

# Zebra

February 2013

Arlington/Alexandria  
It's **read** all over!

## POPSTART

*Stephanie Stack*



**ALSO INSIDE:** \$14 Pet Adoptions in Alexandria ■ Rare Drawing Returns to Mount Vernon ■ A Heart-Felt Connection to American Heart Month





# Christine Roland Garner Wishes You A Happy Valentine's Day!

## DEL RAY

**\$739,000**

Charm and character abound in this 3 bedroom, 2.5 bath farmhouse including a large front porch with swing! Ideally located just blocks from METRO and steps from shopping and restaurants on "The Avenue". Spacious foyer entry, light filled living room and formal dining room. Kitchen with ample counter & cabinet space, powder room and recently finished lower level with family room, play room, full bath & access to the lovely fenced yard.



## BEVERLEY HILLS

**\$974,900**

Spacious 4/5 bedroom, 4 bath home with a fabulous Great Room and Master Suite addition with over 3,100 sq ft of living space. Gourmet kitchen, breakfast room and home office. Custom built-ins throughout, rooftop deck & rear stairs. Lower level recreation room, fenced yard with wrap around deck and off street parking.



## OLD TOWN

**\$685,000**

Enjoy Old Town Living in this charming 3 bedroom, 2 bath detached home located just 4 blocks from the King St. METRO with 2 OFF STREET parking spaces! Total renovation and expansion in 2004 with many recent updates. Formal dining room and living room with fireplace. Beautiful kitchen with granite breakfast bar opens to the family room with access to the fenced yard with a brick patio. Three upper level bedrooms and 2 full baths including a private Owner's suite.



## BELLE HAVEN

**\$729,000**

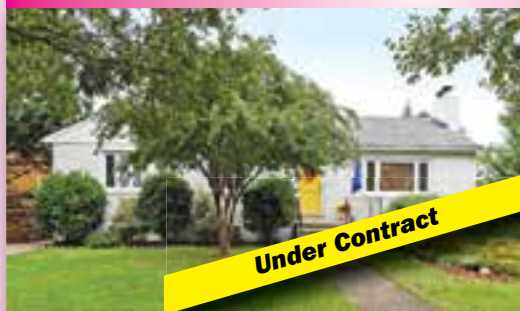
Beautiful 4 bedroom, 3 bath home situated on a quiet cul-de-sac. Spacious living room with fireplace & formal dining room with French doors to the family room. Home office with custom built-ins and bay window. Three main level bedrooms including a Master Suite plus a 2nd Master Suite on the 2nd floor with a sitting room!



## ROSEMONT

**\$717,000**

Deceivingly spacious 3 bedroom, 2 bath brick home ideally located blocks from METRO, Old Town and Del Ray! Light filled living room with fireplace & formal dining room. Updated kitchen with granite counters. Three



main level bedrooms & updated bath. Huge finished lower level with access to the lovely fenced yard.

## SHERWOOD FOREST

**\$499,000**

Spacious 4 bedroom, 3 bath home with attached garage convenient to Old Town & Ft Belvoir. Open floor plan with lots of light, gleaming hardwoods and new windows! Kitchen with granite breakfast bar, ample counter & cabinet space! Lower level family room with fireplace, full bath & 2 bedrooms has access to the large fenced yard.



## ROSEMONT

**\$759,900**

Lovely 3 bedroom, 1.5 bath Colonial built in 1920 located just a few blocks from the King St. METRO. Living room with stunning floor to ceiling stone fireplace and adjacent year round sunroom with access to the rear deck and porch. Formal dining room, home office/den and spacious gourmet kitchen with 3 skylights. Upper level with 3 bedrooms, main level 1/2 bath, unfinished basement and garage.



## THE ECLIPSE

**\$539,000**



CLuxury 2 bedroom, 2 bath condo conveniently located just a few blocks from the Crystal City METRO & Potomac Yards. Open floor plan with floor to ceiling windows, balcony and new wood floors throughout. Split bedroom configuration for maximum privacy with spacious Master suite. Numerous amenities including secure lobby with concierge service, fitness center, pool, theater room & roof top deck with views of the river & monuments.

*Weichert Realtors*®

121 NORTH PITT STREET • ALEXANDRIA, VA 22314  
CGHOMES@HOTMAIL.COM

Celebrating  
25 Years!  
1988-2013

CHRISTINE GARNER • 703.587.4855 • WWW.CHRISTINEGARNER.COM

*I sell more because I do more!*





This past week, I “streamed” *Downton Abbey*, *Flight* and *Argo*, remembering all the torturous trips to Blockbuster that I no longer have to make. Yet, as cutting edge as I believe I am, I miss manual typewriters, Band-Aid tins, wooden spools and neighborhood ice cream trucks. And now, I am told daily that my Blackberry is prehistoric, and I should switch to an Android or an iPhone. I just can’t keep up with the dichotomy between the sturdy and dependable versus the strange and ever-changing glitz and glamour of new technology.

I can look out my window and see the weather. I can read a newspaper or watch the *Today* show for the world’s breaking headlines. I can find my dog without GPS. I don’t need constant beeps telling me the obvious. However, I am sort of interested at 2:00 AM when I get an alert that Ernest Borgnine has died of renal failure at the age of 95. Therein lies the complexity.

In any case, I ramble. So welcome to our February 2013 issue where we introduce our new Fashion Editor, Laurie Chesbrough, a nationally known stylist, presenting her first local makeover as well as our new “money man”, Stephen Memery, who will share his candid opinions of the financial arena. We are also proud to launch the monthly Vola Lawson Alexandria Animal Shelter adoption and fostering pages, solely supported by local, animal-loving merchants.

As always, we welcome your suggestions and feedback, and remain grateful to our loyal readers and advertisers.

My best,  
Mary Wadland

**Zebra**

February 2013  
**The Zebra**  
2331 Mill Rd.  
Arlington, VA 22314  
703-224-8911  
thezebra.org

**Publisher/Editor-in-Chief**  
Mary Wadland  
mary@thezebra.org

**Features Writers**  
Holly Burnett  
holly@thezebra.org

Chuck Hagee  
cg.hagee@comcast.net

**Circulation Director**  
Ellis Spencer  
circulation@thezebra.org

**Fashion Editor**  
Laurie Chesbrough  
laurie@thezebra.org

**Contributing Writers**  
John Arundel  
Glenda Booth  
Harry Covert  
Marcus Fisk  
Robert Knapp  
Jason Linett  
Mari Stull  
Dennis Whitestone

**Photographers**  
Greg Knott  
Harry Merritt

**Social Media Editor**  
Wayne Hulehan  
waynehulehan@comcast.net

## Distribution

25,000 copies delivered by hand each month to households and businesses in the following neighborhoods and high-traffic areas:

Arlington  
Alexandria  
Alexandria West  
Beverly Hills

Crystal City  
Del Ray  
Fairlington  
Mount Vernon  
Old Town Alexandria

Park Fairfax  
Rosemont  
Seminary Hills  
Shirlington

## Publication Dates

Zebra is printed monthly.

## Deadlines

The deadline for the receipt of all new advertising materials is 5:00 p.m. Wednesday, seven days prior to publication. Materials and space reservations will be accepted for proofed unchanged camera ready repeat ads until 5:00 p.m. Friday, the week before publication. Cancellations and changes cannot be accepted after Monday, the week of publication and no refunds will be made after that time. For advertisers wishing to see a proof before publication, the deadline for approval is Wednesday, seven days prior to publication.

**For advertising information call 703-224-8911**

©2013 Zebra Media, LLC  
The Zebra is an independent monthly publication providing news, information and entertainment for readers in Northern Virginia. The publication is published by Zebra Media Solutions, LLC, which is responsible for the form, content and policies of the publication. The Zebra does not espouse any political belief or endorse any product or service in its news coverage. Articles and letters submitted for publication must be signed and may be edited for length or content. The Zebra is not responsible for any claims made by advertisers.



## INSIDE

Community News.....	6
Style Reveal Fashion Makeover .....	10
On Watch.....	12
Coffee with Ginger .....	13
Civil War Series Part 16 .....	14
School News .....	18
In The Dirt .....	19
Living Legend Rosa Byrd .....	22
Let's Talk Cars.....	23
On Money.....	24
Backyard History .....	25
Hypnotic Focus .....	26
Ask Dr. Knapp .....	27
Covert Letter .....	28
Vino Vixen .....	28
Events .....	30

## Zebra's Spotted in Orlando!

I was recently visiting Orlando, FL and while waiting for Seaworld to open I took a break to catch up on what is happening in Alexandria and Arlington reading the Zebra.

– Jose Rodriguez



**Arrgh!**  
**Catch our mistakes.**

**We proofread but know we make mistakes, so to make a game of it, we encourage you to find the errors we missed. The entry who finds the most wins a gift certificate of at least \$25 from an area retailer or restaurant.**

**Doug Landers** of Alexandria beat out all the other entries by catching 18 grammatical and punctuation errors in our December 2012 edition. Landers has won a gift certificate from Chez Andrée restaurant.

If you think you have a keen eye and a sharp pencil, send your catches to mary@thezebra.org, or by mail to: ZEBRA, PO Box 6504 Arlington, VA 22206.



## In the New iTunes Era of Pop Music, Alexandria's Stephanie Stack is Making Big Tracks

# POPSTART

## Stephanie Stack

BY JOHN ARUNDEL

**W**ith music so widely free on the Internet, it's no secret that the music industry has been turned on its head, revolutionized by iTunes, YouTube, Pandora and digital services like Spotify which allow web surfers to access millions of songs on an unlimited live stream.

Using smartphone apps, free music is readily available to go. Between 2000 and 2010, record store sales plunged 76%, and CD sales declined by 50 percent. By 2016, record store sales are projected to drop another 77.4%, according to The Wall Street Journal.

So, with all that free music available at the touch of a computer mouse, how does a promising up-and-coming pop singer/songwriter like Stephanie Stack of Alexandria make her way through the all-you-can-stream jungle?

Intelligently. And with loads of talent and forethought. With smart research into contemporary music trends and test marketing her new tunes in different markets, testing the waters with a five-song strategy over several years instead of going for broke with a 10- or 12-song CD set at one time to see if it sticks with audiences.

Case in point: Bruno Mars' sophomore new CD, "Unorthodox Jukebox" has one bona fide Billboard hit, Locked out of Heaven, which quickly exceeded two million downloads and seven million plays on YouTube, while many of the other tracks were too naughty or expletive-laden for any respectable programmer to put into rotation on commercial outlets, like commercial radio or XM/Sirius. The rest of the CD? It's been downloaded 187,000 times.

For pop-oriented traditionalists like Stephanie Stack, moding herself to the moment and tapping into the vein of what music audiences really crave with her five-song strategy and then selling each song commercially into the mainstream holds infinite promise, as all is not

in freefall mode in musicland.

In 2011, digital music sales surged 8% globally, accounting for \$5.2 billion in legal downloads, and a bit of a windfall for Stack, whose three hits have been downloaded thousands of times and have earned her a decent payday of ASCAP royalties. While more people may be listening to individual songs like hers, she learned before making the mistake that physical album sales are in perpetual decline and not the means of

testing the waters with a full set of her feathery voiced, energy-fused, feel-good songs made for pop.

For Stack, a petite brunette whose powerful voice belies her small frame, entering the music business took years of battling doubt and indecision. After growing up in Alabama, New York and Paris (where she sang for the first time, in French), she graduated from Virginia Tech and moved to D.C. to become a producer and TV reporter for CBS affiliates and Court TV.

"I have always loved music, my entire life," she said over coffee in Old Town. "But it was very much a personal thing, so I guarded it because I wasn't sure how people would respond to it. So I wanted to protect it."

But after years of soul searching, she decided it was a talent given to her she needed to pursue. "So I finally decided to face some of my insecurities and fears

and go after it," she added. "I felt like I needed to challenge myself, get out of my comfort zone."

Five years ago, Stephanie decided that she was ready to plunge in. The first step was getting studio time, where she learned to become comfortable in her new environment, singing for the first time before sound engineers, backup singers and session musicians.

"I had written some poetry and a lot of times I looked at music as writing poetry where you create a melody to what you've written," she said. "That first time it was more about getting comfortable with singing those melodies in front of people, so we did some a cappella and I learned to become comfortable with hearing myself in the microphone. It was really interesting because when we played it back it was like I'd finally met myself. I'd never heard myself on a recording... Yes, I'd heard myself leaving phone messages, but it's much different when you're in a recording studio."

After two sessions, Stephanie's initial tracks captured the attention of producer, engineer and songwriter Jason Slater of "Third Eye Blind" fame, who invited her to California where she spent the summer getting her feet wet in the music biz. "There were a lot of things that I learned from that relationship," she said. "I came away with about 12 songs which I later recorded here because the sound quality

was better."

Working with multi-Grammy winner Bob Dawson at Bias Studios in Springfield, Dawson helped sharpen up the music first recorded in California, including putting live strings to it, including the use of musicians from the National Symphony Orchestra.

"The first record was really just me discovering myself and deciding what direction I was going to move in," she said. "A lot of people will look at the music I'm doing now and say how did you get to the first record and get to the record I've done now because the music is very different. It was really just starting out somewhere and getting going. A lot of people are like 'I really can't do this..I have to do research.' Well, sometimes you just have to do it and figure it out as you go."

Stack's first 12-song CD was entitled "I Can" – as in "I can do anything I want...I can challenge myself and be that person" – which produced the breakout hit, Crazy Love, which charted # 34 on Billboard's Adult Contemporary chart.

Stack's second breakout hit, What I'd Rather Do, was produced in Nashville by producer David Groh and was released in March, 2012. It too quickly ascended the charts, landing directly on the BDS and Media Base charts and then getting several months of spins on Sirius/XM Radio's Top 20 on 20 channel. "A lot of times with an artist you have to start at the first level and work your way up," she said. "Since I'd already broken the barrier with two chart hits, I no longer needed to start at the college level, playing small college-town bars to get discovered."

"I've abandoned doing full CD's because people just aren't buying them as much anymore," she said. "We're trying to look at this business differently, doing more research in test markets and targeting markets more. What we're doing is trying to figure out what will work and being more focused."

▼ See POPSTART on page 5



▲ from page 4

This focus includes targeting the Contemporary Hit Record, or CHR market with a research-based effort which includes taking her songs into test markets to see how they fare.

That “next song” was Veni Vide Visa, which Stack affectionately calls “V3,” and was produced in L.A. at The Village Studios, where Stephanie sung it and where all the instrumental accompaniments, background and mixing were done. “We’re taking it to several test markets to ensure it has enough popularity and pop score to promote it,” she said. “So when a lot of other musicians make 10-12 other songs and put it out and are not sure it’s going to make it, we’re trying to make our effort a lot more detailed and results-oriented.”

This entails putting the song on platforms like Radio Play and Jango so that audience response can be gauged before marketing dollars are committed to the song’s viability as a downloadable hit. “It’s a tool that a lot of industry folks have access to let people to get a preview,” she said. “It’s much like television in which syndicated shows are produced for TV they’ll first see how people respond. What people like about it, what people don’t like about it. This way we can target certain age groups and demographics.”

Stephanie is preparing to record another song, probably in LA, also with session musicians.

For Stack, who was born in Huntsville, AL. but grew up around the world the daughter of an IBM executive, her suc-

cess in the music business is translated by personal triumphs, while also pursuing her once secret passion for creating hit music.

“A friend of mine called me while driving her car into Old Town and said she’d just heard my song ‘What I’d Rather Do’ playing on the radio...That was really thrilling,” she said. “Another called to say they’d heard it playing in the lobby of The

that moment I didn’t know I could do it. I’m still battling my insecurities but it does feel almost like a validation because I really did want to prove to myself that I really do have a talent, and to be validated by some amazing people in this industry.”

Stack’s journey in the record business has also been one of self-discovery and pushing her limits as an individual. “It’s in



Stack has a music video is posted on YouTube. Her single, “What I’d Rather Do” is also available on iTunes.

W hotel in Dallas, and someone else called and said they’d heard it playing in Hawaii. Where it really came together for me was when I actually heard myself playing on the radio, driving down the road. It was pretty cool.”

One can only hope she didn’t drive off the road. “I almost did!” she laughs. “It was funny. It was really cool because up until

one’s nature to stay within your comfort zone, but I have to continually challenge myself,” she said. “And I think that’s sort of the message I want to give people: You can’t be complacent in your life. You need to move forward and meet your challenges each day because otherwise you won’t meet your full potential.”



— Stephanie Stack

COURTESY PHOTO

“Normal is not something to aspire to, it is something to get away from.”

— Jodie Foster

Aches and pains?  
Stop suffering today!

An Invitation

— to acquaint you with all that Chiropractic Care has to offer and to introduce myself and my newly opened practice. This ad entitles you or another member of your family to a no obligation, private appointment and examination. (Value between \$150-\$200) R.S.V.P.

No obligation on your part whatsoever!!

If you or a family member need to ✓ one or more below, come in and let me do the checking.

<input type="checkbox"/> Headaches/Dizziness	<input type="checkbox"/> Numbness in hands and feet
<input type="checkbox"/> Neck pain	<input type="checkbox"/> Nervousness/tension
<input type="checkbox"/> Shoulder pain	<input type="checkbox"/> Tiredness/Exhaustion
<input type="checkbox"/> Upper mid-back pain	<input type="checkbox"/> Stomach and digestive disorders
<input type="checkbox"/> Lower back pain	
<input type="checkbox"/> Hip and leg pain	

Does not apply to Medicaid patients

**Dr. Robert M. Knapp**  
Advanced Alexandria Chiropractic Office  
Alexandria Medical and Professional Plaza  
2817 Duke Street, Building #2 • Alexandria, Virginia 22314  
703-823-2201

Make an appointment for the HEALTH of it!

10% OFF FRAMING ALL Movie Posters/Memorabilia during the month of February 2013

Visit our New Store on the corner of Prince and Royal Streets

Todd Healy  
Artist & Framemaker  
130 Royal Street • Old Town Alexandria  
703-549-7883



## City of Alexandria Launches “Call.Click.Connect.”

On January 28, the City of Alexandria launched *Call.Click.Connect.*, a new customer service initiative that combines people, processes and technology to deliver information, services and solutions to the public through a centralized, streamlined process. At the heart of the initiative is an online system for entering, tracking, and resolving service requests, designed to help the City respond more efficiently to requests from residents and the public.

Users can call 703.746.HELP (4357), or click the Web portal on alexandriava.gov to easily access information and connect with their City government.

## DASH Announces More Frequent Service to NVCC

Alexandria Transit Company (DASH) announced as of January 14 that riders on the AT6 route will see more frequent service between the King Street Metrorail Station and the Northern Virginia Community College (NVCC). This change will increase service from every 30 minutes to every 15 minutes in the morning and evening peak periods and improve schedule adherence which has been affected by increasing ridership in recent years. New DASH Ride Guides are available on all DASH buses, all of the Alexandria Metrorail Stations, the Alexandria Transit Store on Diagonal Road, the Ramsay House Visitor Center at King and Fairfax Streets and City Hall. Electronic schedules are available online at [www.dashbus.com](http://www.dashbus.com).

## City Academy Now Accepting Applications

The Alexandria City Academy (formally Citizens Academy) is an eight-week program that allows residents to get to know their City government. The deadline for applications is Friday, February 15. For More Information, visit [alexandriava.gov/CityAcademy](http://alexandriava.gov/CityAcademy). The City of Alexandria's Office of Communications and Public Information offers the eight-week Alexandria City Academy program, which provides residents with the opportunity to learn about City government through first-hand experience with a wide range of government functions, services, activities and issues.

Classes will take place on Thursdays, March 8 through April 25, from 7 p.m. to 9 p.m. Meetings will occur in various locations around the City. The City Academy is open to City residents ages 18 and over, and to business owners within the City limits.

Class size is limited to 15 to 20 students and space fills up quickly! The deadline for registration is Friday, February 15.

▼ See UPDATE on page 9



Robinson Terminal North, one of two *Washington Post* sites in Alexandria now on the market. The small-area plan currently under consideration calls for half this site to redevelop as a hotel and the other half to redevelop as residential. A concept model (inset) shows one potential plan for the current site.

# Post plans to sell waterfront warehouses

The warehouses, nearly half a mile apart along the Old Town waterfront, served for decades as receiving locations for pulp and newsprint. Today, Robinson Terminal Warehouse Corp., a wholly owned subsidiary of The Post Co., uses the 600,000 square feet largely for storage.

“We have decided that the time is right to market the North and South Terminals on the Alexandria waterfront, where we have had a long history of operations,” Robert W. Taylor, Robinson Terminal president, said in a statement.

He added that the company plans to consolidate operations in Springfield,

where The *Post*'s printing presses are located.

More than seven decades after they opened, the warehouses sit amid a patchwork of parks, low-rise office buildings, townhouses, shops and restaurants, remnants of an industrial era that existed before the waterfront evolved into a popular tourist destination and upscale neighborhood.

Alexandria Mayor William Euille (D), who won reelection in November based in part on his leadership in redeveloping the riverfront, said The Post Co.'s decision to sell the warehouses “removes a potential

stumbling block.”

“I think this is a positive thing because it removes any concern about whether *The Washington Post* will be a participant or player in the waterfront,” Euille said. “They’re simply saying they’re cashing out, they’re walking away. Hopefully new owners ... will embrace the waterfront concept and participate in the future of Alexandria.”

Since news of the possible sale of the headquarters became public, some historic preservationists said they consider the building architecturally significant and may work to protect it.

## Moran hosts FBI relocation effort

Representatives Jim Moran, Frank Wolf, Gerry Connolly and Rob Whitman along with Senators Mark Warner and Tim Kaine met to strategize efforts to bring the FBI Headquarters to Northern Virginia. In a statement released from the meeting the Congressmen said, “As the GSA begins the process of finding a new location for the FBI Headquarters, we are committed to finding a home for the FBI in the Commonwealth. Working with localities and the Governor's office, as well as partners in the private sector, we will work to

promote Virginia as the best place for this important relocation...The Commonwealth offers numerous benefits to FBI employees; a majority of FBI personnel reside in Virginia; the FBI Academy and the FBI Laboratory are located in Quantico; the Northern Virginia Resident Agency is located in Prince William County; and Winchester is the future home of the FBI's Central Records Complex. Proximity to the National Counterterrorism Center and CIA provide opportunity for efficiency and agency coordination.”



Congressman Jim Moran is spearheading an effort to bring the FBI Headquarters to Northern Virginia.

PHOTO BY HARRY MERRITT



## How bad is it?

Traffic congestion in the Washington, DC metro area has been ranked worst in the country by the Texas Transportation Institute (TTI). The study rates our region's traffic worse than San Francisco-Oakland, Los Angeles, New York-Newark and Boston.

### AMONG THE STUDY'S HIGHLIGHTS FOR THE D.C. AREA:

- D.C.'s ranks first in yearly delay per commuter at **67 hours**. (That's more than a week at the office.)
- D.C. also got the top honors for increased fuel consumption per year. Traveling in congested conditions made area drivers use on average **32 additional gallons of gas** — which adds up to more than \$115, based on the AAA Mid-Atlantic current average of \$3.60 per gallon in Northern Virginia.
- D.C. received the top ranking in value of travel time delay per commuter, estimating the cost of congestion per traveler annually at **\$1,398**.





## OLD TOWN COMMONS

AN EYA NEIGHBORHOOD



# FALL IN LOVE

with  
**OLD TOWN  
COMMONS**

Discover Smart City Living at EYA's newest neighborhood in Old Town Alexandria.

**Old Town Commons** is just steps to historic King Street, Braddock Road Metro, and the waterfront. These new homes offer spacious open floor plans with gourmet kitchens, and reserved parking.

New condominiums from the \$300s  
New townhomes from the \$700s

**EYA.com**

Model homes open daily | Call **571-312-8910**  
735 N. ALFRED STREET, ALEXANDRIA, VA 22314

THE NEIGHBORHOODS OF  
**EYA** *life within walking distance®*

Prices subject to change without notice.





“

“Everything will be alright in the end. So if it is not alright, it is not yet the end.”

— Dev Patel as Sonny Kapoor  
The Best Exotic Marigold Hotel

”



**CIGAR PALACE**

**Humidors, Lighters, Ashtrays  
and of course ... CIGARS!**

**4815 Eisenhower Avenue • Alexandria  
703-751-6444  
www.cigarplace.com**

“By way of  
nourishment,  
not by way of  
knowledge.”

— Rabbi Isaac the Blind



Anne Alden  
Kabbalistic Healer

Kabbalistic Healing is an alternative to psychotherapy that uses a model of the human psyche that is derived from Kabbalah, Jewish Mysticism that has been used for centuries for achieving wholeness.

It is a transformational process that teaches us that we are whole in our brokenness and allows us to love and respect our true self.

It is appropriate to issues that would bring one to counseling, including relationship difficulties and self-esteem issues. It also addresses the mind body connection.

Sessions can be in person or over the phone.  
Call 703 521 4898.



George Washington's Mount Vernon secures important piece of history at auction.

COURTESY PHOTO

## Rare Drawing Returns Home to Mount Vernon

George Washington's Mount Vernon succeeded in purchasing at auction an extraordinary watercolor drawing by Benjamin Henry Latrobe— an image that depicts George and Martha Washington with guests on the Mount Vernon piazza, as they overlook the Potomac River on a glorious evening before sunset. This view is unique and extremely important because it is the only known life-time image depicting the Washingtons on the piazza.

“Latrobe's watercolor depiction of the Washingtons on the piazza is the closest we will ever come to having a color photograph of George Washington and his family at home in Virginia,” said Mount Vernon president & CEO, Curt Viebranz. “When we couple that with the insights the watercolor provides into the Mansion and its surrounding landscape, the information contained in this acquisition is priceless to Mount Vernon.”

Latrobe's “A View of Mount Vernon with the Washington Family” watercolor sold for

\$602,500 at Sotheby's in New York on January 26, 2013. This piece of history was purchased through the generosity of an anonymous donor. The watercolor will go on display as part of Mount Vernon's landscape exhibition, Gardens & Groves, set to open in the in February 2014.

Only two life-time images are known to depict George and Martha Washington at home at Mount Vernon, the other being a ca. 1792 painting of The West Front of Mount Vernon, by Edward Savage, which provides a distant view of small, stiff figures strolling on the bowling green. The Latrobe drawing offers a much more detailed and intimate view, showing George and Martha Washington enjoying refreshments, tea or coffee on the piazza with Martha's granddaughter, Nelly Custis, and a male guest, probably Washington's aide, Tobias Lear.

Best known as the second architect of the U.S. Capitol building, Latrobe visited Mount Vernon on July 16-17, 1796, having

likely obtained an introduction to George Washington through his acquaintance with Bushrod Washington, the President's nephew (and a future owner of Mount Vernon and future Associate Justice of the United States Supreme Court).

This image was “drawn from life,” according to the artist's signature (“Benjamin Henry Latrobe nat del July 16, 1796”). It represents a scene that occurred during Latrobe's visit to Mount Vernon on the evening of July 16, and was described specifically in his journals: after dinner, the party removed to the piazza, where coffee was served about six o'clock, and conversation continued until dark. Mount Vernon believes that this drawing was presented to the Washingtons by the artist as a gift after his memorable visit to Mount Vernon, and that it likely remained in the house until the 1850s. It was later inherited by Lawrence Washington, son of the last family owner of the Mount Vernon estate.



From left to right:  
Kay Tyler, Eisenhower Public-Private Partnership; Mellenie Runion, Del Ray Business Association; Peter Baldwin, West End Business Association; Carol Supplee, Old Town Business & Professional Association; John T. Long, Alexandria Chamber of Commerce; Patricia Washington, Alexandria Convention & Visitors Association; Bill Reagan, Alexandria Small Business Development Center; Nina Tisara, Old Town Business & Professional Association; Val Hawkins, Alexandria Economic Development Partnership.

PHOTO COURTESY OF ACVA

## ACVA's ABCs of Doing Business

Showing the array of resources and the high level of support available to businesses throughout the City of Alexandria, the Alexandria Convention & Visitors Association held its annual “ABC's of Doing Business in Alexandria” on February 1. The program was held at the newly renovated Embassy

Suites Alexandria as an ACVA Tourism Marketing Forum.

Eight business organizations, including both city-wide organizations and neighborhood business groups, highlighted the huge number of services they provide and the ways they work in partnership.

“You are our vision of what makes Alexandria great — business people investing the time, resources and hard work it takes to succeed — and in the process, building a strong financial foundation for this city,” said ACVA President & CEO Patricia Washington.



*Gadsby's Tavern*

Fine dining since 1770.

138 North Royal Street  
Old Town Alexandria  
703-548-1288  
gadsbystavernrestaurant.com

Buy one brunch, get one free!  
Present this ad to redeem thru March 15, 2013



## CITY UPDATE:

▲ from page 6

### Torpedo Factory Hires CEO

The Board of the Torpedo Factory Art Center (TFAC) has hired Eric Wallner as its Chief Executive Officer. Wallner will manage TFAC operations, assist the Board with strategic planning, and expand its reach locally, nationally, and internationally.



Wallner

Wallner most recently served as the Creative Economy Specialist for the City of Ventura, CA, where he focused on attracting and retaining creative businesses.

Wallner holds a degree in art from Brown University and a master's degree in arts policy from Ohio State University.

"I'm delighted to be working with the artists and Board of the Torpedo Factory Art Center" said Wallner. "This is an outstanding opportunity at a great time in TFAC's history."

### Hopkins House Receives \$500K Holiday Gift

Hopkins House announced in January that it received a \$500,000 donation during the Christmas holiday -- the largest single gift to the organization in its 73-year history.

The donation, from Brenda and Mark Moore of Herndon, Virginia, will be used to expand enrollment in the organization's nationally accredited preschool academy in Fairfax County, upgrade its preschool academy building in Alexandria, and provide a challenge grant to fund the opening of a new preschool academy in Herndon, Virginia.

"Hopkins House is a very effective organization, helping children, young people, and adults to be successful in school and life," said Brenda Moore. "My husband and I are so pleased to be able to give back to our community by helping Hopkins House prepare children for success in school and life, and to help teens and adults prepare for college and a meaningful career."

Founded in 1939, Hopkins House is a nonprofit child and family learning center. The organization currently serves over 300 individuals yearly.

### Alexandria Museums Receive Accreditation

The American Alliance of Museums announced the City of Alexandria's Office of Historic Alexandria earned accreditation as a museum system. Accredited status from the Alliance is the highest national recognition achievable by an American museum.

Of the nation's estimated 21,000 museums, 995 are currently accredited, as well as 69 museum systems. To earn ac-

creditation, a museum first must conduct a year of self-study, and then undergo a site visit by a two-person team of peers. The Accreditation Commission, an autonomous body of museum professionals appointed by the Alliance Board, considers the self-study and site visit report to determine whether a museum should receive accreditation.

### ACT for Alexandria Announces 2013 Grant Awards

ACT for Alexandria has just announced the recipients of its 2013 Capacity Building Grant Awards. Totalling almost \$60,000, the grants will strengthen eleven local nonprofit organizations serving children, youth and families in Alexandria. These grants invest in infrastructure-based programs to increase the effectiveness and sustainability of Alexandria's nonprofits. This year's recipients include: Alexandria Neighborhood Health Services, Inc., ALIVE!, Center for Alexandria's Children, Community Lodgings, Parent Leadership Training Institute, Space of Her Own, The Child & Family Network Centers, The Reading Connection, Wright to Read, and Computer C.O.R.E. and Senior Services of Alexandria, through a partnership with Compass.

Space of Her Own received a 2012 grant from ACT to develop a strategic plan for the organization. Linda Odell, executive director, said, "Since clarifying our mission and establishing clear, measurable goals, we are positioning ourselves to expand SOHO to other locations and considering starting a Space of HIS Own program for boys." She also said, "I am better able to define SOHO when speaking to others who are interested in replicating the program nationally and internationally. The possibilities are quite exciting."

### Kehoe joins Living Legends Board

Retired from the military, William "Bill" Kehoe is a volunteer firefighter at the Alexandria Fire Department (AFD) Emergency Operations Center (EOC). He was a first responder to the "9/11" crash and spent three days assisting in the EOC, shuttling AFD personnel to and from the Pentagon and standing a night shift fire watch on the Pentagon roof. Kehoe volunteers regularly with Rebuilding Together Alexandria, an organization that donates home repairs to the in-need families of Alexandria. He donates time to work with Habitat for Humanity and has represented Alexandria on several trips to the Gulf States to help rebuild houses after the Katrina hurricane.



Kehoe



## THE ART OF LIVING

Color Consultation ■ Room Redesign ■ Custom Window Treatments ■ Real Estate Staging



Rebecca Scott, Allied ASID

[rebecca@thurstonscottinteriors.com](mailto:rebecca@thurstonscottinteriors.com)

703-718-0945 ■ [www.thurstonscottinteriors.com](http://www.thurstonscottinteriors.com)

**Free Delivery  
on 2/13/13!**

**Make sure she is the first  
one in her office to hear,  
"I couldn't wait to say I Love You!"  
Use offer code "Zebra"**



**Conklyn's  
Flowers Nationwide**



**Gorgeous Gifts  
Delivered  
Nationwide!**

**(703) 299-9000**

**[www.conklyns.com](http://www.conklyns.com)**



# From Opening Curtain to Encore Performance

BY LAURIE CHESBROUGH

Most of us have heard the famous show business quote, “The show must go on.” My dear friend Lelee, long-time resident of Alexandria, understands those words all too well. This past year she lost a remarkable 100 pounds and sadly experienced the unfathomable loss of a child. While life will never be the same, she is determined to live her life (her show) as fully as she’s able, appreciating all experiences that come her way. I couldn’t think of anyone that deserved a complete makeover more than Lelee. I approached her with the idea and without hesitation she accepted with an enthusiastic, “I trust you, I’m all yours!”

As a personal stylist, I’m passionate about helping women and men re-invent themselves from the inside out...to show them how to maximize their attributes and minimize their deficits while rethinking self-defeating, unrealistic standards of beauty. It’s not about changing your clothes -- it’s about changing your life.

Change isn’t easy and it can be overwhelming, especially if old, self-defeating thoughts try to weasel their way back into our minds, particularly when we’re feeling vulnerable. Everyone is different, but when someone is ready for a style revival I encourage them to bust out of the gate. Lelee did just that. She was open to the experience and trusted the process, but it can be challenging when you’ve been working hard to stay behind the scenes. As Lelee points out, “When you’re overweight you become invisible.” Staying invisible is no way to take center stage in your life.

Lelee loves the arts and feels energized and alive while at the theater, so I determined that dressing her for an upcoming show at her favorite venue, The Arena Stage, would be the perfect setting for her return as leading lady in her own production of life. But getting from opening curtain to encore requires well-written scenes and a bit of choreography, so here’s how we set the stage for Lelee.

Lelee had one specific request for her new wardrobe, “I just want to wear a nice pair of jeans.” Theater dressing is more relaxed these days, so finding the perfect pair would also provide us the anchor piece for her night out. After measuring Lelee’s rise and true inseam, we dealt with fabric content – a “deal breaker” detail in terms of jean fit. Unfortunately, the only way to find the best fabric combination for your figure is through trial & error. So Lelee tried on every hot brand of denim offered at Nordstrom without much success. The jeans looked okay, but not great.

Through my prior life in the fashion industry and sourcing materials, I know that fabric manufacturers sell the same denim to a wide variety of labels and retailers from mid-tier to designer. What this means is that a higher priced jean doesn’t necessarily mean a better jean, so off to Target we went. Why Target? They offer a variety of denim styles and lengths that accommodate a wide range of shapes. As soon as Lelee tried on the Mossimo boot cut jeans, you could hear from the dressing room, “These are the ones, I can’t believe it...you’re kidding me, \$27.00!” The combination of correct rise, silhouette, and the 99% cotton / 1% spandex fabric content makes these jeans look like she paid a fortune.

I wanted Lelee’s look to be up-to-minute, modern, and comfortable, while being mindful of the fact that she was in uncharted style waters and that she is 50-ish. I chose a draped-front moto jacket by Trouve in a sumptuous, saddle-brown lambskin that showcases the waist (Nordstrom, \$298.00). Two features make this jacket stand apart from others; the raw edge lapel and clever knit insets along the full length of the arm that provide Lelee the ease of movement she requires. Underneath the jacket is a feminine, hi-low pocket blouse by Trouve in rose memoir (Nordstrom, \$78.00). Initially, Lelee was resistant to the idea of anything



What a difference. Lelee above before (left) and after.

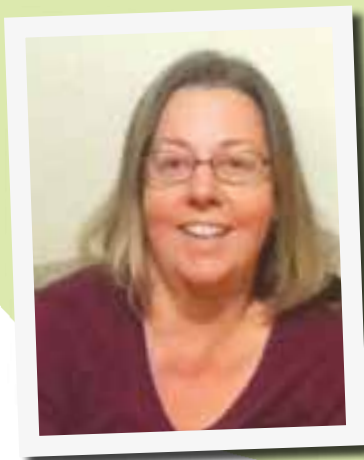
bi-level; “I’ve spent so many years covering up.” Once she saw how flattering the polyester blouse skimmed the derriere, she was sold. The look was rounded out with a beautiful camel colored suede bootie by Audrey Brooke (DSW, \$49.94). The 3 ½ inch stiletto was a bit formidable for Lelee, but admitted that she loved the height. When it comes to accessories, there is strength in simplicity. The long linear drop earrings, moderately priced at Target, are both fashion-forward and tasteful as they quietly elevate her long, elegant neck and pull the entire look together. The look wouldn’t have been the same without them.

As Lelee stepped off of the stage of her makeover shoot, she said “This was such a gift, but now that it’s over I’m ready for it to begin again”... and then I knew that every day for Lelee would be an encore performance.

If you want a makeover, please write to Laurie Chesbrough at the **Zebra**, [laurie@thezebra.org](mailto:laurie@thezebra.org)







## LELEE'S HAIR

Lelee didn't care what hair stylist Hillary Kellet of Urban Halo Salon in Clarendon did with her hair, as long as she could "pull it back into a ponytail." And that was going to be a problem. I understood why Lelee felt that way. There wasn't much to do with shoulder length hair that was simply washed and mainly air dried. There is a difference between low maintenance and no maintenance. We've all been there; when you're not feeling so hot about yourself, the less you do for yourself. Bottom line -- most people with a great hairstyle take the time to make it look that way. As we "mature" it takes more effort to look good.

Hillary had her work cut out for her. She wanted to give Lelee a hairstyle that would complement her oval-shaped face (Lelee was shocked to find out that she had an oval face. "I thought I was still round!"), add highlights for beautiful dimension and color, emphasize her long neck, promote volume and body, yet be easy to style. After the details of the cut and color process were thoughtfully explained, the transformation began.

Full highlights in three different colors were foiled-in for dimension. A bonus is Hillary's highlighting technique, which allows Lelee 8-12 weeks between appointments.

Next came the cut. As the first snippets of hair hit

the floor, Lelee nervously commented "that's a lot of hair". Hillary assured her that giving up some length was going to be a very good thing. A graduated hair style, shorter in the back and longer in the front, gives Lelee the illusion of length without the weight of her former long style.

When complete, Lelee gazed in the mirror and processed her new look, turned around, hugged Hillary and said "I love it!" And she wasn't the only one...as we were leaving the salon a fellow Urban Halo customer walked by, pointed at Lelee, and said "now that's beautiful hair!"

## HILLARY'S HAIR TIPS

You've heard it before but it's worth repeating. Hair health begins from within. Hair fitness is a must, particularly after 40. Hormonal changes, weight loss, and regular use of alcohol based hair products will wreak havoc on your hair. To help get your hair in shape this year, you may want to try a Biotin, B12, or MSM supplement. Always read the labels and consult with your physician, especially if you're on medication. Ask your stylist to recommend a deep conditioning treatment you can give yourself once a week and make the investment in professional salon treatments when you have your hair done.



## LELEE'S MAKEUP

Makeup artist Susan Vasquez believes that one of the biggest hurdles for women over 50 to overcome is getting out of the makeup rut. "Women will stay with the look they were using at the time in their life that they felt most loved." She added, "It's easier to divorce a man than a look"! Skilled makeup application can only go so far to help achieve radiance. Vasquez drives home the necessity of hydrating the skin, both inside and out, and suggests natural approaches for glowing skin. Incorporate shaved flaxseed into your diet; it helps reduce clogged pores, psoriasis, dry skin, and acne. Apply Vitamin E topically; while it has a multitude of benefits, one of the most exciting is that it helps speed up cell regeneration, which helps minimize wrinkles and makes the skin look younger.

### HAIR

Hillary Kellet

[www.urbanhalosalonarlington.com](http://www.urbanhalosalonarlington.com)

703-527-HALO

### MAKEUP

Susan R Vasquez

Mac Makeup artist • Available for Weddings/photo shoots/  
special events/personal classes

626 483-4645

Butterfly311\_7@hotmail.com

### PHOTOGRAPHY

Greg Knott

[www.greggknott.com](http://www.greggknott.com)

703-518-1921

## 100% OF PROCEEDS GO TO FRIENDS OF JUG BAY



# HOOT

## ...IS IN YOUR BACKYARD?

Hosted by **Greenstreet Gardens of Maryland**

— **Saturday, February 16th, 2013** —

**\$4.00 Per Person**

- 10:30 am** Mark Wild Turkey Tayac of the Piscataway Indian Nation
- 11:30 am** Show performed by Raptors Eye, featuring local owl species
- 12:30 pm** Craft time

**Kids Make-N-Take Crafts**

**Lunch Available: All proceeds go to Friends of Jug Bay**

**Learn about Native Culture and Dance**

**Live Animals, Native American Craft Items**

**This event is at our Maryland Store**



**GREENSTREET GARDENS**  
FLOWERS & GIFTS



391 West Bay Front Road, Lothian Maryland • 410-867-9500 • [www.GreenstreetGardens.com](http://www.GreenstreetGardens.com)



## Ready to Lose Weight?



**Use the Power of Hypnosis** to convince your brain that your stomach is full after the appropriate amount of food.

**Empower yourself** to feel satisfied with smaller portions and eliminate excess fat. No pills. No surgery.

Programs are now available in private sessions or small groups.

**Call (703) 341-6655** today for your **FREE Confidential Consultation**, or **visit [www.VirginiaHypnosis.com](http://www.VirginiaHypnosis.com)** for more information.

### ARTIST PHOTOGRAPHER GREG KNOTT



AM WITH THE KIDS & PM WITH THE KIDS



WWW.GREGKNOTT.COM  
GREG@GREGKNOTT.COM 202-255-3222



**Craftsmanship • Quality • Service**  
**We wouldn't have it any other way.**  
*Why should you?*

**Bradlee Shoe Repair**  
3636 King Street • Alexandria  
**(703) 937-9210**



**“Whoever said the pen is mightier than the sword obviously never encountered automatic weapons.”**

**– Attributed to an anonymous Army Lieutenant Colonel**

Just when things appear to be their darkest, when things couldn't get any worse, when the bluebird of happiness has seemed to have flown the nest, that's when humor is our best ally.

Today we have troops in some 130 countries around the world, keeping watch, walking point, and often under duress or at great personal hardship. However, the U.S. military has consistently maintained its sense of humor even when the odds were against them. As we continue to face the ugly facts about combat in Afghanistan, of budget battles threatening the very existence of our armed forces, and the uncertain threats we will face in the future, it's nice to know that your soldiers, sailors, marines, airmen, and coast guardsmen have become masters of making light of tough situations.

Over the years I have collected a variety of witty or even down-right hysterical anecdotes from our warriors. I pass them along to demonstrate the literary versatility of our men and women in the armed forces and dispel the notion that we are merely a group of alpha-dog, bellicose Neanderthals with nothing productive to say. I hope you enjoy them as much as we who have served do.



ON WATCH BY MARCUS FISK

- ‘A slipping gear could let your M203 grenade launcher fire when you least expect it. That would make you quite unpopular in what's left of your unit.’ – Army's magazine of preventive maintenance.
- ‘Aim towards Enemy’ – Instruction printed on US Rocket Launcher
- ‘If the enemy is in range, so are you’ – Murphy's Law for the Military
- ‘It is generally inadvisable to eject directly over the area you just bombed.’ – US Air Force briefing
- ‘Know what NAVY stands for? Never Again Volunteer Yourself’ – Navy Captain in Iraq 2006
- ‘If your attack is going well, you have walked into an ambush.’ – Murphy's Law for the Military
- ‘Any ship can be a minesweeper... once.’ – U.S. Navy Mine Warfare briefing
- ‘Never tell the Platoon Sergeant you have nothing to do’. – WWII Army proverb
- ‘Friendly fire - isn't’. – U.S. Army saying
- ‘When you're short of everything but the enemy, you're in combat.’ – US Marine Corps adage
- ‘If you find yourself in a fair fight, you didn't plan your mission properly.’ – Coast Guard Commander
- ‘When all else fails, simply revel in the absurdity of it all.’ Navy Commander

- ‘Let me tell you about the benefits of being on a staff... This should be a short conversation.’ Marine Colonel to another Colonel
- ‘I keep myself confused on purpose, just in case I am captured and fall into enemy hands!’ – Air Force General
- ‘One weekend a month and two weeks a year, my ass!’ – Sign on tent of the Ohio National Guard in Iraq 2005.

Every year each officer in the military has an evaluation done on them to discuss their performance and potential for promotion. The evaluations are referred to as Officer Efficiency Reports (Army or Air Force) or Fitness Reports (Navy and Marine Corps). The following are actual quotes from officer evaluations by the U.S. military I have collected over the years. I hope you enjoy them as much as I did.

- ‘This officer is a gross ignoramus — 144 times worse than an ordinary ignoramus.’
- ‘He is a prime candidate for natural de-selection.’
- ‘Gates are down, the lights are flashing, but the train isn't coming.’
- ‘This Lieutenant has two brains; one is lost and the other is out looking for it.’
- ‘This officer is so dense, light bends around him.’
- ‘If he were any more stupid, he'd have to be watered twice a week.’
- ‘If you give him a penny for his thoughts, you'd get change.’
- ‘If you stand close enough to him, you can hear the ocean.’
- ‘Some drink from the fountain of knowledge; this officer only gargled.’

### Not to be outdone, here are some excerpts from Royal Navy and Marines officer Fitness Reports:

- ‘His men would follow him anywhere, but only out of curiosity.’
- ‘He has carried out each and every one of his duties to his entire satisfaction.’
- ‘This officer would be out of his depth in a car park puddle.’
- ‘This young lady has delusions of adequacy.’
- ‘Since my last report he has reached rock bottom, and has started to dig.’

If you are a manager or a supervisor, you might need some of these terrific literary jewels from the military. Remember the pen can truly be mightier than the sword.

*Marcus Fisk is a retired Navy Captain, Naval Academy graduate, sometime actor, sculptor, pick-up soccer player, and playwright. He and his wife Pamela live in Alexandria.*



Guest Prep

This month I tackled a guest bedroom for a client whose mother is visiting to help with her new baby. After perfectly placing the furniture, I recommend the following to those of you prepping a guest room.

Happy guests are nicer guests. Make Mom’s stay a pleasure with a few simple touches that add so much. Hopefully, you have the basics in place. First, you need a good mattress, (for adults, Queen size, at least) but steer clear of the pillow-top styles (too many complaints about those).

There is absolutely no detail of any kind that will be remembered and appreciated for years as much as personalizing something with the guests’ names. I first noticed this when I made cute little tags as place markers for a luncheon, then I expanded on it. Try it, you’ll see. Young and old, ladies, and even the most unsentimental of men, delight in something bearing their name. If you have guests who come

COFFEE WITH GINGER



frequently, you might personalize hand towels or bath robes for them. Otherwise, personalizing pillowcases and/or sheets with something cheery (“Thank You, Mom,” “Sleep Well,” etc.) is a great idea too.

Everyone’s temperature and sleep requirements differ. Save yourself the late-night knock on the door by having the

closet stocked with extra pillows, cases, blankets and quilts, and padded hangers. Have your clutter and accessories minimal, leaving space for their stuff. Mom needs a place to sit other than the bed. A bench is perfect, since it can also hold luggage for unpacking and repacking. Include enough lighting to give the room a cozy glow – a lone ceiling fixture won’t do. Place a lamp

on each side of the bed, and one on the dresser.

A small lamp on the bathroom counter can serve as an attractive temporary night-light. High-quality faux floral arrangements add color without the need to refill the vase. For fragrance, reed diffusers are a better choice than candles. You might add a bottle of scented linen spray, too.

Place a pitcher of filtered water and two glasses on a pretty tray. Even better, stock a small refrigerator with beverages. Stack towels in a tray on the bathroom counter, along with fresh soaps and a couple of glasses. Thank goodness for wall-mounted flat-screen TV’s, perfect for space-challenged guest rooms.

Remember – every little thing that you provide ahead of time, will save you an interruption and request from them... which, frankly, will always come at the worst possible time... like, when the dog is eating the cat, or when the clothes washer floods, or the roast decides to morph into a char-broiled raisin. You get the point.:

Ginger Rodriguez is the principal designer for West Bay Interiors, westbayinteriors.com and has a blog coffeewithginger.com.

CAT IN A BOX



“We were visiting from North Carolina over the holidays and picked up a copy of your publication, and we loved it, especially when we saw Cat in a Box! This is our funny calico Seaweed, who tries to sleep in any box she can. The smaller the better!”

— Submitted by Roy and Rosada

Send your Cat in A Box photos to [mary@thezebra.org](mailto:mary@thezebra.org) and we’ll get them published as soon as we can.

ASAP Home Health Care provides a variety of skilled services customized to your own home. Services can be provided alone or in coordination with other services.

ASAP  
SERVICES CORPORATION  
Home Health Division

ASAP is proud to be a quality provider of health care to those in need of home health care, physical therapy, hospice and private health care.

Compassion. Commitment. Excellence.

ASAP HOME HEALTH CARE

- NURSING SERVICES** Administer nursing care to individuals who are ill, injured, immobilized, or in recovery. \*Excludes enterostomal, infusion therapy, and mental health
- HOME HEALTH AIDE SERVICES** Assist individuals with personal hygiene tasks such as bathing, dressing, and grooming.
- PERSONAL & HOME CARE AIDE SERVICES** Help with homemaking activities such as making beds, doing laundry, washing dishes and preparing meals.
- PHYSICAL THERAPY** Assist in alleviating pain, improving balance, mobility and strength, and impeding deformity caused by injury or illness.

- OCCUPATIONAL THERAPY** Help restore independence through daily living skills at work and/or home.
- SPEECH THERAPY** Evaluate and treat individuals with speech ailments.
- DIET/NUTRITIONAL THERAPY** Plan food/nutritional programs to control disease and encourage good health.
- MEDICAL SOCIAL SERVICES** Provide advise, counseling, educational materials and referrals to help individuals cope with incurable illnesses.

WE BRING  
HEALTHCARE HOME.

ASAP SERVICES

visit us online:  
[www.asapservicedc.com](http://www.asapservicedc.com)

or call us: 202.293.2931

Capture this to visit our website!



February 2013

THE ZEBRA

13





Sue Bowers hikes the Billy Goat Trail in Maryland only a year after her open heart surgery.

COURTESY PHOTO

## Alexandria Resident Has Personal Connection to American Heart Month

BY BRITTANY HOROWITZ

**S**ue Bowers is not a typical 66 year old. For her, a common week includes five to six days of exercising. She takes classes in spinning, yoga and Pilates while also incorporating a cardio routine into her schedule. Not to mention she regularly goes out dancing with her husband and bikes long distance. What makes Bowers even more unique is that just two years ago she died, but she came back to life and is not taking a moment for granted.

Bowers inherited her Father's Bicuspid Aortic Valve, which is a condition where the aortic valve only has two leaflets, instead of three. This can cause a myriad of issues, including difficulty breathing to even death. In 2010, Bowers had open heart surgery to replace the bicuspid valve, but shortly after her surgery she experienced a third stage heart block – she died. She was brought back to life and had two emergency surgeries. In the end, Bowers survived and received a pacemaker.

After her ordeal, Bowers' strength disappeared, and her life-style completely changed. She also developed high blood pressure, which needed to be treated with medication. She went from exercising three times a week to barely being able to open the refrigerator. But, she knew she needed to focus on rehabilitation to gain her life back, "You have to decide if you want to be able to do things or just sit and watch life go by," explained Bowers.

Bowers chose to take her life back. She went through cardiac rehabilitation and also turned to her local Sport&Health Club in Old Town, Alexandria to exercise in other platforms. The facility also has a heart rate monitor that allowed Bowers to safely monitor her heart while exercising.

It took time and dedication, but after a little more than a year of work, Bowers has been able to shift back into her old routine of spinning, yoga and Pilates, and she has stopped taking her blood pressure medication. Part of Bowers' incredible recovery included working with a Pilates instructor, Tara Egresits of Sport&Health, before and after surgery to help strengthen her chest.

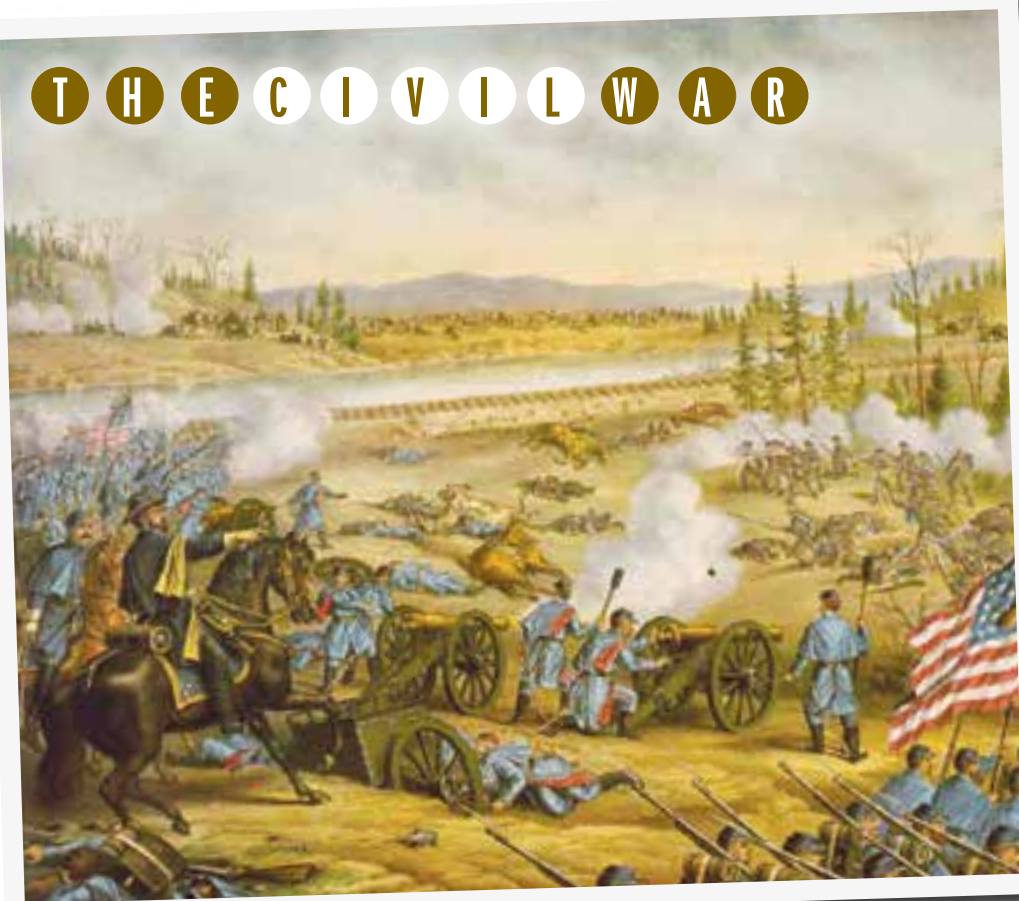
For Bowers' surgery, her sternum needed to be broken, so she used Pilates to prepare her body. "You should get as strong as possible early on. If you prepare your muscles before surgery you can recover easier," said Bowers. "You have a huge amount of scar tissue, so I think it's something you need to constantly work on post surgery too."

Egresits has worked with Bowers for more than a year on strengthening her muscles and preventing her shoulders from folding in, which is common after this type of surgery. "Pilates allows you to open your chest," explained Egresits. "Her story is remarkable. She is so dedicated and consistent in her training."

Bowers still has more work to do to get back to where she was prior to her procedure, but she is certainly on track. "You can train your body to get 100% back," commented Bowers. "People set the bar too low and then never get back to where they were."

Bowers is certainly setting the bar high and living her life along the way. From tackling three hour Argentine tango dancing sessions to hiking the Billy Goat Trail, Bowers is proving that she is doing everything but watch life go by.

## THE CIVIL WAR



The Battle at Stone's River in January 1863 inflicted the greatest percentage of casualties in the Civil War and kept the Confederacy from gaining control of central Tennessee.

COURTESY ART

CIVIL WAR SERIES NO.16

# A Winter Of Discontent ... and Frustration

BY CHUCK HAGEE

**J**anuary and February 1863 proved to be a mixed bag for both the North and the South. Neither side made any significant military ground gains nor suffered any significant military ground losses.

However, the year commenced with the greatest political impact of the war to that point –the enactment of the Emancipation Proclamation. Although Lincoln had actually issued it as an Executive Order, in October 1862 following the battle of Antietam, it was not to go into full legal effect until January 1, 1863, thus giving those states in secession the ability to rejoin the Union before the proclamation became law.

In effect, that fact only solidified the Confederacy's belief that the war was, and always had been, about the nullification of slavery and strangulation of their economy. And, it only hardened their resolve to continue the struggle which would result in three more years of bloodshed.

January 2, 1863 proved to be an omen of those next three years. On that date the Confederates suffered a technical defeat at Stone's River, Tennessee, also known as the Second Battle of Murfreesboro.

It commenced on December 31, 1862 and ended January 2, 1863. Union forces repelled two attacks by Confederate troops and the battle ended in a standoff. However, it prevented the Confederacy from gaining control of central Tennessee and heightened the morale of Union forces following their failures at Fredericksburg, VA.

The battle gained the dubious distinction of inflicting the greatest percentage casualties of the Civil War. The Confederates lost 14,560 killed, wounded or missing. The Union suffered 11,578 in the same categories. But, perhaps the most influential ultimate factor was the weather which made it impossible for the Union to follow up on its successful effort.

January 1863 also proved to be the month that Lincoln would once again make a change of command for the Army of The Potomac. He had replaced General George McClellan with General Ambrose Burnside, whom he had hoped would carry out the mission to take Fredericksburg and move on to Richmond.

Burnside, noted for his identifiable "pork chop"

whiskers, which are said to have led to the term "sideburns," had never commanded a military force as large as The Army of The Potomac at 100,000 strong. This ultimately would prove to be his downfall.

On January 20, in his quest to find a way to cross the Rappahannock River, Burnside abandoned the campaign in what became known as the "Mud March." Snow had turned to more than 30 hours of heavy rain and thwarted his crossing the river and thus his attempt to prove his military abilities to take Richmond.

Burnside, desperate to restore his military reputation after his failure at Fredericksburg, began making plans for a new offensive. However, his plan was thwarted by Lincoln himself when he wired Burnside that "No major army movements are to be made without first informing the White House."

This order was triggered by two of Burnside's officers who secretly traveled to Washington to privately warn the president that the morale of the army was so low under Burnside that it would surely face defeat if Burnside's plan was executed. This led to Burnside coming to Washington, meeting with Lincoln and offering to resign from the Army.

As it was the torrential downpour for nearly three days caused the river to swell and the banks and roads to turn into a field of mud thwarting the movement of troops, artillery and horses. It also provided the necessary time for Confederate General Robert E. Lee to line up his military machine on the opposite bank in anticipation of a Union crossing.

By the morning of January 22, with no abatement of the storm, Burnside ordered his army to retire to its quarters. This was Burnside's final act as commander of the Army of The Potomac. On January 26 Lincoln replaced him with General Joseph Hooker and began yet another quest for a competent military leader.

While Hooker began reorganizing the Army of The Potomac, Lincoln's only bright spot for the new year of 1863 came not in his effort to march on Richmond but from the Union's naval forces – namely the assault on Fort McAllister, outside Savannah, GA. This led to the ultimate July

▼ See STONE RIVER on page 15



▲ from page 14

destruction of the CSS Rattlesnake, previously known as CSS Nashville, a thorn in the side of the Union navy as a blockade runner for nearly a year.

Fort McAllister again entered the chronology of the Civil War on December 13, 1864 during the final stages of Major General William T. Sherman’s famous, or infamous depending on one’s point of view, “March to the sea.” He leveled a devastating attack on the fort at that time in order to allow Union naval forces to enter the area to deliver much needed supplies and mail to his troops that they had not received for nearly two months.

February 1863 also saw the start of some real results from the ongoing naval blockades of southern ports. It began to have a devastating effect on Confederate currency and goods –particularly the main stay of the southern economy -- cotton.

However, these naval successes had a down side as well. The sheer size of the Union fleet carrying out these exercises called for massive supplies. The primary concern was coal –70,000 bushels were needed each day to keep the fleet operational. That called for a considerable marine supply line.

On the home front the U.S. Senate passed the first Conscription Act due to the lack of volunteers willing to join up. Congress also authorized the first national banking system. And, Secretary of State William Seward told the French government that the United States was not interested in their offer to mediate a settlement of the war.

All the while General Hooker was reorganizing his army to make it more efficient and bring about greater command control as well as attacking the dual problems of desertion and disease. He ordered the construction of new huts to protect the troops from the winter weather, a greater amount of fruits and vegetables for their diets, and improved medical facilities.



Union General Joseph Hooker replaced the ineffective Ambrose Burnside as commander of the Army of the Potomac on January 26, 1863.

PHOTO COURTESY OF LIBRARY OF CONGRESS.

Throughout these two winter months most of the actions by both the Union and Confederacy were in preparation for the offensives expected in the coming spring. Little did either side envision what was coming -- the virtual turning point in this long battle of brother against brother outside a small Pennsylvania town called Gettysburg. It would take place on the very anniversary of the signing of the Declaration of Independence 87 years prior.

# Z

## HOT SAUCE OF THE MONTH

Did you know that February 20th is Hoodie-Hoo Day? On this winter day, people go out at noon, wave their hands over their heads and chant “Hoodie-Hoo!” It is a day to chase away winter and bring in the warmth of spring.

I offer an alternative way to relieve the chill of winter and bring some heat. Hot as Barbados on a summer day! It is a great sauce inspired by the islands and the recipe combines the hurricane force of the habanero with tropical spices and the best darn mustard on the planet. Offering a pleasant lingering burn, The Brutal Bajan rates a two on my heat scale.

Believe it or not, it is from St. Charles, Illinois where they understand the need for heat. Avoid the winter weight gain and use this sauce which has no fat and no cholesterol. I found this sauce to be a great substitute for spicy mustard on a burger or in a grilled cheese and ham sandwich. I also found adding The Brutal Bajan to your favorite barbecue sauce for ribs is awesome!



### HEAT INDEX



You can find this wonderful hot sauce at [www.chili-willy.com](http://www.chili-willy.com). They have some really good recipes on the site. Check out the Winter Cabbage Soup. I'm making some this weekend!

Contributed by Mike Sade



## Residential & Commercial Electrical Service

Class A VA Contractor · Licensed/Insured

We install  
**FULL HOUSE GENERATORS**

Contact us  
**703.314.1287**  
[info@AllegroLLC.net](mailto:info@AllegroLLC.net)



**FREE ESTIMATES**



# Hadeed

IN - HOME & OFFICE CLEANING SERVICES



## Did You Know

See Back Page for Our Full Ad and Our Complete Suite of Cleaning Services!

## That We Are A One-Stop-Shop

## For All OF These Cleaning Services?

### Our In-Home/Office Services:

- Maid Service
- Hardwood Floor Cleaning & Polishing
- Air Duct Cleaning
- Wall to Wall Steam Cleaning & Upholstery
- Tile & Grout Cleaning



Serving the entire DC Metro Area!! DC, MD, VA

Hurry! Offer expires 1/15/13. Not valid with any other offers.

703-836-1111 **JoeHadeed.com**





A privately-owned ultra modern complete small animal dental, surgical and medical facility.


*By way of exceptional loving care, our staff will provide for your pet a safe haven.*

1221 Belle Haven Road, Alexandria, VA  
703-721-0088 • www.bhamc.com


**Your trusted source for Auto Service & Repair**



**Call Us: (703) 998-9091  
or (703) 998-6014**  
**1639 N Quaker Lane Alexandria**



**B&C Jewelers**  
Since 1960  
3652 King Street  
Alexandria, VA  
703-379-6010



**PET & PLANT CARE**  
*by Gerri, LLC*  
Walking • Sitting • Playgroups • Medications  
Gerri Horan 703-379-7719  
Since 1999 • Bonded & Insured



4231 duke street  
alexandria, va  
703.370.7900  
call for hours & reservations  
www.temporestaurant.com

**foxglove flowers**  
1535 N. Quaker Lane, Alexandria  
703-820-4200  
Foxglovetheflowers.net

**Christopher Paul Schewe**  
ATTORNEY AT LAW

Legal Services  
NO CHARGE for First Consultation  
12 years experience  
Former Alexandria City Attorney

216 South Patrick Street  
Alexandria, VA 22314  
Office: 703.684.8200  
Cell: 703.669.1441  
cpschewe@verizon.net

**Larson Koenig Architects**  
2107 Mt. Vernon Avenue Alexandria, VA  
703-519-9493 www.lkarchitects.com

**We support  
animal rescue—  
adopt a friend  
today!**



**RUFUS**

is a 2-year-old Pit Bull Terrier mix who is both handsome and smart. He loves the outdoors and is an athletic, active dog. Indoors, puzzles and toys keep Rufus mentally stimulated. If you're always on the go and are looking for a four-legged companion who can keep up, Rufus is your man.



**BIANCA**

is sweet and sassy and the perfect companion for any cat lover. At 8 years old, she knows what she wants and when she wants it. Bianca deserves all of your love, so she is best suited for a home where she is the only pet. When she's not curled up in your lap, Bianca enjoys playing with toys, especially the kitty wand.



**TANNER**

is as cool as a cucumber. Tanner is a large Foxhound mix who is a lot of fun. He loves spending time with good friends outdoors and exploring. He is a hound dog. Tanner does family that will love him.

# ADOPTABLE PETS



**MONKEY**

is a 7-year-old gray tabby that is curious and affectionate. He's perfectly happy being independent and doesn't need a lot of coddling, but will crawl into your lap and settle down for a nap when he wants attention. Monkey is currently available for adoption from his foster home.



**RAINIE**

is an American Foxhound who makes the perfect companion on a rainy day. The 2-year-old female will shower you with kisses and love and will make a great friend. Rainie can be a bit shy, but she would be a perfect addition to a home that already has a dog.



**LADY**

is a 4-year-old cat and a kitten, she has plenty of play. She can be shy at times and you'll see what she is. Lady loves watching laser pointers.



Animal Welfare



**Banana Banner Signs**

**Custom Signs • Banners**

**3148 Duke Street Alexandria**



the advertisers listed below.



**Jewelers**  
1953  
(Bradlee Center)  
Alexandria  
• Bejewelers.net



**703-329-1043**  
[barkleysquare.com](http://barkleysquare.com)

Catering to you and your pets' specific needs in the Washington, DC metropolitan area, including the District, Alexandria, Arlington, Falls Church, Springfield and Woodbridge, since 1991. Bonded and insured.



A local Alexandria restaurant and pub since 1978. Recent renovations make this neighborhood spot comfortably elegant with great lunch and dinner specials every day

**RAMPARTS**  
**TAVERN & GRILL**

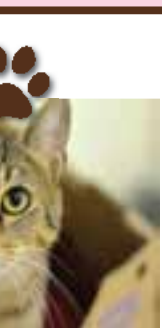
1700 Fern Street Alexandria  
**709-998-6616**  
[rampartstavern.com](http://rampartstavern.com)



NER

The 5-year-old American Bull Terrier who likes people. He enjoys the new smells, after all he is a dog. He doesn't ask for much, just a little love.

**ALS**



BY

Although she's no longer a kitten, she still has a lot of energy and loves to play. She gives her some love and affectionate girl she loves to play and chasing birds fly by and chasing

**You're The One That I Want!**



*All pets are \$14 on Valentine's Day!  
Our fabulous 'Furget-Me-Not' pets are \$14 the month of February!*



Animal Welfare League of Alexandria  
4101 Eisenhower Ave. Alexandria, VA 22304  
703-746-4774 [www.alexandrianimals.org](http://www.alexandrianimals.org)



**TEN THOUSAND VILLAGES.**

915 King Street Old Town  
703-684-1435



**One Good Tern**



Make us your our first stop for all your nature & birding needs! Independently owned and in business since 1986.  
1710 Fern Street, Alexandria • 703-820-8376



**THE NUGGET**  
703-548-3010

[www.thenuggetjewelers.com](http://www.thenuggetjewelers.com)  
509 Prince Street,  
Alexandria, VA 22314

*The Lamplighter*

Serving Alexandria for 70 years  
1207 King St., Old Town, Alexandria, VA  
(between Payne and Fayette St.)  
703.549.4040 [www.lamplighterlamps.com](http://www.lamplighterlamps.com)

**League of Alexandria**

4101 Eisenhower Avenue  
Alexandria, VA 22304

**(703) 838-4774**

**Banner**  
**GNS**

**nners • Car Wraps**

**andria • 703-823-5933**

*diva*

Designer Consignment  
116 South Pitt Street  
Alexandria  
703-683-1022  
[Divaboutiqueva.com](http://Divaboutiqueva.com)





# BI Crew Member Babiec is a Tiger

Senior Catherine Babiec, the third Babiec to row for Bishop Ireton, will follow her brother and sister into collegiate rowing next fall when she enrolls at Princeton to row for crew Head Coach Lori Dauphiny, the Tigers announced this week.

Babiec follows brother Thaddeus, who rows for Boston University, and sister, Olivia who competes for Drexel in Philadelphia. With the strong blood lines, even her father rowed competitively, it was easy to see why she drew such interest.

She rowed for the Junior National Team High Performance boat in Germany last summer; she has rowed for the past three years at Bishop Ireton on the varsity 8+ as well as stroking the Ireton varsity 8+ in the just completed fall season. She is tied for second fastest 2km in Cardinals team history and was selected as an all Met honorable mention by The Washington Post following her junior spring campaign.

"I visited a number of schools, including Stanford and Washington State, but when I came home from Princeton I knew that was the best place for me," said Catherine of her fall visit. "I had the chance to see a number of great schools with beautiful campuses, but I



BI Crew member Catherine Babiec will join her siblings on the Princeton Crew Team this fall. COURTESY PHOTO

liked the team, the coaches, and the Princeton campus. I also like that it is a strong program, they have qualified for the NCAA champi-

onships every year that they have been held. I want to be a member of the first national championship team at Princeton."

## Saints Compete in Green Cup Challenge

St. Stephen's & St. Agnes School is competing in the Green Cup Challenge thru February 13, a national, student-driven inter-school energy challenge organized by the Green Schools Alliance. During the four-week challenge, schools compete to determine who can reduce their electricity consumption the most, compared with their own data during same time period last year. During last year's challenge, SSSAS reduced electricity use school-wide by 28%—that was the second-highest reduction among 116 schools nationwide! SSSAS also won our regional division last year (Mid-Atlantic/Chesapeake). SSSAS has participated in the Green Cup Challenge since it started five



SSSAS middle school students learning to read an energy meter. COURTESY PHOTO.

years ago and previously held similar challenges between their three campuses.

## St. Stephens & St. Agnes Upper School Robotics Team Wins Tournament

The St. Stephen's & St. Agnes Upper School robotics team was part of the winning alliance that won the Virginia FIRST Tech Challenge Rookie Qualifying Tournament on January 26. SSSAS advances to compete in the Virginia Championship Tournament on March 2 in Richmond. Teams from 22 Virginia middle and high schools, all in their first year of FIRST Tech Challenge competition, participated with only seven teams qualifying for states. FIRST (For Inspiration and Recognition of Science and Technology) is a not-for-profit, volunteer-driven organization founded in 1989.

This year's challenge, "Ring It Up," re-

quired students to build a robot that can drive around a field, pick up rings from a dispenser, and deposit them onto a 4' x 4' rack (similar to a tic-tac-toe game). The rookie team consisting of Katie Henshaw '16, Taylor Jensen '14, Eric Karsten '16, Dokken Shapero '16, and Nolan Thompson '16 have been working together since September. Recently, they've been meeting nearly every day during lunch and sometimes after school to familiarize themselves with the parts, mechanisms, and motors.

The state tournament will be held March 2 at the Arthur Ashe Jr. Athletic Center in Richmond. GO SAINTS!

## Nebabu is Finalist in the 2013 Achievement Scholarship Program

Bishop Ireton senior Tamra Nebabu has been named a finalist in the 49th annual National Achievement Scholarship Program. Tamra was selected from a pool of approximately 1600 Black American high school semifinalists nationwide who took the 2011 Preliminary SAT/National Merit Qualifying Test (PSAT/NMSQT) to achieve this honor. She will be considered for a National Achievement Scholarship.



Nebabu

## Rapp Earns Spot in 2012 Merit Scholarship Program

Mr. Tim Hamer, principal of Bishop Ireton High School, announced today that senior Anna Rapp has been named a finalist in the 2012 National Merit Scholarship Program. Finalists will be notified in the spring if they are selected to receive one of the National Merit Scholarships, which are supported and awarded by the National Merit Scholarship Corporation, businesses, and colleges and universities nationwide.



Rapp

Students are selected for the National Merit and Achievement programs each fall based on their scores on the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT), which they take as juniors. Approximately 1.5 million students in nearly 22,000 U.S. high schools took the qualifying test last school year. Students who score in the top 1% of students nationwide are selected as semifinalists and can then submit additional information to be considered as a finalist. Students who score in the top 5% of students nationally are named commended students; ten Bishop Ireton High School students were named Commended Students in the 2012 National Merit Scholarship Program and were recognized in the fall.



Second graders at St. Stephens and St. Agnes visited the MLK Memorial last month.

## Letters to MLK

Second grade students at St. Stephen's & St. Agnes School in Alexandria wrote letters to the late Dr. Martin Luther King, Jr. and read them aloud during the school's annual "Letters to MLK" program on January 25. The students led an assembly for their classmates in grades junior kindergarten through five. The program also included songs, poetry, and photo presentations. The second grade students have been learning about the work of Dr. King and visited the Martin Luther King, Jr. National Memorial last month.



The SSSAS Robotics Team is headed to Richmond to compete in the Virginia Championship Tournament March 2.



I N t h e D I R T

**RAY GREENSTREET**

# What happened to my Impatiens?

**W**hat happened to America's favorite, number one bedding plant this past summer? Notice that subtle leaf yellowing, followed by leaves flagging or curling downward, giving the appearance that the plants need to be watered? The North American market was severely impacted this past season with Impatiens Downy Mildew, caused by the fungus-like pathogen *Plasmopara obducens*. In all my years as a gardener, grower, seed salesman, and retail garden center owner, I have never experienced such a devastating disease hit our industry so rapidly in basically one season.

ble-flowered, mini-impatiens, Fusion and Butterfly. The good news is New Guinea Impatiens are not affected by this disease.

the leaves and flowers will drop, resulting in bare stems with only a few tiny, yellow leaves. The problem with leaving plants in until they collapse is the spores, called oospores they may survive in the plant debris and be released into the soil as the stems decay. These resting spores can potentially survive in the soil for a period of years.

What's a gardener to do this spring in the shade? My professional opinion, (as much as I hate to say it) don't plant *Impatiens walleriana* this year. Let's make this spring, the spring of 2013, the year of new plant opportunities! Expand your plant palate, create a new look in your garden, try the plants you have always wanted to try but were too afraid to give up your beloved *Impatiens*.

are missing some great garden workhorses that go all summer long. Keep in mind these begonias get BIG and you should space a minimum of 18" apart. (Don't worry, they will fill in quickly!). Other suggestions 'Fibrous', 'Rieger', 'Tuberous' begonias, 'Caladiums', 'Coleus', 'Ferns', 'Sweet Potato', Iresene 'Blazen Rose' to name a few and if you really like the Impatiens "look", New Guinea Impatiens might be right for you.

# PICK OF THE MONTH!



Zebra staffers are raving about Febreze® CAR™ Vent Clips, which easily attach to any of your air vents, providing a continuous pleasant scent while also neutralizing unpleasant odors that may have embedded themselves in your car. Available in five unique fragrances, such as Midnight Storm or Linen & Sky, it's the most effective car air freshener that we've come across.

**Get one today wherever Febreze® products are sold.**

<b>The Birchmere</b> America's Legendary Music Hall		<b>February 2013</b>				3701 Mount Vernon Avenue Alexandria, VA 22305 (703) 549-7500 <a href="http://www.birchmere.com">www.birchmere.com</a>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$4.50 per ticket service charge will apply.	January 28 <b>Jesse Cook</b> 7:30pm \$35.00	January 29  7:30pm \$35.00	Jan. 30 w/ <b>Robert Earl Keen</b> w/ Andrea Davidson (All Standing, Doors 6pm) 7:30pm \$39.50	January 31 <b>CANCELED!</b> w/ <b>Roddy Riley</b> 7:30pm \$59.50	1 <b>Suzanne Westenhoefer</b> 7:30pm \$45.00	2 <b>Charles Ross' One Man Star Wars Trilogy</b> 7:30pm \$35.00	
3	4	5		6	7	8	
The Birchmere Presents <b>DIANA KRALL</b> Glad Rag Doll World Tour 2013 April 10, 2013, 8pm at Music Center at Strathmore 5301 Tuckerman Lane, North Bethesda, MD <a href="http://www.dianakrall.com/">http://www.dianakrall.com/</a> Tickets on sale now thru <a href="http://www.Strathmore.org">www.Strathmore.org</a> or call (800) 481-5100		<b>Alfie Boe</b> 7:30pm \$45.00		<b>Kathleen Edwards</b> w/ Sera Cahoone 7:30pm \$25.00	<b>Arlo Guthrie</b> 'Here Comes The Kid' A Tribute to Woody Guthrie's 100th Birthday! 7:30pm \$45.00		
10	11	12	13	14	15	16	
<b>100 YEARS OF MUSIC</b> Rescheduled for Fri. 4/24 All 100 will be shown 4-6pm on Fri. Apr. 26, tickets \$14.95	<b>John Mayall</b> '80th Birthday Celebration Tour! 7:30pm \$39.50	12 A Tribute to Mike Auldridge featuring Jerry Douglas, Emmeline Harris, David Bromberg, Bob Jelen, Sally Van Meter, John Starling, Ben Elbridge, Tom Gray. The Golden State and many others! 7:30pm \$45.00	<b>Tab Benoit</b> 7:30pm \$27.50	<b>14 BORLEOUS-A-PAGES LOVE LAND</b> ALICE WALKER W/ THE BIRCHMERE ORCHESTRA AND SPECIAL GUESTS ANGIE PONTIAC ALBERT CAHARA NICKY PORTMAN THE MUSIC ATTRACTION THE SPECIAL PERFORMANCES BEYOND AND BEYOND 7:30pm \$29.50	<b>Eddie From Ohio</b> w/ Dan Navarro w/ Jake Armerding 7:30pm \$35.00		
17	18	19	20	21	22	23	
<b>Eddie From Ohio</b> w/ Dan Navarro 7:30pm \$35.00	18 Blues at The Crossroads II: Muddy & The Wolf w/ The Fabulous Thunderbirds feat. Kim Wilson, Tinsley Ellis, Jody Williams, James Cotton & Bob Margolin 7:30pm \$49.50	<b>BUDDY &amp; JIM</b> (Buddy Miller & Jim Lauderdale) w/ Max Gomez 7:30pm \$35.00	<b>Stephen Lynch Live</b> 7:30pm \$39.50	<b>Bill Kirchen &amp; Too Much Fun</b> AND Wayne 'The Train' Hancock 7:30pm \$29.50	<b>Harmony Sweepstakes 2013</b> Mid-Atlantic Regional 7:30pm \$29.50		
24	25	26	27	28	The Birchmere Presents <b>GREAT BIG SEA</b> 20th ANNIVERSARY TOUR April 17, 2013, 8pm at Warner Theatre, Wash DC. <a href="http://www.greatbigsea.com/">http://www.greatbigsea.com/</a> Tickets on sale now thru Ticketmaster.com or call (800) 745-3000		
<b>Maura O'Connell</b> w/ Erin Thomas 7:30pm \$29.50	<b>ticketmaster®</b> Ticketmaster.com 800.745.3000 Find a retail outlet near you <a href="http://Ticketmaster.com/outlets">Ticketmaster.com/outlets</a>	<b>Gaelic Storm</b> w/ Danny Burns 7:30pm \$35.00	<b>Nitty Gritty Dirt Band</b> w/ Yankee Dixie feat. Tara Mills 7:30pm \$45.00				



BY GLENDA BOOTH

Over 120 women were arrested in front of the White House. Their crime? Seeking the right to vote. The year was 1917.

The police alleged that the women were “obstructing traffic” even though they were peacefully picketing on a sidewalk. They were released on their own recognizance only to be arrested again and sentenced to serve three days in jail or pay a \$25 fine. Unyielding, Lucy Burns and Katherine More fired back: “Not a dollar of your fine shall we pay. To pay a fine would be an admission of guilt. We are innocent!”

They were hauled off to jail in wagons with thieves, prostitutes and drunks to the Occoquan Workhouse in Lorton, 25 miles south of Washington in Fairfax County, then an area one historian called a “deserted wilderness.”

From 1917 to 1919, over 200 women from 26 states were arrested for “obstructing traffic” and “holding a meeting on public grounds.” More than 70 suffragists were jailed at the Workhouse, some for up to seven months. They suffered inhumane conditions, beatings and force feedings. They were given mostly hard bread and putrid soup with worms afloat and forced to give up all personal effects, wear bulky prison garb and shoes alike for each foot to fit any size. Their courage and harsh treatment represented a turning point in the struggle for passage of the 19th amendment to the U.S. Constitution.

The 1917 incarcerations were among many incidents of civil disobedience in the 72-year struggle for American women to gain the right to vote. Imprisonment came four years after a dramatic parade down Pennsylvania Avenue the day before President Woodrow Wilson’s inauguration when 5,000 to 8,000 women carried banners proclaiming “Liberty, Equality, Fraternity.” The unprecedented spectacle of thousands of determined women, floats and marching bands moving from the U.S. Capitol to the White House was led by Inez Milholland who invoked the image of Joan of Arc in flowing white robes and astride a magnificent white horse. The “militants” were met with jeers and labels like “unwomanly,” “unsexed” and “shameless” — and President Wilson’s deaf ear. When Wilson arrived in the city the day before his inauguration to be greeted by just a few fawning fans, he asked, “Where are the people?” The answer: “On the avenue watching the suffragists’ parade.” He had “no opinion” on women’s suffrage, he maintained, and he dug in.

Washington will see a re-enactment of the 1913 parade, sans the recalcitrant Wilson, on March 3, 2013, the 100th anniversary of the women’s suffrage march organized then by Alice Paul for the National American Woman Suffrage Association. Several commemorative events will be held over that weekend.

### The Turning Point Memorial in Northern Virginia

In the late 1970s, when Mason Neck resident Joe Flakne, at age 80, read for the first time the book, *Jailed for Freedom*, a history of the suffragists’ fight for the vote, he first learned of the women jailed at Occoquan, which by the 1970s was a prison called the Lorton Reformatory. He launched a one-man campaign for a marker commemo-



Lawyer Inez Milholland Boissevain, wearing white cape, seated on white horse ready to lead the National American Woman Suffrage Association parade organized by Alice Paul, March 3, 1913, Washington, D.C.

PHOTO COURTESY OF THE LIBRARY OF CONGRESS

# The Untold Story

Women Imprisoned in Lorton for Wanting to Vote

rating the suffragists’ imprisonment. He convinced the Fairfax County League of Women Voters that the absence of anything noting the historic Occoquan imprisonment was a significant omission in history and by 1982 the Virginia Historic Landmarks Commission approved a marker.

Supporters held a commemoration ceremony on March 6, 1982, dedicating what some say was the first marker in Virginia to recognize civil or women’s rights. Speaker Merilyn Reeves of the U.S. League of Women Voters recalled some of the objections to women’s suffrage: “They believed claims that the amendment would topple women’s pedestals, end chivalry and threaten the family,” she said. Another speaker invoked the spirit of the movement reflected in Susan B. Anthony’s charge: “Failure is impossible and there is an army of women out there,” and she quoted suffragist Lucy Burns who told President Wilson and the Congress, “Inaction establishes just as clear a record as does a policy of open hostility.”

The marker is dedicated to “scores of women suffragists . . . imprisoned . . . for picketing the White House demanding their right to vote. Their courage and dedication during harsh treatment aroused the nation to hasten the passage and ratifica-

tion of the 19th Amendment in 1920. The struggle for woman’s suffrage had taken 72 years,” it reads. The marker stands near the original workhouse on land owned by the Northern Virginia Regional Park Authority. The story of the suffragists incarcerated at Occoquan is told in a section of a one-room museum covering the overall history of the prison.

The Turning Point Memorial Association, an all-volunteer group, is generating support “to create a memorial that will reflect the strength of the women and the significance of their struggle.” The entrance will replicate the White House gates where in 1917 the picketers were the first ever to protest in front of the White House. Inside the gates, visitors will learn about the suffragists’ Occoquan Workhouse experiences from plaques along a memorial cascade. Along a winding garden path, 19 interactive stations will outline the history of the suffragist movement, a story of empowerment and perseverance. The Association hopes to complete the memorial by 2020, the 100th anniversary of the passage of the 19th amendment. They estimate the cost at approximately \$7 to \$9 million.

“It is nothing to you today to be attending a meeting and at night,” Turning Point

spokesperson Kathleen Pablo told local a group recently. “You can sign petitions and run for office. The suffragists lived in very different time. There was no glass ceiling. They were in box, locked in tight,” she explained. The Turning Point Memorial will immortalize their struggle for all time and help people better appreciate this fundamental, hard-fought, democratic right.

### The Information Stations, Examples

**Seneca Falls Convention, 1848** -- A meeting was convened by Elizabeth Cady Stanton and Lucretia Mott in New York, an event which some say was the beginning of a 72-year civil rights movement. Around 300 people attended and 68 women and 32 men there adopted the “Declaration of Sentiments” based on the Declaration of Independence. It listed as legal inequities of women no voice in passing laws, no independent rights after marriage, no custody of children after divorce and no right to vote.

**Minor v. Happersett, 1875** -- A U.S. Supreme Court decision clarified that the 14th amendment to the Constitution did not guarantee women the right to vote, thus affirming Susan B. Anthony’s view that a Constitutional amendment was necessary. The Federal Suffrage Amendment read, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.” This was the precise wording of the amendment added 45 years later. The amendment was introduced for the first time in 1878, failed and introduced and failed in subsequent Congresses until 1919.

**Suffrage State by State** – By 1900, two states, Colorado and Idaho, and two territories, Utah and Wyoming, had enfranchised women. By 1918, 15 states allowed women to vote.

**The 1913 Suffrage Parade** – Thousands of women marched down Pennsylvania Avenue to the jeers, shoving and insults mostly from men. The parade invigorated the movement and upstaged President-elect Woodrow Wilson’s inauguration. The Delta Sigma Theta sorority, founded at Howard University, marched, their first public act. Fearing they would further encourage southern resistance to suffrage, parade leaders asked African-American women to march at the rear of the parade. Ida B. Wells-Barnett refused, but others did.

**Alice Paul and the National Women’s Party, 1917** – Alice Paul believed that an amendment to the Constitution was needed and began organizing in 1913 for the National American Woman Suffrage Association. By 1916, she had formed the National Women’s Party to lobby and to elect officials who favored a Constitutional amendment.

**The Silent Sentinels** -- In 1917, the National Women’s Party employed a new tactic – a “perpetual delegation” picketing the White House. Paul organized ongoing demonstrations on the sidewalk in front of the White House gates and thousands of women took turns standing silently in all kinds of weather, holding banners asking, “Mr. President, how long must women wait for liberty?”

**World War I** – When the U.S. entered the war, suffragists argued that the country had

▼ See EXPLORE on page 21



# Suffrage Centennial Celebration, March 1-3, 2013

## A Sampling of Events

**March 2,** 2 p.m. and 8 p.m., the National Women’s History Museum will present multimedia staged readings of *Take What Is Yours*, Lisner Auditorium, George Washington University, a play about Alice Paul, critically-acclaimed in its off-Broadway run last year; [http://suffrage-centennial.org/?page\\_id=45](http://suffrage-centennial.org/?page_id=45)

**March 1, 2, 3,** – The Sewell-Belmont House, home of the National Women’s Party, 144 Constitution Avenue, N.E., 202-546-1210, open house, 11 a.m. to 5 p.m.; [www.sewallbelmont.org](http://www.sewallbelmont.org)

**March 2** – 12 noon, film screening, “Iron-jawed Angels,” Hilary Swank portrays Alice Paul, National Archives; [www.archives.gov/](http://www.archives.gov/)

**March 2** – Smithsonian Museum of American History, exhibit, the 1913 “Suffrage Procession” (parade), <http://americanhistory.si.edu>

**March 23 and 24,**– Sewell-Belmont House, open house 11 a.m. to 5 p.m.

### More information:

[www.suffrage-centennial.org/](http://www.suffrage-centennial.org/)

[www.facebook.com/SuffrageCentennialCelebration](https://www.facebook.com/SuffrageCentennialCelebration)

[www.nwhm.org](http://www.nwhm.org)

Organizations participating in weekend-long events include the National Women’s History Museum, Smithsonian National Museum of American History, Newseum, Sewall-Belmont House, Delta Sigma Theta, Daughters of the American Revolution, American Association of University Women, UniteWomen, the National Archives, Cultural Tourism, D.C., the National Press Club and the Embassy of Finland.



# LANDMARK PRINTING

*“Putting it all together”*

**Letterheads, Envelopes, Brochures, Signs.**  
**ALL your printing needs.**

21 years experience serving an array of businesses.  
Highly competitive with other “franchise” printers.  
Long-term relationships serving our customers.

**703.823.0080**  
**Fax: 703.333.5888**

[www.landmarkprinting.net](http://www.landmarkprinting.net)  
[richard@landmarkprinting.net](mailto:richard@landmarkprinting.net)

### ▲ EXPLORE from page 20

embarked on a crusade for world democracy while denying democracy at home. Mabel Vernon posed, “If the right of those who submit to authority to have a voice in their own government is so sacred a cause to foreign people as to constitute the reason for our entering the international war in its defense, will you not, Mr. President, give immediate aid to the measure before Congress demanding self-government for the women of this country?” Some people called the suffragists “unpatriotic” for challenging the President and the Congress during wartime.



Historical Marker near the original Occoquan Workhouse describes suffragists’ imprisonment.

PHOTO BY JANE BARKER

**Occoquan Workhouse, Jail Life** – The suffragists were arrested and chose prison over paying unjust fines. They demanded to be treated as political prisoners, went on hunger strikes and were force fed.

**The Night of Terror** -- On the night of November 15, 1917, prison officials moved some of the women out of the dorm-style quarters and put them jail cells. Some were dragged, beaten and slammed into cells and treated harshly. One had a heart attack. Guards bound Lucy Burns’s arms to the bars over her head all night. The women remained defiant.

**Honoring the Prisoners** – After the women were released, Alice Paul designed a “jailed for freedom” pin, to resemble a jailhouse door with a chain and a heart-shaped padlock.

Wilson Relents, 1918 – Finally, Wilson voiced some support by urging Congress to pass the suffrage amendment as “a necessary war measure.” To pressure Wilson to actively advocate for the amendment, suffragists built “watch fires” in Lafayette Park and burned Wilson’s speeches in the fires.


**Passage and Ratification** – In 1919, the U.S. House of Representatives passed the 19th Amendment to the U.S. Constitution on a 304 to 89 vote and the Senate approved it, 56 to 25. In 1920, the Tennessee legislature, the last one needed, ratified the amendment by one vote. In 1920, all women could vote for first time, 55 years after the Constitutional amendment ending slavery.

The amendment reads:

Section 1: The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.


Section 2: Congress shall have power to enforce this article by appropriate legislation.

To Help: Contact the Turning Point Memorial Association, 5400 Ox Road, Fairfax Station, Virginia 22039; [www.suffragistmemorial.org](http://www.suffragistmemorial.org)



## Brahm & Powell

Family-owned. Serving Alexandria eyes since 1956.



113 NORTH WASHINGTON STREET - ALEXANDRIA  
PHONE: (703) 549-2828  
[WWW.BRAHMPOWELL.COM](http://WWW.BRAHMPOWELL.COM)  
MONDAY – FRIDAY 9:30 – 6:00 - SATURDAY 9:30 – 4:00

**MENTION YOU SAW THIS AD IN ZEBRA FOR A 10% DISCOUNT  
THRU MARCH 15, 2013**



*The Little Theatre of Alexandria*





**DIAL "M" FOR MURDER**

FEBRUARY 23 - MARCH 16, 2013



**33 VARIATIONS**

APRIL 27 - MAY 18, 2013

600 Wolfe Street | Alexandria  
703-683-0496 | thelittletheatre.com



Rosa Byrd was instrumental in encouraging her neighbors to establish a bond of trust and respect with the undercover police officers.  
PHOTO BY STEVEN HALPERSON/  
TISARA PHOTOGRAPHY

## Working to Make Alexandria Safer

BY ALICE MORGAN

Rosa Byrd and her husband Jack have lived in Alexandria for more than 50 years and for much of that time she has been a community leader and champion for causes to make her Lynhaven neighborhood a safe place to live. They are the proud parents of Patricia Yancey (Alex) and Julious Byrd (Semone) and grandparents of Chanel Yancey, Jordan Byrd and Jalen Byrd.

For more than 35 years, Byrd and her friends inspected alleyways of Lynhaven for code enforcement violations, sanitation problems and lighting outages. They were lovingly referred to as the “Snoop Sisters” by their neighbors. Byrd developed a working relationship with the Mayor, members of City Council and the City Manager that helped to solve many of the neighborhood’s problems. She and her neighbors were successful in transforming a vacant lot into a playground for their children. Later, then Mayor Charles Beatley was on hand for the opening of a second park in the area. One former business owner was so appreciative of Byrd’s volunteer efforts in her community that he established the Lynhaven/Byrd scholarship at T.C. Williams High School. Del Pepper, Alexandria City Council Member, stated, “In many ways, large and small, Rosa has truly made a positive difference in the neighborhood and community. She has shown courage when that was needed as well as determination, commitment and perseverance. It’s caring people like Rosa that have made Alexandria such a wonderful place to live.”

Unfortunately, in the late 80’s, Alexandria began to attract drug dealers from New York and Washington, DC. Lynhaven was targeted as an area whose streets would become “open air drug markets.” The loss of so many youths to drugs and gang activities inspired Byrd and others

to take on the dealers and gang leaders to make their neighborhood safe. Byrd was in constant contact with the Mayor, Members of Council, City Manager and the Alexandria Police Department to bring all resources to bear for an all-out attack on the problem. She was instrumental in encouraging her neighbors to establish a bond of trust and respect with the undercover police officers. Residents allowed their homes to be used by police to observe active drug sales. Byrd activated telephone trees to assist a special unit of the Police Department called the, “Jump-Out Boys.” The dealers feared this unit because of this its success.

Lynhaven was selected to become the first neighborhood in Alexandria to participate in a program called Community Oriented Policing (COP). This program entailed having one particular police officer assigned exclusively to Lynhaven. The officer worked in conjunction with the residents to establish neighborhood patrols, united with the transportation and environmental services department, code enforcement and the traffic division to help clean and beautify the neighborhood again. Absentee landlords were held accountable for the maintenance of their properties. The COP’s program is still in operation. Sergeant Robyn Nichols, Lynhaven’s Liaison Officer since 1996 offered this quote; “Rosa held the Police Department and elected officials accountable for combating the drug problem in the neighborhood.”

Byrd’s influence outside of Lynhaven is just as impressive. Her concern for quality education in all the city’s public schools, especially for minority students led to many educational endeavors. She has led by example. In 2011, Byrd and her daughter, Patricia, were honored with the “Generation to Generation” award for community service by Senior Services of Alexandria.

Her concern for quality education in all the city’s public schools, especially for minority students led to many educational endeavors. Byrd has served as officer of the PTA’s of Cora Kelly Elementary School, Francis C. Hammond Middle School and T.C. Williams High School.


Byrd knows the importance of having input into the day-to-day decisions made by politicians. She knew that the way for the disenfranchised to have a “voice” was through their vote. She actively recruited neighbors to register, she volunteered at the polls, served as a precinct chief, campaigned for city, state and presidential candidates, arranged for transportation to and from the polls and provided any other service necessary in her efforts to get people out to vote.

Former City Manager Vola Lawson said “Rosa Byrd is a real dynamo. She has worked successfully for years to benefit and improve her beloved Lynhaven community. She has also been a strong advocate for the rich diversity of our school children. Rosa’s energy, commitment and effectiveness for the causes she cares about are legendary.”

Living Legend Ferdinand Day considers Rosa Byrd to be one of his “ladies,” a group of community activists who have worked with him and Living Legend Melvin Miller throughout the years. The group includes three Living Legends and two nominees. Mr. Day states “Working with Rosa has been a pleasure. I have known her for many years and I have been impressed with her dedication to the city. Her nomination to Living Legends honors the concept of the Legends.”

*This is one of a series of profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a Legend for 2014, visit [www.AlexandriaLegends.com](http://www.AlexandriaLegends.com) or contact Nina Tisara at 703-625-2330.*

*Tisara Photography*  
*Creating Tomorrow's Heirlooms Today*



*Gift Certificates Available*  
*Portraits · Weddings · Special Events*  
1607 King Street · [www.tisaraphoto.com](http://www.tisaraphoto.com) · 703-838-8098

**Fern Street Gourmet**  
Your neighborhood wine shop

We carry more than 1,200 varieties of fine wine and the cheeses to match them.

Drop by and meet Andy, the new owner, and let him help you choose a special wine for your holidays.

- Weekly wine tastings
- Gift Baskets for the last minute

Fine Wine • Beer • Cheese • Bakery • Gourmet Foods  
**Fern Street Gourmet**  
Next to Ramparts • 1708 Fern Street • Alexandria, VA 22302  
Mon - Sat • 10:00am - 8:00pm | Sunday Noon - 5pm  
202 • 409 • 4617





## Be Smart with Your Vehicle this Winter

Winter weather is hard enough on all vehicles without adding to that stress and potential for serious damage by not taking some very simple precautions. Most come under the heading of everyday common sense.

Check the heater, defrosters and windshield washers to make sure they are all in working order. And, never start your windshield wipers unless absolutely sure they are not frozen to the glass. If the car has a rear windshield wiper check that also before turning it on. Wipers frozen to the glass can result in damage to their mechanism if not freed before starting.

When covered with snow and ice, let your vehicle warm up for about 20 minutes in extra cold weather before attempting to put it in gear to move. But, don't do this inside a closed garage due to carbon monoxide gas.

As the vehicle is warming



DENNIS WHITESTONE

up, use the time to clean off all snow and ice – particularly from all the windows, head lights, rear lights and license plate. Turn on the vehicle's defrost system at the same time to make the job easier. And, never chip at ice on any of the glass. It can shatter, not only damaging the vehicle but also potentially resulting in serious bodily injury, particularly to the eyes and face.

If possible, remove all snow from the vehicle. This is essential for the hood and, if possible, top

and rear deck as well. This not only aids in driving but also protects other motorists from snow and ice blowing into their line of vision.

Make certain that the tires are properly inflated. This means visually checking to make sure there are no flat tires or ones severely underinflated. This is often hard to tell when the ground is covered with ice and snow. If you have a tire gauge use it to check the actual pressure in each tire. And, never mix radial and other tire designs on the same vehicle.

Keep the gas tank at least half full to prevent icing in the fuel lines. And, don't set the parking brake in super cold, rainy or snowy weather. It could freeze and prevent operation of the vehicle.

Do not use cruise control when driving in snow and ice or where there is the potential of roadway black ice. If the car does go into a skid don't panic. Gently steer into the skid and very gen-

tly apply the brakes and begin to steer out of the skid.

When driving in snow and ice conditions do not gun the engine. Increase and decrease speed slowly. In general, drive more cautiously than normal and increase the distance between other vehicles in bad weather and when on slippery surfaces.

If a situation arises requiring you to stop on a slippery surface do so by using the method called "threshold braking." Do not slam on the brakes. Keep the heel of your foot on the floorboard and use the ball of the foot to apply an even pressure to the brake pedal.

**If doing any long distance traveling in winter take the following precautions:**

- Make sure the vehicle is well serviced and in top working order before starting out.
- Never let the gas tank dip below half.
- Do not leave the vehicle if you become stranded and mark it

with a bright colored piece of material if available. It's safer in the vehicle than outside in bad weather.

- Don't run the engine constantly. Start it up and turn on the heater for short intervals to keep the vehicle reasonably warm. Make sure the exhaust pipe is free of any snow and ice that could backup carbon monoxide into the vehicle's interior.
- Always carry extra blankets and warm clothing when making any long distance trips in winter weather.
- Equip the vehicle with a flash light, free standing trouble light with flashing capability, as well as sand and wheel traction pads if possible. A cell phone is a must.

In bad weather the safest driving is NO driving. If there is an option and no emergency, stay out of harm's way. In the words of the musical *Annie*, "The sun'll come out tomorrow."

### Homegrown Hospitality Comes to Del Ray

From the owners of La Bergerie, good neighbors serving great local, natural and organic foods.

Visit us today for Breakfast, Brunch, Lunch or Dinner.

**Del Ray Café**

**205 E. Howell Avenue**  
**703-717-9151**

“Nothing in the world is as friendly as a wet dog.”

— Anonymous

### Authentic Indian Cuisine.

Serving you since August 1991.

We look forward to welcoming you at Aroma Indian Restaurant!

Also available for in-house parties, banquets, weddings, and outdoor caterings for private and corporate functions.

Open Daily 11:30 am until 10:00 pm

Open Friday and Saturday until 10:30 pm

## Aroma

Shirlington | 4052 Campbell Avenue, Arlington, VA 22206 | 703-575-8800

DC | 1919 I Street Northwest, Washington, DC 20006 | 202-833-4700

COMING SOON | 9429 Lorton Market Street, Lorton, VA 22079 | 703-372-1888

## Great Investment Decisions Don't Happen by Accident

## Plan to Succeed.

*Independent, Fee-Based*

*Financial Advice &*

*Investment Management*

**OV Capital**

Old Town, Alexandria  
(703) 312-8780

Investment advice offered through Omnia Vincet Capital Management, LLP, a Registered investment Advisor firm regulated by the Commonwealth of Virginia in accordance and compliance with applicable securities laws and regulations.



“

“No family is ever what it seems from the outside.”

”

— Dame Maggie Smith as the Dowager Countess of Grantham  
Downton Abbey



- Our highly-skilled, European-trained Craftsmen have supported the design trade with only the finest in custom development and production, in everything from specialized window treatments to unique custom furniture.
- Our reputation for only the highest caliber of workmanship encompasses the discerning clientele in Washington D.C. and all around the world.
- We specialize in Custom Furniture and Wall Upholstery, Custom Bedding, Pillows and Accessories, Table Forms and Coverlets, and Handmade Drapery with Special Hardware.

HORST B

Phone: 703.212.0404 or 703.671.1800 fax: 703.212.0505  
Alexandria VA • Rehoboth Beach DE • Washington DC  
Horst's Email: horst@horstb.com

Be Good. Do Good.



Presented by New Hope Housing Young Professionals Board and IMPACT Marketing & Events

**Thursday, Feb. 28**  
**6-9 p.m.**

**The Carlyle Club**  
**411 John Carlyle Street**  
**Alexandria, Virginia**

**To benefit New Hope Housing's shelter programs for homeless families and individuals in Northern Virginia.**

**Cocktails, hors d'oeuvres, music and networking at The Carlyle Club, one of the DC area's premier event venues.**

**Tickets \$20**  
**online at [www.newhopehousing.org](http://www.newhopehousing.org)**  
**(\$25 at the door)**

**Sponsored by The Carlyle Club, IMPACT Marketing & Events and the Lavet Family.**



**For information, contact Jen Lavet at [jennifer.a.lavet@accenture.com](mailto:jennifer.a.lavet@accenture.com) or Michelle Jannazo at [mjannazo@newhopehousing.org](mailto:mjannazo@newhopehousing.org)**

O N M O N E Y



# Does Congress Affect the Market?

BY STEPHEN MEMERY, CPM, CMA

*“With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds...”*



150 years ago Abraham Lincoln chose these words to close his second inaugural address. Though the War Between the States had come to a conclusion, there were still deep divisions between those States and their people, and Lincoln chose his inauguration as an opportunity to begin the healing. Recently, we inaugurated Barack Obama to his second presidential term, and while our partisan politics may pale in comparison, it behooves us to reflect on the impact political division. Often overlooked in the discussion of regulations, taxes and loopholes, is the indirect effect of governmental division on that most personal of issues, our investments. In particular, does the composition of congress have any correlation to what happens in the market?

A recent study looked into the relationship between the makeup of the Executive and Legislative branches of the U.S. Government from 1926 through 2011. As you can see in from the chart below, the results were quite interesting. According to the study, a “Unified” government, where the Presidency, House and Senate are all controlled by the same party, resulted in the highest average returns for the S&P 500 and for a diversified portfolio (60% stock/40% bond) at 14.8% and 9.9% respectively. Only slightly behind were the average returns for those years where government was “Partially Divided,” with the Presidency controlled by one party and House and Senate controlled by another with

an average return of 11.1% and a diversified portfolio returning 9.5% on average. The most dramatic results appeared in cases such as we have now with a “Completely Divided” government, where the two houses of Congress are controlled by different parties, market returns have fallen dramatically averaging only 1.1%.

This information would suggest that we have a challenging time ahead for our investments.

Does this mean it's time to sell out our IRAs and 401(k)s, stock up on canned goods and set the DVR for episodes of Doomsday Preppers? Not so fast. Among the most interesting finding in the study is that a well-diversified portfolio does not suffer nearly much as the market does during a “Completely Divided” government. In fact, the 7.4% average annual return for a diversified portfolio significantly outperforms the market. Bear in mind that risk tolerances will differ among investors and there is no one allocation that is right for everyone. Your financial advisor is best positioned to help you determine an appropriate allocation for your financial situation. With the New Year, and new presidential term, come new opportunities. Seize that opportunity, and make sure your investments are able to faithfully execute the duties for which they were purchased.

*Stephen D. Memery is a Chartered Portfolio Manager™ and Chartered Market Analyst™ & Financial Analyst Designate with more than 20 years of experience in the financial industry. He is a Founding Partner of OV Capital located in Old Town Alexandria.*

## Average Annual Returns, 1926 - 2011

Past performance is no guarantee of future results. This is for illustrative purposes only and not indicative of any investment. An investment cannot be made directly in an index. Diversification does not eliminate the risk of experiencing losses. Government bonds are guaranteed by the full faith and credit of the United States government as to the timely payment of principal and interest, while stocks are not guaranteed and have been more volatile than bonds. He time period examined is 1926-2011, and the returns are average annual returns. Stocks - represented by the Standard & Poor's 90 index from 1926 through February 1957 and the S&P 500® index thereafter, which is an unmanaged

	S&P 500	Diversified portfolio	Number of years
"Unified" years	14.8%	9.9%	45
"Partially divided" years	11.1%	9.5%	30
"Completely divided" years	1.1%	7.4%	11

group of securities and considered to be representative of the U.S. stock market in general. Bonds shown here are 20 year U.S. government bonds.



# A Marker In Time

BY CHUCK HAGEE

At one of the busiest street corners in the city there is an historical marker that is different from any other in the area. It not only heralds the past but also serves as testimony to the present and future.

Many drive and walk by it every day but few actually take note. Standing at the corner of Duke and South Alfred streets it was installed by the Virginia Department of Transportation in November 2003 to mark the 200th anniversary of Alfred Street Baptist Church.

Founded in 1803 as part of the integrated Alexandria Baptist Society, the church has grown from its original 12 members to nearly 3,000 today. Slaves from George Washington's Mount Vernon plantation joined in 1815. It is the oldest African American congregation in Alexandria.

"We were conjoined with the Alexandria Baptist Society at the beginning because African Americans were not allowed to worship separately," explained Patrice Wallace, chairperson of the church's bicentennial, at the time of the marker's dedication. The Colored Baptist Society came into existence in 1806.

In 1823, while still conjoined with the all-white Alexandria Baptist Society, the Colored Baptist Society was "granted privilege" to hold separate worship services on Sundays. That was the beginning.

Today the original Alexandria Baptist Society is composed of three churches: Alfred Street Baptist Church (ASBC), 301 S. Alfred St.; First Baptist Church of Alexandria, 2932 King St.; and Downtown Baptist Church, 212 S. Washington St.

The property which the original ASBC still occupies, at the intersection of South Alfred and Wolfe streets, was first rented by the newly formed congregation. It was subsequently purchased by them in 1842 and the original structure was erected in 1855.

In addition to establishing the marker, the Office of Historic Alexandria has also submitted data for the church to be considered for the National Registry of Historical Sites. As part of the marker dedication ceremonies, various artifacts of the church were placed in a time capsule that day. It is scheduled to be opened in 2028.

One of the most unusual elements of ASBC is the longevity and depth of many members of its



The old and new Alfred Street Baptist Churches joined on South Alfred Street above. At right, the original ASBC at Wolfe and South Alfred Streets.

PHOTOS BY CHUCK HAGEE

congregation. Some families have been members for more than 100 years.

Among that family membership cadre are the Brooks and Quander families. The latter is one of the oldest documented African American families in America with a history dating to 1684. The Brooks family American lineage began in 1866, according to historical records. It includes three distinguished U.S. Army Generals.

Charles Henry Quander joined ASBC in 1860. And, that family membership continues to the present day through Charles Henry Quander's great, great, great grandchildren.

Over its long history the church has had fewer than 10 ministers. Reverend Warren Adkins served the longest, from 1920 to 1963. The church's third minister, Reverend Samuel Madden, who served for 33 years, also enjoyed the distinction of being one of less than 100 African American commissioned officers to serve in the U.S. Army during the Civil War. He achieved that status by directly applying to President Abraham Lincoln to serve as a commissioned chaplain which was granted in 1864.

The transition to the present day church commenced in 1980 and was completed in

1994. The real growth occurred when parishioners began arriving from Fort Washington, MD. The church population skyrocketed from the high hundreds to more than 2,000.

Just as the new church, stretching along one block of Duke Street, is connected to the original church and the architecture of the old is transposed to the new, so the creed, that of "Missions and Evangelism," of the past prevails today and extends into the future.

The marker notes the history of Alfred Street Baptist Church. Its people, as they have been over more than two centuries, are the personification of its future.

# AUTOMOTIVE SERVICE GARAGE

"Quality Is Our Main Concern"

[www.automotiveservicegarage.com](http://www.automotiveservicegarage.com)

Complete Auto Repairs Including Auto Body & Painting

AAA Approved Auto Repair

ASE CERTIFIED

100% Customer Satisfaction by Check Book Magazine

Rated #1 in Alexandria by Washingtonian Magazine

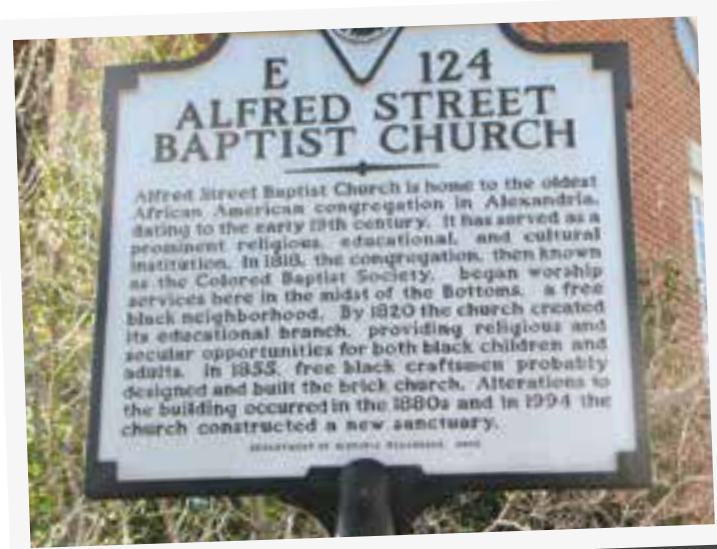
3 Blocks From Braddock Road Metro 7:30am - 6:30pm M-F

Services Include:

- ENGINE REPAIR
- TUNE-UP
- BRAKES
- CERTIFIED EMISSIONS REPAIR
- ELECTRICAL SERVICE
- AIR CONDITIONING
- TOWING
- FRONT END REPAIR
- COMPUTER SYSTEMS REPAIR

500 N. FAYETTE ST., OLD TOWN • ALEXANDRIA

703.549.4770



The ASBC historical plaque at the intersection of Duke and South Alfred Streets. PHOTO BY CHUCK HAGEE

## Call for BaCkup!!

**West Bay INTERIORS**  
GINGER RODRIGUEZ

Design Dilemma?  
Interior Emergency?  
Domestic Decorating Dispute?

We're here to help and accepting new clients.  
A simple call or email will provide you with our expert assistance.

703-943-7400  
mail to: [info@westbayinteriors.com](mailto:info@westbayinteriors.com)



# Sick clock?

Call or email for a free consultation.

## WADLAND'S Clock Repair

Est. 1912  
(603) 668-8860  
philwadland@gmail.com

You need it but don't know where to start?

Is Social Networking Driving You Crazy?

You started it, but now have no time to keep it up?

Don't Worry!!! I can help immediately!

Call me today for friendly service and reasonable rates.

- Photography
- Consulting
- Social Media
- Marketing

Office: 703.548.7962  
Cell: 703.216.4256

waynehulehan@comcast.net  
www.linkedin.com/in/waynehulehan  
www.facebook.com/waynehulehan  
www.twitter.com/waynehulehan

Wayne Hulehan

**Chez Andree**  
Restaurant, French and Bar  
703-836-1404

**\$29.99 Dinner for Two**  
Plus a bottle of Wine!  
Mondays and Tuesdays

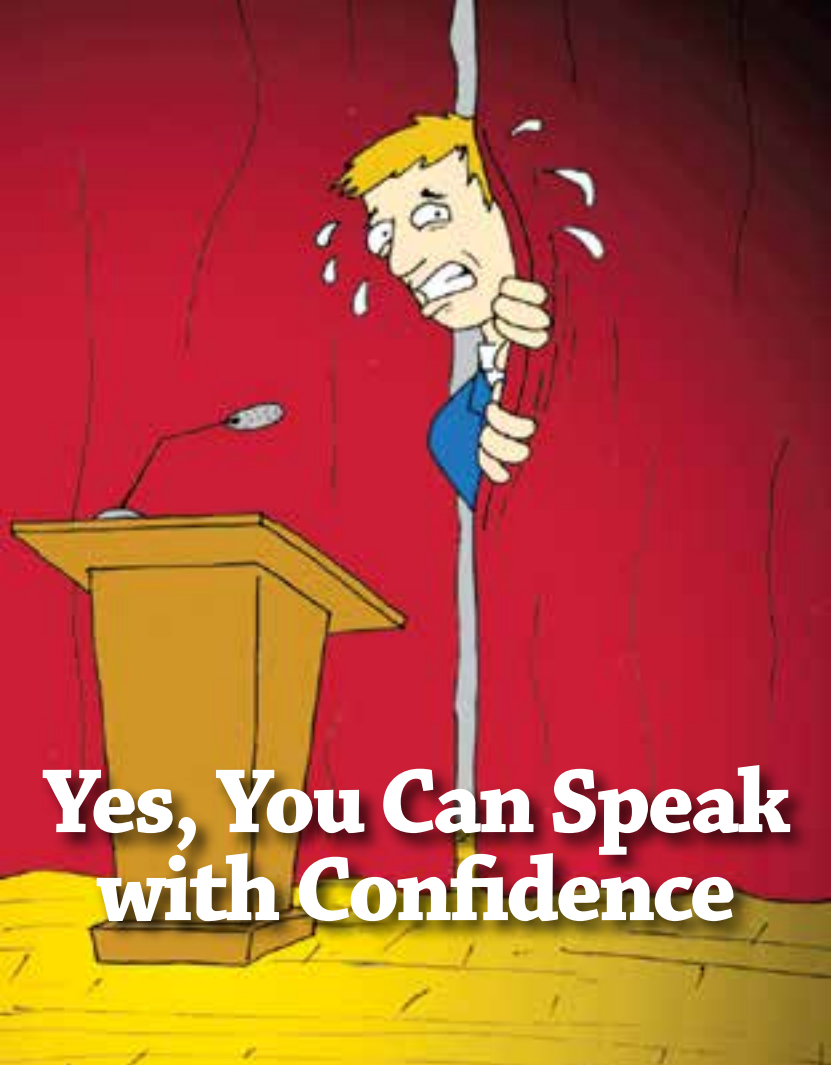
**House Specialties Include:**  
Duck A L'orange, Sweetbreads, Chicken Livers, Calf's Liver, Trout Almondine, Steak Au Poivre, Oysters Rockefeller, and Frog Legs.

**HOURS**  
Lunch  
Tues-Fri: 11am-2:30pm  
Dinner  
Mon-Thurs: 5pm-9pm  
Fri & Sat  
5pm-9:30pm

**Open for Brunch and Dinner on Sunday**  
Sunday Hours  
Lunch: 11:30am-3pm  
Dinner: 4pm-8pm

**NEW OUTDOOR DINING AREA/PATIO**  
Group Rates and Private Room Available for Parties

(703) 836-1404 • chezandree.com • 10 East Glebe Road Alexandria, VA



# Yes, You Can Speak with Confidence

BY JASON LINETT, BCH, CI

All eyes are now on you. Your hands are shaking, your heart is racing, and you're blanking on what to say next. Then suddenly the experience is over, and you can't quite figure out how you got through it.

Perhaps the most common fear or apprehension people have is public speaking. Whether it's work, personal, or a special event, people find themselves called upon to get up and speak and experience these symptoms.

I've worked with hundreds of clients helping them to relieve the fear of public speaking through the help of hypnosis, and here are several tips I've found to be highly effective in improving your upcoming speaking opportunity:

## Project Rapport

Have you ever been in a situation watching a speaker HOPING they would fail? Hopefully, it's unlikely. We naturally find ourselves subconsciously "rooting for" a speaker when we're in attendance. Consider the uncomfortable feeling you would have watching someone forget their words, break into a cold sweat, and blush with embarrassment. We would empathize with their discomfort.

Assume this rapport works in both directions. It's a natural human experience; we want to move toward comfort and away from discomfort. The next time you have the opportunity to speak in public, allow yourself to step into the reality that people want you to succeed.

## Move with Purpose

Excessive walking or pacing during a speech can be distracting and come across as nervousness. However, making use of movement with specific intentions can strengthen any speaking opportunity.

Here's an example. Mentally map out of your space in which you will speak. Let's say part of your talk involves a problem from the past and a solution for the future. Deliver the content about the problems in one specific area of your "stage," and talk about solutions from another. We call this spatial anchoring. You're connecting feelings with specific areas in space. Whether it's a true science or not, you'll have intention when walking into a new space, rather than meandering to another spot simply because "it feels like it's time to move." This applies to gesturing with the hands as well.



HYPNOTIC FOCUS

## Find Your Best Strategies

Do you work best if you've scripted out every word? Are you better prepared with a simple outline? Do you rehearse best out loud or by mentally marking your talking points?

There are many other considerations to take. Are you comfortable with humor? Is it even appropriate? This is where practice and experience will train you the fastest.

## Model Excellence

In addition to preparing your content, spend some time listening to or watching good speakers. Possible resources can range from politicians to online TED talks or even comedians. What are you drawn to, and what mannerisms seem a natural fit with you? Exercise a bit of creative visualization while watching the pros. Imagine it's as if you're the one up there creating the same reactions, interest, and enthusiasm from the audience.

Consider even celebrities for your visual or personality doppelganger. Who is out there that is "just like you," and you can borrow from their skills? You should always be yourself, but if you don't feel like you have the natural resources to effectively deliver a speech, there's no harm in harnessing someone else's resources as if they were your own.

## Release the Past

Allow every new experience to be a new experience. If you forgot your place in a talk one time, allow yourself to fully understand that you lost your place in a talk that ONE time. If visions of Mrs.Horton's first grade spelling bee are haunting you each time you're asked to speak at work, it's time to work on letting it go.

Talk it through to a friend. Visualize the experience as it were an old black-and-white silent movie. Consider using Hypnosis. Spend a few moments mindfully relaxing yourself before speaking. When our mind is focused on the present moment, stress and worry cannot exist.

As a final thought, remember that we all start somewhere. Public speaking is simply the act of speaking in public. It's a skill that we work towards improving each and every time we have the opportunity. Allow every step forward to be a step forward.

Jason Linett is a Board Certified Hypnotist and the Director of Virginia Hypnosis, a solution-oriented hypnosis practice in Alexandria, Virginia. For more information, visit [www.VirginiaHypnosis.com](http://www.VirginiaHypnosis.com) or call (703) 341-6655 for a free confidential consultation.



# Car Accidents:

## *The Good, The Bad and The Ugly*

One of the most fascinating things about seat belts, is they often prevent deaths in the event of a car accident. On the other hand, they also can contribute to the likelihood of serious bodily injury. These lifesaving restraints can prevent your body from hurling through your car's windshield or being ejected from your car seat. But, in doing so, they can cause ugly injuries to your spine and soft tissue.

There are many factors surrounding a car accident that can influence the extent of your injuries. Some of the more common factors include the speed which you were traveling, whether the impact was with a moving or stationary object, whether you had time to react and brace for it, and whether the impact was felt. While there is no way of predicting what injuries you will suffer in an accident, there are injuries that occur with various types of accidents.

In an accident in which you are moving at speeds of 10 mph, injuries are likely to be the result of unexpected rapid movement of the body at the moment of impact. These injuries include muscle strains and bruises from the body impacting with seat belts and dashboards. Symptoms from these injuries, such as pain and stiffness, may not appear for at least 12 to 36 hours after the accident.

Accidents occurring at speeds greater than 10 mph involve more rapid body

movements and possible impact with objects inside your car, such as the steering wheel, windshield or dashboard. Common injuries in these situations include shoulder, head or knee bruises, neck and back sprains, wrist fractures or sprains, concussions and contusions, and frequently, spinal disc injuries. People with these injuries generally know where and how badly they are hurt within a short period of time--but sometimes, shock masks the symptoms.

If you are in pain, whether it is the

first time or you have frequent problems, whether it just came on or was caused by an accident, you should consult with your family chiropractic physician to determine the treatment method best for you. Your family chiropractic physician is the physician with the most training and experience with spinal related disorders and the musculoskeletal system, including the diagnosis, treatment, and prevention of problems involving muscles, bones, joints, ligaments, and tendons.

Chiropractic physicians have four years of college education that is identical to the medical profession, and then five years of chiropractic college that covers the same scientific background in diagnosis and treatment options. However, the difference is in the treatment method. Chiropractic physicians use manual methods--manipulation and physical therapy--while traditional medicine uses drugs and surgery. Call your Doctor of Chiropractic today for an appointment.



Ring in the new...  
with a piece of custom-designed jewelry...  
exclusively yours....at The Nugget

Appointments are appreciated...call for hours and free estimate  
to transform your broken bits of jewelry into something special!



*Exclusively Yours at*  
**The Nugget**

**JEWELERS • GEMOLOGISTS • GOLDSMITHS**  
*By Appointment Only. Old Town – Call for directions.*

**703-548-3010**

E-mail: [nuggetjewelers@aol.com](mailto:nuggetjewelers@aol.com)

Website: [www.thenuggetjewelers.com](http://www.thenuggetjewelers.com)





# Attention Ladies! Uncle Sam Wants You

BY HARRY M. COVERT

Lots of witticisms, jokes and uncouth remarks can be made about allowing women in combat. Some folks might think it's another giant step in bringing about equality of the sexes. I'm not so sure.

If the time ever comes when a draft is re-instituted I would hope drafting women into the military services not be included.

Even though thinking of the past includes such statements that women "are the weaker sex." I've never believed that.

Because a woman may not match men's military standards for push-ups or pull-ups they are known to be to mighty good shots with handguns, automatic rifles and/or knife throwing.

I asked several women what they thought of female soldiers on the battlefield.

"Why not?" one said. "But I wouldn't want to." Each asked the difference between guarding prisoners of war or inmates in jail-corrections-penitentiary situations?

We can come up with all sorts of traditional reasons to keep women from the battlefields. But the argument sort of loses traction as military life appeals to more and more girls in these days.

Some of the best women soldiers I've known made the best police officers, deputy sheriffs, bail bondswomen, bounty hunters and judges. They're all business, not fearful and not timid when it comes to "grabbing problems by the throat." They can turn on and turn off emotions quickly. When the male enemy thinks he's got the upper hand, what a mistake he's made.

A bondswoman told me this story. Her "bondee" asked what would happen if he ran. The bondsperson then asked if he could run fast.

"I'm fast, real fast," he said.

Well, Miss Agent replied, "can you outrun a .38-Smith & Wesson."

Conversation over and no bail jumper.

Women in combat is not new. Americans, British and French took advantage of women in World War II.

Ken Follett's novel Jackdaws talks about the all-female agents/fighters parachuted into France to help defeat the Nazis. Follett's book was based on fact.

Within the past few years, numerous British SOE (Special Operations Executive) women, in their late 80s and 90s, broke silence of their efforts and received high medals for their daredevil service. All had kept mum about their activities.

Locally, several women agents of the Office of Strategic Services, forerunner of the Central Intelligence Agency (CIA) held military ranks assigned to the OSS. They were excellent soldiers and kept their secrets until late in life.

I don't want anyone to face combat but I'm glad there are men and women, all patriots, who take the calling. It's no easy life.

Before any young women, and men, too, enlist in either of the military branches, they should watch news films/videos of the atrocities of war. It's not pretty, it's not something to boast about and not something men or women should crave.

Yankee general Tecumseh Sherman said "War is hell."

Confederate General Robert E. Lee said, "It is good that war is so horrible, or we might grow to like it."

General-President Dwight Eisenhower said, "I hate war as only a soldier who has lived it can, only as one who has seen its brutality, its futility, its stupidity."

For those enamored by the battlefield another requirement should be a visit to Walter Reed National Military Medical Center in Bethesda, Md. Heroes.



# The Fabled Label

I am a sucker for good marketing. I absolutely admit it. I like to be wooed, courted, and romanced by appealing labels and gorgeous packaging. It pleases me when a company goes the extra mile –beyond their product –to appeal to me. I guess it just makes me feel wanted. Even it's really just my money that's wanted, I want my buttons pushed. Find out what I love, then work it baby! Make me want you, make me buy you, make me take you home with me.

It should be different with wine and me, I know. But, I'm still a sucker for a good wine label. Maybe it's because I'm a woman. A study by the Beverage Information Group showed that women buy a wine for an emotional connection- it's an experience for us. Or maybe it's just because I'm shallow. I don't know. But, I do know that after I buy a pretty label and the wine is sub-par I feel duped and will NEVER try that wine again. And I don't have the same rigid rules for other wines, so wineries take note because I don't think I'm alone in that sentiment.

## Beautiful Wines

**Veve Cliquot Champagne -\$65** (special edition price) "Suit Me"

While her iconic orange label is lovely, it's really the limited edition packaging that sells me. Veve has marketed their Champagne housed in Italian



Riva yachts, Emilio Pucci coolers, to Porsche-designed cellars. One of their latest offerings is the Suit Me– a bottle of non-vintage Veuve Clicquot in a reusable mini insulated suiter-bag, complete with a little umbrella handle to swing along on your arm as you stroll to your dinner party. Just Lovalee!

**Jeremy Wine Company**  
2009 Be My Valentine - \$30

## Zinfandel

Just a perfectly precious glossy red heart stands out on this ink black and white vintage looking label. A thoughtful side label is reserved for your personal lovenote.

**Buccella Wines**  
2010 Cabernet Sauvignon - \$160

Ridiculously expensive. Ridiculously beautiful. Like an Hermes box, you just want to stare at the package for a very long time before you open it.

**The Waxed Bat - \$15**  
Shiraz, Petit Verdot, Malbec

The Rorschach-like label just gets to me. Serve a few bottles to your guests and let the mind games begin...

— VV

*Write me, invite me to your next soiree,  
let's be friends  
info@vinovixen.com*



## Intelligent Office

Work Anywhere...Professionally



Now you can operate like a  
bigger company without spending like one.

- > Flexible office and professional meeting space on an as-needed base.
- > Our prestigious corporate address become your company address.
- > Professional reception and executive assistant services

Receptionist Service **\$49**

1 Month of full time Receptionist Service for your business. Reg. \$200 - \$2000 (New customers only)

2331 Mill Road, Suite 100, Alexandria, VA 22314  
703-224-8800 « [www.alexandria.intelligentoffice.com](http://www.alexandria.intelligentoffice.com)



# A FH is always in need of foster homes!

It is fun and rewarding. Without enough foster homes we can't save as many pets. Since AFH tries hard to not use boarding facilities, we cannot accept new, deserving animals into our program without ready foster homes. If you are interested in making your home available for a deserving pet, please drop us an email at [Foster@foreverhome.org](mailto:Foster@foreverhome.org).



## Barbie

(Female) • Breed: Beagle • History: Shelter

Barbie and her pups have just arrived.



## Chance

(Male) • Breed: Maltese • Age: 6 Years  
• History: Shelter/Hoarding Situation

Chance was rescued from a backyard breeder. He will be going to the vet this week to be shaved down, fixed and evaluated medically. We will try to provide updated pictures after this is done.



## Goose

(Male) • Breed: Dachshund Mix • Age: 9 Years • Weight: 45 Pounds • History: Owner Release

Goose is a sweet Dachshund mix. He is wonderful with other dogs, people, and children. He is crate trained and housebroken. He loves to go for walks and to play with his ball.

### A FOREVER-HOME RESCUE FOUNDATION

is a non-profit dog rescue group located in Chantilly, Virginia that operates in the Northern Virginia / Washington Metropolitan area. We strive to make quality dogs available for adoption and do our best to match prospective adopters with the right animal!

Because AFH is a 100% volunteer-run organization, we cannot function without your help. In particular, we need: foster homes, transporters for adoptions and vet visits, handlers at adoption days, and helpers at fundraising events. If you think you would like to help, e-mail: [volunteer@foreverhome.org](mailto:volunteer@foreverhome.org).



For more information about adoption, call  
**703-961-8690**  
or visit us online at [www.aforeverhome.com](http://www.aforeverhome.com)

This page is sponsored by ...

## For Pets' Sake

All Breed Dog/Cat Grooming

1537 N. Quaker Lane Alexandria, VA 22302  
703.931.2600 • Facebook: For Pet's Sake Inc.  
[www.forpetsakesakeofalexandria.com](http://www.forpetsakesakeofalexandria.com)

"If your pet's not becoming to you,  
then YOU should be coming to US!"



Located on Quaker Lane  
for 34+ years!



## Beagle Bunch

(Mixed Gender) • Breed: Beagle Mix • Age: 10 Weeks • History: Shelter

These 7 beagle mix pups were left in a box, taped shut, on a church doorstep. They are very lucky to have made it to a nice warm foster home! They are very playful, adorable and love attention!

(Male) • Breed: Yorkshire Terrier Yorkie Mix •  
Age: 9 Years • History: Owner Release

## Mickey

My name is Mickey and I'm a 9yr old Yorkie Terrier with diabetes. Now, don't let this be a deterrent, because all I need is 1 easy shot twice a day, and I don't even whimper! When you come and see me, you'll soon find out that I do not look my age at all. I have the best disposition, and I am housebroken. I have a little of an overbite which my foster mom says makes me look like I'm always smiling! I love to go out for walks and I love people and other dogs.



## Patch

(Female) • Breed: Hound/Beagle  
• Age: 7 Years  
• History: Confiscation case

Patch is a sweet, loving girl that gets along very well with humans and other dogs. She has blended into her new foster family amazingly well!



## Prissy

(Female) • Breed: Pointer Mix • Age: 3 Years • History: Shelter

Prissy originally came to AFH with her puppies. She really is easy going. No issues...just an easy fit into the family and pack. She is crate trained and house broken. She loves attention and easily gives it back. She is well behaved and you will love this dog.

## Shianne

(Female) • Breed: Yellow Labrador Retriever Mix  
• Age: 4 Years  
• History: Shelter/ Owner Release



Shianne is an incredibly sweet girl. She loves attention and her people. She knows basic commands - sit and shake - and always comes when she is called. She likes nothing better than to chase a ball in the backyard then snuggle close for a nap.



# Ze events

## Heart Health and Fitness for Seniors

February 13  
Senior Services of Alexandria  
700 Princess Street  
703-836-4414 x 10  
Seniorservicesalex.org  
9:30 - Noon  
Attendees will get practical information on "12 Weeks to a Heart Healthy Lifestyle", learn to separate fact from fiction about healthy foods and get an introduction to the new Robust Walking Program by fitness guru, Dan Kulund. You'll also enjoy sampling a delicious food demo of hearty healthy options for breakfast, lunch and dinner. This FREE event is open to the community.

## African American Film Festival (PG 13)

Pursuit of Happiness  
February 17  
2:00 to 4:30 pm  
Charles E. Beatley, Jr. Central Library  
5005 Duke Street  
703/746-.1702  
In honor of Black History Month, join us throughout February for films that highlight African-American history and experiences.



## Library Speed Dating

February 14  
7:00 to 8:30 pm.  
Charles E. Beatley, Jr. Central Library  
5005 Duke Street  
703/746-.1702  
Book lovers share your love of books and find your literary better half at our Library Speed Dating event. Prizes will be awarded and refreshments will be served. Call 703-746.1751 or email kosborne@alexandria.lib.va.us to reserve a space.

## The Patagonia Winds Presents "Music of the Americas"

Feb. 16  
7:30 pm  
Convergence  
1801 North Quaker Lane, Alexandria, VA 22302  
Warm up with music from Latin and South America (with only a bit from North America)! The Patagonia Winds perform tangos, spirituals, chorinhos, and more by Piazzolla, D'Rivera, Medaglia, Still, and Barber. General admission \$10, Student/Senior/Military \$5, Children under 12 free!

## George Washington's 281st Birthday Weekend Celebration

February 16 and 17  
9 am - 4pm  
Mount Vernon Estate  
Mountvernon.org  
George Washington's favorite breakfast was "hoecakes swimming in butter and honey." Join "General Washington" for a sample of this meal (while supplies last) from 9 a.m. to 12 p.m. From 11 a.m. to 1 p.m., guests are



invited to interact with costumed characters from George Washington's world. Visitors are encouraged to leave a note with their thoughts about Washington. At 2 p.m., a select number of notes from our visitors will be read aloud to "General Washington" during a festive ceremony. A special wreathlaying will take place at 3 p.m. This event is included in regular Estate admission: adults, \$17; children ages 6-11, \$8; and children under 5 are admitted free.

## George Washington's 281st Birthday Celebration - Free Admission!

February 18  
8 am - 4 pm  
Mount Vernon Estate  
Mountvernon.org  
Celebrate the national observance of George Washington's birthday by visiting his home and burial site FREE-of-charge on this day. Numerous ceremonial activities will take place throughout the day.

## George Washington Birthday Parade "The largest parade celebrating Washington's birthday in the USA!"

February 18  
1 pm - 3 pm  
Old Town Alexandria  
Washingtonbirthday.net  
The George Washington Birthday Parade starts at the intersection of Gibbon and S. Fairfax streets. The reviewing stand is located near City Hall's Market Square, at the intersection of King and Royal streets, and ends at Wilkes and S. Royal streets. Grand Marshal is Kerry J. Donley (former Mayor and retiring Vice Mayor of Alexandria).

## Fabrication: An Exhibition of Wearable Art



Now Thru March 3  
Torpedo Factory  
105 North Union Street  
Alexandria  
Torpedofactory.org/target  
Art meets Fashion in Target Gallery's exhibition Fabricated, an all-media show featuring wearable art - individually designed pieces of handmade clothing and jewelry that are each unique artistic creations. Free!  
3rd Annual Mardi Growl Gala

## The Big Easy Comes to Alexandria

March 8  
7 - 10 PM  
Patent and Trademark Office  
600 Dulany Street  
Alexandria  
AlexandriaAnimals.org/MardiGrowl  
The beads, boas, masks, and costumes return as the Animal Welfare League of Alexandria hosts the 3rd Annual Mardi Growl Gala. The festive New Orleans-style celebration is the League's largest fundraising event of the year, supporting the homeless animals at Alexandria's Vola Lawson Animal Shelter. This year's gala, also known as MG3, blends exciting new elements with classic Mardi Growl favorites. The event is open to the public and tickets will be sold online. \$85 for a single ticket and \$150 for a pair.



## Ladies Swing the Blues

Now thru March 17  
MetroStage  
1201 N Royal Street  
Alexandria  
Metrostage.org  
A world premiere by Thomas W. Jones II and William Knowles. Explore the jazz folklore, mythologies and backstage stories of the 40's and 50's with four legendary jazz divas as they gather to commemorate the passing of jazz legend Charlie Parker. Ticket time and prices vary.

## Power Art Exhibit

March 1 - 31  
2704 Mount Vernon Avenue  
Alexandria  
TheDelRayArtisans.org  
Artworks that evoke an emotion or that make an impact. Power Art can be big, bold, and graphic—or quiet, minimalist. Power Art may address civil liberties, human rights, or environmental issues. Come experience the art and unusual materials. The exhibit includes 50 art quilts from the nationally touring Power Suits collection. Free!

## Tavern Toddlers

Now thru April 30  
10:30 am - 12 pm  
Gadsby's Tavern Museum  
134, North Royal Street  
Gadsbystavern.org  
703/746-4242  
A special program for toddlers (walkers through 36 months) and their caregivers, featuring a weekly open playtime in the historic ballroom on Mondays, excluding Federal holidays, through the end of April. Craft changes weekly. \$7 for a group of three, which must include one adult, or purchase a 5-week pass for \$30. No reservations necessary.

If you want to have an event listed, please send an email to [mary@thezebra.org](mailto:mary@thezebra.org)



# VEHICLE exchange<sup>®</sup> PROGRAM

**WE NEED YOUR TRADE!**  
UP TO **\$1,500** OVER BLACK BOOK  
TRADE-IN VALUE<sup>9</sup>  
EXCHANGE YOUR CURRENT VEHICLE AND UPGRADE TO A  
NEW TOYOTA WITH A LOWER MONTHLY PAYMENT.



**Let's  
Go  
Places**

**0% APR FINANCING**  
ON SELECT NEW MODELS<sup>2</sup>

## BRAND NEW 2013 TOYOTA COROLLA L

**\$0 DUE AT SIGNING**

**\$8 PER DAY<sup>1</sup>**  
4 DR. SEDAN, 4-SPD. AUTO

TAX, TAGS, FEES, - THEY'RE ALL INCLUDED



## BRAND NEW 2012 TOYOTA CAMRY LE

**\$0 DUE AT SIGNING**

**\$9 PER DAY<sup>1</sup>**  
4 DR. SEDAN, 6-SPD. AUTO

TAX, TAGS, FEES, - THEY'RE ALL INCLUDED



## BRAND NEW 2012 TOYOTA RAV4 4X4

**\$0 DUE AT SIGNING**

**\$10 PER DAY<sup>1</sup>**  
4 DR. SUV, ELECT. 4-SPD AUTO

TAX, TAGS, FEES, - THEY'RE ALL INCLUDED



**WELCOME TO THE FAMILY**  
BRINGING THE SPORT BACK TO THE CAR

BRAND NEW 2013  
**SCION iQ**  
**\$124 PER MO.**  
FOR 36 MONTHS<sup>1</sup>  
\$1,999 due at signing



**0% APR FINANCING**  
**AVAILABLE<sup>2</sup>**



**PRIUS FAMILY IN-STOCK NOW**  
prius goes plural



**ToyotaCare**

Complimentary maintenance plan  
with roadside assistance.  
• Covers 2 years or 25k miles, Oil  
and Filter – Tire Rotation – Multi-  
Point Inspection<sup>4</sup>



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN<sup>†</sup>
- 160 POINT QUALITY ASSURANCE INSPECTION<sup>††</sup>
- CARFAX VEHICLE HISTORY REPORT
- 1.9% APR FINANCING AVAILABLE<sup>†††</sup>
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

**\$1,000**  
**REBATE FOR RECENT**  
**COLLEGE GRADS<sup>5</sup>**

**\$500**  
**MILITARY REBATE**  
**INCENTIVE FOR**  
**ACTIVE MILITARY**  
**PERSONEL<sup>6</sup>**

(1) OFFERS INCLUDE VA TAX, FREIGHT, \$399 PROCESSING FEE. ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36-MONTH LEASE WITH 12K MILES PER YEAR. TOTAL DOWN PAYMENT PLUS TAX, TAGS, FREIGHT AND \$399 PROCESSING FEE DUE AT SIGNING. DOLLAR PER DAY AMOUNT BASED ON 30-DAY MONTH. MONTHLY PAYMENTS EQUAL TO: (COROLLA: \$239/MONTH, CAMRY: \$279/MONTH, RAV4: \$289/MONTH). (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.67 PER \$1,000 BORROWED. \$399 DEALER DOC FEE. (3) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (4) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (5) TOYOTA FINANCIAL SERVICE COLLEGE GRADUATE PROGRAM IS AVAILABLE ON APPROVED CREDIT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD THE AMOUNTS DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER LEASE OR FINANCE TRANSACTION. (6) REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD DUE AT SIGNING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION, OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE REBATE PROGRAM. SEE DEALER FOR COMPLETE DETAILS. ELIGIBLE CUSTOMERS MUST BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CERTIFIED PRE-OWNED VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. \$399 DEALER DOC FEE. SEE DEALER FOR COMPLETE FINANCING DETAILS. ALL OFFERS EXPIRE 02/28/13.



**ALEXANDRIA TOYOTA/SCION**

3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305

**1-866-616-8420 | ALEXANDRIATOYOTA.COM**

**I ♥ ALEXANDRIA TOYOTA/SCION**

*From Sales to Service, Jack Taylor's Alexandria Toyota has offered an experience unlike any dealership I've ever seen. My family has been buying and servicing our cars there for over 20 years. And now with their Sign & Drive offers, there's truly never been a better way to get a new car. I got an upfront price, with no hidden fees or games once I got to the dealership. I simply got the car I wanted, at the price I wanted.*

*Bud*





**Free Pickup  
& Delivery**  
\*with cleaning service  
Includes Moving  
Furniture, Rolling  
and Relaying  
Your Rugs!

# Hadeed

IN - HOME & OFFICE CLEANING SERVICES

**A Trusted  
Resource  
Since 1955!**



## 25% OFF

**SAME DAY SERVICE!!**

\*Hurry! Offer expires 3/15/13.

## Hardwood Floor Cleaning & Polishing

**Visit Our  
Vienna Oriental Rug Showroom!**  
**30-50% OFF**  
3 million dollar inventory!

**25% Off**

First Cleaning

OR

**50% Off**

Initial

Cleaning

With a 6-time

service package

**Maid Service**

\*Offer expires 3/15/13.

Any 3 Areas (400 sq)

**\$99**

4 to 7 Areas (600 sq)

**\$169**

8-10 Areas (1000 sq)

**\$269**

**Wall to Wall**

**Steam**

**Cleaning**

\*Offer expires 3/15/13.

**10% Off**

**In-Plant  
Rug  
Cleaning**

\*Offer expires 3/15/13.

**5% Off**

**In-Plant Rug  
Restoration  
& Repair**

\*Offer expires 3/15/13.

**\$80**

Each Bathroom

Floor

\$99 minimum order.

Coloring & Sealing

Available Upon Request

**Tile and**

**Grout**

**Cleaning**

\*Ceramic & Porcelain only.

Residential only.

\*Offer expires 3/15/13.

**\$85 Off**

Whole House

Air Duct

Cleaning

(Per System)

**Dryer Vent**

**Cleaning only**

**\$95**

\*Offer expires 3/15/13.

\*Coupons not valid w/any other offers



**Rewards Program**

**All Loyalty Cards come pre-loaded  
with anywhere from \$50-3,000!**

**Call or visit our  
website for  
details!**

## USHII

All Hadeed Employees Go Through  
a Rigorous Background Check by  
**UNITED STATES HOMELAND  
INVESTIGATIONS, INC**

Have Peace of Mind Knowing That All of Our  
Employees Are Professional & Courteous with  
No Criminal Background! Drug Free &  
Authorized to work in the U.S

## Serving the entire DC Metro Area!!

**DC, MD, VA 703-836-1111**

**Check out our  
Website!**



# JoeHadeed.com