

Gary Carr  
2  
2-20-16

**Statement to the Alexandria City Council February 20, 2016**

**by Gary J. Carr**

Where is the heart of a City? Where is the place where residents of every demographic can meet- the affluent and the impoverished, the education and the illiterate, the physical fit and the physically challenged? Where is the heart of a City?

Madame Mayor and members of Council, my name is Gary Carr. I have appeared many times before this body, but this is my first as it is currently construed. I would like to express my appreciation for your service and congratulate you for.. being the Council that finally restores the historic running track at George Washington Middle School to its rightful place of prominence in this community. It may sound like a bit of hyperbole, but nothing you will do in your time in office will have a greater impact on more Alexandrians than a 400 meter eight lane oval. It is the missing heart.

Using this analogy, if the heart is missing, City Hall is the head, and City Council is the brain. The schools are the lungs and the children the air the keeps this community alive The roads the veins and arteries. and other city services could be ascribed to one organ or the other, businesses the muscles, what have you. But where is the heart? The heart I contend to you is missing.

The heart once was a track and field located at the former George Washington High School. Once upon a time every member of this community would gather, regardless of their social station, to watch or participation in competition. Some had to stand in the periphery from the ostracization of discrimination. Others, unequal by a few or many measures, stood side by side. It was a place where athletic competition drown out the voices of us versus them. It was a place for sometimes, if only a brief moment, we gathered together as a community. Make the heart beat again. For if you build it they will run.

Statement by Gary J. Carr  
to the City of Alexandria, Virginia

PARK AND RECREATION COMMISSION  
Regular Meeting Thursday, February 18, 2016, 7:00 p.m.  
Charles Houston Community Center 901 Wythe Street, Alexandria, VA 22314

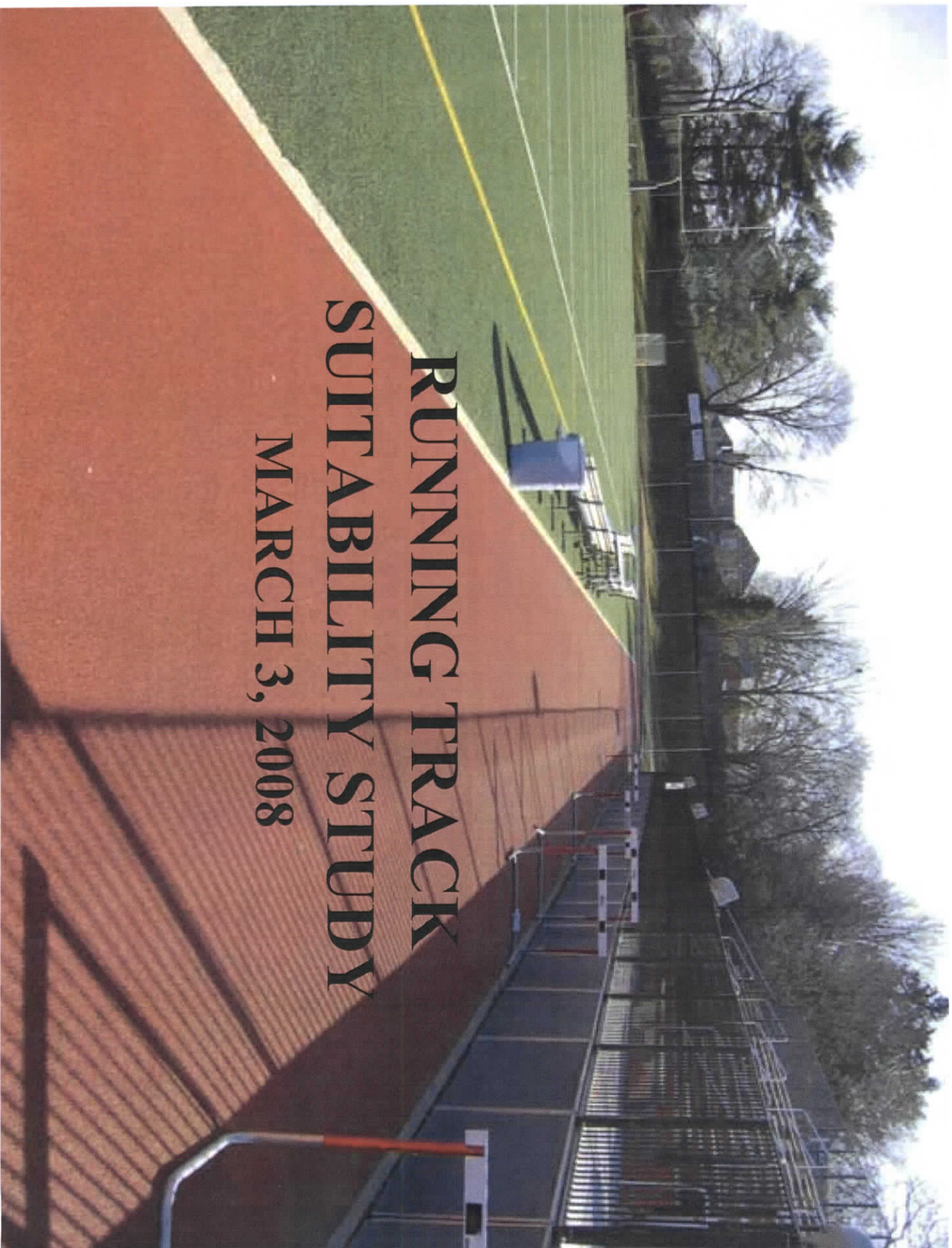
Members of the Parks and Recreation Commission,

My name is Gary Carr. I have a few comments for your evaluation.

1. I have been an advocate for over twenty years for the reconstruction of the historic running track at the current George Washington Middle School site. I remain steadfast in my support in the restoration of this running track and urge your support for this project. I also want to made you aware the the School Board is in the initial stages of planning for the renovation of Park-Gray Memorial Stadium. As it holds the only regulation running track in the City, when that occurs, the citizens and especially the children will be without a place to train and play for an undetermined amount of time.
2. Eight years ago there was a Running Track Suitability Study to evaluate where running tracks might be built. I am requesting you revisit that study and issue a new report with a eye toward creating a comprehensive list of every suitable running venue in the City. The need for addition running, walking and jogging paths consistently ranks at the top of surveys of community recreation needs.
3. Look at the potential for comprehensive athletic facility at the George Washington/Braddock Road Site. How long is this site going to remain without a small area plan?

P.S.

I would also like to state for the record my strong support for the reconstruction of the Warwick Pool. At the same time I think that the site for the Chinquapin Pool is flawed on many levels, including parking (150 new parking spaces), traffic, accessibility by the community, not to mention the prohibitive cost. It's probably too late, but this decision really needs to be reconsidered.



# **RUNNING TRACK SUITABILITY STUDY**

**MARCH 3, 2008**

# RUNNING TRACK SUITABILITY STUDY

- Using available GIS data to determine which sites could best fit a running track facility.
- Standard running track is 400M (meters) in length (National Federation of State High School Associations (NFHS) and the International Amateur Athletic Foundation)
- Standard 400M running track is approx. 530 ft. x 280 ft.
- The only standard 400M track on City owned property is at **TC Williams High School**.





## TC WILLIAMS HIGH SCHOOL

- 400M TRACK/120 YD X 56 YD FIELD (TC 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.)

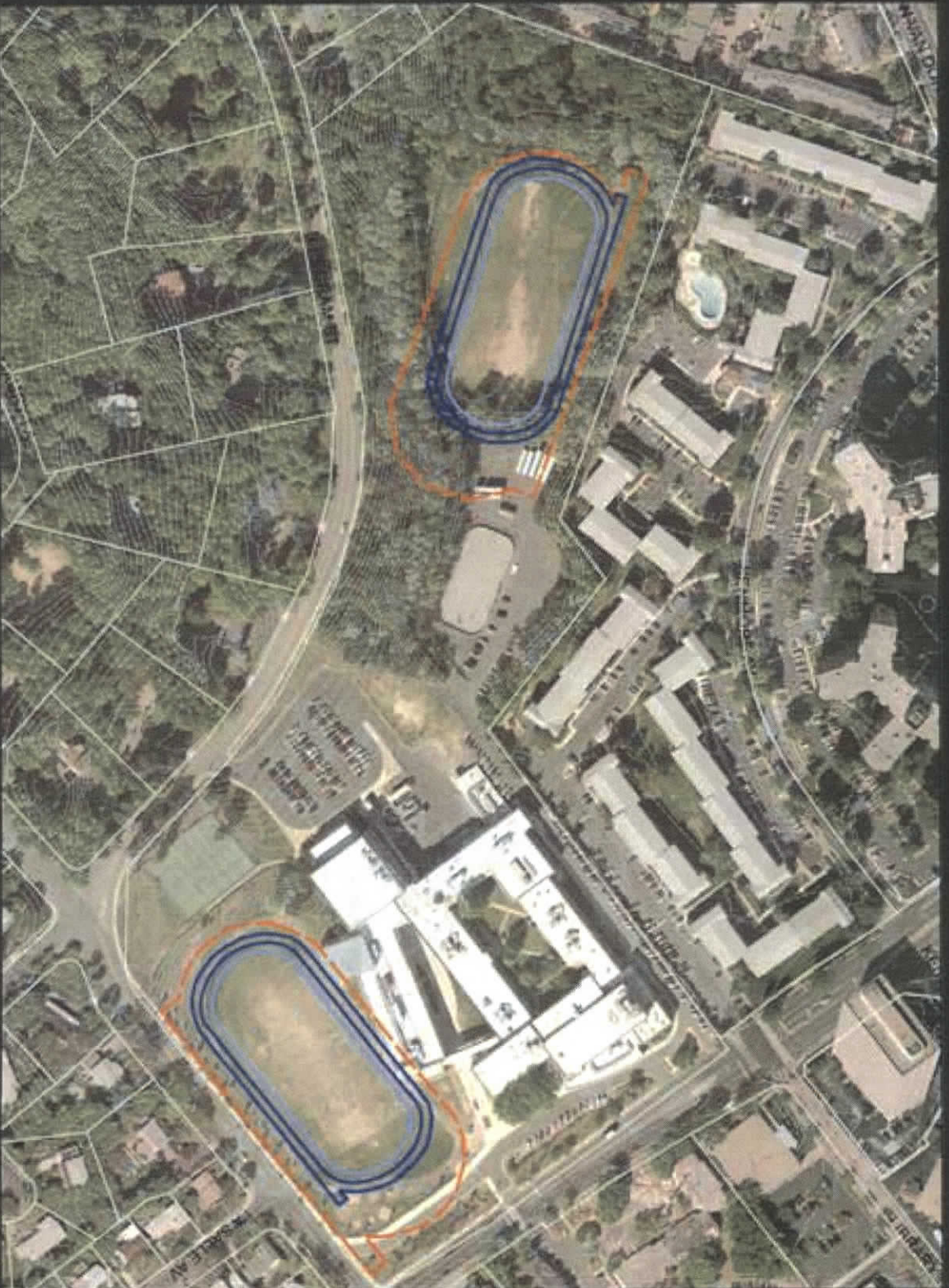




# BRADDOCK FIELD AND GW SCHOOL

- 400M TRACK/120 YD X 66 YD FIELD (TC 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.)





# FRANCIS HAMMOND SCHOOL

- 400M TRACK/120 YD X 66 YD FIELD (TC WILLIAMS EXISTING)
- 350M TRACK/ 120 YD X 59 YD FIELD (APPROX. 4.5 LAPS = 1 MI.)
- 320M TRACK/ 100 YD X 53 YD FIELD (APPROX. 5.5 LAPS = 1 MI.)





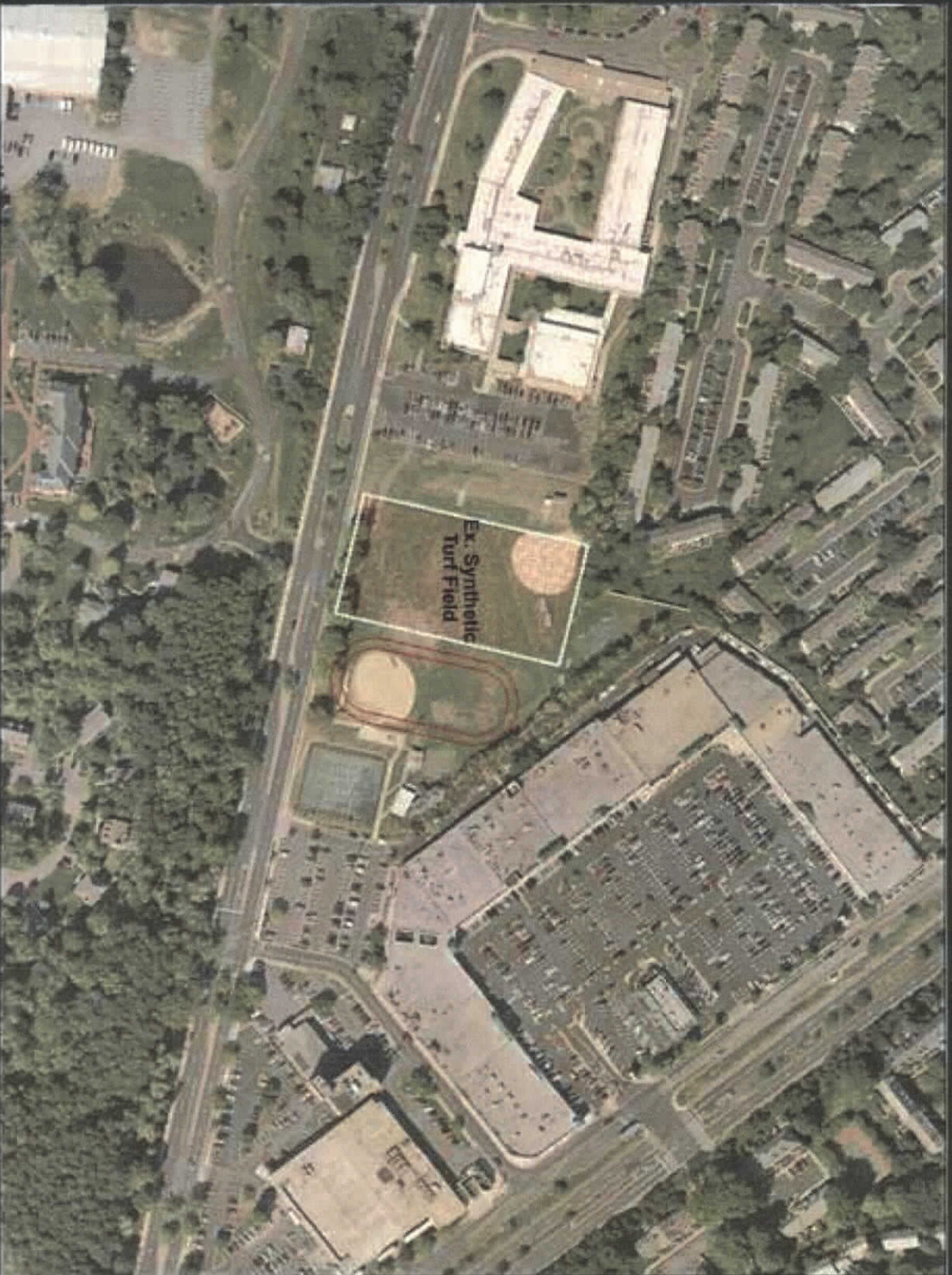
## PATRICK HENRY SCHOOL

400M TRACK/120 YD X 68 YD FIELD (TIC 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.)





MINNIE HOWARD SCHOOL

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

**THE CASE FOR RESTORING THE HISTORIC RUNNING TRACK AT  
GEORGE WASHINGTON MIDDLE SCHOOL  
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 case for the restoration of historic running tracks at George Washington Middle School 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 eventually 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 diseases 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. All citizens, even the physically or mentally challenged would benefit.

**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.

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

**Loss of Physical Activity During School Day-** As academics take priority there are fewer opportunities to engage in exercise during school. If we are unable to increase physical education programs during school hours, after-school programs become essential.

**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 a faster growing segment of 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. The health care crisis will never be solved unless we get at the root causes.

**Prestige-** Positive notoriety would be brought to the city from hosting track events. Alexandria would receive incalculable free advertisement.

**Piggyback Promotions-** Track related co-events that corresponds to The Marine Corps

Marathon and Army Ten-Miler, among others, would bring thousands of visitors to the city.

**Character-** Running builds and reinforces positive character attributes. (i.e. leadership, teamwork, 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 participation mentality encourages the hesitant to engage in physical activity. It encourages the shy or inhibited to get active.

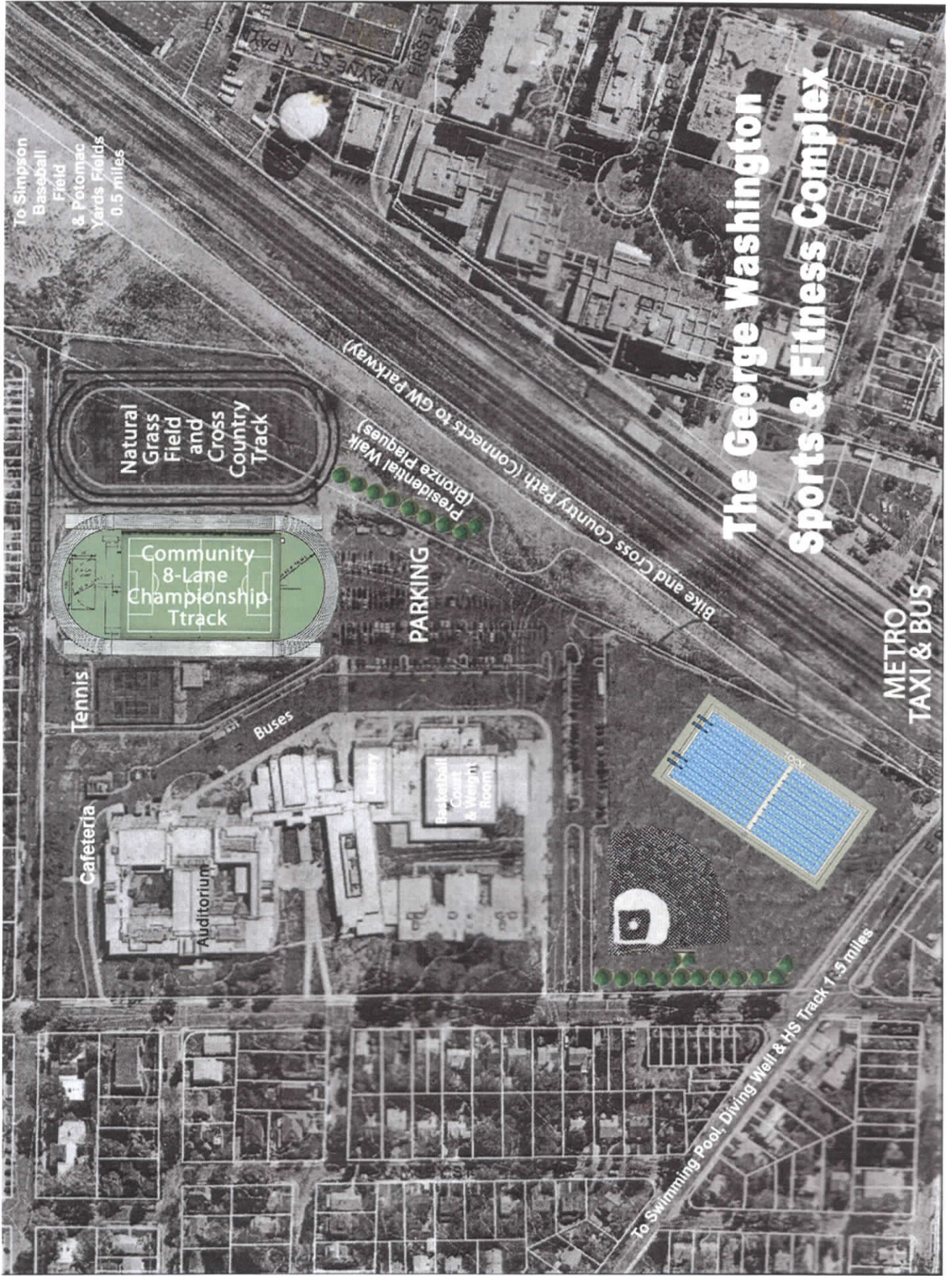
**Safety-** Running tracks provide a safe environment for exercise for children and women.

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.

**Intangible Benefits-** Things that have not been mention here, like a State Track and field Championship or the Senior or Special Olympics..





# The George Washington Sports & Fitness Complex

METRO  
TAXI & BUS

Natural  
Grass  
Field  
and  
Cross  
Country  
Track

Community  
8-Lane  
Championship  
Ttrack

Tennis

Cafeteria

Auditorium

Buses

PARKING

Presidential Walk  
(Bronze Plaques)

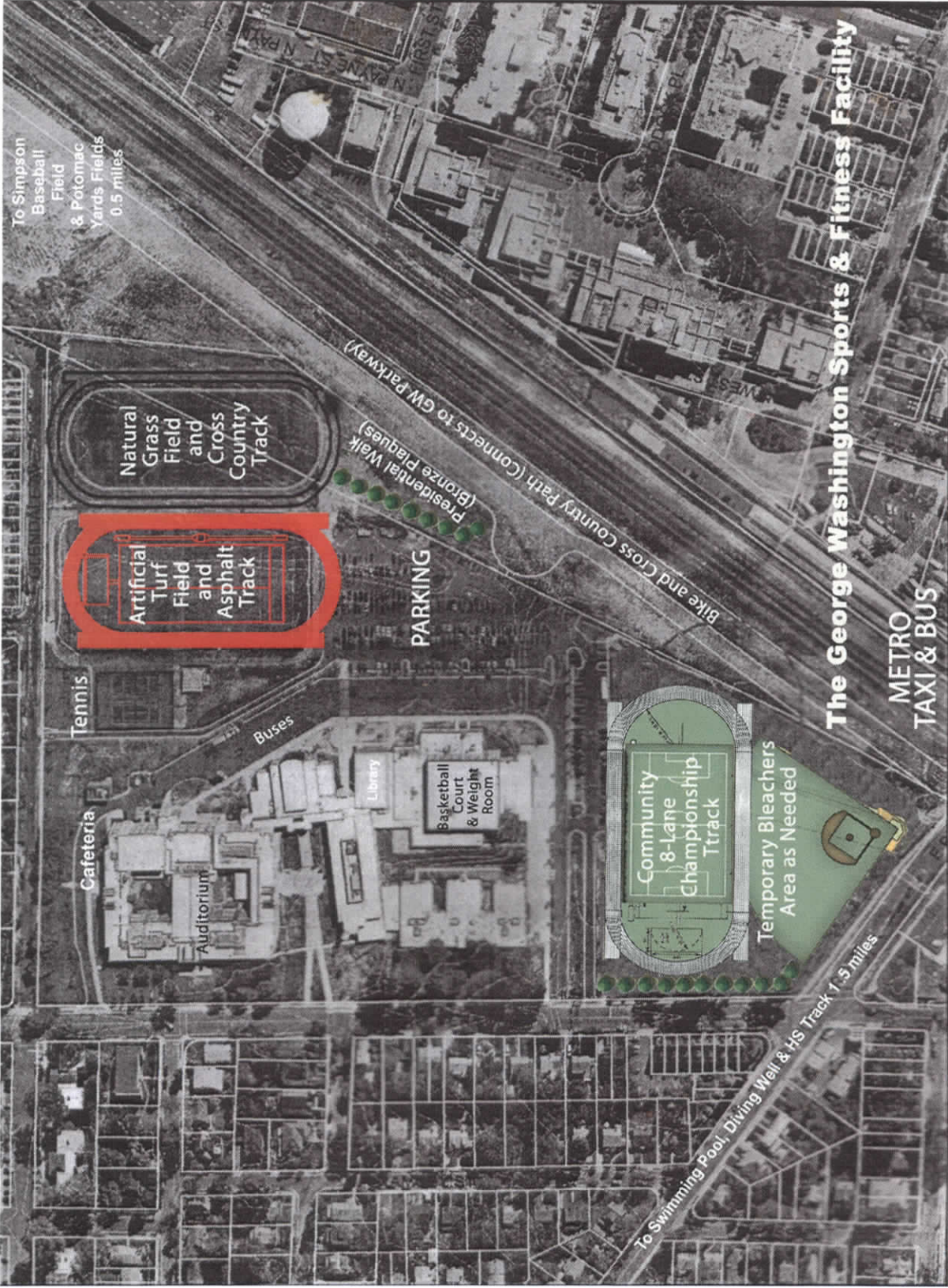
Bike and Cross Country Path (Connects to GW Parkway)

Swimming Pool, Diving Well & HS Track 1.5 miles

To Simpson  
Baseball  
Field  
& Potomac  
Yards Fields  
0.5 miles

To Swimming Pool, Diving Well & HS Track 1.5 miles





**The George Washington Sports & Fitness Facility**

**METRO  
TAXI & BUS**





The George Washington  
Memorial Stadium

## **NEWS ARTICLES** Written by Gary Carr

<http://alextimes.com/2014/01/its-high-time-to-light-up-all-of-our-schools-athletic-fields/>

<http://alextimes.com/2013/11/give-lenwood-lenny-harris-a-field-he-would-be-proud-of/>

<http://alextimes.com/2013/07/proper-markings-could-have-made-the-difference-between-first-and-second-place/>

<http://alextimes.com/2011/01/despite-public-praise-acps-cip-plan-not/>

<http://alextimes.com/2010/05/if-you-build-it-they-will-run/>

<http://alextimes.com/2010/04/save-warwick-pool/>

<http://www.connectionnewspapers.com/news/2013/jun/27/letter-editor-need-address-running-tracks/>

## **NEWS ARTICLE** mentioning Gary Carr

[Gary Carr, a dedicated advocate for improving the track facility at Hammond, speaks regularly at City Council and School Board meetings about the need for a full-fledged Hammond track.](#)

<http://www.youtube.com/watch?v=lrNY-qkL4F8>

[https://youtu.be/wf6FG\\_dQ-9g](https://youtu.be/wf6FG_dQ-9g)

<https://youtu.be/WS18sBLk2TkI>



# City of Alexandria, Virginia

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## MEMORANDUM

**DATE:** JANUARY 21, 2016

**TO:** ALEXANDRIA PARK AND RECREATION COMMISSION

**FROM:** DANA WEDELES, PARK PLANNER

**SUBJECT:** 2015 PARKS AND RECREATION NEEDS ASSESSMENT

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The City of Alexandria Department of Recreation, Parks and Cultural Activities conducted a citywide Needs Assessment survey during Summer/Fall 2015. The purpose of the survey was to establish priorities for the future development of Alexandria's parks, recreation, cultural facilities, programs and services based on identified community needs.

The City of Alexandria, with a consultant, Leisure Vision, designed and administered the survey to obtain statistically valid results from households and to benchmark findings against the 2013 and 2011 Needs Assessment results.

Leisure Vision worked extensively with the City of Alexandria officials in the development of the survey questionnaire. This work allowed the survey to be tailored to issues of strategic importance to effectively plan the future system. The five-page survey was mailed to a random sample of 3,000 households in the City of Alexandria. Approximately three days after the surveys were mailed, each household that received a survey also received an automated voice message encouraging them to complete the survey. In addition, about two weeks after the surveys were mailed, Leisure Vision began contacting households by phone. Those who indicated they had not returned the survey were given the option of completing it by phone.

The goal was to obtain a total of at least 600 completed surveys from City of Alexandria households. This goal was accomplished allowing the results to have a 95% level of confidence with a precision of at least +/-3.3%.

[Click here to view the full 2015 Needs Assessment report.](#)

The following summarizes major survey findings:

- A Good Percentage of Households Have Visited City of Alexandria Parks. Eighty-five percent (85%) of households have visited parks/open spaces operated by the City of Alexandria during the past 12 months. This is up 3% from the 2013 survey.

- **Good Rating Remains High on the City of Alexandria Parks.** Of the households that have visited City of Alexandria parks/open spaces during the past 12 months, 8% rated the parks/open spaces they've visited as "excellent", and 57% rated them as "good". An additional 14% of households rated the parks/open spaces as "fair", and only 1% rated them as "poor". Excellent ratings have increased 5% from the 2013 survey
- **Participation in City of Alexandria Recreation Programs.** Fifty-two percent (52%) of households have participated in recreation programs offered by the City of Alexandria during the past 12 months. Based on the percentage of respondents who have participated in programs offered by the City, 48% have participated in two to three programs. Other amounts of participation include: one program (23%), four to six programs (22%), seven to ten programs (6%), and eleven or more programs (1%). Participation in programs is up from 48% in 2013.
- **Satisfaction with the Program Services Provided by the City of Alexandria.** Based on the percentage of respondents who have participated in programs offered by the City, 86% indicated they are either "very satisfied" (30%) or "satisfied" (56%) with the location of programs. Other major categories with similar levels of satisfaction include: times programs are offered (83%), facility safety (81%), quality of the facility where program is offered (80%) and fees charged for value received (74%).
- **Quality of City of Alexandria Recreation Programs.** Of the households that have participated in City of Alexandria recreation programs during the past 12 months, 7% rated the quality of the programs as "excellent", and 63% rated them as "good". An additional 10% of households rated the programs as "fair", and 0% rated them as "poor". Excellent rating is down from 33% in 2013
- **Respondents Are Generally Satisfied with the Aesthetic Appearance and Quality of Alexandria's Public Lands:** Based on the percentage of respondents, 78% of respondents were either very satisfied (21%), or satisfied (57%). Other ratings of the aesthetic appearance and quality are: neutral (14%), dissatisfied (6%), and very dissatisfied (1%).
- **Ways Households Learn About City of Alexandria Department of Recreation, Parks and Cultural Activities.** The most frequently mentioned ways that households learn about services offered by the City of Alexandria Department of Recreation, Parks and Cultural Activities are: from friends and neighbors (42%), City of Alexandria website (37%), newspaper (36%), and internet search (32%). Schools and ACPS communications are up 4% from 2011 and 2013.
- **Awareness that the City of Alexandria Operates a Public Art Program:** Sixty-six percent (66%) of respondents were unaware that the City of Alexandria operates a public art program. Other ratings of awareness are: somewhat aware (26%), and very aware (8%).
- **Ways Households Travel to the Parks and Recreation Facilities.** The most frequently mentioned ways that households travel to the parks and recreation facilities they use are: car (87%), bike (78%), and walk (37%).
- **Support for the City of Alexandria Partnering With Neighboring Jurisdictions:** Fifty-four percent (52%) of respondents are either very supportive (31%), or somewhat supportive (21%) of the City of Alexandria partnering with neighboring jurisdictions on the



development of a 50 meter pool at Long Bridge Park. The remaining respondents were not sure (29%) or not supportive (19%)

- Parks, Recreation, or Cultural Facilities Households Have a Need For. The parks, recreation, or cultural facilities that the highest percentage of households have need for are: walking paths (89%), natural areas and wildlife habitats (71%), biking trails (67%), open lawns and landscape (65%), picnic shelters/areas (57%), marina/waterfront (56%), and outdoor leisure/recreational swimming pool (55%)
- Walking Paths Are By a Wide Margin the Most Important Parks, Recreation, or Cultural Facilities to Households. Based on the sum of their top four choices, the parks, recreation, or cultural facilities that are most important to households are: walking paths (56%), biking trails (35%), natural areas and wildlife habitats (27%), and playgrounds (23%).
- Farmers Market and Cultural Special Events Are the Top Two Most Needed Recreation and Cultural Programs. The recreation and cultural programs that the highest percentage of households have a need for are: farmers'/outdoor markets (82%), cultural special events (75%), partnership/volunteer opportunities (50%), adult fitness and wellness programs (49%), and nature programs/environmental education (47%)
- Cultural Special Events Are the Most Important Recreation and Cultural Program to Households. Based on the sum of their top four choices, the recreation and cultural programs that are most important to households are: farmers'/outdoor markets (50%), cultural special events (45%), adult fitness and wellness programs (20%), youth learn to swim instruction (16%), and partnership/volunteer opportunities (16%).
- Recreation and Cultural Programs That Households Participate in Most Often. Based on the sum of their top four choices, the recreation and cultural programs that households participate in most often are: farmers'/outdoor markets (54%), cultural special events (41%), youth learn to swim instruction (12%), and youth athletic leagues (10%).
- Importance of Actions the City of Alexandria Could Take to Improve Recreation, Parks and Cultural Activities Services: Based on the sum of respondents' selection of "very important" or "somewhat important", 88% indicated it is important to improve existing neighborhood parks. Other purposes with similar levels of importance include: improve existing walking, hiking and biking trails (85%), develop new walking, hiking and biking trails (81%) and purchase land to preserve natural areas, wildlife habitats and views (72%).
- Actions That Could be Taken That Respondent Households Would be Most Willing to Support With Their Tax Dollars. Based on the sum of their top four choices, the actions respondents would be most willing to support include: improve existing neighborhood parks (49%), improve existing walking, hiking and biking trails (44%), develop new walking, hiking and biking trails (37%), and purchase land to preserve natural areas, wildlife habitats and views (37%).

Bert Ely  
2  
2-20-16

**A statement by Bert Ely to City Council on behalf of  
Friends of the Alexandria Waterfront regarding  
two issues pertaining to waterfront development projects**

February 20, 2016

Madam Mayor and members of Council I am Bert Ely, a co-chair of Friends of the Alexandria Waterfront (FAW). I am speaking today on behalf of FAW with regard to two waterfront development issues of great importance to FAW members as well as the broader Alexandria community – truck haul routes for the Robinson Terminal North, or RTN, project and the Interim Plan for Fitzgerald Square at the bottom of King Street.

I represent FAW on the Ad Hoc Monitoring Group on Waterfront Construction. As such, I participated in the discussion at the last Monitoring Group meeting regarding the route over which trucks would haul highly contaminated soil away from RTN. I and other members of the Monitoring Group, as well as nearby residents and others, have expressed great concern about the manner in which contaminated soil will be removed from RTN, with a continued preference for barging.

If soil will be trucked away from RTN, as unfortunately seems likely, residents living near RTN as well as other City residents are understandably concerned about the streets over which that soil will be trucked. City staff have asserted that the Director of Transportation and Environmental Services will determine what the permitted haul route will be. That may be, but the Director should not make that determination without having first publicized haul-route options and obtained public comment on those options.

To do otherwise – to arbitrarily pick the haul route without prior public input – would represent a continuation of the heavy-handed, opaque manner in which decision-making often takes place in Alexandria. FAW urges Council to direct the City Manager to take the necessary steps to ensure sufficient public input into haul-route options before any haul routes for the RTN project are finalized.

On another waterfront matter, FAW is concerned about the estimated \$750,000 to \$1 million cost of the proposed Interim Plan for Fitzgerald Square given the overdue maintenance requirements of many City buildings, including City Hall. It would be much wiser to spend that money replacing City Hall's 70-year-old boiler and making other much needed repairs on this and other buildings.



Is it really necessary to tear down the Boat Club's present building, one element of the Interim Plan? Could that building not be put to a public use, such as a visitor's center and a place to hold public meetings? Also, given the tremendous need for parking along and near the waterfront, why can't the Club's parking lot be converted into a pay lot for at least a few years?

Given the City's desire to bring more visitors to the waterfront at a time when the number of parking spaces along and near the waterfront is shrinking, retaining that parking lot at this time makes eminent sense until a longer term solution to increased demand for waterfront parking evolves.

Thank you for your time today – I welcome your questions.

**OFFICIAL COMPLAINT**

2  
2-20-16  
submitted by  
Netitia Alexander

**To: ZWEET SPORT**  
**400 N. Henry Street**  
**Alexandria, VA 22314**  
**(301) 312-3812**  
**email: Contact@ZweetSport.com**

**From: The Residents Located in the 1100 Block of Princess Street, Alexandria, VA 22314**

**Complaint: Zweet Sport Fails to Provide Adequate Parking For Their Clients/Customers**

The residents located in the 1100 block of Princess Street in Alexandria, Virginia would like to file a formal complaint against **ZWEET SPORT** for failing to provide adequate parking for their clients/customers.

As residents who pay for annual for parking zone stickers we should be able to park within the block of which we live. However, this is not the case. Because **Zweet Sport** has classes each and every day of the week, i.e., **Sunday through Saturday**.

As residents of this block we are forced to find parking in the next block and move our vehicles after the classes have ended for the day.

Attached is a copy of **Zweet Sport's** weekly schedule which shows they have classes **Sunday through Saturday, from as early as 6:00am to as late in the evening as 10:15pm.**

The residents have children and family members with physical limitations which often times have to double park in order to unload groceries etc. This is unacceptable and we would like the County of Alexandria to address this issue and come to some resolve for the residents of this block.



**The following are signatures, etc. of the residents located in the 1100 Block of Princess Street, Alexandria, VA who support this complaint. Please feel free to write any other complaints you have regarding the parking situation. Thank you.**

Leticia Alvarez 1116 1/2 Princess St, Alex VA 22314

-ah ma Aschbome 1112 Princeton Street VA 2231

Steven Tocchi 1124 Princess St VA 22314

Emear Hughes 1122 Princess St, VA 22314.

Yusef Mohammed, 1109 Rixcess St. AA 233K

Carol Gates 1114 Princess St. 22317

Three Agutings 1111 Princess St. Alex. LA 2274

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## Schedule for February 19, 2016 - February 25, 2016

<b>Fri February 19, 2016</b>	<b>Class</b>	<b>Instructor</b>
6:00 AM - 7:00 AM	Zweet Hot 26 Express	Neen LeMaster (sub for Kimberly Landini)
9:30 AM - 10:45 AM	Zweet Sport HOT 26	Neen LeMaster
5:00 PM - 5:45 PM	Hot Power Flow - Express	Lindsey Goldwasser
6:00 PM - 7:00 PM	Zweet Hot 26 Express	Kimberly Landini
<b>Sat February 20, 2016</b>	<b>Class</b>	<b>Instructor</b>
8:00 AM - 9:00 AM	Zweet Hot 26 Express	Neen LeMaster
9:15 AM - 10:15 AM	Hot Power Flow	Lindsey Goldwasser
10:30 AM - 11:30 AM	Zweet Sport HOT 26	Kimberly Landini
<del>12:00 PM - 2:30 PM</del>	<del>Advanced - Bishnu Ghosh 84 Asanas</del>	<del>Class Cancelled</del>
<b>Sun February 21, 2016</b>	<b>Class</b>	<b>Instructor</b>
10:00 AM - 11:15 AM	Zweet Sport HOT 26	Neen LeMaster
4:00 PM - 5:15 PM	Hot Power Flow	Julie Wieland
5:30 PM - 6:30 PM	Zweet Hot 26 Express	Tiffany Kuo
<b>Mon February 22, 2016</b>	<b>Class</b>	<b>Instructor</b>
9:30 AM - 10:30 AM	Zweet Hot 26 Express	Neen LeMaster
5:00 PM - 6:00 PM	Hot Power Flow	Lindsey Goldwasser
6:15 PM - 7:15 PM	Zweet Hot 26 Express	Neen LeMaster
7:30 PM - 8:30 PM	Deep Heated Stretch & Tone	Kimberly Landini
<b>Tue February 23, 2016</b>	<b>Class</b>	<b>Instructor</b>
5:00 PM - 5:45 PM	Deep Heated Stretch & Tone - Express	Kimberly Landini
6:00 PM - 7:00 PM	Hot Power Flow	Jenna Makharita
7:30 PM - 8:30 PM	Zweet Hot 26 Express	Keith Godfrey
<b>Wed February 24, 2016</b>	<b>Class</b>	<b>Instructor</b>
6:00 AM - 7:00 AM	Zweet Hot 26 Express	Kimberly Landini
5:00 PM - 6:00 PM	Zweet Hot 26 Express	Neen LeMaster
6:15 PM - 7:15 PM	Hot Power Flow	Lindsey Goldwasser (sub for Jenna Makharita)
7:30 PM - 8:30 PM	Hamstrings, Hips, and Spines	Kimberly Landini (sub for Jenna Makharita)
<b>Thu February 25, 2016</b>	<b>Class</b>	<b>Instructor</b>
6:00 AM - 7:00 AM	Zweet Hot 26 Express	Neen LeMaster
5:00 PM - 6:00 PM	Zweet Hot 26 Express	Kimberly Landini
6:15 PM - 7:15 PM	Hamstrings, Hips, and Spines	Kimberly Landini
7:30 PM - 8:30 PM	Zweet Hot 26 Express	Keith Godfrey

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# ZWEET SPORT

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## Prices

### Pricing:

*Drop-In - \$18*

*3 Class Pack - \$49 (30 Day Term)*

*5 Class Pack - \$75 (45 Day Term)*

*10 Class Pack - \$135 (60 Day Term)*

### **Monthly Memberships - (3 month contract, early termination fees may apply)**

*5 class per month - \$65*

*10 class per month - \$125*

*Monthly Unlimited - \$135*

[Click here to purchase membership packages.](#)

### **New Student Packages (LOCAL RESIDENTS ONLY!) -**

*1 Week Unlimited - \$25*

*1 Month Unlimited - \$49*

### **Traveler's Weekly Unlimited (Out of Town Guests!) -**

*1 Week Unlimited - \$45*

[Click here to purchase yoga packages.](#)

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Subn

# ZWEET SPORT

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## Contact

We want to hear from you! Please contact us with any comments or questions at the following number or through our email form provided below.

Address: 400 N. Henry St., Alexandria, VA 22314

Email: [Contact@ZweetSport.com](mailto:Contact@ZweetSport.com)

Phone: 301.312.3812

eFax: 866-393-2829

\* denotes required field

\* **Email Address**

**Phone Number**

\* **Details**



**Letitia Alexander**

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**From:** Letitia Alexander <alexanderletitia@aol.com>  
**Sent:** Friday, February 19, 2016 9:11 AM  
**To:** Letitia Alexander  
**Subject:** Fwd: NEW CLASSES @ ZWEET SPORT HOT YOGA

Sent from my iPhone

Begin forwarded message:

**From:** Zweet Sport <[contact@zweetsport.com](mailto:contact@zweetsport.com)>  
**Date:** February 18, 2016 at 10:00:56 AM EST  
**To:** [alexanderletitia@aol.com](mailto:alexanderletitia@aol.com)  
**Subject:** NEW CLASSES @ ZWEET SPORT HOT YOGA  
**Reply-To:** [contact@zweetsport.com](mailto:contact@zweetsport.com)

## ZWEET SPORT BOUTIQUE & HOT YOGA STUDIO

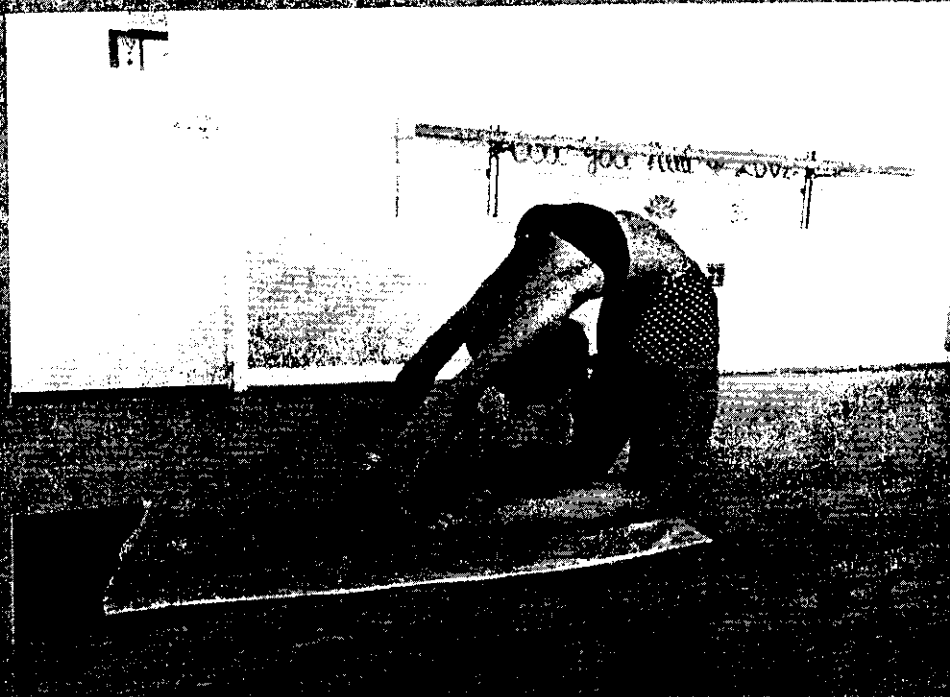
### NEW CLASSES AT ZWEET!

Beginning the week of February 22nd, the following classes have been added!

Thursday - 6 AM - Hot 26 Express - w/  
Neen LeMaster

Friday - 6 AM - Deep Tone & Stretch - w/  
Kimberly Landini

See you on the mat!



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Zweet Sport | 400 N Henry Street | Alexandria | VA | 22314

Nancy Jennings  
2  
2-20-16

January 14, 2016

Dear Mayor Silberberg, Vice Mayor Wilson, and Members of City Council:

The Board of Directors of the Seminary Hill Association, Inc., (SHA), with the participation of SHA members and neighbors, strongly recommends that the following requirements be part of any DSUP for the proposed new recreation center attached to an expanded Patrick Henry School:

1. The proposed recreation center should be attached to the school, as at present. To allow a free-standing structure would greatly increase the structural footprint and reduce precious green space.
2. Park amenities that would be eliminated by the current plan—namely the tennis courts and the basketball court—should be replaced on other parts of the Patrick Henry tract. They provide important outdoor recreational opportunities in Seminary Hill and the West End that must not be lost.
3. Neighborhood access to the remaining green space on the tract should be maximized. There should be no fenced or lighted artificial turfed fields that limit recreational use by neighbors and other West End residents.
4. Automobile entrances and parking lots for the school and recreation center should be off Taney Avenue, as is presently the case; and there should be no curb cuts on Latham Street to ensure safety.
5. A neighborhood advisory group, made up of surrounding homeowners and other residents should be mandated, to be created immediately upon the approval of the DSUP, through the period of construction and during the active use of the facility.

The present configuration of green space around Patrick Henry School has been an important element in the lives of many in Seminary Hill, Strawberry Hill, Seminary Valley, and other area neighborhoods. The Parks and Recreation Department survey of Alexandria residents has demonstrated that a principal interest in the city is for accessible green space for informal outdoor recreation. In addition, the joint ACPS and City of Alexandria Long Range Education Facilities Plan states that *“school sites shall avoid any net loss of open space on the property and seek to improve the quality of the open space on existing sites.”* Ironically, this new recreation center has the effect of reducing prime green space for outdoor recreation. Every effort must be made to preserve and protect the land that remains.

We look to the Mayor and Council to require that the DSUP for this project as brought forth from the Planning Office contains the five provisions outlined above.

Sincerely,

Nancy R. Jennings

Nancy R. Jennings, President  
Seminary Hill Association, Inc.



Cc: City Manager Mark Jinks  
Deputy City Manager Emily Baker  
Department of Planning and Zoning Karl Moritz Planning  
Department of Recreation, Parks & Cultural Activities James Spengler  
Members of the Alexandria School Board  
Superintendent ACPS Alvin L. Crawley

Liz Parker, 700 N Latham Street  
City Council remarks, 2/20/16

Liz Parker  
2  
2-20-16

Good morning, Mayor Silberberg and members of the Alexandria City Council. My name is Liz Parker. I am a neighbor of Patrick Henry School and I serve on the Patrick Henry Community Advisory Group as the representative of the Brookville-Seminary Valley Civic Association. The BSVCA Board has written a letter stating recommendations for the the new school and recreation center, and I am submitting that letter along with my remarks.

I want to expand on one of major neighborhood concerns today – the proposed Latham Street entrance and parking lot. Living in the neighborhood, I can tell you that the location of the proposed parking lot and entrance is a mistake. Our narrow residential street is just not suited to handle high volumes of school and recreation center traffic. Routing traffic down Latham will cause a safety issue for both residents and students. There is also a blind line of sight from Polk Avenue which makes the proposed entrance dangerous—cars entering and exiting the lot will not be able to see oncoming traffic. Peacock Avenue, which connects to Latham, also has visibility issues.

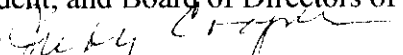
Neighbors and the local civic associations have been stating for a year that keeping entrances on Taney Avenue should be a non-negotiable part of the planning and design for the new school and rec center. Yet we recently learned that Latham Street access is still being considered as an option in the plans the architect is drawing this month.

For safety reasons and to protect the residential neighborhood, all vehicular access points (including driveways, parking lots, and bus loops) absolutely must remain on Taney Avenue.

The City's own planning documents support my view. Taney Avenue is classified as a "residential collector" by the City's Major Thoroughfare Plan and the Comprehensive Transportation Master Plan. In contrast, Latham Street was designed as a "local or residential" street. These plans state that cut-through traffic should be avoided on residential streets. Alexandria's Neighborhood Traffic Calming Program also seeks to "provide protection to residential neighborhoods from traffic operating at excessive speeds and excessive volumes of traffic." Lastly, the Seminary Hill/Strawberry Hill Small Area Plan, of which Patrick Henry is a part, also states that "protecting residential sections from non-local traffic" is one of its goals and objectives.

Thus, the establishment of any access point on Latham Street would contradict the City's own plans to keep its residential neighborhoods safe from outside traffic. The new Patrick Henry School is an important project for our city, but there is no need to sacrifice safety in a quiet residential neighborhood to do it. Please protect Latham Street from the influx of new school and recreation center traffic. Ensure through your oversight of this project that all access points to the new Patrick Henry School and Recreation Center remain where they are today, on Taney Avenue. Thank you.

TO: Patrick Henry School and Recreation Center Project Team, Dr. Crawley, Members of the Alexandria School Board, Mayor Silberberg, Members of City Council, City Manager Mark Jinks

FROM: Judy Cooper, President, and Board of Directors of the Brookville-Seminary Valley Civic Association (BSVCA) 

RE: Patrick Henry Site Specific Program Document

The BSVCA has followed the development of the PK-8 Patrick Henry school proposals, since the beginning of the community meetings and many of our residents have children who attend the current school. With the planned redistricting, we may have more families with children attending Patrick Henry. Our community currently makes use of the fields and green space at the school as well as the recreation center.

Thus, we strongly recommend the following:

- No entrances, exits, and parking lots should be located on N. Latham St. Entrances, exits, bus access, and kiss and ride should be located on Taney Ave.
- A maximum amount of green space should be retained with access to the community during non-school hours. Fenced athletic fields should not be considered open space and not lighted for athletic or after school events, and with a natural grass covering.
- The architecture of the proposed buildings, school and recreation center, should reflect the architecture of the neighborhood. The positioning of the school, if near N. Latham St., should have a maximum set-back from that street. If a three story building is envisioned, then a terraced and set back of the upper floors will help to reduce the scale of the building for the homes nearby.
- None of the upper level forested area should be considered for walking paths. This area is prime forested area and any paths would degrade it. Also, paths would bring adults and students in close proximity with the backs of homes on N. Latham St. and Peacock Ave. and could be access for inappropriate activities during the day or night.

In addition, we are concerned about over programming the recreation center, since this project should be guided by the educational requirements for a PK-8 school. Planning for athletics and after school programs should be flexible and based on neighborhood input.

The BSVCA is aware that these items have been discussed at the meetings, however, we believe it is necessary to reinforce their importance to our community by stating our expectations.

Thank you for the opportunity to respond to the meetings and discussions regarding the Patrick Henry Site Specific Program Document.



Carol James  
2  
2-20-16

Remarks by Carol James, 1000 North Vail Street  
Alexandria City Council Public Session, February 20, 2015

Most of you stood at the corner of Polk and Pelham on June 15, 2013, to cut the ribbon to commemorate a welcome addition to our neighborhood: a new parcel of open space at 5325 Polk. Commemorating that space was the culmination of a 13-year fight.

Many here today may well also recall that our neighborhood had six acres of green space destroyed overnight with no notice whatsoever when bulldozers went in at Seminary and 395 to build BRAC. That not being enough, developers' sights were then set upon the green canopy of the Winkler Preserve to take property used by school children in order to build access roads into the new DoD parking facility at BRAC.

And, at the very same time, on the big hill at 5325 Polk just across I-395 and in view of BRAC - a developer sought to squeeze 40+ condos onto the promontory of the ridge. Instead, we citizens in the adjacent neighborhoods and others mobilized and achieved something relatively unique: We won purchase of that 2-1/2 acre parcel as open space - largely with DoD funding due to its previous destruction of green space.

This was a long, tough struggle to accomplish. Parades of school children supporting trees and open spaces for play and for learning carried signs and banners. Meeting after meeting after meeting.

It is thus a shock that to learn that the proposed plan for Patrick Henry yet again seeks to take away outdoor play space from children. What would exist into the future - for a larger number of children - would be a much smaller total square footage of "athletic field," some of which would be fenced, turfed, and perhaps even artificially lit; remaining patches of outdoor playground would be small and not continuous - all of this against neighborhood wishes! Much of what today is grassy playground would be replaced by new buildings, roads, and parking lots.

This proposal is inconsistent with the City's own needs assessment surveys, which in November 2015 determined that walking paths, natural areas, wildlife habitats, trails, open lands and landscapes top the list of needs studied and are uses residents most support in their willingness to expend tax dollars.

One comment offered to justify taking away outdoor play space on the school grounds is that there is a ridge of trees adjacent to the site where children can hike. It was noted that the City recently has added open space. An official even is said to have remarked that "there would not be a net loss" of open space!

Make no mistake. Our neighborhood did not fight to preserve old growth trees - some of the oldest specimens of oaks in the City ... as well as rare native plants found nowhere else in the region ... instead of building sky-rise condos just to give:

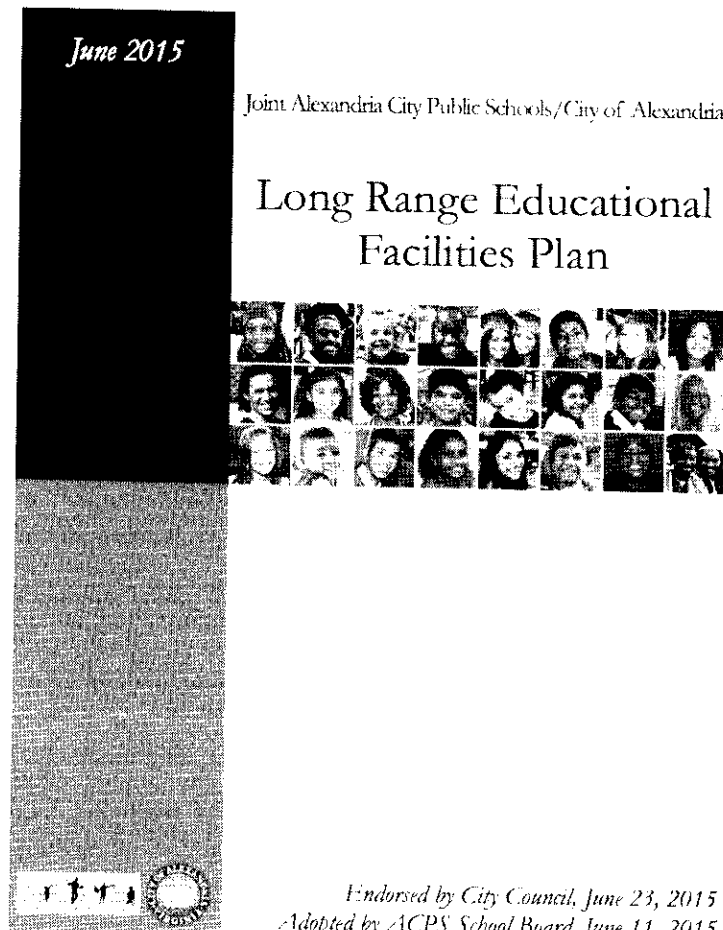
**a green excuse for keeping more kids indoors more of the time.**

Requirements cited by the City's Long Range Educational Facilities Plan are as follows:

Existing schools sites renovations

- School sites shall avoid any net loss of open space on the property and seek to improve the quality of the open space on existing sites.
- If open space is zoned Public Open Space (POS) it cannot be built on. However, if the building renovation or addition is best situated on existing POS then there must be a rezoning that results in the equivalent amount of new POS elsewhere on the site for recreation or natural area purposes—ensuring that the City does not lose open space acreage (as occurred with the Jefferson Houston School redevelopment project).

Can one look at the proposed drawings for the Patrick Henry site (page 16) in the feasibility plan and come to the conclusion that these requirements have been met?



City Council Public Comment, 2/20/16

Mary Biegel, 811 N. Latham St. Alexandria VA 22304

Good morning, Ms. Mayor and members of City Council. I am here this morning to talk about Patrick Henry. I live near Patrick Henry on Latham St. and am also the mother to two young children so we, like many neighborhood families, regularly take advantage of the outdoor space at the school. We greatly value this open green space and the quiet streets in our neighborhood, and I hope that these important features of our community can be preserved.

I think we can all agree that there have been process and communications issues during this project. The formation of the current Advisory Group was a good step, and I ask that you continue to improve communication by forming a neighborhood advisory group. This group should be in place to monitor the construction phase, as well as the active use of the facilities.

We ask that the group consist of surrounding homeowners and residents, along with representatives from the School Board and Parks and Rec. This group should meet quarterly and all parties should have an ability to call additional meetings, if needed. We ask that this group be included as a provision within the DSUP.

In summary today, we ask to keep all entrances and parking lots off of Latham Street, a narrow residential street. Placing an entrance or parking lot on Latham would create safety and traffic issues, and the City's own traffic plans and the small area plan classify Latham as residential and state that it's not for cut through traffic.

We also ask that you maximize the accessible outdoor space that is so valued by our community. This can be done by attaching the rec center and avoiding fences and artificial turf on the field, which would limit the community's access. I cannot stress enough how well used these fields are and how valuable it is for the city to provide open, accessible outdoor space. Our desire to keep open, natural outdoor space also aligns with the broader city's view as shown in the Parks and Rec surveys. We also ask that athletic lights are not placed on the field. Lights are not appropriate in the middle of a residential neighborhood and are not a needed expense or amenity at a K-8 school.

Thank you for your time this morning.



Ann Shack  
2  
2-20-14

I am here, as President of the Tobacco Quay HOA, asking the City Council to step in to  
DELAY ANY DEMOLITION AND EXCAVATION AT THE RTN WEST SITE until:

1. We get an independent assessment of the site that has been cross contaminated by the
  - A. BOGLE CHEMICAL(RTN West)
  - B. THE ALEXANDRIA TOWN GAS LEAK PLUME
  - C. THE BUS BARN UNDERGROUND TANK LEAK

Comment: Nina Randolph (our representative to the Ad Hoc Committee) has asked a number of questions in advance and in writing, about the Bus Barn leak ON JANUARY 11...NO ANSWER TO DATE. More questions have been asked after the last Ad Hoc meeting...they still have not been answered.

**We need answers to all questions BEFORE any permit is approved to demolish the protective cap at RTN West.**

2. We get an independent review of barging of the toxic materials versus trucking. Barging was required at RTS. And the Corps of Army Engineers has required barging of the toxic matter in the City Remediation Plan, as well as the condition of NOT breaking the cap.

3. We get an independent review of the financial liability for the toxic wastes at BOTH THE RTN WEST and RTN EAST sites. The financial viability of each LLC has to be reviewed.

4. We need an independent review of the effect the excavation and dewatering will have on the land-fill soil underneath our homes and how to prevent destabilization., We already experienced one home cracking with the original building of the Steam Fitters Building which is now the Oronoco.

**THE ONLY ANSWER: GET EPA TO DO THESE REVIEWS. WE DON'T NEED ANOTHER FLINT MI HERE!**

With the City's new focus on Ethics, now is the time for you to shine!

Ann Shack  
President  
Tobacco Quay HOA