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3-11-09

Mayor, vice mayor, council members and city officials, I want to thank you for your time tonight.

I am Chuck Collins. I have been a resident of Alexandria for 15 yrs and I am speaking tonight on behalf of the Board of Directors of the Alexandria Economic Development Partnership.

I wanted to take a moment to highlight a key recommendation from the Mayor's Economic Sustainability Work Group—the need to expand business retention and recruit more businesses to our City.

We all know that this year's City budget process is especially difficult with the shrinking revenues from Alexandria's sources of revenue. We share the view that the City needs to find additional sources of revenue and grow the commercial tax base. So not only do we need to recruit more taxpaying businesses to Alexandria, but we need to retain those who have already chosen to be part of our community.

I joined the AEDP board because I agree with the Council and the economic sustainability work group. If we're not working to attract and retain businesses to Alexandria then the economic difficulties we see today are only going to get worse. My business, along with all the other Alexandria businesses, pay taxes to the City including real estate taxes, business license taxes, personal property taxes, sales taxes, meals taxes, and when we host visitors to our companies, hotel taxes. We need more businesses—the right businesses—to pay these taxes as well.

But we're experiencing a downturn. We can't wait to start addressing this challenge to grow our commercial tax base. Several economists and business people, including some who provide guidance to City leadership, have said that the recovery will not announce itself, and could begin as early as sometime in fiscal year 2010. We need to position the City to be prepared as we emerge from this recession to take full advantage of all opportunities that present themselves.

Let me give you a few examples of what's occurring right now in our City that concern me and my fellow AEDP board members. Several trade associations are being lured

away with very sweet deals in neighboring jurisdictions. Another technology business that I am well acquainted with has been contacted by an economic development office out West (not at liberty to specify) and is being lured out of Alexandria. There are many other examples but the point is that we need to ramp up our efforts to keep our current businesses in Alexandria – we need to help them cope with this downturn and grow. We need to work harder to attract businesses to a City that has not utilized all of its marketing resources. The city created this resource – let's do the right thing and provide the necessary funding.

As you know, historically, the City's investment in economic development has been limited. As the Economic Sustainability Work Group described, our efforts have been under funded especially as they relate to attraction and marketing.

So here is our concern. Any cut to the economic development program will result in more severe underfunding, and prevent us from completing work that is so important to the City's economic health. While some of our neighboring jurisdictions may be forced to cut funding for specific programs, they will still have a competitive advantage over Alexandria with the investment they have made over the years. This is not the time to hold back; rather it is the time to move forward with confidence and a strong plan of long-term positive economic development.

Over the coming weeks we will provide additional information to City Council detailing the programs and initiatives we think are most critical to the City's health over the next two years. These initiatives include aggressively facilitating the redevelopment of Landmark Mall; targeting restaurant and retail users for the growing number of vacant storefronts throughout the City and providing our strategy for attracting a focused group of companies to this City.

We have all seen the retail vacancies throughout the city - King Street and Mt. Vernon Avenue. These are a clear sign of tough economic times, and it is important that we continue to invest in the economic development activities that support the businesses still out there fighting through this downturn. Thank you.

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3-11-09

Good evening Mayor Euille, Vice Mayor Pepper and Council Members:

My name is Allison Cryor DiNardo and I serve as Chair of the new Alexandria Economic Development Partnership Board. My wireless companies are here in Old Town Alexandria and my family and I live in Rosemont. My heart is here in Alexandria.

But today, I will speak from my head instead of my heart. Tonight, we have already heard from several needy organizations. We all know that Alexandria needs to find more sources of revenue. This year the message is clearer than ever. The City's reliance on real estate taxes has become an increasingly heavier burden on our residents. It also limits how we can grow as a caring community. The answer to this challenge is simple. We need **long-term** solutions for diversifying the City's revenues.

Mr. Mayor, I thank you for convening the Mayor's Economic Sustainability Work Group, bringing together some of the best minds in this City to figure out how we can lead this city forward with better, smarter, cleaner economic activity.

Council Members, I thank you for wrapping your arms around the Work Group's recommendations and asking the City Manager and his team to implement these recommendations.

Today, as a result of the Work Group's recommendations, we have a new economic development effort in Alexandria. The former board boldly put themselves out of business, working for months to set the stage for the new board. Today, after four busy months on the board of the Alexandria

Economic Development Partnership, the new board has seized this opportunity for a new day in Alexandria's economic development.

We know our priority is to promote the City of Alexandria as a premier location for businesses by capitalizing on the City's assets including its historical character, its proximity to interstates, the nation's capital, its Metro stations, its riverfront, its new construction; its current businesses and the fabulous work force already located here. By promoting Alexandria as a premier location we will enhance the City's tax revenue, its quality of life and employment opportunities.

Mr. Mayor and City Council, this is the new AEDP. We share your dedication to finding ways to decreasing the reliance on real estate taxes with a renewed focus on attracting and retaining businesses to our fine city.

The timing couldn't be better. AEDP can provide the City with an opportunity for a long-term solution to this increasing reliance on residential real estate taxes. Funding economic development efforts at this most crucial time will go a long way to accomplish the goals outlined in the work group report. But as the economy continues to slow, we need to be reaching out to our current businesses, many of whom are struggling, to encourage them stay here in Alexandria. We also have the opportunity to ramp up our efforts both regionally and nationally for new businesses to be drawn here. Now is not the time to shrink back—it's time to move forward—with confidence and the right resources. We should also be smart about how the tax dollars are spent. Smart investment into economic development will create future revenue. When resources are declining it's actually time to increase investment in the future, namely Alexandria's economic development.

We only need to look back to September 12, 2001, to know how much our local businesses add to our economy. When the taxes paid dropped, we all suffered. As the Mayor mentioned in his State of the City address, he reminded all of us of our commitment to Alexandria's small businesses. That cannot change.

We are committed to the City expanding its focus on retail expansion as part of the economic development equation. We are committed to working to retain and to expand existing business clusters, thereby building on Alexandria's strengths of hi-tech, intellectual property, associations, tourism, retail, arts, communication, advertising, graphics, web design and educational institutions. We are committed to a thriving commercial tax base.

The new AEDP structure allows for a quicker and more agile response to business prospects, the ability to be lean and make staffing and resource adjustments quickly, giving the City flexibility, capitalizing on business-to-business relationships by empowering the AEDP to lead the City's economic development efforts. AEDP is committed to being a first-tier organization in its economic development efforts.

We appreciate your support and look forward to working with you over the coming months and years.

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3-11-09



"Porter-Gruel, Beatrice A. D."  
<BEATRICE.A.D.PORTER-G  
RUEL@saic.com>

03/11/2009 04:59 PM

To <Jackie.Henderson@alexandriava.gov>

cc

bcc

Subject RE: COA Contact Us: speakers form for 3-11-09 public budget mtg

Ms. Henderson, I am attaching a copy of what I will read this evening, if you need to attach it to a file. Thank you again for your assistance. Bea Porter

**From:** Jackie.Henderson@alexandriava.gov [mailto:Jackie.Henderson@alexandriava.gov]  
**Sent:** Wed 3/11/2009 10:32 AM  
**To:** Porter-Gruel, Beatrice A. D.  
**Subject:** RE: COA Contact Us: speakers form for 3-11-09 public budget mtg

Yes, people can sign up to speak at the meeting. The speakers forms will be toward the back of the room on the small table.

Jackie M. Henderson  
City Clerk and Clerk of Council  
City of Alexandria, Virginia

"Porter-Gruel, Beatrice A. D."  
<BEATRICE.A.D.PORTER-GRUEL@saic.com>

03/11/2009 10:29 AM

To <Jackie.Henderson@alexandriava.gov>

cc

Subje RE: COA Contact Us: speakers form for 3-11-09 public  
ct budget mtg

Ms. Henderson, thank you so much for calling me and taking my sign up information. Speakers will also be able to sign up at the meeting, won't they? I know there are a couple of others that plan on attending tonight's meeting and wanted to speak. Bea

**From:** Jackie.Henderson@alexandriava.gov [mailto:Jackie.Henderson@alexandriava.gov]  
**Sent:** Tue 3/10/2009 5:14 PM

**To:** Porter-Gruel, Beatrice A. D.

**Cc:** council@krupicka.com; councilmangaines@aol.com; delpepper@aol.com; elaine.scott@alexandriava.gov; justin.wilson@alexandriava.gov; laura.zabriskie-martin@alexandriava.gov; paulcsmedberg@aol.com; rose.boyd@alexandriava.gov; timothylovain@aol.com; william.euille@alexandriava.gov

**Subject:** Re: COA Contact Us: speakers form for 3-11-09 public budget mtg

The speakers forms are removed from the web at 5:00 p.m. the day before the meeting, which is why you weren't able to access it. Please send me your information and I will be glad to sign you up to speak.

You may also call me at 703 838-4550.

Jackie M. Henderson  
City Clerk and Clerk of Council  
City of Alexandria, Virginia

**Bea Porter**

<beatrice.a.d.porter-gruel@saic.com>

03/10/2009 05:07 PM

Please respond to  
Bea Porter

<beatrice.a.d.porter-gruel@saic.com>

To william.euille@alexandriava.gov, timothylovain@aol.com, councilmangaines@aol.com, council@krupicka.com, delpepper@aol.com, paulcsmedberg@aol.com, justin.wilson@alexandriava.gov, rose.boyd@alexandriava.gov, jackie.henderson@alexandriava.gov, laura.zabriskie-martin@alexandriava.gov, elaine.scott@alexandriava.gov

cc

Subje COA Contact Us: speakers form for 3-11-09 public budget mtg  
ct

**Time:** [Tue Mar 10, 2009 17:07:50] **IP Address:** [140.185.55.76]

**Issue Type:** Mayor, Vice Mayor, and Council Members  
**First Name:** Bea  
**Last Name:** Porter  
**Street Address:** 1727 Cameron Street  
**City:** Alexandria  
**State:** VA  
**Zip:** 22314

**Phone:** 703-604-6028

**Email Address:** beatrice.a.d.porter-gruel@saic.com

**Subject:** speakers form for 3-11-09 public budget mtg

I was not able to retrieve a speakers for for the meeting Wednesday, March

11. I would like to be a speaker and would like to send my form in prior

**Comments:** to the meeting, can someone please send me a speakers form and tell me how  
to get it back in before the meeting starts at 6:30? Thank you.



Budget letter to City Council 2.doc



1727 Cameron Street  
Alexandria, VA 22314  
March 11, 2009

Re: City Manager's Proposed Budget Cuts

Council Members:

I am here to address some of the proposed budget cuts for our City. In going through your list, I have found there are many that affect both the young and the old. Our elderly took care of us, now it is our turn to take care of them, not cut off services that they need. In particular, I would like to point out the proposed cut to discontinue, or reduce the Senior Taxi Service. There are many elderly that do not have family or friends that can take the time to help them get to where they need to go, the doctor, the drug store, the grocery store, other appointments they need to keep. To cut this service would be a disservice to our elderly.

I have a very sick friend that needs this service, I work a full time job and take care of a number of people so I can only provide help when I can. She needed to get to a doctor appointment the other day, this service was not available, she has to use oxygen, and a wheel chair. She called for regular taxi service, the driver was not aware how to help her, then was not available for her return trip. Our Seniors, and our disabled citizens count on this. We need to keep this available.

Our children, the services that are slated for cuts, do you know it costs approximately \$35,000 to house an inmate in a penitentiary for a year? I know this because I have attended the Virginia Cares program every week for the last 10 years, I get to see the people that we have been supporting in our prisons, I get to know their stories. I know if they had received more of the help that is available now in our schools, preschools, and daycare facilities, they would probably taken their lives in better directions and we would not have had to pay for incarceration. We must think of the future of our children, we can not take so much from them knowing their future is limited without these program available to them. They need the counselors, they need the services that can provide them with support and information about drugs, about contraceptives, about domestic violence. We need to take care of our people, young and old. This City has so many low and moderate income families, working poor, the future of our children depends on the services we currently provide. If we want our children to grow, to be strong, they must have the outreach programs.

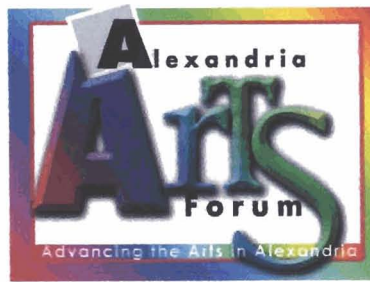
I receive assistance through the City, as I am one of your working poor. My children and grandchildren depend on some of the services available through the City. We are not alone, but in order for us, this City, to survive, we must continue to take care of our people. I sent a letter to City Council on March 3<sup>rd</sup> listing the following cuts:

- Children's Fund, Youth Fund, and Community Partnership Fund
- Elimination of an infant Development Specialist
- Elimination of several mental health and substance abuse therapists positions
- Elimination of a Residential Counselor providing services to those with intellectual disabilities
- Reduction to our budget for Substance Abuse counseling prevention services at GW, Patrick Henry, and Tucker schools
- Reduction of adolescent health clinic staffing
- Cutting back hours at recreation centers
- Closing Lee and Colasanto Pools
- Eliminating after-school programs at Maury and George Mason schools
- New fees for out of school time programs
- Elimination of a building inspector who responds to resident complaints
- Reductions in nursing at the Adolescent Health Clinic
- Reductions in the Emergency Shelter Services for the homeless
- Reductions in the Senior Taxi program
- Reductions in the Crisis Child Care program
- Reduction of Youth Recreation Services
- Reduction of Adult Recreation Services

I ask of you, please reconsider the cuts that I have listed

Bea Porter

Alan R. Wile, Jr.  
4825 Little Falls Road  
Arlington, VA 22207-2868



2  
3-11-09

1600 Prince Street Unit 603 Alexandria, VA 22314

March 11, 2009

**President:** Alan R. Wile, Jr.  
**Vice Chair:** Sherry Wilson Brown  
**Vice Chair, Advocacy:** Alice Merrill  
**Vice Chair, Collaboration:** George Chadwick  
**Vice Chair, Communications:** Susan Landess  
**Vice Chair, Education:** Marga Fripp  
**Vice Chair, Membership:** Adrien Finlay  
**Secretary:** Bill Clayton  
**Treasurer:** Kathryn Brown

**MEMBERS:**

Access Through the Arts  
Alexandria Choral Society  
Alexandria City Public Schools  
Alexandria Harmonizers  
Alexandria Performing Arts Association  
Alexandria Singers  
Alexandria Symphony Orchestra  
The Art League  
Donna Berghheim  
Kathryn A. Brown, Photographer  
Sherry Wilson Brown  
Alisa J. Carrel  
George A. Chadwick, III  
Choreographers Collaboration Project  
William E. Clayton, Jr.  
Cheryl Anne & David Colton  
Sylvia DeMar  
Del Ray Artisans  
Keith M. Donaldson  
Eclipse Chamber Orchestra  
Eco Voce Ensemble  
Kathy Harty Gray Dance Theatre, Inc.  
The Little Theatre of Alexandria  
Magus Magnus  
Alice Merrill  
MetroStage  
Pat Miler  
Scott Newsham  
Northern Virginia Fine Arts Association  
Eloise T. Payne  
Hon. Arthur E. Peabody, Jr.  
Hon. Redella S. Pepper  
Annmarie Pittman  
Mr. and Mrs. Gant Redmon  
Christina Richardson  
Royal Scottish Country Dance Society  
Northern Virginia Branch  
Beth Temple  
Hon. Patsy Ticer  
Washington Balalaika Society  
Washington Metropolitan  
Philharmonic Association  
Alan R. Wile, Jr.

Mr. Mayor and Members of the City Council: Good Evening!

I am Alan Wile, the President of the Alexandria Arts Forum and a Past President of the Alexandria Harmonizers. I am here on behalf of both organizations and the many individual members of the Arts Forum to speak in support of City Council's continued commitment to a full and robust financial grant program for arts in Alexandria.

The Alexandria Arts Forum is an association of artists, arts advocates, City Council members, educators, and performing groups that coordinates, organizes, participates in, and runs a variety of arts-related projects and programs in Alexandria. Each member of the Arts Forum serves to enhance the city's cultural reputation. In addition, the arts in Alexandria exert a strong economic influence on those individuals and businesses that seek to locate in areas offering a wide range of diverse and vibrant cultural programs.

Partnering with the Alexandria Commission for the Arts and the Department of Recreation, Parks and Cultural Activities, the Arts Forum has been a strong supporter of and participant in a wide variety of city programs that showcase the arts in Alexandria. Collectively, we believe in and advocate for your full support to take positive action to maintain a viable financial grant program. Doing so will enhance the City's cultural image and further promote Alexandria as a desirable destination for tourism, business, and community.

Let me remind that we also favor other programs and initiatives that will assist in maintaining current and expanded funding levels, such as the "Percent for Art" program -- a recommendation in the Lord Report. Its implementation will also contribute to the furtherance of arts programs in Alexandria.

Quite simply, however, the arts in Alexandria cannot compete with other jurisdictions without proper funding. With this understanding we ask that the previous funding level for arts grants be maintained and, if possible, increased.

The arts in Alexandria are gratified and encouraged by Council's past support. We consider our symbiotic relationship extremely important and invite your continued full support and approval of a strong and sustained grant program.

Thank you.

*Alan R. Wile, Jr.*

Alan R. Wile, Jr.  
President



Mary B. Agee  
President & CEO

2  
3-11-09

**Administrative Offices**  
10455 White Granite Drive  
Suite 100  
Oakton, VA 22124  
703.385.3267  
703.385.5176 - Fax

**CITY OF ALEXANDRIA BUDGET HEARING**

**MARCH 11, 2009**

**Alexandria**  
5249 Duke Street  
Suite 308  
Alexandria, VA 22304  
703.370.3223  
703.751.5197 - Fax

Good evening. I am Nina Randolph, a resident of Alexandria for 9 years and the current chair of the Healthy Families Alexandria Resource Development Committee. This is a group of concerned citizens who believe that investing in children and families at the very beginning is the best answer in securing children's futures. As you know, **Healthy Families Alexandria**, a program of NVFS (Northern Virginia Family Service), provides voluntary home-visiting services to vulnerable first time parents with the goal towards positive parenting, optimal child health and development, school readiness, and family self-sufficiency.

**Arlington**  
3401 Columbia Pike  
Suite 300  
Arlington, VA 22204  
703.769.4600  
703.892.0895 - Fax

This past year the program served 225 families. That is good news. However, there were nearly 600 identified families needing this level of service that our current capacity could not address. We continue to meet or exceed all of the programmatic outcomes, including having less than 1% of our families with any founded child abuse or neglect. The immunization rate was 96% which far exceeds the city's and state's average. And our children despite all the odds against them, are thriving and entering school ready to learn.

**Falls Church**  
701 West Broad St.  
Suite 305  
Falls Church, VA 22310  
703.533.3302  
703.237.2083 - Fax

We are deeply concerned about the proposed 17.6% cut to the early childhood fund. Many critical programs addressing parenting skills, child care, and early childhood education are at risk with this level of recommended reduction. This is not the time to erode the progress the city has made in its early childhood initiatives. We urge you to reinstate all funding to the early childhood fund to maintain these programs that give a positive beginning for Alexandria's children. We cannot walk away from our children.

**Loudoun**  
2 Pidgeon Hill Drive  
Suite 430  
Sterling, VA 20165  
703.404.2018  
703.404.2415 - Fax

**Manassas**  
9842 Business Way  
Manassas, VA 20110  
703.392.4901  
703.392.0052 - Fax

**Woodbridge**  
2200 Opitz Boulevard  
Suite 100  
Woodbridge, VA 22191  
703.490.3646  
703.490.4954 - Fax



# 79645



# 8099





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3-11-09

Northern Virginia Family Service

Help • Hope • Here

Mary B. Agee  
President & CEO

### CITY OF ALEXANDRIA BUDGET HEARING

MARCH 11, 2009

Administrative Offices  
10455 White Granite Drive  
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Oakton, VA 22124  
703.385.3267  
703.385.5176 - Fax

Alexandria  
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Falls Church  
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Loudoun  
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703.404.2018  
703.404.2415 - Fax

Manassas  
9842 Business Way  
Manassas, VA 20110  
703.392.4901  
703.392.0052 - Fax

Woodbridge  
2200 Opitz Boulevard  
Suite 100  
Woodbridge, VA 22191  
703.490.3646  
703.490.4954 - Fax

Good evening. I am Ivor Horn, a resident of the city of Alexandria and a volunteer Board member with Northern Virginia Family Service. We appreciate the opportunity to address you this evening regarding the city manager's proposed budget. NVFS recognizes the incredibly difficult job of reducing a budget of this magnitude. In most instances the reductions will minimize the impact upon services directly provided to residents. The most glaring deviation from that philosophy is the 17.6% reduction in all three funds – the children, youth, and community funds. These partnership funds sustained by far the most significant reductions. And yet these are the non-profits who provide critical services to the most at-risk in our city. We urge you to fully restore full funding to all three funds.

I would like to point out 2 important programs that are at risk as a result of these recommended budget deductions:

The first is **Healthy Families Alexandria** which receives funding through the children's fund. I believe you are familiar with this nationally recognized program. As reported to you last fall, Alexandria was selected by the state as one of two sites ready to significantly expand to serve more at-risk families of child abuse and neglect. We are able to provide services to approximately 225 children each year, leaving behind many more families who have been assessed as needing these services. Unfortunately, the general assembly could not proceed with an investment in Alexandria, but did recognize the importance of healthy families programs by continuing the program state-wide at level funding.

The second program is the **Alexandria Access to Medication Program**, which works closely with the Alexandria Health Center and the Community Services Board clients. Last year we served 275 low-income residents to receive free medications for chronic health conditions, bringing in nearly a half a million dollars worth of pharmaceuticals. Mid-year, through the program, our case manager has already helped 218 individuals receive needed medications. This is on pace for a 58% increase. Since the inception of the program, NVFS has brought in nearly \$1 million worth of free medications to individuals who had previously been put in situations of choosing their health over rent and food.

Finally, we urge the council to hold firm to the dedicated tax for the Housing Trust Fund. The city was one of the early leaders in this set-aside in order to build a foundation for housing for all segments of our community.

Thank you again for your support over the years.



# 79645



# 8099



2  
3-11-09

To: Mayor and City Council  
Budget Public Hearing  
3/11/09

Good evening Mayor and Council Members and all of you who care about Alexandria's future. I am Fay Slotnick, 311 Second Street, here as a citizen and taxpayer, as Director of the Parent Leadership Training Institute of Alexandria, and as a member of the Alexandria Council of Human Service Organizations (ACHSO). As a general proposition, it would seem that when budgets are constrained, there is a greater not lesser need for services. "An ounce of prevention is worth a pound of cure" may be trite but true.

Do we take the risk of failing to provide medical and mental health services, early childhood intervention and education, teen pregnancy prevention programs, and other human services? Will we not create so much increased need that even when the economy regains strength, we won't be able to stem the tide of increased need?

Our children are our first concern. Superintendent Sherman and Deputy Superintendent David have said that **parental involvement** is essential to student success. We want excellence, not mediocrity. If our children achieve educational excellence, they will get the jobs that will provide for stable future families and escape the downward spiral of poverty. We can't drop the ball now when times are tough. Alexandria has the wherewithal to stave off the threats to our community's success.

I know that you all support PLTI, and I truly appreciate it. At our recent fundraiser, nearly every one of you on the dais was there at MetroStage. I know you value your time so it meant a great deal to me and to our PLTI family. This program runs on a shoestring, but we need you, through the Alexandria Fund for Human Services (AFHS), to fund that shoestring. Please do not cut the fund. As a taxpayer, I ask that you raise our taxes to a level that will assure that the quality of life for ALL ALEXANDRIANS remains intact.

Just today, I sent a note to our PLTI alumni, students, and board announcing 3 new appointments within the last week. Doris Stanley was appointed to the Community Services Board, Laverne Thomas to the Commission for Women, and Joyce Jefferson to the Head Start Policy Council. These and so many other PLTI members are **volunteers** in Alexandria's PTAs, nonprofits, City commissions and ACPS committees. New voices are being heard. Our money is returned many times.

Thank you.



## ALEXANDRIA COMMUNITY SERVICES BOARD

*Promoting Respect, Recovery, Hope*



2  
3-11-09

Mary Anne Weber, Chair

720 North Saint Asaph Street  
Alexandria, Virginia 22314

Phone: 703-746-3400

Michael Gilmore, Ph.D.  
Executive Director

TDD: 703- 838-5054

Fax: 703- 838-5070

**Speaker:** Mary Anne Weber, Chair, Alexandria Community Services Board

I come to you tonight to request you reevaluate the proposed reductions to the City's safety net. Your resolution setting guidance on the FY 2010 budget asked the City Manager to "strive to maintain critical health and safety net services for the most vulnerable in the community." The proposed budget contains the elimination of 24.8 health and welfare positions and a budget reduction of almost \$3.6 million. The proposed reductions do not include the decrease in State aid that will result in a loss of another \$300,000 and 3.75 positions in the Department of Mental Health, Mental Retardation, and Substance Abuse Services. The City and State reductions will significantly weaken the City's safety net.

The residents served by the Department of Human Services, the Public Health Department and the Department of Mental Health, Mental Retardation, and Substance Abuse Services are indeed the most vulnerable in the community. Within the Department of Mental Health, Mental Retardation, and Substance Abuse Services, 42% of the consumers have annual incomes of less than \$10,000 per year. Only 11 percent have incomes over \$25,000. They have no other options for receiving these services.

If these reductions were enacted, residents would need to wait longer for psychiatric medications and access to therapy. Residents will also have to wait longer for entitlements and other benefits. The immediate result is an increase in homelessness and job loss for the City's most vulnerable. When people lose their homes and jobs, they may resort to crime. The longer term impact will be an increase in the number of residents needing services in the future because existing prevention and early intervention services are being severely reduced.

A recent University of North Carolina researcher confirmed that recessions increase mental health problems and the number of consumers in the Department of Mental Health, Mental Retardation, and Substance Abuse is already rising. The department has seen a 20% increase in the number of consumers compared to the same time last year.

This is no time to reduce funding for the City's poorest, most fragile citizens. I urge you to consider raising taxes by an additional penny so that these cuts can be restored. A one cent tax increase would cost the average homeowner \$48 annually, the price of ten lattes or four takeout pizzas or a movie and popcorn for four. Most of the reductions to health and welfare departments could be restored by adding a penny and the safety net would be maintained, according to Council's original guidance.

Mary Anne Weber

What current proposed budget cuts will mean:

- One year ago there were no children waiting for services. Now there are 97. That list will only grow as more children become vulnerable during economic hard times.
- Therapist positions will be eliminated in several schools impacting prevention, early intervention and treatment of hundreds of at-risk Alexandria youth for both substance abuse and mental illness..
- Funding will no longer be available for most CSB clients with serious alcohol and drug addictions to receive treatment in residential treatment facilities. There are already 35 on the waitlist.
- The wait list for outpatient substance abuse treatment (including DWI courses, anger management, etc.) will grow, meaning persons referred by the Courts, Jails, Probation and Parole, and others will not be able to access these services in a timely manner.
- The CSB's current minimal ability to treat Spanish-speaking clients with substance abuse problems will be cut in half, leaving just one therapist to provide substance abuse therapy to all Spanish speaking clients.
- Case management services to adults with serious mental illness, substance abuse problems and intellectual disabilities will be severely cut. This means that clients who need assistance applying for entitlements (food, housing, medical care, emergency funds for rental assistance, etc) will not receive the level of assistance they need.
- Clients with intellectual disabilities will have less choice and opportunity for job training and jobs that pay competitive wages.
- Alexandria's most vulnerable seniors will be affected in many ways by the combined cuts from the CSB and DHS budgets. They will experience a decrease in direct care from case managers, eligibility workers and companion services as well as emergency funds. This could mean that this population will need to leave their own homes and enter assisted living and nursing homes much sooner than when these services and resources are in place. Also, the time between when someone notices a senior is at risk and notifies authorities and the time when the senior begins to receive services will be much longer and will increase the likelihood of those seniors becoming exploited, hurt or much sicker.



2  
3-11-09

Mayor Euille and City Council members, my name is Jason Middough and I am honored to represent the City of Alexandria on the Northern Virginia Community College Board. Soon you will be receiving a letter from our Board and President Templin detailing how well your local commitment to NOVA is leveraged to bring additional State capital dollars home to Northern Virginia. Accordingly, I'll keep my comments brief - and begin and end by saying thank you.

NOVA has been honored to be a part of this community since our inception. As many of you may know, our first campus was located in warehouse space off Route 7 near where REI currently has a retail outlet. Today, NOVA is the second largest community college system in the United States and our Alexandria campus hosts our second largest student population.

Each year, we capture as new NOVA students more than 20% of T. C. William's graduating class. With our tuition under \$3,000/year and with programs offering guaranteed admission to all the State's public universities (including UVa and Tech to name two), we anticipate this demand will accelerate at an accelerating rate.

Also, we are seeing new types of students. Late last month, we took a group of students to Richmond that included a former Boston University student, who chose NOVA when her parents could no longer afford BU's tuition. Also joining us was a self-identified "50 year old freshman" who lost his construction job and is now studying accounting. His children also go to NOVA and are currently ahead of him in school.

So diversity at NOVA now also includes diversity of income and situation.

The only request we are making is, as you and your staff begin to consider 2011 and beyond, that we have the opportunity to work with you to determine how best to increase the local capital contribution so that we can continue using it to leverage the State dollars we need to ensure classrooms are in place to serve our growing demand.

Again, thank you for your support - especially for your continued investment in NOVA during these challenging times.

**City of Alexandria, FY2010 Proposed Budget  
Statement from the Substance Abuse Prevention Coalition of Alexandria (SAPCA)  
Allen C. Lomax, SAPCA Chair**

Mayor Euille, Vice Mayor Pepper, Members of the City Council, and City Manager Hartmann:

**Background/Overview**

The City Manager’s FY2010 Proposed Budget reflects the severe downturn in the economy and the need to do more with less. In noting that “sacrifices are broadly required and shared in this budget,” City Manager James K. Hartmann also maintains that “we have to focus our remaining resources on our community priorities.”<sup>1</sup>

The Substance Abuse Prevention Coalition of Alexandria (SAPCA), a work group of the Partnership for a Healthier Alexandria, is focused on an area that needs to be at the top of the City’s priority list due to its impact on the current and long-term health of our community: **prevention of substance abuse among the City’s youth and increasing parenting skills.**

The proposed reduction in prevention, early intervention and treatment staff in the Department of Mental Health, Mental Retardation and Substance Abuse will seriously jeopardize much needed programs to reduce youth substance abuse in the City. Recent research confirms that youth substance abuse in the City exceeds national rates for some groups and there is a demonstrated need for **more** substance abuse education and prevention programs, not less. Research also shows that the investment in prevention and treatment services pays off by preventing more costly services for children and families in the future. **SAPCA respectfully opposes the elimination of these City staff and suggests the additional revenue sources described below in order to avoid these staff reductions.**

The following statement provides additional information on which our position is based.

**A Disturbing Picture of Youth Substance Abuse in the City**

Since its founding in 2007, SAPCA has conducted research to assess the extent of the youth substance abuse problem in the City. Results of both quantitative and qualitative research<sup>2</sup> on youth substance abuse and developmental assets among City youth, conducted in 2007 and 2008 and analyzed by a team of researchers from George Mason University, paint a disturbing picture of the challenges the City faces. The George Mason University researchers identified the risk factors that characterize youth substance abuse in Alexandria:<sup>3</sup>

- **High rates and early onset of substance use.** Some highlights:
  - In high school, Alexandria’s white youth (81%) report higher lifetime rates of alcohol use than Hispanic (69%), black (59%) and Asian-American (35%) youth.

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<sup>1</sup> City Manager’s message, February 10, 2009, <http://alexandriava.gov/uploadedfiles/budget/info/budget2010/FY10ProposedBudget-ManagersMessage.pdf>

<sup>2</sup> Alexandria Developmental Assets Report (March 2007); Alexandria Youth Risk Behavior Survey (February 2008), and qualitative findings from the September 2008 Qualitative Assessment of Alexandria Youth Substance Use Report. See [http://www.acps.k12.va.us/mes/reports/20080229\\_yrbs\\_full.pdf](http://www.acps.k12.va.us/mes/reports/20080229_yrbs_full.pdf), <http://www.alexhealth.org/partnership/GMUSAPreventionReport.pdf>, [http://www.acps.k12.va.us/mes/reports/20080101\\_yrbs\\_full.pdf](http://www.acps.k12.va.us/mes/reports/20080101_yrbs_full.pdf),

<sup>3</sup> See full report: <http://www.alexhealth.org/partnership/GMUSAPreventionReport.pdf>

- In high school, current heavy alcohol use for white (34%) and black (14%) youth in Alexandria exceeds national rates (30% for whites and 11% for blacks).
- In high school, rates of current marijuana use by white youth (25%) exceed national rates (20%).
- Hispanic youth (56%) reported higher rates of lifetime cigarette use during high school than their peers.
- Middle school Hispanic (54%) and black youth (45%) report rates of lifetime alcohol use that exceed national rates of 39%.
- Middle school Hispanic (19%) and black youth (16%) report higher lifetime rates of marijuana use that exceed national rates of 14%.
- During focus groups, many youth said “everyone drinks alcohol” and “life is boring without weed
- **Need for more substance abuse prevention activities and practices**
  - Only 41% of Alexandria youth say they have the skills to resist negative peer pressure.
  - Youth service providers say that lack of funding, time and resources prevents them from offering more prevention activities; faith community members want to do more to address youth substance abuse.
- **Lack of effective parenting skills and parental communication with schools**
  - Some Alexandria parents support youth substance abuse by “turning a blind eye” and not communicating, and youth spend too much time unsupervised when parents work long hours.
  - Only 22% of youth reported positive family communication; the percentage declined in higher grades.
  - Parents would like more collaboration and communication with schools.
  - Parents want to learn more about substance abuse and how to talk about it with their teens.
- **Need for education about youth substance abuse**
  - All sectors of the Alexandria community say they want more information about youth substance abuse.

Based on Alexandria’s specific risk factors, the report provides recommendations to reduce youth substance use and abuse in Alexandria. Recommendations include **additional** effective substance abuse prevention programs and practices and effective, evidence-based parenting education.

SAPCA’s prevention plan and efforts by SAPCA volunteers can help provide direction for the City’s prevention, intervention and treatment programs; however, SAPCA is not a funding source, nor are its members—all volunteers—professional service providers with the skills and training to implement prevention and treatment programs and activities. The services provided by professional staff of the Department of Mental Health, Mental Retardation and Substance Abuse are essential if we are to move forward to address risk factors and reduce substance abuse in the City.

### **Prevention is Essential to Reducing the Costs of Youth Substance Abuse**

Preventing substance abuse especially among youth is essential to their future well-being. According to a recent study by Virginia’s Joint Legislative Audit and Review Commission (JLARC), research shows that 95 percent of adults who abuse or are dependent on alcohol began drinking before age

21, while 13 percent of individuals who first tried marijuana before age 14 became abusers compared to 2 percent of those who began using marijuana at age 18 or older.<sup>4</sup>

Recent Iowa State University research indicates that every dollar invested in substance abuse prevention yields \$10 in savings in the future.<sup>5</sup>

The costs of youth substance abuse and later as adults are real, not only for youth and their families but also for their communities. The JLARC study stated that “The adverse effects of substance abuse impose significant costs upon Virginia and its citizens. These costs result from broad societal ramifications of substance abuse which impact public safety, health outcomes, social well-being, and economic productivity.”<sup>6</sup> The study also estimated that the adverse effects of substance abuse cost Virginia and its localities an estimated \$613 million in 2006.

### **Impact of the Proposed Staff Reductions**

With SAPCA’s research demonstrating the need for **more** substance abuse prevention programs, **more** education about the risks of youth substance abuse, and **more** activities that build parenting skills and increase parent communication with schools, the FY2010 Proposed Budget reduces two full-time and one half-time positions that provide these services.

#### ***Two Bilingual Therapist I Positions at Patrick Henry and Tucker Elementary Schools and Brent Place Apartments***

The budget proposes to eliminate two bilingual (English/Spanish) Therapist I positions (1.5 FTE) that provide substance abuse prevention, education, crisis intervention, parenting programs, and supportive counseling to 250 children and 210 parents at Patrick Henry Elementary School, Brent Place Apartments and Tucker Elementary School. These staff provide science-based LifeSkills Training, Too Good for Drugs and other prevention programs for children as well as skills-building and counseling for parents and youth. These therapists are instrumental in enhancing communication between the schools and students’ homes, a key factor to preventing a host of youth risk behaviors.

#### ***One Therapist II Position at George Washington Middle School***

The budget also proposes to eliminate the Therapist II position at George Washington Middle School, which provides prevention services to 950 youth and early intervention counseling to 40 at-risk youth. Services include a wide variety of programming, including science-based substance abuse and pregnancy prevention groups, social skill groups, mediation and crisis management. Again, eliminating this position is likely to result in an increase of youth risk behaviors and the need for more costly services to youth and families later on.

All three positions serve as bridges between the schools and other community programs and resources, as well as build the protective factors and developmental assets among youth that reduce youth risk behaviors, such as drugs, alcohol, smoking, violence, gangs and sex.

Eliminating these positions could result in an increase of youth risk behaviors and the need for more costly services to youth and families later on. SAPCA’s research shows that middle school youth,

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<sup>4</sup> “Mitigating the Costs of Substance Abuse in Virginia,” Report of the Joint Legislative Audit and Review Commission To the Governor and The General Assembly (2008, House Document No. 19)

<sup>5</sup> <http://www.ppsi.iastate.edu/press/vienna.htm>

<sup>6</sup> Op citation

especially Hispanic and black youth, are most at risk for alcohol and marijuana use, with current use exceeding national rates. Leaving GWMS without a prevention therapist leaves these students even more vulnerable. Eliminating the bilingual therapists increases the likelihood that children in the West End of the City will be at greater risk for substance use and abuse when they reach middle and high school, and their parents will not have the parenting skills or resources to prevent risky behaviors or to cope with them when they occur.

### **Additional Revenue Sources**

Recognizing the need for additional revenue sources to pay for retaining these positions, SAPCA recommends the following three revenue sources:

1. Eliminate the free parking in the City that exists in the area between North Fairfax to North St. Asaph Streets and Montgomery to Pendleton Streets, install multi-space meters, and start charging parking fees.
2. Add an additional \$5.00 to the annual cost to purchase City vehicle decals.
3. Reduce recycling collection from once a week to once every other week.

### **Conclusion**

Alexandria is a city that prides itself on its rich past and historic attractions. However, the City jeopardizes its future when it neglects the needs of its youth and its families. The needs of our most vulnerable and at risk citizens—already significant—are likely to grow during the current economic downturn. We are especially concerned that the proposed budget includes eliminating 1.5 Substance Abuse Therapist positions that provide prevention services to children and parents in the West End of our City and a Substance Abuse Therapist position at George Washington Middle School given the data about the extent of middle school drug and alcohol use.

We agree with the City Manager that this proposed budget must focus our City's resources on our highest priorities. We also think that our youth and families **should** be at the top of the priority list, for as it is often said, our children are our future. Alexandria's new superintendent and the Alexandria School Board have established a "Children's First" budget, one that maintains services for students throughout the school system. How can eliminating the Department of Mental Health, Mental Retardation and Substance Abuse positions truly put Alexandria's children first? Based on our research that demonstrates the need for more prevention service—not less, SAPCA believes that these staff reductions could jeopardize the City's ability to reduce alcohol, marijuana and tobacco use among its youth, thus endangering the health of many citizens and the entire community. We respectfully request that the City Council retain these vital positions.



**Northern Virginia  
Urban League**

*Empowering Communities.  
Changing Lives.*

*Lavern Chatman*

*2  
3-11-09*

City of Alexandria Council Meeting, Wednesday, March 11, 2009

Proposed Budget Changes-Reductions to Department of Human Services

Fund for Human Services (*Children's Fund, Community Partnership Fund & Youth Fund*) reduced by 14.5%

Statement from Lavern J. Chatman, President & CEO, Northern Virginia Urban League

As a lifelong resident of Alexandria, VA growing up in "workforce housing" at 509 S. Alfred Street, going to Lyles Crouch Elem, attending Shiloh Baptist, and being raised by the village, I know how important Human Services are to a city, neighborhood and individuals. Now as President of the Northern Virginia Urban League, I have the honor and privilege to serve my community and deliver vital services to Alexandria residents.

There are four programs in particular that the Urban League runs that receive funding from the City of Alexandria's Human Services budget. My references will be to page 15-20 and 15-25 with budget cuts that would result in a total of **61% or minus \$83,425.00 to NOVAUL**

<b>Program</b>	<b>Current/Proposed</b>	<b>AMOUNT OF CUT</b>	<b>%decrease</b>
<b>CSP = 77 youth</b> Provides mentoring services & places youth in meaningful worksites allowing them to make symbolic restitution for their infractions.	<b>\$132,914/\$61,178</b>	<b>-\$71,736.00</b>  (pg 15-25)	<b>54%</b>
<b>New Horizons = 96</b> After-school support & prevention services, life skills/leadership training, cultural enrichment.		(pg 15-25)	
<b>Grandfathers Group = 15 youth &amp; 15 mentors</b> Intergenerational mentoring with males over 50 matched w/boys in elementary schools for positive role models	<b>\$14,000/\$11,970</b>  Additional funding of \$20,000, Chatman, Guild, Comcast	<b>-\$2,030.00</b> (pg 15-20) <b>Youth Fund</b>	<b>14.5%</b>
<b>ARMS = 88 teens</b> Infant mortality, case management for first time pregnant & parenting teen mothers with limited support systems	<b>\$66,615/\$56,596</b>  Additional funding of \$256,000 VDH, Fed, Freddie Mac	<b>-\$9,659.00</b> (pg 15-20) <b>Childrens Fund</b>	<b>14.5%</b>
<b>291 people served</b>		<b>-\$83,425.00</b>	<b>61% budget cut</b>

Although we are well aware of the current fiscal crisis, it has been our experience that the need for youth prevention services is more necessary now than ever. During times of economic crisis the stability of the family unit becomes more crucial; our programs serve that purpose by exposing the youth in the community to options they may not otherwise have access to or experience.

Helping to give our youth hope and dreams of the future creates less turmoil in the home.

- Our programs engage, inspire, motivate and change negative behavior
- Encourage youth to be leaders and pursue higher education
- Keep youth out of trouble, gang prevention, becoming prison statistic.
- Prevent repeat pregnancies, as well as affect infant mortality and healthy starts
- Keep youth off the streets after school and provide positive role models and life choices

Limited services for youth who have aged out of aftercare programs make youth in this age group at higher risk a decrease in the budget for recreation services will exacerbate the problem. We therefore implore you to see the need at the very least for maintaining our current funding levels certainly not decreasing them.

Loosing or decreasing the funding for these programs can cause an increase in crime, a decrease in college entry and an increase in teen pregnancy. Prevention, Prevention, Prevention!!!

The Urban League needs to continue our mission of Empowering Communities and Changing Lives.



**Northern Virginia  
Community College**

MANAGER'S COPY 2

3-11-09

March 6, 2009

The Honorable William D. Euille  
Mayor, City of Alexandria  
City Hall  
301 King Street  
Alexandria, VA 22314

Dear Mayor Euille:

Given recent discussions and news coverage, we understand that the majority, if not all, of our supporting local governing bodies and their professional staffs will be making hard budget decisions as a part of their FY'10 deliberations. Frankly, we are too.

Accordingly, we are sending this letter to both thank you and the City Manager for your ongoing support for Northern Virginia Community College (NOVA) and to help highlight the unusual and highly leveraged nature of your commitment to our community-serving mission. We ask that you keep the following facts in mind as you consider FY'10 and beyond:

- The major distinction between funds allocated to NOVA and funds directed to other worthy organizations is that over 90% of the dollars to NOVA serve as capital funding commitments to further leverage state capital dollars. These commitments can not be fractionalized; we either secure the funds or the projects don't happen.
- Every dollar in local capital commitments leverages an average twenty-five to thirty-three dollars in state funds toward new and renovated facilities serving Alexandria and Northern Virginia.

The City's investment is being well leveraged. Thanks to your commitment, students from Alexandria just last month saw the completion of a new academic building where a \$1.4M pooled local investment secured \$23.29M in State General Fund support. Also, we will soon begin design of a new, \$43.3M, 79K square foot building to replace the former Tyler School building. This will be made possible through leveraging only \$1.6M in local commitments.

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**Office of the President**

4001 Wakefield Chapel Road, Annandale, VA 22003-3796  
phone: 703-323-3101 | fax: 703-323-3767

[www.nvcc.edu](http://www.nvcc.edu)



Thanks to surging interest in classes in this part of Northern Virginia, the state is also supporting a ten year, \$10M capital lease for classroom space in neighboring Arlington County near the Ballston Metrorail Station.

With continued support and agreement on a phased-in increase in capital funding, NOVA could deliver the following facilities to meet our increasing enrollment demands (up 11% over the past two years):

#### Future Expansion of Alexandria Campus

- Over future biennia (FY'10-'12 to FY'14-16), \$1.93M in local commitments (split among the 9 contributing local governments) could enable us to secure new facilities and renovations valued at \$133.37M.

It is also worth noting that each year we capture as new NOVA students approximately twenty percent of the graduating class of T.C. Williams High School. While the focus on public education largely remains K-12; the business sector has already acknowledged that K-14 is the educational investment governments must be willing to sustain to ensure young people are adequately prepared to secure living wage jobs.

Since 1965, through good economic times and bad, funding jurisdictions have stood by their capital commitment to the college. This enables us to meet the student growth and workforce development needs of your City.

If Alexandria cuts its support, it will be hard to hold the eight other jurisdictions to their commitment. The cumulative reduction would have a real and direct impact on our ability to sustain growing enrollments and force us to abandon plans for new, otherwise funded facilities. The significantly higher level of state funding we could otherwise leverage would also be lost.

Looking ahead to FY 2010:

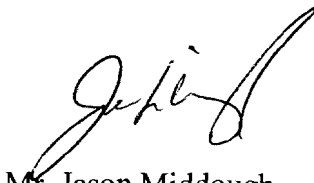
- We will NOT be asking the City to increase its NOVA capital contribution beyond the current rate of one dollar per capita. However, at this rate, the local dollars we use to leverage state monies will run out during FY 2012.
- To give all of us time to consider long-term funding alternatives, we are asking that you include as a part of your FY 2010 budget guidance a directive for your staff to work with NOVA to evaluate possible options for a phased increase in capital contributions to NOVA over the next several years.
- We will also be offering testimony before the City Council this spring to emphasize the importance of these heavily leveraged capital dollars and to support our ongoing work with the region's chief administrative officers to find a way to keep pace with growing demand. Again, all we are asking for is the opportunity to work with your staff to see if this is possible.

All of us at NOVA are grateful for the commitment your jurisdiction has consistently made to us for over forty years. We look forward to continuing this partnership to deliver higher education and workforce training opportunities with and for Northern Virginia.

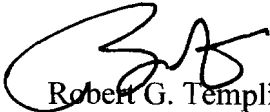
Sincerely,



Gregory Schuckman, Chair  
NOVA Board  
Fairfax County



Mr. Jason Middough  
NOVA Board  
City of Alexandria



Robert G. Templin, Jr., President  
NOVA

Mr. James K. Hartmann, City Manager

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3-11-09

I want to thank the Council for this opportunity to address them and to express my sympathy to them for the difficult decisions facing them as they try to arrive at a budget which meets the needs of the citizens of Alexandria.

My name is Ellen Donald, I have lived in Alexandria for over 30 years. For most of those years, I have been a user of the resources and collections found in the Local History/Special Collections Branch of the Alexandria Library and a member the Board of Directors of the Friends group for this wonderful institution.

The Branch's stellar staff care for and make accessible to the public, over 20,000 volumes including out-of-print local and regional histories, early city directories, school yearbooks and rare 18th and 19th-century Alexandria imprints. The over 60,000 photographic images range from civil war era street scenes to depictions of life in 21st-century Alexandria. More than 300 archival and manuscript collections range from merchant accounts books to 19th-century city council records, providing unique insights into the city's history.

It is true that its user numbers are smaller than those of the larger branches of the library, but I suggest to you that a comparison between those branches and Local History is misleading, given the different ways that patrons utilize the branches. I would also ask that you not confuse user numbers with value. The Local History/Special Collections Branch is unique and irreplaceable within the city library system. Alexandria draws much of its identity, its sense of place if you will, from its historic heritage. It is the authenticity of this heritage which draws visitors and residents alike to that which is

uniquely Alexandria, an authenticity which depends in no small part on the information and resources found in the Local History/Special Collections Branch of the Library.

The budget cuts proposed for this branch are drastic, both in terms of hours of operation and even more particularly in staffing. I would ask that Council take a close look at resources and find a way to mitigate the impact of the budget short fall. While the limiting of open hours creates a hardship for patrons, it is the loss of staff that will ultimately have the most impact. When those staff members who are scheduled for reassignment within the library system leave, they take with them not only working hands, but a knowledge of the collection, of diverse research methodologies and the nooks and crannies of the historic landscape where even the most diligent researcher might not know to look for answers.

Further, if the proposed budget cuts are enacted, I would ask that Council commit to making any reduction of services at this branch a short-term solution. The certain loss of user-ship resulting from cutting the Branch's hours of operation must not be used as justification for further cuts in the years to come. Rather, the City must find a way to not only restore but to enhance its support for this invaluable resource. Alexandria must stand behind its proclaimed belief that its history matters.

2  
3-11-09

Dear Mr. Mayor and City Council,

My name is Ivan Medal.

I am a second grader at Tucker Elementary.

After school when I go home to Brent Place, I go to Ms. Amalia's mentoring and tutoring group.

In this group, I get help with my reading and homework.

I also learn about staying healthy and staying away from drugs and other things that are bad for me.

Our after-school program would not be possible without Ms. Amalia being there.

Please remember this: Teach a student today.  
Listen to a leader tomorrow.

Thank you very much.

March 11, 2009

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3-11-09

March 11, 2009

Dear Mayor, Vice Mayor, and City Council Members,

I am a student at Hammond Middle School. I have known Ms. Amalia Quinones for three years now. I am helping Ms. Amalia with the different programs that she is running at Brent Place. She prepared me to be a volunteer. Children of all ages, parents, and myself are asking you to let Ms. Amalia keep her job at Brent Place and Samuel Tucker School. Without her we will not have as much fun.

She does many different programs, parties, and community events like the health fair. She always has different programs at Brent Place for all ages. One very interesting program she has is called Too Good for Drugs. It is a prevention program for students and I have had the opportunity to help her. There is Modern Mothers which is for Spanish and English moms; creating the Community Club which is for parents of different races and who are from different countries; the Tutoring and Mentoring Program for children that need help with their homework; Table Games Club which is for children of all ages that are taught to play nice with one another; she makes healthy campaigns like Do Not

Smoke and children participate by answering questions and learning; she talks with families and helps them in different ways.

This is why families and I want Ms. Amalia to stay with us at Brent Place. Without her we would never be able to make lots of new friends and learn about how to have a healthy life. She's the greatest person we have in our life because she helps us with our problems and we love and care for her as she does for us. All of us that live at Brent Place want her to stay as long as she can. Please keep Ms. Amalia's job.

God bless you and thank you,

Olga Alvarado

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3-11-09

March 11, 2009

Dear Mayor, Vice Mayor, and City Council Members,

I am a student at Samuel Tucker School and I am also a member of the Tutoring and Mentoring Program at Brent Place. I'm writing to tell you how important Ms. Amalia Quinones has been in my life. When I was a new student at Tucker, I had a problem with another student that bullied me. I did not want to go to school because of the problem. I told Ms. Amalia and she solved the problem by telling the principal and my teacher. After Ms. Amalia talked to them they talked to the student. Then the student stopped bothering me. I was so thankful to Ms. Amalia for me solve my problem. Ms. Amalia knows my family; she visits my home, and helps us. Ms. Amalia not only helps me, she also helps other students and other families, both at Tucker and at Brent Place where I live. Ms. Amalia does many different kinds of programs where I live and at my school. My friends, family, and I love her. Ms. Amalia Quinones is the greatest person I have ever met. I will just love her to stay with us at Brent Place and Tucker.



Thank you and god bless you,

Alessandra Torres

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3-11-09

My name is Christianne Storm van Leeuwen and I am one of the school psychologists at George Washington Middle School. It is my eleventh year at George Washington Middle School and during those eleven years I have been in the fortunate position to work closely with the therapists providing substance abuse counseling. They have been important members of our school support team. Throughout the years they have provided important services to our students, parents, and school staff. The focus of their work is somewhat different from the task of social workers, counselors, and school psychologists. School social workers and psychologists most often work with children who have established needs for intervention, while the therapists provided by the City offer significant prevention services. Students and staff seek their assistance daily.

The position of a Therapist providing substance abuse counseling acts as a major prevention service as it aids in the:

1. decrease of truant students
2. decrease of out of school placements
3. decrease in on-going conflicts and behavioral issues among students
4. increase in time spent on classroom instruction instead of dealing with disruptive students
5. free-up time for counselors, social workers, and psychologists to perform their work so that as many students can be seen as possible
6. decrease in drug and alcohol abuse among students

Adolescence is the developmental stage when youngsters may want to experiment with various substances. This and the earlier stated factors are all very significant reasons why my colleagues and I think that it is extremely important to maintain the position of a prevention therapist at George Washington Middle School.

March 11, 2009

Mr. Derigge works as an integral part of the Student Support Services Unit at the school. In this capacity, he shares in the extensive counseling responsibilities of the team. In addition to providing individual counseling, he also supports students through employing the following services:

1. Crisis Intervention
2. Weekly Lunch Bunch Groups
3. Peer Advisory Counsel Program
4. Young Males Group
5. Peer Mediation
6. Homework Help Club
7. Olweus Bullying Committee
8. Student Support Services Team
9. Conflict Resolution Services
10. Project Alert Lunch Group
11. Co-facilitation of Social Skills Groups

Most of the students he services are labeled as “at risk youth” who are contending with significant socio-emotional stressors.

Mr. Derigge exhibits a very flexible, caring, and cooperative demeanor within the work setting at all times. He has made considerable effort to establish and maintain a healthy rapport with school personnel, parents and community members. His presence, knowledge and experience are a welcomed asset to the team at the school. If the position is removed, the atmosphere and optimum functionality of the school as it relates to student services will be significantly affected.

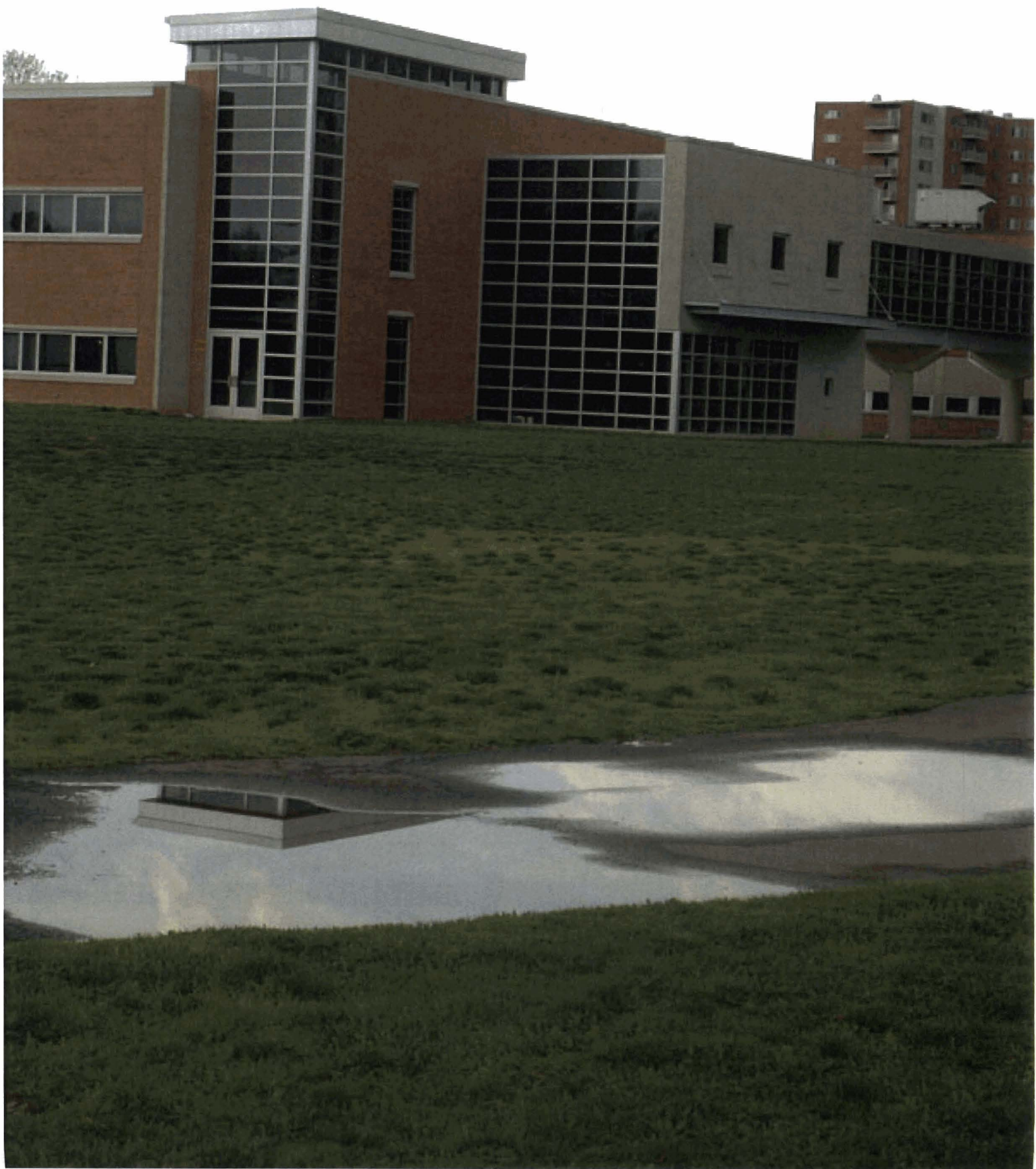
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3-11-09

A PROPOSAL FOR THE  
RESTORATION OF  
RUNNING TRACKS AT  
FRANCIS HAMMOND  
AND  
GEORGE WASHINGTON  
MIDDLE SCHOOLS

by  
Gary J. Carr  
gary@garyphoto.com





**State of the City Address  
Mayor William D. Euille  
February 21, 2009**

*Excerpts by Gary J. Carr of the Mayor's State of the City Address That Support  
Restoration of the Running Tracks at Hammond and George Washington Middle Schools:*

A nationally respected attorney and a critical figure in the civil rights movement, Charles Houston used his expertise and influence to bring educational opportunity to Alexandria's African American community. By working to establish the **Parker- Gray High School, the first high school for African Americans in Alexandria**, Houston made the dream of higher education, and a better life, possible for black Alexandrians. Charles Houston (who later served as the Dean of Howard University's Law School) also authored a legal brief used by Thurgood Marshall to win *Brown vs. the Topeka Board of Education*, the case that helped end racial segregation in American schools. In many ways, the **Parker-Gray High School was a symbol of Charles Houston's future vision.**  
[Author's Note: Parker-Gray used to have a running track]

In Alexandria, we believe that investing in the our **public works projects, large and small, supports the City's development and growth, protects the safety of our residents, and improves the quality of life.**

**Construction of state-of-the-art artificial turf sports fields that not only provide a better, safer surface for athletics, but also can be used more frequently than a grass field.**

The City, in concert with community residents and professional organizations, is developing plans to **revitalize older neighborhoods, develop new communities, and improve public amenities.**

As your Mayor, I wrote to Governor Tim Kaine to outline potential projects that the City has identified for possible federal economic stimulus funding...

\$100 million for transportation needs, including **trails, transit, and roads...**

We are a caring community, and the City government works hard to ensure **the health and wellbeing of our residents** who are in need.

We have always been proud of the services we provide to our community, but we aim to be even better.

...we created an Alexandria/Arlington School Readiness Council to ensure that all families with young children have the resources they need to achieve success in school.

In a few weeks, I will be announcing the **Mayor's Healthier Alexandria Initiative**. This is part of the **50 Million Pound national weight loss campaign** in collaboration with nationally recognized Doctor Ian Smith and the U.S. Conference of Mayors. More details are to follow. But the Health Department cannot do it all. Keeping our communities healthy also requires personal commitment to be fit and healthy. **In 2007, data from the Centers for Disease Control and Prevention showed that in Virginia nearly 37% of adults were overweight and 25% considered obese, conditions that are risk factors for cardiovascular disease and other chronic diseases.** I can say this from personal experience—60 pounds and 11 inches later, I've been leading by example. **It is a battle to stay in shape, one that we must all fight, not only for our own health, but also for the health of our children.**

The City has the resources to help you win. In addition to recreation centers and programs, **residents can utilize the City's community pathways, trails and parks, all pedestrian- and bike-friendly options that encourage healthy activity.** With all of these resources available, including private facilities, there is no excuse not to get up, get out, get moving, and get fit.

And there's another way to help: The Partnership for a Healthier Alexandria is leading Mobilizing for Action through Planning and Partnerships, a **community-wide effort to identify, analyze and prioritize health needs in Alexandria.** The Partnership is collecting surveys from as many community members as possible to find out what the **community's vision of a healthy Alexandria is, and to develop ways to make that vision a reality.** If you have not participated in the survey, there's still time: the deadline for surveys is next Wednesday, February 25.

With respect to the past, and an eye toward the future, the City works hard to preserve its natural, artistic, and historic treasures.

The Witter project, now in the design and engineering phase, will include three playing fields, restrooms, and a pavilion. **[Author's Note: No running option at Witter]**

Gained state approval of the Uptown/Parker-Gray Historic District for listing on the Virginia Landmarks Register **[Author's Note: Parker-Gray used to have a running track]**

The City places a high value on education. The community's dedication to these young people is reflected in the more than 150 business and community partners. . .

**[Author's Note: City when 5 Years without a running track]**

Minnie Howard 9th Grade Center an official campus of T. C. Williams High School. The merger will provide a strengthened and unified secondary program that enhances teaching and learning for all students. Best of all, these reorganization activities require no additional funding. **[Author's Note: If Minnie Howard is truly a "official campus" previously identified site for running track should be included on campus. See attachment.]**

In building a foundation for a successful future, what we must do reminds me of a West African symbol called *sankofa*. The symbol—a bird looking backward, while moving forward—represents the concept of **taking from the past what is good and bringing it into the present to make positive progress.**

**[Author's Note: The City has a long history of competitive running, including indoor and outdoors state championships]**

However, it takes vision, teamwork and a partnership between the community and the City to succeed. Together, and with bold leadership, we will do great things.

We are One Alexandria. Let us work together to lift our community from its current economic challenges, resulting in many opportunities. I have hope that we can move forward toward our future together with commitment and inspiration.



Excerpts of the  
ACPS DRAFT STRATEGIC PLAN THAT SUPPORT  
**THE RESTORATION OF THE RUNNING TRACKS AT  
FRANCIS HAMMOND AND GEORGE WASHINGTON MIDDLE SCHOOLS**

Vision Statement

Set the international **standard for educational excellence**, where all students achieve their potential and actively contribute to our local and global communities.

Mission Statement

Provide **the environment**, resources, and commitment to ensure that each and **every student succeeds**—academically, emotionally, **physically**, and socially.

- Every child deserves a healthy, safe, engaging, supportive and challenging learning environment.

We Believe In Continuous Improvement and Accountability

- Educational program decisions will be based on research-proven best practices.
- We will encourage and nurture **innovative educational and business methods**.

Goals

3. Create an **exceptional learning environment**.

5. Provide clean, safe and **conducive learning environments**

h. Create effective partnerships to encourage a sense of community ownership of our schools and to **support the development of the academic, social, physical and emotional needs of students**.

Strategic Objectives

e. Provide opportunities to develop civic responsibility through community service projects; **encourage participation in team sports**, internships and after school enrichment activities.

(Author Emphasis)

**EXCERPTS FROM THE ATHLETIC PROGRAM STRATEGIC PLAN  
THAT DIRECTLY SUPPORT AN NCAA QUALITY EIGHT-LANE RUNNING TRACK**

"The Alexandria City Public Schools should offer athletic programs  
*appropriate to a wide range of skill and ability levels.*"

"Participation in athletics should reflect the diversity of the school community"

"It is Important to support student athletes with **excellent**, appropriate, and well maintained  
equipment, facilities and fields" (Author's Emphasis)

"Athletic Programs promote greater community support for our educational system."

"The ACPS athletic program thrives when families, schools and the community work together."

**GOALS**

Goal 1: To offer ACPS students a **premiere** high school athletic program.

Objective 1.1 To implement the **best** practices in every sport.

Strategy 1.1.2 Improve existing facilities and equipment and **develop new facilities.**

Objective 1.2 To **expand opportunities** for participating in sports

Strategy 1.2.1 Identify and **evaluate possible additions** to the sports program

Work Task 1.2.1 d: **Implement pilot intramural program** at GW and Hammond

Strategy 1.2.2 **Increase opportunities for participation in sports** TC currently offers

Work Task 1.2.2.a: Offer summer sports camps in cooperation with DRPCA

1.2.2.b: **Increase competition opportunities**

1.1.1.c: Increase articulation between DRPCA and TC

Objective 2.2 To support student athletes at **achieving their highest athletic potential**

Strategy 2.2.1 Encourage student athletes to **develop expertise in multiple sports**

Work Task 2.2.1.c: Encourage students to **participate in more than one sport**

Strategy 2.2.2 **Develop individualized conditioning plans** for athletes

Strategy 2.2.3 **Maximize practice and competition time** for every athlete

Goal 4: Maintain and **increase student participation** in sports

Objective 4.1: **Increase cooperation** with DPRCA, increase student involvement in athletics

Work Task 4.1.2.a: **Develop feeder program** from DARCA to ACPS athletics

Strategy 4.1.4 **Encourage participation that reflects diversity** of TC community

Work Task 4.1.4.a: **Eliminate barriers to participation**

4.1.1.b: **Encourage student to participation in athletics**

Objective 4.2 Encourage student to **play sports beyond their initial involvement.**

Goal 5: **Develop School and Community culture that supports athletics**

Objective 5.1 **Increase community attendance at athletic events**

A state-of-the-art NCAA quality 8-lane track and field facility is supported fully by many of the goals of the ACPS Athletic Strategic Master Plan.

# **The Running Track Initiative**

by Gary J. Carr

## **The Goals of the Running Track Initiative:**

*To build an 8 lane NCAA quality running track and field complex within the city limits, potentially named in honor of our greatest President athlete and former Alexandria City resident Gerald R. Ford*

*To construct high-quality running tracks at the high school and each middle school*

*To complete construction at the earliest possible date, preferably within one year*

*To encourage competitive running in elementary schools through creative playground & field designs*

*To incorporate running tracks into the playing field design citywide*

*To design running tracks for quick snow removal and immediately clear them in the winter months*

*To measure and mark distances for runners and walkers of the hiking and biking trails citywide*

*To have the latest technological timing devices and track and field implements.*

*To enlist the support of sports advocates to the importance of running tracks, running and walking*

*To return the State Championship Banner in Track & Field to the City of Alexandria*

## **SUPPORTING STATEMENT**

Running tracks represent the fundamental expression of locomotion, exercise and cardio-vascular fitness in modern societies. Every other sport or physical activity incorporates running or is enhanced by engaging in running.

Running tracks are more inclusive than any other type of outdoor or indoor activity. Running tracks can be used by a majority of the population a majority of the time.

*No other sports facility can make this claim.*

A playing field of any type, football, baseball, lacrosse or soccer, allows for a most 25 patrons to participate at one time. The contest generally last several hours during which the field cannot be used for any other purpose. They generally require a significant amount of equipment, expertise and practice to participate.

Running tracks can be used by a solitary individual or by several hundred at the same time. All other outdoor sports demand skill and innumerable rules. Running, jogging or walking requires none.

Running tracks require no equipment excepting shoes, and even they are optional. All ages, sexes and physical abilities can participate together or separately with few accommodations.

Running tracks have few vocal advocates. In spite of this, they are used by a wide variety of the populace when available. Advocates of every sports should support of running track proliferation.

Runners will use the tracks in all types of weather, day and night. They will be used in the pouring rain and in the heat of summer. They will even be used during the winter months if snow is expeditiously removed from the surface.

Running is the foundation for the conditioning necessary to participate in all sport activities.

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Running is the foundation for the conditioning necessary to participate in all sport activities.

## Secondary Projects



# FRANCIS C. HAMMOND MIDDLE SCHOOL



Francis C. Hammond Middle School (6-8)  
4646 Seminary Road  
Alexandria, Virginia 22304  
Tel: 703-461-4100 | Fax: 703-461-4111  
Principal: Randolph Mitchell  
[www.acps.k12.va.us/hammond/](http://www.acps.k12.va.us/hammond/)

### Community Use

- Church rentals
- Intramural Program
- Recreation Department Programs
- Tutorial Program

### SITE SUMMARY:

Francis C. Hammond Middle School, which serves grades 6-8, was opened in 1956 as a four year high school. A major classroom and cafeteria addition was completed in 1959. In 1979, it began to function as a junior high school for grades 7-9. In 1993, the facility became a middle school for grades 6-8. A major reconstruction and classroom addition, which included additional science, music, art, computer and technical education classrooms and gymnasium facilities, was completed in 2002.

### SITE SURVEY/DESCRIPTION:

In the FY 2002 renovation, major infrastructure work was completed, including new HVAC systems, a new fire alarm system and sprinkler system, and ADA renovations, including an elevator. A roof replacement project for the entire facility is proposed. An artificial turf system is also proposed on the field adjacent to the school. An upgrade of the lower field is proposed in order to provide additional playing fields for the students and the city Recreation Department programs.

Site	Item	Project	2010	2011	2012	2013	2014	2015	Grand Total
Francis C. Hammond	2	Elevator	529,000	-	-	-	-	-	529,000
	3	Artificial turf field	1,381,830	-	-	-	-	-	1,381,830
		Lower field	-	-	-	-	1,495,000	-	1,495,000
		New track	291,117	-	-	-	-	-	291,117
		Roof replacement	835,772	-	-	-	-	-	835,772
<b>Francis C. Hammond Total</b>			<b>3,037,718</b>	-	-	-	<b>1,495,000</b>	-	<b>4,532,718</b>

SCHOOL STATISTICS	
AGE (IN YEARS)	52
YEAR BUILT	1956
ADDITIONS	1959 2002
SQUARE FOOTAGE	236,125
ENROLLMENT 9/30/08	

BUILDING COMPONENT	YEAR COMPLETED
ROOF	1991/2002
WINDOWS	1994/2002
HVAC	2005/06
ELEVATOR	2002
BUILDING SYSTEMS	2003

## Secondary Projects

---

### **PROJECT FY 2010: Sport Turf Field/Running Track**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$ 1,672,947**

#### **PROJECT DESCRIPTION:**

This project will provide an all-weather artificial sports turf field and six lane running track on the field adjacent to the school.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2011, but was unfunded last year due to budget reductions.

#### **PROJECT SCHEDULE:**

Construction would begin in spring of 2010 and be ready for the following academic year.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project is currently unfunded.

#### **OPERATING BUDGET IMPACT:**

This project has little or no impact on the operating budget.

---

### **PROJECT FY 2014: Sport Turf Lower Field**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$ 1,495,000**

#### **PROJECT DESCRIPTION:**

This project will provide a second all-weather sports turf field on the current lower field. This site is large enough with ample parking to support simultaneous athletic events.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2011, but was unfunded last year due to budget reductions.

#### **PROJECT SCHEDULE:**

Construction would begin in spring of 2014 and be ready for the following academic year.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project is currently unfunded.

#### **OPERATING BUDGET IMPACT:**

This project would have little or no impact on the operating budget.

## Secondary Projects



# GEORGE WASHINGTON MIDDLE SCHOOL

*unveiling the genius in every student*

George Washington Middle School  
 1005 Mount Vernon Avenue  
 Alexandria, Virginia 22301  
 Tel: 703-706-4500 | Fax: 703-706-4507  
 Principal: Keisha Boggan  
[www.acps.k12.va.us/washington/](http://www.acps.k12.va.us/washington/)

### Community Use

- Head Start
- Homework Help
- Intramural
- Recreation Department programs
- Soccer & Tennis Clubs
- Tutorial/Power Up
- Vencedoras

### SITE SUMMARY:

The George Washington Middle School, which serves grades 6-8, was originally opened in 1935 as a four year high school. A major classroom and cafeteria addition was completed in 1937. The GW annex building, which houses vocational classes, was constructed in 1941, and the GW gymnasium building was constructed in 1961. In 1979, GW began to function as a junior high school for grades 7-9. In 1993, this facility became a middle school for grades 6-8. A major reconstruction and classroom addition, which interconnected all three buildings on campus, was completed in 2003. This addition/renovation included expanded science, computer, art, and technical education classrooms, as well as gymnasium facilities.

### SITE SURVEY/DESCRIPTION:

In FY 2003, renovation and major infrastructure work was completed, including new HVAC systems, a new fire alarm and sprinkler system, and ADA renovations. A new auditorium stage and sound system project was completed in FY 2009. Proposed projects include an upgrade to the HVAC controls systems in the original 1935 building and a roof replacement project that is planned for the original gymnasium building, annex building and auditorium.

Site	Tier	Project	2010	2011	2012	2013	2014	2015	Grand Total
George Washington	1	Elevator replacement	-	-	-	-	207,000	-	207,000
		Roof replacement	-	-	-	-	923,379	-	923,379
	2	Gym/Annex roof replacement	-	-	369,350	-	-	-	369,350
		Parking Lot	-	-	345,000	-	-	-	345,000
	3	Artificial turf field	-	1,377,292	-	-	-	-	1,377,292
		HVAC controls upgrade	525,405	-	-	-	-	-	525,405
<b>George Washington Total</b>			<b>525,405</b>	<b>1,377,292</b>	<b>714,350</b>	<b>-</b>	<b>1,130,379</b>	<b>-</b>	<b>3,747,427</b>

SCHOOL STATISTICS	
AGE (IN YEARS)	73
YEAR BUILT	1935
ADDITIONS	1937/41/48/ 61 2003
SQUARE FOOTAGE	237,332
ENROLLMENT 9/30/08	

BUILDING COMPONENT	YEAR COMPLETED
ROOF	1991/94/03
WINDOWS	2003
HVAC	1997/2003
ELEVATOR	1988/2003
BUILDING SYSTEMS	2003

## Secondary Projects

---

### PROJECT FY 2010: HVAC Controls Upgrade

Category: B

Tier: 3

Useful Life: 20 years

Budget: \$525,405

#### PROJECT DESCRIPTION:

This project will provide individual classroom temperature controls in the original 1935 and 1941 buildings to help control energy costs and improve comfort levels.

#### PROJECT HISTORY:

This project was originally scheduled for FY 2010 and was delayed to FY 2011 due to budget constraints

#### PROJECT SCHEDULE:

This work will take place over the 2011 summer break.

#### CHANGES IN PROJECTS FROM PRIOR YEAR:

This project was moved from FY 2011 to FY 2010.

#### OPERATING BUDGET IMPACT:

This project will reduce operating costs and produce energy savings for affected heating and cooling equipment.

---

### PROJECT FY 2014: Sport Turf Field

Category: B

Tier: 3

Useful Life: 20 years

Budget: \$1,377,292

#### PROJECT DESCRIPTION:

This project will provide an all weather sports turf field to allow extended use of the athletic fields for students and Recreation Department programs.

#### PROJECT HISTORY:

This project was originally scheduled for FY 2010 but unfunded due to budget constraints.

#### PROJECT SCHEDULE:

Construction would begin in the spring of 2014 and be ready for the following academic year.

#### CHANGES IN PROJECTS FROM PRIOR YEAR:

This project is currently unfunded.

#### OPERATING BUDGET IMPACT:

This project will have little or no impact on the operating budget.



# SECONDARY PROJECTS

Project Number: 001765 Francis C. Hammond Middle School

Francis C. Hammond

TASK TITLE	CATEGORY	TIER	FY 2009	FY 2010	FY 2011	FY 2012	FY 2013	FY 2014	GRAND TOTAL
ARCHITECT SERVICES	B	1				81,360			81,360
UPPER FIELD ARTIFICIAL TURF	B	2							-
ROOF REPLACEMENT	B	1				813,600			813,600
TRACK INSTALLATION	B	2							-
LOWER FIELD ARTIFICIAL TURF	B	3							-
<b>TOTAL PROJECT</b>			\$ -	\$ -	\$ -	\$ 894,960	\$ -	\$ -	\$ 894,960

SCHOOL STATISTICS	
AGE (IN YEARS)	51
YEAR BUILT	1956
ADDITIONS	1959 2002
SQUARE FOOTAGE	236,125
ENROLLMENT 9/30/07	1,117

MAJOR PROJECT STATUS	
PROJECT TITLE	YEAR COMPLETED
ROOF	1991/2002
WINDOWS	1994/2002
HVAC	2005/06
ELEVATOR	2002
BUILDING SYSTEMS	2003

**KEY**

**CATEGORY A:** Recurring infrastructure (5R) programs:  
Smaller projects that address recurring maintenance needs and maintain existing service levels.

**CATEGORY B:** Major infrastructure reconstruction projects:  
Projects that address one-time renovation or reconstructions needs of an existing facility

**CATEGORY C:** Ongoing Improvement Programs: Smaller projects that enhance or expand facilities or infrastructure

**CATEGORY D:** New Projects

## SECONDARY PROJECTS

Project Number: 001-103-1103 Francis C. Hammond Middle School



Francis C. Hammond Middle School  
4646 Seminary Road  
Alexandria, Virginia 22304  
Tel: 703-461-4100 | Fax: 703-461-4111  
Principal: Randolph Mitchell  
[www.acps.k12.va.us/hammond/](http://www.acps.k12.va.us/hammond/)

### Community Use

- Church rentals
- Intramural Program
- Recreation Department Programs
- Tutorial Program

**PROJECT SUMMARY:** This project provides for various renovations and improvements to **Francis C. Hammond Middle School** which serves grades 6-8 and City Recreation Department programs. This building was opened as a high school in 1956 and had major additions in 1959 and in 2002. The total floor area, including the most recent addition, totals 236,125 square feet.

**PROJECT DESCRIPTION:** In FY 2012, a roof replacement project for the entire facility is proposed. The roof has reached the end of its expected useful life and requires replacement.

**IMPACT ON OPERATING BUDGET:** The new roofing system will increase thermal efficiency and reduce energy costs.

### CHANGE IN PROJECT FROM PRIOR APPROVED BUDGET:

- Increased project costs due to inflation and rising building costs
- Roof replacement project moved to FY 2012

### UNFUNDED PROJECTS

- Artificial turf field project
- New track installation project
- Lower field project



## Study Predicts Obesity Apocalypse by 2030

Experts Weigh in on Fate of Rapidly Fattening Populace

By DAN CHILDS  
ABC News Medical Unit

Aug. 2, 2008—

Rising sea levels. Flying cars. Speculation about what the world will look like a quarter century from now are in no short supply.

But if new research released this week is correct, we can at least be sure of one thing: The forecast calls for fatness.

The study, released this week in the journal *Obesity*, suggests that by the year 2030, nearly every American will be overweight or obese.

Currently, figures from the U.S. Centers for Disease Control and Prevention put the prevalence of overweight and obesity in adults at about 66 percent. But lead study author Dr. Youfa Wang of the Johns Hopkins Bloomberg School of Public Health in Baltimore says that if current overweight and obesity trends continue, 86 percent of Americans could be overweight or obese by the year 2030.

Even more troubling, the authors note, "By 2048, all American adults would become overweight or obese."

"The results of the study show clearly how the future situation might become if current trends continue," Wang says.

Wang says that the increase in metabolic disease and other weight-related conditions could have a catastrophic toll on public health -- and on the public pocket. If these predictions come to bear, Wang and his colleagues estimate that the additional overweight and obesity burden could add up to an extra \$860 billion to \$956 billion per year in health expenditures to treat these conditions. All told, this would mean that \$1 in every \$6 spent on health care would be spent as a result of the overweight and obesity.

While some obesity experts are skeptical of the prediction that nearly all Americans will one day be obese, all agree that the problem is a growing one.

"It will never come to pass that all Americans are overweight, not even in 2048," says Keith-Thomas Ayoob, associate professor and pediatrics nutritionist at the Albert Einstein College of Medicine in Bronx, N.Y. "That may be a statistical possibility, but not a real one.

"However, the other prediction of 86 percent by 2030 could very well happen. We're almost there."

"I think they overestimate the eventual percentage and do not take into consideration the likely asymptotic nature of the curve," notes Dr. James Anderson, emeritus professor of medicine and clinical nutrition at the University of Kentucky in Lexington. But, he adds, "I think the rates of overweight and obesity are still increasing at a disastrous rate."

And other experts say that an almost completely overweight population, however frightening, could indeed be in store for the decades to come.

"Given that people in the U.S. continue to eat more and move less, I am not surprised at these findings," says Madelyn Fernstrom, founding director of the University of Pittsburgh Medical Center Weight Management Center.

Dr. Jana Klauer, a New York City-based physician and author of "How the Rich Get Thin," agrees.

"As a nation we have become too fat," she says. "The reasons are complex but can easily be summarized by: too much food and too little exercise. Highly palatable, cheap foods are abundant. ... The focus on exercise is absent in most Americans' lives. Yes, I think the predictions will come to pass."

### **Signs of a Turnaround?**

However, not all obesity-related news in the past year has been quite so bleak. In November 2007, a CDC study found that there was virtually no change in obesity rates among men and women between the periods of 2003-04 and 2005-06.

"Perhaps the authors of this paper did not consider the newer data," notes Mary Beth Kavanagh, instructor in the department of nutrition at Case Western Reserve University in Cleveland. "This is not to say that the problem is not significant and carries a tremendous cost to society and a burden on the health care system. [But] I do not honestly believe that we will hit the 86 percent mark for overweight and obesity."

However, Wang says this new data is eclipsed by that used in his study, which takes into account three decades of research.

Additionally, some suggest that even though recent reports indicate that childhood obesity, too, may be leveling off somewhat, the problem is far from solved.

"Kids may be getting overweight more slowly, but in certain groups the news isn't good," Ayoob says. "Mexican-American and African-American kids fare the worst, and the children in the upper percentiles seem to be gaining faster than the rest of the child population."

"Also, we have to remember that we'll be sending more of our children into adulthood with obesity, so more of them will already be at a disadvantage."

## Path to a Different Fate

Obesity experts agree that certain measures, taken now, can head off major problems in the future. Whether or not the country will follow through, however, is a matter of debate.

"We are terribly, ominously off-course," says Dr. David Katz, co-founder of the Yale University Prevention Research Center. "To close the gap, we need to fix everything that's broken -- from neighborhoods without sidewalks, to the high price of produce, to food marketing to children, to misleading health claims on food packages, to school days devoid of physical activity and school cafeterias devoid of healthful offerings. The list goes on and on."

Others cite individual responsibility for diet and lifestyle habits. Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine (PCRM) and a staunch supporter of a vegetarian diet, says dietary modification could be a crucial step in solving the problem.

"U.S. eating habits are nowhere near where they should be," he says. "The average American eats 50 pounds more meat and 20 pounds more cheese per year, compared to the 1960s. ... I would strongly encourage Americans to adopt more vegetarian meals."

Fernstrom, on the other hand, says drastic approaches to weight control turn most people away.

"We talk and don't do. People are walking encyclopedias of information, but making small changes over time is key," she says. "In the U.S., our 'all or nothing' approach to weight management won't work. Slow and steady wins the race."

But no matter the means, most agree that the research could serve as a needed alarm to help jump-start solutions to the nation's growing weight problem.

"Predictions should always be viewed as possibilities, not guarantees, but the information presented in this study should cause all Americans to focus on how they can change behaviors to promote health, their health," says Connie Diekman, director of university nutrition at Washington University in St. Louis and former president of the American Dietetic Association.

"If the projected numbers do or do not come to be, this study is a good wake-up to the fact that Americans aren't taking control of their own health."

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## Activity Levels Decline Among Schoolchildren

**New Research Confirms That the Older Kids Get, the Less Active They Become**

**By CARI NIERENBERG**  
**ABC News Medical Unit**

**July 16, 2008—**

Computer games, television, a lack of school recess and cuts to physical education classes may all help explain why children aren't getting as much physical activity as they used to.

But now a new study offers insight into exactly how sedentary American youth has become. And the numbers do not paint a pretty picture, particularly as boys and girls enter the post-puberty years.

In the study, published in the July 16 issue of the Journal of the American Medical Association, researchers measured activity levels in 1,032 kids between the ages of 9 through 15 and compared the levels with health experts' recommendations that children engage in at least 60 minutes of moderate to vigorous activity every day.

What they found was that 9-year-old girls and boys did a great job at meeting -- and exceeding -- these exercise guidelines. They got about three hours of moderate to vigorous physical activity a day on both weekdays and weekends.

But as youngsters entered their tweens and early teens, they became increasingly less active.

"About the time of puberty, activity levels start to decline, especially in girls," said Dr. Philip Nader, a lead author of the study and a professor emeritus in the department of pediatrics at the University of California at San Diego. He wrote "You Can Lose Your Baby Fat."

Nader and his colleagues found that young women dropped below the recommended 60 minutes of exercise a day threshold around age 13, while in boys the drop occurred later at 14.7 years old. By age 15, teens exercised for 49 minutes on weekdays and for 35 minutes on Saturday or Sunday.

Although teenagers have more free time on weekends, they don't appear to spend it in physical activity. But what was most surprising to Nader was the sharp rate of decline in

movement among the youngsters.

"It was quite significant," he says. "This [bodes] poorly for the direction of society and for our lifelong health.

"Activity is a major determinant of energy balance, and any decline in caloric expenditure doesn't help when it comes to childhood obesity."

### **Measuring Movement**

Although other studies have tried to measure how much children are moving throughout the day, most of this data has come from self-reported questionnaires.

Nader's research was among the first to take advantage of a movement-counting device known as an accelerometer. This new technology allowed the scientists to capture activity levels from a fairly large group of participants in a consistent way over a six-year period.

The children were asked to wear the accelerometer -- a small rectangular digital device strapped around the waist -- for one week. Data were collected at four different points in time: at age 9, 11, 12 and 15. This mini-computer would start counting when a child was moving forward, and provided a moment-by-moment account of physical activity. A child doing fast and vigorous movement recorded more counts.

The accelerometer could not count water-based activities, such as swimming or bathing, and couldn't be worn during contact sports. Nader didn't believe this missing data would underestimate the youth's activity levels, since he said most children don't participate in water or contact sports every day.

The new method of using the accelerometer to gain objective data is garnering praise from exercise specialists.

"The study is excellent overall and is a major contribution to the existing evidence of a dramatic decline in activity in children and adolescence," said Steven Blair, a professor in the department of exercise science at the Arnold School of Public Health at the University of South Carolina at Columbia.

But Blair said we don't yet know whether this substantial drop in activity is a normal phenomenon seen in all people as they get older or whether it's a red flag, noting, "We don't know yet how to interpret the decline."

### **How to Get Kids Moving**

And then there's the question of what to do about the findings.

"Schools must become more involved by establishing physical fitness standards and opportunities for all children in an educational and nonthreatening way," said Michael Dupper, an assistant professor in the department of health, exercise science and leisure management at the University of Mississippi.

Parents can also do their part, he added, by turning off the computer and TV, and creating an environment in which children want to make healthy lifestyle choices. And they can also serve as positive role models for fitting activity into a busy day.

Although Nader's research looked at school-age children, he said he saw the opportunity to encourage an enjoyment of physical activity and play in day care so it gets ingrained at an early age.

His advice to children and adults about exercise? "You literally need to find something that moves you," he said.

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Back to the report

## New Report: Virginia Ranks 27th Most Obese State in the Nation

**Washington, D.C. August 19, 2008** - Virginia was named the 27th most obese state in America according to the fifth annual *F as in Fat: How Obesity Policies Are Failing in America, 2008* report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). The state's adult obesity rate is 25.2 percent.

Nationally, adult obesity rates rose in 37 states in the past year. Rates rose for a second consecutive year in 24 states and for a third consecutive year in 19 states. No state saw a decrease. Though many promising policies have emerged to promote physical activity and good nutrition in communities, the report concludes that they are not being adopted or implemented at levels needed to turn around this health crisis.

More than 25 percent of adults are obese in 28 states, which is an increase from 19 states last year. More than 20 percent of adults are obese in every state except Colorado. In 1991, no state had an obesity rate above 20 percent. In 1980, the national average of obese adults was 15 percent. Now, an estimated two-thirds of American adults are overweight or obese, and an estimated 23 million children are either overweight or obese (the report does not include new state-level data for children this year).

Rates of type 2 diabetes, a disease typically associated with obesity, increased in 26 states last year, but did not grow in Virginia. Four states now have diabetes rates that are above 10 percent, and all 10 states with the highest rates of diabetes and hypertension are in the South. Virginia ranks 30th highest in type 2 diabetes, with 7.4 percent of the population affected, and it ranks 23th highest for hypertension. The report also found a relationship between poverty and obesity levels. Seven of the 10 states with the highest obesity rates are also in the top 10 for highest poverty rates, including Mississippi, Louisiana, Kentucky, Alabama, Arkansas, Tennessee and West Virginia. Rounding out the top 10 for highest poverty rates are the District of Columbia, New Mexico, and Texas.

"America's future depends on the health of our country. The obesity epidemic is lowering our productivity and dramatically increasing our health care costs. Our analysis shows that we're not treating the obesity epidemic with the urgency it deserves," said Jeff Levi, Ph.D., executive director of TFAH. "Even though communities have started taking action, considering the scope of the problem, the country's response has been severely limited. For significant change to happen, combating obesity must become a national priority."

The *F as in Fat* report is a follow-up analysis of the annual Behavioral Risk Factor Surveillance Survey (BRFSS) by the federal Centers for Disease Control and Prevention (CDC). The latest survey results showed Mississippi with the highest rate of obesity and Colorado with the lowest rate. Nine of the 10 states with the highest obesity rates are in the South. Northeastern and Western states continue to have the lowest obesity rates. *F as in Fat*

provides a trend analysis of the BRFSS data using a methodology recommended by the CDC. Rankings are based on three years of data (2005-07) that are averaged for each state's obesity rate. This methodology reflects a truer representation of the data for comparative purposes in order to rank states and examine changes over time.

The report also provides an annual review of state and federal policies aimed at reducing or preventing obesity in children and adults. It shows that many policies are missing critical components or require a more comprehensive approach to be truly effective. Among the examples highlighted:

- While all 50 states and the District of Columbia have passed laws related to physical education and/or physical activity in schools, only 13 states include enforceability language. Virginia has enforceability language. Of these states, only four -- Arkansas, Florida, New Mexico, and Oklahoma -- have sanctions or penalties if the laws are not implemented.
- While the Dietary Guidelines for Americans were updated in 2005, the U.S. Department of Agriculture (USDA) school meal program has yet to adopt the recommendation.
- Eighteen states have enacted legislation requiring school meals to exceed USDA nutrition standards. Virginia has not enacted this type of legislation. However, only seven states -- Alabama, Arkansas, Connecticut, Kentucky, Nevada, Oregon, and Texas have specific enforcement provisions, and only Kentucky and Texas include sanctions if the requirements are not met.
- Ten states do not include specific coverage for nutrition assessment and counseling for obese or overweight children in their Medicaid programs (Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefits). Virginia includes this type of specific coverage.
- Twenty states explicitly do not cover nutritional assessment and consultation for obese adults under Medicaid. Virginia does provide this coverage.
- Only two states -- Georgia and Vermont -- have specific guidelines for treating obese adults in their Medicaid programs. In Nebraska and South Carolina, the Medicaid programs specifically state that obesity is not an illness and is therefore not covered.
- Forty-five states allow using obesity or health status as a risk factor to deny coverage or raise premiums. Only five states -- Maine, Massachusetts, New Jersey, New York and Vermont -- do not allow using obesity or health status to deny coverage or raise premiums.

"Despite widespread acknowledgement that obesity is endangering the health of millions of Americans, the country is still failing to respond clearly or comprehensively," said Risa Lavizzo-Mourey, M.D., M.B.A., RWJF president and C.E.O. "We must work together, governments, schools and communities, to improve nutrition and increase physical activity for all ages. We must ensure that strong policies are implemented and enforced in every state, not only to help reverse existing obesity rates, but to prevent obesity among our nation's children - and generations to come."

"The report shows the serious impact that the obesity crisis is having on our country's health and economic well-being," said former President Bill Clinton, who co-leads the Alliance for a

Healthier Generation, a partnership between the William J. Clinton Foundation and the American Heart Association that works to advance innovative approaches combating childhood obesity and helping children live healthier lives. "We need to continue to work to create a real push towards reversing the obesity epidemic. It is time we make it a national priority," President Clinton added.

The *F as in Fat* report concludes with a recommendation that the country set a national goal of reversing the childhood obesity epidemic by 2015. To help achieve that goal, the report's top recommendation calls on the federal government to convene partners from state and local governments, businesses, communities, and schools to create and implement a realistic, comprehensive *National Strategy to Combat Obesity*. Some key policy recommendations include:

- Investing in effective community-based disease-prevention programs that promote increased physical activity and good nutrition;
- Improving the nutritional quality of foods available in schools and childcare programs;
- Increasing the amount and quality of physical education and activity in schools and childcare programs;
- Increasing access to safe, accessible places for physical activity in communities. Examples include creating and maintaining parks, sidewalks and bike lanes and providing incentives for smart growth designs that make communities more livable and walkable;
- Improving access to affordable nutritious foods by providing incentives for grocery stores and farmers' markets to locate in underserved communities;
- Encouraging limits on screen time for children through school-based curricula and media literacy resources;
- Eliminating the marketing of junk food to kids;
- Encouraging employers to provide workplace wellness programs;
- Requiring public and private insurers to provide preventive services, including nutrition counseling for children and adults; and
- Providing people with the information they need about nutrition and activity to make educated decisions, including point-of-purchase information about the nutrition and calorie content of foods.

The full report with state rankings in all categories is available on TFAH's Web site at [www.healthyamericans.org](http://www.healthyamericans.org) and RWJF's Web site at [www.rwjf.org](http://www.rwjf.org). The report was supported by a grant from RWJF.

### State-By-State Adult Obesity Rankings

*Note: 1 = Highest rate of adult obesity, 51 = lowest rate of adult obesity. Rankings are based on combining three years of data (2005-2007) from the U.S. Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System to "stabilize" data for comparison purposes. This methodology, recommended by the CDC, compensates for any potential anomalies or usual changes due to the specific sample in any given year in any given state. States with statistically significant ( $p < 0.05$ ) increases for one year are noted with an asterisk*

*(\*)*, states with statistically significant increases for two years in a row are noted with two asterisks (\*\*), states with statistically significant increases for three years in a row are noted with three asterisks (\*\*\*). Additional information about methodologies and confidence intervals are available in the report. Individuals with a body mass index (BMI) (a calculation based on weight and height ratios) of 30 or higher are considered obese.

1. Mississippi\*\*\* (31.7%); 2. West Virginia\*\* (30.6%); 3. Alabama (30.1%); 4. Louisiana\* (29.5%); 5. South Carolina\*\*\* (29.2%); 6. Tennessee\*\* (29%); 7. Kentucky\*\*\* (28.4%); 8. (tie) Arkansas\* (28.1%) and Oklahoma\*\*\* (28.1%); 10. Michigan\*\* (27.7%); 11. (tie) Georgia\* (27.5%) and Indiana (27.5%); 13. Missouri\*\*\* (27.4%); 14. Alaska (27.3%); 15. Texas\* (27.2%); 16. North Carolina\*\*\* (27.1%); 17. Ohio (26.9%); 18. Nebraska\*\*\* (26.5%); 19. Iowa\* (26.3%); 20. South Dakota\*\*\* (26.1%); 21. (tie) Delaware\*\*\* (25.9%) and North Dakota (25.9%); 23. Kansas\*\* (25.8%); 24. Pennsylvania\* (25.7%); 25. Wisconsin (25.5%); 26. Illinois\* (25.3%); 27. (tie) Maryland\*\*\* (25.2%) and Virginia (25.2%); 29. Oregon\*\*\* (25%); 30. Minnesota\* (24.8%); 31. Idaho\* (24.6%); 32. Washington\*\*\* (24.5%); 33. Wyoming\*\*\* (24%); 34. Maine (23.7%); 35. (tie) Nevada (23.6%) and New Hampshire\*\*\* (23.6%); 37. New York\* (23.5%); 38. (tie) Arizona\* (23.3%) and Florida (23.3%) and New Mexico\*\*\* (23.3%); 41. California (23.1%); 42. New Jersey\*\*\* (22.9%); 43. Washington, D.C. (22.1%); 44. Utah (21.8%); 45. Montana\* (21.7%); 46. Rhode Island\*\*\* (21.4%); 47. Vermont\* (21.1%); 48. Massachusetts\*\*\* (20.9%); 49. Connecticut\*\*\* (20.8%); 50. Hawaii (20.7%); 51. Colorado\*\* (18.4%)

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*Trust for America's Health is a non-profit, non-partisan organization dedicated to saving lives by protecting the health of every community and working to make disease prevention a national priority. [www.healthymamericans.org](http://www.healthymamericans.org)*

*The Robert Wood Johnson Foundation focuses on the pressing health and health care issues facing our country. As the nation's largest philanthropy devoted exclusively to improving the health and health care of all Americans, the Foundation works with a diverse group of organizations and individuals to identify solutions and achieve comprehensive, meaningful and timely change. For more than 35 years the Foundation has brought experience, commitment, and a rigorous, balanced approach to the problems that affect the health and health care of those it serves. Helping Americans lead healthier lives and get the care they need-the Foundation expects to make a difference in our lifetime. For more information, visit [www.rwjf.org](http://www.rwjf.org).*

## Obesity Rates, % Adults (2004-07 average)

Sort by State	Sort by Rank
<b>Alabama</b>	30.1% (+/- 1.2)
<b>Alaska</b>	27.3% (+/- 1.5)
<b>Arizona</b>	23.3% (+/- 1.5)
<b>Arkansas</b>	28.1% (+/- 0.9)
<b>California</b>	23.1% (+/- 0.9)
<b>Colorado</b>	18.4% (+/- 0.7)
<b>Connecticut</b>	20.8% (+/- 0.8)
<b>Delaware</b>	25.9% (+/- 1.2)
<b>District of Columbia</b>	22.1% (+/- 1.0)
<b>Florida</b>	23.3% (+/- 0.7)
<b>Georgia</b>	27.5% (+/- 1.2)
<b>Hawaii</b>	20.7% (+/- 0.8)
<b>Idaho</b>	24.6% (+/- 0.9)
<b>Illinois</b>	25.3% (+/- 0.9)
<b>Indiana</b>	27.5% (+/- 0.9)
<b>Iowa</b>	26.3% (+/- 0.9)
<b>Kansas</b>	25.8% (+/- 0.7)
<b>Kentucky</b>	28.4% (+/- 1.0)
<b>Louisiana</b>	29.5% (+/- 1.0)
<b>Maine</b>	23.7% (+/- 0.9)
<b>Maryland</b>	25.2% (+/- 0.8)
<b>Massachusetts</b>	20.9% (+/- 0.6)
<b>Michigan</b>	27.7% (+/- 0.8)
<b>Minnesota</b>	24.8% (+/- 1.0)
<b>Mississippi</b>	31.7% (+/- 1.0)
<b>Missouri</b>	27.4% (+/- 1.1)
<b>Montana</b>	21.7% (+/- 0.8)
<b>Nebraska</b>	26.5% (+/- 0.9)
<b>Nevada</b>	23.6% (+/- 1.3)
<b>New Hampshire</b>	23.6% (+/- 0.8)
<b>New Jersey</b>	22.9% (+/- 0.7)
<b>New Mexico</b>	23.3% (+/- 0.9)
<b>New York</b>	23.5% (+/- 0.8)

<b>North Carolina</b>	27.1% (+/- 0.6)
<b>North Dakota</b>	25.9% (+/- 1.0)
<b>Ohio</b>	26.9% (+/- 1.1)
<b>Oklahoma</b>	28.1% (+/-0.8)
<b>Oregon</b>	25.0% (+/- 0.8)
<b>Pennsylvania</b>	25.7% (+/- 0.8)
<b>Rhode Island</b>	21.4% (+/- 1.0)
<b>South Carolina</b>	29.2% (+/- 0.8)
<b>South Dakota</b>	26.1% (+/- 0.9)
<b>Tennessee</b>	29.0% (+/- 1.2)
<b>Texas</b>	27.2% (+/- 0.9)
<b>Utah</b>	21.8% (+/- 0.9)
<b>Vermont</b>	21.1% (+/- 0.7)
<b>Virginia</b>	25.2% (+/- 1.1)
<b>Washington</b>	24.5% (+/- 0.5)
<b>West Virginia</b>	30.6% (+/- 1.1)
<b>Wisconsin</b>	25.5% (+/- 1.0)
<b>Wyoming</b>	24.0% (+/- 0.8)



## Obesity Continues to Rise in Most States

Rates Rise Despite Efforts to Curb America's Growing Weight Problem

By DAN CHILDS  
ABC News Medical Unit

Aug. 19, 2008—

Massive public efforts to curb the U.S. obesity epidemic are falling tragically short, with populations in most states becoming more obese with each passing year, according to a new report that underscores the failure of initiatives aimed at promoting exercise and good nutrition.

The discouraging trends, reported in the fifth annual "F as in Fat: How Obesity Policies Are Failing in America, 2008" report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), reveal that obesity rates rose in 37 states in the past year, while no state registered a decrease in obesity.

Worse, in 24 states the uptick continued a trend seen from the previous year. Obesity rates rose for a third consecutive year in a total of 19 states.

"Our analysis found that on the state and community levels, overall we are not treating the obesity epidemic with the urgent response it deserves," said Jeff Levi, executive director of TFAH, during a Tuesday morning press conference.

As in years past, states in the South were found to have particularly high obesity levels. The region accounted for nine of the top 10 most obese states.

Mississippi holds the dubious honor as the most obese state, with 31.7 percent of adults qualifying as obese. Colorado is the slimmest state, with only 18.4 percent of the adult population classified as obese -- but even this figure is the result of two years of steadily increasing obesity rates.

According to the report, Colorado remains the only state in which the adult obesity rate is less than 20 percent.

"In 1991, no state had an obesity rate of more than 20 percent," said Dr. James Marks, senior vice president of the Robert Wood Johnson Foundation, during the press conference. He added that the new figures are cause for "urgency and outright alarm."

"It's shocking, the rate of this increase & Our nation is in a public health epidemic that continues undiminished," he said.

The findings suggest that Americans are further than ever from achieving the health goals set forth by Healthy People 2010 -- an effort that aims to reduce the prevalence of overweight and obesity among adults to less than 15 percent and among children to less than 5 percent by the year 2010.

In fact, the report's authors estimate that if the the percentage of adults who are either overweight or obese continues to climb at the current rate, 75 percent of Americans will be overweight or obese by 2015.

"With each and every year, we see more and more evidence that the obesity epidemic continues to gain speed and force," Marks said.

The new report comes just two weeks after a study by Dr. Youfa Wang of the Johns Hopkins Bloomberg School of Public Health in Baltimore suggested that if current overweight and obesity trends continue, 86 percent of Americans could be overweight or obese by the year 2030 -- and by 2048, virtually all Americans will be overweight or obese.

Obesity rates among children younger than 5 have doubled over the last two decades, according to the Centers for Disease Control and Prevention. The prevalence of childhood obesity has prompted pediatricians to encourage parents to start monitoring their children's weight. Conditions like high cholesterol and high blood pressure, which were once seen as only affecting adults, have reached a much younger age group.

### **Heavy Health Implications**

The new numbers suggest the continuation of a steady trend toward obesity that has been seen over the past several decades. In 1980, the report notes, the national average of obese adults was a mere 15 percent. Today, according to figures from the U.S. Centers for Disease Control and prevention, about a third of adults are obese.

With the increase in obesity has come a spike in the diseases associated with excess weight. According to the report, rates of type 2 diabetes -- a disease typically associated with obesity -- grew in 26 states last year.

Levi said the spike in such diseases carries a financial burden as well.

"Obesity is not just about health; it has a real impact on our country's economy as well," he said.

Though estimates of exactly how much this added weight impacts the economy vary, CDC figures suggest the additional medical expenses brought about by overweight and



obese Americans accounted for 9.1 percent of total U.S. medical expenditures in 1998 -- a figure that may have topped \$78.5 billion.

In the decades to come, this figure could balloon to nearly \$1 trillion every year, according the study published by Wang.

### **Slim Hopes?**

Not all obesity-related news in the past year has been quite so bleak. In November 2007, a CDC study found that there was virtually no change in obesity rates among men and women between the periods of 2003-04 and 2005-06. A similar stall was seen in childhood obesity rates during this time period.

But most public health experts maintain that the rates still remain far too high for comfort. Particularly worrying is the fact that the obesity rate in children, while shown to be relatively stable in some past research, indicates that about 1 in 5 American children are obese.

Marks says the only way to reverse this trend is a greater investment from all sectors in society in anti-obesity efforts.

"The resources that have been devoted to improve the health of families and children and the steps taken remain few and ineffective," he said.

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## Secondary Projects

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### **PROJECT FY 2010: Sport Turf Field/Running Track**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$ 1,672,947**

#### **PROJECT DESCRIPTION:**

This project will provide an all-weather artificial sports turf field and six lane running track on the field adjacent to the school.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2011, but was unfunded last year due to budget reductions.

#### **PROJECT SCHEDULE:**

Construction would begin in spring of 2010 and be ready for the following academic year.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project is currently unfunded.

#### **OPERATING BUDGET IMPACT:**

This project has little or no impact on the operating budget.

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### **PROJECT FY 2014: Sport Turf Lower Field**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$ 1,495,000**

#### **PROJECT DESCRIPTION:**

This project will provide a second all-weather sports turf field on the current lower field. This site is large enough with ample parking to support simultaneous athletic events.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2011, but was unfunded last year due to budget reductions.

#### **PROJECT SCHEDULE:**

Construction would begin in spring of 2014 and be ready for the following academic year.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project is currently unfunded.

#### **OPERATING BUDGET IMPACT:**

This project would have little or no impact on the operating budget.

## Secondary Projects

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### **PROJECT FY 2010: HVAC Controls Upgrade**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$525,405**

#### **PROJECT DESCRIPTION:**

This project will provide individual classroom temperature controls in the original 1935 and 1941 buildings to help control energy costs and improve comfort levels.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2010 and was delayed to FY 2011 due to budget constraints

#### **PROJECT SCHEDULE:**

This work will take place over the 2011 summer break.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project was moved from FY 2011 to FY 2010.

#### **OPERATING BUDGET IMPACT:**

This project will reduce operating costs and produce energy savings for affected heating and cooling equipment.

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### **PROJECT FY 2014: Sport Turf Field**

**Category: B**

**Tier: 3**

**Useful Life: 20 years**

**Budget: \$1,377,292**

#### **PROJECT DESCRIPTION:**

This project will provide an all weather sports turf field to allow extended use of the athletic fields for students and Recreation Department programs.

#### **PROJECT HISTORY:**

This project was originally scheduled for FY 2010 but unfunded due to budget constraints.

#### **PROJECT SCHEDULE:**

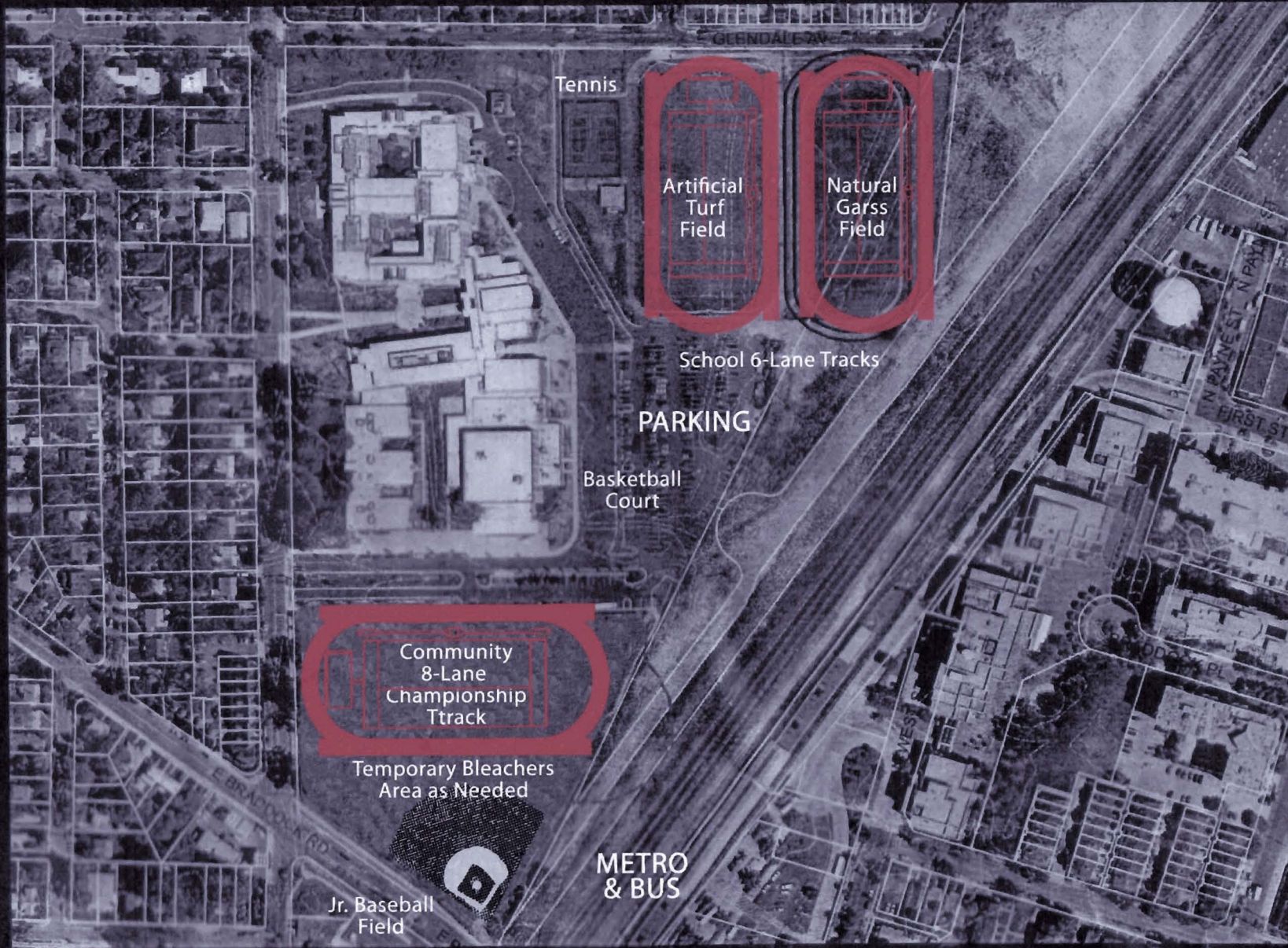
Construction would begin in the spring of 2014 and be ready for the following academic year.

#### **CHANGES IN PROJECTS FROM PRIOR YEAR:**

This project is currently unfunded.

#### **OPERATING BUDGET IMPACT:**

This project will have little or no impact on the operating budget.



Tennis

Artificial  
Turf  
Field

Natural  
Grass  
Field

School 6-Lane Tracks

PARKING

Basketball  
Court

Community  
8-Lane  
Championship  
Track

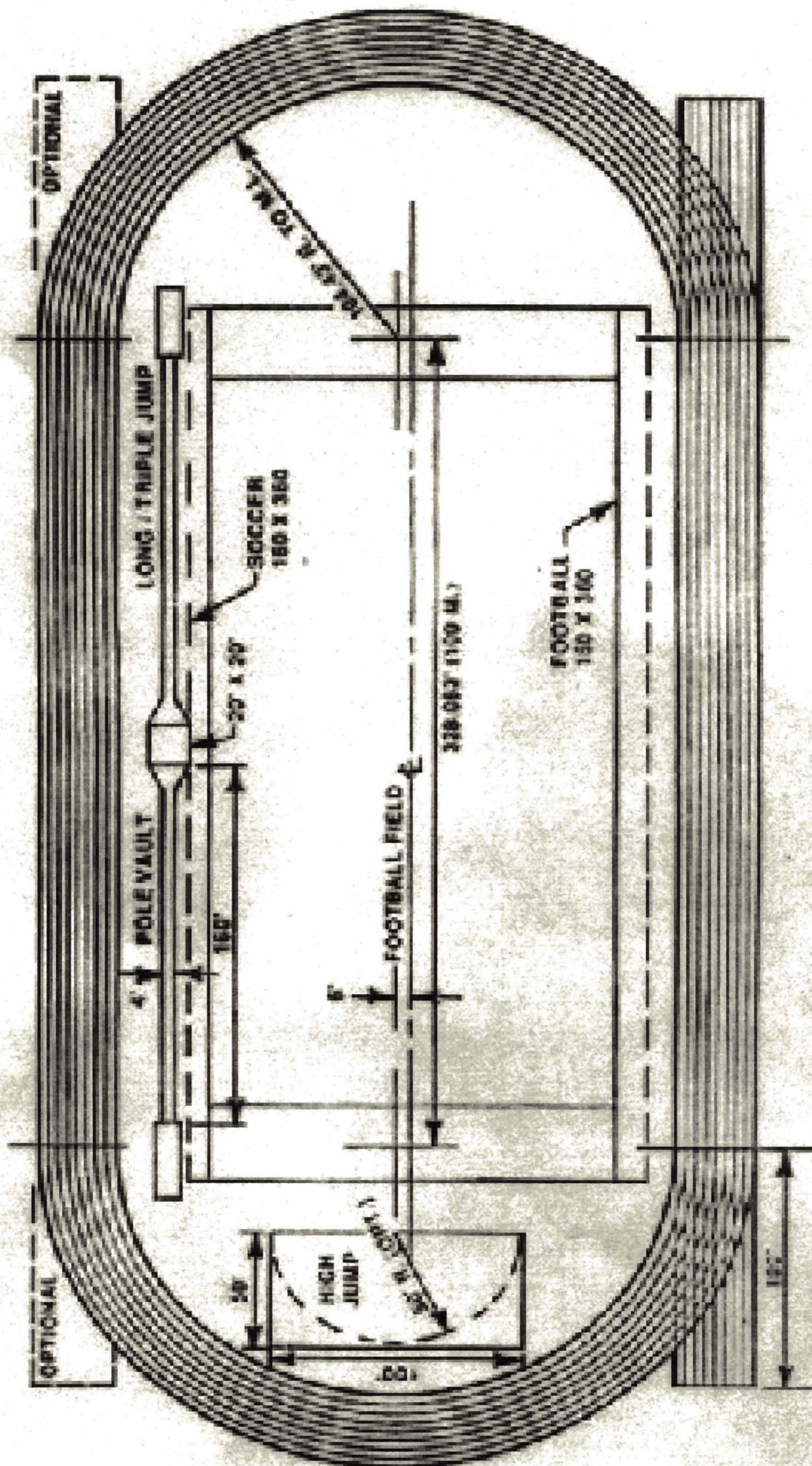
Temporary Bleachers  
Area as Needed

Jr. Baseball  
Field

METRO  
& BUS

BRADDOCK FIELD AND GW SCHOOL

The Perfect Place for a Community Sport Facility



# THE CASE FOR RESTORING THE RUNNING TRACKS AT FRANCIS HAMMOND AND GEORGE WASHINGTON MIDDLE SCHOOLS IN THE CITY OF ALEXANDRIA, VIRGINIA

By Gary J. Carr

The running tracks at Alexandria, Virginia former high schools were eliminated when the facilities were renovated and converted into middle schools. The basis for case for the restoration of running tracks at Francis Hammond and George Washington Middle Schools is the following:

**Community Need-** The simple fact is that for a community of better than 130,000 a single track is insufficient to meet the need. Tracks are focused on the schools, but used by all.

**Childhood Obesity-** Overweight children represent a significant and growing number of child who through overeating and lack of exercise put their long term health at risk. Overweight or obese children and adults could comprise a majority of population

**Type II Diabetes-** This largely preventable malady is the scourge of the 21st Century primarily a result of sedentary lifestyles and poor dietary choices. Incidence of other metabolic related disease are also increased.

**Cardio-vascular Disease-** Experts also warn that if left unchecked, childhood obesity and a sedentary lifestyle may undo advancements that have been made in heart disease prevention and survival. It is the leading cause of death in the United States.

**Standards of Learning-** Numerous SOL items could be addressed in a practical manner. Time, distance, speed, velocity, decimals, fraction, ratios to mention just a few.

**College Scholarships-** nearly 15,000 scholarship are offered and track and field annually.

**Universal Usage-** All segments of the community from the very young to the very old will be patron of the tracks. It will be used males and female equally. In shape or out of shape, come one come all.

**High School Track Unavailable to Community-** Single track at High School not available during school hours, many times after-school due to practices or games, and never at night due to no lighting apparatus.

**Track Surfaces-** Specialized track surfaces are much healthier for the feet, knees and legs of runners.

**Enhances Limited Field Inventory-** Addition of a track whenever possible dramatically increases the usage of a finite resource without diminishing field inventory. Running can occur simultaneously in most case with field usage.

**Use By All Athletes-** Athletes in every sport, from swimming to golf, will benefit from usage of the running tracks. Cardio-vascular fitness is a requisite for success.

**Loss of Physical Activity During School Day-** As Academics take priority there are fewer opportunities to engage in exercise during school

**Economic Benefits-** Running tracks draw runners to the area both locally and nationally, would purchase everything from water to hotel rooms and everything in between.

**Better Dietary Choices-** Individual who run make better dietary choices

**Disproportionately Affects Minorities-** African Americans and Hispanics are more like to bear the negative impact of sedentary lifestyles. They are also growing faster than the general population.

**Reduces Smoking and Drug use-** Studies clearly show that runner statistically smoke tobacco products and illegal substance at a much lower rate

**Cost-** Obesity and cardio-vascular related diseases represent billions of dollar in health related cost, loss of productivity. One and every six health care dollars are spent on obesity related illnesses.

**Prestige-** The positive notability that would be brought to the city from hosting a regional track event. Alexandria would receive incalculable free advertisement.

**Piggyback Promotions-** Track related events that corresponds to The Marine Corps Marathon and Army Ten-Miler and others would bring thousands of visitors to the city.

**Character-** Running builds and reinforces positive character attributes. (i.e. work ethic, judgment, commitment, focus, resolve, and determination)

**Self Esteem- Studies** have shown that physically active children, especially adolescent girls, have a markedly improved self confidence, resulting in better overall performance gains.

**Reduces Inhibitions-** The group mentality encourages the hesitant to engage in physical activity.

**Safety-** Running tracks provide a safe environment for exercise for children and women. Running or jogging on the city streets or in isolation have inherent dangers

**Self Esteem-** Weight loss and physical fitness have been proven to improve self images and positive outlook.

**Inangible Benefits-** Things that have not been mention here. Like Walking. Or the Olympics.

## **A Proposed Process to Restore the Running Tracks at Francis Hammond and George Washington Middle Schools**

1.) Pass a resolution endorsing the restoration of the running tracks.

*Whereas Francis Hammond and George Washington Middle Schools, formerly city high schools, have historically had running tracks, and whereas these running tracks are needed to serve both middle school students and the greater community, and whereas running facilities uniquely serve all members of the schools system regardless of athletic ability, and whereas tracks serve the needs of males and females equally, and whereas outlets for physical activity is needed to combat childhood obesity and other sedentary lifestyle related maladies, and whereas numerous Standards of Learning items could be addressed in a applied manner with a running track including time, distance, speed, velocity, decimals, fraction, and ratios, and whereas many economic benefits are derived by running tracks attract visitor to the area both locally and nationally, and whereas studies have conclusively show that runners statistically smoke tobacco products and illegal substance at a much lower rate, and whereas studies have shown that physically active children, especially adolescent girls, have a markedly improved self confidence, resulting in better overall academic performance gains, and whereas running track facilities provide a safe environment for exercise for children and women as running or jogging on the city streets or in isolation have inherent dangers, and whereas running tracks are needed to serve the geographic distribution of the populace, and whereas running builds and reinforces positive character attributes including work ethic, judgment, commitment, focus, resolve, and determination-*

*We, the members of the Alexandria City School Board do fully endorse the restoration of running track facilities to the George Washington and Francis Hammond Middle Schools*

*We request that the City of Alexandria act as expeditious as feasible to complete these projects.*

2.) Request the completion of the detailed architectural drawings needed to commence construction.

3.) Request this expenditure be placed on the Alexandria City's budget, as it will serve the greater community as much as it will the schools.

4.) Request that if the City is unable or unwilling to allocate funds, allow for a request for proposal (RFP) be created so that an organization willing to fund the project could be identified. Corporations and foundations are willing to fund such projects.

5.) Request that running tracks be constructed of asphalt (identical to a paved road surface), as opposed to a rubberized surface, to minimized cost of construction, increase types of usage (i.e. bike riding), minimize maintenance and repair cost, and allow for construction to proceed independent of any needed field improvements.

6.) Establish a series of marked running paths throughout the city for cross country, long distance and marathon runners to practice and train on and encourage police vigilance along these routes. Establish a program to encourage and provide incentives for all city employees to utilize running facilities for recreation and fitness





Recreation, Park & Cultural Activities Illustration

FRANCIS HAMMOND SCHOOL

ARMY TRACK 120 YD X 66 YD FIELD (TO WILLIAMS EXISTING)

ARMY TRACK 120 YD X 66 YD FIELD (APPROX. 4.5 LAPS = 1 MI.)



400M TRACK/ 100 YD X 65 YD FIELD (TO WILLIAMS EXISTING)  
350M TRACK/ 120 YD X 58 YD FIELD (APPROX. 4.5 LAPS = 1 MI)  
320M TRACK/ 100 YD X 53 YD FIELD (APPROX. 5.5 LAPS = 1 MI)

BRADDOCK FIELD AND GW SCHOOL

Recreation, Park & Cultural Activities Illustration

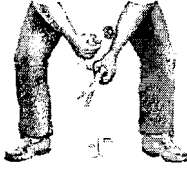


200M TRACK/ 100 YD X 45 YD FIELD  
(APPROX. 7-8 LAPS = 1 MI.)

MINNIE HOWARD SCHOOL

Recreation, Park & Cultural Activities Illustration

## Join the Presidential Fitness Partners in May



Mark the month of May on your calendar and join us in celebration.

Since 1983, May has been observed as National Physical Fitness and Sports Month. Individuals and organizations everywhere have joined in the fun to promote awareness of the value of physical activity in the pursuit of happier, healthier, more productive lives. To further this vital mission, the President's Council on Physical Fitness and Sports reached out in 1994 to both public and private organizations to form the Presidential Fitness Partners in May. By working together in this partnership, our individual health and fitness messages will achieve increased public resonance.

Let's move Americans to move themselves in a healthier way this month (and throughout the year). Here are some tips for reaching out during National Physical Fitness and Sports Month.

### HOW TO GET STARTED



One agency in your area such as a school, company, recreation department, or club should assume leadership and pull together representatives from other local agencies to help. A series of planning and organizing meetings should be held to discuss responsibilities. Committees such as publicity, program development, fund-raising, etc., should be selected. Keep them small and efficient. A lot of work is required to stage a successful fitness month celebration; therefore, everyone selected must be willing to devote time and make a commitment.

### FINANCING THE CELEBRATION



It has been demonstrated that a two- or three-day program can be staged effectively with little cost. The effort would certainly be helped if each cooperating agency would provide some financing for preliminary planning purposes. Additional funds may be solicited from local businesses.

The following guidelines may make a fund-raising solicitation more productive.

1. Develop an itemized budget plan with full explanation.
2. Select/appoint a committee of no more than three people to execute the fund solicitation plan.
3. Select a list of companies to be solicited from the local telephone business directory.
4. Contact these businesses early. Ask each to contribute an equal percentage of the total budget.
5. Establish and maintain a bank account and expense ledger for these funds.
6. Offer some type of benefit to each contributor, such as recognition in the official program and in public advertisements.

### THE PLAN



National Physical Fitness and Sports Month event plan should include the following elements:

1. Begin planning far enough in advance.
2. Get early commitments on location and space, particularly in areas such as shopping malls.
3. Decide which activities will be included.
4. Develop a schedule of events.
5. Obtain official proclamations from the governor and/or the mayor or appropriate officials.
6. Solicit the assistance of as many local organizations as possible.
7. Form committees and delegate responsibilities.
8. Solicit sponsorship and financial support from local business and industry.
9. Include the media in all planning and provide frequent and continuous information on progress. Work closely with the media and try to get as much publicity as possible.

### SUGGESTED EVENTS



Community agencies have sponsored a variety of fitness events that have proven successful including:

1. **Fitness/Health Fair** – A special celebration with participating groups such as the local medical association, heart association, chamber of commerce, business and industry, educational institutions, or clubs. It may be conducted at local malls, in shopping centers, schools, or designated recreation centers.
2. **Fitness Festival** – An organized series of fitness activities involving school, recreation, business and industry, and/or other sports and fitness agencies. Outstanding fitness activities may be highlighted or new fitness programs introduced to the public, that can then be carried out on a long-term basis.
3. **Fitness Talks/Lectures/Film Showings/Television** – Create increased awareness of and participation in local fitness activities by inviting national/state experts, local physicians, health officials, and fitness professionals to participate in talk and lecture programs, film discussions, and/or television shows.
4. **Distance/Fun Runs/Fitness Walks** – Many agencies and groups promote such events as part of their regular fitness programs, and these may be tied into Fitness Month. Assistance may be available from local running clubs or such groups as the National Road Runners of America. It is extremely important, however, that necessary precautions for emergency care be observed in planning and conducting distance runs.

5. **Social Events** – Include community fun days, combinations of multiple events, proclamation-signing or reading ceremonies by the governor, mayor, etc., at the end or beginning of an event. This can be done by calling a press conference and inviting medical personnel to cover the initial day or the opening of each agency's celebration.

6. **Sports For All Day** – Agencies/organizations may wish to schedule a series of sports events, tournaments, and other athletic activities highlighting their participation in the celebration.

7. **Fitness/Sports Testing** – Assistance should be enlisted from local medical groups, universities, and/or fitness/sports experts.

8. **Other Suggestions** – Take this opportunity to launch your community's Presidential Sports Award Program or assist your school and others who conduct the President's Challenge Youth Physical Fitness Awards Program (top achievers are eligible for the Presidential Physical Fitness Award).

Aspects of the program may include a focus on youth fitness, employee fitness, fitness for special populations, and events of special emphasis such as 10K runs, volksmarches, walking tours, fitness assessment, and sporting events.



#### PROMOTION AND PUBLICITY

promotion and publicity program are key elements for maximizing participation. Involve the media (television, radio, newspaper) early because they may provide assistance and follow-up.

A fitness or wellness committee may be established to handle this aspect. A face-to-face meeting will help to establish a good relationship.

Make initial media contact at least two months in advance. The more help you will need, the earlier the media should be contacted.

An early discussion of plans with representatives from the media must be followed by a complete schedule of activities. Local weeklies may want to print the entire schedule of events, with times, locations, and phone numbers to contact for additional information.



The Sample Proclamation you'll use is as follows: Whereas, The President's Council on Physical Fitness and Sports

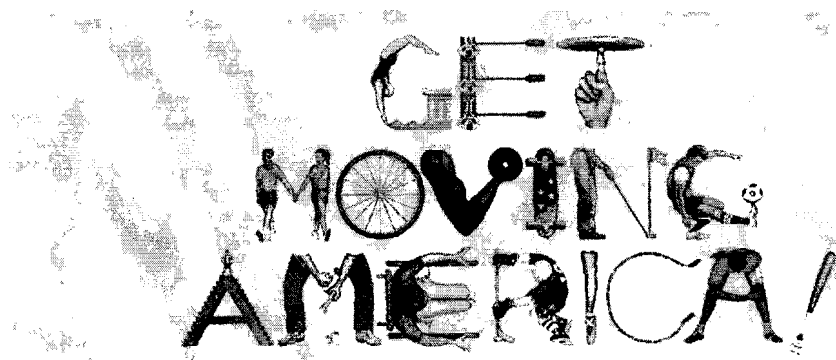
has designated the month of May (date) and (year) as National Physical Fitness and Sports Month; and created the Presidential Fitness Partners in May;

Whereas, National Physical Fitness and Sports Month is our country's observance of fitness and sports. Many agencies have initiated programs designed to improve our quality of life. As partners, we can better help one another communicate the common message of improved health through physical activity more effectively; and

Whereas, National Physical Fitness and Sports Month is a time when we can do something special to direct deserved national attention to the benefits of physical activity.

Now, therefore, I (name) (governor) or (mayor) of the (name of city or state), do hereby proclaim the month of May (date) and (year) as "Physical Fitness and Sports Month" in (city) or (state) and urge our community to promote physical activity in recognition of this month.

**NordicTrack**  
Presented as a public service





# 2009 National President's Challenge Fact Sheet

National President's Challenge:  
Be Active Your Way In May!

May 1 - July 24

Registration: May 1 - May 29  
at [www.presidentschallenge.org](http://www.presidentschallenge.org)

**RISE TO THE CHALLENGE** The National President's Challenge is an opportunity to get America up and moving. Everyone aged 6 and older is encouraged to rise to the challenge. All you have to do is be active five days a week for six out of eight weeks, and log your activity at [www.presidentschallenge.org](http://www.presidentschallenge.org). It's good for you, it's fun, and it's free! States compete with each other for national honors, but you can also challenge other schools, your friends at work, or just challenge yourself to get more active. The payoff is a healthier nation and a healthier you.

**Why participate?** Two thirds of us are obese or overweight, and our children are three times more likely to be overweight now than in 1980. We can turn that around and have fun doing it! You can get your school involved and compete with other schools, participate with your employer, challenge your friends or just pledge to get and stay more active. Whether you're a governor, a teacher, a community leader or a kid, a healthier you is a healthier nation. Do it for yourself and be a role model for others.

When you've completed the six week program, you can download a free certificate or purchase pins, T-shirts, sport packs, medals and more – available at the President's Challenge order center [www.presidentschallenge.org/order\\_center/index.aspx](http://www.presidentschallenge.org/order_center/index.aspx)

**How do I participate?** It's simple and it's free! Be active five days a week for six of the eight weeks between May 1 and July 24. We allowed two weeks for inevitable schedule conflicts, so the commitment is not unrealistic. Register and log your activity at [www.presidentschallenge.org](http://www.presidentschallenge.org). That's it!

The amount of time you need to be active depends on your age. If you're 6-17 years old, you should be active for an hour per day. If you're 18 or over, 30 minutes per day is all it takes.

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## DON'T GO IT ALONE

There are many ways to get others involved at school, at work, at home or at church. Some of those ways are outlined below, along with some tips for organizers. The website makes it easy to keep track of your individual and group progress.

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### Get Your School Involved

Register your school and compete with other schools. Get recognition for your school and each student. See the Teachers section of the website for details.

**Schools with a minimum 35% completion rate will receive a special certificate.**

### Get Your State Involved

The governor of the state with the highest participation percentage will be declared the national winner. Special recognition will be given to governors of the top five participating states. You can help your state win!

[www.presidentschallenge.org](http://www.presidentschallenge.org)

### Get Your Organization Involved

The Challenge is a great way for HR administrators to meet their corporate wellness goals and improve health risk assessments. The website makes it simple to administer, and it's free, so it won't compete with existing programs for resources.

**Organizations with a minimum 35% completion rate will receive a special certificate.**

2  
3-11-09



Leslie Wilder  
<leslie.wilder@wap.org>

02/09/2009 05:08 PM

Please respond to  
Leslie Wilder  
<leslie.wilder@wap.org>

To william.euille@alexandriava.gov, timothylovain@aol.com,  
councilmangaines@aol.com, council@krupicka.com,  
delpepper@aol.com, paulcsmedberg@aol.com,

cc

bcc

Subject COA Contact Us: Senior Art Class



Time: [Mon Feb 09, 2009 17:08:25] IP Address: [70.21.44.129]

**Issue Type:** Mayor, Vice Mayor, and Council Members

**First Name:** Leslie

**Last Name:** Wilder

**Street Address:** 111 West Mt. ida Avenue

**City:** Alexandria

**State:** VA

**Zip:** 22305

**Phone:** 703-549-1896

**Email Address:** leslie.wilder@wap.org

**Subject:** Senior Art Class

I have lived in Del Ray for nearly 11 years, and for at least six of them I

have been participating in the Senior Watercolor Class  
at the Mt. Vernon

Recreation Center on Monday mornings. We have recently learned that all

senior activities in Alexandria are  
being cut 50 % to comply with the

greatly reduced budget for 2009 and 2010.

It appears we will be losing

our revered teacher Alice Kale. Mr. Kincannon is apparently under the

misconception that Ms.

Kale teaches us twice a week. If those were the

circumstances, it is understandable that he would think it reasonable for

her

to drop one class or continue as a partial volunteer. However, with

**Comments:** only one two-hour class, it means she would be reduced to  
every other

week. Understandably, she does not wish to commit to this.

|

understand a new teacher will be sought who finds the reduced schedule acceptable. We will miss Ms. Kale, who is an outstanding artist and an excellent teacher.

Arlington County has found a way to offer senior art classes -- participants pay \$24 per four classes. I wish the City of

Alexandria would look into this, as many in our class said they would be willing to contribute.

Thank you for your attention.