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3-14-09

GW AREA PLAYING FIELD COMMENTS

March 14, 2009

Thank you for the opportunity to speak. I am Pam Smith, President of the GW Middle School PTA, and a parent of a 6th and 8th grader there. I've recently learned about a proposal to exchange the playing fields at the front of GW for a triangular parcel called Landbay L which extends along the RR track from just north of GW almost to Monroe Avenue. Landbay L is in poor condition and would need very expensive work to be usable for any purpose. The present field is used by physical education classes during the day and football and little league during the evenings. It is a popular and convenient dual use green space which benefits far more people than live in the immediate area. Landbay L is larger than the present fields, but will be a narrow corridor between a new bus access road and Leslie Avenue. It will not be suitable for the same type of sports. It is further away from the school and has traffic hazards, both of which make supervision of students more difficult. When GW reaches full capacity of 1440 students in the next few years, GW will have an average of 180 students out at PE each class period. Good, safe playing fields will be a necessity.

Finally if the fields were developed, after a long period of noise and hazardous construction conditions affecting students and residents, where would new tenants park and exit the property? How will pedestrians, including students, reach the metro?

Bottom line: This swap is not a good deal for Alexandria citizens, it is irrevocable and it should not be accepted.

Potomac Yard Landbays

- D - Rail Park
- E - Four Mile Run Park
- F - Retail Center
- G - Town Center
- H - Swann Neighborhood
- I - Custis Neighborhood
- J - Howell Neighborhood
- K - Potomac Yard Park
- L - Braddock Neighborhood
- M - School Park



Public Hearing on March 14, 2009

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Good Morning – Mr. Mayor, Madam Vice Mayor and City Council Members –

My name is Anita Kirk and I have been a resident in Alexandria, since 1986. I am here today to address my concerns regarding the budget cuts threatening the Community Services Board (CSB) Home Based Program, used by my family for the past two years.

Since the age of seven, my son was diagnosed with OCD. OCD is a mental disorder that takes over the brain with obsessive thoughts that interrupt a person's daily routine. His symptoms became so extreme, that he could barely function in school or at home.

In the 4th grade I requested that an Independent Education Plan (IEP) be put into place for him, it took another 5 years before school officials agreed.

At the age of 15, as he entered TC Williams, he barely made it through the first quarter when his symptoms came back. On January 11, 2007, he told his teacher he was not feeling well, walked out of the classroom, feeling invisible. His friends stopped him from walking into traffic he called me to say that he was not feeling well.

The end result, we rushed him by ambulance to the emergency room, it was determined that he experienced a Bipolar, Maniac episode due to medication. We placed him in a Partial Hospitalization Program (PHP) immediately. He was admitted for two weeks, then re-entered for another five weeks in May 2007. This action was due to a life threatening incident that required police assistance.

In mid-April 2007, TC sent their Social worker and Truancy Officer to our home to observe the situation; which was severe depression. We escorted him to PHP and applied for assistance thru FAPT.

In May of 2007, he was considered for FAPT services, we requested funding for a 24-hour residential treatment program, which is extremely expensive. The team suggested services through CSB and Private placement. Quarterly, we meet before the board to review and discuss further funding.

After one year of CSB and Private Placement, the team transferred him back into TC for one class, which failed within 30 minutes. We contacted the services in place and they spent two-weeks helping us through this critical time.

At age 18, he completed two years of CSB and is a "success" story. He was a straight A Honor student in 11th grade and in his senior year, so far, his grades are straight A+. The past two years, he was awarded Student of the Month almost a half a dozen times.

After twelve years in the public school system, two of which CSB were involved, he is planning his future, while off all medications since December 2008.

We could not have made it without the help of CSB. Please consider the enormous savings on the financial budget, when using private placement and CSB services versus the overwhelming cost of a 24-hour residential program.

Thank you for listening to my story this evening. ^{My name is} We are one of the fortunate families in Alexandria that have benefited greatly from these services and we are hoping that when considering the budget, these funds will stay in place for others that are in such desperate need of help.

2
3-14-09

Ballyshaners' Thanks for the St. Patrick's Day Parade

March 13, 2009

Mayor Euille, Vice Mayor Pepper, and Members of City Council:

I am Kimberley Moore, a resident of Alexandria, speaking on behalf of the Ballyshaners. Today, I am joined by Ms. Jasmine Dawson whose family has lived on St. Asaph St. for many years. Ms. Dawson is also a member of the Ballyshaners and captained last weekend's St. Patrick's Day parade. She worked with and organized the over 150 units, totaling almost 3,000 parade participants. I was the parade's Lead Marshal. In that role, I worked with the Police Department and managed more than 60 volunteer marshals who made sure that the event ran smoothly and on time.

We are here this morning to thank you, Police Chief Baker, city staff and the police officers who worked with us to make last weekend's parade such a huge success. The Ballyshaners have spent the last 28 years volunteering countless hours to raise funds and bring the parade to Alexandria. Our efforts would not have been as successful as they were without the help that we received from the city and police department.

I am pleased to say that anecdotal reports from attendees and businesses include the following comments:

"It was our best day ever." That came from a business
"Our restaurant was packed until after midnight." That was not from a pub.
"My family and I had a fantastic time."
"It looked like small town America; the way life should be."

In addition, the press is reporting that city tax revenues for parade day were approximately 2 million dollars.

We also would like to thank the twenty Old Town businesses who purchased ads in our parade program. Their support makes it possible for us to host the parade.

We hope that you and all of the visitors to Alexandria enjoyed parade day as much as we enjoyed organizing it. We look forward to working with you, your staff and the police department to make next year's parade as successful as this year's if not better.

Thank you again and we Ballyshaners wish you a happy St. Patrick's Day.

Kimberley Moore
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Alexandria, VA 22301
703-548-3438
KMoore@apa.org

CIVIL RIGHTS PIONEERS

THE COURAGE AND COMMITMENT OF THESE MEN AND WOMEN,
LEADERS OF THE STRUGGLE FOR AFRICAN-AMERICAN CIVIL RIGHTS,
ENERGIZED A MOVEMENT THAT SPANNED GENERATIONS.



2
3-14-09
Gary Carr

1959-2009 Fiftieth Anniversary of the Intergration of Alexandria's Schools

"In 1959, *five years* after the Brown vs. Board of Education Supreme Court ruling that separate but equal schooling is inherently unequal and unconstitutional, Alexandria formally desegregated its public school system. But, inequities in the diversity of neighborhood populations caused the school system to slowly migrate toward racial imbalance. In 1971, the Supreme Court ruling on the Swann vs. Charlotte-Mecklenburg Board of Education case legitimized busing as a method to achieve desegregation. Alexandria adopted the **K6-2-2-2 Plan** (Kindergarten through sixth grade at one school, two years in middle school, two years in Junior High School and two years in Senior High School) to bring racial and economic balance to its school system. Two High Schools, George Washington (GW) and Francis Hammond (FH) were changed to Junior High Schools and T.C. Williams High School (TCW) became the Senior High School. All the city's freshman and sophomores were divided between GW and FH, all the juniors and seniors attended TCW."

From "The Original Titans"

Submitted by Gary J. Carr gary@ garyphoto.com

27TH T.C. WILLIAMS HIGH SCHOOL TRACK AND FIELD INVITATIONAL

DATE: Saturday, May 2, 2009 - 9:00 a.m.

PLACE: *** **T. C. WILLIAMS HIGH SCHOOL**

3330 King Street
Alexandria, VA. 22302

ENTRY DEADLINE: Entries close Monday, April 27, 2009 at 12 noon EDT

SEND ENTRY TO: We will use DirectAthletics (www.directathletics.com) .

Click on: **5/2/09 T. C. WILLIAMS H.S. INVITATIONAL**

(***questions call TC Athletics @ 703-824-6860)

Entries are not be accepted until the entry fee is paid.

AWARDS

WATCHES for 1st place
individual and relay events

MEDALS for 2nd through
6th place in individual
events

MEDALS for 2nd and 3rd
place in relay events

ADMISSION: General Admission - \$5.00

EVENT LIMIT: Schools are limited to a total of **Thirty (30) Entries** per school per gender in the meet. There are no individual event limits. **VHSL event limit rule** apply. Schools may have only **ONE (1) ENTRY** in each relay event.

ENTRY FEES: \$150.00 per team (boys or girls teams considered separately),
\$275 for both, (boys and girls teams paid at the same time) or \$25.00 per individual if less than a team.
Entries will not be accepted until the entry fee is paid.

Send ENTRY FEES to: **T. C. WILLIAMS H.S. INVITATIONAL**

C/O Athletic Department

3330 King Street

Alexandria, VA 22302

Check must be made payable to **T. C. Williams Track Boosters**. There will be **NO REFUNDS**.

ENTRY FORMS: There will be no additions and or substitution after the entry deadline. **If you scratch a runner on the day of the meet, that athlete cannot compete in any running event, including relays, for the remainder of the meet.**

STARTING:

High Jump:	Boys - 5'6" being raised 2' to 6'4" and 1" thereafter; Girls - 4'6" being raised 2" to 5'4" and 1" thereafter
Pole Vault:	Boys - 9'6" being raised 6" to 13'6" and 3" thereafter. Girls - 8'0" being raised 6" to 10'6" and 3" thereafter.

SCORING: 10-8-6-4-2-1 **FOR ALL EVENTS.**

TRACK: 400 Meter Synthetic Surface - flats or 1/4" spikes may be worn.
No other types of spikes may be used. Races from the 400 Meter Dash and below will be run in lanes. Pole vault. Long, triple and high jumps will have synthetic surface runways. Shot and discus are thrown from concrete circles. Port-A-Pit will be used for pole vault and high jump.

RULES: VHSL and National Federation rules are in effect for the meet.
NOTE: Your states may have additional or stricter rules that require your compliance.

**VIRGINIA
INDIVIDUAL
PARTICIPATION:** **VHSL event limit rule:** In one meet a contestant may compete in **any number of field events** but will be limited to participation in **only three running events**, **except** that a contestant who competes in the **3200 meter run** may compete in **only one other running event** on the same day as the 3200 meter run.

**PREFERRED
LANE
ASSIGNMENT**

100 meter Dash, 110 meter High Hurdles and 100 meter Low Hurdles ~	4,3,5,2,6,8,7,
200 meter Dash, 300 meter Hurdles, 400 meter Dash and 4 x 100meter Relay ~	3,4,5,2,1,6,7

TIME SCHEDULE OF EVENTS

MORNING SESSION

9:15 a.m.	Coaches meeting	
10:00 a.m.	Boys Discus followed by Girls Girls Triple Jump followed by Girls Long Jump Boys Triple Jump followed by Boys Long Jump	
9:45 a.m.	Girls 3200 Meter Run	A.M. Section (runners not in the top 16 entries)
	Boys 3200 Meter Run	A.M. Section (runners not in the top 16 entries)
10:00 a.m.	Girls 100 Meter Low Hurdles	Preliminary
	Boys 110 Meter Hurdles	Preliminary
	Girls 100 Meter Dash	Preliminary
	Boys 100 Meter Dash	Preliminary
	Boys 2000 Meter Steeplechase	(18 - 30" Barriers & 5 water jumps if more than 18 entrants)
	Girls 1600 Meter Run	A.M. Section (Top 24 entries P.M.)
	Boys 1600 Meter Run	A.M. Section (Top 24 entries P.M.)
	Girls 200 Meter Dash	Preliminary
	Boys 200 Meter Dash	Preliminary

AFTERNOON SESSION:

Field Events

12:00 P.M.	Girls Pole Vault followed by Boys Pole Vault Girls Shot followed by Boys Shot Put Boys High Jump followed by Girls High Jump
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Running Events (* FINALS ONLY, SECTIONS ON TIME)

1:00 P.M.	Girls 2000 Meter Steeplechase (18 - 30" Barriers & 5 water jumps) Boys 2000 Meter Steeplechase (18 - 30" Barriers & 5 water jumps)
1:30 P.M.	* Girls 3200 Meter Relay * Boys 3200 Meter Relay Girls 100 Meter Low Hurdles (Top 8 from Preliminary) Boys 110 Meter High Hurdles (Top 8 from Preliminary) Girls 100 Meter Dash (Top 8 from Preliminary) Boys 100 Meter Dash (Top 8 from Preliminary) * Girls 1600 Meter Run (Top 16 entries P.M.) * Boys 1600 Meter Run (Top 16 entries P.M.) * Girls 400 Meter Relay * Boys 400 Meter Relay * Girls 400 Meter Dash * Boys 400 Meter Dash * Girls 300 Meter Hurdles * Boys 300 Meter Hurdles * Girls 800 Meter Run * Boys 800 Meter Run Girls 200 Meter Dash (Top 7 from Preliminary) Boys 200 Meter Dash (Top 7 from Preliminary) * Girls 3200 Meter Run (Top 24 entries P.M.) * Boys 3200 Meter Run (Top 24 entries P.M.) * Girls 1600 Meter Relay * Boys 1600 Meter Relay AWARDS CEREMONY



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

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. 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

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. 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.

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.

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

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.