 Budget are compensation and instructional programs. Last year's priorities were teacher salaries and benefits.

As most of you know by now, FCPS receives over 70 percent of its funding from the county government, and accounts for over 50 percent of the county's general fund budget.

### Other County Priorities:

The County website emphasized the following public safety and human services initiatives:

- ♣ Staffing for the South County Police Station
- ♣ Diversion First
- ♣ [Gang Prevention](#)
- ♣ [Opioid Task Force](#)

The proposed budget only partially funds the employee compensation plan.

Public budget hearings will take place on April 9-11, 2019, leading to mark-ups by the Board of Supervisors at the end of April and leading to budget approval in May.

If you are reading this on our website, here is a link which includes the County Executive's Budget Presentation, County demographics and a video discussing how the County budget is developed: <https://www.fairfaxcounty.gov/news2/12557-2/>

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

**Jason Leaver**  
Budget and Finance Chair

# PUBLIC SAFETY - SPRING TIPS

Spring is just around the corner!

- Sunlight hours are helping with road and street visibility. Consider utilizing high visibility clothing during day walks, jogging, bicycling, etc. and use flashlights, reflector vests, bike reflectors and lights near and during darkness. Whistles, cell phones and IDs are prudent ideas, as well as bike helmets.
- Exercise awareness and patience in the areas of school bus stops and pick-up points, and follow the law regarding stopping for flashing school bus red lights.
- Use caution in backing vehicles.
- Keep home and garage access doors locked.
- Keep doors locked on vehicles in your driveway and parked at your curb.

- Replace batteries in smoke and carbon monoxide detectors.
- Check the pressure gauge on fire extinguishers.
- Use motion-sensitive security lighting.
- Remember to give 911 the correct address on all EMERGENCY calls, including POLICE, FIRE, RESCUE/AMBULANCE/ANIMAL PROTECTION.
- Keep clear of VDOT and contractor trucks plowing and sanding.

As always, be safe!

**John A. Hurley**  
*Public Safety Representative*

## 12th Annual MVCA Picnic

**Where:** St James Episcopal Church, 5614 Old Mill Rd, Alexandria, VA

**When:** Saturday, June 8, 2019, 1 - 5 p.m.

**What:** A celebration of great neighbors, community and the start of another fun summer on the banks of the Potomac!

**Details:** Join us for a fun afternoon featuring Cuban BBQ and delicious side dishes. Beverages include soda, water and juice for the kids. We'll have live music, information from area pools and clubs, including MHC and MVYC, scout sign ups, a moon bounce, face painting and the 3rd Annual Corn Hole Championship.

*Prizes galore from our generous local sponsors!*

## Help Us Update

### Our Membership Directory!



We are updating our 2019 Membership Directory and want to make sure YOU are included! Help us by completing your membership form today.

Does someone in your household babysit, shovel snow, mow lawns or walk dogs? Get listed in the Directory under *Neighborhood Services* to get the word out! Note: We will only print your information if you ask us to (even if you were previously listed in other issues), so return your form or register online today!



# 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 - [hirates](#)  
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 - [viju 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)

OVER 65 YEARS OF FAST DEPENDABLE SERVICE



# Griffin

## Plumbing and Heating, Inc.

8601 RICHMOND HWY.  
ALEXANDRIA, VA 22309

780-5400

MATT MATHES

# 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

# Mount Vernon Civic Association, Inc.

## Officers

President: Sean McCarthy .....703-360-0372  
1st Vice President: Jason Leaver .....703-799-6739  
2nd Vice President: Karan Cerutti .....703-778-4442  
Secretary: Lisa Faustlin .....303-396-5164  
Treasurer: Mary Jo Jensen.....248-245-7224

## Directors

John Hurley .....703-799-9353  
Dan Rinzel .....703-360-4627  
Paul Schray .....703-619-9377

## Committee Chairs

Budget and Finance: Jason Leaver.....703-799-6739  
Education: VACANT  
Environment & Recreation: Gale Curcio... .....703-360-3621  
Health & Human Services: Marv Chadab.....703-360-9537  
Membership/Directory: Maggie Jones .....703-360-4750  
Neighborhood Watch: Ted Thompson .....703-780-1972  
Planning & Zoning: Karen Cerutti .....703-778-4442  
Public Safety: John Hurley .....703-799-9353  
Transportation: John Reiser .....703-780-4824

## MVCA Membership Meeting

*Wednesday, March 13, 2019*

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

Our guest speaker will be Fairfax County Department of Transportation's Embark planner, Sophia Fisher, and her team. They will discuss transportation, land use and design of the Embark comprehensive plan, focusing on areas in the Mt. Vernon area, including the Woodlawn Community Business Center (CBC) and the impact of that plan on our community.