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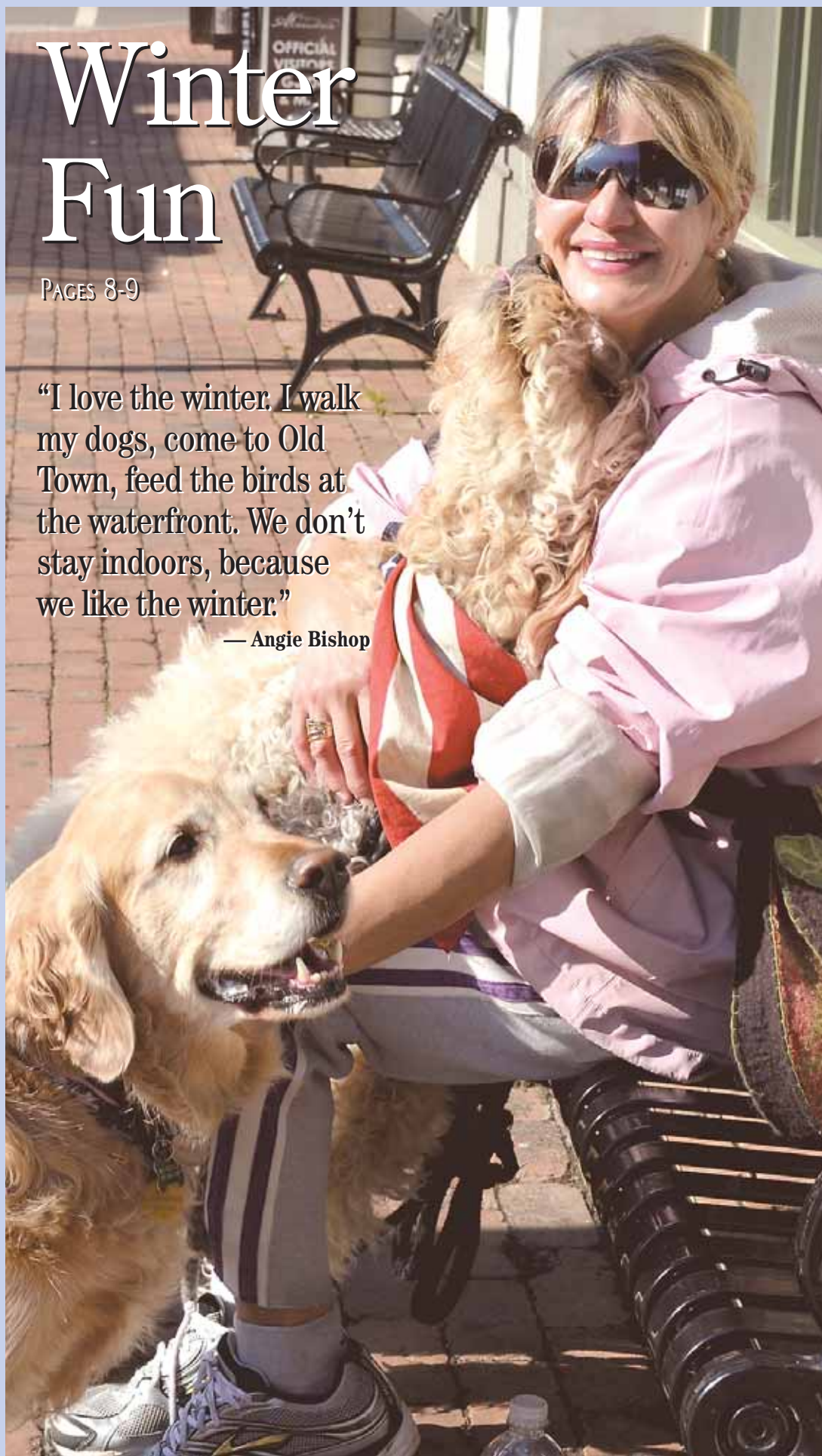
JANUARY 31, 2013

## Winter Fun

PAGES 8-9

"I love the winter. I walk my dogs, come to Old Town, feed the birds at the waterfront. We don't stay indoors, because we like the winter."

— Angie Bishop



Angie Bishop with dogs Bella and Maverick by the Old Town Waterfront.

PHOTO BY COURTNEY M. MC SWAN/GAZETTE PACKET

## Budget Hangover

Last year's scandal lingers over upcoming financial deliberations.

BY MICHAEL LEE POPE  
GAZETTE PACKET

This time last year, the budget office at Alexandria City Public Schools was in full meltdown. An independent accountant declared the budget office a "dysfunctional environment," and Vice Mayor Kerry Donley was about to call for the resignation of Superintendent Morton Sherman. The embattled superintendent survived and a new team of administrators is now overseeing the budget office.

Now, new details about those events may be emerging from a federal lawsuit filed by former budget director Jean Sina. The complaint, filed in federal court

last month, describes a "hostile work environment" in which school officials lived in an "atmosphere of fear." The 23-page document charges that Sherman mocked Sina for a medical condition and forced him to resign when the budget director filed a civil-rights complaint.

"Soon after assuming his duties as CFO, Sina became aware of serious problems with financial mismanagement and oversight at ACPS," the complaint charges.

SEE SHERMAN, PAGE 29



Jean Sina

## Shielding Information

Virginia lawmakers consider efforts to prevent public access to documents.

BY MICHAEL LEE POPE  
GAZETTE PACKET

Every year, members of the General Assembly consider a handful of bills to shield information from the public. This year, efforts are underway to prevent the public from having access to everything from railroad regulation to disaster preparedness. Law-enforcement officials and government agencies are advocating for secrecy while advocates for open government are lobbying for transparency. Caught in the middle are legislators, who must make the final call as the session heads to-

ward its final stretch next month.

Perhaps the biggest victory for open government is a bill introduced by Del. Scott Surovell (D-44) that would shine sunlight on the secretive State Corporation Commission. The commission, first created in 1903 to replace the Board of Public Works, regulates utilities, railroads, insurance, financial institutions, securities and retail franchising. The Virginia Freedom of Information Act does not currently allow access to any documents from the commission, which operates totally outside of public oversight.

SEE MORE EFFORTS, PAGE 29

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## Reconsidering Registration

Back in 1963, Alexandria leaders adopted a city code that required all bicycle users to register with the Alexandria Police Department and pay a 25-cent registration fee. If that person sold the bike, a 10-cent transfer fee applied. The buyers name and address was to be submitted to the police, who were charged with keeping track of all the bicycles in the city.

"The requirement in city code dates back to a much earlier time when bicycles were more rare," said Deputy City Attorney **Chris Spera**. "They were more like cars than they are today. Having a bicycle was a big deal."

Now city leaders are reconsidering that code as they look at bicycle regulation in Alexandria.

"The need for local registration of something like a bicycle is probably no longer necessary," said Spera. "If an owner is concerned about his or her bicycle being stolen and being able to track it, there is a National Bike Registry that serves that function."

City Council members are expected to consider a recommendation to get rid of the mandatory registration scheme this spring. The recommendations will also include a provision that allows bicycles on sidewalks except for blocks that have specifically posted that riding on sidewalks is not allowed.

## Year of the Waterfront

It's been a year since members of a divided City Council approved the controversial waterfront plan in a five-to-two vote, casting aside concerns of Old Town neighbors who wanted a supermajority vote to approve the plan. Since that time, the plan has been caught up in a series of lawsuits and the zoning changes have been put on hold — at least for now.

This week, an attorney representing the Old Town neighbors filed a request to hold off an Alexandria Circuit Court case until a separate case before the Virginia Supreme Court has been concluded. The Supreme Court is hearing an appeal of a decision by Circuit Court Judge **Jim Clark** dismissing a complaint by the Old Town neighbors that the city improperly set aside their request for a supermajority vote. Meanwhile, city officials are pursuing a separate lawsuit appealing a ruling from the Board of Zoning Appeals that concluded the city acted improperly by ignoring the neighbors.

"The city has taken a position that the Supreme Court case is moot because we won at the BZA. However, they are challenging the BZA's ruling," said attorney **Roy Shannon**, who is representing the three plaintiffs known as the **Iron Ladies**. "So it sort of goes against its own argument."

All of the legal back and forth may end up being an academic exercise. The previous City Council did not have a supermajority vote in favor of the waterfront plan, which almost triples density at three sites slated for redevelopment compared to what's there now. Since that time, voters have selected a new council, which does have a supermajority vote. Opponents of the waterfront plan say they are hoping they might be able to change one vote to deny the proposal a supermajority vote.

## Tracking Complaints

Have a problem with city government? Want to track what happens with your complaint? City leaders now have a new solution: Call. Click. Connect.

This week, Alexandria officials launched a new customers service initiative that uses the Internet to log complaints and monitor progress. Residents can click the portal on the city's website or simply call 703-746-HELP. The Contact Center is staffed with experienced professionals ready to respond to customer inquiries.

"Excellence in service is one of the City's guiding principles," said City Manager Rashad Young in a written statement announcing the new service. "Call. Click. Connect exemplifies our pledge to ensure our accountability and transparency, and deliver exceptional services that enrich the quality of life for everyone in Alexandria."

— MICHAEL LEE POPE



PHOTO COURTESY COL. NATHAN LINDSAY

Alexandria resident Col. Nathan "Chili" Lindsay is shown July 21, 2011 in front of the Space Shuttle Atlantis at NASA's Kennedy Space Center in Florida. The Atlantis mission STS-135 brought to an end the 30-year space shuttle program.

# The Final Countdown

## Remembering the Space Shuttle Columbia.

BY JEANNE THEISMANN  
GAZETTE PACKET

**H**e was just 16 minutes from home. As a mission specialist aboard the Space Shuttle Columbia, Arlington native David Brown was going through final landing preparations aboard STS-107 to conclude what for 16 days had been a routine mission.

At 9 a.m. on Feb. 1, 2003, that changed.

"I'll never forget the tears in my father's voice when he called to tell me to turn on the TV," said Alexan-

dria resident Col. Nathan "Chili" Lindsay Jr., whose father, Gen. Nathan Lindsay, was the 45th Air Space Wing commander during the Challenger tragedy. "Dad rarely cried but I knew he was reliving the Challenger incident."

Feb. 1, 2013 marks the 10th anniversary of the Space Shuttle Columbia disaster, the third date in less than a week of three tragedies that claimed the lives of 17 astronauts: On Jan. 27, 1967, three astronauts were lost in the Apollo 1 launch pad fire and on Jan. 28, 1986, the Space Shuttle Challenger exploded on take-off, killing all seven astronauts on board.

Brown, 46, was among the seven astronauts who perished when Columbia broke apart upon reentering Earth's atmosphere.

SEE REMEMBERING, PAGE 28



The Space Shuttle Columbia Memorial at Arlington National Cemetery.

PHOTO COURTESY  
ARLINGTON NATIONAL  
CEMETERY



PHOTO COURTESY NASA

The seven-member crew of the Space Shuttle Columbia included Yorktown High School graduate David Brown (top left). Pictured with him are (clockwise): Pilot William McCool, Michael Anderson, Israeli astronaut Ilan Ramon, Laurel Clark, Commander Rick Husband and Kalpana Chawla.



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**Alexandria \$409,000**  
**5098 English Terrace #104.** Cameron Station; Two-level condo w/2 master bdms, 2.5 baths & den. Open living space; fireplace; neutral carpet & granite counters. One reserved parking space.  
*Karen Kearns 703-244-6101*



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*Christine Garner 703-587-4855*



**Alexandria \$530,000**  
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*Bob Bazzle 703-599-8964*



**Alexandria \$429,900**  
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**Alexandria \$2,595,000**  
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*Mike Downie 703-360-3189*



**Old Town \$875,000**  
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*Diann Hicks 703-628-2440*



**Alexandria \$285,000**  
**12 Auburn Court #C.** Steps from Mt Vernon Ave, farmers market and shops in Del Ray & walking distance from shops/movie theater of Potomac Yards. This coveted courtyard view condo has a gorgeous kitchen renovation, refinished hardwood floors, all new windows and upgraded heating/cooling system. Free on-site parking and storage is available. Pet-friendly. METRO Rail Station will be built at Potomac Yards in the future.  
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**Pinewood Station \$275,000**  
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Mayor Bill Euille and Brooke Curran pose after presenting a check to The Reading Connection Executive Director Courtney Kissell and Program Manager Stephanie Berman.

## Running with Gratitude

**R**unningBrooke (Brooke Sydnor Curran) hosted a grant reception in her home last Thursday, Jan. 24. Curran, a mom, marathoner and founder of the RunningBrooke fund raised \$75,000 in prize purses running in and winning marathons in 2012. Curran donated the money to five local charities that help children lead better lives: Child and Family Network Centers (CFNC), Girls on the

Run (GOTR), Community Lodgings, The Reading Connection, and ACT for Alexandria. Local sponsors include: Bonitt Builders, Pacers Events, McLaughlin/Ryder Investments, McGinn Investments, TJ Fannon & Sons, Mark G. Anderson Consultants. Since May 2009, the RunningBrooke fund has raised and donated more than \$110,000 for Virginia-based charities. Curran has run marathons on six continents and in 34 states.



Running shoes worn by Brooke when she ran 5:58 minute mile at Masters Track Tournament in 2009.

PHOTOS BY  
WAYNE HULEHAN



Brooke Curran presents check to John Porter, executive director for ACT For Alexandria, as Mayor Bill Euille looks on.



Bonnie Baxley (center) explains services provided by Community Lodgings to Lisa Phillips-Jahnke (left) and Kari Shapero.

## Police To Provide Free Child ID Kits

**Kits meant to help in cases of missing children.**

BY EDISON RUSS  
GAZETTE PACKET

**T**he Alexandria Police Department has partnered with the Department of Community and Human Services to provide free SafeAssured child ID kits to families on Saturday, Feb. 2.

The kits will be distributed on a first-come, first-served basis from 10 a.m. to 2 p.m. in the Community Room on the first floor of the Alexandria Police Headquarters, located at 3600 Wheeler Avenue.

The ID kits are intended to quickly provide information important to identifying missing persons to

police and broadcasters so that posters can be made.

At the event, parents will be able to fill out forms containing their information about their child, such as identifying marks and medical conditions. Video and audio of children will be recorded to show how they walk and learn their speech patterns, and their fingerprints will be digitally recorded.

All of this information will be stored on a privacy-protected mini-CD for parents to keep. Parents will also receive a full color photo data card for their child and a Parent's Gudiebook with tips for preventing abuse.

Information about the children will be deleted from the police computers.

"We don't have any of that information," said Ginny Obranovich, the volunteer coordinator for the police department. "If they [parents] came back in an hour and said, 'we need another card,' we would have to

SEE CHILD ID KITS, PAGE 28

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## PEOPLE



Patricia Madson joins Francis Leslie in the ballroom at Gadsby's Tavern Museum.

### Commemorating the Sesquicentennial

**D**ancemaster Corky Palmer called out to the guests to form groups of four to begin the next dance at Gadsby's Tavern annual Civil War Ball on Saturday, Jan. 26. The dancers enjoyed waltzes, polkas and the Virginia Reel in addition to conversation over a selection of 19th century desserts.



Dancemaster Corky Palmer and his wife Cindy demonstrate the steps to the next dance.



Stephen and Tamara Mulhall enjoy a quiet moment between dances at the annual Civil War Ball.



Couples circle to the right.



Susan Dixon and Karen Byers arrive to the ball in 19th century fashion.

## For Those Who Serve

### Motorola donates \$15,000 to foundation.

BY JEANNE THEISMANN  
GAZETTE PACKET

**A**lexandria Police Chief Earl Cook was joined by Mayor Bill Euille Jan. 24 as the Alexandria Police Foundation was presented a check for \$15,000 on behalf of the Motorola Solutions Foundation's Public Safety and Security Institute to benefit the police foundation's memorial fund.

"We are thrilled to be proceeding with the police memorial," said Willem Polak, founder of the Potomac Riverboat Company and chairman of the APF board. "Motorola's donation is a great lead for all of us to follow."

Motorola's public safety grants aim to support safety education and training programs for first responders, their families and the general public. Through the APF grant, the police foundation will continue to move forward on a memorial to be built at police headquarters on Wheeler Avenue.

"We are proud to support the city and the memorial fund for its police officers," said Motorola Solutions Foundation senior account manager Mark Waters, who presented the check to Euille, Polak and several APF board members. "It truly is an honor for us to do this."

Designed by artist Joe Nicholson, the memorial is titled "Roll Call" and will be integrated into the open space pedestrian plaza of APD headquarters. Its purpose is to recognize the service of Alexandria Police Officers to their community with a focus on the honor,

SEE MOTOROLA MAKES DONATION, PAGE 7



Mayor Bill Euille, left, joins Alexandria Police Foundation board member Charlotte Hall, Police Chief Earl Cook, Motorola Solutions Foundation representative Mark Waters, APF board member Roger Parks and APF board chairman Willem Polak as Waters presents a \$15,000 check Jan. 24 from Motorola to help fund the police memorial.



# Commonwealth's Model for Nazis

**Bipartisan team seeks compensation for victims of forced sterilization.**

BY MICHAEL LEE POPE  
GAZETTE PACKET

Nobody knows how many people are survivors of Virginia's forced sterilization program, which targeted people with mental illness, mental retardation or epilepsy. But a bipartisan effort now under consideration in Richmond would hand each and every one of them a \$50,000 check from the people of Virginia. According to one calculation, that could mean as much as \$73 million.

"I would ask that we not run away from this issue," said Arlington Del. Patrick Hope (D-47) "Instead of taking the lead in an area that we are regretful for, let's be a state that takes the lead to right a wrong."

The effort has created an unlikely alliance — Hope has joined forced with conservative Del. Bob Marshall (R-13), who has introduced House Bill 1529. If approved by the General Assembly and signed by the governor, the bill would provide compensation to persons involuntarily sterilized by the commonwealth of Virginia between 1924 and 1979. A research project conducted by the University of Vermont estimated the number of individuals sterilized in Virginia at 7,325.

"Virginia provided the model for the Nazi sterilization program," said Marshall during a recent floor speech about the bill. "We provided the fulcrum for what became the Final Solution because we devalued life so much we thought these people were trash."

**THE HISTORY OF EUGENICS** in Virginia dates back to the early 20th century. Although states such as Indiana and Connecticut were the first states to adopt legislation, Virginia's law was based on a model created by the Eugenics Record Office in New York. After the General Assembly adopted the law in 1924, eugenicist Harry Laughlin worked with other states to adopt similar legislation.

"The worry was that Laughlin and other proponents of eugenics thought the individual state laws getting based on their ideas were going to be easily overturned," said Andrew Light, assistant director of George Mason University Center for Philosophy and Public Policy. "They were potentially unconstitutional. And so Virginia was one of the first states to create a law based on the model."

The law applied to interracial couples and those labeled "feeble-minded, insane, idiotic, imbecile or

epileptic." And it didn't take long to create a legal challenge. The first documented case of forced sterilization was Carrie Buck, a Charlottesville teenager who became pregnant after being raped. Her family committed her to the Virginia State Colony for Epileptics and Feeble-minded, where she was sterilized against her will. A legal challenge to that sterilization went to the U.S. Supreme Court, which upheld Virginia's law in a case known as Buck versus Bell in 1927.

"We have seen more than once that the public welfare may call upon the best citizens for their lives," Justice Oliver Wendell Holmes wrote in the majority opinion. "The principle that sustains compulsory vaccination is broad enough to cover cutting the Fallopian tubes."

**THAT DECISION** opened the door to five decades of forced sterilization. Although the theory behind the law was the creation of a better society, that's not how it was used in Virginia. In practice, the law was used to target a variety of shortcomings, including alcohol, syphilis and criminal behavior. The program ended in 1979, when the General Assembly removed the language from the state code. Even then, the program was alive and well.

"In fact, we sterilized two people in 1979," said Hope. "Virginia was ground zero."

Now, 85 years after the Supreme Court case, Hope and Marshall says it's time to find out who the surviving victims are and learn their stories. During a recent session of the House of Delegates, Marshall read from the 1924 law that described "defective persons" who would become a "menace to society" if allowed to procreate.

"I'm not reading some religious tract or eugenics tract," Marshall told his colleagues. "This is the code of Virginia, decided in this building in this room by our predecessors in the General Assembly."

**THE BILL** has been referred to the Committee on Appropriations, where it was sent to a subcommittee on Health and Human Services. Supporters say the bipartisan team of Hope and Marshall could provide a powerful force, especially if they leverage the personal stories of survivors as was the case during a press conference earlier this month. Despite the economic cost of handing out compensation, political support for the bill could come from several directions. "One of the great proponents of the eugenics movement was one Margaret Sanger, who was also the founder of the modern-day Planned Parenthood," said Todd Gilbert (R-15). "So I thank the gentleman from Arlington for his recognition of the horrors that occur when we as a society and a culture begin to devalue human life."



**Del. Patrick Hope (D-47)**



**Del. Bob Marshall (R-13)**

## Motorola Makes Donation to Police

FROM PAGE 6

integrity and sacrifice of Alexandria's fallen officers, past and future.

Originally founded to provide medical insurance for retired K-9 police dogs, the foundation's mission has expanded to assist Alexandria police officers by providing resources that improve officer performance, morale and effectiveness in their efforts to

safeguard the community.

A nonprofit charitable organization, the APF works with the Alexandria Police Department to provide resources to support such police initiatives as scholarship grants to police officers and research and study efforts designed to improve law enforcement services.

For more information, visit [www.alexandriapolicfoundation.org](http://www.alexandriapolicfoundation.org).

### IN SESSION

## Running for Reelection

Virginia is the only state where the governor is prohibited from seeking a second consecutive term. Former governors can run again later, as was the case when **Mills Godwin** returned to the Governor's Mansion four years after his first term ended. This week, the Virginia state Senate approved an amendment to the Virginia Constitution that would end the longstanding prohibition, which dates back to 1851.

But **Geoff Skelley** of the University of Virginia Center for Politics says the effort may have a difficult time in the House of Delegates.

"Virginia has this legacy of having one-term governors, and perhaps that's seen as some kind of small government position that more Republicans might be included to support than not," said Skelley. "Even though it did pass with bipartisan support in the Senate, more Democrats voted for it than against it and more Republicans voted against it than for it."

The Senate resolution was introduced by Louisa County Sen. **Tom Garrett** (R-22). It passed with a bipartisan vote of 25 to 15. On the House side, Virginia Beach Del. **Harry Purkey** (R-82) and Arlington Del. **Bob Brink** (D-48) have both introduced matching versions of the resolution, although their efforts were killed in the constitutional amendments subcommittee last week.

"In Virginia, nothing ever happens for the first time," said Brink. "So the fact that we have this system in place has a force of its own."

Former Govs. **Jim Gilmore** (R) and **Chuck Robb** (D) are in favor of overturning the restriction, although former Gov. **George Allen** (R) is not. Former Governors **Linwood Holton** (R) and **Gerald Baliles** (D) are in favor of a compromise position of a one-time six year term.

## Senate Votes Against Discrimination

Should Virginia be allowed to discriminate against gays? State Sen. **Adam Ebbin** (D-30) says no, and he's introduced a bill that would prohibit workplace discrimination for Virginia's lesbian, gay, bisexual and transgender citizens. Last week, the bill passed the Senate on a 24-to-16 vote.

"We're going to press forward with this momentum," said Ebbin. "No state employee should ever doubt Virginia's commitment to equal opportunity for all."

Back in 1970, Republican Gov. **Linwood Holton** signed the first executive order prohibiting discrimination in state employment. It wasn't until 35 years later that Democratic Gov. **Mark Warner** issued an executive order expanding those protections to include sexual orientation. Democratic Gov. **Tim Kaine** reissued that executive order, but Republican Gov. **Bob McDonnell** did not include sexual orientation in his order.

"It is time Virginia law reflect the opinion of its citizenry," said Ebbin.

Back in 2007, when he was a member of the House of Delegates, Ebbin introduced a similar measure. It failed, and so he tried again every year since that time.

## Acceptable ID

What kind of identification should a voter produce to be able to cast a ballot? A utility bill? Bank statement? Paycheck?

Those would be removed from the list of acceptable forms of ID under a bill introduced by Leesburg Sen. **Dick Black** (R-13). This week, Senate Bill 719 was approved on a party-line vote by the Senate Privileges and Elections Committee, sending it to the Senate floor.

Democrats view the effort as part of a strategy to make it harder for Virginians to vote.

"Senate Republicans have defeated bills that would have extended early voting and allowed people to vote absentee without a specific excuse," said Fairfax County Sen. **Janet Howell** (D-32). "Republicans need to end this war on the voters who elected them."

— MICHAEL LEE POPE

## WINTER FUN

# Indoor Winter Entertainment Ideas for Children

Some suggestions for when Jack Frost appears.

BY MARILYN CAMPBELL  
GAZETTE PACKET

**W**inter weather often means limited open air playtime for some children. “It is very important for children to get as much outdoor activity as possible, but there are times when it is not safe for them to be outside for an extended length of time, or any time at all, because it is too cold,” said Shannon Melideo, chair of the Education Department at Marymount University in Arlington. “There are many other things that children can do besides sledding and ice skating.”

While experts say many parents fear that too much time spent inside can lead to cabin fever, they add that there are a myriad of ways to have winter fun without leaving the warmth of your home. “There are numerous creative opportunities for children to express themselves indoors. Parents can sneak in educational experiences when the children don’t know it,” said Melideo, who lives in Reston.

Paula Keyes Kun, spokeswoman for the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) and the National Association for Sport and Physical Education (NASPE) offers activity ideas that are geared for outdoor play, but that can easily be adapted for indoors. “Pretend you are at a zoo. Identify an animal: Move and sound like that animal. Pretend to be a growing flower: First you are a tiny seed in the ground, and then grow into a



**Experts say that writing can be a fun and educational indoor activity. Try writing thank-you notes for holiday gifts as well as making Valentine’s Day cards for family and friends.**

PHOTO BY  
MARILYN CAMPBELL  
GAZETTE PACKET

big flower.”

Other imaginative indoor play ideas Kun offered include asking children to pretend to be a balloon, first without air, then being blown up, floating around and finally being popped. Asking a child to pretend to move like different foods, such as melting like a popsicle or popping like popcorn, is also fun and creative.

Put a pen to paper, say experts. “Because of texting and email, many children don’t spend time writing ‘snail mail,’ said Christie Westermann, a fourth grade teacher at Norwood Elementary School in Potomac, Md. “Children can decorate blank postcards, learn how to properly address a piece of snail mail and write special notes to friends and relatives.”

Melideo agrees that writing can be a fun

and educational indoor activity, and suggests writing thank-you notes for holiday gifts as well as making Valentine’s Day cards for family and friends. She says this is an ideal way to incorporate writing skills with fun: “You have to ask yourself what your child can do developmentally,” she said. “If they can write their name, then they can make the rest of the card with stickers. Children can make two or three each day and they will have something they are proud of, and family members always need to be told they are loved.”

Fourth grade teacher Alysha Akbar, a graduate student in the education program at George Mason University in Fairfax, adds, “While the winter weather has prevented my fourth graders from enjoying outdoor recess, the cold has not kept their hands

idle,” she said. “Many of my students enjoy making beautiful, three-dimensional snowflakes. We hang them from the ceiling and they are very simple to make. The children also keep busy indoors playing with Lego blocks, drawing and, of course, reading.”

Melideo says that creating a family photo album where children get to create the captions or playing a game of charades are also great indoor pastimes. “Play charades with a theme, where maybe one person comes up with clues, throws them into a hat around a theme like the holidays or a family experience. Children are using creativity, memory, connecting in a fun way and getting excited an expressing themselves.

Westermann adds that students can practice math skills while whetting their taste buds by choosing a favorite dish to prepare: “Have your children dream up something yummy to eat [like] cookies, brownies or cinnamon rolls, then look online for a kid-friendly recipe,” she said. “Children can hone their math skills through measuring. Monkey bread is a fun, easy and yummy recipe for children.”

Using modern technology to connect with family members who live in other parts of the country is another indoor pastime, say experts. “Call, Skype or Facetime and read to grandparents or other family members,” said Melideo. “Children practicing reading before for an audience helps them develop fluency. Parents should encourage them to rehearse beforehand. They can also read a poem or something that they wrote. This is also a self-esteem boosting exercise because they get positive feedback from the grandparents or relatives.”

Melideo concludes by suggesting scavenger and treasure hunts: “You can even start with an outdoor hunt where the treasure brings them back inside to find hot cocoa and cookies.”

## Winter Fun with Food Easy and tasty ideas for winter meals.

BY MARILYN CAMPBELL  
GAZETTE PACKET

**T**he stove is fired-up, a sauté pan is sizzling and the thud of a steel knife blade hitting a wooden chopping block fills the air along with the woodsy aroma of fresh thyme. The temperature outside is frigid, but the kitchen feels like an inferno as Chef Kristen Robinson drives a knife through a fennel bulb, kale leaves and a tough-skinned butternut squash with staccato succession.

“One of my favorite things to cook in winter is potpie with beef, kale and potatoes or squash,” she said.

While many people lose culinary inspiration during the winter, Robinson, a self-admitted “food nerd,” relishes the chance to create cold-weather meals with fresh, seasonal bounty. She and other local chefs say that even though the days are shorter, the temperatures colder and energy levels lower, winter meals can be just as inspired as fare served during more temperate times of the year.



PHOTO COURTESY OF KRISTEN ROBINSON

**Arlington-based Chef Kristen Robinson says that even though the days are shorter, the temperatures colder and energy levels lower, winter meals can be just as inspired as fare served during more temperate times of the year.**

“Some people find cooking in winter challenging because a lot of people are focused on eating tomatoes and tomato salads in the dead of winter when those vegetables are not in season,” said Robinson, an Arlington resident and culinary instructor at the Art Institute of Washington. “There are a lot of vegetable options like kale, butternut or acorn squash and potatoes.”

In the Alexandria kitchen of nutritionist Bonita Lillie of Arlington’s Marymount University, a chill in the air heralds the arrival of piquant broth-based soups brimming with whole grain penne, cannelloni beans and kale, and showered Parmesan cheese.

“I take advantage of all the vitamin-packed winter produce,” said Lillie. “I start building my meals around the vegetable, then I’d probably have lower fat turkey sausage and maybe a side of beans. Cheese and beans also make good, hearty meals.”

Arlington-based culinary instructor Andie Nelson says her biggest cold-weather culinary hurdle is that her vigor drops along with the temperatures: “Like most people, I have less energy in winter,” said Nelson.

“So I spend one day making satisfying a meal that I can eat for a few days.”

On her list of winter must-haves is a stew made with beef that she marinates overnight, Asian-style soups and shepherd’s pie with ground turkey instead of beef. “Other simple ideas are root vegetables like carrots, parsnips and sweet potatoes that I roast with sea salt and olive oil,” said Nelson. “I also make crispy kale where I remove the leaves from the stems, sprinkle the leaves with sea salt and olive oil and roast for about 20 minutes. They make a great snack.”

Chicken and vegetable potpies are another of Limb’s favorites: “It is not very difficult matter. It is a matter of getting the right vegetables like celery, carrots and onions, and boiling them with the chicken.”

Robinson adds that many vegetarians feel left with limited options during winter months. “I make a vegetarian bulgar wheat, quinoa, pink lentils and mushroom,” said Robinson. “It eats like a hearty, meaty chili. Another thing you can add to vegetarian chili is barley.”



## WINTER FUN

# Get Creative and Stay Active This Winter

### A guide to local activities.

BY COURTNEY M. McSWAIN  
GAZETTE PACKET

**O**n a sunny day with a high temperature of 60 degrees, it is difficult to imagine that this is the middle of winter. While unseasonably warm days can fade snow-filled memories, there are still several weeks left in the winter season, meaning there is plenty of time to enjoy or retreat from the cold. Even if you're not a cold-weather enthusiast, a bit of ingenuity and investigation into Alexandria's cultural and recreational offerings can help anyone stay active this season. Here are three ways to have fun and avoid hibernation.

#### DUST OFF YOUR LIBRARY CARD

Winter is the perfect time to get reacquainted with Alexandria's libraries. Not only do local libraries offer great book titles, you can also check out DVDs, including many popular movies currently available with other retailers, and attend literary-themed events, such as February's "Library Speed Dating" being held on Feb. 14 at the Charles E. Beatley, Jr. Central Library. You can also celebrate Black History Month with the "African-American Film Festival" throughout the month of February at the Central Library. The perfect day or evening activity can be found by visiting the Alexandria Library website ([www. http://www.alexandria.lib.va.us/](http://www.alexandria.lib.va.us/)), where events are listed for all four of the library's branches. Be sure and read the fine print, as some events require early registration.

Are you the proud owner of a new e-book reader? Put it to use by downloading e-book titles straight from the Alexandria Library website. E-books are available to download and use for 7-14 days, and the selection includes some of the latest fiction, nonfiction and children's titles. The library also offers electronic versions of reference materials and audio books. There are also titles that offer text and audio together, perfect for English language learners or new readers. And while e-books are a great way to enjoy quiet time alone, Lynda Y. Rudd, technical services manager who selects all of the e-books offered by the library, encourages families to use them as a resource for family bonding.

#### GET MOVING

There's no need to become a couch potato during the winter. If you like to stay physically active, make Alexandria's recreation centers your next stop. Alexandria's Department of Recreation Parks and Cultural Activities offers classes for youth, adults and seniors. Many of them have specific enrollment periods that have passed, but there's still time to find a few classes that begin in February. You can visit your local recreation center to find a "Winter

### What Do You Like To Do for Winter Fun?

COMPILED BY COURTNEY M. McSWAIN /GAZETTE PACKET

"I like to cook, read and, when the weather is too cold out, I have a gym in the apartment so I'll run there. If it's tolerable, I'll go outside and run."

#### What kind of things do you like to cook?

"I'm just beginning to learn how to cook, so I'll go on All Recipes or Food Network and try to find something that looks interesting. I tried eggplant Parmesan and that was pretty good."

— Hannah Weir

"I'm a big movie buff. I try to see the Academy Awards movies when they come out. I saw 'Zero Dark Thirty', 'Django, Unchained', and 'Lincoln.'"

#### Favorite Oscar movie so far?

"Django. But Lincoln was tremendous. I really can identify with Django."

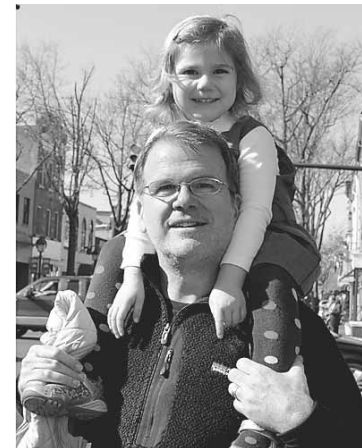
— Clifford Brown



Hannah Weir and her dog Jack overlook the Old Town Waterfront



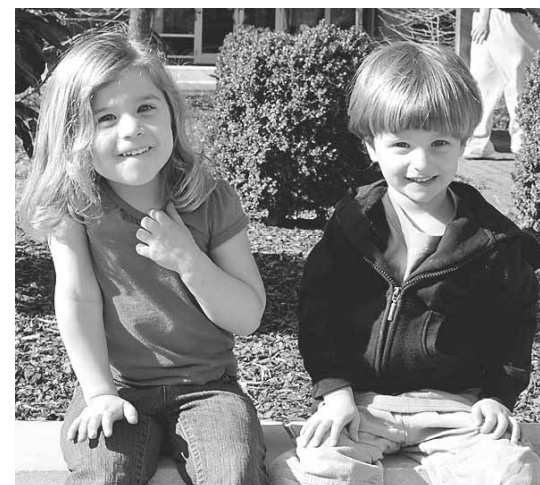
Clifford Brown enjoys a sunny day on King Street in Old Town.



Chris Hubbard and daughter Kyra take a walk on King Street in Old Town.

"We go sledding, ice skating at Mt. Vernon Center, or of course playing in the snow. I ride my bike if I can."

— Chris Hubbard with daughter Kyra



Charlotte Christman and Damian Zingerline have fun in Old Town's Market Square with moms Sam Christman and Maureen Zingerline (not shown).

"We go to a lot of the rec centers, the museums, we go to the library all the time ... Around here it stays nice enough that we still go the playgrounds a lot if it's not freezing cold and gross. We just bundle up and go the playgrounds. The other day I had her running in a field."

— Sam Christman

2013 Recreation Program Guide" or view it online (<http://alexandriava.gov/Recreation>).

Even if you've missed the registration date for a specific class, there are ways you can enjoy the city's recreation offerings.

Joe Petrella, division chief for recreation services, suggests taking advantage of drop-in hours in the centers' gyms and fitness rooms. Chinquapin Park Recreation Center, for instance, offers racquetball and an indoor pool for year-round exercise. Many other centers offer soft playrooms for preschool aged children, and others offer teen nights with activities for youth. Petrella encourages patrons to look at specific center offerings, as fees, hours and programs vary.

#### ENJOY NEW FOOD

Winter is the perfect time to indulge in your favorite comfort food. But one person's comfort food can be another person's culi-

nary adventure. Instead of relying on your standard recipe for chicken noodle soup, why not have some fun and invite your friends over for a comfort food potluck with a cultural twist? Ask each of your friends to bring a dish representing the comfort food of a different culture. You can even have your guests bring a story explaining the significance of the food, as Jeff Swedarsky, of Food Tour Corporation, which operates DC Metro Food Tours, suggests. In an email response to questions about trying new cultural food, Swedarsky wrote, "Comfort food is something that makes you feel at home, makes you happy. That can mean a lot of different things in different cultures, so a story attached would be good."

If you'd rather leave the cooking to the professionals, you can visit one of Alexandria's many culturally diverse restaurants. With many local establishments participating in Alexandria and Washington,

D.C., restaurant week specials, winter is the perfect time to explore new food at a great price. Again, Swedarsky offered some suggestions on how to grow your culinary palate.

"Go to the most authentic restaurant you can find, and talk to the owner, one of the servers or the chef. Tell her or him what you are looking for and what you are used to. They will help get you in the right direction," Swedarsky wrote. "We are lucky to be living in a place with so much culinary diversity. There is Afghani, Indian, Korean, Thai, Vietnamese, Eastern European (Balkans, Russia), Latino (Salvadorian, Peruvian), Ghanaian, Ethiopian, Irish." Also available are tastes from different United States regions. "You can find different regional cuisine throughout the city, from low country to Cajun, to northeast. There is great Mid-Atlantic cuisine with a strong emphasis on seafood. Pretty good showing throughout."



# OPINION

## The High Cost of Ignoring Mental Health

BY MARY ANNE WEBER  
CHAIR OF THE ANTI-STIGMA  
COMMITTEE OF THE PARTNERSHIP  
FOR A HEALTHIER ALEXANDRIA



**B**efore Newtown, there was little discussion of the dismal state of mental health services. In fact, the budget knives have been sharpest at the state and local levels when it came to mental health services, particularly prevention. That is not surprising. Just as police and the FBI have a hard time showing how preventive measures may have saved us from an act of terror, or an increase in violent crime, how do those in mental health prove that prevention works? And how do you show that it makes more sense than rounding up all the usual suspects and putting them in institutions as some have called for. Creating a registry won't work either because who would you put on it? The majority of those diagnosed with a mental illness are not violent, are in fact much more likely to be a victim of violence than a doer. Then there are all the undiagnosed and untreated who are totally unnoticed as well.

While the notion of prevention of mental illness has been around for over a hundred years, serious, scientifically tested and evaluated methods have existed for about 30 years. Although all mental illness cannot be prevented, we now know that some risk factors can be reduced and that protective factors can be strengthened. Since mental disorders have social biological, neurological and environmental roots, any efforts at prevention need to be multi-pronged and best practices. And they need to begin with children.

The symptoms of serious mental illness appear most often between ages 14 and 24 which means that those who work with high school and college students as well as young people in the workforce need to know what to look for and how to deal with it. The young themselves need help even earlier and yet mental illnesses and mental disabilities are

not discussed and studied by teachers and school administrators although alcoholism and substance abuse disorders often are.

Every other year, the Substance Abuse and Mental Health Services administrator (SAMSHA) issues a report on mental health statistics. 2010 was the most recent edition published and according to that approximately 11 million adults (18 and up) in the United States had a serious mental illness. Adults with a serious mental illness were more likely to have a substance abuse disorder, 25.7 percent as opposed to 6.5 percent of the adult population without a mental disorder. National statistics also showed that one in eight children between the ages of 8 and 15 had a mental health disorder with boys having a higher rate than girls. The most common mental illnesses in children are ADHD, mood disorders and conduct disorders.

Virginia keeps its own statistics compiled by the Virginia Department of Health Planning District. According to their 2010 figures 329,415 people ages 18 and over have been diagnosed with a serious mental illness out of an adult population of 6,100,280 people age 18 and up. In the city of Alexandria there are 6,682 individuals diagnosed with a serious mental illness. The state has a breakdown of

### Why Enroll?

Friends of the Alexandria Mental Health Center is issuing a challenge to Alexandria: That 500 Alexandrians take Mental Health First Aid (MHFA) classes in 2013. The Friends group urges Alexandrians to enroll because they believe that MHFA will help Alexandria become a more supportive and knowledgeable community and reduce the stigma that often prevents people from seeking mental health services. The names of all students and groups who meet this challenge in 2013 will, with their permission, be included in an Honor Roll of Mental Health First Aiders, which Friends hopes to publish in the Gazette Packet next January.

To enroll in a Mental Health First Aid class, contact Donielle.Marshall@alexandriava.gov

every diagnosis and those interested in more numbers can find them on the website of the Virginia Association of Community Service Boards. It is harder to determine how many children have mental illnesses since the statistics refer to those receiving special education. The number of children in the state between birth and age 22 who qualify for special education services is 163,143. Of those, 1,661 reside in the city of Alexandria.

Along with his proposals for gun control, President Obama has asked for funding for mental health services including prevention services calling for the training of first responders and for the public in general including those in education. Fortunately in Alexandria, we have already begun to do both. Since 2010, Alexandria police officers and sheriff's deputies have been offered crisis intervention team training (CIT). The CIT course is a 40-hour training program involving both classroom instruction and practical exercises offered by mental health professionals and law enforce

SEE MENTAL HEALTH, PAGE 26

### LETTERS TO THE EDITOR

## Guns Make It Too Easy to Kill

To the Editor:

"Guns don't kill, people do," says the National Rifle Association. It sounds so right because it's so obvious. But while it's obvious that people kill, guns make it too easy to kill.

Imagine that on Dec. 14, 2012, Adam Lanza had approached the Sandy Hook Elementary School with knife or a baseball bat, rather than a gun. The likelihood is that he would not have been able to break through the school doors — which were routinely locked in the morning, as they were when Lanza arrived on that day — let alone murder 26 people, including 20 children.

In the ensuing public debate, there have been calls for gun control and greater attention to mental illness. The trouble with the latter approach is that shooters,

SEE LETTERS, PAGE 14



### Donating Hair, Raising Awareness

seven other girls plus one adult volunteered to donate their hair. In total, there were 12 ponytails donated at the event to benefit Pantene Beautiful Lengths which partners with the American Cancer Society. Hair donations are turned into free, real-hair wigs for women and children with cancer. Windsor of Old Town hair styling salon, formerly Lords & Ladies Salon, in Alexandria, opened up their shop and donated their styling services for this event.

**Junior Girl Scout Troop 4143, of Alexandria, hosted a hair donation event recently. Out of 24 girls in the troop, four donated their hair for this event and they raised so much awareness in the community that**

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## OPINION

# Protect Yourself from the Flu

BY CHRISTINE CANDIO, FACHE  
CEO, INOVA ALEXANDRIA HOSPITAL

No doubt, you've heard the news stories about the severity of this year's influenza season. The annual virus struck early this year across most of the country, according to tracking models compiled by the Centers for Disease Control and Prevention, and remains "widespread."

### COMMENTARY

At Inova Alexandria Hospital, we're feeling it, too. Visits to our Emergency Department have been on the rise since mid-December due to the virus and other seasonal ailments. And, with a flu season that doesn't end in our area until mid-May, we still have a long way to go.

At Inova we're doing our part to keep the community healthy from flu: Last year we initiated mandatory vaccination for all of our employees whose jobs bring them in close contact with our patients. We took that commitment one step further this year by requiring all employees to be vaccinated. What can you do to protect yourself?

### GET VACCINATED

The most effective way to avoid getting sick with flu or spreading the virus is through annual vaccination. Flu strains typi-



cally change from one year to the next, so last year's vaccination will likely not protect against this year's virus. The CDC recommends that everyone six months of age and older get vaccinated, especially those at high-risk for flu-related complications, including the elderly, pregnant women, and those with certain medical conditions.

### MINIMIZE RISK

While it's impossible to avoid germs altogether, you can minimize flu risk to yourself and others:

- ❖ Avoid close contact with people who are sick or when you are sick.
- ❖ Stay home at the first sign of illness to prevent spreading the virus.
- ❖ Wash your hands frequently and thoroughly.
- ❖ Avoid touching your eyes, nose, or mouth.
- ❖ Cover your mouth and nose when coughing or sneezing (and throw away that tissue).

### KNOW THE SYMPTOMS

The flu is often confused for a cold due to the similarity of the symptoms. In general, flu symptoms are more severe, come

SEE FIGHTING FLU, PAGE 26



## Jump for Joy.

Metropolitan Fine Arts Center is now offering DANCE classes in Old Town!

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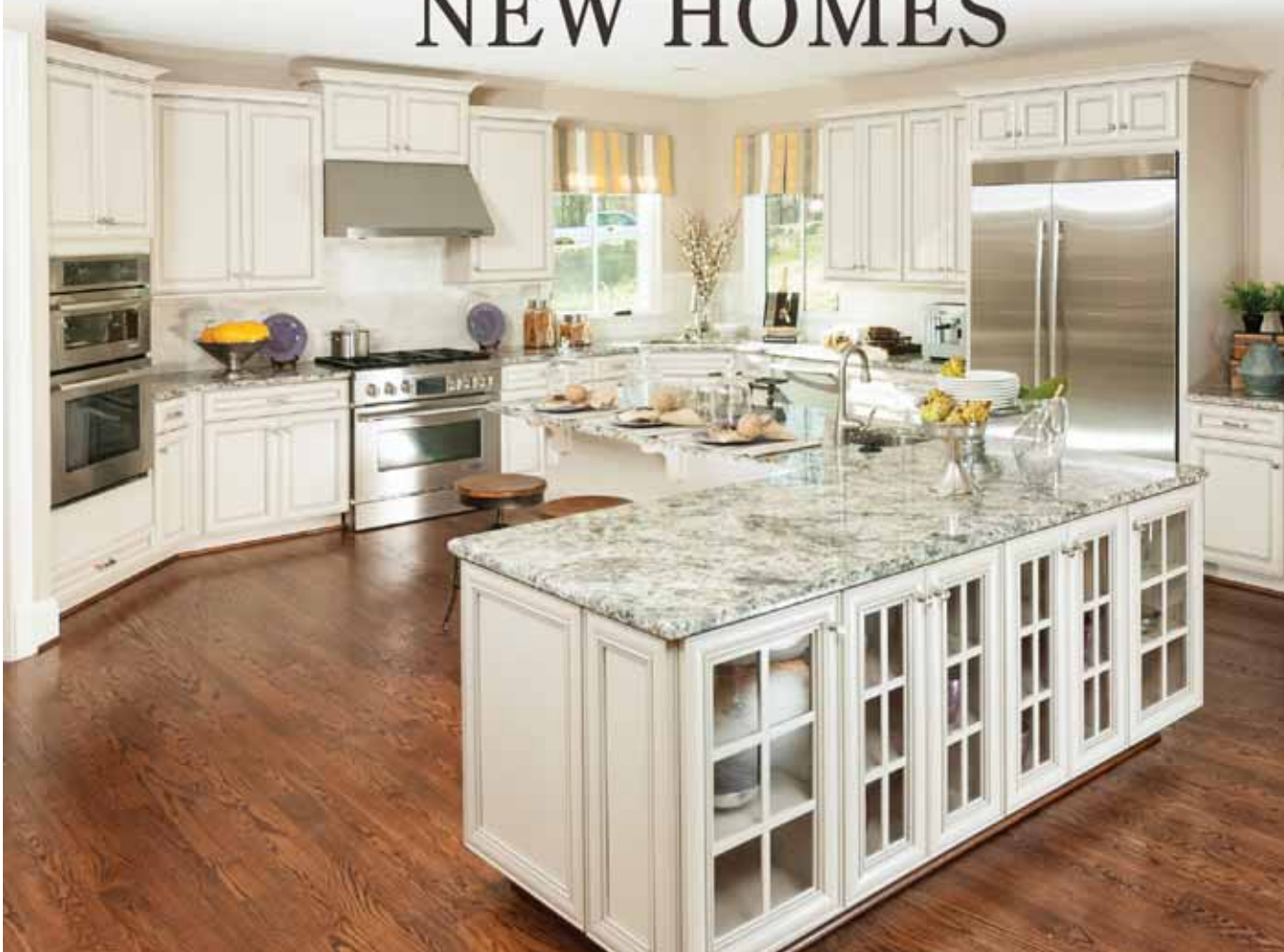
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## OPINION

# Helping Keep Community Safe

BY ROB KRUPICKA  
STATE DELEGATE (D-45)



**T**here isn't one answer to prevent violence in our society. Gun debates often take all the headlines. Those debates are important to have. But they are not the only debate. There is another conversation going on in Richmond that is also very important to community

### COMMENTARY

safety. Virginia's mental health system, its ability to support the needs of people identified with mental illness and our community capacity to respond to mental health emergencies has to be included in our efforts to improve community safety.

I've heard people on both sides of the political aisle talk about the importance of addressing our mental health system's needs. One component of that work should include Mental Health First Aid training for teachers and other community leaders.

Many of us get uncomfortable when faced with mental health issues. Families don't like to talk about it. Friends rarely mention it. These conditions often fall into the realm of whispers or are avoided all together. But avoidance doesn't make our communities safer. It lets issues fester and keeps people from getting the help they need.

According to the National Association of Mental Illness, over 26 percent of adults will likely suffer from an identifiable mental health condition in a given year. With so many of us touched by these issues in one way or another, improving our ability to manage them should be a priority.

Mental Health First-Aid certification, which comes after a 12-hour course, is a proven tool to help people provide assistance in mental health emergency situations. Studies show that people with the training are more comfortable addressing mental health issues. The social stigma of mental health issues goes down as a result of this training. Communities where this training has occurred have improved their abil-

ity to coordinate mental health services. And the likelihood somebody with a mental health condition gets help goes up in areas where this training has been done.

Many police departments in Virginia already get a version of this training, called Crisis Intervention Team or CIT training. MHFA programs have been instituted in states as diverse as Maryland and Colorado for example. In those and other states more than 2,500 instructors have trained

over 100,000 individuals to recognize those who are having a mental health issue and respond appropriately.

Making a version available for teachers and other community leaders would help expand our ability to manage these issues. Teachers, college professors and others with this training could help identify students and community members that need support and help before their conditions become dangerous. MHFA has the potential to assist thousands of individuals from across the commonwealth in getting the help that they need.

I'm pleased to be working with Delegates Yost, O'Bannon and many others on HB 2287 and its companion budget amendment to provide \$2.5 million so our Community Services Boards could hire trainers and acquire training materials to provide this valuable training throughout the Commonwealth. We have also shared this information with the Governor's School and Campus Safety Task Force.

There is talk from Washington of implementing a national MHFA program. While this would be a great step, Virginia, with its system of Community Services Boards, is in a great position to be a leader on this. With mental health conditions so pervasive in society, our teachers, our college professors, all of us could all benefit from being armed with better training and information about how to handle them. Instead of leaving these issues festering in the shadows of society, let's bring them out in the open and help people get the support they need. It will help all of us. It will help keep our communities safe.

## Speaker Series Is All About Heart Health

BY MARYANNE BEATTY  
ADMINISTRATOR, SENIOR SERVICES OF  
ALEXANDRIA



**F**ebruary is Heart Health month so it's not too early to register for Senior Services of Alexandria's next speaker series: "Heart Health and Fitness for Seniors." This event is co-sponsored with Inova Alexandria Hospital on Wednesday, Feb. 13 from 9:30 a.m.

- noon.

### SENIOR SERVICES OF ALEXANDRIA

Attendees will get practical information on "12 Weeks to a Heart Healthy Lifestyle," from Dr. Maria Cristina Castillo-Catoni, a primary care physician board certified in Internal Medicine with the Inova Medical Group at Mark Center. Castillo's focus as a primary care provider is on optimizing each patient's healthcare experience. She believes that establishing trust-based relationships and providing counseling and support to her patients and their family members is the first step to creating an ideal wellness plan at any stage in life.

Attendees will also learn to separate fact from fiction about healthy foods and get an introduction to the new Robust Walking Program designed by fitness guru, Dr. Dan Kulund.

Kulund is a board certified orthopedic surgeon and a member of the City of Alexandria's Commission on Aging. Robust walking is a low-intensity version of the exercises practiced by President Theodore Roosevelt on the White House

grounds in the early 1900s. A robust walker inserts exercises into a walk using environmental objects, such as benches, walls, poles and trees as props. Alexandria is the first city in the country to introduce this innovative walking program that will get your heart pumping as you walk through our beautiful city.

You'll also enjoy sampling a delicious food demonstration of hearty healthy options for breakfast, lunch and dinner.

This free event is open to the community. You can register by visiting SSA's website, [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call 703-836-4414, ext. 10. You won't want to miss it.

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# Building a Budget to Transform a Division

By DR. MORTON SHERMAN  
SUPERINTENDENT OF SCHOOLS

**S**tudents, staff, parents, members of the School Board and the entire Alexandria Community:

I am honored to offer you my proposed FY 2014 combined funds budget which is centered on our students and dedicated to



has made tremendous progress, we must acknowledge the significant work going on at all levels of our school division. There is a spirit and energy throughout the school division as we are on the edge of making even greater improvements.

While a budget in itself does not assure success or high achievement, there can be no

doubt that the financial and human resources needed to address our students' needs, challenges, and strengths require significant community investment. We thank our School Board and community for supporting our efforts to pay our teachers and staff well. To assure long-term compensation support for our staff, we are recommending the following:

- ❖ 2 percent increase in the salary schedule even as we continue to study other models of compensation

- ❖ Continuation of our recent reduction in employee contribution to the supplemental retirement plan

- ❖ A reduction in the percentage of medical benefits paid by the professional employee group to be more in line with city employees and surrounding school divisions.

Budget highlights of this complex budget intended to serve over 13, 700 students include:

- ❖ Net increase of over 50 FTE, all funding sources combined; the operating budget includes a net increase of over 70 FTE offset by reductions in grant-funded positions

- ❖ Flexibility for elementary schools in staffing their most pressing needs

- ❖ Authentic texts for elementary reading

- ❖ New science and social studies textbooks for secondary schools

- ❖ Appropriate school administration staff for all buildings with assistant principals for all elementary schools

- ❖ Additional elementary counselors to catch-up with growing enrollment and maintaining secondary counselor ratios

- ❖ Support for STEM and Dual Language

- ❖ A revised and more rigorous professional learning model

- ❖ Continued investment in extended learning

- ❖ Continued investment in special education staffing above state requirements

- ❖ Additional support for ELL students and the International Academy

- ❖ Increased commitment to Prekindergarten education

- ❖ Introduction of financial literacy program.

Over the next few months, the Alexandria City School Board will consider all of the components of this proposed budget. The school board will hold public hearings and work sessions and the staff will respond to your questions and concerns from members of the community. I have proposed this budget from the division administration. In the weeks to come it will be molded by the discussion and input from our school board, students, parents, and community members into a community commitment, a promise, and a guarantee of our dedication to an equitable, excellent education for our students.

Please visit our website to view copies of all the FY 2014 budget documents and share your comments with us. You may also offer comments at any budget public hearing in the coming months. I look forward to working with you during the budget process and hearing your input.

## COMMENTARY

their learning. With increasing enrollments in ACPS (12,395 in 2012 to 13,707 projected in 2014) and with ever-increasing expectations for all students, the focus of this budget is how best to address the needs of our students as we come out of a severe economic recession which held down expenditures in areas such as textbooks, reading materials, and other essential learning resources, including support personnel.

The Fiscal Year (FY) 2014 Proposed Operating Budget of \$228,499,576 is an increase of 4.8 percent, or \$10,545,143 from FY 2013 Approved Operating Budget. The FY 2014 Proposed Combined Funds Budget of \$247,000,721, a 3.3 percent increase from the FY 2013 Approved Combined Funds Budget, which includes \$11,373,998 in grants and \$7,127,148 in school nutrition funds. The proposal includes a request for a City of Alexandria appropriation of \$188,690,370, an increase of 5.1 percent from FY 2013.

The proposed budget is designed to support our transformation efforts and to continue to invest in our students and staff. The return on our investment from the previous budget cycles has been impressive in many areas, perhaps most notably at T.C. Williams. Even as our beloved high school

## LETTERS TO THE EDITOR

FROM PAGE 10

like Adam Lanza, often don't have a record of mental illness, let alone a criminal record. Indeed, after many individual and mass shootings, people who knew the killers often report to journalists their surprise that the killer could do such a thing. So how can we prevent killings when many shooters don't show any signs of mental illness, or a criminal record?

What Adam Lanza did have is access to guns — guns that his mother collected and trained her sons to shoot. And so is true of many rational, law-abiding, gun-owning parents in America, convinced that with proper training and security measures, they or their children won't commit the unthinkable, in silent premeditation, a moment of rage, or else.

Whatever modest gun control measures state and federal legislators manage to pass, despite stiff NRA opposition, will not stop gun violence in the United States. Still, there is much that can be done to reduce gun violence, including universal background checks on firearms purchasers, reporting of

lost or stolen firearms, full or limited bans on the carrying of firearms into public buildings, and measures to prevent guns getting into the hands of those with diagnosed mental illness.

I'm happy to learn that House Del. Patrick Hope and my own state Sen. Adam Ebbin have recently introduced legislation to advance measures like these. I urge my fellow Virginians to call their respective Delegate and Senator to support them. To find your Delegate and Senator, visit <http://viriniageneralassembly.gov/>.

**Paul Lachelier,**

*Paul Lachelier, Ph.D., is a sociologist and educational entrepreneur in Alexandria. He can be reached at [paul@letlearninglive.org](mailto:paul@letlearninglive.org).*

## Despicable Maneuver

To the Editor:

On Martin Luther King Day, Henry L. Marsh III, who grew up in segregated Virginia, became a civil rights lawyer who

## Home Grown

By KATHARINE DIXON  
REBUILDING TOGETHER ALEXANDRIA



**G**rowing up, Lucinda,\* the daughter of sharecroppers, lived on a plantation in the small town of Edgefield, S.C. Her family raised most of

their own food, never having to buy meat, milk, eggs, potatoes, sugar ... , Lucinda even became an expert

butter churner as a small child. Even clothes were sewn by hand from cloth bought at a nearby cotton plantation.

In her teenage years, Lucinda cooked meals for extra money, while her family members washed and ironed clothes, still not earning very much for their efforts. She recalls buying shoes with stamps, and then only wearing them to school and church. Gas was only \$.19 a gallon, for those who could afford to own a vehicle.

In the 1940s, Lucinda married and soon after moved to northern Virginia so she and her husband could live with his uncle. Her husband held many jobs over the years ... a truck driver, butcher, trash hauler, landscaper and farmer. Lucinda watched children, and cleaned homes during the day and government offices at night, all the while making home-cooked dinners daily for her husband and six children. Most of their food came from the farm her husband ran in Sterling, raising cows, chickens, and hogs and growing many vegetables. Lucinda canned peaches, beans, corn, squash, tomatoes, and jelly (a skill learned from her grandmother).

In 1968, Lucinda's family moved into their Alexandria home, with a down payment of \$1,000 for the \$18,000 purchase. The house, built in 1925, was part of a housing community for railroad workers of the nearby railway. Workers would have lived in her home while supervisors resided in much larger, brick homes nearby.

Helping maintain 82-year old Lucinda's "railroad working" home is volunteer-based Rebuilding Together Alexandria, providing home repair services free of charge that keep her warm, safe, and able to still can vegetables.

Rebuilding Together Alexandria is an award winning, non-profit organization dedicated to repairing and revitalizing homes at no charge for homeowners in need, including elderly, disabled, military veterans and families. To date, in-kind donations of labor and materials have resulted in \$6 million worth of value on more than 1,547 properties. If you would like to apply, volunteer or donate, visit [www.RebuildingTogetherAlex.org](http://www.RebuildingTogetherAlex.org) or call 703-836-1021.

\* It is RTA's policy to not disclose full names

SEE LETTERS, PAGE 23



## OPINION

# Focus on Roads, Schools, Medicaid

By CHARNIELE HERRING  
STATE DELEGATE (D-46)



**I**t has been a week since Virginia Senate Republicans pushed through a partisan redistricting plan that has made our Commonwealth's legislature become a national spectacle once again. While this issue remains deeply troubling to me and many other Virginians, other important debates demand our focus and our effort during this short legislative session. While issues around redistricting and the Electoral College have dominated much of the discussion, we must turn our attention to improving our economy by finding a solution to our state's transportation crisis, strengthening our small businesses, responsibly expanding Medicaid, and ensuring the success of our public schools.

There is broad agreement that it is time to address our inadequate infrastructure. Shortfalls in our transportation budget have hampered expansions necessary to keep pace with our state's rapid growth over the past decade and strained our funds for maintenance. This is about the hours we waste stuck in perpetual traffic on congested roads and away from our families. This is also about the bottom line of our businesses, both large and small, as the congestion effects productivity. We need to find new sources of revenue, but funding for our children's education is something that should not be sacrificed.

Additionally, we are considering a proposal for

Medicaid expansion. Already our state has one of the top 10 leanest Medicaid systems in the United States, and expanding Medicaid will help provide healthcare to those most in need in our communities. This expansion will cost \$15 million a year over the next nine years according to the Governor's office. In return, over \$23 billion will flow back to Virginia from the federal government, an investment that will strengthen our economy and create

thousands of jobs. The benefits do not end there, during those same nine years, Medicaid expansion will actually save our state \$300 million that our public hospitals would have previously spent in unremunerated emergency room care for the uninsured. I am standing behind this Medicaid expansion. It is right for Virginia. It is right for Virginians.

Despite early disappointments, this session is still rich with opportunity. We have a chance to show Virginians that effective government can act to fix problems we are facing. While partisan power grabs have dominated much of the conversation here in Richmond, I believe we will be able to move forward and talk about the issues that are affecting people every day and treat issues like transportation and education like the critical issues they are in reality for so many.

*Charniele Herring (D-46) represents Alexandria City in the Virginia General Assembly and serves as the House Minority Whip. For more information, visit [www.charnieleherring.com](http://www.charnieleherring.com) or on twitter @c\_herring.*

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**OPEN SUN**

**5211 Polk Ave**  
\$1,065,000  
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Best of both worlds-new home size and amenities combined with "in-town convenience". Spacious new home with all the bells and whistles: high ceilings, gourmet kit, upgraded trim detail, gorgeous hardwood flrs, 4 large BR including luxury MBR. Fin basement, 4.5 baths and 2 oversize 2 car garage. Nothing like it in City for close to this price! **OPEN SUN, 2/3 1-4PM!** From 395, Seminary Rd E; R-N. Pickett; R-Pegram; R-Polk.

**INTER VIEWS**

**1250 S. Washington St**  
Porto Vecchio #824  
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**Best Value!**

Spacious residence with breathtaking panoramic river views from every major room. Special features include: glass walled great room, luxury MBR, marble foyer, and bright white kitchen. Spectacular elevated views. Outstanding building amenities include limo service, party rooms, work out room, pool and more! Unique opportunity-typically units with similar combination of views & elevation cost thousands more!

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**4721 Tarpon Lane**  
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Fabulous updated and expanded Colonial on gorgeous half acre plus waterfront lot. Just dredged to provide deep water and smooth boating to Potomac and beyond! Magnificent three level home with 5 bedrooms, 3.5 baths, large room sizes, updated gourmet kitchen, stunning sunrooms on two levels, and oversize two car garage. Walk to yacht Haven amenities. Check the comps-rare close-in waterfront property for under \$1,000,000! **OPEN SUN 2/3, 1-4PM!** GW Prky S, past Estate; continue on 235 S; L-Forest Haven; R-Tarpon Ln.

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**JUST LISTED**

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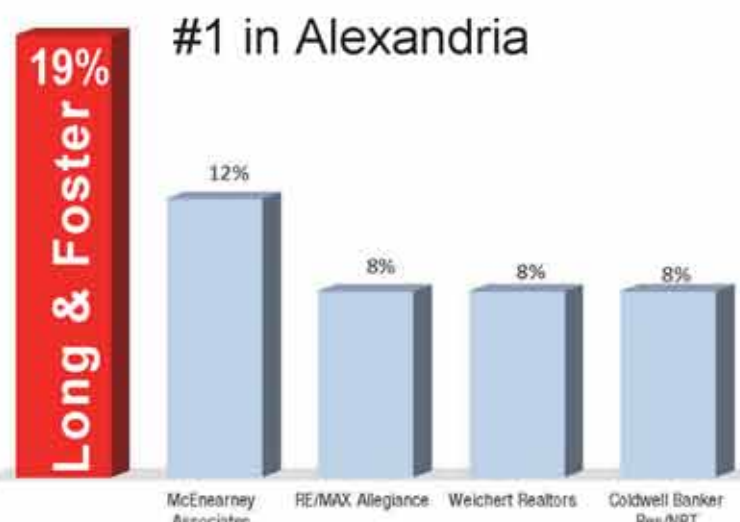
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# WINTER FUN

## A Lullaby To Birdland

### MetroStage premieres “Ladies Swing the Blues.”

BY JEANNE THEISMANN  
GAZETTE PACKET

**E**lla Fitzgerald, Sarah Vaughn, Billie Holiday, Peggy Lee. Their voices defined the history of jazz alongside the likes of Count Basie, Duke Ellington, Thelonious Monk and Miles Davis. But it is the indomitable influence of Charlie “Bird” Parker that sets the stage for “Ladies Swing the Blues: A Jazz Fable,” now playing at MetroStage.

Set in 1955 at New York City’s famed Birdland jazz club, “Ladies Swing the Blues” imagines the backstage stories of Parker’s life as told through a vocal tapestry woven together by the voices of Ella, Sassy, Lady and Lee on the night following the untimely death of Parker at the age of 34.

“It was an electrifying evening,” said vice Mayor Allison Silberberg following the Jan. 24 performance. “The stories embedded in the music were captivating and the talent in the show was phenomenal.”

Making its world premiere at MetroStage, “Ladies” is an original musical with book and lyrics by Thomas W. Jones II and music by William Knowles. Under the direction of Jones, the incomparable talents of the cast soar to the sounds of the on-stage jazz ensemble.

Anthony Manough is Bird, the tragic Charlie Parker, whose life is seen in flashbacks told by Ella (Lori Williams), Sassy (Yvette Spears), Lady (Roz White) and Lee (Sandy Bainum).

Manough’s silken tenor vocals are especially sublime in the upper octaves, while the incredibly gifted Williams, Spears,

White and Bainum put on a powerful display of vocal flexibility and dexterity that repeatedly brings the audience to its feet.

A Helen Hayes award-winning composer and musical director, Knowles (on piano) reshapes familiar melodies like “Fever,” “Round Midnight,” and “Billie’s Blues” with unexpected notes and arrangements that showcase the talents of Grant Langford (alto sax), Doug Pierce (trumpet), Cheyney Thomas (bass) and Greg Holloway (drums).

The 25-song pulsating score is augmented with original tunes by Knowles, including “Bye, Bye Baby Girl,” a poignant duet sung by Bainum and Manough following the death of Parker’s 2-year-old daughter.

Filled with music that will seduce and move generations to come, “Ladies Swing the Blues” is a tour de force production for MetroStage and Artistic Director Carolyn Griffin.

“I am so excited to be doing this show in this space,” said Griffin of the converted lumber warehouse in North Old Town. “You can feel the music ... you can touch it here. Birdland has nothing on us.”

“*Ladies Swing the Blues*,” now through March 17, at MetroStage, 1201 N. Royal St. Call 703-548-9044 or visit [metrostage.org](http://metrostage.org).



PHOTO BY JEANNE THEISMANN/GAZETTE PACKET

Anthony Manough, Sandy Bainum, Thomas Jones, Carolyn Griffin, Yvette Spears, William Knowles, Lori Williams and Roz White celebrate following the Jan. 24 performance of “Ladies Swing the Blues” at MetroStage.



PHOTO BY CHRISTOPHER BANKS

Yvette Spears, Lori Williams, Anthony Manough, Roz White and Sandy Bainum appear in MetroStage’s “Ladies Swing the Blues,” onstage through March 17.

## CALENDAR

E-mail announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Photos and artwork are encouraged. Deadline is Thursday at noon.

### ONGOING

#### Homeschool Studio Class.

Beginning in February at Art at the Center, 2804 Sherwood Hall Lane. Children ages 6-10 can participate. Register at [www.artatthecenter.org](http://www.artatthecenter.org) or 703-201-1250.

#### Occupied City: Life in Civil War

**Alexandria Exhibition.** At The Lyceum, Alexandria’s History Museum, 201 South Washington Street. Open daily through September, this exhibit traces life in Alexandria following Virginia’s decision to secede from the Union in May 1861. See how Robert E. Lee’s hometown was transformed literally overnight from a prosperous

commercial port into a supply, hospital, and transportation center for the Union Army, and find out why Alexandria became a destination for African Americans seeking freedom. Explore the experiences of Alexandrians and others who lived here during this tumultuous time, through their own words, as well as in period photographs and collections items. The Lyceum is open Monday through Saturday, from 10 a.m. to 5 p.m. and Sunday, from 1-5 p.m. Suggested admission is \$2. Visit [www.alexandriahistory.org](http://www.alexandriahistory.org) or call 703-746-4994.

**Art Exhibit.** Alexandria artist Francis Seeger will display “People” in the Athenaeum Gallery, 201 Prince St. through Feb. 24. Free. Features a number of the artist’s larger figural paintings. Often appearing to be waiting for time to pass or expressing a touch of boredom, Seeger’s subjects are captured with vibrant palette.

Visit [www.nvfaa.org](http://www.nvfaa.org) or 703-548-0035.

#### Life in Civil War Alexandria

**Exhibition.** Daily exhibit traces life in Alexandria following Virginia’s decision to secede from the Union in May 1861. Through September at The Lyceum, Alexandria’s History Museum, 201 South Washington St. Open Monday through Saturday, 10 a.m.-5 p.m. and Sunday, 1-5 p.m. Suggested admission \$2. Visit [www.alexandriahistory.org](http://www.alexandriahistory.org) or call 703-746-4994.

**Tavern Toddlers.** Mondays, 10:30 a.m.-noon. Mondays through the end of April. Designed for walkers through 36 months and their caregivers. Tavern Toddlers features a weekly open playtime in Gadsby’s historic ballroom. Gadsby’s Tavern Museum is located at 134 North Royal St. Call 703-746-4242 or visit [www.gadsbystavern.org](http://www.gadsbystavern.org).

### THROUGH MARCH 17

**Theater Performance.** “Ladies Swing the Blues,” a world premiere by Thomas W. Jones II and William Knowles at Metrostage, 1201 N. Royal St. Explore the jazz folklore, mythologies and backstage stories of the ’40s and ’50s with four legendary jazz divas as they gather to commemorate the passing of jazz legend Charlie Parker. Performances are Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., and Sundays at 3 p.m. and 7 p.m. Tickets \$50 (students \$25). For tickets call 800-494-8497 or visit [www.metrostage.org](http://www.metrostage.org), Groups/Info 703-548-9044. Fully accessible, free parking.

### WEDNESDAY/JAN.30

**Robert Earl Keen.** 7:30 p.m. \$39.50, all standing in the flex stage. The

Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) or call 703-549-7500.

**Author Series.** 7 p.m. at Beatley Library, 5005 Duke St. William Burton McCormick will discuss his book “Lenin’s Harem.” Free.

**Time for 2s.** 11 a.m. at Charles Beatley Library, 5005 Duke St. For children ages 24-36 months. Free. Registration required, 703-746-1702 ext. 5.

**E-book Training.** 7 p.m. at James Duncan Library, 2501 Commonwealth Ave. Learn how to use Alexandria Library’s e-book collection on your e-reader, smartphone, mp3 player or computer. Free. 703-746-1705.

**Mother Goose Time.** 10 a.m. at Kate Barrett Library, 717 Queen St. Children ages 12-24 months can

SEE CALENDAR, PAGE 19



# WINTER FUN

FROM PAGE 18

enjoy songs, games and interactive fun. Free. 703-746-1703.

**Stories to Grow On.** Children ages 2 and up can enjoy stories, songs, movement and interactive fun at 11 a.m. at Kate Barrett Library, 717 Queen St. Free. 703-746-1703.

## THURSDAY/JAN. 31

**Music.** Blackstreet featuring Teddy Riley will perform at 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) or 703-549-7500 for tickets.

**Story Time.** 10:30 a.m. or 3 p.m. at Charles Beatley Library, 5005 Duke St. Children ages 3-5 years. Free. Registration required. 703-746-1702 ext. 5.

**Mother Goose Time.** 10 a.m. at James Duncan Library, 2501 Commonwealth Ave. One-year-olds can sing, enjoy fingerplays and bounces. Free. 703-746-1705.

**Story Time.** 11 a.m. at James Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories, play time and a craft. Free. 703-746-1705.

**Pajama Party.** 7 p.m. at Ellen Coolidge Burke Library, 4701 Seminary Road. Pajamas optional, but children ages 3-6 can enjoy stories, songs, games and crafts. Free. 703-746-1704.

**Story Time.** 4 p.m. at Kate Barrett Library, 717 Queen St. Children ages 3 and up can enjoy stories, songs, movement and more, including a weekly craft or short film. Free. 703-746-1703.

## THROUGH JAN. 31

**Art Exhibit.** Multiple Exposures Gallery in Torpedo Factory, 105 N. Union St. See Clifford Wheeler's "Axis: Bold as Love, The Luthier's Art." Free. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

## FRIDAY/FEB. 1

**Opening Reception.** 7-10 p.m. at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Meet some of the artists from "Dot and Dash." Free. Visit [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org).

**Open Mic Poetry Reading.** 8-10 p.m. at St. Elmo's Coffee Pub, 2300 Mount Vernon Ave. New and experienced poets welcome. Free. Visit [www.stelmoscoffee.pub.com](http://www.stelmoscoffee.pub.com).

**Wee Ones Storytime.** 10:30 a.m. at Hooray for Books, 1555 King St. Children up to age 2 can explore the exciting world with some stories and songs. Free. Visit [www.hooray4books.com](http://www.hooray4books.com) or 703-548-4092.

## SATURDAY/FEB. 2

### Charles Ross One Man Star Wars

**Trilogy.** 7:30 p.m. \$35. Visit [www.onemanstarwars.com/](http://www.onemanstarwars.com/). The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) or call 703-549-7500.

**Coin Show.** 9 a.m.-5 p.m. at Holiday Inn Express Springfield, on the corner of Highway 95 and Old Keene Mill Road. Features 50 tables with coins, currency and numismatic collectibles. Door prizes for the first 500 people. Raffle for gold and silver coins. Visit [www.alexandriacoinclub.com](http://www.alexandriacoinclub.com).

**Washington Gardener Magazine Seed Exchange.** 12:30-4 p.m. at Green Spring Gardens, 4603 Green Spring Road. \$10/FROGS and WG magazine subscriber; \$15/other. Enjoy lectures, seed swaps and more. Register at 703-642-5173.

**Warehouse Sale.** 9 a.m.-4 p.m. at George Washington Masonic Memorial, 101 Callahan Drive. Presented by the Old Town Boutique District. Visit [www.oldtownboutiquedistrict.com](http://www.oldtownboutiquedistrict.com) for more.

**Wee Ones Storytime.** 10:30 a.m. at Hooray for Books, 1555 King St. Children up to age 2 can explore the exciting world with some stories and songs. Free. Visit [www.hooray4books.com](http://www.hooray4books.com) or 703-548-4092.

## FEB. 2 THROUGH MARCH 3

**Art Exhibit.** See "Fabricated: An Exhibition of Wearable Art" at Target Galley in the Torpedo Factory Art Center, 105 N. Union St. Visit [www.torpedofactory.org/target](http://www.torpedofactory.org/target) for more on the exhibit.

## SUNDAY/FEB. 3

**Choral Evensong.** 5-6 p.m. at Historic Christ Church, 118 N. Washington St. Enjoy a service of evening prayer with choral music. Free. Visit [www.HistoricChristChurch.org](http://www.HistoricChristChurch.org) or 703-549-1450.

**Film Day.** 2 p.m. at Beatley Library, 5005 Duke St. Watch "Dream Girls" in honor of African-American History Month. Free. Visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us) or 703-746-1702.

## THROUGH FEB. 3

**Art Exhibit.** Scope Gallery in the Torpedo Factory, 105 N. Union St., presents "Illuminations," a cozy ambiance that can be achieved with the glow from handcrafted ceramic lamps, lanterns and more. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

**Special Photography Exhibit.** At-risk Alexandria girls who participated in the "Space of Her Own"



## Ritual Returns

Designer shopping at bargain prices will arrive with the 8th Annual Old Town Boutique District Warehouse Sale, Saturday, Feb. 2 in Alexandria. The one-day shopping event featuring high-end boutique merchandise will be held at the George Washington Masonic Memorial from 9 a.m.-4 p.m. Founded in 2005, the annual clearance sale has attracted a large audience of shoppers traveling to Alexandria from as far away as Richmond and Pennsylvania.

Shoppers will find the best brands of clothing, shoes, jewelry, home furnishings and more up to 80 percent off retail prices. The most serious fashion fans line up early in the morning hours to get the first look at the top label merchandise.

Participating stores and local designers include: Andrea D'Ambrosia Studio, Pink and Brown Boutique, Apple Seed, Red Barn Mercantile, Fornash, Gossypia, Toka + Chris, The Christmas Attic, Hysteria, The Little Monogram Shop, J McLaughlin, The Shoe Hive, Lawrence Miller & Co., Top It Off Accessories, Mint Condition, Queen Bee Designs, Mystique Jewelers, Zoe Boutique and Periwinkle. Visit [www.oldtownboutiquedistrict.com](http://www.oldtownboutiquedistrict.com)

mentorship program will have two photos that they took and subsequently developed in a darkroom on display at The Art League in the Torpedo Factory, 105 N. Union St. Free. Visit [www.theartleague.org](http://www.theartleague.org) or 703-683-1780.

## MONDAY/FEB. 4

**Deadline for Submission.** All entries for Target Gallery's open exhibit can be submitted to the gallery at Torpedo Factory, 105 N. Union St. Visit [www.torpedofactory.org](http://www.torpedofactory.org) or 703-838-4565.

## THROUGH FEB. 4

**Art Exhibit.** "Winter Impression" at

SEE CALENDAR, PAGE 20

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## WINTER FUN

FROM PAGE 19

Enamelists Gallery in the Torpedo Factory, 105 N. Union St. Showcases the cold, snow, ice and cool colors of winter beauty. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

### TUESDAY/FEB. 5

**Discussion.** Dr. Peter Matic presents "The Insightful Image: Scientific Understanding You Can See" from 6-8 p.m. at Morrison House, 116 S. Alfred St. Free. Visit [www.morrisonhouse.com](http://www.morrisonhouse.com) or 703-838-8000.

**Concert Tour.** Alfie Boe, who starred as Jean Valjean in the 25th anniversary concert of "Les Misérables" in London will perform at the Birchmere, 3701 Mount Vernon Ave. For tickets visit [www.ticketmaster.com/Alfie-Boe-tickets](http://www.ticketmaster.com/Alfie-Boe-tickets) or [birchmere.com](http://birchmere.com).

**Swing Dance.** 9-11 p.m. at the Carlyle Club, 411 John Carlyle St. Swing dance with Tom Koerner and Debra Sternberg. Free. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

**IHOP's National Pancake Day.** Participating local IHOPs celebrate by giving away one free short stack of pancakes to all who dine throughout the day. A much-anticipated event, all proceeds that day benefit the Leukemia & Lymphoma Society's National Capital Area Chapter, with the hopes that patrons will make a donation to LLS in lieu of payment for pancakes. Visit [www.lls.org](http://www.lls.org).

### WEDNESDAY/FEB. 6

**Concert Tour.** Alfie Boe, who starred as Jean Valjean in the 25th anniversary concert of "Les Misérables" in London will perform at the Birchmere, 3701 Mount Vernon Ave. For tickets visit [www.ticketmaster.com/Alfie-Boe-tickets](http://www.ticketmaster.com/Alfie-Boe-tickets) or [birchmere.com](http://birchmere.com).

**Lecture.** 7 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Dr. Peter Henriques will discuss why George Washington decided to stop being friends with George Mason, Thomas Jefferson and James Madison. \$12/person; \$10/GTMS member and volunteer. Reservations recommended. 703-746-4242.

**Movie.** 6:45 p.m. at Duncan Library, 2501 Commonwealth Ave. Watch a



noir romance starring Humphrey Bogart and Gloria Grahame. A discussion will follow at St. Elmo's Coffee Pub. Free. Call 703-746-1705 for title.

**Atomic Swing Club.** 9-11 p.m. at Nick's Nightclub, 642 S. Pickett St. \$10. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

### WEDNESDAYS THROUGH FEB. 6

**Picture Writing: Literacy through Art.** 7-8:30 p.m. at Art at the Center, 2804 Sherwood Hall Lane. Children ages 8-12 will receive an introduction to an approach to writing that integrates visual modes of thinking at every stage of the writing process. \$150/student. Register at [www.artatthecenter.org](http://www.artatthecenter.org) or 703-201-1250.

### THURSDAY/FEB. 7

**Art Focus Group.** 7:30-9 p.m. Printmaking — explore both direct and indirect print-making processes with stamping and mono-print trays. Classes are \$25 each or \$200 for the 10 class series. A school or group of teachers can share the registration for the full series. At 2804 Sherwood Hall Ln. Call 703-201-1250.

**Performance.** Sera Cahoone opens for Kathleen Edwards at 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) or 703-549-7500 for tickets.

**Creative Writing Session.** 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Get the creative juices flowing with the help of Camilla Clocker and Julie Ellis. Free, open to the public. 703-765-4573.

### FRIDAY/FEB. 8

**Organ Recital.** 7:30 p.m. at Grace

## BULLETIN BOARD

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Deadline is Thursday by noon. Photos welcome.

### FRIDAY/FEB. 1

**Homebuyer Training Classes.** 9 a.m.-3 p.m. at Charles Houston Recreation Center, 901 Wythe St. To register call Judy at 703-621-7900. Visit [www.vhda.com](http://www.vhda.com) for requirements and more.

### SATURDAY/FEB. 2

**SafeAssured Child Identification Event.** 10 a.m.-2 p.m. at Police Headquarters, 3600 Wheeler Ave. Kits are provided for free on a first come, first serve basis for families with children 16 and younger. For more information, visit [www.safeassured-id.com/](http://www.safeassured-id.com/).

**Rowing Competition.** T.C. Williams High School crew team and Alexandria Community Rowers will host more than 1,500 athletes at the Mid-Atlantic Erg Sprints indoor rowing competition.

### FEB. 2 THROUGH APRIL 13

**Free Tax Preparation.** City of Alexandria is offering free preparation for taxpayers whose income is below \$35,000 for individuals and \$51,000 for families.

## Mountain Music

Discover surprising links between Appalachia and Nepal at the Mountain Music Project, Saturday, Feb. 9, 8-10:30 p.m. at The Lyceum. Free for members (donation requested) and \$20 for non-members. The Lyceum is located at 201 South Washington St. Visit <http://mountainmusicproject.com/>.

Episcopal Church, 3601 Russell Road. Kyle Babin, director of music, will present works by Bach, Byrd and more. Freewill offering. 703-549-1980.

**Chamber Players Concert.** 8 p.m. at The Lyceum, 201 S. Washington St. Hear the United States Air Force Band brass trio and brass soloists. Free. Visit [www.usafband.af.mil](http://www.usafband.af.mil) or 202-767-5658.

### FEB. 8 THROUGH MARCH 17

**Art Exhibit.** See Matthew D. Kiehl's "Craft and Character: Wasteland" at the Schlesinger Center Margaret W & Joseph L. Fisher Gallery. See an exploration of pen and ink on paper. Free.

### SATURDAY/FEB. 9

**Children's Art Workshop.** 1-3 p.m. at Del Ray Artisans gallery, 2704 Mount Vernon Ave. Children ages 5-12 can enjoy expressing their creativity in this hands-on workshop. \$10/DRA member; \$12/non-member. Registration first-come, first served and 20 students max. Register by Feb. 3 at [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org).

**Music Performance.** Celebrate the City of Alexandria with a performance by the Alexandria Symphony, the Alexandria Choral Society and more at 8 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 3001 N. Beauregard St. Tickets are \$5/youth; \$10/student; and start at \$40 for adults. 703-548-0885.

**Civil War Songs & Letters.** 7 p.m. at The Athenaeum, 201 Prince St. Dead Men's Hollow will perform songs of the Civil War and new, original songs about the war; actors will read letters

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Minnie Howard Campus, 3801 W. Braddock Road. Learn about the new Science, Technology, Engineering and Mathematics Academy for incoming freshman. Contact Gregory Hutchings Jr. at 703-824-6912.

### THURSDAY/FEB. 7

**Blood Drive.** 9:30 a.m.-3:30 p.m. at Alexandria Chapter House, 123 N. Alfred St. Donate blood through the American Red Cross. Visit [redcrossblood.org](http://redcrossblood.org) or 1-800-RED-CROSS.

**New Group Forming.** Childhood sexual assault group will meet Thursday evenings from 6:30-8 p.m. at the Sexual Assault Center in Old Town Alexandria. The group is open to City residents and City government employees at no cost. All group members must be receiving individual therapy or case management services while participating and all members must meet with a Sexual Assault Group Facilitator before beginning. Contact Constance Wallace at 703-746-3126. Members are asked to commit to all 10 sessions.

**Homebuyer Training Seminar.** 6:30-8 p.m. at Burke Branch Library, 4701 Seminary Road. Advanced registration requested. Visit [www.homeseminar.org](http://www.homeseminar.org) for more.

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# WINTER FUN

FROM PAGE 20

and diary entries from that time period. Reception to follow. \$10/person.

**Opening Reception.** 3-5 p.m. at the Schlesinger Center Margaret W & Joseph L. Fisher Gallery. Meet Matthew D Kiehl and see his exploration of pen and ink on paper. Free.

**Valentine's Dinner and Dance.** 7 p.m.-midnight at Good Shepherd Catholic Church, 8710 Mount Vernon Highway. Enjoy a cash bar, food and more. Proceeds benefit Progreso Literacy and Citizenship Center. Tickets are \$30/person and available at GSCC or Progreso LCC or at the door.

**Lecture.** 1:30 p.m. at Barrett Branch Library, 717 Queen St. Michael Lee Pope will discuss his new book "Shotgun Justice: One Prosecutor's Crusade Against Crime and Corruption in Alexandria and Arlington." Free. Light refreshments to follow.

**Mountain Music Project.** 8 p.m. at the Lyceum, 201 S. Washington St. Watch the documentary "Mountain Music Project" and then enjoy some music. \$20/non-member; free for FSGW members, but donation requested. 301-717-4641.

**Civil War Recruiting Day.** 1-4 p.m. at Fort Ward Museum & Historic Site, 4301 W. Braddock Road. Learn about period clothing and equipment, watch drills and more. Free.

**Saturday Matinee Screening.** 1:30 p.m. at Duncan Library, 2501 Commonwealth Ave. Features a Tarzan movie starring Johnny Weismuller and a second film starring Abbott and Costello. Free. Call 703-746-1705 for titles.

**Valentine's Day Cookie Workshop.** Three sessions at 11 a.m., 1 p.m. or 3 p.m. at Occasionally Cake, 207 King St. Participants will be able to decorate cookies, get a demonstration and a cookie box to take home. \$25/person. Reservations required at [www.occasionallycake.com](http://www.occasionallycake.com) or 703-647-9638.

**Teen Production.** 7:30 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. See "The Pink Panther Strikes Again." \$10 available only at the door.

## SUNDAY/FEB. 10

**10,000 Maniacs.** 7:30 p.m. \$35. Visit [www.maniacs.com/](http://www.maniacs.com/) The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit [www.birchmere.com](http://www.birchmere.com) or call 703-549-7500.

**Ladies 18th-Century Tea.** 3 p.m. or 3:15 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Sip the museum's special blend and eat period-inspired delicacies. \$35/person. Reservations required. 703-746-4242.

**Music Performance.** Celebrate the City of Alexandria with a performance by the Alexandria Symphony, the Alexandria Choral Society and more at 3 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 3001 N. Beauregard St. Tickets are \$5/youth; \$10/student; and start at \$40 for adults. 703-548-0885.

**Film Day.** 2 p.m. at Beatley Library, 5005 Duke St. Watch "Akeelah & the Bee" in honor of African-American History Month. Free. Visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us) or 703-746-1702.

**Capital Wind Symphony Concert.** 8 p.m. at Bishop Ireton High School, 201 Cambridge Road. Tickets are \$15 in advance, \$20 at the door, and \$5 discounts for seniors and students. The program will include works by Robert Russell Bennett, Malcolm Arnold, Wagner and Mendelssohn. For tickets and additional information, see [www.capitalwindsymphony.org](http://www.capitalwindsymphony.org), or for other questions contact 703-822-8282.

**Teen Production.** 3 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. See "The Pink Panther Strikes Again." \$10 available only at the door.

## THROUGH FEB. 10

**Art Exhibit.** Potomac Fiber Arts Gallery, located in the Torpedo Factory, 105 N. Union St., has on display "QR Codes." Free. Visit [www.Potomacfiberartsgallery.com](http://www.Potomacfiberartsgallery.com).

**Call for Applicants.** Apply for the Visiting Artist Program for residency at the Torpedo Factory. Visit [www.torpedofactory.org](http://www.torpedofactory.org) for details on how to apply.

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## George Washington: Using Reasoning as a Winning Strategy

BY SCOTT WAGONER  
VICE PRESIDENT, GEORGE WASHINGTON  
CHAPTER OF THE SONS OF  
THE AMERICAN REVOLUTION

George Washington was committed for the long-haul to winning the American Revolution. He hoped to out-think, out-manuever, and wear out the British before the patriots themselves lost their commitment. In many ways, the American Revolutionary War was a war of attrition. Washington chose his battles carefully and used reasoning as a strategy for success throughout most of his military career. He took the time to think through challenging situations so that the patriots' odds of success were increased.

Washington was a disciplined army officer who respected the British army system and its regulations. As colonel of the Virginia Regiment, Washington served alongside the British from 1754 through 1758, where he studied and learned their ways. However, he also adapted his fighting style to the conditions at hand, such as hiding in the frontier woodlands to enable surprise maneu-

vers in military engagements with the French.

From his days as a surveyor, Washington displayed an orderly mind and was able to solve challenging problems effectively and creatively. This trait was reflected in his military style. Washington studied and thought through the detail of army operations, including logistics for securing provisions and even creating a provost corps. Washington established the Marechaussee Corps (derived from the French provost units), which was a provost unit, authorized by Congress in 1778, with responsibility for maintaining law and order as well as providing guard, scouting and escort duties. He thought that the American army needed discipline in order to survive and withstand the force of the British army.

It is surprising that Washington had very little major command experience before assuming command as general of the American Continental Army. In "George Washington's Secret Navy," James L. Nelson points out that Washington, while in command of the Virginia Regiment, had fought in the frontier's woods two decades before taking command of the army during the

### Celebrating George's Birthday

George Washington Birthday Parade and Weekend Festivities will be held Feb. 16-18. Largest parade in the country celebrating the 281st anniversary of the birth of the nation's first president takes place on Washington's Birthday holiday, Monday, Feb. 18, 1 to 3 p.m. in Old Town Alexandria. Part of a weekend of events includes the Birthnight Banquet & Ball and a Madeira Wine Tasting at Gadsby's Tavern, a 10-K race, a 1-mile race just before the parade, plus free open houses at historic attractions on parade day.

American Revolutionary War. Although skilled at surviving wilderness battles, he had never led a large army into open battle, an undertaking which required additional skills and tactics. Washington had to quickly deal with deploying troops, artillery, and supplies over a large theater of operations; the taking, building, and defending of fortifications; and coordinating strategy with a navy at sea. This challenge required him to be a quick study as he learned to adapt and think through new and changing circumstances. Washington knew that he could not ultimately win the Revolutionary War in traditional engagements with the British; so he had to constantly think creatively. He relied heavily on the art of surprise, using tactics like ambush that he had used during his earlier military engagements with the French.

In "George Washington on Leadership," Richard Brookhiser points out that even though Washington was inclined to attack, he sought out the opinions of his fellow of-

icers and considered alternatives before deciding on a course of action. In a long war of attrition over a large territory with large scale military engagements, careful deliberation was the most appropriate strategy, as necessary for victory in war as in a chess game. As Brookhiser writes about Washington, "Much of his time during the last half of the war was spent in feints and maneuvers designed to draw the British out of position."

Washington's sharp leadership ability and analytical strategy were conclusively demonstrated at the Battle of Yorktown in 1781, where he achieved a decisive victory which ended the American Revolutionary War. With his army in New York, Washington recognized the vulnerability of the British position at Yorktown and strategically shifted direction to capitalize on this opportunity for victory. He used deception to keep the British thinking that he still planned to attack New York City, while he and his men were making the march to Yorktown. Purposefully using reasoning as a strategy, Washington was able to develop sound plans of action.

During the American Revolution, Washington's analytical reasoning style helped to win the day, because it was exactly what was needed for an underdog challenger to win a war of attrition. It was a consciously adopted strategy he used to improve his odds of success. Had he been quick to make impulsive decisions, the outcome would most likely have been far different: we would not enjoy the freedom he and the courageous patriots secured for us.

## Washington and the Culper Ring

BY CLAIRE WAMSLEY  
MEMBER, AMERICAN  
REVOLUTION ROUND TABLE

In the 18th century, an insult to a Gentleman's honor required a duel to settle the score. It was better to die respectably in a duel than to live without honor. Prudently, a Gentleman like General Washington avoided the company of liars and other double-dealing scoundrels.

In 1775, General Washington led a new American army facing a large, well-supplied British force. It became an urgent matter for the General that he know what the British were planning lest he be attacked without warning.

The first intelligence gathering model suggested by his staff was to send a soldier, undercover of darkness, to listen and observe the British camp and then return at dawn. Washington replied that in the past this had yielded sparse results.

The second model tried was a complete disaster. A young captain of the Seventh Connecticut, a recent Yale graduate, proposed to reconnoiter behind British lines in civilian clothes.

His task was to disembark from a ship, wade onto the Long Island shore, and then proceed on foot to Brooklyn and to General Howe's main camp. Unfortunately, on the way the young man met a wily old man named Robert Rogers. During the trek, they chatted amiably about the adventures of Rogers' Rangers in the French and Indian War. During dinner, conversation flourished. After paying the tab, Rogers left. Soon, British soldiers entered to arrest the "civilian," a k a Captain Nathan Hale. Rogers had gleaned enough information to ensure the young Captain would hang the next morn-

ing.

Informed of this, General Washington recognized that soldiers in civilian disguise did not shed their military mind set and bearing. He consulted the New York Committee for Detecting and Defeating Conspiracies set up originally to ferret out Loyalists. Through this group, he learned of Nathaniel Sackett who, for a monthly salary plus a secret fund, would recruit agents. Washington appointed Captain Benjamin Tallmadge of the Second Continental Dragoons as Sackett's military contact. Sackett developed a plan to send men into

enemy territory and to keep them there for a period of time, living a legend such as poultry trader.

Tallmadge noticed the problem of intercepted messages. Betrayal meant death for the "poultry trader." A cipher was needed and one not too complicated to confound the limited education of the agents. A cipher was developed and the Culper Ring became a truly professional intelligence agency. The name was derived from the aliases taken by two of its main members Samuel Culper Sr. and Samuel Culper Jr.

At times, Washington angrily called Sackett to task due to the large amounts of money requested for sparse information. But then he cooled down when the information was very good. Sometimes he was disgusted with the agents' disregard for civilians and private property as well as for their double dealings, secretive ways and deceit. They were devious ... they were spies.

In "Washington's Spies," Alexander Rose describes General Washington's uneasy relationship with the brave and clever men who contributed to the success of the American Revolution as secret agents.

## George Washington: Surveyor

Submitted by the George Washington Chapter, Sons of the American Revolution

George Washington's career began as a surveyor, and he continued that activity throughout his life. Beginning in 1747, at the age of 17 years, he secured an appointment as county surveyor for the newly created frontier county of Culpeper and then continued to work in Frederick and Hampshire Counties. He surveyed into the Shenandoah Valley to what is now Harper's Ferry.

He maintained a journal of all his travels and observations in the western regions and played a large role in opening the Ohio Valley to Virginia settlers.

In addition to public surveys, Washington prepared two maps of the area that became the city of Alexandria, Va., on the Potomac River in 1748-9. Washington played a major role in starting the French and Indian War when, on a mapping and exploratory mission in 1754, he ambushed a French detachment and a French officer was killed. That became

a proximate cause of the war.

During the French and Indian War, his appointment as lieutenant colonel of the newly formed Virginia Regiment was largely the result of his knowledge of the wilderness and map-making skills. During the war, he was responsible for constructing a chain of forts covering over 400 miles, as well as the layout and construction of roads in the vicinity. To this day, one of these roads is still known as "Washington's Road."

He was also involved in the awarding of land claims to veterans of the war, all of which lay west of the Ohio River and none of which had been surveyed at that time. Even as a general during the Revolutionary War, he periodically found it necessary to make his own field sketches of battlefields. In 1777, in the midst of the Revolutionary War, he appointed Robert Erskine to begin a complete survey of the nation; the result was the development of the first official maps of the United States. These helped greatly in military operations. As President, Washington created the office of Geographer to the Army.



# LETTERS

FROM PAGE 14

Rob Krupicka, pointed out in a message he sent to his constituents on Friday, Jan. 25: Virginia's Constitutional language on redistricting was approved by the voters of Virginia just a few years ago. It clearly states that redistricting shall take place "in the year 2011 and every 10 years thereafter." Just last year the Richmond Circuit Court ruled off-year redistricting unconstitutional.

Thus, this bill is blatantly illegal. Adding insult to illegality, the Republicans behind this scheme are claiming to be helping African Americans by gerrymandering a new district that would be majority African American, even as they never consulted their leadership or their community and while their plan robs African Americans of real representation given that they are aligned with the Democratic Party.

It is not an exaggeration to say that this plan is no better than what African Americans lived through during Virginia's tragic era of Jim Crow with the use of poll taxes and other techniques to prevent them from being represented in government, as well as more recent Republican policies to

disenfranchise African Americans by creating unfair barriers to voting in states all over our nation — not to mention their treatment of the first African American President in our nation's history.

This bill has four steps to go before actually becoming law and being challenged in court for its violation of the Virginia Constitution.

Republican Speaker William J. Howell could refuse to put the bill before the House of Delegates because of the manner in which it was amended in the Senate. The House could vote it down. Gov. Robert F. McDonnell could refuse to sign it. The Justice Department could rule that it is violation of the Voting Rights Act.

Howell and McDonnell claim not to have known about this power play in the Senate. Whether or not that is true, they have been faced with a moment of truth and failed. Howell has put off a decision on the bill for a short time and McDonnell has failed to immediately denounce the bill and pledge to veto it if it reaches him. They are both weighing the politics of the bill and whether they might get away with this despicable maneuver.

At a time when our nation is re-

membering the 150th anniversary of the Civil War and, ironically, the first Republican president, Abraham Lincoln, is shown in the movie "Lincoln" issuing the Emancipation Proclamation and fighting to ensure full citizenship for African Americans would last by passing the 13th Amendment to the Constitution, the Republican Senate, Bill Howell, and Bob McDonnell are providing an unwanted educational moment of their own as to why that war and that amendment were so essential.

**Paul Friedman**  
Alexandria

## Need Sensible Gun Laws

To the Editor:

Two recent national events have caused me to reflect on the nature of our democracy. In the Capitol of the most powerful country on earth we witnessed the peaceful continuation of leadership. In a small Connecticut town we witnessed a violent destruction of sanctuary. The co-existence of these two extraordinary outcomes

SEE LETTERS, PAGE 26

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21 Announcements

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21 Announcements

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OBITUARY

**Gladys Cordelia Bushrod, 103,**  
of Mason Neck (Lorton) VA peacefully  
entered into eternal rest on Thursday,  
January 24, 2013. She is preceded in  
death by her husband, Courtney and her  
two sons, Calvin and Maurice. Gladys  
leaves four daughters to cherish her  
memory; Lorraine B Jackson, Shirley  
Giles (Carl), Gwendolyn Wright and  
Barbara Strange (Theodore), sixteen  
grandchildren, twenty-eight great  
grandchildren, sixteen great-great  
grandchildren and a host of other  
relatives and friends.

A visitation for family and friends will be  
held on Friday, Feb. 1 from 6:00 until  
8:00 at Shiloh Baptist Church, 10704  
Gunston Rd., Lorton, VA, where a view-  
ing will take place on Sat., Feb. 2 from  
11:00 a.m. until time of service at 12:00  
p.m. Interment, Shiloh Baptist Church  
Cemetery, Lorton, VA.

In lieu of flowers, the family requests  
that a contribution be made to the Shi-  
loh Baptist Church Building Fund in  
Lorton.

Arrangements by Phillip Bell Sr. and  
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21 Announcements

21 Announcements

NOTICE OF FEBRUARY,  
MARCH MEETINGS AND  
APRIL ELECTION

Dear Members:

Please note the following General Membership meetings of  
the NAACP Alexandria Branch for the purpose of election  
of officers and at-large members of the executive commit-  
tee.

• On February 7, 2013, at Charles Houston Recrea-  
tion Center, 901 Wythe Street, Alexandria, VA, there will  
be an election of the Nominating Committee. All members  
whose memberships are current as of 30 days prior to the  
meeting date may be elected to the Nominating Commit-  
tee.

• On March 7, 2013, at Charles Houston Recrea-  
tion Center, 901 Wythe Street, Alexandria, VA, there will be  
a report of the Nominating Committee, receipt of Nomina-  
tions by Petition, and election of the Election Supervisory  
Committee. All members whose memberships are current  
as of August 1, 2012 may be nominated for office or as an  
at-large member of the Executive Committee. In order to  
sign a nominating petition, or be elected to the Election Su-  
pervisory Committee, a member must be current as of 30  
days prior to the March  
meeting.

• On April 4, 2013, at Charles Houston Recreation  
Center, 901 Wythe Street, Alexandria, VA, the election of  
officers and at-large members of the Executive Committee  
will take place. Polls will open from 6:00pm to 8:00pm. In  
order to vote in a Branch election, one must be a member  
in good standing of the Branch 30 days prior to the elec-  
tion. A form of  
identification is required.

We look forward to your participating in these activities.

Brenda Adams, Secretary

The biggest  
things are  
always the  
easiest to do  
because there is  
no competition.  
-William Van Horne

21 Announcements

OBITUARY  
William "Bill" Sawyers Darrough (Age 58)

On January 18, 2013, while on vacation in Freeport, Bahamas.  
A lifelong resident of Alexandria, VA, he was active with the  
Boy Scouts of America. He is survived by his wife of 32 years,  
Phyllis Darrough; children, Mary Boden and Andrew Darrough;  
brother, Kirk Darrough; sister, Rebecca Cordell; two nieces  
and one nephew. Family and friends may gather on Friday,  
February 1, 2013 from 2-4 & 6-8 pm at Everly-Wheatley Funer-  
al Home, 1500 W. Braddock Rd., Alexandria, VA 22302 where  
funeral services will be held on Saturday, February 2, 2013 at  
11 a.m. In lieu of flowers, memorial contributions may be made  
to The Claude McDonald Foundation (Camp Big Mac) c/o Mr.  
and Mrs. William Crouch, 10322 Maremont Dr., Richmond, VA  
23233. A guest register may be found at www.everlyfuneral-  
homes.com

21 Announcements

21 Announcements

OBITUARY  
Dr. Bernard Greifer

Saturday, January 19, Bernard Greifer, 91, of Rockville, MD,  
previously of Alexandria, VA. Bernie, son of Morris and Nettie  
Greifer, was born in the Bronx, NY, December 22, 1921. He  
graduated from City College of NY with a BS in chemistry. A  
decorated war veteran of WWII, he received his MS from NYU  
and his PHD from Carnegie Mellon University. Bernie was a  
gifted scientist in the fields of organic and environmental chem-  
istry. He was active in both the American Chemical Society  
and Alpha Chi Sigma. Beloved husband of Ruth Greifer, loving  
father of Carla Paris Teich, Helen Grimm, and Amy Godin,  
grandfather to Andrew Paris, Rebecca and Jacob Grimm, and  
Sophia and Shira Godin. He will be missed by family and  
friends. Memorial contributions may be made to Agudas Achim  
Congregation, 2908 Valley Dr. Alexandria, VA 22302.

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# The High Cost of Ignoring Mental Health

FROM PAGE 10

ment officials. The program which first began in Memphis has spread to more than 1,000 cities including several in Virginia.

Most studies of mental illness agree that the biggest barrier to getting help and getting better is the stigma against mental illness, a stigma so strong that there is legitimate fear that the calls to report anyone with a legal guardian and anyone who has been hospitalized will stop those who are troubled from seeking help. The answer to stigma is educating the public and one of the best ways is Mental Health First Aid. Mental Health First Aid is analogous to regular First Aid. There have been four detailed studies and several journal articles describing how Mental Health First Aid helps reduce stigma, teach people to recognize the symptoms of mental illness and most importantly have the confidence to offer people help. The Community Services Board offered the course to the public for the first time last October and 40 citizens enrolled in the 12 hours of classes.

Susan Drachsler, co chair of the Friends of the Alexandria Mental Health Center, took the course because she wanted to learn what mental health first aid was all about.

"One of the best activities," she wrote in an email, "was one in which we divided into groups of three and while two people pretended to be friends meeting on the street, the third person whispered negative statements into the ear of one of the friends. This simulated the voices a person with schizophrenia might experience. The activity created an understanding of what someone with a mental health condition might be experiencing and how it might affect their relationships. I thought this understanding was extremely important for people who were going to be mental health first aiders."

## LETTERS TO THE EDITOR

FROM PAGE 23

encapsulates the struggle inherent in our continuing experiment with self-rule that is the United States. The recent Presidential Inauguration was an inspirational example of our ability to resolve differences and maintain a well-functioning society. Newtown was an obscene example of our failure to do so. The lack of agreement over sensible gun control must end.

As an American, I know we can resolve this issue. Through personal involvement and interaction with our representatives we can affect positive change. We are a raucously and, I think, gloriously diverse nation but we share a common interest in ensuring public safety. We must do it now.

As a grandmother, I value the contribution that my grandsons and all our children will have on the future of America. Despite differences, we love our children. We expect that every child will be safe in school. I know we are capable of respecting gun-owners' rights while ensuring that the mayhem we witnessed in Connecticut does not

## Mental Health First Aid

Like any first aid, Mental Health First Aid is the initial help given to anyone who shows signs of mental illness or a mental health crisis.

The 12-hour course teaches the risk factors, warning signs and symptoms of mental health and substance use disorders, the effects of the illnesses and an overview of treatments plus a five-step action plan for helping someone with symptoms.

It isn't intended to teach someone how to diagnose or provide treatment but rather to help ordinary citizens and paraprofessionals provide support until the individual can be helped.

In 2013, the first round of courses are March 12, 14, 19 and 21 from 5-8 p.m. A second round will be offered April 9, 11, 16 and 18 from 2-5 p.m.

Two more rounds will be offered starting April 30 and running through May. To register email Donielle.Marshall@alexandriava.gov.

She added that despite her concerns about saying the right thing, "the class has made me more comfortable with the idea of approaching someone who may have a mental health problem. A mental health first aider is a sort of way station for someone having a problem. We are caring listeners who reassure a troubled person that treatment can help and suggest resources."

Melodie Seau of the housing department also took the course. "I think all of us who work with the public, especially people like me in the human service professions should take the course. We are going to come into contact with folks and this is an excellent course in teaching what reasons there are for behaviors we don't understand."

One important thing she learned was "Don't argue with a delusion, something I found myself doing and saw other people doing." She gave as an example a woman who called her and complained the landlord was controlling here television through the smoke detector. Of course that was not true, but there was no point in arguing the issue.

"The most important thing I got out of the course was to assess the situation and

continue. It must not be allowed to continue.

I realize there is a wide variance of feelings regarding guns in this country. The emotional component of this issue makes it difficult to resolve; but not impossible. Americans have proven they can accomplish anything they deem important. It is vital we do this now. Personally, my views were shaped by the turbulent '60s. I lived through the assassination of political and civil leaders. I witnessed via media the shootings of my peers as they protested against war and for civil rights. Guns stop debate. I am therefore highly skeptical of their value to society.

As a realist, I know the equally legitimate views of gun supporters are based on family traditions of hunting and marksmanship and the desire to protect themselves and their families. Arguments can be made on both sides. There can be no rational argument made against the need to protect our children. Guns are potentially dangerous tools. They and their operators must be

## Mandating Mental Health First Aid

Despite the fact that the first symptoms of serious mental illness show up between the ages of 14 and 24, and the fact that one in eight children between the ages of 8 and 15 has a mental illness, there is little training given to school administrators and staff on recognizing and preventing mental illness. That is true at all levels including college.

Here in Virginia, Del. Rob Krupicka (D-45) has introduced a bill to mandate mental health first aid training. HB 2287 requires each local school board in conjunction with a local community services board located in the local school division to seek to complete the development of a mental health first aid training plan by July 1 2014. Under the

assess the possibility a person was ready to harm someone. It was a very good course and a I highly recommend it."

Mental Health First Aid does not prepare someone to diagnose mental illnesses or provide therapy. Taking such a course doesn't make you a professional but it does mean you can provide emergency support until professional help is available.

In the beginning the Department of Community and Health Services looked into the program because there was no formal prevention or education services for adults that dealt with mental health and substance abuse issues.

At this point, the department has six staff members who have been trained in teaching the course and more are scheduled to take the training. In addition to the first round of courses offered to the public, the department has already offered training for staff and volunteers at Alexandria homeless shelters because they serve many individuals with mental illnesses and substance abuse disorders. Potential students include those in the business and faith communities who have already expressed the need to know more about mental illness. School personnel, hospital personnel and those

plan each teacher would be required to participate in an interactive course initially provided by community services board staff members, on the risk factors, warning signs, symptoms and treatment of depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse disorders.

The bill was referred to the committee on education and assigned to the education subcommittee on students and early education. On Friday, the house subcommittee recommended reporting the bill to the full committee and on Monday the education committee sent the bill to appropriations. Appropriations will probably hold a hearing next week but such hearings are not open to the public.

working for not for profit agencies could also benefit.

But just as traditional First Aid benefits anyone who takes it, so would mental Health First Aid training. The statistics make it clear that mental illness is far more common than people believe. You would want to know what to do if someone fainted or was badly cut, or burned, so wouldn't you want to know what to do when someone you care about is in a crisis?

The next round of Mental Health First Aid begins in March, with a second offering in April and more in May. Those who attend the full 12-hours course will receive a three-year certification in Mental Health First Aid.

And there is a next step, a special program on Mental Health First Aid for Youth. Two of the city's staff have already been trained and courses will soon be offered. The training is offered by the National Council for Behavioral Health which notes that the adult Mental Health First Aid program now has a network of more than 2,500 instructors and that more than 80,000 Americans have graduated from the program.

Now Alexandrians have more opportunities to add to those numbers of people who are prepared.

## Fighting Flu

FROM PAGE 11

on faster, and remain longer with the following symptoms:

- ❖ Fever and chills
- ❖ Dry cough
- ❖ Runny or stuffy nose
- ❖ Headache
- ❖ Body aches
- ❖ Sore throat
- ❖ Possible stomach discomfort, including nausea, vomiting, or diarrhea

If you suspect you have the flu, antiviral medication may shorten the duration of the illness, but generally must be given within 48 hours of symptom onset. Act quickly.

Learn more about influenza, including facts and myths, who should and shouldn't be vaccinated, or find an Inova flu clinic near you at [inova.org/flu](http://inova.org/flu).

**Margaret Gerlach**, Alexandria



# Titans Hand Spartans First Home Loss Since 2009

**TC's Roberts scores 18 points before leaving with wrist injury.**

BY JON ROETMAN  
GAZETTE PACKET

**T**.C. Williams guard Christian Roberts personally outscored West Springfield 15-14 in the first half of Monday's contest and showed no signs of slowing down in the second.

The senior converted a three-point play in the opening minute of the third quarter to extend the Titans' lead to 14 points. But later in the period, Roberts came out of the game after injuring her left wrist while playing defense. With Roberts, who had scored 18 of TC's 31 points, on the bench, West Springfield closed the third quarter with a flurry, outscoring the Titans 11-3 during the final 2 minutes of the quarter.

With a double-digit lead trimmed to three entering the fourth quarter, the Titans' mental toughness would be tested. But rather than fold, TC regrouped and handed the West Springfield girls' basketball team its first home loss since 2009.

The Titans defeated the Spartans 50-39 on Jan. 28 at West Springfield High School, leaving the teams tied atop the Patriot District standings at 8-2. According to the WSHS athletics Web site, it was the Spartans' first home loss since falling to T.C. Williams on Feb. 3, 2009. West Springfield had won three Patriot District championships, made a trio of state tournament appearances and captured one Northern Region title since the last time it lost on its home floor — and the Titans' ended the

streak with their most productive player of the evening sitting on the bench for the final 10 minutes.

"Christian's a senior and she came up and played like a senior tonight," TC head coach Keshia Walton said. "We were feeding off her energy — she was hot early. I think that when she went out initially, I think we kind of panicked. I talked to them, settled them down a little bit and said we can still do this."

TC entered the fourth quarter with a 34-31 lead. Rejoice Spivey scored on a reverse layup and Megan Laychak and Angie Schedler each buried a 3-pointer to extend the Titans' lead to 42-31 with 5:33 remaining. West Springfield eventually pulled to within five, but TC's Grace Peterson answered with a three-point play, giving the Titans a 47-39 advantage with 2:08 remaining in the contest.

"Coach just told us to calm down," Spivey said. "We trusted each other. Even though Chris was out, we've got other people on the court that can make plays, so we just made plays."

For the first two-plus quarters, the Titans didn't need anyone else to make a play. Roberts scored eight points in the opening quarter, beating West Springfield off the dribble and knocking down jumpers. She added seven points in the second, including a 3-pointer from the left wing with 3:12 remaining in the first half. Roberts' three-point play in the opening minute of the third quarter gave her 18 points for the night.

Roberts credited her success to a hot shooting hand and the Spartans' decision to play man-to-man defense.

"When they play their zone, it's hard to



**T.C. Williams senior Christian Roberts scored 18 points against West Springfield on Jan. 28.**

PHOTO BY LOUISE KRAFT/GAZETTE PACKET

score," Roberts said. "But when they [play] man, it's like [it's time to] go to the basket and score on them. They can't really match-up that well with us because of [our] quick guards. If they're giving it to me, I'm going to take it."

West Springfield junior Amy Berglund spoke after the game about the Spartans' defensive shortcomings.

"[The Titans] were just attacking," she said, "and we weren't able to stop it."

Walton said Roberts has played well of late.

"She understands what her role is and she's accepted the challenge of being in that

senior leadership role," Walton said. "I talked with her before the game and I said, 'Look, you're a senior. This will be a shining moment for you. In the past three seasons you weren't able to beat them on their court. This is a great opportunity — you won't get it again.'"

**TC DEFEATED** West Springfield for the second time this season. The Titans won 56-42 on Jan. 4 at T.C. Williams High School, handing the Spartans their first Patriot District loss since 2009. West Springfield had won the last nine meetings between the teams, including victories over TC in the 2011 and 2012 district championship games and the 2011 Northern Region final.

"People were thinking it was a fluke that we beat them the first time," Spivey said. "Now we proved that it wasn't and we're definitely a better team."

Spivey finished with 12 points for TC and Schedler added nine.

Berglund led West Springfield with 18 points. Freshman guard Haley Blankinship finished with seven.

"[Blankinship] likes attacking the bucket and that's good," West Springfield head coach Bill Gibson said. "Some of them fell tonight and that was good. It definitely helped keep us in the game."

TC improved to 11-7. The Titans hosted Lee on Wednesday, after the Gazette Packet's deadline. Roberts said via Twitter she would not play against the Lancers. TC will travel to face South County at 5:45 p.m. on Friday, Feb. 1.

West Springfield fell to 15-3 and had its five-game winning streak snapped. The Spartans traveled to face South County on Wednesday, after The Connection's deadline. West Springfield will travel to face West Potomac at 7:30 p.m. on Friday, Feb. 1.

## TC Gymnastics Team Shines at Patriot District Meet

**T**he T.C. Williams gymnastics team was light in numbers but heavy in production during the Patriot District meet on Jan. 29 at Lake Braddock Secondary School.

Two of the team's three gymnasts — Holland Cathey and Grace Girard — qualified for regionals in the all-around competition. The other Titan — Jordan Mambert — will compete in three events at the Northern Region meet on Feb. 6 at Lake Braddock.

Cathey finished third in the all-around with a score of 36.3 and Girard placed fifth with a total of 35.775. The top four all-around finishers and any gymnast with a score of 35 or better earned an all-around regional berth.

Cathey finished first on bars (9.375), and placed fourth on vault (9.2), beam (8.975) and floor (8.75).

Girard placed third on floor (9.125), finished fifth on vault (9.175) and beam (8.95), and placed sixth on bars (8.525).

Mambert qualified for regionals on vault (9.15, sixth), beam (8.625, seventh) and floor (8.225, eighth).

Woodson's Simone Freidman won the all-around with a score of 38.1. Lake Braddock's Whitney King was second (37.575) and Woodson's Rachael Talento was fourth (35.8).

Woodson won the team title with a score of 140.1. Lake Braddock finished second and earned the other team berth to regionals with a score of 118.275. West Potomac finished third with a score of 117.275, followed by West Springfield (109.4), Lee (108.375), South County (106.2), T.C. Williams (104.65) and Annandale (62.825).



**T.C. Williams' Holland Cathey qualified for regionals with a third-place finish in the all-around at the Patriot District gymnastics meet on Jan. 29 at Lake Braddock Secondary School.**



**T.C. Williams' Grace Girard earned a trip to regionals with a fifth-place score of 35.775 in the all-around competition at the Patriot District gymnastics meet.**



**T.C. Williams' Jordan Mambert earned top-eight finishes in the vault, beam and floor during the Patriot District gymnastics meet.**

PHOTO BY LOUISE KRAFT/GAZETTE PACKET



# Remembering the Space Shuttle Columbia

FROM PAGE 3

In addition to Brown, a 1974 graduate of Yorktown High School, other crew members who perished aboard Columbia's final mission were Commander Rick Husband, pilot William C. McCool, Payload Commander Michael P. Anderson, Mission Specialists Kalpana Chawla and Laurel Clark, and Payload Specialist Ilan Ramon.

"Col. Husband was so upbeat and excited about the mission," said Lindsay, a self-described "career space guy" who worked on six of the seven final shuttle missions as part of the Air Force ground support search and rescue team. "Even though he had done this before, he was like a little kid and couldn't wait for the mission to begin."

Lindsay met Husband during a visit to the Johnson Space Center in Houston while working for Gen. Lance Lord, the Commander of Air Force Space Command. He remembers vividly the conversation they had just weeks before the Columbia's launch on Jan. 16, 2003.

"Col. Husband talked a lot about Col. Ramon," Lindsay said of the first Israeli astronaut to embark on a mission to explore space. "He couldn't say enough what a great guy he was to work with. It was clear Col. Husband truly loved his crew."

NASA's space shuttle program began with Columbia's maiden launch on April 12,



PHOTO COURTESY NASA

**Arlington native David M. Brown, a Navy Captain and flight surgeon, served as a mission specialist aboard the Space Shuttle Columbia.**

1981 and ended 30 years later on July 21, 2011 when Atlantis rolled to a stop at the Kennedy Space Center in Florida.

"Working in support of the space shuttle has been the highlight of my career," said Lindsay, who was part of the final Atlantis mission. "While the Columbia incident temporarily suspended the shuttle program,

safety features were subsequently designed that would allow the crew to escape in a similar situation."

Brown, the son of former Arlington County Circuit Court Judge Paul D. Brown, was laid to rest at Arlington National Cemetery alongside Columbia crewmates Laurel Clark and Michael Anderson. The Arlington County Planetarium was renamed in Brown's honor five years after his death on Feb. 1, 2008.

"I wasn't able to attend Capt. Brown's funeral but was there when Lt. Col. Anderson was buried," Lindsay said. "I spent some time privately with his family prior to the ceremony. That was very rough. I remember how his children were about the same age as mine are now."

Lindsay, who will retire this year after 24 years of active duty, has been marking the anniversary of the space program tragedies with memorials to the astronauts posted on his Facebook page and in emails to friends.

"The anniversary is a time for me to pause and reflect on where I was when I got that call from my dad," Lindsay said. "I will never forget the sadness in his voice or watching the families and the NASA team waiting hopelessly for Columbia to land in Florida. This week especially, I will think about Col. Husband, Lt. Col. Anderson and the rest of the Columbia crew and say a prayer for the families they left behind."

## Child ID Kits

FROM PAGE 5


do the whole thing over again."

Obranovich said that two systems for the ID kits will be set up, and that she expects about 12 to 15 kits to be completed every hour.

Social workers from the Department of Community and Human Services Children will also be present at the event to go over safety tips with parents and help them find ways to discuss the subject of sexual abuse with their children.

"The fact of the matter is that child sexual abuse can happen at any time in situations that I think we as parents don't often like to admit," said Giselle Peleaz, executive director of Alexandria's Center for Children. "Those who abuse children tend to be those who children are very close to or have formed relationships with parents."

Alexandria's Center for Children is helping with the event by working with the police department and the DCHSC to create the take-home materials for parents. This event is one several leading up to Child Abuse Prevention Month in April.



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# Sherman Proposes \$228.5 Million Operating Budget

FROM PAGE 1

"Among the issues Sina identified was a lack of internal controls, including ACPS's Capital Improvement Program, which was meant to fund ACPS's capital improvement needs."

The superintendent denied a request to be interviewed about the allegations in the lawsuit, referring all questions to the lawyer who will be representing Sherman and Deputy Superintendent Margaret Byess in federal court.

"They deny the claims in the lawsuit, and they think they are without merit," said John Cafferky, an attorney with Blankenship and Keith. "They are not legally or factually merited, and we believe they will be dismissed or otherwise disposed of at the appropriate time."

**THE LAWSUIT** comes at a perilous time for school administrators, who are now trying to move through another budget cycle. Last week, Sherman presented his proposed budget to School Board members.

The proposal includes \$228.5 million operating budget and a \$383 million capital-improvement program.

Senior administration officials say strict new



The Alexandria Public Schools central office on Beauregard Street.

safeguards have been instituted to make sure that the procurements are processed properly.

"We have competent people on board now to take over that process," said Tammy Ignacio, chief administrative officer.

"Whether or not they were there before remains to be seen. I don't know."

In his presentation to School Board members last week, Sherman did not mention the problems from last year.

Instead he looked forward to the coming budget year, which the superintendent says will be a transformational year for the school system.

His proposal includes a 2 percent raise for all employees of the public school system, as well as a new online learning coordinator.

"Just four years ago, when I started here, we were talking about pacing guides," said Sherman. "We were talking about a curriculum that, in fact, did not exist."

**THE CAPITAL IMPROVEMENT** program calls for Patrick Henry to be converted from an elementary school to a facility that has grades Kindergarten through eighth grade. It also calls for demolition of Cora Kelly Elementary School and construction of a brand new school in its place.

"This building has served us moderately well over the years," said Sherman. "And its moderately well service has been extremely expensive."

## More Efforts To Prevent Public Access to Documents

FROM PAGE 1

"It's a ridiculous situation where we have this body that regulates all kinds of utilities and serves as this regulatory body, but we can't know anything about it," said Mark Caramanica, Freedom of Information director for Arlington-based Reporters Committee for Freedom of the Press. "I think it's high time that the legislature made that body subject to the open records laws."

Surovell's bill will not become law this year because it was "laid on the table" during a subcommittee of the General Laws Committee last week.

But it was referred to the Virginia Freedom of Information Advisory Council, a panel that makes recommendations to the General Assembly. If members of the council approve the effort to open documents from the State Corporation Commission, the initiative would have momentum headed

into the next General Assembly session because legislators tend to rely on the council for direction.

"Everything they do should be done, from my point of view, with maximum sunshine," said Surovell. "There are some functions they do that are more in the nature of a court, but the regulatory work should be subject to public scrutiny."

**ONE BILL** under consideration would allow local governments to do away with the requirement to advertise procurement notices. Currently local public bodies are required to publish requests for proposals in a newspaper. But a bill introduced by Virginia Beach Del. Ronald Villanueva (R-21) would ditch the requirement for public scrutiny. Instead, the bill suggests the notifications could be posted on a government website.

"This is a terrible idea, and we're going to the mat on this one," said Ginger Stanley, executive director of the Virginia Press Association. "This bill obscures what your local government is doing."

Another bill that advocates for open government are opposing is House Bill 1524, which would shield documents from local parks and recreation departments in Virginia. Currently, parents can opt out of public disclosure by checking a box on application forms saying they do not wish their child's information to be public. This bill would reverse that situation, making secrecy the default position. Parents would have to opt in to public disclosure rather than opting out.

"That's a dangerous approach," said Caramanica. "We shouldn't be operating from a position where we are going to presume everything is private."

**POLICE AGENCIES** enjoy a broad exemption that allows law-enforcement agencies to shield complaints, court orders, memoranda, notes, diagrams, maps, photographs, correspondence, reports, witness statements and evidence.

Efforts to make some of that information — even in closed cases — more available have been rejected in previous years when police and prosecutors have lobbied for secrecy. This year, a debate unfolded about records related to child abuse and exploitation.

The Virginia Press Association wanted to make some information available, such as a summary of the documents or even the number of violations. The Department of State Police argued that all of the information should remain secret.

"We could not come to a compromise," said Stanley. "And the bill was withdrawn."

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**9:15 - 11:30 a.m.**  
**Presentation by director at 9:30 a.m., Tours begin at 10:00 a.m. following the formal presentation**







PHOTOS CONTRIBUTED

**Mayor Bill Euille welcomes friends, staff and volunteers of the Office of Historic Alexandria to the museum accreditation program on Jan. 24 at the Lyceum.**

## City Museums Receive Accreditation

The Office of Historic Alexandria has earned accreditation as a museum system at the November 2012 meeting of the Accreditation Commission, according to The American Alliance of Museums. Accredited status from the Alliance is the highest national recognition achievable by an American museum. The Office of Historic Alexandria is one of only eight municipal organizations across the country accredited for their museum systems.

Developed and sustained by museum professionals for more than 40 years, the Alliance's museum accreditation program is

the field's primary vehicle for quality assurance, self-regulation and public accountability.

The Office of Historic Alexandria accreditation includes all of the museums owned and operated by the City of Alexandria. Fort Ward, Gadsby's Tavern and The Lyceum were re-accredited, while the other sites which include Alexandria Archaeology Museum, Alexandria Black History Museum, African American Heritage Park, Fort Ward, Friendship Firehouse Museum and the Stabler-Leadbeater Apothecary Museum were accredited for the first time.

**Ford Bell, president of the Alliance, recognized the city for this achievement at an event at the Lyceum and presents a certificate of accreditation to the director of the Lyceum, Jim McKay. Also pictured is Lance Mallamo, director of the Office of Historic Alexandria.**



## Redistricting Shenanigans Distract General Assembly

BY ADAM EBBIN  
STATE SENATOR (D-30)

From constitutional amendments and uranium mining to electoral reform and redistricting, the General Assembly is dealing with a wide range of issues this year in our fast-paced 46-day session.

### CONSTITUTIONAL AMENDMENTS

Three Constitutional amendments that I co-sponsored passed the Senate easily — to restore voting rights to non-violent felons who have served their time (passed 30-10), to establish a bipartisan redistricting commission (34-6) and to allow governors to serve two consecutive terms (25-15).

I argued that a governor seeking reelection is more accountable to the voters who would evaluate whether they kept their promises. It could also provide for more continuity in budgeting, projects, and state



agencies. The amendments will now be considered by the House of Delegates.

### REDISTRICTING

You have probably heard about the controversial redistricting measure (HB259) that

was abruptly pushed through the Senate on Martin Luther King Day. Senate Republicans waited to vote on the bill until Inauguration Day when a key Democrat, Virginia civil rights icon Senator Henry Marsh III, was attending the President's inauguration. What began as so-called "technical adjustments" to House districts unexpectedly morphed into legislation dramatically changing all 40 Senate districts, and it was shoved through the Senate without any public discussion or analysis. (In contrast, in 2011 Virginians had the opportunity to hear about and weigh in on the redistrict-

ing plans for over six months.) Furthermore, Virginia's Constitution clearly states that redistricting shall take place "in the year 2011 and every 10 years thereafter," and just last year the Richmond Circuit Court ruled off-year redistricting unconstitutional. I was shocked by the actions taken by my Republican Senate colleagues to redraw the district lines in such a blatantly unconstitutional and divisive manner.

### MY LEGISLATION

On a bipartisan note, I am pleased to report that many of my bills are successfully working their way through the Senate. SB871, dealing with asbestos worker safety, unanimously passed the Senate, and a modified version of SB965 regarding the reporting of lost or stolen firearms to law enforcement passed 36-4.

SB701, my bill codifying the state's non-discrimination policy and include protections on the basis of sexual orientation and gender identity, passed the Senate 24-16.

## A Noble Cause

**Charity event raises \$6,200 for Special Operations families.**

BY JEANNE THEISMANN  
GAZETTE PACKET

Their victories are unknown, their successes and accomplishments unheralded. Yet our nation's Special Operations troops are considered America's best — the toughest mentally and physically and the most elite of units on any battlefield.

"The families within the Special Operations community face challenges that most people are unaware of," said Dan Donovan, a retired Special Forces soldier and co-founder of The Noble Argus Foundation. "I have seen friends volunteer repeatedly for hazardous overseas deployment just to meet their families' financial needs and felt that these men deserved better."

Founded in 2012, the Noble Argus Foundation provides financial assistance for education and extraordinary life events to help ease the financial burdens of the families of Special Operations community members.

Maj. Amanda Harrington, a resident of Old Town, serves on the board of the foundation and was the coordinator of a fundraiser held Jan. 18 at the Light Horse Restaurant.

"We had more than 75 attendees and brought in \$6,200 in support of the Noble Argus Foundation," Harrington said. "We are extremely grateful for our sponsors and proud that all were 100 percent local."

Sponsors included The Light Horse Restaurant, Guiffre Distributing,



By JEANNE THEISMANN/GAZETTE PACKET

**Jacki Donovan and Maj. Amanda Harrington.**

Murphy's, Yates Automotive, Chadwick's, Think Fun, The Little Theatre of Alexandria, the Animal Welfare League of Alexandria, Nando's, Pink Palm and Red Bard Mercantile. The fundraiser included a raffle and silent auction to raise money for a scholarship to be awarded by the foundation in August.

"We will be taking applications for the scholarship through May 1," said board member Jacki Donovan. "But we have already dispersed \$25,000 to a local couple who lost their home in a December electrical fire the night before their wedding. Part of what we are trying to do is provide immediate financial assistance in situations like that."

Scholarship information can be found at [www.nobleargusfoundation.org](http://www.nobleargusfoundation.org).

For more information on the Noble Argus Foundation, visit [www.nobleargusfoundation.org](http://www.nobleargusfoundation.org).

"These are the individuals that protect our nation," Dan Donovan said. "One way to take care of our Special Operations troops is to take care of what's important to them — their families."

My bill SB969 to repeal the Reconstruction-era law against unmarried adults cohabitating passed the Courts committee unanimously and now heads to the floor. While U.S. and Virginia Supreme Court decisions make it clear the law is unconstitutional, it still needs to be removed from the Code of Virginia.

After all, the reality of today is not the reality of 1877.

Some of my other major bills are still in committee, like SJ319 (requiring adequate contributions to the Virginia Retirement System) and SB1233 (allowing students approved for Deferred Action status by the U.S. Department of Homeland Security to qualify for in-state tuition).

To read more about what I'm up to, visit [www.adamebbin.com](http://www.adamebbin.com).

Your input helps me represent you better. Call my office at 804-698-7530 or email me at [district30@senate.virginia.gov](mailto:district30@senate.virginia.gov) to share your opinion or if we can be of assistance.



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This meticulously restored historic townhouse offers original hardwood floors, moldings, door casings, high ceilings, and two fireplaces. The gourmet kitchen features cherry cabinets, Viking appliances and granite counters and adjoins a spacious family room. There are three bedrooms, two and one half baths plus an inviting patio-garden. The master suite is very sunny with many windows and lots of closet space. Located in the heart of Old Town, it is just a short walk to fine restaurants, special shops and to the riverfront.

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Nothing compares to coming home to a year-round panoramic view of the Potomac River from nearly every room of this spacious and updated four-bedroom, three-bathroom, Gene May classic home in highly sought-after Villamay. Features hardwood floors, two-car garage and large fenced back yard. Only two miles south of Old Town Alexandria!

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Spacious, 1,630-SF, luxury condo with glass enclosed balcony that overlooks water, golf course, and Masonic Temple...breathtaking sunset views! Updated kitchen, two master suites with closets galore, large living room with fireplace, den, and separate dining room. Two parking spaces and the conveniences of concierge, limo to Metro, outdoor pool, and more.

**Susan Craft**  
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www.SusanCraft.com  
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ALEXANDRIA \$709,000



### Picture Perfect

Cheerful and bright, this traditional brick house offers numerous updates including the galley kitchen, refinished parquet, and high-end designer wall coverings. Features include three upstairs bedrooms, two fully updated baths, formal living and dining rooms, a den, sun porch and finished lower level.

**Jessica Richardson**  
703.864.3438  
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### Vintage Charmer

1940s brick farmhouse with welcoming front porch, three bedrooms, two full baths including spacious master suite, updated kitchen, formal dining room, hardwood flooring, fireplace in living room plus comfy family room. Walkable urban setting within minutes of airport, Del Ray, and Old Town.

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### Four-car Garage

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### Hollin Hall Village

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