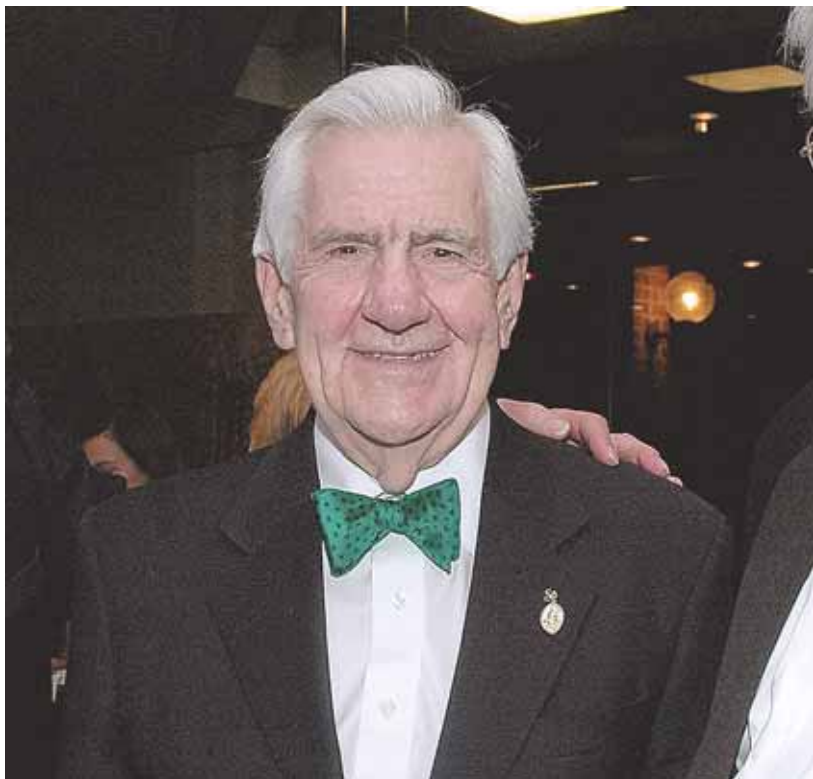


Alexandria Gazette Packet

SERVING ALEXANDRIA FOR OVER 200 YEARS • A CONNECTION NEWSPAPER

25 CENTS

APRIL 2, 2015



'Original Ballyshaner'

Judge Daniel O'Flaherty died March 26 at the age of 89. Read his obituary, page 8.

PHOTO BY
LOUISE KRAFFT
GAZETTE PACKET



PHOTO BY VERNON MILES

March 31 Potomac Yard open house presentation in City Hall.

People vs Parks

Draft Environmental Impact Statement details Potomac Yard Metro impact on parks and neighbors.

BY VERNON MILES
GAZETTE PACKET

The Potomac Yard Metro plan moves forward with the release of a draft Environmental Impact Statement developed by the City of Alexandria alongside the Federal Transit Administration and the National Park Service. The plan details some of the difficulties the project may encounter with some of the plans placing the new development on national park land.

The Environmental Impact Statement does not come to any conclusions about the project, but describes the impact of each of the five alternative Potomac Yard Metro plans being considered by the City, including the no-build option as a continuation of the status quo. The discussion by the City and citizens focused on plans A and B.

"Plan B-CSX (one of the five alternatives) would require infrastructure changes, you'd have to straighten out a portion of the rail," said Ramond Robinson, Chief of Transit for the City of Alexandria. "There are mitigating aspects, but Plans B and A are more fiduciarily palpable than the others. With Plan B you get more mitigation activities and scenic areas. It's more costly, but plan B is projected to produce more ridership."

Plans A and B, in addition to being the lowest costing potential stations, at \$209 million and \$268 million respectively, have the added benefit of not requiring any nearby residences or businesses to be displaced, while Alternative B-CSX and Alternative D would require the movie theater in the Potomac Yard Shopping Center to close.

The Environmental Impact
SEE POTOMAC YARD, PAGE 18

Selling Alexandria's City Hall

Repair bills for City Hall prompt public/private partnership discussion.

BY VERNON MILES
GAZETTE PACKET

Facing a \$53 million heating ventilation and air conditioning price tag for City Hall, some on the City Council have begun questioning the wisdom of continuing to operate in City Hall. At a City Council Work Session on March 17, discussion became heated after Mayor William Euille said he had his own ideas for the future of the building and referred to the City Hall property as "a pot of gold."

"At some point, we're going to have to bite the bullet," said Euille, "do we do something to this building or do we let it collapse around us?"

"This is a huge project," said Councilman Justin Wilson. "[In terms of cost], this is a school. I have to think we're getting to a place where we're going to have some very tough decisions about this project. What I want to know is:

around 2017, 2018, and 2019, [is this] a good use of money in the full scope... of our projects?"

According to the proposed 2016-2025 Capital Improvement Program, the first stage of that funding will hit in 2017 through 2019 with \$1.8 million for immediate and priority repairs required to maintain operations at City Hall. The remaining \$51.6 million would be paid between FY 2020 and 2023 for design, swing space build out, moving and leasing costs, construction, as well as relocation costs for furniture and equipment within the building.

"There are parts of City Hall, like the heating system, that go back to the 1940s and have way outlived their useful life," said Mark Jinks, acting City Manager for Alexandria. "A guy who was fixing it over the winter held up a part of the piping and said

to someone on the phone, 'I've never seen a part like this before, it's from 1947.' Most of the hot water pipes that run through the building will need to be replaced; the same is true for the air conditioning systems and heating systems."

In 2013, the estimate for replacing the HVAC system was \$18 million. In 2014 that estimated cost rose to \$34 million.

"This is not getting any cheaper," said Euille. "Is it

"Maybe a private developer will pay hundreds of millions of dollars for [City Hall]. Those are the things we have to look at, and we would not be doing our fiduciary responsibility if we didn't look at the bigger picture."

— Mayor William Euille

SEE SELLING, PAGE 17

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Beverley Hills \$362,900

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Wonder Women

Salute to Women Awards honors 11.

BY JEANNE THEISMANN
GAZETTE PACKET

T.C. Williams High School principal Suzanne Maxey was one of 11 women, including three from the Alexandria City Public School system, honored March 26 at the 35th annual Salute to Women Awards.

Held at the U.S. Patent and Trademark Office, the event was sponsored by the Alexandria Commission for Women to spotlight the significant contributions made on behalf of women throughout the community.

"It has been my pleasure to work with and for the youth of Alexandria," said Maxey, who was awarded the Marian Van Landingham Legislation and Public Policy Award for her work in advocating for educational issues. "I hope in some small way I have encouraged our young ladies to be strong and courageous. My greatest hope is that they will develop into independent, thoughtful and compassionate women."

Nearly 200 attendees came out in support of the honorees, who were nominated by fellow citizens for their community contributions and impact on the well-being of Alexandria's women. The event also commemorated the 40th anniversary of the Alexandria Sexual Assault Center.

In addition to Maxey, other honorees included Ashley McNeff Behrens (Leadership in Business and Career Development Award), Alexandria Police Foundation executive director Ginny Hill-Obravovich (Making a Difference Award), LaDonna Sanders (Rising Star Award), Zauhirah Tipu (Youth Community Services Award-Youth), Alexandria's Bookshelf founder Lorraine Friedman (Youth Community Services Award-Adult), Deputy Sheriff Valarie Wright (Women's Health and Safety Advocate Award), Cynthia Anderson (Maguerite



PHOTO BY JAN SCHRADER

The 2015 Salute to Women Awards honorees include (back row from left): Zauhirah Tipu, Rebecca Nash (daughter of Laurie Meyer), Robert Nash (husband of Laurie Meyer), Ed Singer (husband of Joan Singer), Ashley McNeff Behrens, Ginny Hill-Obravovich and Valarie Wright. Front row from left: Brooksie Koopman, Lorraine Friedman, Cynthia Anderson, LaDonna Sanders and Suzanne Maxey.



Zauhirah Tipu (Youth Community Services Award-Youth) and Dipti Pidikiti-Smith.

Payez Leadership Award), Joan Singer (Donna Bergheim Cultural Affairs Award) and Brooksie Koopman (Susan Lowell Butler Lifetime Achievement Award). Laurie Meyer was honored posthumously with the Vola Lawson Award.

"This means the world to me," said Tipu, a senior at T.C. Williams who serves in the school's Student Leadership Club, Best Buddies International and the Muslim Student Association. "I know that when I am older I want to go into service to the community



Nechelle Terrell and LaDonna Sanders (Rising Star Award).

around me. This just shows me I'm on the right track."

Proceeds from the event support the City of Alexandria's Sexual Assault Center, which provides critical services to victims of sexual assault, including a 24-hour hotline that offers victim advocacy, counseling, and support services for survivors and their family and friends. In addition, the program provides community education and training for adults and adolescents on sexual assault issues, bystander intervention and risk re-



In 2010 Laurie Meyer was awarded one of the first Outstanding Dedication to Alexandria's Children Award by the Center for Alexandria's Children. Pictured with Meyer are her parents Gerald and Lois Meyer. Laurie Meyer was posthumously awarded the Vola Lawson Award.

duction strategies.

For more information on the services provided by the Alexandria Department of Community and Human Services, visit www.alexandriava.gov/women or contact Melissa Villacorta at 703-746-3132.



PHOTOS BY LOUISE KRAFT/GAZETTE PACKET

Amy Bertsch, Valarie Wright (Women's Health and Safety Advocate Award) and Robyn Nichols.



Brooksie Koopman (Susan Lowell Butler Lifetime Achievement Award) talks with retired deputy city manager Michelle Evans. Behind Brooksie and Michelle is Brooksie's husband Mark Eaton.



PHOTO BY JAN SCHRADER

State delegate Charniele Herring presents Ashley McNeff Behrens with the Leadership in Business and Career Development Award.

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Alexandria
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 2410 Cavendish Dr. Fantastic & Renovated, w/4 ample-sized BRs & Gorgeous Kit. w/granite, tile backsplash, recessed lights & stainless! Hardwood Flrs, Lovely BAs, Open & Inviting Living Rm. w/Built-Ins & Fireplace. Huge Lower Lvl is perfect for Rec. Rm, Office, Storage, & has walk-out! Newer Roof & HVAC. Large yard, steps to parks & pool, & Mins. to G.W. Pkwy, D.C., Old Town, Ft. Belvoir & More!

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Alexandria
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 5117 Pole Rd. Enjoy a completely remodeled home with all the extras. You'll love summer evenings on a screened porch under the fan. Cooking is a breeze with a newer kitchen. Spread out in a living room with new carpet or a family room complete with office area. Entertain outside on the patio & in an outbuilding that could be a perfect man cave. All on a half-acre fenced, level lot - plus a garage. Five minutes to Ft. Belvoir. Call today!

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\$749,000
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Lake Ridge
\$288,500
 3434 Caledonia Cir. Light-filled End Unit 3 lvi, 3 bdrm, 3 bath town house. Updated. Open floor plan. Granite. Kitchen island. Master Bath. Lower level Bdrm/Ba & Fam. Rm. Walk-out to fenced yard. New carpet/ freshly painted. Close to amenities, VRE & I-95 Express Lanes. 2 parking spaces.

Sandy McConville
 703-402-1567

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Compromise on Waterfront Barging

After a long tug-of-war between local residents and waterfront property developer EYA, acting City Manager Mark Jinks announced an agreement with EYA to use barging instead of trucking to transport materials to and from the South Robinson Terminal development.

"The City heard the neighborhood's clear concerns about the impact of truck hauling, and staff worked diligently to reach an alternative," said Mayor William Euille. "We thank the community and the members of the Ad Hoc Monitoring Group on Waterfront Construction, including EYA, for their input and co-operation."

The agreement will be included with the City's staff recommendation, which will be considered at the Planning Commission public hearing Thursday, April 9, 7 p.m. in City Council Chambers. Following the public hearing, the Planning Commission will make a recommendation to City Council, which is scheduled to be discussed at a second public hearing on April 18.

"There has been great community concern around the issue of barging fill and excavation material for the remapping of the flood plain and ultimate garage excavation," said Robert Youngentob, president of EYA, in a written statement following the decision. "In light of these concerns and after careful

consideration of the significant cost premium, EYA believes that it is in the best interest of the project, the community and the city to barge this fill and excavation material. Any construction activity required to build out Robinson Terminal South in accord with the City's waterfront plan will have impacts on the surrounding neighbors. The decision to barge the fill and excavation material will help to lessen this impact."

Barging is expected to cost EYA \$1.6 million more than the estimated 7,000 truckloads, offset by the city's recommendation that the developer be allowed to add up to four multi-family units to the 92 currently planned at the site by reducing the size of other units in the building.

"The wear-and-tear on those streets and underground utilities as well as vibration damage to nearby homes would have been very costly to the City as well as to residents with homes on the streets the trucks would have traveled over," said Bert Ely and Mark Mueller, co-chairs of the Friends of the Alexandria Waterfront in an email. "The Friends of the Alexandria Waterfront applauds EYA, the developer of the South Robinson Terminal, for agreeing to utilize barges rather than trucks to move dirt from and to the terminal site during the development process."

— VERNON MILES

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ALEXANDRIA CITY PUBLIC SCHOOLS

Kindergarten Registration. 9 a.m.-1 p.m. at all elementary schools across Alexandria City Public Schools. Parents are encouraged to walk into their neighborhood school to collect a registration packet. Children must be 5 years old on or before Sept. 30 to register for kindergarten. All children born in the U.S. and who speak English at home must register at their home elementary school, even if they will attend a different school. If a child was not born in the U.S. or does not speak English as a first language, register at the Office of English Language Learner Services at ACPS Central Office at 1340 Braddock Place, Alexandria. Visit www.acps.k12.va.us.

THROUGH APRIL 15

Free Tax Preparation. Wednesdays,

10 a.m.-2 p.m. at Lee Center, 1108 Jefferson St., Alexandria. For taxpayers with low and middle income. All ages, with special attention to seniors. Federal and Virginia tax returns prepared and electronically filed by IRS-certified volunteers. Tax questions can be answered. Bring your photo ID(s), Social Security Card(s), tax documents, and your prior year tax return.

Free Tax Preparation. Saturdays, 9 a.m.-noon; Wednesdays, 6:30-8 p.m. at 2525 Mount Vernon Ave., Alexandria. The City of Alexandria is offering free tax preparation to qualifying residents. Taxpayers are eligible if their income is below approximately \$35,000 for individuals and \$53,000 for families. Volunteers from Community Tax Aid, Inc. will ensure that taxpayers apply for all applicable credits and deductions. The following documentation is required: Social Security cards for each family member; a photo ID for the taxpayer(s); dependents' income documents; W-2 forms and other income records such as Social Security, bank interest or SSI; receipts or records for expenses such

as child care and education; Form 1095-A if you purchased health insurance through the marketplace; and if possible, a copy of last year's tax return. People will be seen on a first come, first served basis. For further information, to request a disability accommodation or to receive materials in an alternative format, contact Esperita Bullard at 703-746-6070.

Survey Available. Citizens may provide comment on the the draft plan for the Mount Jefferson Park & Greenway until April 15. Visit <http://www.surveygizmo.com/s3/2064354/Mount-Jefferson-Park>.

THROUGH MAY 8

Donations Needed. Monday-Friday, Between 7:30 a.m. and 4 p.m. at T.C. Williams High School Main Office, 3330 King St. The Princess for a Night project is seeking donations of formal dresses, shoes, handbags, jewelry, and unused makeup. Contact Eleanor.Muse@acps.k12.va.us.

STUDENT SUCCESS

Parent Education. 6-7:30 p.m., SEE BULLETIN BOARD. PAGE 18

Alexandria Chamber of Commerce

2015 Public Safety Valor Awards

Join the Conversation!

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Presenting Partner:

INOVA ALEXANDRIA HOSPITAL

The Public Safety Valor Awards program is dedicated to honoring the public safety personnel of the Alexandria Fire Department, Police Department and Sheriff's Office for heroic acts of valor.

Thursday, April 17 2014
11:30am-1:00pm
Tickets: \$65 Members

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Alexandria Police Foundation

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ALEXANDRIA CHAMBER OF COMMERCE

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FREE REMODELING & DESIGN SEMINARS!

Thursday, April 9th, 2015
5:00pm to 8:00pm

Where: 6862 Elm St, Suite 330
McLean, VA

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Seminars:

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Friday, April 10, 12 a.m.-6 p.m.
Saturday, April 11, 10 a.m.-6 p.m.

River Farm is located at 7931 East Boulevard Drive in Alexandria, Virginia. **Parking is \$5 per car (cash only); free for AHS members** (with valid member card, receipt, or other proof of membership).

for more information
Call (703) 768-5700 or visit www.ahs.org.

special thanks to **Mount Vernon Gazette**



AMERICAN HORTICULTURAL SOCIETY

Some Gave All

Police memorial dedicated to fallen officers.

BY JEANNE THEISMANN
GAZETTE PACKET

Judy Birney was just 12 years old when her father, youth detective Conrad Birney, was killed responding to a bank robbery in 1972. She went on to follow in her father's footsteps, serving as an Alexandria police officer until 1999. On March 28, she joined more than 350 people for the dedication of the Alexandria Fallen Officers Memorial honoring the sacrifice of her father and 17 others who died in the line of duty.

"He wasn't just a badge and a gun," Birney said of her father. "He cared greatly about the youth of Alexandria and loved his job very much. Now this memorial will be the final place where they can be remembered forever."

The Alexandria Police Foundation spearheaded the project, raising more than \$450,000 for the memorial located at the entrance to police headquarters on Wheeler Avenue. Ginny-Hill Obranovich, widow of slain officer Charlie Hill, serves as the APF executive director.

"When Charlie died I promised him he would never be forgotten," Hill-Obranovich said. "This memorial will make all of them

never forgotten and that's what's most important to me."

The memorial, designed by HDR Architecture, features five glass panels etched with the names of each of the 18 officers who have died in the line of duty since the Alexandria Police Department was formed in the early 1800s. Each panel is illuminated at night and a touch screen kiosk inside the lobby provides additional information about each officer.

"To the men and women of this police department, I hope this is always a place of reflection," said Alexandria Police Chief Earl Cook. "And may we never place another in memorial at this location."

APF board chairman Willem Polak worked closely with Cook and city officials to make the memorial a reality.

"The Alexandria Police Foundation was honored to lead this effort for the memorial and we thank the Alexandria community for their fantastic generosity," Polak said. "Even though it was cold outside, the unveiling of the memorial and speeches warmed everyone's heart with the spirit of unity for these 18 fallen officers and their survivor families that were there."

In addition to Birney, other survivor family members in attendance included George



PHOTO BY CORIN REID/GAZETTE PACKET

Police Officers bow their heads as the Invocation is being lead by Captain Don Hayes.

Crump, the great-grandson of officer George Crump, killed in 1893, and Charlie Hill, who was 7 years old when his father was shot during a hostage situation in 1989.

"I'm proud of the legacy my father left behind," said Hill, whose brother Robert is now an APD officer. "He was a role model for everyone who knew him. Now this memorial will stand as a reminder that while these officers are gone, their honor and

courage and love will live on in all of us."

Ground was broken on the memorial Sept. 27, 2014 and construction began in mid-October. Its completion signifies the fulfillment of a 26-year-old promise by Hill-Obranovich.

"I want people to know these officers loved their job," Hill-Obranovich said. "They did their job and they need to be remembered forever."



Holy Week at Immanuel Church-on-the-Hill with Easter services for the first time at the new Immanuel Chapel

Please join us for worship – all are welcome!

**Services at Zabriskie Chapel,
3606 Seminary Rd., Alexandria**

April 1: 6:30 pm Holy Eucharist, 7:30 pm Service of Tenebrae

April 2: **Maundy Thursday** 7:30 pm

April 3: **Good Friday services**

Noon: Good Friday liturgy

6:00 pm: Children's service

7:00 pm: Musical Prelude with choir and orchestra

7:30 pm: Good Friday Liturgy

April 4: **Great Vigil of Easter** 7:00 pm, and festive reception

**Services at Immanuel Chapel,
3737 Seminary Rd., Alexandria**

Our first services since the chapel burned down 4 years ago!

April 5: **Easter Sunday services**

7:30 am: Holy Eucharist

9:15 am: Festival Holy Eucharist, with orchestra, brass and choir, followed by Easter egg hunt

11:15 am: Festival Holy Eucharist with orchestra, brass and choir

Additional parking at Zabriskie Chapel with continuous shuttle



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703-370-6555 "the Pumpkin Church" www.icoh.net

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For more info, contact 703-824-6730 or scholarshipfund@acps.k12.va.us
www.AlexScholarshipFund.org

Drawing will be held at the SFA Gala, Sat. Apr. 25, 2015. Need not be present to win.

Car or cash prize generously donated by

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ALEXANDRIA TOYOTA / SCION

NEWS



“He wasn’t just a badge and a gun. He cared greatly about the youth of Alexandria and loved his job very much.”

— Judy Birney, daughter of slain APD detective Conrad Birney

A display with photos of the 18 fallen officers.

The Northern Virginia Firefighters Pipe Band plays at the memorial dedication.



Alexandria Police Honor Guard.

PHOTOS BY
CORRIN REID
GAZETTE PACKET

Sgt. Charlette Mitchell and a family guest of the fallen share a moment.



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OBITUARY

'The Original Ballyshaner'

Judge Daniel O'Flaherty dies at 89.

By JEANNE THEISMANN
GAZETTE PACKET

To anyone appearing in his courtroom, his name invoked fear. But those who knew Judge Daniel O'Flaherty, knew him as a kind and quiet man, a proud Irishman devoted to his family and the City of Alexandria.

"He was one of a kind," said Pat Troy of the man who coined the city's St. Patrick's Day Parade committee name "Ballyshaners," the Gaelic word for Old Towners. "He was so genuine in everything he did. He gave so much to this city and has left a legacy that will never be forgotten. He truly was the original Ballyshaner."

O'Flaherty served for 25 years on the St. Patrick's Day Fun Dog Show and is credited with creating the Rosemont July 4th celebration.

On March 26, the respected jurist with the unending supply of bow ties died peacefully at his home. He was 89 years old.

Daniel Fairfax O'Flaherty was born June 26, 1926, the only son of Daniel O'Flaherty and Isabel Boyer O'Flaherty. A lifelong Alexandrian, he sold shoes at Hayman's on King Street, helped build homes in Fairlington and worked at the Torpedo Factory building torpedoes – all before graduating from George Washington High School at the age of 16.

After being referred to in newspaper articles as an "Ingenious Virginia Youth Inventor" for a contraption similar to today's clock radio, O'Flaherty attended Roanoke College. His education was interrupted by World War II, where he served in the Army Air Corps and completed 30 missions in the Europe Theatre.

Following graduation from George Washington University Law School in 1949, he

opened his law office. In 1953, he ran for City Council, becoming one of its youngest elected members at the age of 27.

During this time, he met Lulie Theresa "Resa" Hutt, the woman who would be by his side for more than 64 years. The two were married on July 15, 1950.

"After their first date, Daddy mailed Mom this tear apart postcard to ask her for a second date," said Lucelle O'Flaherty. "It had a self-addressed stamped postcard with a box for her to check OK' if she agreed. She still has it to this day."

O'Flaherty was appointed to the General District Court in 1956 where he retired as Chief Judge in 1998. Following in his father's footsteps, O'Flaherty served as a Trustee and Lay Leader of Trinity United Methodist Church where he was a member since 1942.

"I knew him for 40 years. But I always called him Judge O'Flaherty, never Dan. I had too much respect for him."

—Ballyshaners founder Pat Troy

"Dad loved the free 'get to know your neighbor' car washes the church would hold," Lucelle O'Flaherty said. "He could always be seen out there getting wet and washing cars."

O'Flaherty served as president of the Rosemont Citizens Association in 1967 when the Maury School 4th of July celebration began. He also served as president of the Potomac Lung Association, Maury School PTA, AHEPA and Trinity United Methodist Church Men's Club.

He served as vice chairman of Alexandria Democratic Committee, Alternate Delegate to Democratic National Committee and member of the board of directors of the

Potomac Lung Association.

"I think people would be surprised at how much Daddy quietly did in the community," Lucelle O'Flaherty said. "Trinity helps feed the homeless at Christ House and Daddy and I would team up with other members and friends to help prepare the meal for the homeless several times a year. He would also ring the bell for the Salvation Army in front of the courthouse as part of the Alexandria Bar Association team. He always had a smile on his face and everybody knew him."

O'Flaherty's love of Ireland, which included many visits, sparked his interest in his Irish Heritage. In 1999, he served as the Grand Marshal of The St. Patrick's Day parade and proudly attended this year's Grand Marshal dinner on March 6.

"I knew him for 40 years," Troy said. "He was one of my first customers and came in often for the potato and leek soup. But I always called him Judge O'Flaherty, never Dan. I had too much respect for him."

O'Flaherty is survived by his wife Resa and daughters Susan O'Flaherty Griffith (Paul) and Lucelle O'Flaherty. He was predeceased by a younger sister, Barbara Jean O'Flaherty Camp. His son, Danny, passed away earlier this year.

"He was a quiet man and never sought any praise," said Lucelle O'Flaherty. "One of his favorite sayings was 'You can never build yourself up by tearing others down.' That is how he lived his life and how he would want everyone to live and remember him."

A celebration of life service was held March 29 at Trinity United Methodist Church with interment at St. Paul's Episcopal Church in Montross, Va. In lieu of flowers, memorial gifts may be made to Trinity United Methodist Church, 2911 Cameron Mills Road, Alexandria, Va. 22302.



A veteran of World War II, Daniel O'Flaherty served in the Army Air Corps completing 30 missions over the European Theatre of War.



Daniel Fairfax O'Flaherty married Lulie Theresa "Resa" Hutt on July 15, 1950.



Judge Daniel O'Flaherty and his wife Resa celebrated their 64th wedding anniversary with daughters Susan and Lucelle on a cruise along the Potomac River in Old Town.



Judge Daniel O'Flaherty loved washing cars at Trinity United Methodist Church's many free "get to know your neighbor" car washes.



Charlie Euripides, owner of the Royal Restaurant, and Judge Daniel O'Flaherty were close friends and confidants for decades.

PHOTOS CONTRIBUTED

SCHOOLS

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Eight Alexandria students, from seven Alexandria City Public Schools, have won awards in the Northern Virginia District PTA Reflections Arts Contest. The eight entrants were among 20 students whose work had already won 1st Place in their own schools and in the Alexandria City PTA Reflections Contest and had been advanced to the District level of judging. The contest theme this year is "The World Would Be a Better Place If..."

Three ACPS students won awards for Outstanding Interpretation of Theme (equivalent to 1st Place) and will now compete in the Virginia state contest:

Janae Holster, sixth grade, George Washington Middle School, for Dance Choreography, Middle School Division

Jonathan Morgan Petrini, seventh grade, George Washington Middle School, for Music Composition, Middle School Division

Christopher Alers, fifth grade, Mount Vernon Community School, for Photography, Intermediate Division

The Northern Virginia District includes Fairfax and Arlington counties and the independent cities of Alexandria and Falls Church.

Alexandria's city-level winners and participants, including the eight district winners, will be honored at the Alexandria City Reflections Awards Program & Art Show Opening on Feb. 27, starting at 6:30 p.m. at the Durant Art Center, 1605 Cameron Street. The program is free and open to the public.

Cullen Scheland has been named to the 2014 fall semester dean's list at Lafayette College (Easton, Pa.).



PHOTO BY CHRISTOPHER ALERS

Mount Vernon Community School fifth grader Christopher Alers' photo has earned him a spot to compete in the state PTA Reflections Arts Contest competition.

Scheland is a graduate of American International School.

Francesca Gilley graduated from Southwestern College (Winfield, Ks.) with a bachelor of arts degree in elementary education.

Natalie Felice and **Isabelle Marie Marquez** have been named to the University of Delaware dean's list for the fall 2014 semester.

George B. Alberts has been selected for inclusion on the dean's list

during the spring 2014 semester at St. Lawrence University (Canton, NY). Alberts is a member of the class of 2015 and is majoring in psychology and religious studies. Alberts attended T.C. Williams High School.

Ann K. Brothers was named to the dean's list at Boston University for the fall semester.

Dominique J. Badji graduated with a Bachelor of Arts in international relations from Boston University in January 2015.

Lazreta Kote was named to the fall 2014 dean's list at McDaniel College (Westminster, Md.) with honors.

Mousa Gaye, a student at Fairleigh Dickinson University's Metropolitan Campus in Teaneck, NJ, has been named to the dean's list for the fall 2014 semester.

In celebration of **First Night Alexandria's** 20th Anniversary, the organization will contribute \$3,900 to band, choir, and orchestra programs at two Alexandria middle schools and one high school. With these contributions, First Night Alexandria will have donated \$17,585 to these programs since 2011.

Alison Somers Lindsay of Alexandria is enrolled at Washington University's College of Arts and Sciences (St. Louis, Mo.) where she earned dean's list recognition for the fall 2014 semester.

Washington University's College of Architecture (St. Louis, Mo.) recognized **Kelly Marie Dervarics** of Alexandria on their fall 2014 dean's list.

Reese Paul Frerichs of Alexandria made the fall 2014 dean's list at Washington University's School of Engineering & Applied Science (St. Louis, Mo.).

University of Wisconsin Oshkosh student **James McMahon** of Alexandria qualified for the dean's list and honor roll for the fall 2014 semester.

Twenty-four residents of Alexandria have been named to the fall semester

dean's list at Radford University: **Kestra Noel Aardema**, junior art major; **Monica Y. Arevalo**, freshman biology major; **Kennise J. Baker**, junior social work major; **Luke Blevins**, freshman pre-major; **Alexander Gabriel Bring**, senior finance and economics major; **Burton Griffin Brown-Glazner**, senior geospatial science major; **Misheon D. Clark**, junior accounting major; and **Loren Beatriz Cordova**, freshman social work major. Also **Jacob Timothy Fannon**, senior exercise, sport, and health education major; **Kristin Yoon Fowler**, freshman pre-major; **Julie Gosline**, senior interdisciplinary studies major; **Adam Chen Thomas Hitchings**, freshman finance major; **Allyson Kathleen Hoover**, sophomore recreation, parks, and tourism major; **Monica Rachel Levitan**, freshman media studies major; **James William Nugent**, sophomore music studies; and **Sarah Brynne Rainey**, sophomore biology major. Also **Jamal U. Roberson**, junior psychology major; **Austin Brendan Skudlarek**, freshman criminal justice major; **Emmanuel Victor Sowah**, freshman pre-business major; **Denise Michelle Urban**, sophomore dance major; **Joshua Patrick Wagner**, junior management major; **Laurentius Yudhistria Wahyudi**, senior music major; **Iriana Christiann Wenderoth**, senior interdisciplinary studies major; and **Chelsea Lorraine Willis**, senior management major.

Joshua Bekoe of Alexandria has been recognized by Louisburg College (Louisburg, N.C.) as a Hurricane Scholar Athlete. Joshua plays football for Louisburg.

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OPINION

Join in Fight against Child Abuse

Child abuse prevention is a community responsibility.

BY SONIA QUINONEZ
EXECUTIVE DIRECTOR,
SCAN OF NORTHERN VA
AND GISELLE L. PELAEZ
EXECUTIVE DIRECTOR, THE CENTER FOR
ALEXANDRIA'S CHILDREN



Giselle L. Pelaez Sonia Quinonez

A report of child abuse is made every 10 seconds in our country, one of the worst records among industrialized nations that results in the death of between four and seven children each day. These tragic fatalities are just the tip of the "iceberg" of consequences our community faces due to child victimization.

Every year, more than 3 million reports of child abuse are made in the United States, involving more than 6 million children.

In the City of Alexandria, 1,670 reports of child abuse and neglect were received last year alone.

While child abuse and neglect almost always occur within the family, the impact reaches far beyond. We all pay a price in both direct and indirect costs, which total more than \$80 billion each year.

April is nationally recognized as Child Abuse Prevention Month: an important opportunity to highlight public-private collaborations in our community that provide critical services to prevent child maltreatment, including ways every resident of Alexandria can get involved.

Our city prioritizes strong families and communities, actively fostering conditions that reduce or eliminate risk of abuse and neglect while promoting healthy development and wellness of our city's children and families. The Center for the Study of Social Policy identified five protective factors that reduce risk for abuse and neglect: parental and youth resilience; social connections; knowledge of child/youth development; concrete support in times of

need; and social-emotional competence of children and youth. When fostered in a community, these factors correlate with reduced incidence of child abuse and neglect. We are fortunate that Alexandria hosts numerous programs that promote them, strengthening our entire community as a result.

COMMENTARY

Child Abuse Prevention in Alexandria: What it Looks Like

❖ An accredited Children's Advocacy Center program at the Center for Alexandria's Children provides direct intervention with identified children affected by sexual abuse and severe physical abuse to ensure no future re-victimization;

❖ A well-established Court Appointed Special Advocate (CASA) program at SCAN ensures a voice for children involved in the child welfare system;

❖ Healthy Families – Alexandria, a home visiting program, provides concrete support to young and vulnerable families.

❖ A network of early care and education providers in the city collaborate to ensure early intervention and support for all of our families;

❖ SCAN's parenting classes and support groups in English and Spanish provide infor-

mation on child development, positive discipline, and effective family management;

❖ The Center's Learn & PlayGroups emphasize protective factors for families with children under 5 without formal preschool or early education access.

What Can You Do?

Be informed: Join the Center for Alexandria's Children, SCAN of Northern Virginia, Northern Virginia Family Services, and the Department of Community and Human Services in raising awareness of how to prevent and respond to child abuse and neglect.

During the month of April, we are partnering to provide free training for parents, child-serving professionals, and community members, to learn how to protect children from child sexual abuse.

Research shows that 1 in 10 children will be sexually abused before they turn 18, but this victimization can be prevented. Authorized facilitators with direct experience working with child abuse victims in the City of Alexandria will lead three interactive sessions of Darkness to Light's Stewards of Children training where participants will learn direct prevention strategies and techniques to protect the children in our community.

What do you do if you suspect a child has been abused? How do you recognize signs of abuse and neglect? Do you know your legal obligations as a mandated reporter of child abuse and neglect? Two additional training sessions will provide an opportunity to learn from Alexandria Child Protective Services (Hotline: 703-746-5800) about how to recognize, react and respond responsibly to suspected child abuse and neglect.

Registration is required for all community trainings. Visit www.protectkids.eventbrite.com.

LETTERS

Disappointed in Board's Vote

To the Editor:

I was disappointed to read that the Fairfax County School Board voted against an amendment making Veterans Day a school holiday. For my spring break I visited Normandy, France and toured the Omaha and Utah beaches where many American soldiers fought to keep the world from tyranny and protect freedom.

Today soldiers risk their lives on a daily basis to keep Americans safe.

Their bravery and courage should not go unnoticed. For these reasons I support a day off to appreciate their service.

Christopher Rainey, 15
Freshman, St. Stephen's
& St. Agnes School

SEE LETTERS, PAGE 12



STEVE ARTLEY/GAZETTE PACKET

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Saturday, 5:00 p.m. Liturgy of the Palms at Faith @ 5:00
Sunday, 7:45 a.m. Holy Eucharist Rite I
9:00 a.m. Holy Eucharist Rite II- Family Service with Procession from Market Square
11:00 a.m. Holy Eucharist Rite II with Choir
5:00 p.m. Holy Eucharist Rite II

WEDNESDAY IN HOLY WEEK
WEDNESDAY, APRIL 1
12:00 p.m. Holy Eucharist in the Chapel

MAUNDY THURSDAY
THURSDAY, APRIL 2
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7:30 p.m. Holy Eucharist with Choir and the stripping of the altar

GOOD FRIDAY
FRIDAY, APRIL 3
7:30 a.m. Proper Liturgy for Good Friday
12:00-1:00 p.m. Holy Eucharist, joint service at Christ Church
5:30 p.m. Family Service
7:30 p.m. Stations of the Cross

HOLY SATURDAY
SATURDAY, APRIL 4
12:00 p.m. Holy Saturday Service in the Chapel
7:30 p.m. The Great Vigil of Easter

EASTER SUNDAY
SUNDAY, APRIL 5
6:45 a.m. Sunrise Service at St. Paul's Cemetery
7:45 a.m. Holy Eucharist with Music
9:00 a.m. Family Service with Holy Eucharist, Children's Choir, and Brass
11:00 a.m. Holy Eucharist with Choir and Brass

LETTERS

FROM PAGE 10

Viable Options May Cost City

To the Editor:

When someone says he or she favors a Metro on Potomac Yard, the next question needs to be, "Which one?" There are four options and also the option of "no build." Two options, option D and option B-CSX are so much more expensive than the others, neither is viable. The choices are two build options, A and B, and the no build option, included in the Federal environmental impact process.

For many years, since the adoption of the Potomac Yard small area, now being built out, the only option was on the land reserved for a future Metro in that plan, option A. That option is estimated to cost roughly \$209 million dollars.

Option B is located only three city blocks north of A, but its costs, and also the expectations for this site, are different. In 2010, City Council approved the Potomac North small area plan. This plan covers the area of the shopping center. It allows option B. If a Metro is built on the option B site, the land's owners have the right to build seven million square feet of development on the shopping center land. It is envisioned to have more office construction than is in the earlier Potomac Yard plan adopted in the late '90s. The small area plan states that that amount of new development will increase traffic on Route 1 by 50 percent more than would be there without the addition of all seven million square feet. The current cost estimate for this option is around \$268 million.

Many people just assume that a Metro station mops up the traffic that would otherwise be on the roads. In fact it mops up only around 50 percent, even in dense Metro oriented neighborhoods.

Unlike option A which would operate on the existing tracks with a new ground level station, option

B requires a different track alignment with the tracks running part way on land over which the U.S. Park Service has a scenic easement. That easement which contributes to the beauty of the George Washington Parkway has great value not only to the Park Service, but to all citizens who enjoy the experience of driving on the parkway as opposed to our other major traffic corridors.

The Park Service appears to be amenable to relinquishing the easement, but it will then require compensation. That could add a considerable amount to the estimated cost of option B, as well as degrading the most attractive stretch of roadway in the city.

Building any Metro on the Yard is a gigantic infrastructure project. It is probable that any station will cost more than current estimates.

The city leaders who want option B rhapsodize about Federal agencies and others coming to occupy the office space because it's so near to Metro. This ignores the retrenchment of the Federal agencies and the high vacancy rate in existing office space, including the Victory Center which is near the Van Dorn Metro.

If option B increases our tax base as predicted, which is questionable, it will improve our city finances.

The basic fact to remember is that if, for any reason, the development does not come or comes very slowly, the city is still in debt for the millions of dollars of construction loans it assumed. Even if it succeeds as predicted, having such a large debt, crowds out opportunities for other necessary spending such as staffing a fire station or building a public school.

Katy Cannady
Alexandria

Choose Option 'No Build'

To the Editor:

Recently, there have been a

number of briefings regarding the proposed Metro Station in Potomac Yard. At every one of these briefings, City staff described the four alternatives that were under consideration (now reduced to two). Alternative A, which will cost about \$209 million, is adjacent to Potomac Greens, and Alternative B, which is calculated to be \$268 million, is very close to the Potomac Yards mall, but is also on a scenic easement owned by the National Park service. Neither location will be outfitted with a Kiss-and-Ride lot, so potential riders must walk to these locations. This may be difficult for some, especially for the handicapped.

The City has stated repeatedly that the Potomac Yard Metro project will result in "no costs" to the City's General Fund, and that funding will come from developer contributions, grants from regional, state and federal sources, special tax district revenues, and new tax revenues generated from the overall development. However, this has not been the case. Recently, Virginia has agreed to loan (not grant) Alexandria \$50 million, and developers will only contribute to the Metro if Alternative B is selected, which is beyond the pale. Unfortunately, the rest of these offsets are all too true — residents and/or commercial interests located in the two special tax zones within Potomac Yard will pay 10 to 20 percent more on their property taxes. Has this been conveyed to them as they rent and/or buy housing in these districts?

The City of Alexandria cannot continue to "borrow, build, and hope," as so aptly described by Bob Wood. This posture has put us a half billion dollars in debt (and more to follow), with a \$66 million dollar debt service.

Instead of the erstwhile zero sum game being touted by the City for these Metro alternatives, it would be far more helpful to understand the exact funding requirements for each year (both

SEE LETTERS, PAGE 19

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ENTERTAINMENT

MetroStage Presents 'The Island'

Play depicts human dignity and justice during the 1970s Apartheid.

BY STEVE HIBBARD
GAZETTE PACKET

As part of the 30th anniversary season, MetroStage in Alexandria is staging "The Island" now through April 26. The highly charged two-person play is set on Robben Island, South Africa, and depicts the plight of two political prisoners, John and Winston, as they perform labor by day and rehearse Sophocles' "Antigone" by night.

Devised by the playwright Athol Fugard, with two actors John Kani and Winston Ntshona, the play originated in the early 1970s when South Africa's Robben Island was where many famous political prisoners were confined. MetroStage produced the play in 1992 with Doug Brown in its original production. He has returned to play the character of Winston along with Michael Anthony Williams, who is playing John.

"It is a classic written during Apartheid, during the 1970s, and yet its themes of solidarity, endurance, perseverance are timeless," said director Tom Jones. "It was and remains a dramatic collaboration that, at its core, is a celebration of human dignity and freedom in the face of insurmountable oppression."

Producing Artistic Director Carolyn Griffin said the show touches on everything important in a dramatic work.

"It is highly political since it depicts the plight of the political prisoner in South Africa under apartheid law," she said. "At the same time it is timely, timeless and universal in that there will always be highly charged political situations in parts of the world where there is oppression and incarceration."

She added, "It is a psychological study of

incarceration, isolation, bonding under the most challenging circumstances — man's inhumanity to man — and ultimately the triumph of the human spirit. It makes a political statement but also addresses the most fundamental human needs, hopes and desires for freedom, community, and family."

Fugard's use of the Greek story of "Antigone" is a metaphor used to depict the political protest of the black South Africans in apartheid South Africa who fought the state and were imprisoned on Robben Island, the most famous being Nelson Mandela.

"So the power of the play, the statement it is making and the ingenious use of the play within a play 'Antigone,' which serves as a symbol of the individual's resistance to the state, a situation analogous to the prisoners incarcerated for protesting the apartheid law at the time, makes 'The Island' a masterpiece of dramatic storytelling which will live with the audience well beyond the close of the play," said Griffin.

Doug Brown, who plays Winston, said, "I think it's about human dignity and justice and honoring that. I think it's about fighting for the things that are right and not giving up."

He added, "Honoring those things to which honor belongs — that's the last statement of the play."

Michael Anthony Williams, who plays the role of John, said, "It's important to see this play because it gives an opportunity to look at people to the left and to the right of you and decide how their presence impacts their spirit."

He added, "People need to see this because nobody really realizes the impact of their actions to the left and right until

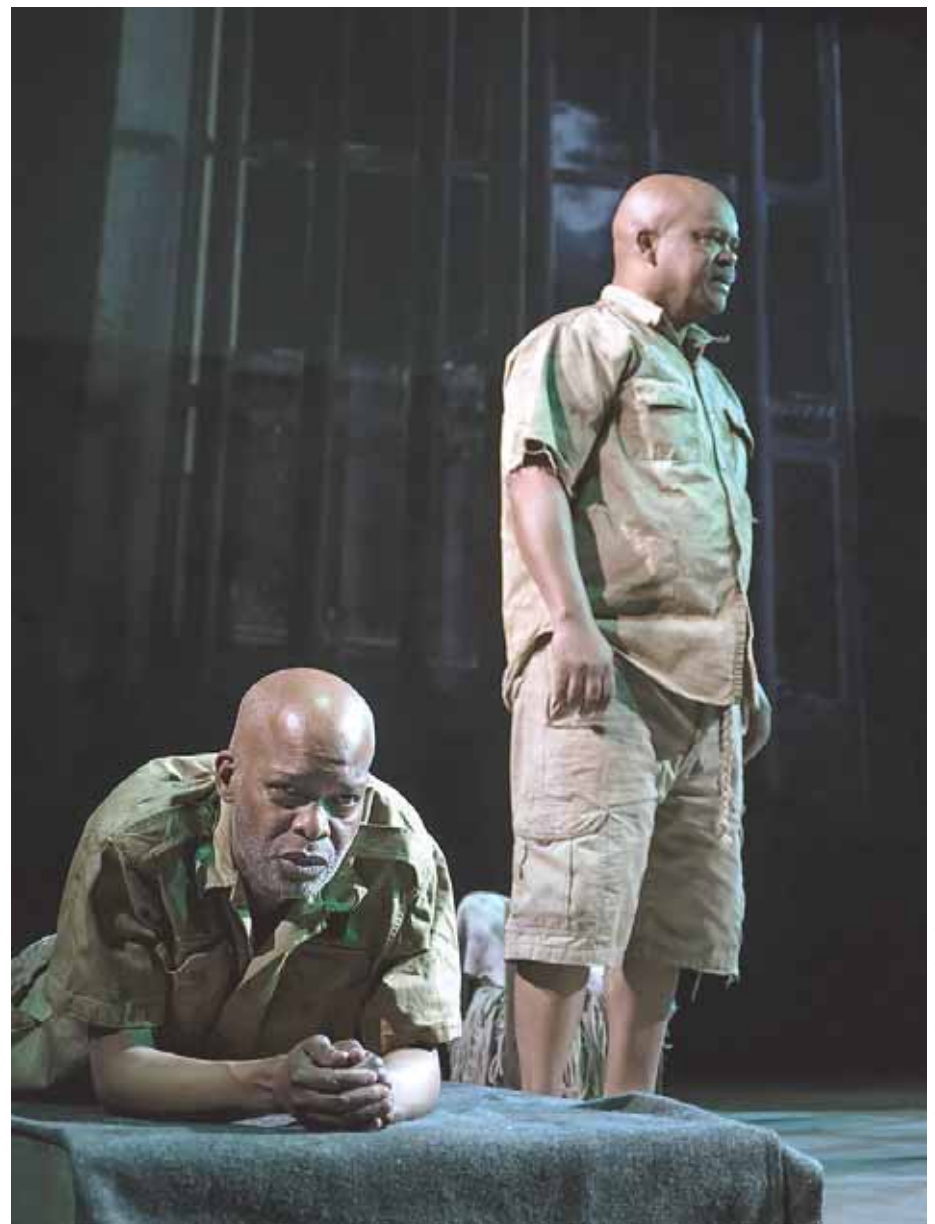


PHOTO CONTRIBUTED BY CHRIS BANKS

Michael Anthony Williams and Doug Brown star in "The Island."

they're put in closed quarters."

Jones said the human spirit and capacity to remain stalwart when severely tested remains as a unifying thread amongst diverse populations.

"Mandela and King are exemplary of that ideal but not solitary in their resolve. All of us are capable of being resolute in the face of danger in any time when social orders threaten to undermine dignity. 'The Island' preserves and celebrates human possibility," said Jones.

He said because the play is a delicate balance of harshness and levity, the challenge

was "maintaining that dramatic/comic symmetry."

Performances for "The Island" will be Wednesdays, Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., Sundays at 3 p.m. and 7 p.m., March 26-April 26. Tickets are \$50-55, with student and active military discounts available. For ticket reservations, call 800-494-8497 or 703-548-9044 or go online to www.metrostage.org. For information and group sales, call 703-548-9044. MetroStage is located at 1201 N Royal St. in North Old Town Alexandria.

CALENDAR

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

"Reconstructing the Landscape."

Through April 6 at The Art League, Studio 21 in the Torpedo Factory Art Center, 105 North Union St., Alexandria. "Reconstructing the Landscape" features large-scale abstract paintings by Claudia Cappelle. Visit www.theartleague.org or call 703-683-1780.

Michael Graves Memorial Exhibit.

Through Friday, April 10 during library hours at Beatley Central Library, 5005 Duke St. The architect and designer of the Charles E. Beatley, Jr. Central Library, Michael Graves, passed away on March 12. The Library has devoted a memorial table of his work along with a feature on the Alexandria Library website. Visit www.alexandria.lib.va.us.

Art Exhibit. Through Tuesday, April 14. Sunday and Monday, 12-5 p.m.; Tuesday, Wednesday, and Thursday, 10 a.m.-6 p.m.; Friday and Saturday, 10 a.m.-8 p.m. at Principle Gallery, 208 King St. Artist Kevin Fitzgerald presents a collection of coastal images painted in the tonalist style. Visit www.principlegallery.com.

"Strong Men and Women." Through April 14 at Alexandria Library, 5005

Duke St. The display honors distinguished African-Americans from Virginia. Contact Kyle Maier at 703-746-1776.

Art Show. Through May 3 at Cove, 805 King St., Alexandria. Cove will partner with ArtSee to open the doors of their Alexandria location for a reception featuring the work of Alexandria artist, Pete McCutchen. The work on display shares McCutchen's "Geometrics" series. Visit cove.is for more.

Art Exhibit. Through Sunday, May 3 at Torpedo Factory Art Center, 105 North Union St. Two new exhibits will be on display at the Multiple Exposures Gallery by artists Susan Meyers and Colleen Henderson. Visit www.torpedofactory.org.
Nine Paintings from John

Chapman. Through May 25, 9 a.m.-4 p.m. at the Donald W. Reynolds Museum and Education Center Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Nine unique paintings by the Virginia born artist John Gadsby Chapman (1808-1889) illustrating landscape scenes important to George Washington's biography are on view. Visit www.mountvernon.org.

"Paws 'N Claws for Art." Runs through May 31 at Vola Lawson Animal Shelter, 4101 Eisenhower Ave., Alexandria. Del Ray Artisans and Animal Welfare League of Alexandria teamed up to present this animal-themed, fundraising exhibit. Both nonprofits receive a percentage of each sale. Also showing, but not for sale, will be UpCycle's Fur-Vor

project community-based student-recycled dog art. Visit www.TheDelRayArtisans.org/GWW for more.

"Intricacies" Exhibit. Through Sunday, May 31 at various times at Convergence, 1801 N. Quaker Lane. Artist-Photographer Nina Tisara unveils her "Intricacies" exhibit, a collection of mosaics. Visit www.ourconvergence.org.

George Washington's Mount Vernon has joined Thomas Jefferson's Monticello and James Madison's Montpelier to expand the "Presidents Passport," Virginia's premier presidential trail. As an added bonus to this year's program, visitors to the Alexandria Visitors Center at 221 King St. showing or purchasing a ticket to any of the

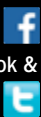


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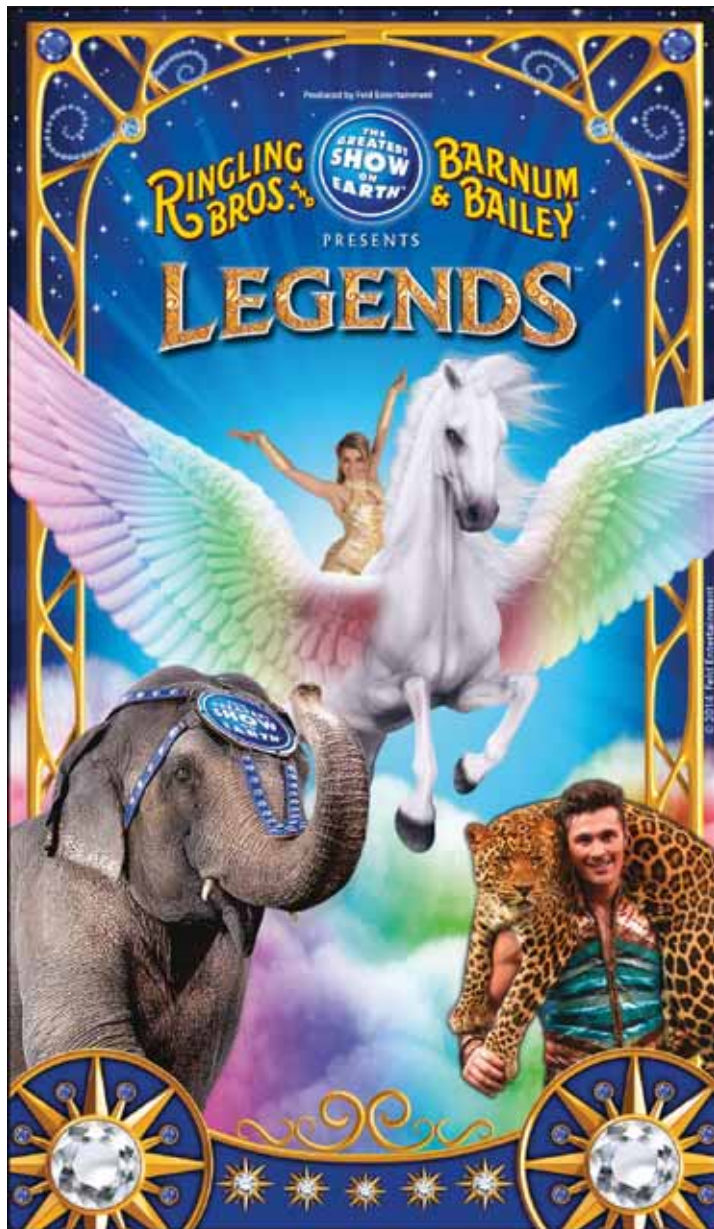
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ENTERTAINMENT



IMAGE COURTESY OF THE ARTIST.

“The Princess on the Pea,” by Zofie Lang appears in “COMPARTMENTALIZED” Exhibit. Exhibit at Schlesinger Gallery Focuses on Folktales

“COMPARTMENTALIZED,” an exhibition of Zofie Lang’s work will be on display at The Rachel M. Schlesinger Concert Hall & Arts Center, Margaret W. and Joseph L. Fisher Art Gallery at the Alexandria Campus of Northern Virginia Community College, 5000 Dawes Ave. Beginning April 3, the exhibit, featuring Lang’s assemblages of photography, digital photomontage, and found objects will be on display. The exhibit stems from Lang’s fascination with fairy tales and pop culture. “COMPARTMENTALIZED” will run through Sunday, May 17. Gallery hours are 10 a.m. - 4 p.m. Monday-Friday and during performances. Admission is free. Visit www.schlesingercenter.com.

three presidential estates will, upon request, receive for free Alexandria’s “Key to the City” pass, which grants access into nine historic sites and museums in Alexandria—a \$26 added value. Visit www.PresPassport.Monticello.org.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m. to 5 p.m., Sundays noon-5 p.m. Fort Ward Museum 4301 West Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

Dinner for the Washingtons. Noon at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 pm. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Monday Morning Birdwalk has been a weekly event at Huntley Meadows since 1985. It takes place every week, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free of charge, requires no reservation, and is open to all. Birders meet in the parking lot at the park’s entrance at 3701 Lockheed Blvd. Direct questions to Park staff during normal business hours at 703-768-2525.

CAMPS, CLASSES & WORKSHOPS

Tiny Dancers 2015 Summer Camps. Each session includes daily instruction in ballet, a snack, fine motor exercise through a theme-related craft and a favorite story with

dress-up dance interpretation. The session culminates with a recital and reception for family and friends. Tiny Dancers is a program designed for ages 2-12, featuring a performance based ballet, tap, jazz and musical theater curriculum. The Alexandria studio is located at 621 S. Washington St., Old Town Alexandria. Call 703-739-0900 or visit www.tinydancers.com for more.

Art League Spring Classes.

Registration is open for the Spring Term of fine art classes at The Art League School. The Spring Term begins the week of April 6, with more than 200 classes and 50 workshops to choose from. Classes are available for ages 5-adult for all skill levels. Browse course catalog and register at www.theartleague.org/school/search_browse.php.

Art League Summer Camps.

Registration for Summer Art Camp 2015 is now open.

Art Camps run Monday to Friday, June 22-Aug. 21. Camps are available for ages 5 and older, with morning, afternoon, or all day options. Subjects include: drawing, cartooning, painting, photography, ceramics, sculpture, jewelry, fiber arts, clay animation, and Basic Art Camp (a new medium each day). \$155-\$345. Visit www.theartleague.org/content/art_camp for more.

Encore Chorale Summer Choral Institutes.

Encore Summer Choral Institute at Washington College in Chestertown MD runs from June 14-18 and Encore Summer Choral Institute at Chautauqua Institute in Chautauqua, NY from from Aug.30-Sept. 4. Sponsored by Encore Creativity for Older Adults, the nation’s largest choral singing program for adults 55 and older, the institutes attract adult students from all over the country, at all levels of vocal experience, for a week of intensive choral music study. For

information and pricing, call 301-261-5747, or visit www.encorecreativity.org.

MARCH 26-APRIL 26

“The Island.” Various times at MetroStage, 1201 N Royal St. The Island is set on Robben Island in South Africa where two political prisoners labor during the day and perform “Antigone” by night. Visit www.metrostage.com.

MARCH 29-APRIL 26

“Art and Story.” Through April 26 at Shirlington Library, 4200 Campbell Ave., Arlington. Del Ray Artisans presents artworks illustrating the power of art and story. Visit www.TheDelRayArtisans.org/GWW for more.

MARCH 30-APRIL 25

Art Exhibit. The Torpedo Factory, The Associates Gallery, studio 319, 105 North Union. Ceramics artist Bev Andrews, painter Ann Noel, mixed media artist Gail Spencer Saour and fine arts photographer Jo Ann Tooley will present work for an exhibit titled “Layers.” Visit www.torpedofactory.org.

THURSDAY/APRIL 2

Tango Concert. 7:30p.m. at The Athenaeum, 201 Prince St. QuinTango with guest Carina Losano, will perform an interactive concert and a Q&A. Visit www.nvfaa.org.

FRIDAY/APRIL 3

Artist’s Reception. 6-8 p.m. at The Athenaeum, 201 Prince St. Collage Artist Robert Cwiok will discuss his “Enveloping Time” Exhibit. Free. Visit www.nvfaa.org.

Blues Night. 7 p.m. at Durant Arts

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ENTERTAINMENT

Architects to Lead Tour of Historic Old Town

The American Institute of Architects Northern Virginia Chapter has organized a free walking tour of historic Old Town in celebration of Architecture Week from 1-3 p.m. on Sunday, April 12. Attendees will discover examples of Georgian and Art Deco design, among others. Registration is required to receive meeting location. Visit www.aianova.org/architectureweek.ph.



PHOTO CONTRIBUTED

Last year, attendees of the walking tour visited the 400 block of Prince St.

Center, 1605 Cameron St. The “Blues Night” is part of the “First Fridays” Series. The Series is a project of the Office of the Arts, a division of the Alexandria Department of Recreation, Parks and Cultural Activities. Appetizers, soda and water are available beginning at 6:30 p.m. complements of the King Street Blues Restaurant. Tickets are \$5 per person and \$15 per family. Visit www.alexandriava.gov/Arts.

FRIDAY-SUNDAY/APRIL 3-5

Easter Egg Hunt. Friday, 3 p.m.; Saturday, 10:30 a.m., 12:30 p.m., 2:30 p.m.; and Sunday, 12:30 p.m. and 2:30 p.m. at The Lee-Fendall House, 614 Oronoco St. The historic Lee-Fendall House will host their 16th Annual Easter Egg Hunt. Other activities include games, crafts, refreshments, and photos with the Easter Bunny. Every participating child will receive an Easter Egg. Tickets are \$12 for children 12 and younger, \$5 for all others. Visit www.leefendallhouse.org.

APRIL 3-MAY 17

“COMPARTMENTALIZED.” 10 a.m. - 4 p.m. Monday-Friday and during performances at The Rachel M. Schlesinger Concert Hall & Arts Center, Margaret W. and Joseph L. Fisher Art Gallery at the Alexandria Campus of Northern Virginia Community College, 5000 Dawes Ave. The exhibit, featuring Lang’s assemblages of photography, digital photomontage, and found objects will be on display. Free. Visit www.schlesingercenter.com.

SATURDAY/APRIL 5

Blink.biz Trunk Show. 10 a.m.-4 p.m. at Blown, 1002 King St. Online jewelry retailer Blink.biz will hold a trunk show showcasing trendy and vintage jewelry. Free. Visit www.facebook.com/pages/Blink.biz.

MONDAY/APRIL 6

R.E. Lee Camp Dinner. 6:15 p.m. at American Legion Post 24 Hall, 400 Cameron St. Hear speaker Billie Earnest speak on “The Life of George Pickett.” On display, find items that once belonged to the General and his family. Tickets are \$25 for adults, \$12.50 for children 17 and under. Visit www.leecamp.org.

SATURDAY/APRIL 4

The Ivy Hill Players. 1-3 p.m. at Ivy Hill Cemetery, 2823 King St. costumed interpreters will perform as historical personalities that are buried at Ivy Hill Cemetery.

Pohick Church Tours. 1-3 p.m. at Pohick Church, 9301 Richmond Highway. During the colonial period, Pohick Church was the congregation of many of the area’s most prominent families, including the Washingtons, Masons and Fairfaxes. Free. Visit www.pohick.org.

TUESDAY/APRIL 7

History Lecture. 7 p.m. at The Alexandria Black History Museum, 902 Wythe St. Attend a lecture on the arrival of Emancipation to Alexandria presented by Char McCargo Bah. Free. Email lance.mallamo@alexandriava.gov or call 703-746-4554.

Public Art in Alexandria. 6-8 p.m. at Morrison House Hotel, 116 South Alfred St. Join Diane Ruggiero and Matthew Harwood from the City’s

Office of the Arts in a talk about Alexandria’s new implementation plan for public art. Free. Contact Alexandria Archaeology at 703-746-4399 or archaeology@alexandriava.gov.

“Emancipation Comes to Alexandria.” 7 p.m. at The Alexandria Black History Museum, 902 Wythe St. The Alexandria Society for the Preservation of Black Heritage, Inc. and Alexandria Black History Museum staff will host the “Emancipation Comes to Alexandria, Virginia” lecture. Free. Call 703-746-4356.

FRIDAY/APRIL 10

“Dance for All Ages.” 7-9 p.m. at T.C. Williams High School, 3330 King St. Find dancing, refreshments, and door prizes. Free. RSVP to jackie.mccord@alexandria.gov.

SATURDAY/APRIL 11

2015 HOPE Experience. 8 a.m.-4 p.m. at Hilton Alexandria Mark Center Hotel, 5000 Seminary Road. Child Care/Family Expert and Lifetime TV’s “America’s Supernanny” Deborah Tillman will headline this conference designed to encourage and empower parents. Admission is \$99.99 plus service fees. Couples tickets are \$149.99 plus service fee. Child care is available for an additional \$40 fee. See www.theparentingmovement.org.

Walking Tour. 1-3 p.m. at The Friendship Firehouse, 107 S Alfred St. Attend the “Firefighting in Civil War Alexandria Walk Tour.” Tickets are \$6 for adults, \$4 for children 10-17. Visit www.friendshipfirehouse.net.

Mag-Whirl Gala. 7 p.m. at 201 Cambridge Road. This event will feature three magicians and DC’s own Eric Henning, Magician of the Year. Benefits Bishop Ireton HS Tech Theater Dept. and Ring 50 of the IBM. Tickets start at \$15. Call 703-347-5540.

“Dare to Think Heroically.” 8 p.m. at Alexandria Symphony Orchestra, 2121 Eisenhower Ave. Suite 608. The Alexandria Symphony Orchestra welcomes Musical America’s Instrumentalist of the Year Jeremy Denk. Children’s tickets are \$5. Adult admission is \$60-80. Visit www.alexsym.org.

SUNDAY/APRIL 12

Architecture Tour. 1-3 p.m. at Market Square. As part of Alexandria Architecture Week, local architects will provide free walking tours through Old Town Alexandria. The tours will highlight the history of Alexandria as reflected through its architecture and urban design, showcasing examples from Georgian to Art Deco. Register at <http://aianova.org/panes/event.php?eventID=1102>.

“Dare to Think Heroically.” 3 p.m. at Alexandria Symphony Orchestra, 2121 Eisenhower Ave. Suite 608. The Alexandria Symphony Orchestra welcomes Musical America’s Instrumentalist of the Year Jeremy Denk. Children’s tickets are \$5. Adult admission is \$60-80.

Artist Talk: Enveloping Time. 3 p.m. at The Athenaeum, 201 Prince St., Alexandria. Opening for an exhibition of the works of Robert Cwiok in the Athenaeum gallery. Cwiok’s paintings, collage, and mixed media works lead visitors on a visual tour through the development of an artist. Text, print ephemera and envelopes are visual leitmotifs throughout his career. Free. Visit www.nvfaa.org.

TranzitionMe Grand Opening. 3-7 p.m. at 2815 Duke St. Tour TranzitionMe, a new holistic wellness center offers yoga, colon hydrotherapy,

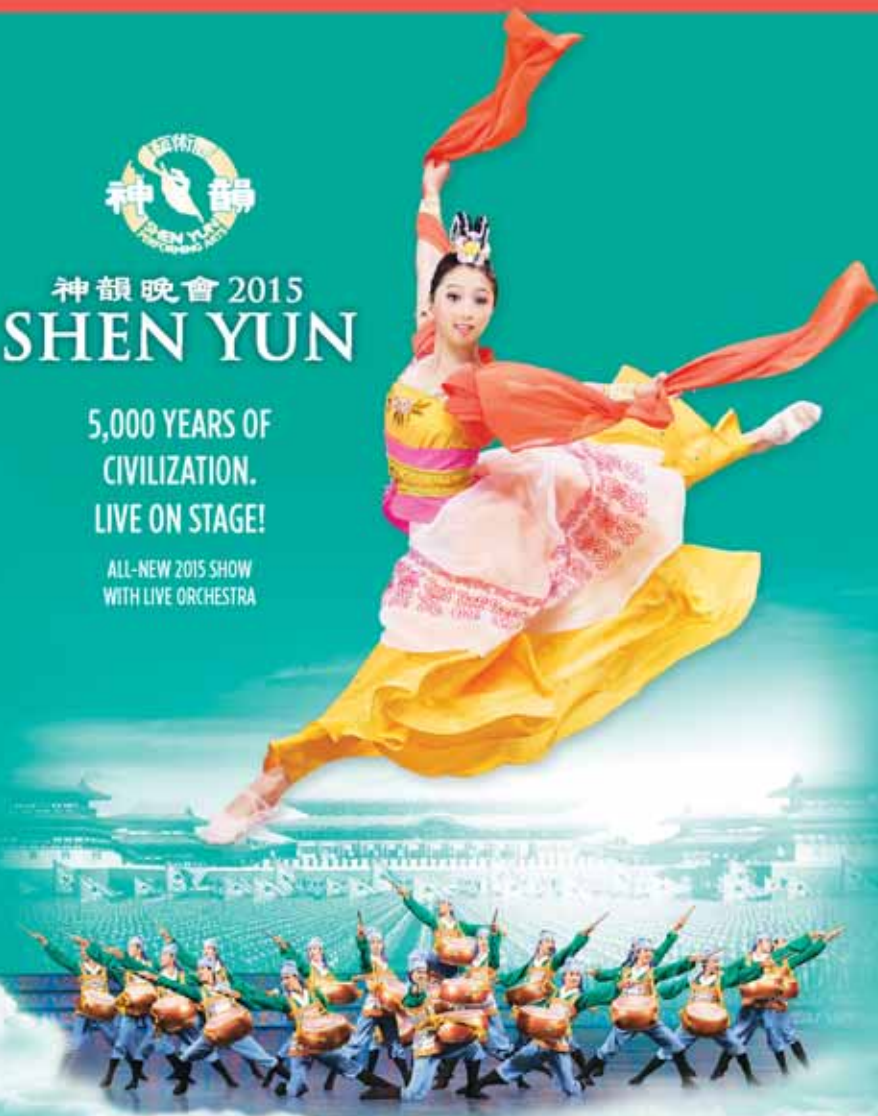
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ENTERTAINMENT

'Dare to Think...' Opening Night

BY KIM ALLEN KLUGE
MUSIC DIRECTOR, ALEXANDRIA
SYMPHONY ORCHESTRA

The Alexandria Symphony Orchestra will perform a pair of concerts titled "Dare to Think Heroically" on Saturday, April 11 at 8 p.m. and Sunday, April 12 at 3 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E Campus Dr. This is the fourth concert program in a season-long celebration of the theme "Dare To..."

This season's theme is inspired by an emerging scientific theory that asserts that every stimulus to the human brain affects its evolution. In musical terms, this means the music we listen to and the choice of music that we listen to directly affects the way our brain develops and evolves and, therefore, has an impact on our behavior and life experience. Listening to music is not passive; rather, it has a profound capacity to change us. I carefully conceived each concert this season to "change our brains and behavior" in specific and unique ways. "Dare to Think Heroically" celebrates music inspired by heroism.

The rousing score to the film

"Gladiator" (2000) and Wagner's transcendent music to "Lohengrin" share a heroic quality, framing a background for the stories to unfold for the protagonists. We will also present the colorful escapades of Strauss' likable anti-hero Till Eulenspiegel, musically recounting the rebellious adventures and ultimate demise of this German peasant folk hero.

The concert will culminate with Jeremy Denk performing Bartok's beautiful and moving "Piano Concerto No. 3." Bartok conceived it as a surprise



PHOTO CONTRIBUTED

Kluge has been Music Director at Alexandria Symphony Orchestra for more than 25 years.

birthday present to his wife—it would be the last piece of music he ever composed. In this extraordinary masterpiece Bartok writes with an endearing simplicity and directness of expression, drawing freely from Hungarian folk melodies and sacred hymn-like figures. His ultimate opus eschews the self-conscious complexities that were intrinsic to Bartok's musical language. One could view this embracing of naturalness and simplicity as an act of heroism in itself.

Jeremy Denk is one of the most interesting, thoughtful and sought-after pianists performing on the international concert stage. Lauded as a 2013 MacArthur Fellow, 2014 Avery Fisher Prize winner and Musical America's 2014 Instrumentalist of the Year, the ASO family warmly welcomes him in the midst of his world tour. I'm very excited about his collaboration with ASO and earnestly anticipate the special insights that he will bring to this piece and the visceral manner in which he will challenge all of us to "Dare to Think Heroically!"

CALENDAR

sauna and more. Free. Call 703-212-5802 to RSVP.

"Music in the Life of President Lincoln." 4 p.m. at Ernst Community Cultural Center Northern Virginia Community College Annandale Campus, 8333 Little River Turnpike. Explore Lincoln's musical preferences, from opera and folk songs to patriotic melodies and spirituals. \$40 for adults; \$30 for seniors. Student admission is free. www.virginiachamberorchestra.org.

MONDAY/APRIL 13

"Sniff the Breezes." All day at Ten Thousand Villages, 915 King St. In honor of the Egyptian Spring Holiday "Sniffing the Breezes Day," Ten Thousand Villages will host a fundraiser for Hands along the Nile Development Center. Visit www.tenthousandvillages.com/alexandria.

WEDNESDAY/APRIL 15

Antiques Club. 9:30-11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. The Alexandria/Mount Vernon Antiques Club presents Dick Hamly, discussing oarlocks. Experience with sailing and rowing, as well as serving in the Navy sparked his interest in different oarlock types, led to collecting them,

including visits to Venice where he learned about variations in shape and details of design in Italian oarlocks, even to a high art. Free, public invited. Call 703-360-4979 or email annconnell@verizon.net for more.

Joan Armatrading. 7:30 p.m. at The Birchmere, 3701 Mt Vernon Ave. singer/songwriter/guitarist Joan Armatrading performs. Tickets start at \$75. visit www.joanarmatrading.com.

Swing Dancing. 9-11 p.m. at Nick's Nightclub, 642 South Pickett St. Tom Bowes, Willie Barry, Eric Hurt and Louis Newmyer form the newest rockabilly and early rock-n-roll quartet in the DC area. Admission is \$10. Call 703-751-8900.

THURSDAY-SUNDAY/APRIL 16-19

Spring Book Sale. Members preview on Thursday, 4-8:30 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-4:30 p.m.; Sunday, 1-4:30 p.m. at Charles E. Beatley Central Library, 5005 Duke St. Books are \$3 or less unless specifically marked. Find hardbacks, paperbacks, children's books, and audio-visual items. All genres. Visit www.alexandria.lib.va.us.

APRIL 16-MAY 31

Art Exhibit. Athenaeum Gallery, 201

Prince St. "Rara Avis" is an exhibition of bird-centric works of Beverly Ress, Langley Spurlock and Martin Tarrat in the Athenaeum Gallery. Admission to the gallery is free. Visit www.nvfaa.org.

THURSDAY/APRIL 16

Book Signing. 7:30 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway. Author Mary Kay Andrews will meet fans and sign copies of her books. Free. Visit www.fairfaxcounty.gov.

FRIDAY/APRIL 17

Principle Gallery Reception. 6:30-9 p.m. at Principle Gallery, 208 King St. The Gallery will celebrate the opening of the "Tempo & Pause" exhibit with artists Valerio D'Ospina and Greg Gandy. Free. Visit www.principlegallery.com.

SATURDAY/APRIL 18

"COMPARTMENTALIZED" Opening Reception. 6-8 p.m. at Margaret W. and Joseph L. Fisher Art Gallery, 5000 Dawes Ave. Attend the opening reception for Zofie Lang's "Compartmentalized Exhibit." Free. Visit www.schlesingercenter.com.

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Selling

FROM PAGE 1

time to look at a more modern building, consolidating and bringing different agencies under one roof?"

As for what to do with the existing City Hall, Euille said he wasn't in favor of selling the building per se and his comment referring to City Hall as "pot of gold" was purely a commentary on the building's value, but did say that among the options considered for redeveloping the building could include a public-private partnership.

"Part of the plan, moving forward, is looking at downsizing and looking at the adequate square footage per person," said Euille. "We need to look at how we conduct business and do work exchange."

Among the potential changes to City Hall, Euille mentioned the plaza on the southern side of the building could be replaced with another structure.

"You could do some things with the plaza and look at how best to utilize that," said Euille. "Depending on the structural surface below, can you build another building on the same site?"

But for others on the City Council, the idea of selling city hall seemed out of the question.

"This is a historic building," said Vice Mayor Allison Silberberg. "If we have to fix it, we have to fix it, but this is the heart and

City Hall HVAC & Infrastructure Replacement													
	A (B+M)	B	C	D	E	F	G	H	I	J	K	L	M (C:L)
	Total Budget & Financing	Through FY 2015	FY 2016	FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	FY 2022	FY 2023	FY 2024	FY 2025	Total FY 2016-2026
Expenditure Budget	56,505,000	3,200,000	0	750,000	500,000	500,000	4,425,000	11,140,000	33,350,000	2,640,000	0	0	53,305,000
Financing Plan													
Prior City Funding	3,200,000	3,200,000	0	0	0	0	0	0	0	0	0	0	0
Cash Capital	2,800,000	0	0	250,000	100,000	100,000	500,000	500,000	950,000	400,000	0	0	2,800,000
Prior Year/Close-Out - City	100,000	0	0	100,000	0	0	0	0	0	0	0	0	100,000
GO Bonds	50,405,000	0	0	400,000	400,000	400,000	3,925,000	10,640,000	32,400,000	2,240,000	0	0	50,405,000
Total Financing Plan	56,505,000	3,200,000	0	750,000	500,000	500,000	4,425,000	11,140,000	33,350,000	2,640,000	0	0	53,305,000
Additional Operating Impact													
Annual Impact			0	0	0	0	0	0	0	0	TBD	TBD	TBD
Cumulative Impact			0	0	0	0	0	0	0	0	TBD	TBD	TBD

City Hall repairs analysis from the 2016-2026 Capital Improvement Program.

soul of Old Town. The idea of developing this into an office or law firm on the first floor with a condo on the second... I don't see that, I don't think that's what we're about. We have to fix this building."

Councilwoman Del Pepper sided with Silberberg, but others on City Council remained unconvinced. For Councilman John Chapman, moving some of the offices out of City Hall, potentially to more western areas of the city, could help mitigate the image that the City focuses its efforts on the eastern side of the city.

According to Jinks, any kind of investment like the \$50 million renovations needs to be precipitated by a thorough analysis of the building's future.

"Before anybody makes a major investment like that, they need to think through what we want City Hall to be in the future, for the next fifty years," said Jinks. "We need to think about what functions should be in

City Hall and what should be out in the community. We used to have the Health Department in the east end of the city and now it's in the west end because that's where the clients are. We do a lot of things electronically in city hall now. Over the years we have talked about the possibility of building a one stop permit center and we've considered moving that out of city hall because it has a lot of traffic. So one of the questions we'll be looking at is where those functions should be."

This is not the first time the discussion of whether or not to "sell" City Hall has come up.

"Maybe a private developer will pay hundreds of millions of dollars for [City Hall]," said Euille during a work session for the FY 2015 budget. "Those are the things we have to look at, and we would not be doing our fiduciary responsibility if we didn't look at the bigger picture."

Most of today's City Hall exterior dates to 1871 when the building was reconstructed following a fire. The Market Square on the southern side was added in 1961 and the building's interior was mostly renovated in the 1980s, but this process did not include the basic infrastructure of City Hall.

Jinks said that while the "brain storming" on alternative solutions to the costly repairs needs to begin soon, it's too early to speculate on what sort of Public-Private Partnerships could be considered.

"It's an important long term decision facing the city over the next few years," said Jinks. "A lot of the systems in this building are extremely outdated. We're consistently putting small improvements on City Hall, but it's applying Band-Aids. By the time we get to this issue, five or six years from now, we'll be able to make a decision. We've got a lot of time to have community discussions."

GRAPHIC CONTRIBUTED

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

- 4/15/2015.....A+ Camps & Schools
- 4/22/2015.....Real Estate Pullout - New Homes
- 4/29/2015.....A+ Camps & Schools Pullout
- 4/29/2015.....Mother's Day Celebrations, Dining & Gifts I
- 4/29/2015.....Spring Outlook 2015

MAY

- 5/6/2015.....McLean Day Pullout
- 5/6/2015.....Mother's Day Dining & Gifts II
- 5/6/2015.....Wellbeing
- Mother's Day is May 10
- 5/13/2015.....HomeLifeStyle
- 5/20/2015.....A+ Camps & Schools, Proms, Summer Planning
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Potomac Yard

FROM PAGE 1

Statement report indicates that Alternative B would have a greater impact on the nearby park land, while Alternative A would impact residences more.

According to the report, Alternative A would impact 1.16 acres of City owned park land, while Alternative B would impact 3.01 acres of Alexandria park land. Alternative A does not impact the Greens Scenic Area easement, a National Park Service-administered easement in Potomac Greens Park. Alternative B would impact 1.71 acres of that easement area. Alternative B also impacts 1.22 acres of U.S. Army Corp of Engineers-regulated wetlands in the area and 1.28 acres of National Park Service-regulated wetlands. Alternative A's impact on the local wetlands was negligible. Overall, the Environmental Impact Statement estimated that Alternative B would result in 2.58 acres of natural habitat loss.

However, while the report said both Alternative A and B would have an equal noise impact on nearby residences, Alternative A would have an additional vibration impact on residences near the station. According to the Environmental Impact Statement report, Metro noises such as door chimes, train conductor announcements, station public address announcements, and brake noises would be audible in nearby communities. These noises are not expected to exceed noise impact limitations, though further evaluation will be done during the final design stage and noise mitigation features will be considered.

AN OPEN HOUSE held in the City Council Workroom on March 31 focused on the Land Use and Hazardous Materials piece of the Environmental Impact Statement, and was followed by a meeting of the Potomac Yard Metrorail Work Group in the City Council Chamber.

Alternative B would require a transfer of 0.16 acres of National Park Service land on the George Washington Memorial Parkway to Alexandria for the Metro station to be built. John Thomas, the Director of Major Capital Projects for WMATA, said the city was considering possible compensations to

the National Park Service for the land lost along the parkway. Among these was the creation of a new wetland site to act as an area of mitigation for wetlands area lost.

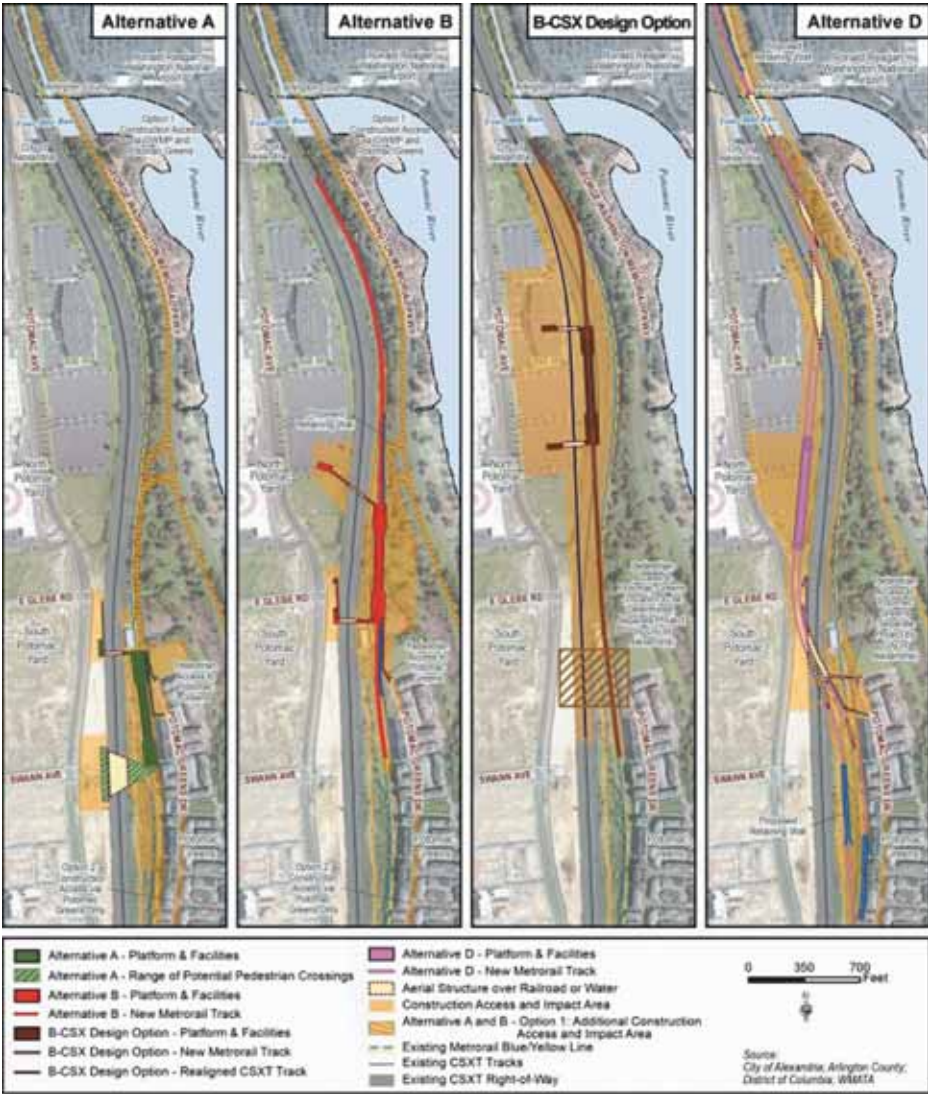
Lee Farmer, Potomac Yard Projects Manager, said that for the National Park Service to exchange a parcel of land along the parkway would require a net benefit agreement with the City of Alexandria, which in short means the city would have to leave the parkway area better than it was before the project started. Farmer said the most direct way to offer the National Park Service a net benefit was to commit to a land exchange, possibly offering the rest of the scenic easement property completely over to the park service. It currently shares joint custody with the City. Farmer said this plan came with the additional benefit of finally settling whose responsibility the beaver infestation in the area was. According to Farmer, another alternative net benefit agreement could involve the city helping to fund renovation of nearby Daingerfield Island, an addition to the Mount Vernon Bike Trail, or a contribution to storm-water management improvement for the parkway.

However, during the public comment section of the meeting, local resident Poul Hertel raised objections that the “net benefits” offered by the City to the park service don’t actually benefit the parkway, namely that the Metro station is visible from the main road.

“The George Washington Parkway was created with a very specific [scenic] intent that isn’t fixed with this mitigation,” said Hertel. “[Funding] Daingerfield Island doesn’t make the parkway whole.”

Like Hertel, Alexandria resident Jack Crawford argued that the reparations offered to the National Park Service as a result of Alternative B’s development on park land were insufficient.

“Option B takes 1.28 acres of park land and disturbs the view of the parkway; the station would be very visible,” said Crawford. “You say that what is going to be done by the City to mitigate this problem creates a better parkway, [but] what is going to be offered in exchange is chump change. We’re not offering anything near



Four Potomac Yard Metro plans with potential impact areas.

the cost of that park land.”

Others at the meeting spoke in favor of Alternative B, particularly opposing Alternative A’s impact on the nearby residences.

“Lights from trains and construction noises will hit residents,” said Foster Henderson, who lives on the nearby Potomac Greens Drive. “Illumination in that area, at night, will be tough [on residents].”

As for disturbing the view of the park land, Henderson noted that many of the trees in the easement are between the planned Potomac Yard Metro station and the parkway are dead anyway, and advised that planting new trees could help obscure the view of the station.

The public comment period is open until

May 18. The next community Open House focuses on the surrounding wetlands and park area and will be held Wednesday, April 8, 6:30 p.m. in the Charles Houston Recreation Center. The Public Hearing for the Environmental Impact Statement will be held Thursday, April 30, 6:30 p.m.at the Cora Kelly Recreation Center.

A copy of the full Environmental Impact Statement can be found at www.alexandriava.gov/PotomacYard and written commentary can be submitted before May 18 via email to comments@potomacyardmetro.com or writtentestimony@wmata.com or by mail to Potomac Yard Metrorail Station EIS, P.O. Box 16531, Alexandria, VA 22302.

BULLETIN BOARD

FROM PAGE 5

Tuesdays at Ladrey High Rise, 300 Wythe St. or Wednesdays at Brookside Center, 601 Four Mile Run Road. Join the FACE Center, Stop Child Abuse Now (SCAN) of Northern Virginia and a network of other providers to learn how to ensure a child’s academic success and quality of life. Free. Contact Krishna Leyva at 703-824-6865 or krishna.leyva@acps.k12.va.us for more.

FRIDAY/APRIL 3

Deadline for Nominations. The Alexandria Commission on Aging, which advocates for the needs of Alexandria seniors, is seeking nominations for its Annual Excellence in Aging Awards. These awards honor individuals, regardless of age, who have provided service to

older Alexandrians or demonstrated superior contributions in advancing issues and projects that favorably affect older Alexandrians. Visit www.alexandria.gov/aging.

TUESDAY/APRIL 7

Public Breastfeeding Legalization Celebration. 4:30-6:30 p.m. at Fiona’s Irish Pub, 5810 Kingstowne Center. The Healthy Beginnings Partnership of Greater Prince William and the Alexandria Breastfeeding Promotion Committee are celebrating a new law supporting breastfeeding with a fun networking event. Free. Visit www.eventbrite.com/e/nova-breastfeeding-partners-happy-hour-registration-16188829224.

“Money 101” Series. 7 p.m. at Barrett Branch Library, 717 Queen St. Attend “Money 101: A Financial Primer for College Grads and Young

Professionals.” This installment of the series will focus on investing. Free. Register at bit.ly/VCEFinancePrograms.

WEDNESDAY/APRIL 8

Public Art Project Open House. 6-8 p.m. at Park Operations Building, 2900 Business Center Drive. The public is invited to attend an open house for the Traffic Control Box Public Art Project be installed along Duke St. between Callahan Drive and S. Pickett Street. Free. Call 703-746-5590 or email diane.ruggiero@alexandria.gov.

THURSDAY/APRIL 9

Hiring Event. 10 a.m. at 1900 N. Beauregard St., Suite 300. Discover Time Learning will conduct onsite interviews for full-time Lead

Teachers and Floaters in Alexandria. Visit www.alexandriawdc.eventbrite.com.

Portfolio Management Workshop.

7-8 p.m. at Beatley Central Library, 5005 Duke St. Learn the “Five Building Blocks of Portfolio Management;” asset allocation, active and passive strategies, market and inflation risks, features of different portfolios, and manager selection. Free. Email rlaplante@alexandria.lib.va.us or call 703-746-1768.

“What’s in a Name.” 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. A VNPS Potowmack Chapter board member and editor of the Potowmack News newsletter explains the botanic names of plants. Free. Call 703-642-5173.

FRIDAY/APRIL 10

Volunteer Registration Deadline.

Rebuilding Together Alexandria works to preserves housing affordability and revitalizes the Alexandria community by providing free safe and healthy home repairs. To volunteer or apply to have a home fixed, contact Rebuilding Together Alexandria at 703-836-1021 or visit www.RebuildingTogetherAlex.org.

SATURDAY/APRIL 11

2015 HOPE Experience. 8 a.m.-4 p.m. at Hilton Alexandria Mark Center Hotel, 5000 Seminary Road. Child Care/Family Expert and Lifetime TV’s “American’s Supernanny” Deborah Tillman will headline this conference designed to encourage and empower parents. Admission is \$99.99 plus service fees. Couples tickets are \$149.99 plus service fee. Child care is available for an additional \$40 fee. See www.theparentingmovement.org.

LETTERS

FROM PAGE 12

alternatives A and B) to include a detailed breakout of funding sources that will be used to satisfy each requirement. As an example, next fiscal year, Alexandria's contribution to WMATA is going to cost an additional \$3 million out of the General Fund, resulting in a total payment of \$23 million. In future years, the proposed Metro stop will require additional subsidies for Metro, so this must also be factored in, as will the loan from Virginia. Rather than resorting to smoke and mirrors, total transparency is necessary when discussing funding for this Metro stop, and other such developments.

It is estimated that a total of 13,000 new residents will move into the 7,100 newly built units in Potomac Yard, and they will be commuting to work somewhere. Additionally, 26,000 new jobs will be situated within the Potomac Yard area. Essentially, this adds up to an additional 40,000 individuals entering and exiting the yard on a daily basis, less the number of lucky new residents that snag a job within walking distance. If only half of the projected population uses Metro (which has its own issues), then the other half would drive, or take the Bus Rapid Tran-

sit (BRT). In this case, Route 1 will encounter backups all the way to the District of Columbia. To counter this, traffic will seek an alternate route using Commonwealth Avenue, which is exactly what the original traffic plan projected. All of this traffic will occur whether or not there is a Metro stop in Potomac Yard.

Since the BRT is currently devoid of passengers, there is only hope that its ridership will increase in the not too distant future. If the Metro stop at Potomac Yards is not built, it is one way to fulfill the promise of the BRT buses. Moreover, the BRT is justification enough to endorse a "No Build" option for a Potomac Yards Metro stop. During the City's presentation to the Federation of Civic Associations last week, a "No Build" option was never mentioned. In previous discussions on this subject, the "No Build" option has always been downplayed or never addressed. However, it was suggested as an option at the Federation meeting by a citizen, for the record.

The Environmental Impact Statement (EIS) was released on March 27, 2015 to the public. The National Park Service, WMATA, the Federal Transit Administration, and the City of Alexandria are all

involved in the EIS process. Regrettably, sources close to this action say that the Park Service has caved into the demands of the developer. This means that (despite the fact that the City owns the Alternative B land) the National Park Service has a "Greens Scenic Area Easement" on that same land, which they could cede to the City for construction of the Metro stop.

In addition, no commercial vehicles are presently allowed on the Parkway without a special exception granted by the Superintendent of the National Park Service, so will Alexandria seek an exemption to allow trucks and construction equipment to operate on that already congested Parkway? If this dispensation is given by the National Park Service, what additional construction impact will occur to the parklands, especially to the demolition of numerous 20 to 70 year old majestic trees? Unfortunately, alternative haul routes would adversely impact the residents of Potomac Greens and other surrounding neighborhoods.

For all of these reasons, a Potomac Yards Metro stop is a bad deal for all except the developer, and should not be pursued.

**Townsend A.
"Van" Van Fleet**
Alexandria

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Titans Seize the Day at St. Andrew's

T.C. crew finishes first or second in six races.

The T.C. Williams crew team braved wintry conditions on Saturday, March 28 to compete in its first away race of the spring 2015 rowing season — the Noxontown Regatta, which was held at St. Andrew's School in Middletown, Del.

Bitter cold, snow, and brisk cross headwinds with frequent strong gusts made the 1,500-meter race even more challenging than usual. This race, held at St. Andrew's, is traditionally a gathering place for early competitions between some of the top crews on the East Coast. Last Saturday's competition was as intense as ever. In addition to host St. Andrew's, the T.C. oarsmen and women faced off against Holy Spirit High School from New Jersey, LaSalle High School from Pennsylvania, Woodrow Wilson High School from Washington, D.C., Robinson High School from Fairfax, and Washington-Lee High School from Arlington. The setting at St. Andrew's — a beautiful campus that was the backdrop for the 1989 movie, "Dead Poet's Society" — was dramatic.

The Titans — to borrow a phrase from the movie — seized the day. They finished first or second in six races. Putting in an outstanding performance, the T.C. Williams boys' freshman 8 stormed down the 1,500-meter race course, winning their race by 8 seconds over rival Robinson and a field of tough competitors, with a time of 5:44.0. The boys' freshman 8 is coxed by Michaela Gleeson and includes Stefanos Psaltis-Ivanis, Julian Depeyrot, Jake Souza, Conner McGivern, Bryce Cook, Ahmad Shujah, Wogan Snyder, and Ian Willmore. The boat is coached by Enoch Cleckley.

The girls' freshman 8 also put in a powerful performance, winning the third 8 category, with a time of 6:14.7, almost 15 seconds ahead of their nearest competitor. Members of the TC girls' freshman 8 are Camila Cardwell (coxswain), Hope Parsons, Grace Vannatta, Emma Carroll, Kirsten Emblom, Tess Moran, Grace Hogan, Cleo Lewis, and Rachel Sedehi. Titan head girls' coach Patrick Marquardt guides the freshman 8. The Titan girls' third 8 took second place in the same category, with a time of 6:29.3.

The Titan girls' lightweight 8 demonstrated that they are a force to contend with this season, earning second place behind Holy Spirit, the school that has won the national championship for the past three years in this category. The TC team finished a mere 10 seconds behind Holy Spirit, with a time of 6:02.5. This is the first year since 2010 that T.C. Williams has fielded a boat in the highly competitive lightweight category. Members of the T.C. lightweight boat include Elizabeth Roda (cox), Rachael Vannatta, Olivia Anthony, Sierra Arnold,



The T.C. Williams boys' freshman 8 boat pulls into the lead to win at the Noxontown Regatta on Saturday, March 28. Members of the winning boat include Michaela Gleeson (coxswain), Stefanos Psaltis-Ivanis, Julian Depeyrot, Jake Souza, Conner McGivern, Bryce Cook, Ahmad Shujah, Wogan Snyder, and Ian Willmore.



The Titans girls' freshman 8 row to an impressive victory in the March 28 Noxontown Regatta in Middletown, Del. Members of the boat include Camila Cardwell (coxswain), Hope Parsons, Grace Vannatta, Emma Carroll, Kirsten Emblom, Tess Moran, Grace Hogan, Cleo Lewis, and Rachel Sedehi.

Abby Prall, Sarah Scroggs, Caroline Hill, Emily De-Bodene, and LeeAnn Richards. The lightweight 8 is guided by coach Jaime Rubini. Other notable performances included the girls' freshman B boat, which powered to a second-place finish in the girls' fourth/freshmen 8 category with a time of 7:00.1 and the girls' novice 8, who earned second place in the girls' fifth/novice 8 category with a time of 7:21.17.

The Titans' powerful performance at St. Andrew's followed a scrimmage held against Washington-Lee High School at the Dee Campbell Boathouse in Old Town on March 21. This was the latest round of an annual rivalry that goes back 65 years to 1949. The Titan boys performed well in races against a Washington-Lee. The W-L girls decided to stay behind in Arlington to

get in some more practice time. As a result, instead of racing against the Generals, the Titan girls raced against the clock in a series of 500-meter and 1500-meter time trials designed to gauge the performance of different line-ups and check their speed going up the Potomac River course.

The March 21 event at the Dee Campbell Boathouse also included the christening of a new rowing scull, the "Jon Schildknecht," to honor a former Titan Head Crew coach and rower who contributed in so many ways to the sport of rowing in Alexandria. Over 100 supporters gathered to honor Schildknecht, as he christened the boat with water from the Potomac River. His wife and former T.C. rower Carter Kidd Schildknecht and their three future T.C. rowers, Ingrid, Liesl and Hans, joined in the celebration.



The T.C. rowing community came together to honor former T.C. head coach and rower Jon Schildknecht by naming its newest racing shell after him. At a March 21 ceremony at the Dee Campbell Boathouse in Old Town, Jon christened the new boat with Potomac Water and watched as the T.C. Williams boys' first 8 took the boat out for its first voyage.

Schildknecht then supervised the launching of the new shell for its first voyage by the T.C. boys' varsity 8, who will use the boat this season.

The T.C. Williams crew team is guided by head boys' coach Pete Stramese and head girls' coach Patrick Marquardt. Other members of the coaching staff include Jaime Rubini, Cathy Hott, Chris Ottie, Matt Given, Gracie Barbara, Sam Rust, and Maggie Kennedy for the Titan Girls. The Boys Coaches include Peter Hearing, Spenser Allin, Enoch Cleckley, Matthew Holland, Colin Cantfil, and Jeff Coan.

The next race for the crew is Saturday, April 4, when the Titan rowers return to St. Andrew's to take on once again some of the toughest challengers on the East Coast at the Noxontown Regatta No. 2.

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21 Announcements

LEGAL NOTICE
Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

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21 Announcements

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OBITUARY



Dougherty, Margaret Alicenea, 70, passed away peacefully in the presence of her family on Thursday, March 19, 2015 at Norton Brownboro Hospital in Louisville, Kentucky after a long battle with breast cancer. She was born August 15, 1944 in Hot Springs, Virginia. She was the only child of Frances (Pritchard) and Clarence Hudson. Mrs. Dougherty attended George Mason Elementary School and graduated from F.C. Hammond High School in 1962 in Alexandria, Virginia. She attended James Madison University in 1963 and graduated from George Washington University in 1966 with a degree in French and Education. She received her M.A. in Special Education from George Washington University in 1975. Mrs. Dougherty worked for many years in preschool special education within the Fairfax County Public School system in Virginia. One of her proudest professional achievements was to obtain a grant to build a playground at Timber Lane Elementary School in Falls Church, Virginia. In 1966, she married William Dougherty. Mrs. Dougherty was a member of St. Mary Episcopal Church in Arlington, Virginia and enjoyed serving on the Altar Guild. After residing in Northern Virginia for 50 years, Margaret and Bill Dougherty moved to Louisville, Kentucky in 2004 to join their daughter Christine and her son-in-law Dr. John Wo. Margaret showered her grandchildren Katelyn and David Wo with her unconditional love. Mrs. Dougherty participated in volunteering activities at Sacred Heart Model School, where her grandchildren attend. In 2009, she received a Doctorate of Special Education from George Washington University, with her dissertation on, "Identification of Needs Reported by Grandparents of the Grandchildren with Disabilities from Birth to Twenty-one Years in Commonwealth of Kentucky." She was appointed an Adjunct Professor at George Washington University's Department of Special Education. Margaret Dougherty is survived by her spouse William Dougherty, daughter Christine Wo, and grandchildren Katelyn and David. She was a gentle woman who cared more about others than herself. She was a supportive and loving spouse for her husband of 49 years. She was an inspiration to her daughter Christine, who will miss dearly her gentle loving Mom. She was a pillar of strength for her son-in-law, who will miss her acceptance and love for the past 25 years. She was the dearest grandma for her 12-year old granddaughter Katelyn, who will miss the love of literature and reading that binds them forever. She was the best, "grandma in the world" for her 10 year-old grandson David, who will miss the Lego sets hidden in the house for him to find. Survivors also include her Aunt Jeanne Pritchard, cousins Mary Hadcock, Patty Kelly, Kathy Miller, Vicki Haley, Terri Henrickson, Anne Acuff, John Pritchard, Chad Pritchard, and her dear friends Janet Deatherage, Claire Booth, Bonnie Franklin, Mary Steed Ewell, Brenda Kimmel, Florence Gootenberg, Marlene Pollock, who's son Jason influenced Margaret toward a career in Special Education. Margaret will also be greatly missed by her extended family of in-laws, nieces and nephews. Margaret Dougherty loved the visit to Hong Kong and China with her family and even climbed the Great Wall. She was concerned about social injustice and spent a career in preschool special education for children with disabilities. She never boasted about her intellect and completed a doctorate degree just because she wanted to. She will be remembered by her kindness and unselfishness to her family and everyone she encountered. The family requests donations to be made to the National Association for Down Syndrome (NADS) or the National Down Syndrome Society (NDSS). A memorial service and interment of ashes will be held at St. Mary's Episcopal Church in Arlington, Virginia at a later date.

21 Announcements

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NOTICE OF PROPOSED REAL PROPERTY TAX INCREASE

This notice is required by State law. The City Council has authorized a proposed real estate tax rate for advertising purposes of \$1.043 per \$100 of assessed value. The tax rate may not exceed \$1.043, it could be less, and it will not be set until May 7, 2015.

The City of Alexandria proposes to increase the current property tax levies.

1. Assessment Increase: Total assessed value of real property, excluding additional assessments for new construction, or improvement to property, exceeds last year's total assessed value of real property by 2.16 percent.
2. Lowered Rate Necessary to Offset Increased Assessment: The tax rate which would levy the same amount of real estate tax as last year, when multiplied by the new total assessed value of real estate with the exclusions mentioned above, would be \$1.021 per \$100 of assessed value. This rate will be known as the "lowered tax rate."
3. Effective Rate Increase: The City of Alexandria proposes to advertise a tax rate of \$1.043 per \$100 of assessed value. The difference between the lowered tax rate and the advertised tax rate would be \$0.022 per \$100, or a 2.15 percent increase. This difference will be known as the "effective tax rate increase." Individual property taxes may, however, increase at a percentage greater than or less than the above percentage.
4. Proposed Total Budget Increase: Based on the proposed real property tax rate and changes in other revenues, the total budget of the City of Alexandria (including the General Fund and all Special Revenue grant funds and other sources) will exceed last year's by 1.3 percent.
5. The City proposes to continue an additional tax rate of \$0.20 per \$100 for all properties that have been classified in the Tier I Potomac Yard Metrorail Station Special Services District.

A public hearing on the effective increase will be held on Tuesday, April 21, 2015, at 7:30 p.m., at the City Council Chamber of City Hall, 301 King Street, Alexandria, Virginia. The hearing shall be open to the public. The governing body shall provide persons desiring to be heard an opportunity to present oral testimony within such reasonable time limits as shall be determined by the governing body.

All persons wishing to speak to this issue may contact the City Clerk and Clerk of Council located on the second floor, Room 2300, City Hall, or may appear and be heard after completing a Speakers form before Council.

Individuals with disabilities who require assistance or special arrangements, or who require language translation services to participate in the City Council meeting may call the City Clerk and Clerk of Council's Office at 746-4550. We request that you provide a 5 day notice so that the proper arrangements may be made.

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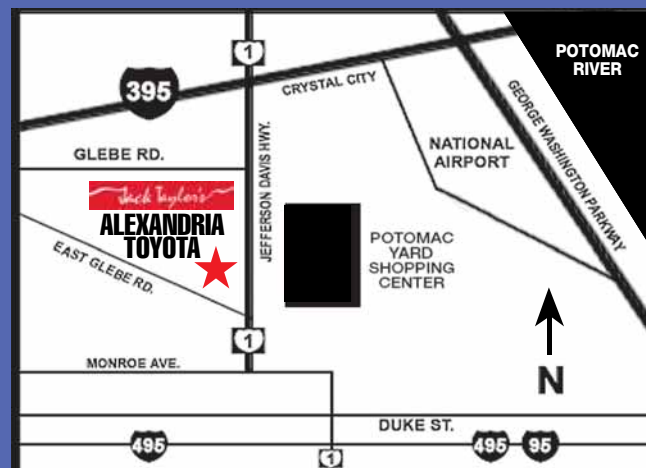
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2. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Plus plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details.

3. \$1,250 Cash Back from Toyota Motor Sales U.S.A., Inc. available on new 2015 Prius. Customers can receive cash back from Toyota or can apply to down payment. Excludes plug-in models. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Plus plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 4/30/2015.

4. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Plus plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 4/30/2015.

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Senior Living

SPRING 2015



Alexandria
Gazette Market

Senior Living Fit for the Years

Fitness programs for seniors are part of a trend.

BY MARILYN CAMPBELL
GAZETTE PACKET

One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women's Basketball Association.

"There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX," said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va. "The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They've really

been a support group for each other."

According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports. Fitness programs for the now-retired and retiring baby boom generation are increasing in popularity.

New research continues to show the benefits of exercise, aerobic and strength training, range from delayed cognitive decline and a boost in social functioning to an ability to manage chronic diseases and even turn back time.

"There are a lot of benefits for the aging population," said Lisa M.K. Chin, an assistant research professor at George Mason University's Department of Rehabilitation Science in Fairfax, Virginia. Exercise "slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes."

Mark Brasler, a 69-year-old who

SEE FIT, PAGE 6



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— Helena Scott



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BY JEANNE THEISMANN
GAZETTE PACKET

Five years ago, Mary Lee Anderson was asked if she could help Senior Services of Alexandria set up an information database. Since that time, what was supposed to be a part-time commitment has turned into a second career for the international telecommunications corporate executive.

"At this point in my life, I didn't expect to be working more than a full time job," said Anderson, who now leads the organization she first volunteered with nearly 30 years ago. "But I wanted to make a difference and saw a way that I could help people."

Anderson took over as Executive Director of Senior Services of Alexandria two years ago after serving as the director of the Resource Center since 2010. During that time, she developed the popular Senior Speaker Series and Friendly Visitor Program.

"Both of those programs have been very successful," Anderson said. "Our speaker series, now in its fourth year, is not just for seniors. Each program is free and open to anyone who is interested in attending."

SSA provides information and services to anyone involved or interested in issues related to seniors. This includes the Senior Information Corner, which can be found in all four of the city's recreation centers, and a monthly television show called Senior Living in Alexandria. The show can be viewed on Comcast Channel 70 or the Senior Services of Alexandria YouTube channel.

"I learned the hard way how to take care of older people in my life," Anderson said. "I was the executor of my mother's estate and realized how much help I needed to navigate the process."

Senior Services of Alexandria, known for the coordination of the city's Meals on Wheels program, has expanded the services available to seniors in need.

"Because of the dedication of our volunteers, we have been able to add a Friendly Visitor program and now the Animeals service," Anderson said. "In partnership with the Animal Welfare League of Alexandria, we can provide pet food to seniors that have pets."

New this year is the Groceries to Go delivery service, a service available through the Giant Grocery store on Duke Street.

"Steve Mason, the general manager of the Duke Street Giant, really stepped up to make this happen," Anderson said. "He was able to work with us to eliminate the usual grocery delivery costs and allow us to offer the service to Alexandria seniors."

In addition to programs like Groceries to Go, Meals On Wheels and Friendly Visitor, Senior Services of Alexandria coordinates events like the Robust Walk-A-Thon and the Dance for All Ages.

"The dance is really great fun," Anderson said. "Students in the T.C. Williams High School Government Association plan the entire event. They set up, decorate, get door prizes and dance the night away with more



Students from T.C. Williams High School National Honor Society deliver Meals on Wheels for Senior Services of Alexandria. Volunteers from Lyles-Crouch Traditional Academy and Burgundy Farm Country Day School also participate each month with the Meals on Wheels program.



Participants celebrate after last year's Senior Services of Alexandria Robust Walk-a-Thon. This year's event will take place Wednesday, April 29 at 10 a.m. at Ben Brenman Park. For more information or to register, visit seniorservicesalex.org

than 100 seniors. They truly do it all and make it a memorable evening for everyone."

But the Meals On Wheels program is still the core of Senior Services of Alexandria, with volunteers coming from across the city. Schools like T.C. Williams, Lyles-Crouch and Burgundy Farm participate, as do the Black Fire Service Professionals of Alexandria and the Sheriff's Department.

"Sheriff Dana Lawhorne and Undersheriff Tim Gleeson are always there for us," Anderson said. "If the weather is bad, they are there with their SUVs to make sure our meals get delivered. And despite the storms this year, I am proud to say because of them and our volunteers, we never missed a delivery because of snow."

"I learned the hard way how to take care of older people in my life."

—Mary Lee Anderson, Senior Services of Alexandria Executive Director

At a time when most people would be winding down their professional careers, Anderson's love for helping people keeps her going.

"I truly love this job," Anderson said. "Everyone likes to do something with kids but it's harder to get volunteers with seniors. But I like knowing that every day at least one thing I do makes a difference to someone."

For more information on any Senior Services of Alexandria programs or events, call 703-836-4414 or visit www.seniorservicesalex.org.



Tom Irvin and Tom Collelo deliver dog food as part of Animeals, a new partnership between Senior Services of Alexandria and the Animal Welfare League. The program provides the delivery of pet food to seniors in need.



Ellie Fossier, right, delivers groceries as part of the new Senior Services of Alexandria Groceries to Go program. Fossier is the SSA Meals on Wheels program coordinator and an Elrod Fellow.



Former Chief of Police David Baker, left, and Undersheriff Tim Gleeson were featured speakers at the March Senior Services of Alexandria Speaker Series.

**Alexandria
Gazette Packet**

Senior Living

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Your Life Is Today and Tomorrow

BY ANDREA WORKER
GAZETTE PACKET

“I didn’t want to come here,” said Bill Woessner, referring to Brightview Assisted Living Community in Great Falls. “That’s right,” agreed Sheila, his wife of more than 50 years, with plenty of her native Scottish brogue to be heard in her voice. “He really didn’t. We have a lovely house here in Great Falls and I don’t think he was ready to budge. But how long after we got here did that change?” she turned to her husband and asked.

“At least a day,” he laughingly replied. “Seriously,” said Bill Woessner, “it probably wasn’t more than the first 48 hours.”

What changed his mind, especially after what many would call a major life-up-heaval?

“The food!” was his answer. “We have gourmet food at every meal, served by the nicest people in the most beautiful surroundings, and we never have to cook it or clean up afterwards.” Also the friendly and interesting residents, and the freedom. The Woessners bound to home maintenance concerns, housekeeping, cooking or “shoveling snow, like we would have been doing last month if we weren’t right here,” gloated Bill. “We have the time to do what we like, to try new things and meet new people, without that worry.”

Bill and Sheila Woessner chatted about their experiences as residents in a senior living community with friends and fellow residents Porta Nickles and Sophia Coulopoulos, over lunch in the Brightview dining room.

Porta Nickles, who is 99, admitted to a bit of a sweet tooth. “My father owned a candy and ice cream shop in upstate New York,” she said, recommending the home-made coffee ice cream for dessert.

Porta Nickles came to Brightview after liv-

ing the last 70 years in Middletown, N.Y., where she helped run the family’s Coney Island hot dog franchise, and later went on to enjoy a career in education with the local school district. Having lived somewhere that long, it’s understandable that the move took some adjusting to, but Nickles found herself comfortable and more than content in short order. “I was lonely there,” she said. “And I didn’t even know how lonely until I got here, starting making new friends, finding out there were so many things I could still do and learn and enjoy. And now I get to see my kids, grandkids and great-grand kids.”

Having family nearby, the visits, and having opportunities designed to promote interaction with different age groups, all help make Brightview a home environment in the estimation of this group of residents.

Sophia Coulopoulos, who had lived for several years in the Maryland suburbs around the District, actually came here from another area community, where she lived with her ill husband until his death. Speaking of him caused a quick smile, but also brought a hint of tears. Porta on her one side and Brightview Community Sales Director Joanna Banks seated on her other side, were immediately offering hugs, pats and encouragement.

Sheila Woessner has always been a game player “and she knows the words to every song going,” Porta Nickles said in admiration.

During her days with the British Information Services in New York City with Bill, Sheila Woessner took home some hefty prize money by playing on the televised “Name that Tune” game show, money that she used to finance their wedding. The couple even appeared on Johnny Carson’s “Who Do You Trust?” game show. Nowadays, Sheila uses her ability to help out at the community’s sing-a-longs.

Many activities are organized and facili-



PHOTOS BY ANDREA WORKER/GAZETTE PACKET

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McAllan (US Army-Ret) with Riley on his lap and Linda McAllan offered up some thoughts on their senior community living experience. The McAllans were celebrating their Woodlands one-year anniversary that day.

tated by Brightview’s Vibrant Living Director, Josh Graf. Bingo is Sophia’s favorite.

Transitioning to senior community living is not always as easy as the lunch bunch at Brightview experienced. Sometimes the move starts with heartache or circumstances that speed up what should be a more lengthy and considered process. That was certainly the case for both Jim Draper and Rachel Garbee, residents at The Hermitage in Alexandria.

Draper was a pastor for many years in the southern portions of the Commonwealth. He and his wife of 53 years were actually engaged in ministerial duties when she fell and hit her head. “It was a simple fall outside a Wendy’s, could happen to anyone.” Two weeks later, Draper was a widower. He continued on, but experienced several medical episodes associated with his own health issues. Eventually, the decision was made for him to move to Northern Virginia, close to family. “It’s been

hard,” he admits. “I miss my wife so much.” To make the transition more difficult, because of his medical condition, Draper can no longer drive. “That’s a real blow,” he said. Rachel Garbee was living in North Carolina and “doing pretty good.” Then one night her furnace exploded. Living alone, she had no one with her to handle the situation. “It was very scary. I didn’t really know what had happened, couldn’t figure out how to turn off the alarms. I went to my neighbors for help and that’s when we found out about the furnace.” Luckily, Rachel Garbee and her home survived the experience, but when her son received the call in the middle of the night, “I was packed up pretty quickly and here I am.”

Both Jim Draper and Rachel Garbee have taken some time to adjust, but things are getting better with the help of staff like Lynette Mitchell, The Hermitage director of marketing and outreach. “She’s a special lady,” said Draper, “really made for the job.” Other residents have also helped Jim, Rachel, and others settle in to this new phase of their lives.

Gladys Laclede knows what it’s like to be a “newbie” from out of state. Moving here to be closer to her sons, she offers support and assistance where she can.

Peg Bixler remembers when Jim Draper first arrived. “I remember when we met in the elevator,” she told him. “I could tell it was hard.” She recalls telling him to just

“Wait a bit. It does get easier.”

Of course, by the description of her daily activities, it sounds like Peg Bixler doesn’t have much time for waiting. A former nurse, she volunteers at the Kennedy Center, with the Wounded Warrior and Honor Flight projects, and more. She also fits in some serious walking to keep fit and limber, as well as activities offered at The Hermitage and visits with her daughter who lives in the area. Peg is grateful that she is still in good health and still able to be “a fairly quick walker.”

She tilts her head at friend Bea Larson, who is laughing that Peg “nearly finished me off” when she took Bea for their first few walks together.

Rachel Garbee also walks, but mostly sticks to Hermitage hallway strolls, often in the evenings after dinner. “It’s quiet then, and where else could I take a walk in my pajamas, bathrobe and slippers?”

The Hermitage offers its residents a number of activities and amenities, although Peg, Bea and Gladys think that more people should take advantage of what’s on offer. Gladys Laclede was on the community’s activities committee and they were always on the lookout for something new and fun to get the residents involved.

Peg Bixler offered advice to those who might have such a move coming in the future. “Get rid of a lot of stuff as soon as you can. Don’t wait. And do what you can to

make it easier on your kids.” Bixler thought she had done a good job of downsizing before the move, but still found herself “with a lot of stuff I just don’t need.”

Rachel Garbee encourages other “newbies” to not be afraid to ask questions or ask for help, especially if your move to senior community living is an abrupt one like hers.

“All of my questions and concerns have been met with nothing but genuine care and helpfulness here.”

“Be open,” is what Gladys Laclede advises. Pastor Jim Draper, who has started using more of his time to help others in need around the community, thinks just speaking to everybody and actively looking for friendship is key to making the most of this next life chapter.

Bea Larson certainly hasn’t lost her sense of humor with her new living arrangements. “My advice,” she said, “is don’t be hard of hearing!”

Col. James McAllan (U.S. Army Ret.) and his wife, Linda, who retired from an administrative career with the IRS, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman who made order and efficiency part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years.

“We didn’t want one of the really big places,” said Col. McAllan. “We were looking for someplace with a diverse population and where we could comfortably remain, even if our health circumstances changed.” The couple also decided they would prefer a community that was locally owned, and better still, locally managed. Their extensive research and personal inspections eventually took them to The Woodlands Retirement Community in Fairfax. “It checked all the boxes.”

The McAllans hadn’t planned to move in when they did. “My knees really made that decision for us,” said James. Their daughter, who lives just minutes away, told them it was “all meant to be.” And the icing on the cake was that The Woodlands would accept the other member of the immediate family, 4-year-old shih tzu Riley, who has been dubbed “The Mayor” by many of the other residents. Riley adores visiting – and being properly fussed over by –

residents, staff, and visitors.

“Coming down to the lobby is his favorite activity,” said Linda.

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise room, but Linda noted the variety of groups, clubs, lectures and discussions available.

“We’ve had the first Ambassador to Israel as a speaker, a violinist who spent 40 years with the Washington Opera orchestra, a retired opera singer, and so many more, in addition to book clubs, poetry clubs, gardening,” Linda McAllan said.

Betty Marshall, whose apartment is frequently used as a stop on any tour of The Woodlands, couldn’t agree more with her neighbors, the McAllans. A Fairfax resident for more than 25 years, Marshall, who was born on Cyprus when her South Carolinian mom followed her father to his native Greece for a time, has also seen a bit of the world thanks to her husband’s military postings in Alaska, Okinawa, Greece and Paris. Like the McAllans, Betty did quite a bit of planning for this move. When her husband, Col. Charles Marshall (Ret) died in 2013, she put those plans into action. Betty Marshall, a music major who taught the instrument wherever the couple went, couldn’t leave the piano behind. Nor could she leave her favorite furnishings and artwork, many from her Okinawa days.

When not busy with activities outside of The Woodlands world like volunteering at the Fair Oaks Hospital gift shop or heading up the Flower Guild at the Providence Pres-

byterian Church, Betty is involved with the goings on in her own community. “And the people here make it easy on every level.”

“I would just tell people to never look back,” Marshall said. “Keep the memories, they are what made you. But your life is today and tomorrow. Keep looking ahead. Plan. And find a place where you can really thrive.”

If it’s time to start contemplating the transition to senior independent or assisted living for yourself or a loved one, sorting through the information and the available properties and options can seem overwhelming.

There are properties that resemble four-star resorts. There are communities that are extensions of a particular faith institution or religion. Others, like non-profit Vinson Hall in McLean were founded to serve our large commissioned military officers population and government workers of equal rank. There are properties set in rural locations, while others like The Jefferson, a Sunrise Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westminster at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering every possible range of care, service and amenities in all price ranges.



Gladys Laclede, Bea Larson, Jim Draper, Rachel Garbee and Peg Bixler share a table and a photo op in the library of The Hermitage, a senior assisted living community in Alexandria. Peg is the veteran in the group and does her best to welcome newcomers.



Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One look around her two-bedroom apartment and you know why it is frequently chosen as a stop on the

Inclusive Camaraderie for Seniors in Alexandria

Class offers a place to chat and get balanced.

Margaret Lewis got things going for seniors at the Mount Vernon Recreation Center, starting the first Tai Chi class, knitting group and square dancing classes about 15 or 20 years ago.

"It all started with Margaret Lewis," says Donna MacDonald.

MacDonald, who was one of the original group practicing Tai Chi before it became popular has been doing this every week for 13 years. She says Margaret Lewis, who will be 81 this summer, isn't at the center anymore, but her legacy, this group of faithful practitioners of Tai Chi (and knitters, and dancers) remains.

MacDonald retired after 33 years at Verizon and now works part-time, but she always makes time for Tai Chi, where she enjoys the inclusive camaraderie.

Robert Tsukayama, who worked for 40 years for the State Department and lived all over the world, has been coming for 6 or 7 years. Indicative of the relaxed atmosphere and social aspect of the class, the conversation turns to Vietnam, where he served just before the U.S. pulled out, and he recounts a story about the famous "LBJ" (Long Binh Jail) where U.S. Army soldiers spent many a day for misdemeanors committed while serving in South Vietnam. Carol Norman, who was with the National Education Association before retirement, said she now makes Tai Chi part of her daily routine: instead of getting out of bed and going straight



Carol Norman and Robert Tsukayama doing Tai Chi at the Mount Vernon Rec Center



Donna MacDonald has been doing Tai Chi at the Mount Vernon Center for 11 years.



Carol Norman at Tai Chi.

PHOTOS BY
EDEN BROWN/
GAZETTE PACKET



Robert Tsukayama practicing Tai Chi

Get Involved:

Mount Vernon Recreation Center at 2701 Commonwealth Ave., Alexandria

Other activities for seniors at the center include Knitting Club, and a social night on Fridays at 6:30, where those over 55 can come to hear speakers, play games, and meet others. For seniors who aren't able to walk, there are classes of Chair Tai Chi in other centers. See Alexandriava.gov/Aging for a full list of programs for seniors in the area.

for coffee and email, she puts it all off until she establishes her focus and gets integrated with Tai Chi. She talks about Tai Chi as though it's an old friend: "It's not the Tango, it's not cheerleading, it's the whole body: think ... Swan. When you are there, you can't think of anything but the moves."

But they all agree one of the best parts of the class is getting together and talking about anything and everything, and they laugh easily and often. They usually sit and "let the words come" to clear the room for meditative movement. All of them are retired now, all of them once lived by lists and sat at desks. Now, at least once a week on Thursday afternoons at 2:30, they reach gracefully into the air for "Chi." The class is free, and they are always happy to see new faces.

Fit for the Golden Years

FROM PAGE 2

lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retirement community four months ago and got a fitness assessment in the property's gym. The results led him to up his fitness game.

"I still walk every morning and do weights and resistance machines every other day," said Brasler. "I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and

Pilates. I feel more confident about myself."

Such fitness classes can help preserve mobility and cognitive function, say researchers. "It helps in terms of preserving bone mass and maintaining mobility longer," said Chin. "If you're using your muscles, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance."

An exercise class that includes both aerobic, strength and balance exercises can help preserve freedom and independence for seniors. "The key components of staying physically active are having strong muscles,

reasonable flexibility and endurance, such as the ability to keep walking or doing an activity and not getting tired and fatigued right away," said Rita Wong, professor of physical therapy and associate dean of graduate and professional studies at Marymount University in Arlington. "It's essential to keep oneself mobile and active."

It's almost never too late to increase fitness levels, Wong said. "Often with older adults, people think that they can't improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar

as young adults'."

"People need community [and are] finding it in a holistic approach to exercise at their own comfort level," said Nina Elliot, founder of the TRUE Fit program and co-owner of TRUE Health and Wholeness. "People work out to the best of their ability and everybody gets a workout that's right for their body. They're given modifications and the focus is to do your best, have fun and enjoy exercise."

Elliot believes exercising in groups has an accountability factor. "The number one thing that can keep you from aging is exercise," she said. "Aging can be very isolating for some people. The more people can get out and be around people, the better."

Senior Living Aging in Place

Finding out about the latest services and programs.

BY MARYANNE BEATTY
SENIOR SERVICES OF ALEXANDRIA



Alexandria is a great place to be a senior — there are so many different services and organizations with programs designed to help older residents remain in their homes and age in place safely and in a healthy environment.

Research shows that the vast majority of people 50 and older want to stay in their homes and communities as long as possible. There are many things to consider about “aging in place.”

Each month, Senior Services of Alexandria presents a speaker series event focused on topics important to older members of our community and their loved ones. Senior Services invites other nonprofits, city agencies and relevant businesses to present information about their services and programs so that the audience can learn about the many resources available to them in Alexandria.

Last month, AARP gave an excellent “HomeFit” workshop presentation. We also heard from Shane Cochrane of Alexandria’s Office of Housing, Katherine Dixon, Executive Director of Rebuilding Together Alexandria, and Undersheriff Tim Gleason. More than 100 people were in the audience at Westminster Presbyterian Church and everyone learned valuable information about how to make their homes safer and more accessible, public and nonprofit

funding for home modifications, and how to avoid scam artists that target vulnerable seniors. You can find out more by watching Senior Living in Alexandria on Alexandria Comcast Channel 70 every Sunday at 2 p.m. and see the full Speaker Series event immediately afterwards at 2:30 p.m.

Another component of “Aging in Place” is knowing what services and innovative programs are available in the community that will assist you personally as you get older. That is

the focus of the next Senior Speaker Series event, which will be held at Beth El Hebrew Congregation at 3830 Seminary Road on Wednesday, April 15. At Home in Alexandria (AHA)! is co-sponsoring the morning and will share information about their successful “village,” which provides support services and social opportunities for its members. The City’s Division of Aging and Adult Services and Senior Services of Alexandria will also be on-hand to discuss services such as Meals on Wheels, Friendly Visitor, Animeals, Groceries to Go, and Caregiver Support. The Golden Girls Network home-sharing service will also be featured and Goodwin House at Home will be talking about their new continuing care program for seniors who wish to remain in their homes. It will be a very informative session and experts will be on hand to answer any questions attendees might have.

All Senior Speaker Series programs are free and open to the public with light refreshments. Registration begins at 9:30 a.m. and the program will run from 10 a.m. until noon. To register for the “Aging in Place” April 15th program, go to seniorservicesalex.org or call 703-836-4414, ext. 110.

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Alexandria
Gazette Packet

Arlene Hewitt Sets the Pace for Seniors in Alexandria

A recipe for activism at any age.

BY EDEN BROWN
GAZETTE PACKET

She is four feet 10 inches tall and 84 years old. She tutors children who cannot read; she champions health insurance for the uninsured in Alexandria; she meets with mayors and senators; she takes 90-year-old gentlemen out to dinner; she wants to reduce the teen pregnancy rate in Alexandria; and she never lets more than a few days go by without chatting with her children or grandsons, usually via email or skype.

Arlene Hewitt is a power to be reckoned with in her ninth decade. She doesn't take "no" for an answer. She pursues challenges, and this includes aging. Mah Jongg and Bridge? Not for this senior.

Despite having officially retired in 2002 at 72, Hewitt continues to stay involved in the community she came to as a social worker in 1967. She is proof that more and more seniors are looking at the last third of their lives as an opportunity, not a vacation.

Hewitt is the daughter of immigrants. Her father was against sending her to college, but her homemaker mother — a strong-willed lady in her own right — insisted. After she graduated, she looked around her: what could a young woman do with herself in those days? Become a secretary, a school teacher, or a nurse? None of those appealed to Arlene, so she took up a friend's suggestion of social work.

"So you see? I just sort of fell into it," she said. "I didn't wake up one morning and feel I needed to help the unfortunate, I just got a tip from someone that I might be good at it." She landed in Alexandria after her husband's business in Massachusetts failed. Anxious to have his wife work, he phoned Alexandria Hospital to see if they had a position: no, they said, and they'd never heard of a social worker in a hospital. Hewitt took her case to the top, something

"Every parent should live near a daughter."
— Arlene Hewitt



PHOTOS BY EDEN BROWN/GAZETTE PACKET

Arlene Hewitt's favorite quote: "To the world you may be one person but to one person you may be the world."

she learned to do early on, and swears by, and ended up talking herself into the first social worker position at the hospital. A few years later, she had a department. She was the first to create a booklet called "Know Your Community," full of resources for seniors in Alexandria.

Fast forward, Hewitt retired, but was not one to go quietly into the night. Hewitt said because she was already involved in the city, she felt the need to continue. As she put it, why should she let her background and experience go to waste? People knew her. She knew people. It was easy to make the transition. Hewitt notes not every senior can do this so seamlessly, but every senior can get involved. Her recipe?

Alexandria has more than 200 boards always looking for members. For her, the first board was the Alexandria Public Health Commission. It was just starting out so she joined. It took a while to get results. That has been one of the best aspects of her long-term service, seeing the commission flourish.

"Take a look at that list of boards", she said. "Meetings are only once a month for boards, and you can build relationships and make new friends. Being on a board challenges you. You learn the subject matter gradually. They are always happy to have someone."

But this wasn't enough: She and her late husband tutored kids in the area, many of them of foreign parents, to read. She got others to come with her. "One 90-year-old whose husband had just died

was miserable," she said. "She moped around, she had no one to eat dinner with, she was depressed." Hewitt took her to the Alexandria Tutoring Consortium, a local group which fits seniors' schedules. "The best part about tutoring is the relationships you build with children. You become attached. You meet them in the library, you meet their parents, you watch them thrive, and at the end of the year, you'd be surprised how strongly you feel about each other and how grateful the parents are."

Hewitt volunteers with the annual "First Night" program in Alexandria. She takes the 5-9 p.m. shift, so she isn't out too late. She said she still gets a kick out of showing people the map of events and being there at one of the most exciting events of the year. For her, it is all about helping people decipher the map and head in the right direction.

She is also a driver for Meals on Wheels. While many people her age are getting meals, she partners with a friend and does the driving. "It's great," she said. "They send you the routes, you pick the area where you feel comfortable driving. They are never upset if you can't make it, and it takes so little time, from 10 a.m. to 11:30 a.m. And people are so happy to see you. It is a wonderful feeling that someone out there needs you."

She is also in the Medical Reserve Corps. They are volunteer first responders.

For the past three years, Hewitt has enrolled in courses at Northern Virginia Community College, which is free for seniors, including parking. She loves being with the young students. She took South American history and bio-medical ethics, and she said, "You just audit the courses so you don't have to take the tests if you don't want."

After the death of her husband in 2009, her social circle changed. The couples she and he used to go out to eat with also

Resources for Seniors

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www.medicalreservecorps.org
www.seniorservicesalex.org/
www.volunteeralexandria.org

changed. She decided that watching a Nationals game by herself was lonely, so she called up one of the widowers and asked him if he was watching the game. He was, and when she asked if he'd like company, he brightened: "It's so much more fun watching the Nats with someone."

She takes another 90-year-old out to dinner. He has macular degeneration and couldn't read anymore. She took him to the library, got him a library card, took out books in large print, set him up with the magnifier that magnifies the print, and he was reading again. "Of course", she said, "not everyone is an extrovert like me. But calling up someone who is doing nothing isn't hard: just be aware of people in your own age category, think about what they might need, and if all else fails, call them up and ask if they'd like to go to lunch."

Hewitt has a personal trainer who comes in two or three times a year and sets up a program or reviews her exercises to make sure she is doing them correctly. She has a treadmill in her bedroom and a big ball she sits on in front of the TV. Although she doesn't like smart phones, she is a great fan of email and skype. "If I didn't email and skype," she said, "I would lose touch with my grandsons."

"Take advantage of senior centers," she advised. "Tai Chi, chair Yoga, whatever it is they offer. If you don't do it, you'll find soon you can't do things anymore. Don't be afraid: you'll work up to it, even if you start with small weights." She also suggests checking the "Guide to the Lively Arts" in the Style section of the Washington Post, or the calendar in the Gazette. She attend the military band and orchestra performances which are free.

Face what's coming: Hewitt is thinking ahead to a time when she won't be able to drive or walk as well, and she has gotten on the waiting list for Green Springs, where she says with a smile, there are more than 200 organizations functioning right there. She has delegated her taxes and budget to her daughter, Jo, so things are in good shape when she dies, and she insisted on paying for her daughter's service by putting money into the children's college funds. She doesn't want anyone to be inconvenienced when she dies, so she has a plan for the end-game.

She raves about her children, and her grandchildren. "Every parent should live near a daughter," she advised.

She has also thought ahead to what might happen if she were to fall, or go into a coma. "I've told my grandson," she said, "if anything ever happens to me and I'm in a coma, I want you to put earphones on me and turn up the Nutcracker Suite as loud as it will go." Meanwhile, Hewitt looks at the clock: time to go to the next event.



Arlene Hewitt's wall of awards and recognition in her bedroom.