

# The MONTEBELLO Voice

an independent gazette

halleluja

November 17, 2016



Three little birds

By Rachael Bright

## Looking ahead to 2020

By Richard Titus

According to the polls, the 2016 Presidential election featured two historically unpopular candidates. For their part, Democrats nominated the one candidate whom Mr. Trump could beat. And as has been pointed out, Mrs. Clinton's core message throughout the campaign was "Trump would be worse." Clearly, not enough of us agreed with her. (I voted for Jill Stein).

Mrs. Clinton blames her defeat on the FBI, not on the fact that she had no positive message, seems artificial, and, is a militarist and one of the super-rich. Question: must we expect to see her and her loyalists again in 2020?

Note that 2020 will be upon us before we know it. Democrats (and Republicans too, for that matter) need to reassess their procedures for selecting candidates. Was Mrs. Clinton truly the best that Democrats had to offer in 2016? Has America become a nation whose ostensible "opposition party" contains only closet Republicans like the Clintons? Or, are there some progressive Democrats who would be attractive presidential candidates if they could make it through the primaries? (e.g., Bernie Sanders, Al Franken, Elizabeth Warren, Cory Booker). If so, what changes to the primaries are needed to give such candidates a fighting chance? At present, primaries select for who can raise the most money and energize the base; these criteria however are only somewhat relevant to electability and largely irrelevant to suitability.

The status quo is unacceptable: as a nation we continue to drift ever farther to the Right, with no counterforce anywhere in sight. If on the other hand 2016 turns out to initiate the end of the two-party system as we have known it, we may yet find something to feel good about. 📖

## Voices on the 37

### 2016 election results from Montebello's precinct

607 - HUNTINGTON (08)

Candidate	Votes	%
Hillary Clinton (D)	1,717	71.69%
Donald J. Trump (R)	488	20.38%
Gary Johnson (L)	89	3.72%
Jill Stein (G)	30	1.25%
Evan McMullin (I)	45	1.88%
Write-In	26	1.09%

Source: Virginia Department of Elections

### Good breakfast choices

By Carole Appel

I love our Montebello Café – we all should appreciate the quality of its food and its reasonable prices. It's open from 11:30 a.m. to 9 p.m. weekdays, Saturday from 11 a.m. to 9 p.m., and Sunday from 4 to 10, and one or the other of our café's energetic owners is always there working for our pleasure.

But sometimes on a Saturday or Sunday morning I like to go out for breakfast. The IHOP is the only place south of Montebello on the Richmond Highway, 3 1/2 miles from us, that has more than coffee and donuts and sandwiches for an early breakfast, and it's open early every day. After all – a place that specializes in pancakes should be open in the morning! No other place I know of on Route 1 between here and the IHOP – other than McDonald's – offers breakfast.

But another great place for a breakfast on weekends is 2 1/2 miles and a few minutes from Montebello. It's Primo Family Restaurant, in the Belleview shopping center at 1636 Belleview Blvd. Primo specializes in Greek and Italian-American cuisines and also has the standard other lunch and dinner

menus you'd expect a family restaurant to have. It offers a traditional range of breakfast choices from 8 a.m. to noon on Saturdays and Sundays.

Primo was founded 25 years ago by Jim Nicopoulos, who is there to greet patrons most hours. It has a large staff of cheerful waiters. Jimmy's Frozen Custard shop is in a room to one side of the restaurant's entrance, and there are outside tables for relaxing on sunny days.

The Belleview shopping center is a short distance from Montebello just off Fort Hunt road and is anchored by a Safeway supermarket and a CVS pharmacy, along with two jewelry stores (one with really nice women's clothing), a shoe repair shop, an excellent Indian restaurant, a hamburger place, and nearby, a music store and ice-cream shop. The shopping center is a short distance from the Martha Washington library branch. 📖

**Three little birds is an original painting by Rachael Bright. It can be reproduced upon request.**

**The** MONTEBELLO **Voice**

an independent gazette  
Alexandria, Virginia

*This publication accepts no funding or oversight from advertisers, residents, or the Montebello Condominium Unit Owners Association. All opinions are encouraged and reflect the diversity of views in the community. All articles and photographs come from Montebello residents. To receive or contribute to this email-only gazette, please contact [montebellovoice@cox.net](mailto:montebellovoice@cox.net) or visit on the web at [www.montebellovoice.com](http://www.montebellovoice.com).*

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## Voices on the 37

Thanksgiving has always been a special holiday: an opportunity for family reunions, bountiful feasts, marathon football games and the traditional kickoff of the Holiday Season. We travel by car, train, plane and bus to come together with loved ones.

As Americans gather with friends and family, let us not forget those brave men and women who put themselves in harms' way to protect our freedoms. They won't gather with their families. They'll be enjoying their Thanksgiving dinner on bases, in tents and aboard ships - far from home.

So, this Thanksgiving, please take time to let our troops know how grateful we are for their service and keep them in our hearts and in our thoughts as we give thanks.

**Elizabeth Card**

I am grateful for getting answers from the great beyond.

**Mary Quinn**

I am so blessed by my health and family and friends and being able to travel, especially to Guatemala, where the nonprofit ALDEA works. I am passionate about ALDEA and its work with rural Mayans and grateful for the opportunity.

**Barbara Yost**

Great neighbors, a secure environment, and the freedom to do what I want and go where I choose.

**Dian McDonald**

Just to wake up in the morning.

**Joe Riccobono**

For my son who just surprised me by flying in from LA for my birthday.

**Sammy Simon**



We would like to say that, first of all, we are grateful for the gift of eternal life from God through Jesus. Every day we see other gifts for which we are thankful, too: clear blue skies; potable water at the turn of a faucet; butterflies flitting in our flower beds; and on and on. Thank You.

**Karen & Don Barnes**

I am wonderfully grateful for good health and good friends.

**Ruth Heineman**

I am grateful for my six wonderful children and my seven precious grandchildren. They are the light of my life.

**Carol Comlish**

I am grateful for the gift of love.

**Damali Mason**

I am grateful for my wonderful son Stanhope. He is the joy of my life.

**Debbie Fairbanks**

I am grateful for the dedication and congeniality of the volunteers I worked with all day at the Hybla Valley precinct on November 8 to make the election process work so smoothly and effectively.

**Don Hinman**

For Pantsuit Nation and its positive support in these dark days.

**Sue Allen**

I am grateful for the good health and

longevity of my parents, my loving family, my many friends at Montebello and the fortunate experiences of my life.

**Carole Hall**

I am grateful for my supportive network of family and friends who support my small business, Lydia Anne. They actively promote me and always give me new ideas for products.

**Andrea Bediako**

The love of a wonderful husband and a group of friends who have become family who have been with me through thick and thin.

**Rachael Bright**

I am thankful for my USA passport.

**Joyce Schmidt**

## *United we stand, divided we fell*

# Michelle Alexander's insightful exploration of the under caste system in our society

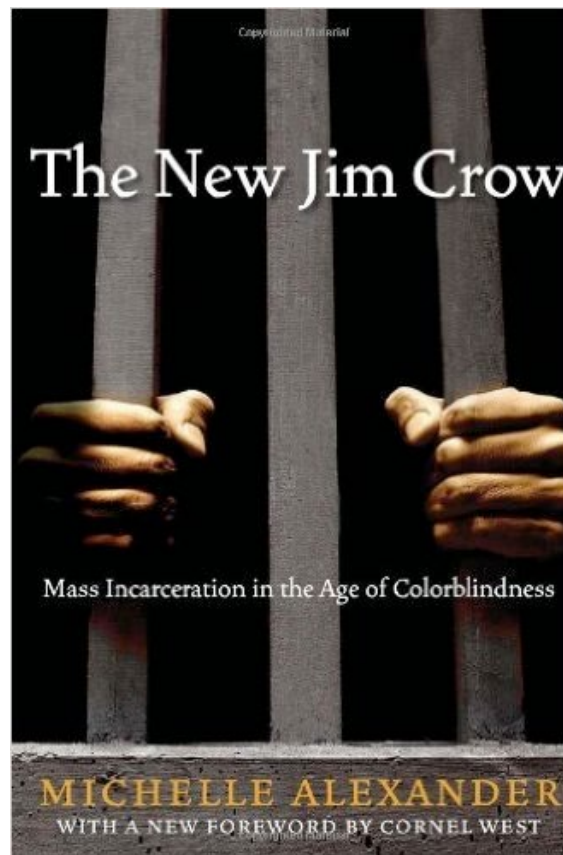
By Norma I. Barros

In Michelle Alexander's *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, Alexander starts an eerie yet profound conversation that some would say is long overdue. As she affords the reader the opportunity to view American history through different lenses than were used by those who wrote our history books, the mystery behind the current state of our society begins to dissolve. Alexander makes the compelling argument that caste systems continue to exist today. Given her extensive history as a civil rights lawyer, legal scholar and professor, and noting that she served as director of the Racial Justice Project for ACLU of Northern California, it is easy to see how her education and experiences have positioned her to tackle this topic. While Alexander admits the problem is vast and far-reaching, she narrows her focus to one group in society, arguably the most impacted by this phenomenon. She substantiates her case by presenting convincing facts, statistics, and personal stories that portray how African American men have been denied the right to co-exist among their fellow men as equals in a nation that claims to offer equality for all.

Alexander brilliantly begins her book with a story that dates back five generations to show we have accepted social injustice as a nation for far too long. The story of Jarvis Cotton not only provides a historical time line, but it also clearly illustrates the different avenues used throughout America's history to disenfranchise African American men.

*Cotton's great-great-grandfather could not vote as a slave. His great-grandfather*

*was beaten to death by the Ku Klux Klan for attempting to vote. His grandfather was prevented from voting by the Klan intimidation. His father was barred from voting by polls taxes and literacy tests. Today, Jarvis cannot vote because he, like many black men in the United States, has been labeled a felon and is currently on parole.*



When slavery finally ended and the Jim Crow era ceased, the white elite found a loophole in the Thirteenth Amendment to the U.S. Constitution that, although it abolished slavery, "... allowed one major exception: Slavery remained appropriate as punishment for a crime." That clause was the gate through which the next era of racial inequality was born and still exist today.

Alexander unapologetically sheds lights on the injustice that exists in our lopsided judicial system by pointing a finger first at our government as

a whole and then by funneling down to specific members such as President Reagan and President Clinton, who contributed rather knowingly or unknowingly to this behemoth conspiracy. To support her claim, she writes, "Sociologists have frequently observed that government uses punishment primarily as a tool of social control" by imposing punishments that do not meet the crime. In correlating the effects that slavery had on African American men in the past to the effects overly aggressive sentencing has on them today, the conclusion is the same; namely, that African American men are being stripped of their freedom and their voice.

It is easy to embrace situations as normal, especially if, as far as we know, it has always been that way. The danger lies in that if those who preceded us set us on the "wrong" path we may never be inclined to discover the "right" path. That is why resources with the mission to expose the underlying agenda of preserving racial hierarchy in this nation, like *The New Jim Crow*, are essential in bringing change. That said, while Alexander did a phenomenal job in compiling a solid case exposing the under caste systems of our society, I was left feeling disappointed. This book builds to a crescendo in which

Alexander passionately builds stat upon stat, taking us through an illuminating journey in which she passionately calls out for change. She triggers the reader to act, only to conclude saying, "No effort is made here to describe, in any detail, what should be done [...] to challenge the new caste system." The frustration I felt at the end of this book can best be illustrated by the Life Lock commercials. Life Lock runs several "problem scenario" commercials to promote the need for their service (credit protection); their tag line is "why monitor a

problem if you don't fix it?" The Dentist Life Lock commercial shows what appears to be a dentist telling his patient he has the worst cavity he has ever seen, and then sending him on his way. When the patient asks, "Aren't you going to fix it?" the "dentist" replies, "Oh I'm not a dentist, I am a dental monitor. I just tell you when you have a bad cavity." In some ways, this book is like those series of Life Lock commercials, what is the point of yelling "fire" if you are not going to tell people where to find the fire extinguisher? Logically, I understand one person alone cannot fix this problem, and that there is not a simple solution to restoring a society that has been broken since the birth of the nation. Nevertheless, I am conflicted between accepting that perhaps ignorance is bliss and my innate desire to stand for justice. Ultimately, the task to correct the inequality in our nation seems daunting, but the strategy to do it may not be, looking closely at the strategy used to get us to this state, we see it has always been to divide and conquer. One could argue that reversing that strategy combined with tenacity and patience could be the key. We must stand together until we see the change we know America deserves. 📖

### *What would you like for Christmas?*

*No matter what winter holiday you celebrate (or not), residents are invited to compile their dream wish list for Montebello. Let your neighbors, the board, and management know what changes or improvements you'd like to see in 2017. Send your ideas to The Voice. And as you know, sometimes wishes do come true.*

## Is your cat bored?

By Sarah Newcomb

**M**any cat rescue groups support the practice of kitties staying inside as the safest option. In today's world of dangerous traffic, garden chemicals, predators and humans who are up to no good, cats are safest at home. But being in our units all the time can wear on cats, who are built to be sleek hunters. Signs that your cat is not alert, is sleeping a lot, or gaining weight may mean that kitty is bored. Owners can make them a lot happier by enriching their environment to keep their bodies and brains active.



*Jiles in one of his couch potato poses*

Lucky Montebello residents can give their cats royal treatment. Our wide windows offer panoramic views for kitties. Be sure to open your curtains or blinds for kitty before you leave for work and give her an off-the-floor perch to view people, pets, birds and the passing seasons. Some perches held on a floor-to-ceiling carpeted pole, or made with several levels, offer kitty the opportunity to exercise by climbing up carpeted surfaces to watch outside. Some companies offer carpeted shelves for wall mounting that can be graduated so kitty can climb horizontally across a wall, ascending from shelf to shelf. You can even entertain your cat by touring your home while holding her up so she can view things on shelves or in areas she can't see from below.

The best treat for kitty is playtime with you. Cat toys don't have to be expensive. Every owner has a favorite

trick. You can attach a "butterfly" of newspaper or tissue paper to ordinary string for a fun drag toy. Try cutting a few larger-than-paw-size holes in a cardboard box from the trash room, putting treats inside and turning it upside-down for an interesting hunting experience. Make a small ball out

of aluminum foil and play fetch or add string to it for a drag toy. Insert a screw eye into the bottom of a kitchen chair and hang batting toys from it. Leave open a paper bag on the floor. If you're really creative, get a supply of ping pong balls and keep a couple in the bathtub when it's not in use. You may hear kitty playing bath-pong in the middle of the night.

Kitties that wait for you to come home from work all day can greatly benefit from a "buddy." Your local shelter or rescue can advise you on what cat personality can mesh with your cat's as well as the proper steps for introducing the two in a non-threatening way. Kitties may end up best friends...or merely tolerate each other while they keep each other company.

For more, see *187 Ways to Amuse a Bored Cat* by Howe and Ruth Stidger. 📖

# Fire-breathing dragon pancakes

By Sue Allen



One day while volunteering at my grandson's school I heard him chatting with friends.

"My grandpa works on a big pipeline," said one.

"My Grandpa doesn't do anything," said another.

My grandson looked at them, puffed

thing-but-the-kitchen sink pancakes filled with applesauce, bananas, Grape Nuts, pecans, flaxseed, a tad of oatmeal. No self-respecting child would eat those. So when the grandkids visited, he switched to the add-one-cup-of-water mix which wielded happier results.

The designing began one morning when our granddaughter requested he add mini chocolate chips to the batter.

As he poured the batter in a circle, he made a smile from the chocolate chips. She was delighted, and he was hooked. "Can you make a kitty cat?" she begged. And he did.


Next he invested in a plastic bottle like the kind used for mustard and ketchup.

With this new tool he soon graduated to making bears, pigs, aliens

and dragons. He also figured out how to spell out names. It was that last skill that brought a rumbling of discontentment from our then 5-year-old grandson, Halen. Grandpa Don made a perfect "Halen," and presented it to the boy. Unable to read, Harry stared at it before bursting into sobs. "I want a dragon," he cried.

Grandpa Don's advice to

those of you venturing into pancake design: "Don't spell out names for grandkids who can't read."

Interested in trying pancake design? Grandpa Don advises investing in a big plastic squirt bottle, or even using pancake molds. William-Sonoma has a variety, ranging from trucks and cars to butterflies and flowers. Check out websites such as Pinterest, too. 



up his chest and announced, "My grandpa makes dragon pancakes."

It's true – Grandpa Don not only makes pancakes shaped like dragons, but also kitties, Martians, bears and even names.

Grandpa Don purports to possessing limited artistic and culinary skills, and this pancake design is relatively new. Over time he and his batter just get better and better. And weirder.

He used to make healthy, every-

*The Montebello Voice wants to hear from you: musings, travels, announcements, photos, book/restaurant/movie reviews, commentary, memoirs, essays, analysis, poems, suggestions, club news, recipes, celebrations, pets, drawings, and free ads*

*A twice-monthly independent gazette for the residents, by the residents*

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## Out & about

*The Hon. John Warner, former Secretary of the Navy and U.S. Senator from Virginia (right), paid tribute November 11 to U.S. veterans who were guests at a reception hosted by the Art League at the Torpedo Factory in Alexandria. They included Montebello resident Lt. Col.(ret.) Cerie Kimball, U.S. Army (fifth from left). The Veterans' Day event spotlighted the opening of a ceramics and blade-smithing exhibit featuring*



*works by U.S. veteran artists in the Art League's IMPart (Injured Military Personnel + Art) Program. IMPart participants are provided with artist-led, visual arts education 50 weeks a year on site at The Art League's ceramics and metals studios.*



*Guin Jones with Det. Robert Urps and Det. Don Bateman on Nov. 4*

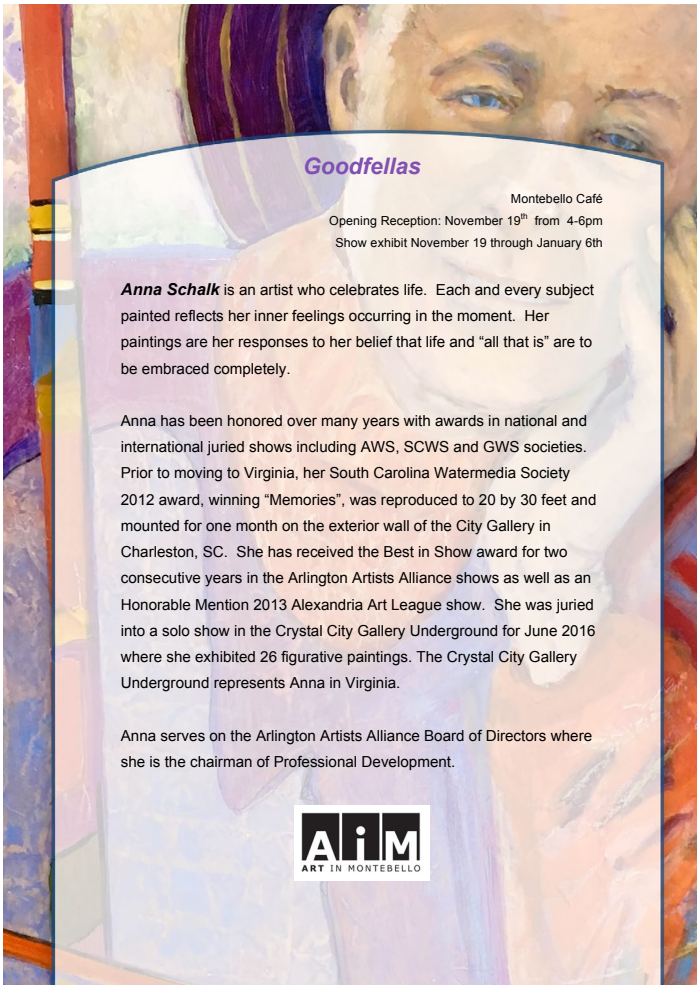
*Guin Jones, president of the Women's Club, coordinates luncheons in the Community Center each quarter. She makes arrangements for a speaker or a movie for the gatherings, which provide opportunities to meet and socialize with friends and neighbors at Montebello.*

*Cheryl Silkwood organizes correspondence for the club, which has no dues. Residents are invited to attend the Women's Club gatherings by contacting Guin at [gjones5@aol.com](mailto:gjones5@aol.com). The next gathering will be in February.*

*On Nov. 4, 40 residents attended a presentation, "Current trends in scams and frauds" by Fairfax County Police Department Crime Prevention Division detectives Robert Urps and Don Bateman.*



*Text and photos by Dian McDonald*





**Goodfellas**

Montebello Café  
 Opening Reception: November 19<sup>th</sup> from 4-6pm  
 Show exhibit November 19 through January 6th

**Anna Schalk** is an artist who celebrates life. Each and every subject painted reflects her inner feelings occurring in the moment. Her paintings are her responses to her belief that life and "all that is" are to be embraced completely.

Anna has been honored over many years with awards in national and international juried shows including AWS, SCWS and GWS societies. Prior to moving to Virginia, her South Carolina Watermedia Society 2012 award, winning "Memories", was reproduced to 20 by 30 feet and mounted for one month on the exterior wall of the City Gallery in Charleston, SC. She has received the Best in Show award for two consecutive years in the Arlington Artists Alliance shows as well as an Honorable Mention 2013 Alexandria Art League show. She was juried into a solo show in the Crystal City Gallery Underground for June 2016 where she exhibited 26 figurative paintings. The Crystal City Gallery Underground represents Anna in Virginia.

Anna serves on the Arlington Artists Alliance Board of Directors where she is the chairman of Professional Development.

## Chess Club

**Beginners, masters, and in-between**  
**No commitment, no cost, just fun**  
**Play! Share! Learn! Practice!**  
**Montebello chess enthusiasts meet on**  
**the fourth Thursday of most months at**  
**7 p.m. in the Community Center**  
**Card Room**  
**You don't need to attend every game**  
**night or even be on-time**  
**Contact Pamela Copley at**  
**pvongruber@aol.com for information**



## The Montebello Bowling league needs you!

**We are still down a few bowlers on Monday and 1-2 bowlers on Wednesday. Subs are needed on both nights. No experience necessary!**

**We are looking for people who just want to have fun and smile. It's a handicap league, so it really doesn't matter how good you are. Contact the league President, Mark Woods at 703 498 0143 or at mjddwoods@earthlink.net. Or just stop by any Monday or Wednesday.**



## THE NATIONAL CONCERT BAND OF AMERICA



**Mark V. Deal**  
*Music Director*

**Sunday, December 4th, 3:00 PM**

<b>Sousa</b>	Mikado March
<b>Vaughan Williams</b>	English Folk Song Suite
<b>Strauss</b>	Allerseelen
<b>Persichetti</b>	Psalm for Band
<b>Biebl</b>	Ave Maria
<b>Reed</b>	Greensleeves
<b>Sondheim</b>	Selections from "Into the Woods"
<b>Grainger</b>	Colonial Song
<b>Alford</b>	The Voice of the Guns



**Carl Sandburg Middle School**  
**8428 Fort Hunt Road, Alexandria, VA 22308**

\$10 General Admission  
 \$5 Senior Citizen and Military  
 Students FREE with paid Adult admission

For Tickets and More Information:  
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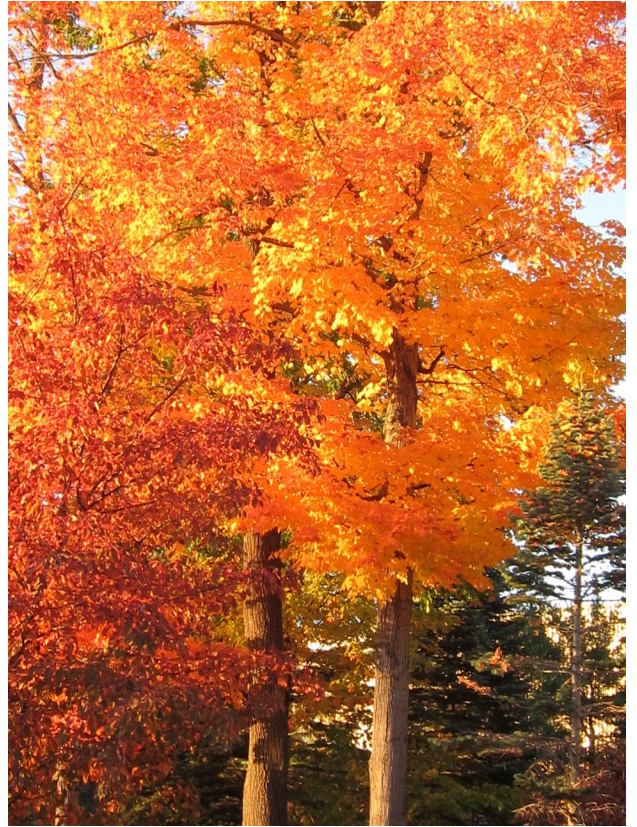




## Final glance



*The statue of Lincoln is located at the Saint-Gaudens National Historic Site in Cornish, NH.*



*Autumn in Vermont*

*Photos by Leslee Levy*