Alexandria Gazette Parket

Home Life Style

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JULY 12, 2012

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Fireworks brighten the night sky over Oronoco Bay Park.

Alexandria Celebrates 263 Years

ith the temperature hovering in City Manager Rashid Young. the triple digits, Alexandria celebrated its 263rd birthday at Oronoco Bay Park on Saturday, July 7. Postponed for three and a half hours due to the heat, the park slowly filled as the sun traveled west. The program opened with a proclamation from the Town Crier Ben Fiorre-Walker followed by a welcome from Mayor Bill Euille and

Judy Noritake, chair of the city's Park and Recreation Commission, introduced the recipients of the 27th annual CIVIC Awards: Pat Miller, Brian Marquis, Laura Fries and Joseph LaMountain. Cupcakes were served to all by the mayor and members of the City Council followed by a concert performed by the Alexandria Symphony Orchestra and a finale of fireworks.



Town Crier Ben Fiorre-Walker samples a birthday treat.



Recipients of the 2012 Civic Awards: Brian Marquis, Pat Miller and Laura Fries with commission chair Judy Noritake. Joseph LaMountain was not present.



Greta Brown joins Community Praise Center SDA Church members at the annual birthday party.



A giant misting fan on the railroad tracks offers relief from the heat.

Restoring Power

Dominion and city's strategy set priorities.

By Erik Heaney Gazette Packet

ore than a million people were left powerless in northern Virginia after the Friday thunderstorm on June 29 — 34,000 customers lost electricity in Alexandria. Of those, 23,000 customers still lacked power as of Monday, July 2. The response has made many people ask: How is it decided what neighborhoods get power ahead of others?

First, Dominion Virginia Power

had to restore all of the downed transmission lines. As Dominion's media relations officer Le-Ha Anderson described, repairing the nine transmission lines that were downed throughout Virginia were critical to restoring power throughout the state. Following the transmission lines, then the distribution lines and sub-stations needed repair.

"If you think of the electric power grid, the transmission lines are like the highways," said Anderson, "and the distribution lines are like the roads that connect the highways to the neighborhoods."

Secondly, once the transmission lines and the distribution lines are repaired, crew members had to tend to critical infrastructure -

made by the public and submit a

decision to the Alexandria Com-

mission for the Arts and City Coun-

The winner will be announced

in September, and the statue will

be installed by the end of April

The project budget is \$350,000

and is being funded by the city, the

Federal Highway Administration

and the Virginia Department of

Transportation as part of the

Woodrow Wilson Bridge settle-

See Restoring, Page 8

Help Choose Statue for Freedmen's Cemetery Public encouraged to provide input.

cil.

2013.

By Edison Russ Gazette Packet

hree proposals for statues to be added to the Contrabands' and Freedmen's Cemetery will be on display for public comment at the Durant Arts Center at 1605 Cameron Street until Aug. 6.

The model statues were designed by three sculptors selected from a pool of 38 applicants by a panel of stakeholders in the project, including the Friends of Freedmen's Cemetery, descendant family members, and subject matters experts in public art, history and design.

After the exhibition, the selection panel will review comments

ment agreement. The three sculptors, Erik Blome, Mario Chiodo and Edward Dwight, spoke to the public about the meaning and inspiration behind their work at a reception at See Freedmen's, Page 3



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NEWS



"The Path of Thorns and Roses" was sculpted by Mario Chiodo of Oakland, Ca.

"Oppression" was sculpted by Edward Dwight of Denver, Co.



"Ascending Memories" was sculpted by Erik Blome of Crystal Lake, Ill.

Freedmen's Cemetery Statue Proposals on Display

From Page 1

the Durant Center July 7.

CHIODO'S SCULPTURE, "The Path of Thorns and Roses," contains the figures of male and female slaves, one above another, positioned in a double helix fashion that Chiodo's artist's statement says represents the common DNA of mankind. From bottom to top, the figures are Oppression, Struggle, Sacrifice, Courage and Hope.

Chiodo said that the state of the bodies of the figure lower down in the piece, such as Oppression and Struggle, was representative of the diseases, such as typhus, that slaves were afflicted with.

"What I felt is, we should be proud of our bodies, and that's why I shaped them this way," he said.

Sacrifice is a mother holding a child, symbolic of the slave children who died. Courage, also a mother with a child, symbolizes a new chapter in life and offers a rose of hope to Sacrifice.

Hope is a male with closed eyes, meant to symbolize that hope is within grasp but still unattainable due to hardships. Hope stands on his tiptoes to avoid the hardships represented by the portal of thorns on which he stands. He also holds a partially blossomed rose that represents freedom.

BLOME'S STATUE, "Ascending Memories" contains three towers made of cubical pieces stacked pointing in different direction with faces of a family in the middle of some blocks.

Blome said the faces in the family are representative of "not just family as in African Americans, but family as in America."

The blocks in each tower face different directions to emphasize the fragmented history of the slaves.

The tower design was inspired by African sculptures and totems, with which Blome decided to incorporate traditional portraiture. The faces in the statue are inspired by photos of living descendants.

According to Blome's artist's statement, the blocks are like windows into the families' lives.

The statue will be 14 feet high and made entirely of cast bronze except for upper the pieces of the statue, such as a figure of the sun representing hope, which will be hand carved from red granite.

DWIGHT'S STATUE, "Oppression," shows a group of slave men and women in period clothing, holding symbols of the religion and art that the slaves were forbidden to practice.

"I got into the religion of the slaves, which nobody talks about because everybody assumes that they took on the religion of their masters," Dwight said. "But they have religions of their own, and so, as a result, depending on what part of Africa they were from, what kind of tribe they were from.

and their belief system, and how God operated, how the afterlife operated, 'cause a lot of the slaves believed in reincarnation."

Dwight, a former astronaut, told the crowd that he used to think he had accomplished everything in his life all on his own, but that he has since become grateful for the progress made in race relations over the years and that he wants this statue to educate black children about their history.

"Something happened here, and you got to know about it, and you got to understand it," he said.

A number of Old Town Alexandria Community members at the reception said they preferred Dwight's statue.

Amber McLaughlin said she originally was leaning toward one of the other statues, but changed her mind after hearing him speak because of "how it's important to him to have children walk away with a true image of what the people looked like and the symbols of the religion that they practiced."

Barbara Bellamy also liked the idea of the statue as educational.

"And I think, sometimes, specifically African Americans, and just Americans in general, have to have an idea, or be able to know what it was like, and that one in particular depicts that most in my mind."

Bellamy also said that she liked the simplicity of the statue. David Martin, sculptor and owner of Goldworks in Alexandria, however, said he thought "Oppression" was too traditional and that he was initially

more impressed by the other pieces because he thought the research that went into them was more evident.

Alexandria Gazette Editor Steven Mauren

703-778-9415 or gazette@connectionnewspapers.com

After looking at the statues another time, he said was impressed by all three of them, but that he was leaning toward "Ascending Memories."

"I have my own personal inclinations," Martin said. "When you think of Alexandria, Virginia, we all come up with something different. I'm more contemporary."

According to Alisa Carrel, who was the deputy director for the Office of the Arts until July 6, the decision to add a statue came out of the original cemetery design competition for the cemetery sculpture.

"The selection panel for that project felt very strongly that there needed to be something in addition to what was proposed, and they like the idea of adding a sculpture, some type of figurative brown sculpture."

Carrel said that there will be some kind of sign with information on the chosen statue when it is installed, but that the whole story wouldn't be included, so as to encourage people to do more research on the history of the cemetery themselves at a website for the Contrabands' and Freedman's Cemetery Memorial. See a link at http://alexandriava.gov/Arts.

The website will soon contain photos and descriptions of each statue.

To make comment on the statues, either visit the Durant Center or send an email at aca@alexandriava.gov.

'Champion of Change' Campagna Center's Joy Trejo is among those honored at White House.

By Senitra T. McCombs GAZETTE PACKET

he White House's "Champions of Change" highlights a different sector of educators, entrepreneurs, and community leaders who are working to serve and strengthen their communities each week.

On June 18, Joy Vithespongse Trejo, the senior director of Early Childhood and Family Service Programs for the Campagna Cen- Joy Trejo www.ConnectionNewspapers.com



ter was recognized for her work during a ceremony at the White House.

Trejo said she enjoyed the Secretary of Health and Human Services comments dur- to receive the "Champions of Change" ing the ceremony about the long and wonderful history of Head Start and what Head Start has meant to the country over the past 45 years.

"Dr. T. Berry Brazelton, professor of pediatrics emeritus at Harvard Medical School, really emphasized the need for programs like Head Start and that the work is not over

yet. There is still a lot more work to be done," she said.

While Trejo was humbled and honored award, she said that it's not just an award for herself but also for the Campagna Center's service to the Alexandria community.

The Campagna Center, a nonprofit organization, seeks to strengthen families and provide programs that help children become See Trejo Honored, Page 7

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People

Strayer Honors Medina as Outstanding Alumna

Acknowledging the value of college degree for non-traditional students.

By Senitra T. McCombs Gazette Packet

ong-time Alexandria resident Kathryn Medina is among the 40 percent of college students who are considered non-traditional those who've gone back to school after employment.

A graduate of Strayer University with a BA in business administration in 2004, Medina was honored June 23 with the title of outstanding alumna at Strayer's commencement ceremony at the Verizon Center in Washington, D.C.

Each year the university gives out the award to former students who demonstrate community service, as well as post graduate leadership.

"I was really honored and humbled when I found out about the award," she said.

Since she did not get to attend her own undergraduate and graduate commencement ceremonies, being given this award was a like a second chance to acknowledge and celebrate her accomplishments with her family and friends. Medina currently serves as an executive director of the Chief Human Capital Officers Council at the U.S. Office of Personal Management which coordinates human resources activities across 26 federal agencies.

Through her work with OPM, she became involved in Feds Feed Families, a volunteer organization comprising federal workers who collect food over the summer months for families throughout the U.S.

Last year, it collected more than 6 million pounds in food for children during the summer months when schoolsponsored breakfast and lunch programs are no longer available to them. The group also is involved with the military across the country.

"I never thought about the fact that there are so many children who are dependent on food supplement programs during the school year. When somebody told me that kids are out of school during the summer and the food bank shelves are empty. It really got me thinking about my 5 year old and to think that he wouldn't be able to eat during the summer if I could feed him, it's pretty heartbreaking," she said.

After working in legal administration for nearly 10 years, she recognized that a degree would be necessary to advance within her field. So she enrolled in Strayer University.

"I chose Strayer University because it allowed me flexibility. I was able to take most

> of my classes online which helped me balance my family and work with obtaining my degree," she said.

Like many traditional and non-traditional students, Medina changed majors frequently until she found the right fit.

edina "I went through several majors. But the career guidance I received through the counselors at Strayer really helped me figure out which path was best. It was a really valuable resource to have,"

she said. Medina also credits her counselors with helping her develop a plan to quickly obtain her undergraduate degree.

See Medina, Page 13



Wins Firecracker 5K

Alexandria's Audrey Androus, 12, won the 12-and-under division of the 10th annual Reedville, Va. Firecracker 5k race on July 7. Her winning time of 22 minutes, 44 seconds tied her for third overall for all women and placed her in the top 6 percent of all runners, the youngest runner ever to do so.

Nearly 400 people entered the race and ran in sweltering heat, the hottest in the race's 10-year history. This is the third time Androus has won her division. She is a rising seventh grader at Saint Stephens and Saint Agnes School and a member of the Alexandria United U13 Girls travel soccer team and ALC Girls lacrosse team.



Kathryn Medina

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Alexandria Gazette Packet & July 12-18, 2012

PEOPLE

Trejo Honored at White House

FROM PAGE 3 caring, productive adults.

Trejo has been the senior director of Early Childhood and Family Service Programs since 2007. She is responsible for planning, development, and implementation of all early childhood, family support and community services for the families enrolled in the Early Childhood programs.

"The biggest benefit that Head Start provides to children is the opportunity to participate in high quality early childhood education and then the benefit to the family is access to comprehensive family services such as finding housing or English as a second language. Whatever it is that the family really desires to help them better their situation. Hence the title Head Start," she said.

In addition, she said the center provides opportunities to these children that would not be available if Head Start were not providing them.

The Campagna Center serves more than 400 children a day through their Head Start, Early Head Start, Virginia Pre-School Initiative, Afternoon Adventures, Summer Safari and The Early Learning Center. However, the growing number of local families in need has increased because of the economic recession and the center cannot help them all, she said.

Trejo draws a lot of her inspiration for

her work from her co-workers at Campagna Center.

"Seeing how hard all of the teachers and managers work and how much they really care for our kids here is really an inspiration for me," she said.

In turn, her co-workers and other Campagna Center staff members admire Trejo's passion.

Tammy L. Mann, Ph.D., the newly elected president and CEO of the Campagna Center, said, "While I have known Ms. Trejo for less than a year's time, I am impressed with the manner in which is able to focus so carefully on the many aspects of managing our early childhood programs, which include among others the Alexandria Head Start and our Early Head Start program. Ms. Trejo approaches her work with great commitment and dedication.

She extends herself in ways that go beyond the call of duty even as she works to balance being the mother of young child herself."

rejo hopes winning the White House's "Champions of Change" award will help highlight the Campagna Center's mission to provide support and services at-risk children and their families throughout the Alexandria community.

For more information on the Campagna Center or its services, visit its website http://www.campagnacenter.org.



Anniversary Gathering

The children's bookstore Hooray for Books! celebrated its fourth anniversary on June 23. Alexandria resident Elaina Palincsar (above), member of the Hooray for Books adult book club, led children and parents in an interactive story time, during which she sang and read "The Croaky Pokey." A scavenger hunt was also held within the store. "We're trying to celebrate by getting as many kids to look through as many books as possible," said bookseller Cecilia Cackley.



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News **Restoring Power**

FROM PAGE 1

buildings that are important to people's health and safety. Each jurisdiction creates and updates its own list of what it considers critical infrastructure, but the list usually includes hospitals, health clinics, 9-1-1 emergency call centers, emergency operation centers, pumping stations and nursing homes.

What is deemed critical infrastructure by a jurisdiction can be circumstantial to the emergency. In Alexandria, city officials placed a high priority on health centers and neighborhoods with vulnerable populations. "The circum-

stances made it absolutely critical to get the health centers up and running," said Ashley Ehrhart of the Alexandria Fire

Department, who included the Flora Krause Casey Clinic, cancer clinics, and dialysis centers as infrastructure that desperately needed power.

Moreover, the subsequent heat exacerbated health concerns. With the lack of power, many were worried about the elderly. Therefore, city officials included nursing homes on the list of critical infrastructure.

Finally, once the critical infrastructure had electricity, Dominion then began to restore electricity to residents. Specifically, Dominion made restoring power to the neighborhoods with the most customers high priority. "If there's a tree that has a fallen line and it affects 480 customers, and there is a similar situation but it affects 10 customers, we will go to the fallen line that affects the 480 customers," said Anderson.

To manage the many crews that must visit several locations each day, each Dominion office had a small team of usually four to five people working overnight. These teams were in charge of "packaging."

Packaging is a role that includes gathering all the relevant information, prioritizing what neighborhoods needed attention according to the number of customers, and then creating a list of locations for each crew to visit for the coming day.

These teams, made up of administrators, designers, and other Dominion employees, had been exandria were without power.

trained to package for emergency situations. Twice a year, Dominion performs a three-day drill to prepare themselves for an emergency. "It's not just internal, but external as well," said Anderson, describing how Dominion has participated in these drills with local emergency response centers.

While for the first few days after the storm Dominion was trying to restore power to the greatest amount of customers, by Wednesday or Thursday, many of these teams shifted their strategies. They went into "sweep mode," which meant that crews no longer jumped from location to location

"The circumstances based off the nummade it absolutely ber of customers, critical to get the health but instead worked at centers up and running." a single location and — Ashley Ehrhart, then **Alexandria Fire Department** moved

down the next point along the circuit. Although sweep mode is less efficient that tending to the greatest amount of customers possible, it made sure that every single customer gained power by Friday, July 6.

With that said, Dominion worked with local jurisdictions throughout the week to make sure that vulnerable populations were tended to. In Alexandria, this included high rises, nursing homes, and key traffic intersections. "Our priority was to help the areas with the greatest need," said Ehrhart, "they were very receptive to what we needed.'

June's storm was highly unusual, said city officials, due in part to the lack of warning. While hurricanes can be powerful and destructive, their impact are usually tempered by the fact that city and Dominion officials can prepare for it. Derecho, on the other hand, caught many by surprise.

"We can't activate full city emergency every time there's a thunderstorm that's coming," said Ehrhart, "instead we have to wait and see what happens."

All in all, Dominion worked a total 11,050 locations last week, which included everything from transmission lines to sub-stations to tap lines that connect to single households, in order restore electricity to over 540,000 customers. By Thursday, 95 percent of all affected customers had restored power, and 876 customers in Al-

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Post 24 of the American Legion in Old Town.

Democratic candidate for senate Tim Kaine addresses a group of veterans July 9 at

Military Matters

American Legion hosts Kaine forum to address veterans issues.

> By Jeanne Theismann GAZETTE PACKET

ormer Virginia governor and Democratic candidate for senate Tim Kaine met with veterans and active duty military members of American Legion Post 24 in Alexandria July 9 in a roundtable discussion focusing on unemployment and other issues facing service members and their families.

"The unemployment rate among veterans is not consistent with the commitment we have to those who have served our nation," said Kaine, a former national chairman of the Democratic party. "We need to leverage the skills of our veterans and connect that talent to the workforce."

Kaine suggested a system be implemented that would provide civilian accreditation for skills learned during military service that would aid with employment once they leave active duty service.

"We need to view our active duty military as a talent pool," Kaine said. "We need to help our veterans get more traction in the workforce by giving them credentials for their military skills that civilian employers would understand and respect." Army veteran Chance Wiley agrees.

"I was an army infantryman and the only job



Ulvcess "Dee" Dunmore, left, listens as Fernando Torrez poses a question to Tim Kaine during a veterans roundtable at Post 24 of the American Legion in Old Town.

people think I am qualified for is law enforcement," Wiley said. "There should be a training program for infantry to show that we can do more than shoot well and march. And while the GI Bill is great, it requires you to be a full-time student, which is difficult if you have a full-time job."

The candidate was also asked about issues relating to health care and immigration during the 90-minute session.

"I believe it is the obligation of the president and congress to keep the VA properly funded," said Kaine in response to several complaints about care under the Veterans Administration. "And there is not a lot of research on what the long-term effects will be of the repeated deployments we've had during the last 10 years."

Virginia is home to more than 340,000 active duty and reserve military members and their families. Additionally, over 823,000 veterans and military retirees reside in the Commonwealth.

"This was a great opportunity for veterans to get our issues directly in front of the candidate," said retired Army combat medic Ulycess "Dee" Dunmore. "Everyone had a lot of good points to make and Kaine was able to keep everything on topic."

Air Force veteran and Alexandria business owner Fernando Torrez said he appreciates Kaine's commitment to meeting with veterans.

"This is the best way to approach the local veteran's community," Torrez said. "The way to show the importance of the issues is by talking directly to those affected. I was especially impressed because Gov. Kaine didn't do a lot of talking - he knew the importance of listening.'



Army veteran and Green Beret Dave Woodbury asks a question to Tim Kaine during a veterans roundtable discussion at American Legion Post 24.

Obituaries

Loretta D. "Lori" Bernier

Loretta D. "Lori" Bernier, 98, a retired secretary for the Department of Defense who lived in Alexandria since 1957, died June 3, 2012 at Walter Reed National Military Medical Center, Bethesda.

She continued to live in her Alexandria home until her death from complications from an infection, said her son, Joseph Peter "Pete" Bernier.

Mrs. Bernier was born Loretta Marie Diedrich in Chilton, Wisc. She worked for the Works Progress Administration (WPA) in Green Bay and Madison, Wisc. until venturing to Washington in 1941 to join many tens of thousands of other "Government Girls" who came to work in Washington to support the War effort. It was here that she met her husband of 57 years, retired navy Lieutenant Commander Joseph O. Bernier, who died in 2000. She began working as a clerk-stenographer for the Office of Naval Intelligence (ONI) and then the Department of State until 1944, at which time she stopped working to raise a family.

After navy assignments in Heidelberg, Germany, and Newport, R.I., the family settled in Alexandria in 1957, where Mrs. Bernier resumed her secretarial career in 1958 with the Defense Atomic Support Agency (DASA). She retired from the Defense Communications Agency (DCA) in 1979.



Bernier

Mrs. Bernier was well known for her incredible memory, her generosity, and her hospitality. Even in her 90s, she was still hosting guests in her home, always preparing the excellent meals for which she was so well known. She never forgot a name or a face or where to locate a piece of information, and continued to share her professional experience with her former colleagues long after her retirement.

Survivors include her son Pete Bernier and his wife Anita of Lorton, Va.; daughters Kate Bernier and Jacki Bernier, both of Berkeley, Calif.; six grandchildren; and two great-grandchildren. Her daughter, Jeanne Bernier, predeceased her in 1994.

BECKMANN PARTY Janet and David Beckmann

Neighborhood

Taylor Run

threw a marvelous party for all the neighbors to honor new arrivals, the Russells and the Kendalls.

Janet Beckmann was especially pleased that the Broadway play, "Peter and the Starcatcher," received five Tony awards, since Janet and her sister are investors in the play.

Ike and Seana Gallagher were there with daughter Glenna, who is now an industrial designer for the DOD. Rocky and Leo Schmittl were there. Conor O'Brien, who is now an accountant, was there representing his family, as his parents are now in Ghana. Whitney Russell, now a federal prosecutor in cases of domestic violence, was there with her husband Toby. Greg Paspatis, now working at Henderson Hall in Arlington, for the Marine Corps, was there with brother John. Dennis Auld was there without his wife, Lyn Hampton, who is currently in El Salvador working on a contract with the Treasury Department to improve the airport. She just returned from Moscow



On June 6, Taylor Run Civic Association Executive Committee Member Pete Rotkis presented the annual TRCA Scholarship to T.C. Williams High School graduate Sofia Schedler, a Taylor Run resident. She is an Honor Roll student who plans to study physical therapy at a four-year college. She has been a member of the Lady Titans Varsity Soccer Team and Lady Titans Varsity Basketball Team.

Also present were the Klesius's, Johnson, Richard Bussey, Joe and Shoenhaus, Rita and Eric Smith, Sue Jackson, Dick and Darlene

the Swindells, Robert and Kyong John Hynan, and Isabel Patterson.

— Lois Kelso Hunt



Ida E. Otto

Ida E. Otto, 89, died peacefully in Alexandria. Her visitation will be held at Cunningham Funeral Home, 811 Cameron St., Alexandria, on Friday, July 13, from 6-8

www.ConnectionNewspapers.com

p.m. and Saturday July 14, from 12-12:45 p.m. followed by a service at 12:45 p.m. Interment will be held at 2 p.m. at Mount Comfort Cemetery.



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Opinion Every Vote in Virginia Will Count

Top presidential donor *z*ip codes in this area show Virginia is purple; Romney or Obama to be decided on Election Day.

will keep you from the polls on Nov. 6.

der 18, so not eligible to vote.

Compromise on

under 18.

Take a look.

percent are under 18.

This area has very high rates of voter regis-

tration. Consider that Fairfax County, with a

population of just more than 1.1 million

people, has 711,817 registered voters. And 24

percent of Fairfax County's population is un-

Arlington has a population of 216,000 and

The City of Alexandria has a population of

We're lucky in Virginia to have the Virginia

Public Access Project, vpap.org. On the VPAP

website, maps of Virginia's zip codes showing

shades of red and blue give a quick visual sense

of how purple the Commonwealth really is.

E-ZPass Transponders

While the Virginia Department of Transpor-

144,000 with 101,887 registered voters; 17

157,236 registered voters. Sixteen percent are

f you wonder if presidential politics really matters in this area, consider that Northern Virginia and suburban Maryland hold some of the top zip codes for contributions to the two major party candidates.

Donors who live in McLean 22101 gave \$422,770 to Romney this presidential cycle,

and \$232,876 to Obama. In McLean 22102, donors gave Romney \$255,444, and Obama \$193,321. In Arlington, 22207, donors gave \$193,543 to Obama and \$178,196 to Romney. In Alexandria 22314, donors gave \$172,425 to Romney and \$142,467 to Obama.

While Maryland consistently votes for Democrats in presidential races, donors who live in Potomac, Md. 20854 gave Romney \$340,885, and Obama \$291,402.

In order to vote in the presidential election on Tuesday, Nov. 6, residents must be registered to vote at their current address by Monday, Oct. 15.

Virtually everyone in Northern Virginia is eligible to vote absentee, and absentee voting in person begins Sept. 21. Here is the qualification that applies: Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for 11 or more hours of the 13 hours that the polls are open.

Any commute in Northern Virginia could potentially take four hours or more in a crisis situation. This is definitely a case where voting early is an excellent idea. Don't take the risk that the next derecho storm or earthquake

Some Top Local Zips, Presidential Donors

tation initially proposed that all E-ZPass customers would pay \$1 a month for each transponder they have, on July 9 VDOT announced that if one had a transponder before July 9, 2012, no fee will need to be paid until one has to replace the transponder.

New E-ZPass customers will pay a 50-cent monthly fee for a standard transponder and \$1 monthly fee for a "Flex" transponder. The Flex transponder allows drivers to switch to a high-occupancy position if they have three or more people in the vehicle so that they can drive in the new Beltway toll lanes for free. Drivers with fewer than three passengers will pay a toll to drive in the express lanes that will vary depending on how much traffic there is.

This is certainly better than charging all E-ZPass users \$1 per month per transponder. We still wonder why the cost of transponders is not recovered in the tolls paid rather than as a separate fee whether or not drivers are regularly driving on toll roads.

— Mary Kimm, mkimm@connectionnewspapers.com

Letters to the Editor

Modest Proposal On Outages To the Editor:

Like so many other local residents and businesses, I've just spent days without electrical power — in my case, the power was out from Friday, June 29 through Wednesday, July 4. Like everyone else, not only did I swelter in the recent heat wave, but I lost a considerable amount of money via being forced to replace every single item in my freezer and refrigerator.

I would like to propose that anytime an outage affects one thousand or more residential or commercial customers, the CEO, CFO, the entire board of directors, and all other top executives of the power company should have their own residential power purposely and entirely cut off until it has been restored to their customers.

This certainly wouldn't prevent

all power outages, but I suspect that it might encourage a utility to pay more attention to preventative maintentance as well as speeding the repair of this kind of mass outage.

> Paula Friedrich Alexandria

Faustian Bargain To the Editor:

The Alexandria City Council public hearing held on June 16 was overshadowed by the discovery of signs proclaiming the imminent arrival of Hooters to the Old Town Historic District. The signs turned out to be a joke, but could they be foreshadowing things to come? I ask, because the city staff is looking at turning all of Old Town into a residential parking

See Letters, Page II

Alexandria Gazette Packet

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From Page 10

only district as part of the Waterfront Plan. Appealing as it might sound it could turn out to be a Faustian Bargain between the residents and the restaurants.

Under the current small area plan, the city must consider the cumulative effect of restaurants and bars on the neighborhood before giving any approval. The 1992 Small Area Plan recognized the importance of preserving a balance between residential, retail and restaurants. To that end, the City Council adopted the "Old Town Restaurant Policy," which spells out precisely the issue of balance through the question of parking.

The city is ignoring this balance by allowing increased outdoor seating at more restaurants, larger restaurants and bringing trolleys to supply them with more clients. To illustrate this point, the Del Ray trolleys will only run during peak restaurant hours. You will notice that hardly anyone is carrying any retail bag who rides those trolleys. Obviously, the "Old Town Restaurant policy" is a problem for the city actions. Adopting residential parking only districts takes it out. The restaurants by definition, no longer pose problems, and will be easier to approve.

The retailers, specifically the independent retailers will be the big losers in this scheme. They not only provide significantly more long-term benefits to the community, but Old Town only became Old Town when the independent retailers came to King Street. Most are unaware that Alexandria even developed a plan to raze Old Town in 1960.

Tourist studies uniformly conclude that visitors are attracted to Old Town Alexandria because of the historic ambience. The city recently hired a famous retail consultant, who readily conceded that he encouraged everyone else to copy King Street. When pressed, he admitted those communities that try to do what Alexandria is doing ended up withering. Build on your strength, not your competitors.

The city is trying to create a subterfuge by enticing citizens to believe there is ample garage parking, a conclusion that their own parking study cannot confirm. The city hopes that residents of the affected area will eagerly support a Residential Parking Only proposal so that they will be able to circumvent the "Old Town Restaurant Policy." If they do, the Hooters signs will turn out to be prophetic, and the joke will be on all of us.

Poul Hertel

Dirty Tricks To the Editor:

The June 12 primary reminded us that political dirty tricks are still practiced today like they were back in the days of Chicago ward bosses and Tammany Hall dealmakers. The only difference seems to be the party practicing them. In the early 20th century, the Democratic Party began to leave behind its negative practices from Chicago and New York, and became a national coalition expressing clear policy ideas and trusting citizens to make informed decisions. The turning point was Franklin Roosevelt's New Deal that helped the country out of the Great Depression. It wasn't that every program was perfect or that the recovery happened overnight, but rather that the American people trusted that their government was in their corner instead of in bed with special interests and corporate greed. The result was the incredible expansion of the middle SEE LETTERS, PAGE 12

The Best in Family Dining



An Alexandria community fixture for more than 100 years, the Royal Restaurant offers the best in Greek, Italian and American cuisine. Enjoy burgers, steaks, prime rib, chicken, seafood, pasta and full salad bar complete with special children's menu items.



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Opinion





tive director of the Arlington Community Services Board; Dr. Michael Gilmore executive director of the Alexandria Community Services Board, and Jane Kusiak, chair of the Virginia Health Care Foundation.

From left: Marta Wooten, executive director of ANHSI; Cindy Kemp, execu- From left: Del. Bob Brink, Arlington; Marta Wooten, executive director of ANHSI; state Sen. Bob Barker; Cindy Kemp, executive director of the Arlington Community Services Board, and Dr. Michael Gilmore, executive director of the Alexandria Community Services Board.

Unsung Heroes Honored in Richmond

By Mary Anne Weber CHAIR, ALEXANDRIA COMMUNITY Services Board

n the same Thursday morning that the U.S. Supreme Court made its momentous decision to let the Affordable Care Act stand, the Virginia Health Care Foundation was meeting in Richmond to honor heroes in health care and to celebrate the success of an effort to meet two goals of that act, to provide preventive care and primary health care to individuals who have not been able to receive it.

The work began with A New Lease on Life, a collaborative \$2 million mental health initiative underwritten by the proceeds from a \$1 million challenge grant awarded to the Virginia Health Care Foundation and its partners by Bob McDonnell, then attorney general. Grants were issued to partnerships of local community services board and health care safety net organizations to either establish or expand basic mental health care services in a health safety net setting or provide primary health care to uninsured CSB clients.

One honor, the Unsung Heroes Award, went to the Alexandria Neighborhood Health Services Inc. (ANHSI), the Alexandria Community Services Board and the

Arlington Community Services Board who decided to come together to provide both kinds of health care. They received a \$442, 823 three-year grant to increase access to primary health care for seriously mentally ill CSB clients with no insurance. The funds were used to hire two physicians and a nurse at ANHSI to provide primary care services.

In addition the CSBs provided psychiatric services to patients at ANHSI. The two primary care physicians and a nurse from ANSHI would treat patients three days a week at the Arlington CSB and two days a week at the Alexandria CSB.

This was a tough task. These were individuals who had received little or no primary care for years and years except perhaps for brief visits to the emergency room. They were also people with serious mental illnesses who in many cases had been traumatized by violence or abuse.

The new patients received anywhere from six to 10 diagnoses at their first visit, many of these very complex medical conditions.

The job was so daunting that the first two physicians hired for the job left shortly after starting because they were discouraged by the myriad of medical conditions of these patients.

The two physicians who ultimately settled

into the job were dedicated, tenacious and incredibly patient, listening to and empathizing with the patients gaining their trust and making sure they understood what they needed to do to get better.

It wasn't just the physicians and the psychiatrist, but the staff from all three organizations who made accessible, appropriate health care possible for those who had none. They developed new systems for shared record-keeping, charting and health records. They worked on reducing the number of no-shows, a typical problem with CSBs, reducing the level from 35 percent to 24 percent and are working toward lowering the rate to single digits.

They meet frequently to determine the most beneficial regimen for each patient, taking into account both the extensive psychiatric and primary care treatment needed.

The lack of primary care for those with serious mental illnesses has fatal consequences with the development of chronic diseases, diseases that are often caused by the very medications that control the symptoms of their mental illnesses. The Arlington and Alexandria CSBS estimate that about 62 percent of their seriously mentally ill patients have an untreated chronic disease such a high blood pressure, diabetes or chronic lung disease. Studies have shown

that individuals with serious mental illness die an average of 25 years prematurely because of these problems.

By the end of 2011, 64 percent of Alexandria CSB patients with hypertension had reached a goal of having a blood pressure reading below 140/90. In the same time frame 53 percent of the patients with diabetes had a HGBA1c of less than 7.

"After less than two years of operations, we cannot imagine the CSBs without the primary care clinic and staff. The ANHSII staff has a genuine commitment to improving the outcomes for this population and it shows in those outcomes," said Michael Gilmore, executive director of the Alexandria CSB, in his nomination of the team.

Both the Alexandria City Council and the Arlington County Board of Supervisors clearly agreed recently determining that sustaining the services provided through this partnership is of the highest priority and allocated funds to help sustain the program in the next fiscal year.

The team winners included Dr. Elizabeth Giese, Dr. Elise Morris and their team at the Alexandria Neighborhood Health Services, the case managers, psychiatrists and teams at the Alexandria Community Services Board and staff at the Arlington Community Services Board.

The city and its residents are also winners, when those who are among the most vulnerable now have health care like everyone else.

Letters to the Editor

From Page 11

class after the Second World War.

The once-great Republican Party of Abraham Lincoln and Teddy Roosevelt, however, slowly went the other direction. From a big tent of ideas and opinions that forged a more perfect union, protected public lands, and broke up the trusts emerged a conservative party scared of change. The party of today is a bad caricature of its former self. Instead of tackling the challenges of our time with decisive action, they

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instead seek refuge in divisive issues where nobody can claim the high ground. While acting this way is the result of a shrinking appeal to the moderate voter, what is required to sustain it is the use of dirty tricks like fear-mongering and vote suppression. One need only listen to the current antiimmigrant rhetoric or voter ID proposals to see that this current version of the Republican Party is trying to pit citizen against citizen instead of looking inward to do the hard work of rebuilding a broken brand. The

Democratic Party came back from the political wilderness it was in between the Civil War and the First World War, and the country was better for it. The Republican Party seems to be journeying into its own wilderness, and the country will suffer so long as the journey continues.

A seemingly small example of these dirty tricks that show the path the Republican Party is heading down was the tactic employed in at least three of Alexandria's precincts during the recent primary. Republi-

can canvassers outside polling stations were instructing Republican citizens to take Democratic ballots to vote for candidates they considered beatable in the November election. So instead of performing their civic duty to vote for their preferred candidate, these individuals actively engaged in dirty tricks. Alexandria Democrats were fortunate that the outcome was not affected on this occasion, but if we have learned anything, it is that not standing up against dirty tricks See Letters, Page 25

PEOPLE Medina

From Page 4

In the end, she chose a degree in business administration for its versatility.

Moreover, she believes that her degree gives her more credibility among her peers because she has a broader expertise and can perform a number of roles in business.

Medina sums up her educational experience as very rewarding and she admonishes others that it is never too late to go back to school: "You are never too old. I would always hear about these 80 year olds getting their degrees. OK, so it doesn't matter how old I am if I'm in my 20s or 30s. I have established a very successful career having graduated later than a traditional student and it hasn't stopped me at all."

In addition to her BA degree, Medina also has a master of education in global human resource development from the University of Illinois at Urbana-Champaign, and earned her Lean Six Sigma certificate from Villanova University. She has also been a certified senior professional in human resources since 2006.



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NEWS Police Arrest Suspect for Sexual Battery

Alexandria Police have arrested a man accused of committing sexual battery. On July 5, police were called to the 3400 block of Mount Vernon Avenue for the report of a man who had entered a business and rubbed his groin area against a 45-year-old female. The suspect fled the scene before officers arrived. Officers searched the area and located the suspect a short distance away. A 31year-old man of no fixed address was charged with sexual battery and providing false information to avoid prosecution.

During the investigation, detectives determined that the suspect exposed himself earlier the same day at another business in the 3400 block of Mount Vernon Avenue and rubbed his genitals against two women. He was charged with two additional counts of sexual battery in that case.

The investigation continues and police believe the suspect may be responsible for other similar cases in the area.

Those with any information about these cases or similar cases in the area are asked to call the Criminal Investigations Section at 703-746-6711.



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water views backing to bike trail on almost 1/3 acre! State of the art kitchen, 4 bedrooms, 3.5 baths, on 2 fully finished levels with 2 car attached garage. Welcoming foyer, formal dining room, living room with fireplace, 3 season room just off

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views of the Potomac River and Washington from this 2 bedrooms, 2 full and 2 half bath penthouse offering tall ceilings, exquisite moldings, hardwood floors, gourmet chef's

kitchen with adjoining great room, living room with fireplace and adjoining dining room, wraparound balcony, 3 garage spaces, outdoor pool, sauna, and party room. Two units combined into one home~ \$1,400,000

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with optional screen porch. Attic with storage

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OPINION Preparing To Go to Work

By Janet Barnett Executive Director, Senior Services of Alexandria

S enior Services of Alexandria (SSA) and Senior Employment Resources (SER) teamed up recently to share advice with seniors looking for work at the Job Hunters Boot

SENIOR SERVICES Camp at T. C. Williams High School. Hundreds of people seeking employment

attended the event, which was sponsored by U.S. Rep. Jim Moran. Woody Prothero, director of op-

erations at SER, and Mary Lee Anderson, director of the Senior Resource Center for SSA, spoke with more than 100 participants at the workshop "Advice for the Mature Worker: Put your Experience to Work."

Mr. Prothero shared practical tips on creating a resume that will get through the screening process and effective strategies for interviews. In addition to an overview of the many services available for seniors through SSA, Ms. Anderson told the group that Alexandria residents could receive personal counseling at SSA's Old Town office.



"Our Resource Center receives calls every day from seniors looking for work. It's great to be able

to offer them local support and the benefit of SER's practical advice, not to mention access to their job listings," commented Ms. Anderson.

This service has already helped those workers who want to re-enter the job market, have been downsized or wish to make career changes. Together SSA and SER work to show the benefits of hiring older workers because of their invaluable life experiences and work ethics.

It was nearly 45 years ago when SSA Founders Nelson Greene, Lewis Stearman, William Vosbeck, Nancy Gray and Mary Ann Ormes founded the organization to fight age discrimination and to encourage business to hire older workers. Their work continues.

Job seekers 50 years and older can register for the program by calling 703-836 4414 ext. 10 or visiting www.seniorjobs.org.



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This used chair was donated to Habitat for Humanity ReStore. It was purchased at the ReStore for \$35. The \$35 will go towards building a home for a family in need in Northern Virginia.



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CBRB_Alexandria

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ounty parkland. OPEN SUN 7/15, 1-4! GW Pky S; R











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merous features include: updated gourmet kitchen, 4 large BRs, "Andersen" thermal windows, updated baths, screened porch and side load 2 car garage. Walk to neighborhood pool! Jnique opportunity! OPEN SUN 7/15, 1-4! GW Pky S; R-Stratford; L-Camden; L-Stockton Pky; R-Wittington. 808 Pendleton St



\$465,000 Just Completed-Total Renovation!! ique property combining the best of both worlds-new ome amenities with the naracter and convenience o prime Old Town location.

abulous features include: open floor plan, brand new kitchen & baths, upgraded trim detail and hardwood floors. New windows, siding and roof. Complete rebuild by leading builder. No condo r HOA fees



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Alexandria Gazette Packet & July 12-18, 2012 & 19

Home Life Style







David Vogt of Case Design Remodeling, Inc. created an open kitchen and dining area in this Falls Church home. Local contractors say developing a list of everything that one might want in a dream home is a good starting point when remodeling.

"A client can benefit from doing their homework and being engaged in the selection process early on."

— David Vogt of Case Design Remodeling, Inc.

Home Remodeling 101

By Marilyn Campbell Gazette Packet

hether expanding a home or just remodeling an existing interior space, building projects can be daunting, especially if the goal is to be finished by a certain date.

"If you wanted to get going on a project and your goal was to be done by Thanksgiving, the planning process and permit process is probably as long as the building process, but you don't want to rush through those aspects of it and then wish you'd done something differently," said David Vogt of 20 ALEXANDRIA GAZETTE PACKET & JULY 12-18, 2012

Case Design/Remodeling, Inc.

LOCAL CONTRACTORS say there are a few things that homeowners can do before the first nail is hammered to ensure a smooth and an efficient construction process. Creating a list of everything that one might want in a dream home is a good starting point.

"A client can benefit from doing their homework and being engaged in the selection process early on," said Vogt. "Maybe start by collecting photographs and magazine articles of things you like. That will help paint an overall picture of the feel that you want for the space."

Bob Gallagher, president of Sun Design 2012

Inc., in Burke, says a good source for ideas is the Houzz Interior Design website www.houzz.com as well as the iPad and iPhone applications. "It is phenomenal. There are many amazing photos on there."

The next important step in the process say experts is determining a budget. The National Association of the Remodeling Industry advises homeowners to decide how much they are going to spend before calling an architect or contractor. "The truth is not many people enjoy establishing a remodeling budget," said Dean Herriges, National Association of the Remodeling Industry National President in a statement. "Many homeowners prefer to call a contractor and

expect him or her to create the budget for them, which is not the best way to begin."

Experts offer suggestions for a

timely and efficient renovation.

"I'd love for a client to have some numbers of how much they want to spend," said Jeff Pregman of Two Poor Teachers in Annandale. "I'd rather have a client that has a little bit of knowledge, a budget and a timeline so I can come in and give them everything they need."

The National Association of the Remodeling Industry recommends that homeowners decide how long they plan to live in their home before deciding how much to spend on remodeling costs. "If you

> SEE SUGGESTIONS, PAGE 21 www.ConnectionNewspapers.com

Home Life Style



Bob Gallagher, president of Sun Design in Northern Virginia, remodeled the kitchen and dining area of this Fairfax Station home. Local contractors say coming up with a budget can help ensure a smooth and efficient construction process.

Photo Courtesy of Sun Design/ Hadley Photography

Suggestions for Efficient Renovation

From Page 20

are going to stay in the home for more than 10 years, you should spend as much as you are able to create the home of your dreams," said Herriges. "However, if you are planning on moving in the near future, you should take care not to over-build for your neighborhood."

AFTER A BUDGET is established, experts say homeowners must tackle the task of interviewing and selecting a contractor. Contractors can be found through the National Association of Home Builders

and the National Association of the Remodeling Industry. Homeowners should ask prospective contractors for references and proof of insurance. The National Association of the Remodeling Industry also suggests checking with the government Consumer Affairs Office and the Better Business Bureau for complaints on record for the contractor.

Once a decision is made about who will do the construction, it is time to seal the deal. "The contract is a critical step in any remodeling project. This is the one item that holds the job together and en

See Remodeling, Page 23

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Home Life Style Remodeling

From Page 21

sures that all parties involved agree to the same vision and scope for the project," said Herriges.

The contract should detail what the contractor will and will not do, and should include a list of materials for the project, including size, color, model, brand name and product, said Herriges. Homeowners are advised to make sure financial terms, including final price and payment schedule, are spelled out in the contract.

"The homeowner could and should ask questions about the process for the project's development. They should make sure they understand the sequence of things that are being done so that decisions needed are made when they are needed," said Potomac resident Susan Matus of Case Design/Remodeling, Inc. "Don't design while you are under construction. Spend the time in the beginning so that you are not making changes constantly during construction. A good remodeler will have helped you make the right decisions before the project starts."

Maintaining a good relationship with a contractor is paramount to bringing a project to fruition. "The key to a good homeowner-contractor relationship is open communication," said Herriges. "Start a dialogue over issues you have, no matter how small you think they are. Chances are the problem can be overcome."

Your Guide through



This bathroom, in a Potomac home, was remodeled by Case Design/Remodeling, Inc. The National Association of the Remodeling Industry advises homeowners to develop a budget before calling an architect or contractor.

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Music



Rick Irby, top center, Kate Sirpis, top right, Allison Boehm, bottom left, and Claire Boehm, bottom right. Together they make up the band known as Neon Laces.

Sixth Annual Del Ray Music Festival

he sixth annual Del Ray Music Festival was held at the Mount Vernon Recreation Center on June 23. A variety bands performed and there were also many different genres of music like rock, folk, Colombian rock, alternative country, and reggae.



Christal Prout, who sings vocals for the folk band Chatham Street, plays guitar. Tom O'Connor.



Alternative country singer



Pasaporte Latino, a Colombian Rock band, performs at the festival. Jose "Joey" Vega plays guitar, Elsa Riveros sings vocals, and Perry Dunbar plays drums.

Opinion

Hospital's Stroke Treatment Exceeds National Guidelines

By Christine Candio, RN, FACHE CEO, Inova Alexandria Hospital

ot much keeps Peggy Kennedy down. In her six years on the job at an Old Town Starbucks, she's

never called in sick. A couple of Tylenol and she's good to go. But as she worked the register on June 26, a strange feeling came over her and she had to sit down. Her perfect work attendance streak would soon be over.

"I could no longer take people's credit cards or cash," she said. "My right arm went numb." The 57-year-old Alexandria native quickly realized she was having a stroke and asked a co-worker to call 911. Her quick response, coupled with a well-coordinated process between Alexandria City's Fire and

Letters to the Editor

From Page 12

comes back to bite you in the end. The recent tactics should not make residents of Alexandria mad, but rather just make us all certain that we deserve better. Alexandrians are some of the most well-informed voters in America and we should not have to endure this sort of nonsense. To make it stop simply requires voting for those who don't condone these dirty tricks in secret or in silence. It is about demanding better and expecting more from our political parties. In the end it is the hope that our Nation's two great parties can engage in intelligent and impassioned debate on issues that matter. It is the belief that compromise is not settling, but rather an attempt to discover the best possible outcome hidden from us due to our sometimes rigid opinions. For these great compromises necessary to address the grand challenges of our time, two great parties are needed. Presently, Republicans are tarnishing their once great name by resorting to dirty tricks of the most cynical variety. Alexandria deserves better in 2012.

> Niall O'Connor City Hall Precinct

Thanks Vice Mayor

To the Editor:

Whether one agrees with Vice Mayor Kerry Donley or not, as I have done on many occasions, agreed and disagreed, one thing I will say about our vice mayor is that he always responds to my calls/emails especially as they relate to problems at Southern Towers. Last winter when we lost power at Southern Towers, I called Kerry and he checked out the situation and got back to me. The power outage was related not only to the cables underground in our parking lot but also to BRAC-133 construction. With the recent power outage this past weekend, I did call Mr. Donley, using my cell phone, knowing that the loss of power at Southern



Commentary

EMS and Inova Alexandria Hospital, spared her from a lifetime of disability or possible death.

Peggy experienced the most common type of stroke in which blood flow to the brain is cut off by a clot in an artery. Fast treat-

ment with a clot-dissolving drug known as tissue plasminogen activase, or tPA, can minimize or reverse the devastating effects of this type of stroke, but only if given within three hours. National guidelines call for tPA to be administered within one hour for best results. For patients like Peggy, every minute that ticks by with a clogged artery brings the potential for more damage; hence the saying, "Time is brain."

Thanks to a fast response from Alexandria's Fire and EMS and their skilled

field assessment of her condition, Inova Alexandria Hospital's stroke team was notified and ready before Peggy arrived. "I was amazed ... they were waiting for me to roll through those doors," she said. Little did she know, we'd been perfecting our stroke response for a long time.

Certified in 2005 as the area's first Primary Stroke Center, Inova Alexandria Hospital is dedicated to committing the resources needed to quickly diagnose and treat stroke patients using evidence-based treatment protocols. We offer a multidisciplinary rapid response stroke team, a dedicated stroke lab and a computed tomography (CT) scanner right in the Emergency Department. We cross-train with Alexandria's EMS and provide their department feedback on every stroke patient they transport. It's continual process improvement for all of us.

Late last year, we took that process even Read more at www.stroke.org.

further. Using "Lean" methodology that emphasizes customer value with minimal waste, we reevaluated every step in the treatment process to eliminate redundancy or unnecessary steps. We trimmed our stroke protocol by more than half, from 16 steps to just six. As a result, we've seen our "door to tPA" times reduced from an average 151 minutes to well under the 60 minutes called for in national guidelines. In fact, Peggy's door-to-tPA time was 39 minutes. Just three hours after her stroke, she was back to her regular self. A mere four days later, she was lounging oceanside on her planned beach vacation.

"I can't stress how awesome an experience it was, even as scared as I was," Peggy said. "They made me feel safe and secure, like everything was going to be OK — and it was."

Make sure you know the signs of stroke. Read more at www.stroke.org.

Towers starting Friday night, June 29 and ending on Sunday night around 7 p.m. was not related to Southern Towers. I wanted to find out if he had any idea how long we would be without power. Kerry returned my call, gave me the updates he had gotten and like everyone else, could not be sure how long power would be out in my apartment complex nor at his house where he had also lost power in the West End.

When I returned home Monday afternoon, July 2, I found out that there had been a major water main break on Seminary Road at Fairbanks and Echols, across Beauregard Street. So we didn't have water or A/C. I didn't call our vice mayor because the problem was being worked on and I knew there was nothing he could do. However, as I was leaving my apartment Tuesday, July 3 around 12:30 p.m., the power was out, elevators weren't working, no A/C - you know the drill. As I was walking down the stairs from my apartment on the 12th floor, I pulled out my cell phone and called Kerry when I got to the 10th floor. Told him we had lost power, etc., etc. Later in the day, he called me back several times to let me know that he had contacted the city manager and with updates that a transformer had gone out at Alexandria Hospital and wasn't sure when we would get our power back. I told Kerry I would rather have "power" than water since I could plug in my fan, have lights, etc., etc. When I returned home late in the afternoon, the power was on, elevators working and A/C still pumping up.

Many thanks to Vice Mayor Donley for always returning my calls/emails when this stuff happens or other issues I have concerns about. I really do appreciate the fact that as one of our elected officials, he does respond to constituents concerns. Thanks for your help and assistance, even if it's only to give this citizen information. Other elected officials in Alexandria could learn a lesson from Mr. Donley.

> Annabelle Fisher Alexandria



The storm damage and blockage on 200 Block N. West Street.

This Could Have Been Avoided To the Editor:

City Hall wrings its hands about "global warming" when it wants treehuggers' votes or a new "fee" for something yet undevised, but when it comes to making practical public policy adjustments, City Hall is missing-in-action.

In March, I called three city street trees to City Hall's attention because, not withstanding their being able to set full crowns of leaves, their trunks were hollow. A couple of weeks later, the city arborist confirmed my observation and red-dotted them for removal ... "sometime this summer." The June 29 "derecho" electrical storm on the evening of a 104 degree day set two records consistent with climate change: most destructive summer storm and highest ever June temperature. One of



A photo taken day after the storm before the tree was removed.

the red-dotted trees came down and with it a power pole and high-voltage wires which were still "hot" Monday evening when I watched a power company crew take a reading where they lay on the pavement. The 200 block of N. West Street remained cordoned off to traffic for a week while power crews focused on higher priority power restoration.

Maybe we should have elected officials with science, technology engineering and mathematics backgrounds instead of lawyers, business consultants, educators, bankers, etc., who at least would understand that climate change makes extreme weather events more likely and that as soon as the city identifies a mature street tree as dangerously unstable, the city makes removing it a priority.

> **Dino Drudi** Alexandria

tes he had gotten and puld not be sure how out in my apartment use where he had also at End. ne Monday afternoon, hat there had been a

OPINION

A Spiritual Journey: Yoga in Daily Life Goes to Rio+20

By Amber L. Jones

he eco-warriors carried signs painted with slogans. The Occupiers protested corporate excesses. Scientists, farmers, mayors, business executives, and think tanks they all came to Rio de Janeiro for two weeks in June to participate in the Rio+20 United Nations Conference on Sustainable Development.

I was one of four teachers and students from the Yoga in Daily Life center in Del Ray, Alexandria, who participated in this historic event.

The Rio+20 conference marked 20 years since the Rio Earth Summit in 1992, which generated popular interest in environmental issues. This time, hundreds of organizations and thousands of individuals, including more than 100 heads of state, converged on the city. They tackled problems in food, water, energy, disasters, women's rights and more.

Our group took a slightly different approach than most other non-governmental organizations. We were in Rio to advocate an ethical and spiritual approach to sustainability. We promoted not only practical measures, like water treatment and clean energy, but also a return to living in harmony with the planet and with each other.

At Yoga in Daily Life in Alexandria and at centers worldwide, we embrace the spiritual teachings passed down through the ages from teacher to student. We live according to ancient principles of ethics, integrity, respect and nonviolence toward all



The founder of Yoga in Daily Life, Swamiji, with Dinah Wiley, a teacher at the Yoga in Daily Life center in Del Ray.

living beings.

At Rio+20, we joined the founder of Yoga in Daily Life, Paramhans Swami Maheshwarananda ("Swamiji"). Swamiji is a renowned spiritual leader from India. With his leadership, we contributed to several "side events" - discussions outside of the formal government negotiations - on subjects such as interfaith approaches to sustainability, frameworks that respect the rights of people and animals, and the spiritual aspects of our relationship with the planet

One of the highlights was Swamiji's presentation at a press briefing about a rainwater collection project in a droughtstricken area of India, supported by Yoga in Daily Life centers worldwide.

Our greatest contribution may have been in creating novel opportunities to get our message out and to invigorate and re-motivate the conference attendees.

As the conference wore on, we sensed that the negotiations had bogged down and people were getting discouraged. Halfway through the second week, we organized an opportunity for conferees to meditate together, for Mother Earth.

The inspiration for this idea came from our Yoga in Daily Life experiences. This was Swamiji's expertise: focusing people's energy on achieving something far beyond their usual routines.

The meditation was just what people needed. The room filled, and Swamiji conducted a warmly received meditation on what individuals could contribute to the conference on behalf of the planet.

Setting our sights even higher, we tackled a second inspirational event. We planted a "peace tree" on the conference center grounds, intended to be a lasting symbol of the commitments made at the historic meeting. With the support of United Nations and local officials, the tree selected was a Pau Brasil, the tree for which the country was named.

A crowd gathered, cameras clicked, and the tree-planting ceremony became a popular news item as well as an emblem of international cooperation.

On our last day, we submitted a "voluntary commitment," along with 700 other organizations. We pledged to take action at Yoga in Daily Life centers in Alexandria and elsewhere around the world by planting trees and cleaning local waterways. And we agreed to work with Swamiji to organize an international peace conference.

We had spent two busy weeks taking a stand for the planet, for ethics, and for a



A crowd gathers for the planting of a peace tree on the Rio+20 conference grounds, organized by members of the Yoga in Daily Life center in Del Ray.

spiritual approach to sustainability. At Rio+20, we learned an important lesson: that spiritually motivated activity could indeed influence events beyond our daily lives. We celebrated our contributions, while acknowledging that our work back home had just begun.

Yoga in Daily Life offers classes for the community in yoga, meditation and wellness at 2402 Mt. Vernon Ave., in the Del Ray section of Alexandria. Call 703-299-8946 for information. Website www.yogaindailylifeus.org.

Poetry

Cold Ashes

(on seeing Donald Depuydt's Lithographs and Etchings at The Athenaeum)

roosters crow the last day below Gothic arches as we shuffle along footprints marking the path to cold ashes remnants of the final flame nothing left but footprints and cold ashes under Gothic arches

> - Peter Lattu May 2012

Write

- The Connection welcomes views on any public issue. The deadline for all material is noon Friday.
- Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors Send to:

1606 King St. Alexandria VA 22314 Call 703-917-6444 Email: gazette@connectionnewspapers.com

Letters to the Editor • Gazette Packet

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Soft Shell Crabs vs. Hot Dogs

By Harry Covert

was introduced to soft shell crabs by a Greek restaurateur. I've thanked him ever since.

Seafood lovers like me enjoy them all over Old Town and "eat the whole thing."

I bring all this up because of the birthday celebrations at this time of year. The birth of the nation and Alexandria's anniversary last week was recognized with hot dog eating contests and despite the heat wave the backyard barbecues and steaks.

It was too hot outside for me so I remained in the cool air of the kitchen. No Nathan's or Ball Park goodies for me.

When I moved to Alexandria five lustrums-plus ago I determined to take advantage of all the delicacies from the surrounding waters. I've given it a good try.

It's not necessary to list the various styles of soft shells served in the city's pleasurable dining institutions. Take a walk down King Street toward the Potomac River. Almost any place will do.



MATTERS

On occasion, with apologies to the city's restaurateurs, there are some other fine establishments along the Chesapeake Bay, the Severn River.

Make your own choice.

Let me suggest not forgetting oysters from raw to steamed, on the

half-shell in soups and stews along with French fries, the seasonings and iced tea too. Best in the world? Probably so but why rank such morsels or eateries? Just enjoy.

My idea of surf and turf, seafood with steak, is simple. Soft shell crabs, ignore the red meat and have another soft shell, with or without tartar sauce, shrimp, mussels.

There are many good ways to prepare soft shells. I start with making certain they're cleaned and then marinate in milk for an hour. This creates a little plumpness. Then bake, deep fat fry or simply in a skillet.

This soft shell crab indulgence is an enabling tool. For a while it's an absolution from the distractions of the day. Relief is at the ready as the soft shells are cooking. If

you insist on using the backyard grill, the crustaceans acclimate well atop the charcoal.

Here's a good way to prepare them: After the milk marination carefully dip in a beaten egg and drag through a combination of half-cup corn meal and halfcup all-purpose flour. I include a generous portion of Old Bay seasoning. (Old Bay is also excellent for scrambled eggs and omelets or soft-boiled eggs.)

The moment of truth comes at this point. I've pre-heated the oven at 350°. On a cookie sheet place the soft shells an inch or so apart and bake for three or four minutes on each side.

These tasty morsels are good any meal of the day and any day of the year. Try them with your eggs, pancakes or waffles.

The only thing my teacher George Thanasoulis didn't do well was brew coffee. Coffee-making is my expertise. He taught me how to buy dozens in the summer, boil (blanch), wrap individually and freeze. Come the cold days of winter, these soft shells are ready. What a joy for seafood lovers. Happy birthday to us.





Schools

Send announcements to the Alexandria Gazette Packet, by e-mail to gazette@connection newspapers.com. Deadline is Thursday at noon. Photos are encouraged.

The following local students from Alexandria graduated from the University of Kansas on May 13. **Gizachew Emiru** will receive a Juris Doctor. **Ganesh Nair** will receive a Juris Doctor.

Mary Katherine Rother of Alexandria received the juris doctor degree on May 5, from Washington and Lee University School of Law. Rother graduated cum laude. She received the B.A. degree from College of William and Mary.

Rene Borges of Alexandria graduated from Rochester Institute of Technology with a Bachelor of Science degree in information security and forensics from RIT's B. Thomas Golisano College of Computing and Information Sciences in the winter 2011–2012 guarter.

Muriel LaMois, a graduate of T.C. Williams High School, received a bachelor of arts degree from The College of Wooster during commencement exercises on May 14. A history major, LaMois is a resident of Alexandria.

Johanne Walleck of Alexandria received a Doctor of Physical Therapy from Quinnipiac University during a commencement ceremony held May 13 at the TD Bank Sports Center.

Goma Thapaliya of Alexandria graduated from the College of Mount Saint Vincent on Saturday, May 19, on the River Lawn of the College's Riverdale campus.

James Ahern of Alexandria graduated from the University of Wisconsin-Milwaukee on Sunday, May 20 with a degree in MLIS - Master of Library and Information Science, School of Information Studies.

Erin Rheinheimer, a first-year Art and Education Licensure, PreK-12 major and resident of Alexandria, was among 250 students from Eastern Mennonite University who made the spring semester Dean's List.

The following students were recognized as members of the dean's list for the spring semester at Eastern Mennonite University, Harrisonburg.

Heather Evans, a first-year Music: Performance major from Alexandria.
Julia King, a senior Theater major from Al-

exandria.
Stephanie Rheinheimer, a junior Social Work major from Alexandria.

Tyler Kimbel of Alexandria received a Doctor of Philosophy, Counselor Education and Supervision, at the University of Northern Colorado during graduation ceremonies May 4-5.

Kyle Travers, a resident of Alexandria, has been named to the Spring 2012 Champlain College's Dean's List for academic achievements and achieving a semester grad point average of 3.5 or higher. Travers is majoring in Secondary Education -English.

Kevin Komson Sidney, a senior at Hampden-Sydney College, was inducted on May 2 into Pi Mu Epsilon, the national honorary mathematics society. Kevin, a mathematical economics major, is a graduate of West Potomac High School and is the son of Mr. and Mrs. Louis E. Sidney of Alexandria.

Everton Nascimento Batista graduated cum laude with a B.A. in economics and commerce from Hampden-Sydney College on May 13. A graduate of St. Stephens & St. Agnes School, he is the son of Louis A. Masochini of Alexandria.

Monica Varner of Alexandria has received Randolph College's alumna-sponsored internship at the Preservation Institute: Nantucket. Varner, a rising junior, will participate in the program this summer. The support of alumna Lynne Land ('60) and her husband, A.J., allows Randolph College to offer a student a full scholarship to study historic preservation for eight weeks on Nantucket Island.

At Final Convocation on April 26, Hampden-See Schools Notes, Page 29 www.ConnectionNewspapers.com

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SCHOOLS Students Work To Save Winkler Botanical Preserve

The following was written by Mary Breslin's seventh grade science class at George Washington Middle School.

t's been several years since the stu dents in Mary Breslin's seventh grade Science class first set foot in Winkler Botanical Preserve, and they haven't been able to stay away since. Having taken two to three trips each school year since Kindergarten, they've covered everything from rocks to animal species, all with accompanying activities like educational games and fun rope courses. Such frequent visits to the preserve have given students all over Alexandria a truly beneficial and rare chance to explore nature and investigate the many mysteries of wildlife.

"In fifth grade, we made 'metamorphic waffles'," reflects a student. "They always found a unique way to incorporate fun into learning." Since the beginning, the preserve has presented Alexandria's younger generation with an opportunity to escape the urban area and experience nature at its finest. They can see and do things that would never be possible in the middle of a city. "I was and still am shy, but whenever I went to Winkler, nothing mattered but having fun and exploring new things in a green environment," yet another student reflects fondly.

Getting this chance allows them to discover a whole new, more adventurous side of themselves.

But then, on Nov. 5, 2011, GWMS student Jack Mackey found unusually high levels of nitrogen and phosphorus in the water of the Winkler Botanical Preserve. "I was



Seventh graders for Mary Breslin's science class at George Washington Middle visited the Winkler Botanical Preserve during the school year.

immediately confused as to why these levels were present," says Jack, "But once I took a closer look at the data, I realized why they were occurring and found myself becoming even more focused on the project." Breslin's 7th grade Science class at George Washington Middle School 2 then became very interested in why this was happening and how they could help prevent it by making a change in the community.

The explanation Jack Mackey found became obvious after his testing: Storm-water runoff. "It can be caused by things like houses, buildings, roads, or any impervious surface," he says. Impervious surfaces are hard and usually artificial structures do not allow water to pass through them. Some examples include patios, parking lots, driveways and rooftops.

By making this issue visible to the public eye, the class hopes to decrease the amount of pollution in their community. "Winkler has always been a safe place for elementary school students to explore the last wildlife habitat in Alexandria. To think that pollution will ruin that would be a crime in itself," states a George Washington Middle School student. But with a little money and a lot of support, Winkler can and will be the same place it has always been since 1998, when el-

ementary schools in Alexandria first started visiting the preserve.

In the past, many public controversies have centered around the possibility of Winkler being put in harm's way. But the preserve's many strong supporters have always risen to the challenge, whether it be writing letters, signing petitions, or speaking out against the higher force. And this is no exception — the students are determined to do everything within their ability to protect the preserve.

However, protecting the water quality is not the only way that this middle school class is working to defend Winkler. In the past few weeks, students have been speaking at public discussions, circulating peti-

School Notes

From Page 28

Sydney College senior **Everton Nascimento Batista** received the William R. Hendley Award in Economics, presented by Dr. Justin P. Isaacs '95, Associate Professor of Economics. This award is presented to the senior economics major who, in the judgment of the department, has gained the greatest benefit from his major.

A Davis Fellow, Everton is a member of the Student Body Senate, the Society of 1791 (leadership program), the Pre-Business Society, the Garnet & Grey Society, the Soccer Club, and the Rugby Club. He writes for The Hampden-Sydney Tiger, the school's newspaper. An economics and commerce major, Everton graduated from St. Stephens & St. Agnes School and is the son of Louis A. Masochini of Alexandria.

Saint Augustine's College recently admitted for its fall 2012 semester, the following Alexandria residents: **Teyah Conaway, Tiffani Gibson, Percy Haskins, Shacolbe Horn, Johnnie Jackson, Tyriek James, Abenezer Jemal, Johnee Lewis, Tyrone Mackall, Jordan Ray** and **Grand Roberson**.

Mark Mattis of Alexandria has been named to the 2012 spring semester Dean's List at West Virginia Wesleyan College.

Shamim Siddiqi from Alexandria a bachelor's degree in biology .

tions, and writing letters to try and stop the latest attempts to build roads or developments that could potentially harm Winkler's wildlife. "These proposed roads are impervious surfaces, and would, therefore, cause even more storm-water runoff, jeopardizing the preserve," explains Jack.

The amount of storm-water runoff depends on how many cars drive on it, how much car exhaust hits the road, and how much rain the area receives.

However, any consistent amounts of storm-water can and will cause long-term negative effects on the preserve.

Since finding out what is harming the preserve, these students have poured all of their energy and focus into reversing those problems and restoring Winkler back to the fun learning environment they know and love.

Students are now working hard to do everything that they can to stop recent efforts to build roads that would cause negative effects on the water quality. In addition to this, a long-term testing plan is in the works. Efforts have already been made to purchase a testing kit, and volunteers in the class will go to the preserve on a regular basis to ensure that the water is healthy and thriving.

The many great memories that have been formed at Winkler will always be remembered by these students, and they want to ensure that future generations have the same opportunities that they did.

So now, we must do all that we can to save Winkler. "Because, once it's gone, it's gone," says Jodie Smolik, director of the preserve. "It's irreplaceable."

Update on Transforming Mt. Vernon Community School

he transformation process for Mt. Vernon Community School began in April when Superintendent of Schools Dr. Morton Sherman appointed T. C. Williams High School Executive Associate Principal Peter Balas to lead that process. Balas assumed his responsibilities as Mt. Vernon's principal on May 3.

Since then, Balas has filled 20 staff vacancies, reaffirmed his commitment to the dual language program and decided to take more time to evaluate the International Baccalaureate Primary Years Programme.

Mt. Vernon staff will focus on improving math and reading scores at all levels. The math team has worked with Cora Kelley staff and ACPS Curriculum and Instruction staff to develop a plan for math instruction. The 75-minute daily math block will be filled with strategies that strengthen both math and literacy skills. MVCS math teachers will begin training on the cycle of continuous improvement, which has been implemented at Cora Kelly.

The reading team chose Success For All, a researchproven program that is designed to address the needs of all students.

Teachers will continue to train on the latest version of the ACPS curriculum. This will be the strategy used for teaching science, social studies and writ-

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n ing.

There will be a Spanish literacy block for students enrolled in the dual language program, which is based on the approach used at Escuela Key in Arlington. Students who are not enrolled in the dual language program will be scheduled for language acquisition instruction.

The school will create a Family Welcome Center where families will have access to bilingual staff and the internet.

Mt. Vernon Community School is a K-5 school, located in the heart of Alexandria's Del Ray neighborhood. The school offers an English-Spanish dual language program and operates on a modified calendar. The school year begins Aug. 1, 2012 and ends in June 2013, with extended learning sessions in October and April. Students may participate in four weeks of Extended Learning Opportunities during the October and April Breaks.

Student enrollment for the 2011-12 school year was 713: 8 percent African-American; 1 percent Asian/Pacific Islander and American Indian; 57 percent Hispanic; 33 percent white; and 1 percent other. 41.2 percent of the students speak English as their second language and 59 percent are eligible for free or reduced lunch through the federal School Nutrition Program.

Jasacs '95,
omics. This
senior eco-
idgment of
e greatestJason Livernois, a resident of Alex-
andria, was among the class of more
than 451 graduate students at Nazareth
College who received master's and doc-
toral degrees during the College's 85th
Commencement Exercises held on May
12. Livernois received a MSE degree in
Inclusive Education.

management.

The following local students are members of the graduating class of 2012 at Eastern Mennonite University, Harrisonburg, Va.:

graduated from Brenau University with

a Master of Business Administration

degree after focusing studies on project

 Julia King, a bachelor's degree recipient in theater.
Barbie Fischer, a master's degree

recipient in conflict transformation. *** Tammy Briggs**, a master's degree recipient in nursing.

Ingrid K. Mangold of Alexandria received a bachelor of arts degree in English within the College of Arts & Sciences during May commencement ceremonies at the University of Vermont.

Kevin Sumner Stewart has been named to the Dean's List at The Citadel, The Military College of South Carolina, for academic achievement during the spring semester of the 2011-2012 academic year. Stewart is a Cadet seeking a bachelor's degree in biology.

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Sports

TC Football Players Put in Work on 'Green' Day

Titans polish individual skills in offseason practice.

By Jon Roetman Gazette Packet

he start of high school football season is less than a month away. While players have to wait before putting on the pads, T.C. Williams athletes on Tuesday were making the most of an opportunity to work with coaches and polish their individual skills.

TC football coaches and players took part in their first of seven "green" practices on July 10 at Parker-Gray Stadium. "Green" days are part of the Virginia High School League's offseason policy passed last season which allows coaches and players to work together in a non-team-oriented fashion. Each sport has seven days in the summer and 12 days in each non-scheduled season (fall sports get 12 days in the winter and spring) where players can work with coaches to improve individual skills. Small group work is allowed, but team drills ---such as playing 11-on-11 football or 5-on-5 full-court basketball — are forbidden. The practices must be open to everyone in that particular school and must be advertised.

The policy includes "red" days, which forbid offseason contact with coaches 10 days after the first practice of an in-season sport. There is also a summer dead period of one

Sports Briefs

Chinquapin Swimmer Breaks 34-year-old League Record

The Chinquapin Wahoos, the only public swim team in the City of Alexandria and the Colonial Swim League, came away with a two-point win on Saturday, July 7 over the Sugarland Run Dolphins. The swim meet also featured a record-breaking performance by Wahoo Ronan Lauinger.

Lauinger broke the CSL's 8U boys' 25-yard breaststroke record with a time of 19.21 seconds during a home meet at Old Town Pool, located at 1609 Cameron St. in Alexandria.

The previous record of 19.80 was set in 1978. Lauinger is also the current league leader in the boys' 8U 25 free with a time of 17.34, and the boys' 8U 100 IM at 1:40.17. Wahoo teammate Emil LaSida sits atop the league in boys' 8U 25 fly, while the boys' 8U 100 medley relay team, consisting of Bennett Logan, Lauinger, LaSida and Simon Taylor, is also first in the league with a time of 1:27.54.

The CSL, founded in Northern Virginia in 1962, consists of 24 swim teams divided into four divisions based on competitive strength.

The Wahoos compete against other teams

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8 a.m.



T.C. Williams quarterback Alec Grosser throws a pass during a "green" practice on July 10 at T.C. Williams High School.

week after the start the VHSL calendar. This year, it was July 1-7.

TC head coach Dennis Randolph, who missed the final six games of the 2011 season due to health issues, said he is "unequivocally" in favor of what "green" days offer to coaches and athletes.

"I'm just glad that they don't let you go out in shoulder pads. Some coaches get carried away and want to hit and it's not about that," Randolph said. "It's about teaching

individual skills ... and putting in a little bit of your offense and a little bit of your defense and some 7 on 7."

Randolph said the Titans will use two 'green" days per week — Tuesdays and Thursdays - for three weeks and use the final day on a Wednesday prior to the start of the season.

Rising senior quarterback Alec Grosser said he used the time to work on his technique.



in the Gold division at Saturday "A" or dual meets as well as Wednesday evening developmental "B" meets.

The Chinquapin Wahoos are part of the Recreation Department Sports Section in association with the Chinquapin Park Recreation Center the Aquatics Division. Unlike the five other private clubs and neighborhood association pools that it swims against, the Wahoos draw their 130 members from all neighborhoods within the city.

The remainder of the season pits the Wahoos against the Saratoga Stingrays at their pool in Springfield on July 14, and the Glen Cove Pirates at home at the Old Town Pool on July 21. All Saturday meets start at

swimmer Ronan Lauinger broke the Colonial Swim League's 34year-old record in the boys' 8U 25-yard breaststroke on July 7.

Adult Sports Fall **Registrations** Open

The Alexandria Department of Recreation, Parks and Cultural Activities; Sports Section is accepting registrations for the fall 2012 adult sports co-ed and men's programs. Registration will run through Aug. 19 for the for teams in co-ed softball, co-ed soccer, co-ed volleyball, co-ed kickball and men's softball. The seasons will run September through mid-November.

Anyone interested in registering may obtain a packet at the department's Website at www.alexandriava.gov/recreation, pick up a packet from any of the neighborhood



T.C. Williams running back Dealo **Robertson carries the football** during a "green" practice on July 10 at T.C. Williams High School.

"It's good to get out here twice a week," he said, "and work mechanics and reps with the receivers."

Rising senior receiver Landon Moss, who played high school football for the first time last season, said he is ready for a more productive season.

"I feel like I can contribute more," said Moss, a college prospect. "I've got my technique down [from] working in the offseason SEE OFFSEASON PRACTICE, PAGE 31

recreation centers or contact the sports office at 703-746-5409.

Youth Volunteer **Coaches Needed**

The Alexandria Department of Recreation, Parks and Cultural Activities is seeking volunteers to coach youth baseball, softball, field hockey, swimming, track and field, rugby, summer basketball and football. Criminal history background checks are required. Interested persons should call the sports office at 703.746.5402 or emailmac.slover@alexandriava.gov or Tamika.coleman@alexandriava.gov.

Alexandria Titans Football Registration

The Alexandria Department of Recreation, Parks and Cultural Activities; Centers, Playgrounds and Youth Sports Division is accepting registrations for the Alexandria Titans youth tackle football program. Teams are formed in the following weight divisions and participate in the Fairfax County Youth Football League: Anklebiters; 75 pounds; 85 pounds; 95 pounds; 110 pounds; 125 pounds; and 150 pounds. Participants will

> SEE SPORTS BRIEFS, PAGE 31 www.ConnectionNewspapers.com

Sports

Offseason Practice Focuses on Skills

From Page 30

with coaches. I feel it's going to be a better year."

Some of the Titans have been hard at work in the weight room and at camps for several months. Rising senior running back Dealo Robertson said part of being a leader is setting an example.

"When you step up and make big plays in the offseason, I think it translates to the season," Robertson said. "... [Being a leader is] hard. It's a lot of responsibility. You're not in the back of the line anymore. You're in the front of the line — you've got to demonstrate in the line.

You've got to let the younger guys know what it takes to make it on the varsity level."

The TC football program hasn't made the playoffs in 21 years. While the Titans are working hard in the offseason, Grosser, who enters his third season as the team's starting signal caller, said he tries not to think about snapping a postseason drought of more than

Sports Briefs

FROM PAGE 30 be weighed and assigned to teams according to their weight and age. This program is for participants ages 7-16.

Registration fee is \$30. All participants must have a Division of Motor Vehicles identification card upon registration. The Sportsmanship and Equipment Days will be held from 9 a.m. to 1 p.m. on Saturday, July 21 (anklebiters and 75), Saturday, July 28 (85 and 95) and Saturday, Aug. 4 (110, 125 and150). The Alexandria Titans Football Camps (free for Titan players only) will be held July 30 through Aug. 2 from 6-8 p.m. at George Washington Middle School.

The Alexandria Titans Youth Football Booster Club is looking for sponsorships for the 2012 season. For more information or to register online, call the Sports Office at 703-746-5402 or visit www.alexandria va.gov/recreation.

Community Open Play Days and Nights

July is National Park and Recreation Month in Alexandria and throughout the United States. The Alexandria Department of Recreation, Parks and Cultural Activities is celebrating "Rock Your Park" by offering free Community Open Play Days and Nights throughout the summer at Ben Brenman Soccer Field and Four Mile Soccer Field. We will be providing the opportunities for families, friends and neighbors of all ages to come visit our fields to exercise, play soccer, lacrosse, touch football, rugby, Frisbee and more.

Play days will be held at Ben Brenman Field (4800 Ben Brenman Drive) on Tuesdays and Thursdays, from 6 to10 p.m., Saturdays from 11 a.m. to 7 p.m., and Sundays from noon to 6 p.m. Play days will be held at Four Mile Soccer Field (3700 Commonwealth Avenue) on Saturdays from 11 a.m. to 7 p.m., and Sundays from noon to 6 p.m. Play days are for city residents only and are on a first-come, first-served basis.



T.C. Williams football players and coaches took part in their first of seven summer "green" day practices on July 10. "Green" practices are part of a Virginia High School League policy passed last season that allows high school athletes to polish their technique and work with coaches in the offseason. Team drills, such as 11on-11 in football, are not allowed.

two decades.

"Just don't even think about it at all," he said. "Just go out, have fun, work hard and play football. Don't think about the records, don't think about playoffs — just don't think about it."

Moss had a different take. "We're making the playoffs this year," he said.

Lil' Titans Youth Flag Football

The Alexandria Department of Recreation, Parks and Cultural Activities; Sports Section is now accepting registrations for the Lil' Titans Youth Flag Football program. This developmental program is for participants ages 5 and 6. League age is determined by the age of the participant as of Oct. 1, 2012. Teams are formed by recreation districts. Registration fee is \$60. All participants must be residents of the City of Alexandria. Games will be held on Saturday afternoons in September and October. The league is limited to a maximum of 100 registrations. For more information, call the sports office at 703-746-5402 or go on the recreation department's Website at www.alexandriava.gov/recreation for the registration forms or to register online.

Girls' Volleyball Program

The Alexandria Department of Recreation, Parks and Cultural Activities; Sports Section is accepting registrations for the girls' volleyball league for ages 9-14. League age is determined by the age of the participant as of Dec. 31, 2012.

The league is designed to develop the basic fundamentals and further the development of the skilled players. Teams will be formed in the 9-11- and 12-14-year-old divisions. Practice begins mid-September with practices on Sunday afternoons and games on Thursday and Friday nights through December. The registration deadline is Sept. 7 and is limited to a maximum of 120 participants. The fee is \$40 and participants must be a resident of the City of Alexandria. There will be a clinic for the girls registered. For additional information, call the Sports Office at 703-746-5402 or visit alexandriava.gov/recreation for the registration forms or to register online.



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NEXT 3 HOME GAMES: Thursday, July 12 vs. Rockville Express - 7 PM -Sponsored by Don Hughes and 1st Command Financial Services - City Employee Night





Sunday, July 15th vs. Baltimore Redbirds - 1:30 PM

Aces home games are played at Frank Mann Field at Four Mile Run Park, located at 3700 Commonwealth Avenue in Alexandria, behind Cora Kelly School

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ENTERTAINMENT Lights, Camera, Action!

Alexandria is location of choice for young directors.

By Montie Martin Gazette Packet

here's something about Alexandria that sets the scene for moviemakers. From the ambient sound of birds to distinctive locations, Alexandria is a city that offers much for small budget films.

Claire Enssin, an Alexandria native and budding director, recently completed a professional level project called "Pedestrian." The seven-minute short focuses on a disturbed young man with a weakness for young girls.

"I had a version of the script for New York City, but it felt stale. I was in Alexandria for winter break, and the more I explored the more thrilled I became with the location," said Ensslin. "The city is unique, it has a lot to offer."

Ensslin is one of hundreds of young moviemakers who select Alexandria as a fitting location for film projects every year. According to the Merrie Morris, director of public affairs with the Alexandria Convention and Visitors Center, the vast majority of films set in Alexandria are small documentaries and student projects.

"We have a pretty friendly film policy in Alexandria, as long as there are no police needed to block streets or parking reservations, it is absolutely free," said Morris. "I reach out to the person to get a sense of what the project is about, and 85 percent of the time it gets approved. We do get some pretty wacky inquiries, a reality TV show wanted to throw a rope ladder off the Wilson Bridge and climb it as a fitness example, we said absolutely no, I thought that was absurd."

Although major productions like "J. Edgar" were filmed in part in Alexandria, the city does not actively engage Hollywood. The quintessential Alexandria movie, "Remember the Titans," was filmed almost exclusively in Georgia.

Nonetheless, small budget filmmakers eager to use the city as a location can expect a relatively painless process. There is no fee for the online application. Prospective filmmakers indicate date, time, and location of the shoot, as well as the number of people involved. The ACVC office then consults with relevant city officials if there are necessary special permits needed, and if the film is slated to use a neighborhood setting, filmmakers are asked to alert residents. Filmmakers must also have insurance to protect the city from liability.

Although historic Old Town is the most desirable location, nearly 50 percent of all applicants choose the area, if film produc-

tion is set on private property there is no need for permitting. The economic benefits of filmmaking are significant. Even small budget projects have a positive economic impact.

"No producer can be a penny pincher. I put the actors up at the Mark Center, and used catering from local restaurants to keep morale up," said Ensslin. "If everyone is inspired, it makes the movie better."

The three-day shoot in Alexandria cost Ensslin \$25,000, but she estimates the true cost would have been more than twice as much had she not elicited help from volunteers. Extras for her

short came in the form of friends, and sound management was available from her former production teacher at T.C. Williams high School, Ben Jordan.

"I really enjoy the opportunity to see my students go out and do

creative things on a professional level. We have had students go on with

had students go on with the TV and film industry, but Claire was the first who had completed



Director and Alexandria native Claire Ensslin on the set of her seven-minute short, "Pedestrian," filmed in Alexandria.

an independent project," said Jordan. "She's possibly the most talented student I had."

About 100 students take part in the T.C. Williams TV production department, now in its 12th year, and contribute to the local news on Comcast channel 71. Advanced

> students produce a daily morning show. After graduating from T.C. Williams in 2008, Ensslin attended the School of Visual Arts in New



"Pedestrian," a seven-minute short, cost director Claire Ensslin \$25,000.

York City, a film trade school where she gained immediate access to high-end production equipment.

Ensslin filmed in 35-millimeter, using the same camera for her Alexandria shoot as films like "Napoleon Dynamite" and "Requiem for a Dream."

"I could have shot the movie with an iPhone, but the story is what matters and I wanted a particular look. There's a flicker to 35-millimeter, and wanted to elicit an emotional response with the film," said Ensslin. "I'd like to work on feature films in the long term, and I want film in Alexandria again."

So You Want To Act? Tips from local actors.

By Sandy Martinez Gazette Packet

ne of the hardest things about starting any career is getting that first job. It's no different with acting. However, moving to Los Angeles or New York to get an acting job isn't necessary. Mainstream television shows and movies are filmed nationwide. The chance to work as an actor living in Alexandria doesn't have to be difficult.

Where to start? There's no one sure way to become a successful actor. Acting success happens through luck, connections and perseverance.

The one thing all actors need is a picture. To act in theater or film, you have to have a headshot. How much you want to pay and how you want the picture to look varies.

"I paid \$450 for 150 digital shots and two separate looks. The hair and makeup was an extra \$95. And choosing and retouching my two favorite photos from the 150 shots was an extra \$55 each," said Alexandria resident, Gladys Fabian. "I also dished out another \$200 for printing. It adds up. Do the math."

However, sometimes you don't have to spend any money at all for a photo to be in a Hollywood movie as was the case with Alexandria native Quinn Hynes who was an extra in the movie "The Hunger Games."

"I didn't have anything professional. I took my own snapshot and sent it in. They called me in two weeks," said Hynes.

If you are really lucky, you can be discovered at a Starbucks.

Alexandria film director Jennifer Schwed and Arlington Associate Producer Doug Bradshaw discovered the star of their film "The Upside of Iris" while scouting for locations.

"Long story short — Jen said, 'Oh my God. That girl ... She's Iris!' So, after some discussion, I had to run down after her and follow her into the Starbucks. Then I introduced myself to this beautiful young woman by saying, 'Hi, my name is Doug. And I'm not hitting on you ...," said Bradshaw.

If you want to audition for a play, The Little Theater of Alexandria is holding auditions this Saturday from 2-4:30 p.m. and Sunday from 7-9 p.m., for their fall performance of "Funny Money," a British farce. LTA holds auditions several times a year.

"Gaining experience with a community theater will really benefit you as an actor," said Katie Tannehil, an Alexandria resident who plans to audition this weekend. "It's a great place to start your career, give you the opportunity to learn many aspects of the theater and to help you build your resume."

Despite the different approaches of getting into acting Fabian, Hynes and Tannehil agree that it's better not to have a talent agent so early in their career. Especially since the majority of the jobs asking for talent can be found in association websites or in a city's film commission without the help of an agent.

"I read the book, I heard the film rights were sold, I followed the production news, I filled out a form, answered a couple of questions and I got a call in two weeks," Hynes said, acknowledging he didn't have an agent.

"Agents are tricky" Fabian said. "I was in the process of getting one until he said he would also take a fee from anything I found on my own. I would use one in LA or NY but not in this area."

Becoming an actor in the area is a little harder than in bigger cities but not impossible. The region has a large and thriving theatre and film community. To make a living solely as an actor it can be done, but just like anywhere else, it is not easy. As with any other market, an actor will thrive in the area as long as he or she is skilled, focused, and a self-starter.

Entertainment

Christmas Spirit Returns to Union Street

Santa Claus is coming to town...a bit early! This time, old Saint Nick has hung up his red suit and opted for a pair of sunglasses and swim shorts as he prepares to spread holiday cheer on the streets of Old Town when the third annual Christmas in July Celebration returns to Union Street on Saturday, July 21, 2012.

The event is co-presented by The Christmas Attic and the businesses of Union Street. Approximately 15 retailers and community organizations will host activities either inside stores or on Union Street ranging from pictures with "summer" Santa & Mrs. Claus, fashion trunk shows, food and wine tastings, cookie decorating, story time for tots, paint your own snowman, ornament making, ice cream social, carnival fun, musical entertainment and much more. The day will be filled with store activities, raffle drawings, shopping/ dining deals and holiday delights for all ages. There will be musical entertainment on Union Street from noon to 4 p.m.

Each year, the Union Street businesses pick a charity organization to support during the event week-



end. This year, all proceeds from Wish Star sales will benefit Make-A-Wish® Mid-Atlantic which grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

A complete schedule of the weekend's events and musical entertainment is listed on www.christmasattic.com and on the event's Facebook page.

City Gallery 'Call for Artists' Deadline Extended

The Office of the Arts, in partnership with the Alexandria Commission for the Arts is putting out a "call for artists" for area visual artists to submit their work for display in the City's galleries. Individual artists, groups of artists, and organizations who live and work in the city of Alexandria are eligible. Each exhibition will run for six months. There is no exhi-

bition theme. Visit www.alexandriava.gov/arts for more information, submission requirements and application forms. Entries will be accepted electronically and by U.S. Mail. E- mailed entries are to be sent to aca@alexandriava.gov with "Call for Artists" in the subject line. Mailed entries are to be mailed to Office of the Arts, Attn: Call for Entries 2012-2015, 1605 Cameron St., Alexandria, VA 22314. Deadline for submission has been extended to Monday, July 16, 2012 at 5 p.m. Finalists will be notified by e-mail by Monday, July 23.

For more information on other Arts Commission programs or services, visit www.alexandriava.gov/arts, or call the Office of the Arts at 703-746-5588.

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E-mail announcements to gazette@ connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

THROUGH JULY 29

Peace Paper Project – Workshop & Exhibition. July 12 - 29. Reception July 12, 6 - 8 p.m.; during 2nd Thursday Art Night. This workshop and

CALENDAR exhibition are designed as a collaborative project

between the Torpedo Factory Art Center's TargetGallery and Peace Paper. Participants will be comprised of Torpedo Factory artists and survivors of trauma. They will use a portable paper making studio and fibers that hold significance (such as articles of clothing that one might have worn during chemo treatment, or part of a military uniform) to create hand made paper, and then create artwork onto this paper. Torpedo Factory Art Center, 105 N. Union Street, Alexandria. www.torpedofactory.org/galleries/ APS/PeacePaper.htm

The

THURSDAY/JULY 12 Story Time Children's Program, Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 10:30 a.m. or 3 p.m., for ages 3 to 5 (children only). Sign-up required: call 703-746-1702x5 or visit children's desk.

Opening Reception. 6-8 p.m. The Torpedo Factory Art Center's Target Gallery presents Masks, which runs through July 29. This solo exhibition features paintings and sketches by Susan Makara, winner of the Friends of the Torpedo Factory Art Center's annual Artist of the Year award

FRIDAY/JULY 13

- Mt. Vernon Nights. 7:30 p.m. Little Red & The Renegades performs a variety of American music, emphasizing Zydeco and Cajun. Mt. Vernon Nights at Grist Mill Park. 4710 Mt. Vernon Memorial Highway Alexandria. Visit
- www.littleredandtherenegades.com. Alexandria Citizens Band Concerts. 7:30-8:30 p.m. The Alexandria Citizens Band, the City's Oldest Performing Arts Organization, is celebrating 100 years. Join them in front of City Hall and enjoy the wide variety of music including marches, jazz, classical, patriotic and others. Market Square, 301 King St. Call
- 703-746-5592 Wee Ones Storytime at Hooray for Books! Children's Bookstore. Join us from 10:30 - 11 a.m. as we explore the world around us with some stories and songs. Ages 2 and under. Free. Hooray for Books! is located at 1555 King Street Alexandria.

SATURDAY/JULY 14

- **The United States Marine Chamber Orchestra**: Summer Concert Series II. 7:30 p.m. Free. The Schlesinger Center, 3001 N. Beauregard St., Alexandria. Visit
- www.marineband.usmc.mil. Banjo Festival. 7:30 p.m. Mike Seeger Commemorative 6th Annual Old Time Banjo Festival. Artists include Bill Evans, Adam Hurt, The Old 78's, Evie Laden, and Cathy Fink & Marcy Marxer. Advance tickets are highly recommended. Birchmere Music Hall, 3701 Mt. Vernon Ave., Alexandria.

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ENTERTAINMENT

From Page 33

Call 202-397-SEAT. Wee Ones Storytime at Hooray for Books! Children's Bookstore. Join us from 10:30 - 11 a.m. as we explore the world around us with some stories and songs. Ages 2 and under. Free. Hooray for Books! is located at 1555 King St., Alexandria.

SUNDAY/JULY 15

Chamber Music. 3 p.m. Washington Metropolitan Philharmonic Association 2012 (22nd) Annual Chamber Music Series. Performance by The Edwin Trio: violinist Rachele Sills, cellist Ryan Bridgland, and pianist Stefanie

Watson; with Guest

Artists: violinist Winnie Nham and Erin

CALENDAR

Terwilliger. The Lyceum, 201 S. Washington St., Alexandria. Visit www.wmpamusic.org, email wmpa@earthlink.net or call 703-799-8229

- Jazz at Meade. 4 p.m. \$15 donation. Featuring Nasar Abadey. Light refreshments will be served. Parkingavailable in the church's lot and on the street. Meade Memorial Episcopal Church. 322 N Alfred St., Alexandria. Call 703-549-1334
- Banjo Workshops. noon-2 p.m. and 2:30-4:30p.m. Artists include Bill Evans, Adam Hurt, The Old 78's, Evie Laden, and Cathy Fink. House of Musical Traditions, 7010 Westmoreland Ave. Takoma Park,
- Md. Call 301-270-9090. Family Day. 1p.m.-4p.m. Gadsby's Tavern Museum is welcoming families with special tours hosted by its Junior Docents. Visit www.gadsbystavern.org.

City of Alexandria Hosts 9th Annual **Comcast Outdoor Film Festival**

The City of Alexandria will host the ninth Annual Comcast Outdoor Film Festival on Friday, July 13 (Mission Impossible: Ghost Protocol) and Saturday, July 14 (We Bought a Zoo) at Waterfront Park, 1A Prince St. Movies begin at approximately 8:30 p.m. (at dusk). Admission is free.

Popcorn, homemade lemonade, and other food items will be available for sale. A portion of the proceeds earned will benefit Boys & Girls Club of Greater Washington, Alexandria Chapter. Participants may bring blankets or lawn chairs to sit on, and coolers and outside food items are welcome. No grilling allowed.

Call the Special Events Hotline at 703-746-5592 for weather related cancellations. The free King Street Trolley will operate between the waterfront and the King Street Metro until midnight. The Outdoor Film Festival is cosponsored by the City of Alexandria and Comcast.

MONDAY/JULY 16

- Summerquest: KayDee Puppets, James M. Duncan, Jr. Branch Library, 2501 Commonwealth Avenue. 10 or 11 a.m., ages 2-5 with an adult. 703-746-1705.
- Summerquest: Reptile World, James M. Duncan, Jr. Branch Library, 2501 Commonwealth Avenue. 3:30 p.m., ages 6-12. 703-746-1705.

Little One-Ders Children's **Program**, Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 10:30 or 11:15 a.m., ages 12 to 23 months, with an adult. Sign-up required: call 703-746-1702x5 or visit children's desk.

TUESDAY/JULY 17

THE FUND FOR ALEXANDRIA'S CHILE

FOSTERING FUTURES

www.alexandriava.gov/TheFundForAlexChild

The Fund's Advisory Council Jane Hughes, Chairperson

Callie MacKenzie, Sponsorship Chair

Sarah Jaffe to open for Blitzen Trapper. 7:30 p.m. The Music Hall. Tickets are on sale now at http:// sarahjaffe.com Jazz. Bohemian Caverns Jazz Orchestra

will play The Carlyle Club, 411 John

Carlyle Street, Alexandria from 9-11 p.m. Cost is \$10.

- New Hope Housing's Young Professional Board for Happy Hour at The Green Turtle's Funds for Friends. 5p.m.- 9p.m. \$2 Domestic, \$2 Rails and \$Yuenglings. Food and drink proceeds benefit New Hope Housing homeless shelter programs. Donations of new pillows, diapers, toothbrushes, and toothpaste will be collected. The Green Turtle. 900 N. Glebe Road, Arlington.
- Summerquest:Amazing Animals, Ellen Coolidge Burke Branch Library, 4701 Seminary Road. 11 a.m. All
- ages. 703-746-1704. Summerquest:Bob Brown Puppets, Kate Waller Barrett Branch Library, 717 Queen Street. 3:30 p.m. Ages 2 and up. 703-746-1703.
- Summerquest:KayDee Puppets, Kate Waller Barrett Branch Library, 717 Queen Street. 10 or 11 a.m., ages 0-5 with an adult. 703-746-1703







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Helping foster children enjoy experiences others take for granted.

The Fund for Alexandria's Child was established as a vehicle for concerned members of our own community to help provide special services for children who are in foster care or who are at risk of abuse and neglect. When there is no other funding source, The Fund allows children to take part in such enriching experiences as Scouting, class field trips, sports, music or art lessons, summer camp and more. There are no overhead costs. The volunteer Advisory Council is the fundraising arm of The Fund for Alexandria's Child, sponsoring benefit events and fostering awareness of the needs of Alexandria's most vulnerable children.

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Jen Walker 703.675.1566 www.JenWalker.com MLS ID# AX7869728

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ALEXANDRIA

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ALEXANDRIA

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