

The **MONTABELLO** Voice

an independent gazette

trompe l'œil

March 16, 2017



The Icicle Queen

Photo illustration by Joel Miller

voices on the 37

Two must-see films

Queen of Katwe

The true story of a young girl who helps support her single mother and family by selling corn on the streets of



rural Uganda. She joins a chess club and soon discovers that she is a prodigy. Starring David Oyelowo (M.L. King, Jr. in *Selma*) as her mentor and coach and Lupita Nyong'o (*12 Years a Slave*) as her mother.

Inspirational! Don't miss the closing credits to see the real characters.

Fantastic Beasts and Where to Find Them

A magical delightful movie starring Eddie Redmayne as an author who arrives in New York City in 1926. Effec-



tively and uniquely captures the flavor of the immigrant population in that time period.

Beautifully written by J. K. Rowling. A real treat! – Mitchell Levy

People who need people

This is a proposal to start a Neighbors Helping Neighbors Network. There are residents in our community who sometimes need help in the form of picking up a prescription, some grocery items, or needed supplies but can neither get out nor have someone to help. Anyone interested in either providing or receiving occasional free assistance may provide their names, building and unit number, contact information, and availability to *The Voice*. This list will be compiled and forwarded to interested residents. – Mitchell Levy

Totally awesome '80s

What a fabulous Decades event sponsored by the Activities Committee and planned, organized, and executed by our very own Mikhailina Karina! From Thursday's Game Night through Friday's Karaoke, Saturday's '80s Dance Party, and Sunday's day-long movie marathon, the '80s Rewind scored as an awesome fun-for-all, took the Community Center by storm, and gave every participant – of which there were MANY! – lasting memories of a totally rad decade. Hats off to Mikhailina! – Elizabeth Card

Seeking common courtesy in the fitness center

I use the new exercise room on a regular basis and the behavior of the residents using the room is disappointing. There are residents walking around in that room using their cell phones like no one else is in the room. Management has put up signs that say "no cell phones" but someone takes them down. I was there on Friday, March 3 around 5 p. m. and a person was using the treadmill and talking on the phone like no one was around. I heard the personal details of her day. There are

people who walk in there in flip-flops and no tops.

There are personal trainers in there training people. If something happens during a training session, Montebello can be sued. Personal trainers should be paying to train in that gym. I contributed to the creation of that gym and I want personal trainers to be insured and to pay Montebello a fee to train people. I'm not sure who is in charge of making and enforcing the rules in that room, but it's a problem. – Name withheld by request

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Editor & Designer.....Mikhailina Karina
 Contributors.....Carole Appel, Diane Bastin, Elizabeth Card, Don Hinman, Ralph Johnson, Guin Jones, Stephen King, Leslee Levy, Mitchell Levy, Azita Mashayekhi, Dian McDonald, Joel Miller, Jerome Plun, Betsy Sprouse, Richard Titus

Drink to your health

Water is the most important thing that we put in our bodies. Water enables every function of the body to execute at its best: from the muscles contracting to nails growing to our hearts beating. It's the miracle liquid.

But even though it's so good for us, most of us walk around dehydrated because of not drinking enough of it. The minimum amount of water that we should drink daily is 1/2 of our body weight in ounces. So if a person weighs 160 pounds, then they should drink 80 ounces of water daily. If they weigh 200 pounds, they should drink 100 ounces of water a day. We shouldn't see yellow when we urinate, it should be close to clear, if not entirely clear.

I got motivated once and drank a gallon of water a day for two weeks. It made a world of a difference. The first thing that I noticed was that I had tons more energy, and I didn't experience fatigue at anytime during the day as I sometimes do. I was more alert. I didn't want to eat as much. My skin actually looked better. I felt lighter on my feet. My entire being just felt better, it was great!

Why is it that most people don't drink enough water daily? A lot of people get bored drinking the tasteless calorie-free liquid. And water has a lot of competition: coffee, tea, fruit juice, soda, punch, alcohol. Sometimes, will power is all that we can rely upon to go for the H₂O!

Here are a few truths about water:

/// Water lubricates the cartilage around our joints

/// Every cell, tissue, or organ needs water to work correctly

/// Older adults are at higher risk for dehydration

/// Thirst is often misinterpreted as hunger

/// Water removes toxins from the body

/// Dehydration can cause back pain

So, grab a glass of water and make your body great again! – *Stephen King*

Montebello: A community of immigrants

Montebello is a wonderfully diverse community. This is a call for Montebello residents to share their historical, cultural, and ethnic backgrounds. Write how your parents, grandparents, or you came to be in America and the experiences or hardships encountered in fulfilling the American Dream.

If you attend any of its social functions, such as the monthly Cup of Joe, you meet people of many different ethnic and cultural backgrounds. There are immigrants from all around the world to include second and third generation descendants of immigrants, all of whom have interesting and unique stories to tell.

Telling your story would be a great way to highlight the diversity and uniqueness of the community we live in. Hopefully this sharing of our histories can become a regular part of *The Montebello Voice* for everyone to enjoy. – *Joseph de Angelis*



Good eats, cheap eats for \$8

A big surprise in the “cheap eats” category is Balducci's in Old Town. If one orders a “bistro meal” (entrée and two sides), the counter person typically will pile in so much food that the lid can barely be closed. More than enough for two meals, which halves the price.

And their lox and bagel is a fantastic buy at \$8, check it out.

When Ourisman Buick said my car wouldn't be ready for another hour, I asked them where I could get something to eat. They recommended Great American Buffet, next to them on Route 1. It was 3 on a weekday afternoon, prices (all you can eat for \$8) wouldn't go up for another hour, and the place was absolutely packed!

I mentioned my surprise to the waitress and she said it was because the public schools were closed that day. Actually, I saw very few children there. Moreover, the idea of using a holiday to take the kiddies out and get them stuffed seemed a little sad to me.

There were a number of “stations,” (carving, salad, soup, sandwich, dessert, etc.). Nothing that would garner any Michelin stars, but not objectionable or

spoiled either, as far as one could tell.

Even though packed, the place was very quiet. Almost like some sort of sacrament were being enacted. When was the last time these people ate, and when would be the next time? Did they save up for it? Questions I really didn't want to hear the answers to.

The Great American Buffet is not for the gourmet in you, but maybe for the sociologist? – *Richard Titus*

Happy 1-year anniversary

The Voice is “making Montebello great again.” Through your efforts for the past year, residents have a means of communication which is not produced by “a sanctioned committee with a board liaison; each issue is vetted, edited, and proofread by the editorial staff and the board.” How refreshing that residents can openly communicate with each other to produce a better community in which to live. Our thoughts and voices can no longer be filtered by the BOD!

To again quote the admired and much appreciated Mikhailina, “Here is to another year!” – *Ralph Johnson*

Staying in your condo as you grow older

By Betsy Sprouse

Montebello residents who hope to never again go through the hassle of moving can find support for aging in place with Mount Vernon at Home (MVAH). MVAH is a volunteer-driven, virtual “village” that provides services to ease some of the challenges of aging in place and assists Mount Vernon seniors live independently in their own homes for as long as possible.

For an annual membership fee of \$700 for individuals and \$950 for couples, MVAH can provide you with transportation to take you to medical or other appointments (via a volunteer driver or taxi), handyman and simple home repair services, regularly-scheduled grocery shopping runs, referrals to vetted vendors, assistance with tech-

nology issues, help with organizing and de-cluttering, and many other needs.

MVAH also sponsors educational and social events such as Chatters, Conversations, trips, lunches, dinners, Cheers, bridge, and movies.

Your membership in MVAH can free you from asking your neighbors to take you to run an errand – again – or find-

ing and paying for someone to come and do something as simple as replacing a high light bulb or a shower head.

There are many MVAH members and volunteers at Montebello already, so why not join them? MVAH has office on the second floor of the Sherwood Library. Please call at 703-303-4060 (10 a.m. - 4 p.m.) or send an email to info@mountvernonathome.org 📧



DMV on the move

Have you heard? The Department of Motor Vehicles (DMV) is expanding its services to the Mount Vernon area. A DMV Mobile Bus (DMV2GO) will be located in the Sherwood Regional Library parking lot on the third Wednesday every other month. This will be supplemented by DMV Connect, which is a DMV manned kiosk inside Sherwood Library on alternating months with the mobile unit. Upcoming dates are:

DMV Connect (inside the library): Wednesday, April 19 and will be open for service 10:15 a.m. - 4 p.m.

DMV Mobile Bus: Wednesday, May 17, open for full DMV services (including handicapped placards) 9 a.m. - 4 p.m.

In celebration of Women's History Month

Three women at NASA

By Guin Jones

Hidden Figures is a narrative film highlighting the stellar intellect of three incredible African American women who were physicists and engineers and considered “human computers” in the 1950s and ‘60s at the National Advisory Committee for Aeronautics, which later became NASA.

Despite denials for job promotions and operating in a Jim Crow environment of separate restrooms, workrooms, and eating areas – these three women calculated the trajectory, launch, and landing of Friendship 7 that carried John Glenn

around the Earth and into history. The major physicist featured in this film is Mrs. Katherine Johnson, who is a graduate of West Virginia State College (Historically Black College), and is now 98 years old. In 2015, she was awarded the Presidential Medal of Freedom by President Barack Obama.

Cast:

Taraji P. Henson (Mrs. Johnson) a graduate of Howard University, stud-

ied acting on a Felicia Rashad/Debbie Allen scholarship. Henson is a descendant of Matthew Henson, who along with Robert Peary, was first to visit the North Pole.

Octavia Spencer (Dorothy Vaughn) was nominated as Best Supporting Actress for this film, and won an Oscar for her role in *The Help*.

Janelle Monae (Mary Jackson) known as singer, songwriter, and actress has garnered six Grammy Award nominations and is starring in *Hidden Figures* and *Moonlight*, both nominated for Best Picture. *Moonlight* was awarded the Oscar for Best Picture, 2017. 📺



Appel of her eye:

By Carole Appel



While walking west on King St. recently, I passed White House/Black Market, a women's fashion store at 903 King. Then I came to Pink & Brown, a children's clothing store at 1212 King. So I began to think about opening a new business, called Black & Blue. It would sell boxing equipment.



Objects we own that have special or amusing meaning for us. For example, when I moved to Montebello three years ago, and unpacked crockery from boxes, I put a pewter pitcher on the shelf of a glass-fronted cupboard I'd had for years. I knew that the pitcher had been given to me as a house gift by a cousin who visited my rented house in Princeton, N.J., just after Ken Appel and I moved there soon after we married. And an oval porcelain Lennox dish I used in the bathroom to hold an extra TP roll was given to me by the same cousin 34 years later on a visit to us in New Hampshire. I have a beautiful Art Nouveau glass vase that belong to a neighbor of my mother's in Philadelphia that the neighbor gave her in the 1950s when she was moving away.

I thought of this today when putting some shoes into a cardboard shoe holder that I bought at least 40 years ago from a KMart in Illinois. It came collapsed into a flat layer along with the padded plastic covering that holds it together when it's opened up. I have three of these in different closets here, and they all are made of ordinary cardboard and have lasted for decades. Some of the shoes have lasted that long too!

March snow by Azita Mashayekhi

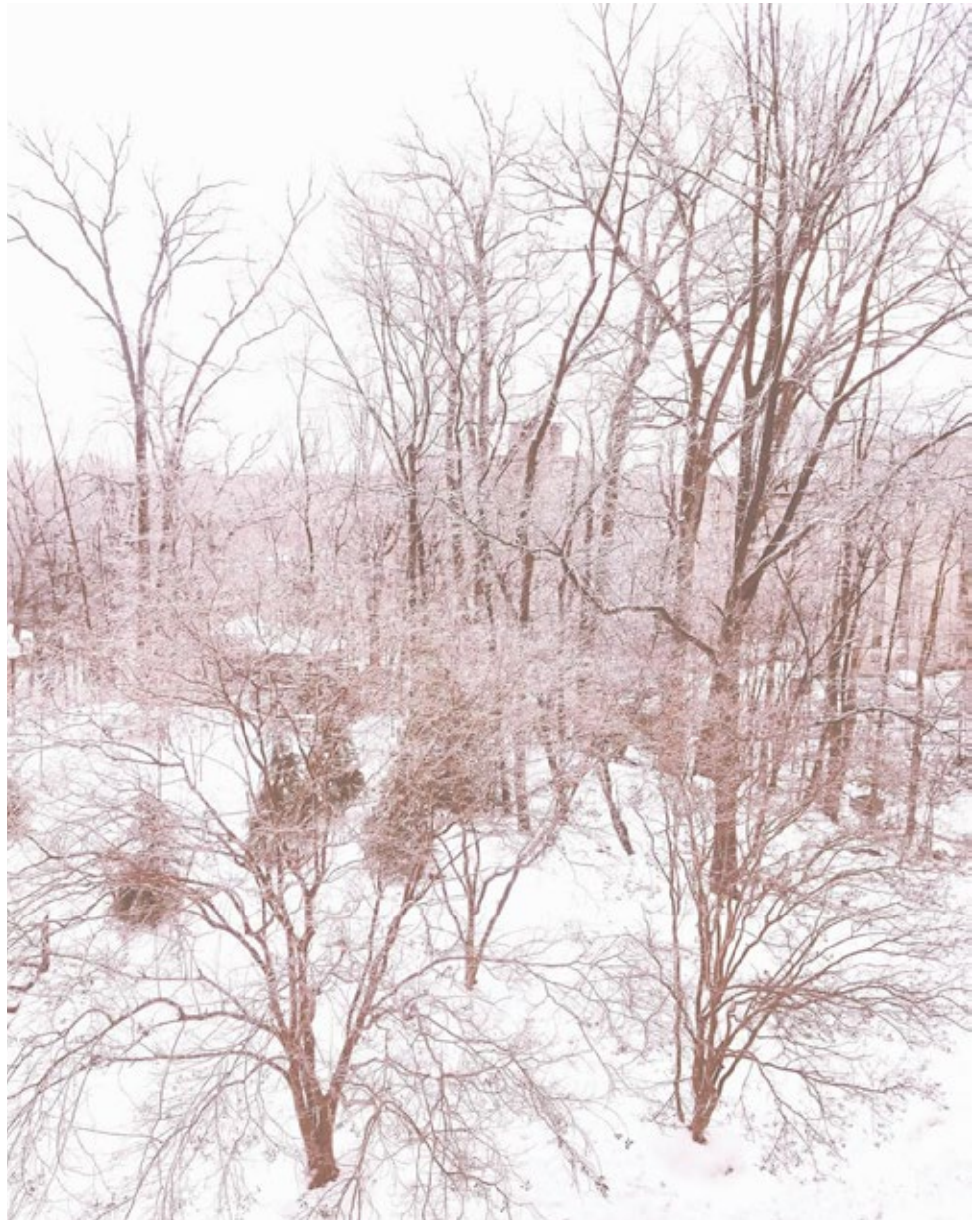
The Montebello Voice

Incidental musings



Flashback Wednesday: A few weeks after I moved to Montebello, late in 2013, I was reading a newspaper in my bedroom one morning when suddenly I heard a voice in my hallway. A man was saying "Attention building 3 residents. There will be a test of the fire alarm system on levels 7, 8, and 9." I was startled. How did someone get into my apartment without my answering the door first? I hurried to the hallway, and for the first time saw the small

flanged rectangle near the ceiling. So that's where the voice was coming from! But for the moment I felt that Orwell's 1984 had arrived. Little did I know that three years later, I would really feel that 1984 was upon us. I thought of that on March 1 this year, when the monthly announcements no longer startle me. They do remind me about how fast every month ends and a new one starts. 📅



AiM takes a new direction with films, Barbara Bieger to chair Activities Committee

By *Mikhailina Karina*

The Board of Directors discussed a number of upcoming ventures at the March 14 meeting. Twenty-one people, most of them representing board committees, were in attendance.

The re-installation of elevator lobby bulletin boards is crawling through the bureaucratic process – the only update was the potential cost of each board being between \$200 and \$500. There was no discussion about when this would take place or what guidelines would govern them.

Director Guido Zanni, chair of the Quality Improvement Committee, reported that he'd completed the first phase of root cause analysis about low committee participation. He is now in the midst of the second phase, which examines workload on committee members and chairs.

Future 30-second surveys will address residents' suggestions for the Activities Committee and residents' expectations on customer service, Zanni said.

The 30-second survey about driver safety at Montebello spurred a focus group that has held two walk-abouts around the property. Residents who reported unpleasant walking and driving experiences mentioned drivers cutting corners, speeding in parking lots, delivery vehicles exceeding speed limits, rolling through stop signs, and large vehicles parking in compact spaces. The focus group will meet again on March 20 in PR 3.

Long-time Activities Committee member Barbara Bieger accepted the chairmanship position and was confirmed "before she changed her mind," the board joked. The committee had been without a chair for over a year, which caused a drop in activities.

Director Jerry Stedje commended director and committee liaison Lauren Pierce for keeping the committee operational and representing it to the board.

To drum up resident participation in all of Montebello's clubs and committees, an activities expo will take place on April 8 in the community center.

Art in Montebello chair Harriet Duval announced AiM's new venture: a movie club that is structured much like a book club with residents rotating presentation and discussion duties. "We have many residents with collections of unbelievable movies," she said. Like book clubs, film screenings and discussions will take place in party rooms. A new portable sound system is helping AiM move into a new direction, she said.

Don Hinman, chair of the Communications Committee, said he was working with the association to improve the recycling signage. A particular problem is placing recyclables in plastic bags, which "messes up material recycling facilities by gumming up the gears," he said.

The board also voted to authorize nearly \$10,000 to replace the eroding wooden stairs behind Building 1. The funds will come out of the reserve account. 🏠



On March 5, Victoria Bragin performed in the community center. She played Franz Haydn's Sonata in F Major, Claude Debussy's La Puerta del Vino and Feux d'artifice, and Frederic Chopin's Sonata No. 3 in B.

The Montebello Music Club sponsored the performance.

Photo by Dian McDonald



The '80s Rewind celebration kicked off with a game night. Neighbors gathered to play Trivial Pursuit, Yahtzee, backgammon, Bananagrams, and Mandala.

The display case in the community center was decked out with '80s memorabilia.





The '80s celebration continued with spirited karaoke.

Photos by Dian McDonald and Mikhailina Karina



*Photos by
Diane Bastin,
Don Hinman,
Jerome Plun,
and Mikhailina
Karina*



*Residents
donned '80s
outfits for the
Saturday night
dance party to
the era's hottest
and coolest
songs.*





Music to My Eyes Montebello Café

March 18 – April 21

**Opening
reception**

**March 18
4 - 6 p.m.**

Refreshments

**Featuring new
artists**

Cash bar





WE'VE COME A LONG WAY - CONTINUE THE JOURNEY
WITH THE ZONTA CLUB OF ARLINGTON'S WOMEN'S SEMINAR
"A MORNING FOR ME!"



♥ Tickets now on Sale - Reserve Your Place

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SATURDAY, MARCH 18, 2017

9:30 AM - 12:30 PM

Marymount University
2807 North Glebe Road
Arlington VA 22207
(Free Parking - Blue Garage)

Admission: \$35 (\$25 of admission is tax deductible) Purchase tix thru
EVENTBRITE: <https://www.eventbrite.com/o/zonta-club-of-arlington-area-12805760201>

Or
Contact: Virginia Nickich, cell: 516-459-8504 or email: Zontaevent17@gmail.com

CONTINENTAL BREAKFAST

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- TO NURTURE YOUR SKIN AND BODY

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Zonta Club of Arlington Area
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Chess Club

Beginners, masters, and in-between

No commitment, no cost, just fun

Play! Share! Learn! Practice!

Montebello chess enthusiasts generally meet on the fourth Thursday of most months from 7 to 9:30 p.m. in the Community Center Card Room

Contact Lisa J. Stedge at lisa@stedge.com or stedgel@gmail.com
Nick Nickerson at fxnixson@gmail.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.

final glance



From top left:

“Dam” beavers at Huntley Meadows have covered up a bench.

What’s wrong with this picture?

“Chinamania” at the Sackler Gallery until June 14, 2017. Also not to be missed, Turquoise Mountain: Artists Transforming Afghanistan.

Photos by Leslee Levy

