

The **MONTEBELLO** Voice

an independent gazette

truth is beauty

January 11, 2018



Photo by Azita Mashayekhi

Montebello Bowling League Monday & Wednesday Night champs



Bill McNary, Nobuko Nakatsuka, Rick Williams (subbing for Suzanne) and Mark Woods



Jeff Burke, Nobuko Nakatsuka and Gus Maris

By Mark Woods

Montebello Bowling League Monday Night 1st half champs

After 14 weeks of bowling, all that separated the top two teams was a measly 5 pins! It doesn't get much closer than that. And as luck would have it, the two top teams met on the last night before the holiday break to settle things.

Finishing on top for the first half were Nobuko Nakatsuka, Bill McNary,

Suzanne Beerthuis and Mark Woods. Needless to say, the rest of the league is poised for a run at the 2nd half championship. Considering only 6 games separated 1st from last place, it's clear everyone has a shot to win the second half.

Montebello Bowling League Wednesday Night 1st half champs

With just a 3 1/2 game difference, the first half champions held off the rest of the league and were crowned just be-

fore the holiday break. Heading into the new year, the first half champs, Jeff Burke, Gus Maris, Nobuko Nakatsuka and Robert Lasker are ready to take on all comers. And the rest of the league is up for the challenge. Congrats to the Wednesday First Half Champs! 🎳

Congratulations on your divorce

By Richard Titus

The January 2018 magazine of *NARFE* (National Active and Retired Federal Employees) cover story is "The Ex-Files – What Federal Employees and Retirees Need to Know About Divorce." On the cover is a drawing of a car with cans tied to the rear bumper and a huge sign saying JUST DIVORCED. The point of the drawing seems to be: Why do we celebrate weddings when we know that half of these marriages will fail? Should we instead celebrate divorces, all of which will succeed?

And there are larger questions. "Seinfeld" had an episode in which the team gave a TV to a couple when they announced their engagement, but were

unable to get it back when the couple broke the engagement. The show clearly implied that the givers had been wronged. Question: should this ethic also apply to wedding gifts?

Should we think of wedding gifts in terms of an implied warranty by the nuptial couple that the marriage will endure? Should the couple be required to create escrow accounts, or take out insurance, to provide reimbursement to wedding gift-givers if the marriage fails? What kind of time window would be appropriate, how long must the marriage endure before no return of gifts is required? What about reimbursing the parents of the bride for the cost of the weddings, which now average about \$25,000?

Is it time to bring in the lawyers? 🎳

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, contact montebellovoice@cox.net or visit on the web at www.montebellovoice.com.

Editor & Designer.....Mikhailina Karina
Contributors.....Sue Allen, Donald and Karen Barnes, Laura Calderon, Susan Dexter, Erwin Jacobs, Guin Jones, Azita Mashayekhi, Dian McDonald, Joel Miller, Richard Titus, Mark Woods

Kicking the cable news addiction and regaining my sanity

By *Mikhailina Karina*

I have stopped using MSNBC. Just like that, cold turkey, three weeks ago. With about a 10-minute daily hit of CNN, which I consider the TV equivalent of methadone, I was able to get the cable news monkey off my back. Good-bye, Joe and Mika, Ali and Stephanie, Kasia, Joy, Katy, Rachel, Hallie, Ari, Todd, and Nicolle. Good-bye to all the smart talking torsos – journalists, experts, and scholars – who have spent the past year trying to wrap their minds around every tweet, outburst, policy, and insult inflicted upon our souls by 45 and his minions. You’ve all become pawns in his madness and I have to save my soul from the madness that has gripped our country. You’ve broken me and I must retreat with whatever shreds of sanity I can salvage.

Like millions of others, I followed every play-by-play of the presidential election and the first year of 45’s reign. I wanted to stay informed because the news was coming with such ferocity, our brains constantly craved bigger and stronger hits of scandals, investigations, and edicts. Fridays were the worst because we knew someone was getting fired or a tweetstorm was imminent.

I faithfully watched the MSNBC reporters and the numerous torsos because I needed to hear that intelligent, ethical, responsible adults were still in charge of our country and that sometime in the very near future a rightful president would occupy the Oval Office. (I fervently hoped that person was going to be Hillary Rodham Clinton, but I would have embraced Mitt Romney or John Kasich or Jeb. Anyone but *him*.) Each day I watched hoping that growing scandals, vicious mockery in popular culture, frequent enormous protests, and derision from world leaders would make 45 long for the days when he could play golf and enjoy the privacy of his gilded life on his terms. I

kept hoping that he’d say “the hell with all that” and let Mike Pence and the rest of the establishment take the helm. I thought that all these talking torsos made so much sense – why wasn’t anyone in Congress listening to them??

As a result of non-stop coverage, cable news fed his insatiable ego and real stories got lost in the noise of distractions. Being a “very stable genius” manipulator, he constantly threw provocative tidbits for the press to chew on and fight over, while quietly rolling back regulations that protected consumers, patients, students, women, minorities, poor people, the environment, workers, and immigrants. While the rest of us were parsing covfefe, his people quietly stacked the judiciary with conservative judges. DACA and beneficiaries of the temporary protected status – people who escaped violence and poverty in their countries and have become successful and productive members of our country – are innocent pawns in his political “deals.” Using people’s lives as bargaining chips is simply beneath contempt in a civil and civilized society.

Then one day it dawned on me that being glued to the news in fact made me complicit in the sickness that had enveloped our country and I was letting the virus take root in my brain. We were becoming a dystopian nightmare and I had become a cog in the vast conspiracy to make us mean and stupid with a steady diet of hatred and news focused on 45.

I also realized that I’d become woefully uninformed about what was happening in the world, the nation, the state, and the city. By fixating on MSNBC’s constant spin cycle, I’d stopped caring about real news. Pity mixed with hatred for his supporters began to squeeze out my innate goodness and kindness. I loathed how his adherents were brainwashed in their own news echo chamber and created alternate facts that supported overtly evil agen-

das. Unwisely, I got embroiled in a few Facebook flame wars that proved there is no bridge between 45’s supporters and the rest of the country. (For the sake of accuracy, I don’t lump 45’s supporters and Republicans in the same category). And that’s when it hit me that it was time to cut cable news out of my life and simply get a life.

Fortunately, I had maintained a faithful attachment to NPR and daily CBS news with Gayle and Norah (minus Charlie). CBS Sunday Morning has been a particular sanity-saver with stories about the arts, international affairs, history, nature, and everything that is still normal in the world. Jane Pauley keeps a straight face as she reads the news, while her husband, Garry Trudeau, inks another *Doonsbury* about it. *The New Yorker* magazine is another reliable oasis of relevant journalism presented by the best writers and fact-checked by the best editors.

I also began watching PBS News Hour (Honest. Balanced. Trusted.) because of its minimal attention to 45, a strong focus on international news and in-depth national coverage. By turning to reputable news sources that don’t rehash 45’s latest provocations and in fact, mention his meshugas 10 minutes into the show, somehow diminishes his importance and makes him seem the pesky aberration that he really is. I, too, want to think of him as a cosmic fluke that will be corrected in short order. Meanwhile, I will exit the echo chamber of “a tale told by an idiot, full of sound and the fury, signifying nothing.” 📺

*The Montebello
Voice wants to
hear from you*

adios, amigos!

We can't believe we are leaving Montebello! It is kind of crazy... for those of you who don't know, Cody recently received a job offer to work as a CSI in Denver, which will put us much closer to his family. He starts at the end of this month, and Zia and I will follow sometime in February after he's found us a place to live.

The speed with which this has all occurred has left us a little breathless, as well as the thought of leaving this wonderful community. When we look back, it is amazing to see all the big things that have happened to us right here in this community.

Cody came here technically as a bachelor, sleeping on a mattress in our awesome one bedroom apartment in Building 3. That is because we rented as soon as we saw the place and didn't want anybody to "steal" it from us! I then joined him for a quarter at a time as I was studying overseas. Finally, I graduated and then we started living together. And that is when we became active members of the community. I joined Zumba and aerobics and made my first neighbor friends (thank God for those classes!). We also started going to the monthly potlucks and were so well received that we kept going and made more friends and were learning more and more about the community.

And while attending all the events is when it hit me. Montebello needed a green challenge! Basically, my main frustration was seeing all the Styrofoam being used everywhere in Montebello. So, we started researching on how to make a change, learned all the rules



and got accepted as the Environmental Club. That was huge!

It had a slow start but eventually we had regular members attending who also were becoming true friends. We organized a couple of Earth Days, enviro movies and we even made a change in the cups Montebello provides, as well as created the tradition of providing reusable flatware to events. So, we are very happy about that, as it feels like we somehow made a green impact on our way through this community.

In amongst all of this we got married and I finally received my work permit! So, I found a job in a green school in DC – Mundo Verde – Cody also found a job in the city as a crime scene investigator and life was good! We were enjoying ourselves. Got to enjoy the outdoor pool all summer long, made some barbecues in the picnic areas, and attended some parties and events at the CC. We were truly happy where we were. And perhaps because of this happiness and

comfort, we decided to embark on another "adventure": being parents.

We got pregnant during early summer of 2016. We were so excited! Sadly (because we loved our 15th floor, river-view), we had to move to a bigger apartment but thankfully we could find another great place within Montebello. Zia Maria was born January 28 of 2017. And once again, right here in this community, our lives changed and our family grew. Montebello will be in our hearts forever!

Lots of changes and growing happened here. We want to thank all the people that came across our path. Each

one of you has made an impact on our family. Maybe in the late future we come back and retire here or as someone said the other day, when the FBI hires Cody we will be coming right back!

We hope to keep getting updates about Montebelloand we'll do our best to provide updates from our western outpost. We don't yet have an address as we're still looking for a place to live, but you can always reach us at our personal emails Cody (cody.olander@gmail.com) and Laura (Lauracal13@gmail.com). Because in this modern era you don't say goodbye, with so many ways to stay in touch it's just "see you later."

We will take Montebello in our hearts.

– *Cody Olander, Laura Calderon & Zia*

We're sure gonna miss dear Cody and Laura

We're sure gonna miss dear Cody and Laura
With their great sense of humor and environmental aura
Founders of the club they certainly were
And of great things to come, that we can be sure

She blasted on the scene from Colombia, South America
And somehow met this country bumpkin from Nebraska
Oh wait, we should not play on a Midwestern stereotype
We'll retract that phrase so that Cody will not gripe

Laura become a teacher at the Mundo Verde school
With her ecological ethic, that was pretty cool
Cody's job focused on investigating crime
We had our own CSI star, wasn't that sublime!

Their legacy of caring, of making us aware
Is exemplified by each food event that uses club flatware
They helped our community celebrate Earth Day
Keeping our kids smiling and shouting hooray

Laura made binoculars out of tubes of toilet paper
That was one of her most creative capers
Cody taught us all about composting with worms
Making unforgettable motions, as he slithers and he squirms

So Montebello gained these really hip millennials
Who freely mixed with boomers and even near centennials
Those who got to know them were really glad they did
And they delighted us all when along came a kid!
That wonderful time came when we met our little Zia
Who charmed us all – she had many *abuelitas*

You are leaving Montebello with its very tall towers
To the Mile High City and views of mountain flowers
May a mile high be the dreams that you keep
And may memories of your times with us be a mile deep

– *Sue Allen*

Fun-loving Zumba couple

I loved it when Cody and Laura came to my Zumba class at Montebello; they brought the whole energy level up for the class. I laughed so hard when Cody showed up to class with his hair in a pony tail – on the top of his head!

Cody and Laura are our favorite board game couple at Montebello. One of the games we played was Snake Oil where you had to make up a product to sell out of random object cards that you drew. Well, Laura's random draw led her to pitch a whistle bra. The funny part was how passionate she became about describing (to this day) the merits of this wonderful new product.

Fun-loving is the best adjective to describe this couple. So glad they came into our lives! So sad to see them leave!

– *Susan Dexter*

Cody and Laura leave a green imprint on Montebello

Cody, Laura, and Zia may be going West, but they will not be leaving Montebello totally, since what they have done here will bind them to our community for years to come.

With energy, enthusiasm, idealism, determination, and good humor they have pursued goals that have improved Montebello. In particular, they are the founders of the Environmental Club and the initiators of the co-operative effort with the Kids Club to celebrate Earth Day with hands-on activities throughout our woodlands. Through their (and others') efforts, we regularly have recyclable flatware at most of our condominium functions.

We knew that the day of departure was coming, however, after we learned that Cody, a forensic investigator, had purchased business cards embossed with his name and the phrase "Have microscope, will travel." A real latter-day Richard Boone Paladin!

Laura's has been a frequently seen face in the Community Center, the Fitness Center, and the swimming pools. Motherhood has only magnified her activity at Montebello.

Zia will break a lot of hearts when she leaves us. While she will undoubtedly captivate many others who fall under her beguiling spell out West, only we will have had the pleasure of sharing her earliest year.

– *Karen and Donald Barnes*

Director Bonnie Daniel leaves Montebello, board approves funding for Community Center redesign, street lamps, and landscaping

By *Mikhailina Karina*

In a heartfelt address, Bonnie Daniel bid adieu to the board of directors and Montebello during her final meeting as a director on January 9. But because good help is hard to find, the board passed a special resolution allowing her to stay on as a non-voting board secretary until the May elections.

Daniel said she'd moved to "a tiny house three miles from here" in late October and her condo was recently sold.

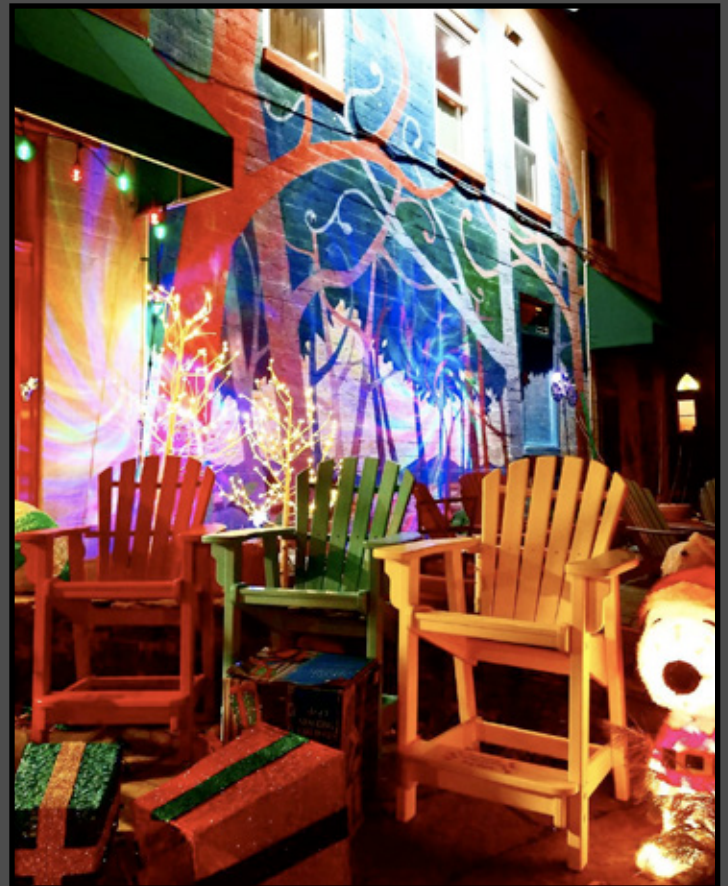
In a flurry of approvals, the board voted to allocate \$21,000 to Kerns Group Architects for the updating of the Community Center Master Plan.

An ad hoc committee comprised of board members and resident consultants will conduct focus groups with stakeholders such as the café and the salon, to determine what changes need to be made to the five-year-old plan. Construction is slated to begin in 2019.

The board also authorized a target reserve budget of \$200,000 "for the restoration of the woodlands and developed areas with individual construction projects/contracts to be approved separately." In addition, a \$97,000 consulting contract with Natural Resources Design for landscape services technical support for 2018 will come out of the reserve account.

A yet unnamed landscape management contractor, referred to as "E," will replace McFall & Barry at the cost of \$150,000 per year for the next five years. The company will begin its work in March, said General Manager George Gardner. It will provide an improved scope of work with an on-site supervisor three days a week.

And in the last bit of January shopping spree, the board approved \$87,500 for new street lamps that are more attractive, have less glare, and provide adequate lighting, said director Guido Zanni. A sample light has been installed on the parking lot in front of Building 4. 🏡



Photos by Azita Mashayekhi

cup of joe



cup of joe



Photos by Dian McDonald



Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King, Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965.

In celebration of the
Martin Luther King Holiday



the Oscar nominated film

SELMA

will be shown in

the Community Center Lounge

Monday, January 15th, at 2:00 pm

The Selma to Montgomery march was part of a
series of civil-rights protests that occurred in 1965 in Alabama

Sponsored by the Activities Committee

coming attractions



The Virginia Grand Military Band is known for its rousing concerts, charismatic conductor, and the excellence of its performances. Don't miss the upcoming performance by this incomparable 80-piece band.

LORAS JOHN SCHISSEL
is conducting the evening's program

Saturday, January 20 at 7:30 p.m.

Arrive early and hear Maestro Schissel's pre-concert talk at 7 p.m.

**RACHEL M. SCHLESINGER CONCERT HALL
AND ARTS CENTER**

4915 East Campus Drive, Alexandria, Virginia

TICKETS: \$15 may be purchased at the concert hall the evening of the concert

FREE PARKING

Submitted by band member Susan Dexter

*Dear friends,
Join us this Sunday,
January 14 at 7 p.m. for*

Andes to Romances

*Duo acoustic performers
Ernesto Bravo and Juan
Cayrampoma present a
mesmerizing program
from Andean instrumental
melodies to classic ro-
mance songs from around
the world.*

410 S Maple Avenue
Falls Church, VA 22046

Creative Cauldron
www.creativecauldron.org

Submitted by Ernesto Bravo





and



Invite you to our film & discussion



THE BICYCLE THIEF

THURSDAY JANUARY 25 7:30 P.M. PARTY ROOM 2



This landmark (1948) Italian neorealist drama became one of the best-known and most widely acclaimed European movies, including a special Academy Award as “most outstanding foreign film” seven years before that Oscar category existed. Written primarily by neorealist pioneer Cesare Zavattini and directed by Vittorio DeSica, also one of the movement’s main forces, the movie featured all the hallmarks of the neorealist style: a simple story about the lives of ordinary people, outdoor shooting and lighting, non-actors mixed together with actors, and a focus on social problems in the aftermath of World War II.

Joel Miller will introduce the film and lead the post-movie discussion

montebello marketplace



HOUND & HOME
of Alexandria

Pet Care & Home Concierge Services

703-910-1312

houndandhome1@gmail.com

Dog, Cat and Bird Care

Feeding, Walking, Playing, Cleaning of Pet Area

Concierge Services

Mail, Newspaper Pick Up, Plant Care, Home Monitoring,

Personal Care, Personal Assisting, Notary Services

All Services Customizable

Eve Shelton, Owner - Trustworthy, Experienced.

Background Screened

Skin Care Therapist
Anna Hall
Master Esthetician

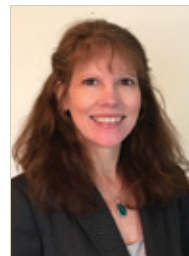


- Customized facials
- Microdermabrasion
- LED treatment
- Chemical peels
- Microcurrent facelift

(571) 471-3043
annahall7@gmail.com

MOBILE SERVICES AVAILABLE www.faces4look.com

PROTECT WHAT MATTERS MOST



Dawn Meadows
dmeadows@clarkeandsampson.com
228 South Washington Street
Suite 200
Alexandria, Virginia 22314-5404

**PROTECTION. SECURITY.
FINANCIAL PEACE OF MIND.**

We're Clarke & Sampson, your hometown, independent agency proudly serving the insurance needs of individuals and businesses for over 70 years. Please visit our Old Town office or call us for a complimentary analysis of your current insurance policies. *Home. Life. Auto. Health. Business.*

(703) 683-6601 or (800) 822-9596
www.clarkeandsampson.com

CLARKE & SAMPSON
INSURANCE SINCE 1946

Business Insurance • Personal Insurance • Life & Health • International Coverage • Specialty Insurance

Outstanding Cleaning

I have used Teresa Medina's cleaning services for eight years. I trust her implicitly, she has a key to my unit, and does a great job. Five other residents use her services.

Call Teresa at
703-944-8389

John Powers

COMPASSIONATE PET CARE SERVICES



I'm a mature, responsible Montebello resident who is willing to care for your dogs, cats and other pets when you can't.

I've always owned dogs. Now I have both a dog and a cat.

My services include dog-walks, cat-care, pet feeding and playtime, kitty litter clean-up, giving meds and other special requests.

I send brief reports to pet-owners via text or email after each visit.

My rates are competitive. Checks are accepted as well as cash.

References from Montebello clients can be provided on request.

I've been a Montebello owner/resident in Bldg. #2 since 2006.

From 2012 to 2016, I served as Montebello Pet Club Coordinator.

CONTACT: Deborah Rowell
Cell Phone/Text: 703-283-2666
Email: compassionatepetservices@gmail.com

promote your services with free ads for all residents

final glance



January 1 sunrise

By Erwin Jacobs