

Zebra

October 2013

Arlington/Alexandria
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Christine Roland Garner

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George Washington Park - \$929,000



Pristine 3 bedroom, 3 bath expanded Cape Cod located next to the Masonic Temple with panoramic views and exquisite award winning gardens! Foyer entry welcomes you to a spacious living room with fireplace and French doors to a wonderful year-round sunroom with access to an expansive deck. Formal dining room with corner cabinets and fabulous Chef's kitchen with 42" Maple cabinets, granite counters and SS appliances. Upper level with 3 bedrooms and 2 full baths including the Master Suite. An upper level year round sunroom provides amazing views of the city and beyond! Spacious lower level family room with full bath and lots of storage has outdoor access.

Belle Haven - \$1,799,000



Fabulous 6 bedroom, 3.55 bath center hall colonial with attached 2 car garage on a quiet cul-de-sac. Elegant entry with tall ceilings and exquisite mouldings welcomes you to the formal living room and dining rooms, each with gas fireplaces. Chef's kitchen with Viking 6 burner cooktop island, double oven, wine cooler and Subzero refrigerator has adjoining breakfast room and family room with fireplace. Upper levels with 6 bedrooms and 3 full baths including a spacious Owner's Suite with new luxurious bath. Walk-out lower level features family room with fireplace, built-ins and game room with French doors to the back yard and patio. Many recent updates inside and out including a new deck and extensive landscaping and hardscape.

Old Town - \$1,369,000



One of Old Town's most significant 18th century reproductions which boasts 5 bedroom, 4.5 baths and 4 fireplaces. Located in the desirable Southeast Quadrant with an elegant courtyard entry, custom wrought iron stairs and intricate railing with a separate entry to the lower level. Generous room sizes with high ceilings, beautiful moldings, detailed woodwork and random-width wood floors. Hallway entry, formal living room with fireplace and spacious dining room with French doors to the patio with a replica brick smokehouse for storage. Eat-in kitchen with granite counters and Cherry cabinets. Upper levels feature 4 bedrooms including 2 Master suites with fireplaces, huge walk-in closet and custom built-ins. Lower level with separate entry is ideal for guests with LR/DR combo, fireplace, bedroom, full bath and kitchenette.

Jefferson Park - \$1,100,000



Spacious 4 bedroom, 3.55 bath colonial with approximately 3800 sq. ft. of living space with a fabulous in-ground pool and outdoor entertaining area. Hallway entry, formal dining room and living room with fireplace. Spacious kitchen with granite cabinets, breakfast bar, brick surround cooktop, double oven and custom painted cabinets. Family room with fireplace is open to the kitchen and has access to the fenced yard and pool. Upper level with 4 bedrooms and 2 baths including a large Master suite with fireplace, roof top deck and NEW Carrera Marble bath. Huge lower level with walk-out stairs features family room with fireplace, game room with kitchenette, 1.5 baths and office. Side porch, off street parking and ample closet and storage space including attic with walk-up stairs.

Rosemont - \$723,900



Charming 3 bedroom, 1.5 bath Rosemont Farmhouse ideally located a few blocks from 2 METRO Stations, Old Town and Del Ray! An inviting front porch welcomes you to the home with a comfortable living room and dining room with pine floors. Sunny updated kitchen with ample counter and cabinet space. Main level 1/2 bath and newly finished lower level with recreation room, office, large laundry room and outdoor access. Upper level with refinished pine floors features 3 bedrooms, an updated full bath and PDS to the attic. A charming back porch steps down to the huge fenced yard with a brick patio and 2 off street parking spaces just outside the gate. Plenty of space for future expansion!

Rosemont - \$845,900



Beautifully updated and spacious 4 bedroom, 3.5 bath Colonial shows like a Model Home! Quality finishes throughout, gleaming hardwood floors on 3 levels, 2 fireplaces, gourmet kitchen and custom baths with Italian marble. Fabulous walk-out lower level features family room with stacked stone fireplace, guest room and full bath. Large FULLY FENCED yard, Trek deck and off street parking. Blocks to METRO, Old Town & Del Ray.

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Join the dogs for a 1.5 mile walk thru Old Town, Sunday, October 20, to benefit the Vola Lawson Alexandria Animal Shelter. Details Inside.

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Zebra Spotted in Quebec City!

Michael Spatz of Alexandria with the July issue of Zebra in Quebec City, Canada last month. No trouble getting Zebra through customs, Spatz reported.

How far is our reach? Send photos of Zebra read around the world, and we'll publish them as well as send you a \$25 gift certificate from an area restaurant or retailer. Submit to mary@thezebra.org with captions.



Arrgh! Catch our mistakes.

We proofread, but occasionally 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 from an area retailer or restaurant.

Barbara Juszczuk of Alexandria beat out all the other entries by catching 24 grammatical and punctuation errors in our August 2013 issue and has won a gift certificate to Chez Andrée Restaurant.

If you have a keen eye and a sharp pencil, send your catches to mary@thezebra.org or Zebra, P.O. Box 6504, Arlington, VA 22206.

PUBLISHER'S NOTE



The other day, I caught myself telling a friend that 2013 has been a hard year. I usually keep personal feelings to myself. But my canine companion of 12 years, Lucy, died in July. I've lost long-time friends to cancer, in months and weeks of their diagnosis. I left my favorite car at a junkyard because it had become too costly to repair. A woman that was like a pseudo mother to me passed from an internal bleed doctors could not find. Tony Soprano really died, so no reunion show in the offing. *Breaking Bad* and *Dexter* are no more. Barbara Walters is retiring. The Safeway on Quaker Lane is closed until who knows when. And I slipped in the rain last week and earned myself a black eye.

But hey, Twinkies are back, and *Downton Abbey* returns in January. And just last week, a man I've admired for 25 years chose to remarry at age 85. I couldn't attend the wedding, but I saw a video of the ceremony, and the man could not stop smiling. He is looking forward to his future, be it a year, five or ten. His days are filled with love and companionship. Yes, he is closer to the end than the beginning, yet there lies hope in its purest form – a good book, a single bloom, a wagging tail or a hand to hold.

We should all be so grateful to grow old. Maybe it's not such a bad year after all. Enjoy our Fall issue and continued thanks to our loyal readers and advertisers.

Cheers,
Mary Wadland



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COVER PHOTOS BY HARRY MERRITT

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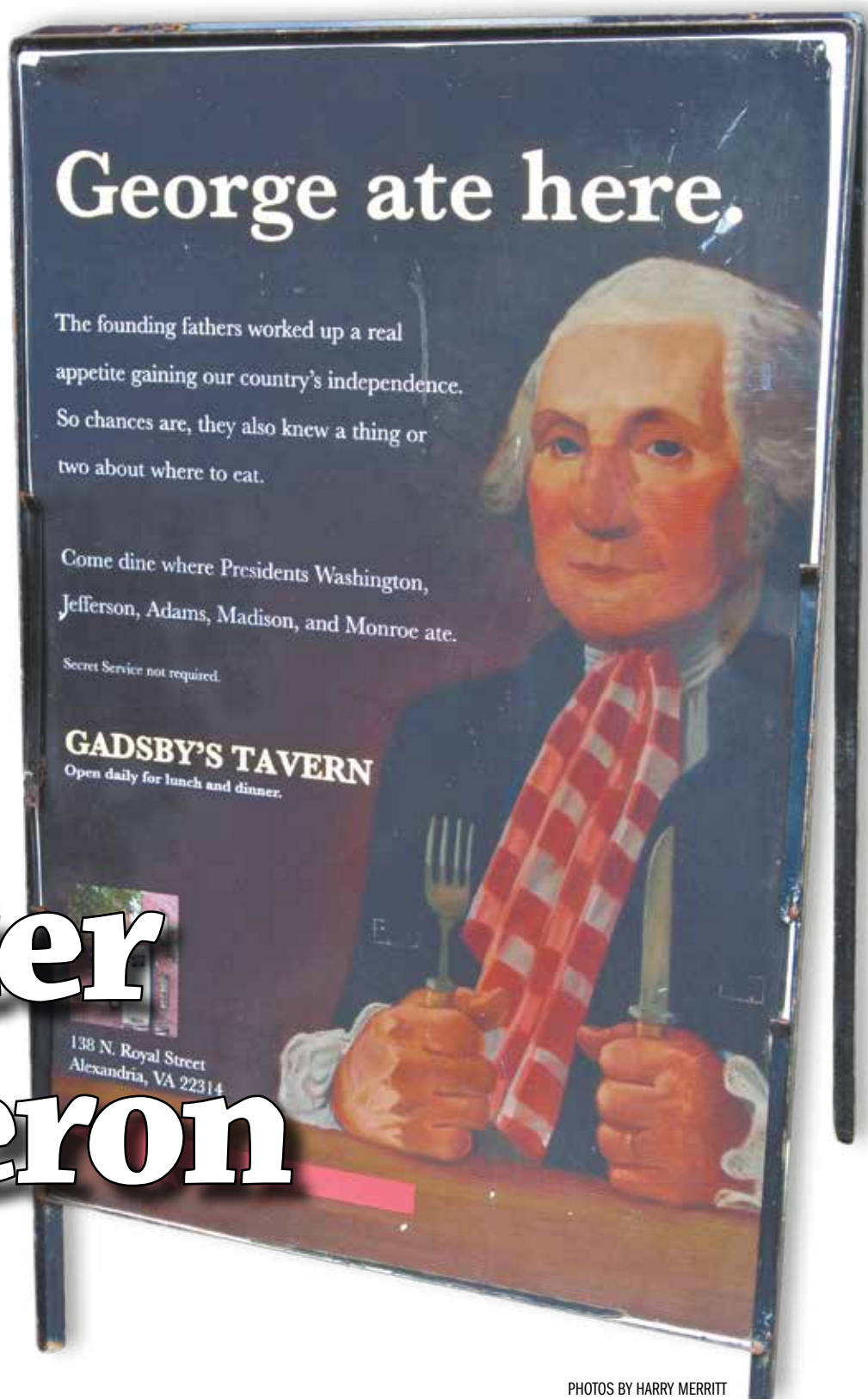
Deadlines

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.

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The Character of Cameron Street



PHOTOS BY HARRY MERRITT

BY HOLLY BURNETT

Character is defined as “the quality of being individual, typically in an interesting or unusual way.”

So bear this in mind and join me on a walking tour, the site of Alexandria’s first town hall, schoolhouse and even the jail. It’s where George Washington built his house in town, coining the structural description “townhouse,” to receive late night visitors to Mount Vernon. There was also the Masonic Lodge and the Market House, ravaged by a fire in 1871 and rebuilt.

William Yeaton erected a house, purchased in 1830 by Thomas, Lord Fairfax, Ninth Baron of Cameron, whose father was a close friend of George Washington. Hence, the street, a centerpiece of local activity and community spirit, was named Cameron. So it should come as no surprise that the shopkeepers who reside on this street are as unique as the ghosts they work amongst every day...in interesting and unusual ways.

At 309-C Cameron Street in the courtyard, you will meet Judy Shavin, perhaps one of the most



Inside Judy Shavin's Scriptorium, an Alexandria landmark

revered individuals in Alexandria. As proprietor of **Scriptorium** (scriptorium-alexandria.com) for 37 years, she is the city’s first lady of words, teaching us the etiquette of written communications through the announcements and invitations she creates for her clients.

Born in Nashville, Tennessee, Shavin has a honeyed Southern drawl that when mingled with the classical music

lightly drifting about her shop, is nearly hypnotic. Whether it is a young bride to be or a husband wishing to secretly invite guests to his wife’s birthday party, Shavin works with each customer to ensure their satisfaction while also maintaining written standards over the words that will be printed.

Scriptorium is also the best source for stationery of all types, including



Scriptorium’s amazing dripless candles make perfect hostess gifts.

invitations that can be printed or written at home. As she discusses her extensive stock of stationery options, such as Crane & Co. and Vera Wang, she adds, “Remember, stationery has an e.” Her eighth grade teacher taught her that e was in the words pen and pencil, which you would use with “stationery,” not “stationary.” Judy Shavin is an education not to be missed.

▼ See CAMERON ST on page 5



Elegance abounds inside the Donna Lewis showroom.

At 309-B Cameron Street, also in the courtyard, is **Donna Lewis** (donnalewisusa.com), a shopping destination for both men and women who are seeking an international wardrobe that offers luxury as well as practicality. “In the right clothes, you will look good no matter where you are in the world,” owner Chris Lewis affirms. On Cameron for 13 years, he is a transplanted New Yorker with a discerning eye and a fashion philosophy that would seem more akin to a designer than a store owner.

Dressed in jeans, a checkered, crisply-cuffed shirt, pink socks and black velvet loafers, Lewis

would be forever blamed by his wife if their children were ruined growing up in New York, so he moved to Alexandria to assuage her concerns. With 95 percent of his stock from Italy, his looks reflect cutting edge trends as well as the classics.

His shop is intimate with clothes on metal rolling racks as if they have just been pushed up Madison Avenue. And he and his staff specialize in premium customer care, whether the client lives two blocks or two thousand miles away. Donna Lewis is truly a clothier and stylist in one, with Lewis the pied piper of fashion, an individual in the business of setting individuals apart.



Above and right, unique and treasured antiques at Trastevere Antiques & Collectables.

Just around the corner at 303 Cameron is **Trastevere Antiques & Collectables** where might first be greeted by Scout, a jolly white Westie, who enhances the store’s lush interior as if walking into the main drawing room at *Downton Abbey*. The furnishings are grand and exquisitely maintained. Owner Wendy Abbruzzeti is Italian by marriage, British by birth. And she shares not only a first name, but a rare countenance with acclaimed actress Dame Wendy Hiller, recipient of the 1959 Best Supporting Actress Oscar for *Separate Tables*. Tell Abbruzzeti what you are seeking, and she will find it.

On Cameron Street for 10 years, the store was named after Trastevere, a city port in



Rome on the west bank of the Tiber where goods were stored and sold at the time of Augustus and continued to do so until the end of the 19th century. Each piece in her shop has been carefully selected, and Abbruzzeti can keenly explain its origin and historical significance. A shopkeeper of discerning taste, she can transform your ideas into reality, taking you home to whichever century you’d like to go.

▼ See CAMERON ST on page 6

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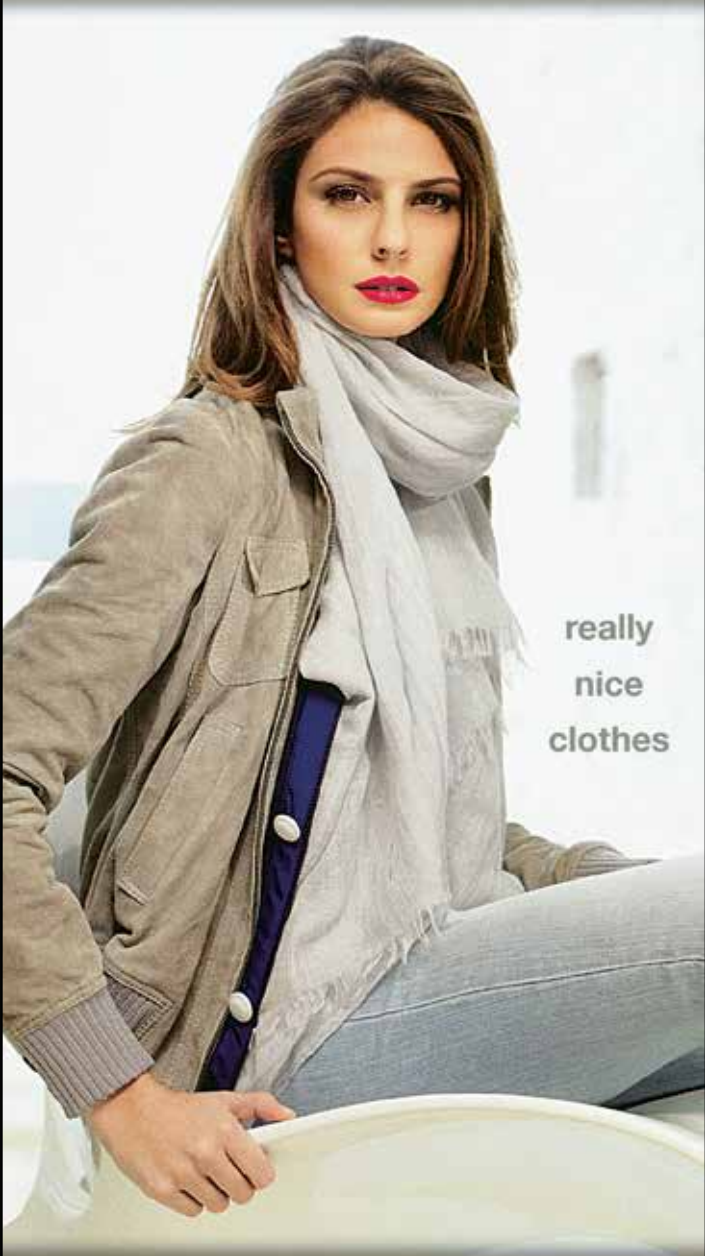


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John Douglas Hall playing the lute for diners at Gadsby's Tavern.

While its address is not Cameron Street, **Gadsby's Tavern** (gadsbystavernrestaurant.com) at 138 North Royal Street is most definitely a Cameron Street resident, sitting on the corner of Cameron and North Royal. Named after Englishman John Gadsby, an entrepreneur who leased the building and was

its tavern keeper from 1796 through 1808, the tavern was the hub of Alexandria's economic, political and social life in the late-18th and early-19th centuries. Today, it is an Alexandria treasure where you can experience a traditional colonial meal including food, libations and entertainment of the period.


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Above and right, The wonderful selection of Latin American fashion at Gossypia.



The brightly painted building at 325 Cameron Street is home to **Gossypia** (gossypia.com), the brain child of Amanda Lasker, who has been located on this Cameron block 45 years. She decided to purchase 325 in the early 70s and is glad she did. She feels for the shopkeepers who must pay exorbitant retail rent each month. Standing on a ladder outside her store, "I have no idea how small boutiques can stay in business these days."

Gossypia, named after the Louisiana

cotton plantation where she grew up and the plural of cotton in Latin, is a unique two-story women's boutique featuring goods from Latin America, where Lasker spent a great deal of time in her youth. The clothing selection is abundant. Sweeping artsy skirts you can pair with neutral cotton tops that perfectly complement the chunky handmade necklaces and bangle bracelets that abound throughout the store. Gossypia is a gift to the city, Lasker's celebration of a culture that will leave an imprint on everyone who visits.

▼ See CAMERON ST on page 8



Experience the stunning finds at A Galerie.

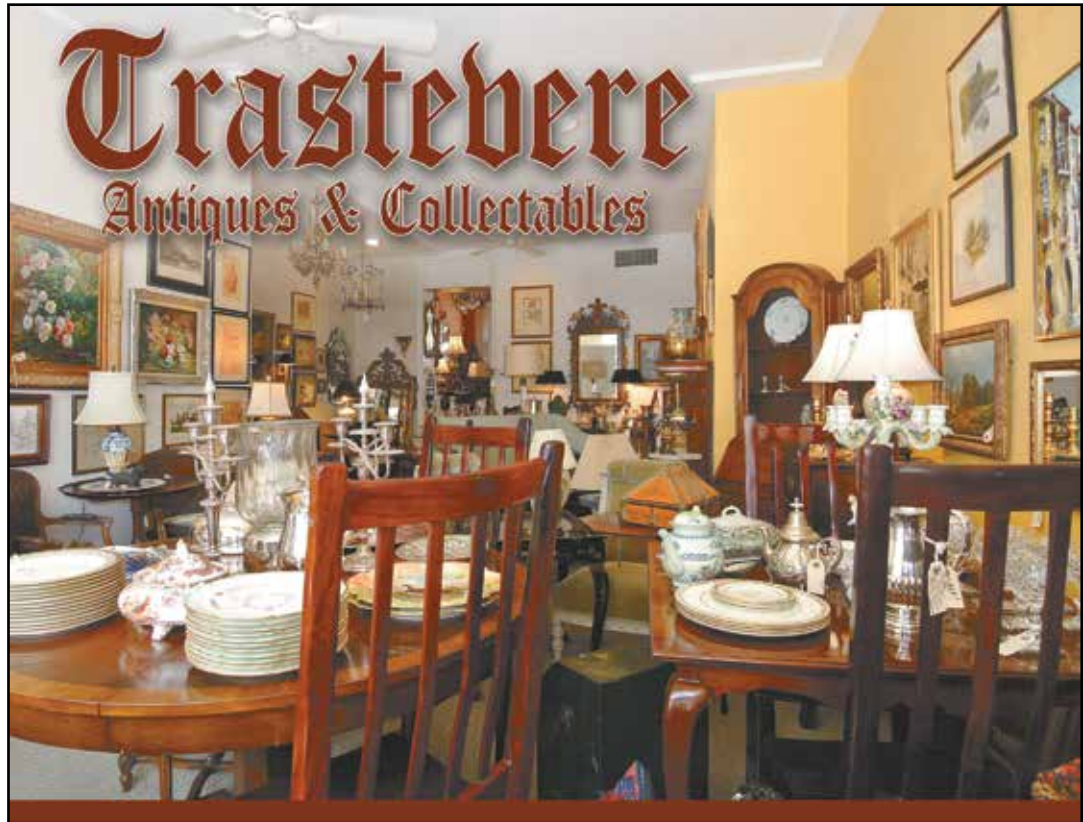
New to the street as well as Old Town is **A Galerie** at 315 Cameron, co-owned by Janice Godwin and Alex Massoudi, originally antiques auction rivals. They finally decided to join forces rather than continue bidding wars on the same pieces. Godwin, a former medical school teacher at Cornell for 20 years who looked through a microscope making diagnoses, wanted a career change. Massoudi, a noted watercolorist and rug designer, was the ideal professional partner because they had like tastes in and knowledge of antiques. Ask them a question, and you'll discover there is a mental encyclopedia of information between them. They are to antiques what Martin & Lewis were to comedy.

A Galerie is a compendium of hand-picked antiques and designer decor that are the best, the most gilded, the most beautiful of their kind. As well, there are at least 400 original works of art throughout the shop. Inventory changes constantly, and they pride themselves on the fact that they have items at all price ranges. It's impossible to travel through the store without eyeing a piece you can't live without, be it an 18th century French love seat or a framed painting of modern sunflowers in a



vase. A Galerie is perhaps the largest collection of eclectic antiques in Old Town and should be included on any walking tour you take.

Character abounds on Cameron Street. Judy, Chris, Wendy, Amanda, Janice and Alex. All individuals, giving of themselves and their knowledge every day, each a part of the Cameron Street legacy and of the stories yet to be told.



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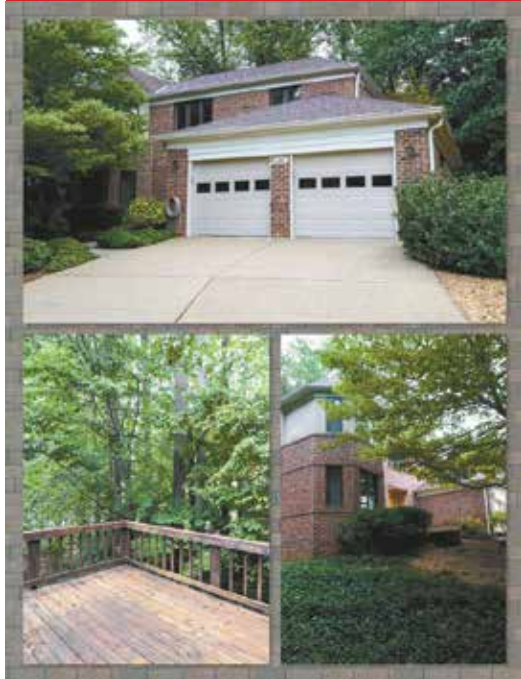
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“Staging is not putting a picture on the wall and a plant in the corner. You need a professional behind you.”

PodolskyGroup’s Take on the Current Local Real Estate Market

Is now the right time to list my home and what do I need to do to sell it for more?



January 2013 kicked off the spring market. That is right. I said it – kicked off the *spring* market. Sellers weren’t as prepared as buyers. Inventory was lean and buyers were out in full force. Tight inventory levels brought strong pricing and buyers were ready to purchase. As months went by, sellers found control and pricing continued to get higher. March, April, May and June saw heavy activity: Inventory was on the market from positioned sellers and buyer demand was intense.

Fast forward to today. July, August and now September – the pace has cooled, but make no mistake, demand continues to be strong. Interest rates have risen. In addition, schools have begun and daily lives are back in full swing and visions look to year-end holidays. What does this tell us about the next few months going into the New Year?

The outlook is good, but prepare your home and have the right team behind you.

If your property is in show-ready mode, is priced appropriately and is marketed properly, it will sell, and will sell quickly. The homes that look the part will always sell quickly and yield higher pricing. Take our advice:

- **You need the right agent or team behind you.** Look who is selling all the homes in your neighborhood, and find out what agents are bringing the buyers to your neighborhood. It can make all the difference. There is a reason you keep seeing the same agent names on the signs. They know your neighborhood, know the target audience and know how to market your property to sell for the maximum price.
- **Stage your property.** Staging is not putting a picture on the wall and a plant in the corner. You need a professional behind you. You need a buyer to walk in the front door and say, “I see myself relaxing here, cooking here, growing my family here and enjoying the next however many years behind these front doors.” Some of the best money I have seen spent on preparing a home for sale is on having a professional come in and stage the property. Perceived superior, your home rises in value. If you are still occupying your home, now what? Have a professional stager come in and advise you on furniture placement and other eye-catching distractions or simple fixes that will make your home more marketable to the target audience.
- **Paint, paint, paint!** People want to see a clean house that doesn’t feel dated. Paint your front door and front trim. It is the first impression. Simply changing your color scheme or neutralizing the home can make a huge difference. Neutralize, don’t bore.
- **Update, update, update!** I am not suggesting ripping out bathrooms or the kitchen, although depending on the home it might be the right move. An updated house can be achieved with simple changes. Swap out old brass light fixtures, change your door hardware to nickel or oil-rubbed bronze, get rid of those builder-grade bathroom knobs and fixtures and replace more modern options. Replace your now yellow-colored outlet plates with fresh white ones as well as your smoke detectors.
- **Clean your home.** Not just your Sunday best. I mean CLEAN YOUR HOME. Wipe down baseboards and walls, clean out drawers and closets, straighten your garage, change your air filters, vacuum air intake vents, replace light bulbs so they are all working, CLEAN YOUR WINDOWS, put down fresh mulch, power wash (siding, decks, fences, porch, driveways and anything else that gets in your way).

What the future housing market will hold is anyone’s guess. I believe we have seen the bottom. The market has reacted and we are moving in the right direction. Remember this: The spring market might be here quicker than spring has actually sprung and the right time to sell is when your home is ready to be shown to the world, not before.



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Alexandria Kiwanis Recognizes Officers



For over 30 years, Alexandria Kiwanis has chosen an “Alexandria Policeperson of the Year.” This time, they just had to pick two. Alexandria Kiwanis recognized Officers Jonathan Lopez and Tony Moore for the contributions to the Department’s Community Policing Program. The officers for the past four years have lived within the Brent Plaza Apartments in west Alexandria, a high density residential low income community. Both officers established and built relationships within the development, especially with the youth. Available full time, on-duty and off-duty, Lopez and Moore made a difference.

During their watch there has been a 47% drop in crimes within the complex and an 81% reduction in major crimes. Plaques and watches were presented to the officers

Marylou McKenna presented an Alexandria Kiwanis Certificate of Appreciation to Chief Cook for his professionalism in keeping Alexandria a peaceful, low-crime community and his dedication to the youth of our community who have benefited directly from his service.

C O M M U N I T Y N E W S

Greenstreet Gardens Welcomes Shawn Keane



Shawn Keane (Courtesy Photo)

Veteran grower and retailer, Shawn Keane, has joined the Greenstreet Gardens organization as general manager, overseeing operations at both retail locations in Lothian, Maryland and Alexandria, Virginia. Keane began his career as a third generation greenhouse grower in East Setauket, New York, working for his family’s business, Borella’s. He purchased the company in 1998, which he renamed Olde Towne Gardens.

“I have known Shawn for over 18 years,” says Ray Greenstreet, owner of Greenstreet Gardens. “As a grower and a retailer, he instinctively knows how to streamline retail operations to provide the best possible shopping experience for our customers, while offering only the highest quality products.” Keane will be instrumental in the expansion of the Fall Festival at the Lothian location as well as the introduction of educational events and seminars at the Alexandria site.



Tom Kaiden (Courtesy Photo)

Tom Kaiden Joins the ACVA as New COO

The Alexandria Convention & Visitors Association (ACVA) announced that Tom Kaiden joined the staff as the organization’s chief operating officer on August 12. Kaiden comes from Philadelphia where he was president of the Greater Philadelphia Cultural Alliance.

“With an impressive 20-year track record in financial management and operations, collaborative marketing, earned revenue development and research, Tom is the perfect addition to ACVA,” said ACVA President & CEO Patricia Washington. Kaiden will oversee finance and operations, research, earned revenue programs, and strategic partnerships and initiatives.

George Washington’s Dream Comes True After 216-Year Wait

In a letter from George Washington to his friend, James McHenry dated April 3, 1797, Washington wrote, “I have not houses to build, except one, which I must erect for the accommodation and security of my military, civil and private papers, which are voluminous and may be interesting.”

Through the efforts of many, his wish has finally been accomplished. At a formal ceremony held at Washington’s Mount Vernon Estate, his library is now open to the public. Containing many books owned by George Washington and documents penned by the first president himself, the 45,000 square foot facility includes conference rooms, state-of-the-art audio visual equipment and an environmentally controlled interior to protect the historical papers. This \$100 million effort was accomplished solely through private donations. (Photos by Harry Merritt)



GW Library AnnBookout -- Ann Bookout -Regent, for the Mount Vernon Ladies' Association poses in the courtyard area of the new library.



GW Library Sen Mark Warner -- Grand opening of The Fred W. Smith National Library for the Study of George Washington. Virginia Senator Mark Warner at the podium. Seated behind him are Douglas Brandburn, PhD (Founding Director); David McCullough (author/historian); Curtis G. Viebranz, (President & CEO); Ann Bookout, Regent (Mount Vernon Ladies Association); Fred W. Smith Chairman, Donald W. Reynolds Foundation; and Virginia Governor Bob MacDonald.



GW Library Unveiling signage -- The formal opening of the library included the unveiling of the signage identifying The Fred W. Smith National Library for the Study of George Washington at Mount Vernon.

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Streetcars are Coming!



A rendering of the proposed Columbia Pike line.
Photo courtesy of Arlington County

The Northern Virginia Streetcar Coalition and the Del Ray Business Association are hosting a meeting to discuss the role of modern streetcars in the region. The meeting, to be held from 7 p.m. to 9 p.m. Oct. 24 at Mount Vernon Recreation Center (2701 Commonwealth Ave.), will include remarks from Thomas Perry, the program manager of DC Streetcar; Lee Perna, a historian of the Del Ray neighborhood; Tim Lovain, Alexandria city councilman and a founder of the NVSC; and Walter Tejada, chairman of the Arlington County board.

The panel will discuss multiple streetcar projects in the metropolitan region, including the District's H Street line set to

debut by the end of 2013. DC officials have planned a 22-mile system within the city.

Streetcar lines are planned for Columbia Pike and Crystal City in Arlington. In 2012, Arlington and Alexandria reached an agreement to bring streetcars to the Crystal City-Potomac Yard Transitway sometime in the future.

Alexandria will start running buses on its portion of the transitway next year.

"The streetcar is the proven technology of our grandparents and the best hope for our grandchildren to have clean, efficient, and safe urban transportation," McClellan said in a press release.

The meeting is free and open to the public.

Chef Armstrong Takes the Gold

For the second year in a row, Old Town Alexandria's Cathal Armstrong, chef/owner of Restaurant Eve, took the gold medal at the USA Taekwondo National Championships in Chicago in July.

The chef is now a black stripe belt, which is one level away from a black belt, Jessica Sidman writes in CityPaper. "Armstrong fought three people in the 41 to 50 age division during the competition, which was held in Chicago."

Armstrong started the sport more than two years ago as a way to lose weight. His kids (and namesakes of his restaurants) Eve, 14, and Eamonn, 11, are also into Taekwondo. Unfortunately, due to injuries, the two former silver medalists were unable to compete at this year's nationals, although they did go to cheer on their dad.

And in case running six eating and drinking establishments and being a Taekwondo champ aren't enough, Armstrong is currently in Ireland wrapping up photography for his forthcoming cookbook "My Irish Table: Recipes from the Homeland and Restaurant Eve."



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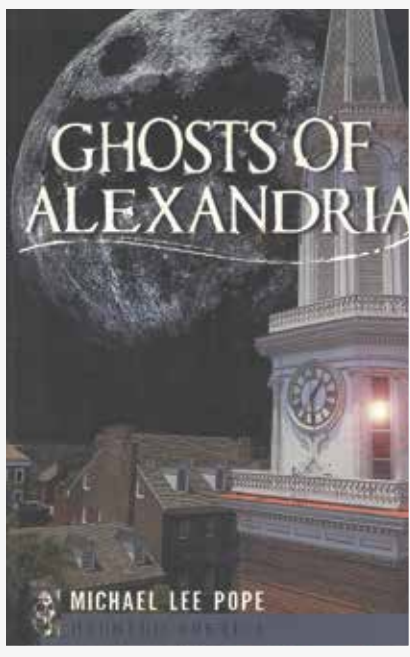
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Confessions of a Ghost Writer

Author Michael Lee Pope reveals the hidden history of haunted Alexandria.



BY MICHAEL LEE POPE

It's a question I've come to despise: Do you believe in ghosts? I've thrown a million of words at elections, and not once has anyone ever asked me if I believe in democracy. What difference would it make if I did anyway?

I recognize it's an institutional pitfall, being a ghost-tour guide and the author of *Ghosts of Alexandria*. And yet I find the answer irrelevant, as if it had some sort of bearing on merit what I've written or the magnitude of what I'm about to tell you. It doesn't. And it never will. You either believe in ghosts or you don't. I'm certainly not out to persuade you one way or the other.

Instead I wanted to leave readers with a

sense that, as William Faulkner once observed, "The past is never dead. It's not even past."

Old Town is full of ghosts. That's what drew me here. Every crooked brick on every hidden sidewalk in every back alley has a story to tell. Some are tragic. Others are comical. A few are profound. Every now and then, a story from the distant past is instructive about the modern condition.

Take the Alexandria waterfront, recently the subject of heightened anxiety and raised voices. There was a time, not long ago, when floating brothels once docked along the shoreline. Because the long arm of the law stopped at the bulkhead, ladies of the night need only float a few feet into the Potomac to find themselves beyond the reach of prosecution.

Does that mean that prostitution haunts the waterfront? The land-use attorneys might scoff at that suggestion. And elected officials tend to roll their eyes when you start talking about things that happened before they assumed the reigns of power. But it's worth venturing into the night to see if the perfume of ill repute is still redolent in the air outside the Torpedo Factory. As my boss at Connection Newspapers once said in a different context, "some of this stuff matters."

It matters that an immigrant from Honduras opened a candy shop in the same building where a German immigrant operated a confectionary. It matters that George Washington may or may not have partied in Yates Gardens. And it certainly matters that City Hall has a devil bat lurking in the old clock tower that looms over Royal Street. All of these stories are fea-

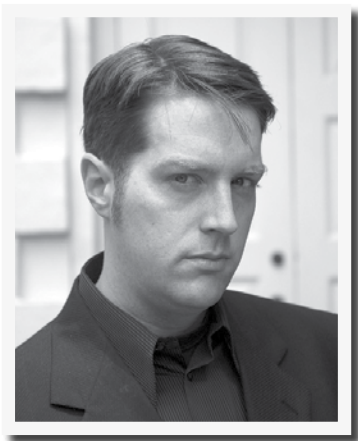
tured in the book, although I didn't approach them as ghost stories.

In my mind, they are merely stories about the past — the same as any waterfront prostitute taking money as her houseboat sails away from the commonwealth. The ghosts are incidental; the story and its characters are what's important. That's why I've spent the better part of my adult life telling stories. From back alleys of the distant past to the front parlor of today's headlines, the past isn't dead. It's not even past.

That's a lesson that was reinforced over drinks at Martin's Tavern in Georgetown one afternoon with one of my professors for Florida State University. He was in town for a conference, and we met for a couple of cocktails in a booth where much of the New Deal was crafted over Scotch and soda. It didn't take long for me to start telling ghost stories — not the kind where the rocking chairs start to move on their own or some woman in a prom dress appears at the side of the road.

The ghost story that was on my mind that afternoon was the one revealed by the map of the District of Columbia. Its boundaries seem to imply a perfect diamond shape, but that's not how the narrative unfolds. Instead it seems as if moths have eaten the southern half of the diamond. Perhaps the story was that of a slave dealer who marched his human capital to Louisiana. Or maybe it was a Whig stump speaker who plied voters with liquor to rock the vote.

Following up on *Ghosts of Alexandria*, I wanted to tell a different kind of ghost story. *Hidden History of Alexandria*,



D.C. is about the half century that Alexandria was part of the District of Columbia, from 1801 to 1847.

I suppose it's unlikely that anyone will ask me if I believe in George Washington or James K. Polk. But that doesn't mean that I don't believe their ghosts have a story to tell. Or that it's not worth listening to what they have to tell us, either about the ghosts of Alexandria or the hidden history of its federal period.

Yes, it's true. I believe in ghosts. Don't you?

Michael Lee Pope an award-winning journalist who reports for the Alexandria Gazette Packet and WAMU 88.5 News. He is also author of Ghosts of Alexandria and Hidden History of Alexandria, D.C., and Shotgun Justice: One Prosecutor's Crusade Against Crime And Corruption In Alexandria & Arlington [This article is reprinted from Zebra, October 2011]

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— Anonymous

Alexandria Renew Enterprises Holds Open House; Visitors Learn How Dirty Water is Cleaned and Get Glimpse into the Future



Dozens of visitors took advantage of Alexandria Renew Enterprises’ open house on Saturday, October 12th to see how dirty water is not only cleaned, but can be turned into renewable, safe and sustainable resources, such as reclaimed water and affordable alternatives to natural gas and chemical fertilizers. Alexandria Renew is the former Alexandria Sanitation Authority (ASA).

Visitors took tours of the award-winning advanced wastewater treatment plant and also got a glimpse into the future by visiting the construction site of the massive 18-million gallon Nutrient Management Facility (NMF). The NMF is part of Alexandria Renew’s State-of-the-Art Nitrogen Upgrade Program designed to meet ever more stringent federal and commonwealth environmental standards.

“In addition to showcasing all of the fascinating equipment and processes that go into cleaning water,

we were able to put front and center our greatest resource – the men and women of Alexandria Renew who led tours and eagerly answered visitors’ questions. Their enthusiasm, dedication and unwavering commitment to clean water and sustainability make them the heart of our special water community,” said Alexandria Renew Chief Executive Officer Karen Pallansch.

Entire families took advantage of other educational opportunities of the open house, such as how to build a rain barrel and a rain garden. One family received a free rain barrel made at the event; three more will be given away to visitors whose names were included in a raffle. Many visitors left with seeds to start their own rain garden as well as a bag of “George’s Old Town Blend” – a soil amendment made from Alexandria Renew’s Class A Exceptional Biosolids.

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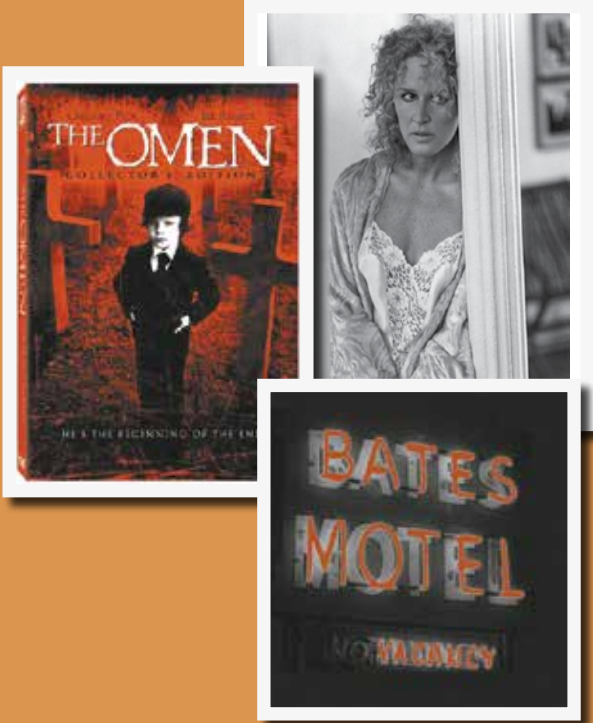
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TOP 13 LIFE LESSONS YOU SHOULD HAVE LEARNED FROM WATCHING HORROR MOVIES

By Holly Burnett



The horror film genre, not unlike children’s fairy tales, is historically predicated on the belief that every life experience is a cautionary tale, and bad things can be avoided if you do not “stray down the garden path.” So see if you recall the movies, and, in some cases, their sequels, that imparted these life lessons:

- 1. Avoid acting on lust – anywhere at any time – especially if you are a teenager.
- 2. Do not look under the bed, the closet or behind a pulled shower curtain (especially if the water is running).
- 3. If you approach a front door that is open (or opens for you), do not go inside. Turn around and run!
- 4. Never agree to take care of other people’s children – either as a babysitter or a camp counselor.
- 5. Do not name your child Damien.
- 6. Avoid immature acts that could result in mutilation or dismemberment, such as walking on railroad tracks or putting your hand down a garbage disposal...as it never ends well.
- 7. If someone suggests, “Let’s split up and meet back here,” don’t! Bad idea.
- 8. Never stop at a roadside motel – even if its name is not Bates.
- 9. Avoid curiosity. If you are told to “stay here” or “keep to the main road,” there is a good reason.
- 10. Don’t get lost in the woods. In fact, don’t go into the woods at all.
- 11. Know the location of your circuit breaker BEFORE the lights go out!
- 12. And remember, villains never die the first time. Remain far enough away so they cannot grab your ankle as they resurrect from their gunshot wound between the eyes.
- 13. Lastly, be leery of people who know too much about horror movies as they believe they can outsmart you – and we can...

Reva Savkar Wins 2013 Chancellor's Award for Teaching Excellence



Reva A. Savkar, associate professor of chemistry at Northern Virginia Community College's Annandale Campus, has received the 2013 Chancellor's Award for Teaching Excellence. The annual award recognizes one teaching faculty member in the Virginia Community College System who distinctly represents the teaching excellence found at VCCS colleges. The honor includes a \$5,000 check and a ceremonial stole that is worn with traditional graduation regalia.

"The backbone of any great institution is its faculty, and in Reva Savkar, we have a professor who embodies all the wonderful qualities that makes a great teacher," said Dr. Robert G. Templin, Jr., NOVA's president. "Throughout the years, she has demonstrated a commitment to teaching

excellence by being student-focused, innovative in the classroom and enthusiastic about her work. Please join me in congratulating Reva on this very special recognition."

Savkar began teaching chemistry at NOVA in 1974 as an adjunct faculty member. In 1989, she became a member of the full-time faculty and has taught both chemistry and computer science courses. She has received teaching awards from NOVA's Student Government Association, Educational Foundation and Alumni Federation, and was selected for Who's Who Among America's Teachers.

This is the second consecutive year that a NOVA faculty member has received this award. Callan Bentley, an assistant professor of geology at the Annandale Campus, received the CATE award in 2012.



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Virginia Larsen Named 2013 School Psychologist of the Year

Samuel W. Tucker Elementary School's Virginia Larsen was named 2013 School Psychologist of the Year by the Virginia Academy of School Psychologists on Oct. 11. Larsen received the honor in recognition of her many years of significant contributions to school psychology in Alexandria City Public Schools, where she has worked for more than a decade.

"We are extremely proud of Virginia. This award publicly acknowledges what we and others that have had the esteemed pleasure to work with Virginia already knew," said ACPS Lead Psychologist Dr. John Baker, Office of Psychological Services. "She is truly deserving of this honor."

"In terms of what this means to me, it is all very humbling," Larsen said. "In a few weeks, we will be celebrating School Psychologists Appreciation Week and this year's theme is 'We are all in. Teams work.' I try to abide by this motto every day. I have been fortunate to be a part of a collegial group of fellow psychologists, as well as fantastic school support teams and schools. I have especially seen teams in action these last four years at Tucker."

"Virginia is a bridge builder. She continually seeks to bring parents into the educational lives of their children, going out of her way to make them feel comfortable here at school," said Tucker Principal Rene Paschal in a letter of recommendation. "Her breadth of knowledge on academic as well as emotional and behavioral



matters never ceases to amaze me."

"She is viewed by her peers as a singular talent — a professional who is devoted to continuous learning, sharing best practices and advocating effectively for her students and families," said Dr. Margaret Walsh while serving as ACPS acting superintendent.

Larsen now is in the running for the National School Psychologist of the Year award, which will be presented by the National Association of School Psychologists.



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"It is easier to fight for one's principles than to live up to them."

— Alfred Adler

Bishop Ireton Concert Band Plays in November

The next performance of the Bishop Ireton Concert Band, Bishop Ireton String Ensemble and Bishop Ireton Symphonic Wind Ensemble will be held on Friday November 1 at 7:30 pm. The concert is open to the public and admission is \$10.00 for adults and \$5.00 for students and seniors. All proceeds support the music department. The school is located at 201 Cambridge Road.

The Music Program at Bishop Ireton was started in 1968 by Garwood Whaley. The program focuses on two objectives: the performance of quality literature and the development of individual responsibility, skills, and knowledge. Over the years the program has grown into a Symphonic Wind Ensemble, Concert Band, Choir, Jazz Combo and various chamber ensembles. The groups perform throughout the school year in Bishop Ireton High School's Garwood Whaley Auditorium and at various



venues in the United States and internationally. Additionally, the music program commissions an original piece of music each year. The musicians have an opportunity to work with the composer to present the world premiere of the commissioned piece at their spring concert and dur-

ing the European tour. Dr. Randall Eyles is the Director of Fine Arts and the Wind Ensemble, Barry Ward directs the Concert Band, and Christen Reddig is the Choir Director.

Mayor Swears in Student Council



Alexandria Country Day School celebrated the start of the new school year by swearing in its Student Council members. Alexandria's Mayor, William Euille joined Head of School, Scott Baytosh to perform the swearing in ceremony and discuss the importance of education and the responsibility of leadership. Mayor Euille shared that he got his start in elementary school student government and answered students' questions about what it is like to be mayor. Mayor Euille has been performing the ceremony for the last ten years; Alexandria's mayor has been participating in this ceremony for most of Alexandria Country Day School's 31-year history.

"You create opportunities by performing, not complaining."

— Muriel Siebert

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Rob Shelton concocts the perfect brew.

Killer ESP: The Name Really Does Say It All

BY HOLLY BURNETT



Let's begin with the name. Killer ESP. Well that got my attention from the start. Where was I going? A coffee house, I thought. Or perhaps I was entering the lair of a "Dexter-ish" character who could predict his own killings. I was intrigued to say the least. But upon entering the shop at 1012 King Street in Alexandria, I got the meaning right away and felt silly for even considering this place was a harbinger for manslaughtering mediums. I guess this is where I should say "spoiler alert," but I'll refrain since I want you to keep

reading. Killer ESP means Killer Espresso, Sorbet and Pie. So it is a coffee house – but so much more.

I asked for Rob, and was directed to the back patio – a rustic enclave bordered with Adirondack chairs. And there I met Rob Shelton, Killer ESP's proprietor, who, all at once, exuded the low-key, relaxed manner of a Californian with the sincerity and polish of a Virginian. Born in Miami and raised in Alexandria from the age of four, where he attended both Hayfield Elementary and Hayfield Secondary Schools, Shelton also lived in Huntington Beach, California for 12 years. With extensive restaurant management experience under his belt, Shelton returned to Alexandria and opened Killer ESP in 2011.

He wanted to create a place that was "anti-corporate and not stuffy." And he succeeded. Walking into Killer ESP, the vibe is immediately different. There is a feeling of community and creativity from the animated chatter of its patrons to the local art displayed on its walls. The hall leading to the patio, painted by GW students, is a fantasy of familiar images, including Wonderland's Alice and Harry

Potter's owl. This is Shelton's world, which reinvents itself daily and could just as easily be found in Berkeley, California.

Without question, the coffee IS killer. Shelton made me a cup like a chef would prepare his best dish. I usually take cream and sugar with my coffee, but I took this cup straight. To add anything would be like asking Eric Ripert for salt and pepper. Shelton uses Stumptown Coffee beans, steeped for 12 hours, to create his own cold brew, and makes each individual cup of coffee with a clever dripper. The result is a pure coffee taste, rich in flavor and aroma, more akin to a fine wine. But the coffee is only the beginning.

Shelton has made Killer ESP a one-stop shop for delicious specialty foods in the area, such as Dangerous Delicious Pies (don't miss the Bacon Onion Gruyere Quiche or the Baltimore Bomb pie) and Julia's Empanadas of DC, pastries from the Hollin Hall Bakery in Alexandria, and gluten-free baked goods from The Happy Tart in Del Ray. He also offers more than 60 loose leaf teas, with a \$1 Tea Happy Hour every day after 5:00 PM, and over 200 flavors of gelato and sorbet that are



made in-house on a rotating basis.

With great WiFi and cozy, conversational seating, both inside and out, Killer ESP is an atmosphere of incredible conviviality, the result of Shelton's nurturing ownership and sense of community, complete with a pastry and a perfect cup of coffee.

Someone to Watch Over Me



Clearly a cell-self-photo of Edward Snowden from Hong Kong.

COURTESY PHOTO.

BY MARCUS FISK

Few things in the “news” surprise me anymore. In today’s media-infused-pixel-pumping-social-network-crazed society, an Edward Snowden is actually quite boring. This Daniel Ellsberg wannabe possesses a Henry David Thoreau complex, but is lacking the intellect, finesse, or the intestinal fortitude of either.

Thoreau went to Walden Pond, thought, read, wrote poetry, penned essays on nature, ecology and civil disobedience, lectured and generally tried to make government work better rather than neutering it. He said at the time, “I ask for, not at once no government, but at once a better government.”

cause I know I have done nothing wrong.” When Thoreau ran into the local tax collector in Concord, Massachusetts and was asked about his back taxes, at least he had the guts to reply that he didn’t pay them because he disagreed with the War against Mexico (1848) and, as a strict abolitionist disagreed with slavery, so he wouldn’t pay.

Snowden has revealed himself an opportunistic, job-jumping, well paid contractor who lied (oh, sorry, I misspoke) – “misled” the government and his employers on his academic credentials and professional qualifications for jobs with high security access throughout his short, but upwardly mobile career. It’s funny how this internationally

that impressed and baffled the world’s intelligence services, and beat feet.

The difference between an Edward Snowden and a Henry David Thoreau or a Daniel Ellsberg is clear: Thoreau refused to pay his back taxes and went to jail; Ellsberg had the courage to poke his own government in the eye about the war in Vietnam through the New York Times, then surrendered himself to federal authorities to face charges; and Snowden relied on England’s The Guardian, then ran like a son-of-a-!!!! Well, let’s just say his father’s description of Edward Snowden as “a sensitive, caring young man,” and “...a deep thinker” falls way short of a Thoreau or an Ellsberg. Ellsberg’s charges were dismissed. Thoreau was bailed out of jail. Snowden, the “hero” of the rights of mankind, dumped his mother lode to the World Press and vamoosed.

Do I think the NSA and other intelligence agencies of the U.S. Government have abused their authority at times? Sure. But that’s been the case for over two centuries. Throughout our history, the government suspended rights, imprisoned citizens or outright violated tenants of the Constitution citing national emergency or security demands. Lincoln suspended Habeas Corpus during the Civil War, U.S. citizens of German descent were shadowed by intelligence services during World War I and Japanese-Americans were sent to detention camps in World War II. Today we have the Patriot Act, Guantanamo Bay and the PRISM Surveillance Program. So what else is new?

For me, if our intelligence services happen to find bad guys before they blow up my favorite neighborhood watering hole, Ramparts, because some big-wig is eating lunch there, or waste an entire city block in Old Town because the Principal Deputy Under Assistant Secretary of the Department of something-or-other lives on Duke Street, then I’m all for it. In the meantime, I guess Anthony Weiner will just need to be a little more careful.

The real question about security and privacy is humorous because of its duplicity.

People scream about it now. But where was the righteous indignation about the rights of others when we listened in on or read the mail of the Rosenbergs, or Johnny Walker or Aldrich Ames inside our borders? They were citizens, too. I bet we cried great big crocodile tears about the abuse of their rights.

The hypocrisy of the privacy/secrecy argument is fundamental in another way. You cannot get a job today without some potential employer poking into your credit report. You MAY have ACCESS to your report, and even able to contest it if it’s wrong. But until you do, THEY, the financial institutions, control your financial and professional destiny, often without you even knowing it, without any corporate liability for their actions and completely sanctioned by law and the U.S. Government.

In the military, it could take hours, even days, under the Privacy Act of 1974, to get a sailor’s SSN even for official business. But it is uncanny that just three days after I bought a house, I received no less than 12 pre-approvals for loans, pre-approvals for new credit cards, and financial planning and investment services. Don’t get me started with Google or Amazon. If privacy and security are absolutely sacred in the Unites States, then why does the business community have carte blanche on ALL my private and personal information – and I have absolutely nothing to say about it?

So before you do-gooders and whistleblowers start fighting for my constitutional rights against big brother, maybe we should take a good, hard look at the real violators of privacy – the business community, and hold them responsible for their actions and practices under the law. Clean that up and then perhaps it will be time to worry about that pesky GS-10 listening to my cell phone conversation with my wife about our next vacation – to Iceland. I hear it’s nice there.

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



Johnny Walker leaving court—hamptonroads.com



Statue of Thoreau and his cabin at Walden.

COURTESY PHOTO.

Snowden, on the other hand, spilled the beans about the NSA Surveillance Program, then beat a hasty retreat out of the country “to seek asylum in a country with shared values.” He wanted to go to Iceland. He went to Russia and received asylum. Now there’s a place that shares American values.

He parenthetically added this pearl, “I have no intention of hiding who I am be-

lauded political activist can be so forthright about NSA activities, but can’t fill out an application honestly.

Snowden made a pretty good living off the U.S. Government, and then, when he finally discovered his conscience, didn’t take his argument to the government, but did it clandestinely via the Foreign Press, covering his tracks with a series of evasive maneuvers





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Jean-Luc Colombo – Le King of Cornas

With his casual mop of dark hair, faded blue jeans, and boyish charm, it's easy to forget that Jean-Luc is a deadly serious vintner – and one of the most well-respected winemakers in Northern Rhone. And probably THE most important winemakers in Cornas.

Never heard of Cornas? You can't be blamed – it's just a little sliver of an appellation North of the Rhone River in France. It barely produces 90,000 liters of wine per year (some individual Bordeaux vineyards produce more). It only produces red wine – from Syrah (Shiraz) grapes, and Jean-Luc makes some of the best Cornas wine out there.

The Jean-Luc Touch

Northern Rhone wines and their winemakers are a pretty traditional bunch. Steeped in history since beyond the 13th century, most Northern Rhone wines are family produced and been made the same way for generations. However, in the '80s the region that birthed Syrah saw her beloved baby being enjoyed as "Shiraz" and experiencing a resurgence of popularity by a new global generation of wine lovers. The Syrah produced in Australia, California and the rest of the New World had brighter fruit and was more approachable to the masculine, brooding Syrah that the Northern Rhone was delivering.

Jean-Luc recognized that the region needed to approach winemaking in a more innovative style to compete on the global market. To produce a new Northern Rhone style that was food friendly, filled with

bright food, and approachable Jean-Luc took steps considered an absolute affront to the old guards of the region. Jean-Luc started aging wine in new oak – which gave his wine a toasted spiciness. He harvested grapes later – which gave his wine more extracted fruit. He carefully de-stemmed his grapes – minimizing the tannins. He aged his wines longer – softening the muscular profile. And to package his "revolutionary" style of Northern Rhone wine, he abandoned the traditional regional labels in favor of fun graphic art. It was almost more than his old wine-makers could take and Jean-Luc became, in his own words, "one of the most hated winemakers" of the region. However, that moniker was pretty short-lived when the region witnessed how the innovative techniques of Jean-Luc elevated the quality, acceptance, and the reputation of the region. And in the end, the boyishly charming Jean-Luc managed to disarm even his fiercest critics in Cornas and beyond.

2010 Les Ruchets \$60 Cornas 100% Syrah

The color on this wine is an inky plumb – just rich and gorgeous to gaze upon. Notes of black currant and violette on the nose and palate. But, it needs more time in the bottle to soften and develop its layers. Right now the wine is simply too tight and not round enough to fully enjoy it's potential. Buy it if you can find it less than the retail price – but, be prepared to lay it back at least 3 years for it to reach it's pinnacle. Tough to say that for a wine with this price tag, I know.

Mari Stull is The Vino Vixen™, syndicated wine columnist whose musings appear in over 25 magazines, newspapers, and online outlets monthly.

Stull has judged numerous national and international wine competitions and is a regular speaker to corporate and consumer wine events.
Reach the Vixen on VinoVixen@VinoVixen.com

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AREA HOME SALES - TOP 10 SALES BY ZIP CODE
September 15, 2013 - October 15, 2013

Zipcode	Address	Subdivision/Location	Original List Price	Sold Price	Style	BR	FB	HB	# Gar
22301	207 North View Terrace	Rosemont	\$2,185,000	\$2,000,000	Colonial	7	4	1	1
22301	219 Mason Ave. E	Del Ray	\$999,990	\$1,025,500	Tudor	3	3	1	2
22301	41 Bellefonte Ave. E	Del Ray	949,900	\$895,000	Craftsman	4	2	1	0
22301	106 Nelson Ave	Del Ray	950,000	\$855,000	Rambler	4	3	1	1
22301	107 Uhler Terrace	Del Ray	\$849,900	\$825,000	Colonial	4	2	1	1
22301	1219 Russell Road	Rosemont	845,900	\$834,900	Colonial	4	3	1	0
22301	2405 Conoy Street	Potomac Yard	\$819,900	\$819,900	Colonial	3	3	1	2
22301	27A Howell Ave. E	Del Ray	\$799,999	\$765,000	Colonial	4	3	0	0
22301	708 Braxton Place	George Washington Park	\$719,000	\$700,000	Bungalow	4	2	0	0
22301	239 Monroe Ave. E	Del Ray	\$699,900	\$720,000	Bungalow	3	2	0	0
22302	312 Mansion Drive	Colonial Park	\$1,595,000	\$1,275,000	Colonial	5	4	1	0
22302	1604 Walleston Court	Northridge	\$1,249,000	\$1,150,000	Colonial	4	3	1	2
22302	2908 Maplewood Place	Beverley Estates	\$879,000	\$870,000	Split Level	4	3	0	0
22302	1001 Virginia Avenue	Braddock Heights	\$744,900	\$685,000	Colonial	3	2	0	0
22302	2704 Kenwood Avenue	Alexandria City	\$424,900	\$424,900	Colonial	3	2	1	0
22302	1714 Osage Street #301	Kingsgate	\$369,900	\$360,500	Colonial	2	2	1	0
22302	1561 Mt. Eagle Place #1561	Parkfairfax	\$339,795	\$338,795	Other	2	1	0	0
22302	1774 Dogwood Drive #1774	Beverly Hills	\$329,900	\$323,000	Contempo	2	2	0	0
22302	3490 Gunston Road #721	Parkfairfax	\$338,500	\$316,500	Colonial	2	1	0	0
22302	3735 Gunston Road	Parkfairfax	\$310,000	\$312,500	Traditional	2	1	0	0
22304	5143 Brawner Place	Cameron Station	\$819,000	\$815,000	Colonial	4	3	1	2
22304	1201 St. Stephens Road	Seminary Ridge	\$789,000	\$800,000	Rambler	4	3	0	0
22304	5015 Waple Lane	Cameron Station	\$779,000	\$772,000	Colonial	4	4	1	2
22304	5265 Pocosin Lane	Cameron Station	\$724,000	\$695,000	Colonial	4	3	2	1
22304	11 Floyd Street N	Quaker Park Estates	\$759,000	\$630,000	Colonial	4	4	0	1
22304	5123 Knapp Place	Cameron Station	\$625,000	\$590,000	Federal	3	3	1	2
22304	337 Helmuth Lane	Cameron Station	\$604,900	\$575,000	Colonial	3	3	1	1
22304	137 Martin Lane	Cameron Station	\$580,000	\$568,000	Colonial	3	3	1	1
22304	100 Cameron Parke Court	Townes at Cameron Parke	\$599,000	\$535,000	Colonial	4	3	1	2
22304	116 Meadows Lane	Townes at Cameron Parke	\$550,000	\$500,000	Colonial	3	3	1	2
22305	459 Argyle Drive	Monticello Park	\$899,900	\$930,000	Contempo	5	3	0	0
22305	806 Overlook Drive N	Beverley Hills	\$764,900	\$749,000	Colonial	3	2	1	1
22305	3203 Russell Road	Del Ray	\$699,900	\$679,900	Tudor	3	2	1	1
22305	838 Glebe Road W	Ellsworth Place	\$565,000	\$562,000	Federal	3	3	1	2
22305	9 Herbert Street	Land of Herbert	\$530,000	\$526,500	Colonial	3	2	1	1
22305	3016 Manning Street	Del Ray	\$499,900	\$515,000	Colonial	3	2	0	0
22305	70 Kennedy Street	Warwick Village	\$494,900	\$515,000	Colonial	3	1	1	0
22305	207 Aspen Street	Warwick Village	\$489,900	\$489,900	Colonial	3	2	0	0
22305	2914 Sycamore Street	Warwick Village	\$489,900	\$510,000	Colonial	3	2	0	0
22305	3838 Brighton Court	Brighton Square	\$484,900	\$484,900	Colonial	4	3	1	0
22314	733 Union Street S	Backyard Boats	\$1,875,000	\$1,805,000	Victorian	3	4	1	2
22314	600 Second Street #101	Liberty Row	\$1,049,900	\$1,000,000	Colonial	3	2	1	2
22314	326 Third Street	Printers Row	\$999,900	\$975,000	Contempo	3	3	0	2
22314	125 Lee Street N #Ph409	Torpedo Factory	\$979,900	\$920,000	Other	2	2	0	1
22314	611 Tivoli Passage Way	Portners Landing	\$949,339	\$937,000	Colonial	3	3	1	2
22314	403 Fayette Street S	Old Town Village	\$849,900	\$830,000	Federal	3	2	1	2
22314	319 Hearthstone Mews	Hearthstone	\$775,000	\$750,000	Traditional	3	2	1	1
22314	1300A Duke Street	Duke Condominium	\$750,000	\$746,000	Federal	3	3	1	2
22314	752 First Street	N Washington St. Condo	\$749,900	\$749,900	Traditional	2	2	1	2
22314	1017 Oronoco Street	Old Town	\$739,000	\$730,000	Victorian	3	1	1	0

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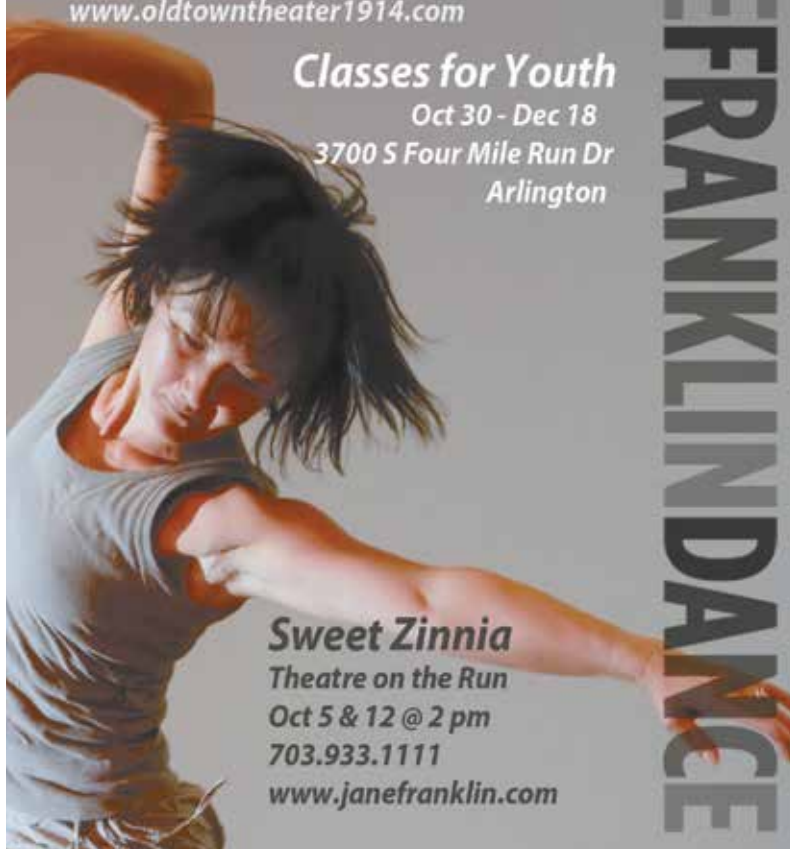
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ABEL

Breed: Chihuahua Mix
Age: 13 months
Gender: Male (Altered)

Axel and Abel came to AFH with their mom and siblings. They are very sweet and have a wonderful personality. They love to have fun and every one they meet is their new best friend. There's not a toy out there that doesn't inspire them to play, play, play! Just spend a minute to get to know them and they will steal your heart. They are both crate trained and housebroken and getting better in the leash every day



BARBIE

Breed: Beagle
Age: 2 years
Gender: Female (Altered)

Barbie is a lovely, beagle who never met a stranger. She walks well on a leash after getting used to the person walking her, cuddles teddy bears (and absconds with them), cuddles up to you if you'll let her, is crate trained, and doesn't beg at the table. She'd love to go for a run with you and is generally an all-around great girl.



BENZ

Breed: Maltese
Age: 11 years
Gender: Male (Altered)

I am an 11 year old white silky coated breed, some folks think Maltese or possibly Havanese-- bottom line ADORABLE. I love walking 2X a day with my human and canine foster family. I keep up easily with the foster family's Golden Doodle on pleasant 1-3 mile neighborhood "walk-about." My make it happen attitude was the most surprising discovery for my human foster family-how "big dog-ish" I am. I thrive in this type of routine since I will mark my territory whether it's inside the house or outside. By walking daily I understand clearly what outside means versus inside. My eyesight and hearing are not as good as they once were but my very KEEN sense of smell makes up for them!



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@aforeverhome.org.



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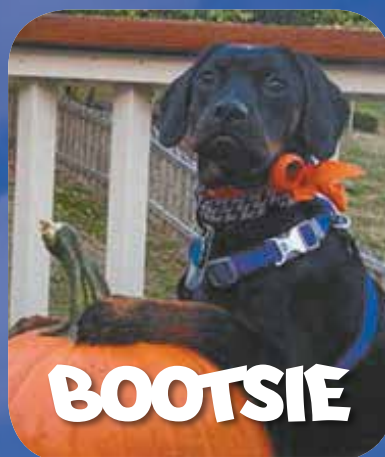
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BOOTSIE

Breed: Australian Shepherd / Brittany spaniel mix
Age: 4 months
Gender: Female (Intact)

I am a total cutsie. My fur has the most beautiful luster and shine. I am mostly black with some brown. I weigh about 30 pounds right now. My foster mom says that my ears are softer than the softest velvet that she has ever felt. I was dropped off at a high kill shelter. Then I was rescued and I began to have hope. I am still just a pup. I love to play and need exercise on a daily basis. I would make a fabulous running partner! An active family would suit me best.



IRIS

Breed: Shepherd / Labrador retriever mix
Age: 12 weeks
Gender: Female (Intact)

Iris is a beautiful tri-colored shepherd mix who loves cuddles and does not like to be separated from her humans. At this point, everything is new to her. Music, snapping fingers, loud sounds from toys, and rambunctious children. She is interested in my dog but does not jump on her or puppy-bite her face. Iris is very expressive and uses her puppy voice frequently to express any emotion. We are working on crate-training. Although we've only had Iris for a couple of days, she has won a place in our hearts.

LINDA

Breed: Bernese mountain dog mix
Age: 3 years
Gender: Female (Altered)

Linda came to us from a high kill shelter in Florida. This beautiful girl is just so sweet. She loves everyone, kids, other dogs...She is very laid back and just wants to be with her people. She will jump a 4 foot fence if you leave her in the backyard so she will need to have at least a 6 foot fence or need to be leash walked in her forever home. She will get adopted quickly so get those applications in now.



SPUNKY

Breed: Labrador Retriever Mix
Age: 12 weeks
Gender: Male (Intact)

Hi!! My name is Spunky the punky little boy. I am almost all black with some white on my paws and the tip of my tail. I was dumped off at a high kill shelter. Even though I am the cutest baby, nobody wanted me. I was rescued and now really, really want a good home. I have an extremely good temperament. I am super, duper smart and ready to learn. Take me home just in time for Halloween. You could even dress me up in a costume



ROSE

Breed: Chihuahua Mix
Age: 13 weeks
Gender: Female (Altered)

Rose has just arrived.



Property of the Month



Location: Villamay
7410 Admiral Drive
Price: \$969,000 (available beginning October 22nd)
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Expanded All-Brick Split Level on Elevated Lot ideally located in the heart of Villamay with upgrades galore to include a 500 sq. ft. addition. The open floor plan includes island kitchen breakfast area, custom built-ins and Den with French

Doors to Large Brick Patio. The generous Formal Living Room features a full masonry Fireplace and Four-Panel Bay Window at front elevation. A 5th Bedroom (now an Office) Is well-located offering privacy for AuPair, Attendant or Guest Suite. Enjoy the 10' Wet Bar and custom wine storage along with raised hearth Fireplace which dominate the Family Room. The new covered Front Porch with recessed lighting and paddle fans expands the outdoor entertainment space. An appealing Playhouse doubles as a significant Storage Building. Hardwood floors, remodeled Master Bath and 3- Zone HVAC are other important features.

A Different Kind of Family Portrait



"Crabs at Dogfish"

size 4' x 5'

acrylic on canvas



Joe

Toby

John

Chris

Grace

Gates

Teadi

Flash

Hank

Chopper

Tobey Frederick wanted to surprise Joe with a special 15th anniversary gift. She had been following Dave Cochran's ads and admired how he interpreted the likeness and personality of his clients, so she finally contacted him.

She learned that he worked from photos (NO sittings!) and that she could be involved in determining the background. Dave came to her home to help determine the best size for the painting and to look through photos of her family members. Tobey wanted to depict all seven dogs that she and Joe had since they were married (past and present). In the foreground, Dave painted the family's beloved bulldog, Chopper, who is constant entertainment and fun loving, just like her blended family.

The background that Tobey chose was the beautiful home they built on Plainedale Creek in Easton, MD. It reflects many of the activities that the family loves, such as eating crabs, messing with dogs and boating.

This 4ft x 5ft painting was ready and unveiled on their anniversary. Joe was completely taken by surprise and rendered speechless by this thoughtful and very personal gift.

Tobey now worries what she possibly can do for their next anniversary.

Giclee prints of this painting were given to various family members.

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— Anonymous

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MISS PIGGY is a big girl in a small body! She would make the perfect companion for active parents who don't mind doing a lot of exercise! She's always ready to play! At 4 years old, she's experienced around town and is as confident as a true diva!

LUCKY YOU! PETS



APRICAT: Need a lot of lovin' in your life? Well look no further! Apricat has all the lovin' you need! All Apricat wants in life is a purrson to call her own (and maybe some treats - but she needs to cut down on those at 17lbs!) and a nice warm bed to lay on. Think you've got what it takes?



CORY: Ready for action? So is Cory! He's one adventurous kitty, and wants to share his next adventure with you! But after all the excitement is over, he'll be ready to sit down and snuggle with you on the sofa.



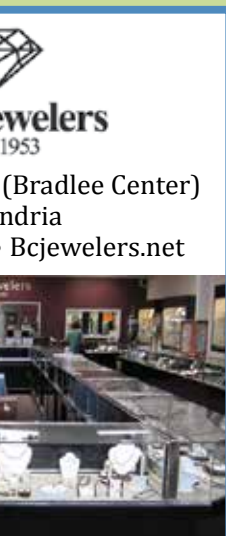
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SATURN is a sweet 2 year old short-haired cat who's just looking for somebody to love! And who could pass up that drop-dead gorgeous face? Her personality is beautiful to match, and she'll never turn down a good chin-scratch or a cuddle!



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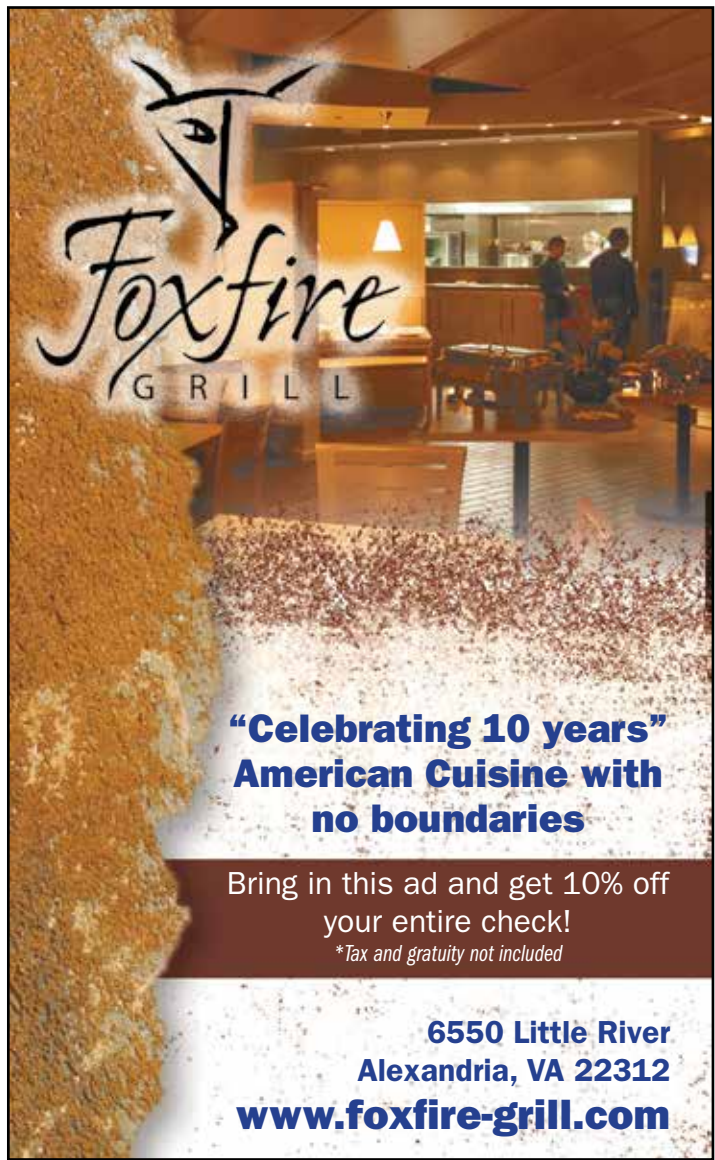
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Getting your vehicle properly inspected is essential both for your safety as well as that of all other drivers on the road. Not doing so can result in a substantial fine in one case and non-issuance of license plate tags in the other.

In Virginia there are two vehicle inspections required. One is annually and the other is every two years. One attests to the proper functioning of the vehicle from a mechanical safety standpoint while the other is designed to protect the planet's air quality.

The Virginia Safety Inspection is required annually and the program is under the administration of the Virginia State Police. However, the actual inspections are done at approved Virginia Safety Inspection facilities. The purpose of this inspection is to check all mechanical safety items on the vehicle to make sure they are operating properly.

Upon satisfactory completion of that inspection at an authorized facility a sticker is placed in the center of the vehicle's windshield designating the month and year of the inspection. It is up to the owner of the vehicle to keep track of when this inspection is due. If the vehicle is operated with a past due sticker and is observed by a Virginia police officer the consequences can result in a substantial shock to the pocketbook.

The second vehicle inspection is the Virginia Emission Inspection. This bi-annual inspection is under the administration of the Virginia Department of Environmental Quality. When it is due is noted on the vehicle registration application which is mailed to you before your license tags are due for renewal.

The purpose of this inspection is to help improve the overall air quality from potential polluting vehicle exhaust emissions. However, there are several types of emission tests depending on the year and model of a particular vehicle.

From 1996 forward the test is referred to as the OBD2 test. This stands for the On Board Diagnostic Test -- Version 2. Prior to 1996 there were two types of emission tests depending on the weight of the vehicle.

1. The TSI Test which stood for the two speed idle test
2. The ASM Test. In this test the vehicle is run on a dynamometer. This instrument puts a test load on the vehicle's drive train to simulate the vehicle climbing a slight grade. It then tests the exhaust emission at that point.

After 1996 vehicle computers were improved to the point that they could determine any malfunction while the vehicle was being driven. Thus the designation OBD2, or second version of the computer model. Although vehicles prior to 1996 had on-board computers they were not sophisticated enough to test the vehicle's emission adequately. Post

1996, the engine control module monitors certain engine functions while the vehicle is being driven. If the computer senses no problem the Check Engine light is not illuminated.



On the other hand, if there is a malfunction detected with some system within the vehicle's engine operations the Check Engine light is automatically illuminated. It is telling the driver a problem has been detected and needs repair attention.

In certain cases vehicles can be granted a waiver on the emission test depending on the amount spent to correct the problem. If that amount or more is spent and the problem still exists a waiver may be granted by the state.

However, this depends on whom has performed the corrective work. In order to qualify for the waiver the work must be done by a certified emission repair mechanic who is employed by a certified emission repair shop and then submitted to the Commonwealth for approval.

There are also certain other exceptions to the emission inspection requirements. Hybrid vehicles and some diesel powered vehicles are exempt. Plus all new vehicles acquired by their first owners are exempt from emission inspection in Virginia for the first two years of their life.

As for the cost: The Safety Inspection presently costs \$16 annually and the Emission Inspection costs \$28 every two years.

Contrary to many other things there are no allowances for holidays or weekends when it comes to the Safety Inspection due date in Virginia. Whatever month the windshield sticker designates, the last day of that month is when the Safety Inspection expires. A new one must be fully displayed on the first day of the next month for the vehicle to be legally operated.

With the emission inspection, proof of successful completion must accompany the vehicle's new registration application. Otherwise the vehicle's updated license tag stickers will not be issued -- also rendering its operation illegal.

The vehicle inspection systems are designed to protect you, your fellow drivers, and the air we all breathe. That's certainly worth an investment of less than 10 cents a day.

If you have questions about your vehicle or vehicles in general please send that request to Zebra with your name and phone number and it will be forwarded to Dennis Whitestone at Automotive Service Garage & Olde Towne Auto Body & Paint in Alexandria.

Dennis Whitestone is the owner of Olde Towne Auto Body, at 510 N. Fayette Street in Alexandria.

PET OBITS



Bilbo Baggins **Oct. 1998 – Oct. 19, 2012**

Bilbo came from the Arlington Shelter. He had been found abandoned as a 6-8 week old puppy in West Virginia in December and was brought to the shelter by a kind person. He was named Herald as in Hark the Herald Angels Sing because he was noisy during the ride. I found him at the shelter on a Friday and fell in love immediately. I was the second application. I visited him all that weekend and found out on Monday, whether it was the work of the shelter staff or some other power, the first applicants decided not to take him.

I brought my boy home and renamed him immediately. Bilbo was the smartest, orneriest, cutest, cussed-est, adorable dog ever. He was the kind of dog that belonged on TV, stealing dinner off the kitchen table or snuggling up next to you in bed. Bilbo was the ultimate bad boy that you could never stay mad at. He was known and loved by everyone he ever met. Bilbo had many appropriate nicknames. He was the Boss Dog at home, Mayor of the Utah Dog Park, and Pigpen because no matter how much you brushed him, he was always scruffy looking. There were other names but not all of them publishable.

As he got older, Bilbo developed some of the usual problems of old age. He developed diabetes, and went blind from cataracts. But, ask anyone who knew him, he was still the Mayor of the dog park. You would never know he couldn't see. Bilbo walked every inch of the park just like he owned it. It was only when he bumped into you that you realized he was blind.

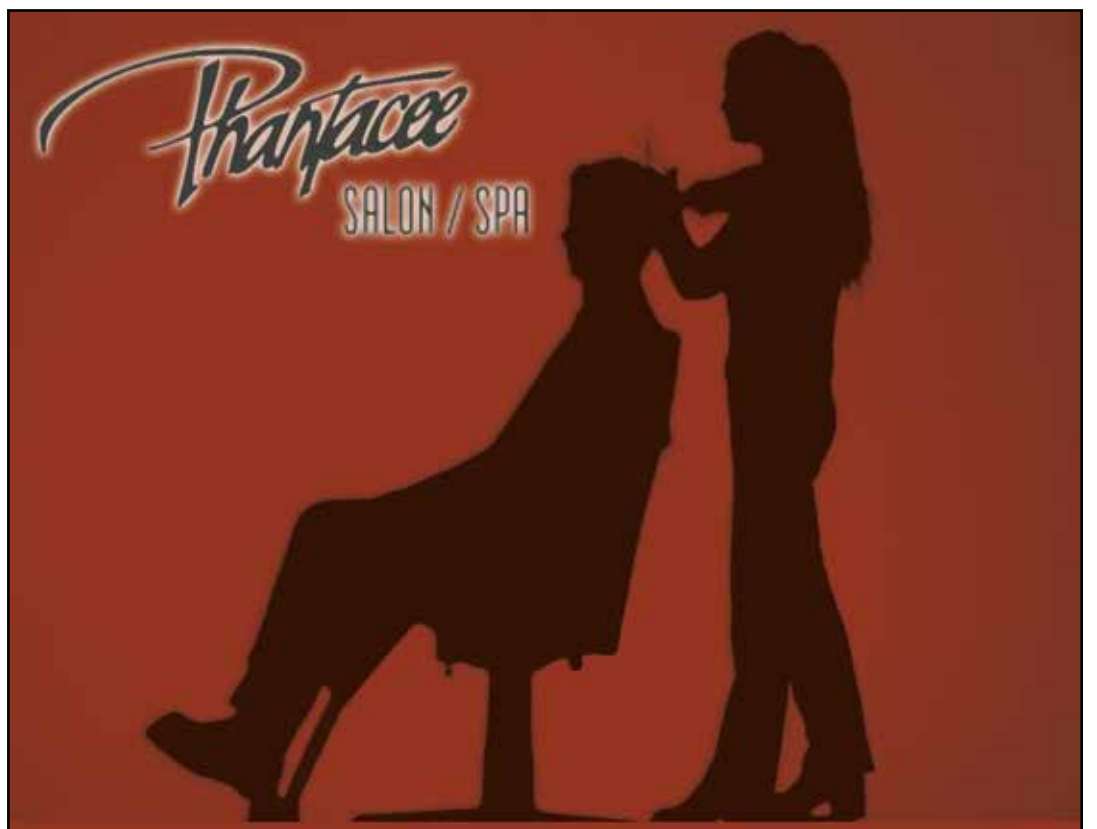
He was my best friend, a constant pain in the butt, and my sweet baby. He was the light of my life. I may have other dogs in my life but there will always be only one Bilbo Baggins.

Submitted by Debby Critchley of Alexandria

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Bathroom Redo: Craving Savings or the Urge to Splurge?



Splurge on Vetrovivo tile.

COURTESY PHOTO.

Redesigning a bathroom is a great project that will enhance the enjoyment of your home and increase its overall value. However, it’s easy to fall in love with luxurious bells and whistles, but be careful not to get in over your head.

What’s the main focus of your dream bathroom? A fabulous vessel sink? Glistening glass tile? For most, the star of the show is the tub/shower. Start with your most important element and go from there. If you just have to have your steam shower, multi-head shower system or a copper soaking tub, then work your budget around the splurge item. But be sure to consult with professionals to avoid hidden costs. Know how you can run out of hot water if you linger in the shower too long? Multi-head shower systems can use up all your hot water in the blink of an eye! While rain shower heads require a water line in the ceiling, which you probably do not have. Get a professional assessment of the entire job before you start spending.

Where is it okay to save? Light fixtures can add so much character, define your style and, if you keep an eye out for sales, are good bathroom accessories on which to save. But again, check with an electrician if you’re going for lighting that is out of the ordinary.

ter not to. This is a hard-working room with the added factor of dampness. Not the place for MDF (medium-density fiberboard), which is likely to absorb moisture. It’s worth the investment to choose solid wood bases. But the countertop itself? Great place to save! Without prejudging, take an objective look at laminate options that mimic stone very well. Since this is not the kitchen – and there will be no cutting or hot pots and pans – bathroom countertops might be a great place to be economical.

Everybody knows that plumbing issues cost a lot! Splurge on good quality sinks, faucets and toilets up front because, in the long run, you’ll actually save money by avoiding many malfunctions and repairs.

The bathroom is no place for laminate or wood flooring of any kind. Tile is the tried and true option, and is a great way to save while looking like you splurged. Again, use a reasonably priced tile, but accent it with something over the top, such as stunning glitzy glass, metallic tile or whatever you love the most.

If you’re going for a Zen retreat or nature-inspired look, you might be disappointed to have to steer clear of a wood floor. So don’t! Again, with an open mind, take a look at the latest versions of sheet vinyl flooring. Yes, it used to be tacky, but, these days, it can be anything but! Advantages are that it is one continuous piece of vinyl – perfect for a wet environment. Higher end options are sumptuously “spongy” and padded, which feel great and also make for better traction and less change of slips. Unlike tiles or stone, this flooring is not cold underfoot; it tends to be warm or neutral in temperature and will be ideal for your bare tootsies.

Comfort elements add a lot to the enjoyment of a bathroom. In-floor heating is a wonderful thing. But, while the heating system itself may not be exorbitant, remember that only tiles, stone or other hard surface flooring can be used with it, which may triple the actual overall cost.

An inexpensive splurge is a recessed, in-ceiling heat lamp placed right where you step out of the shower. It’s a yummy treat and doesn’t cost much (but will have to be properly wired by an electrician). Another great luxury item that can be easy on the budget is a wall-mounted towel warmer.

So the best plan is to focus on one main “wow” item that you can’t live without, and let yourself splurge there. But balance it with sensible savings so you feel great about your gorgeous new bathroom!

For more information, contact Ginger directly through her popular blog, coffeewithginger.com, or visit her design firm’s website, westbayinteriors.com.



Save on great lighting from Worlds Away.

COURTESY PHOTO.

A wise investment is a professional grade glass shower door enclosure. It will look neat and luxurious, capture the relaxing warmth of your shower and, best of all, offer good protection from water splashing onto your other investments, such as flooring and cabinetry.

Tiling, fortunately, is available in a very wide range of costs. Splurge on some of the most dramatic and stunning, but save by using them as accents only – a band running through a wall of sensibly-priced tiles or a medallion effect in a focal point.

Want to save on the vanity cabinetry? It’s bet-



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— Clint Eastwood



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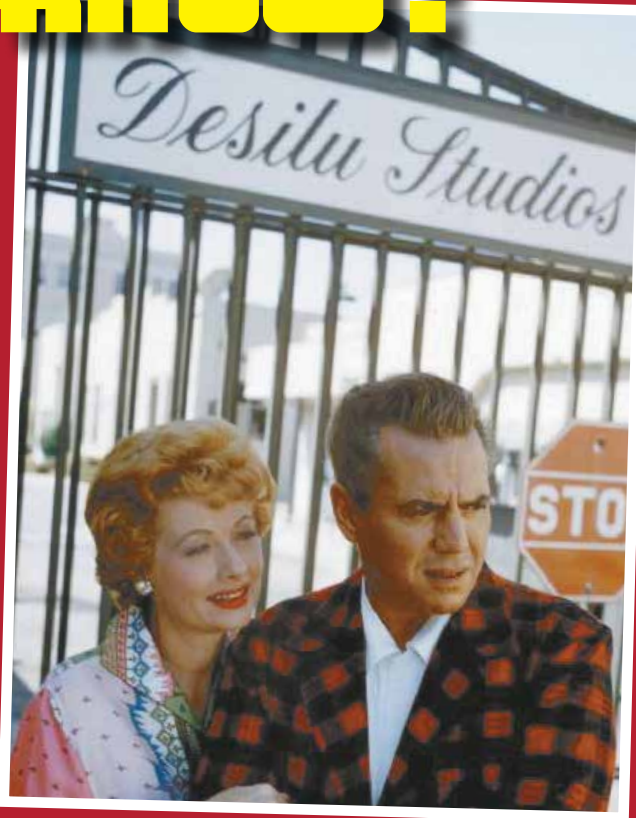
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DID YOU KNOW?



Lucille Ball and Desi Arnaz, co-owners of Desilu Productions, divorced in 1960, precipitating Arnaz to sell his studio shares to Ball. This move catapulted Ball into the driver's seat as the first female to head a television production company, making her the most powerful woman in Hollywood at the time. Writer Gene Roddenberry pitched his idea for a sci-fi, fantasy show to Desilu, entitled "Wagon Train to the Stars," and although the initial pilot was a flop, funding for a second pilot was approved by Ball herself. And you may know it. A visionary in every sense of the word, Lucille Ball believed the American television viewing audience should "live long and prosper." The first episode's story title was aptly called "Where No Man Has Gone Before," and the hour-long show was renamed Star Trek.

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I N t h e D I R T Fall Lawn Fertilizing

The fall feeding is the key feeding for cool-season grasses. Fescue (chewings, hard, red, or tall) and Kentucky bluegrass are the primary constituents of cool-season lawns. In nature, these grasses enter their most active growth period in autumn. There are two primary reasons that fall lawn feeding is so vital:



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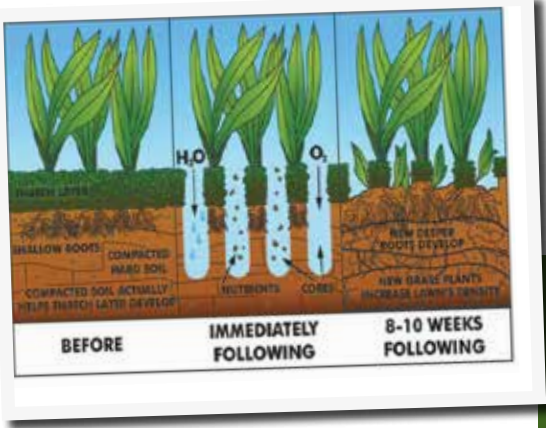
Mowing, edging, blowing — all the things you do to groom a lawn also compact soil beneath it. Compacted soil squeezes grass roots, slowly choking the life out of turf. If you have never aerated your lawn, chances are you need to — and fall is the ideal time to aerate cool-season turf.

1. Fall fertilizing feeds newly forming roots.

In early September, roots that have been sustaining grass crowns for more than three or four years die of old age. Giving grass a fertilizer boost helps nourish actively growing turf crowns and newly forming roots.

2. Fall fertilizing fuels spring greening.

During autumn, perennial plants — including grass — start shifting internal nutrients from leaves to roots. As cool-season grass kicks into high growth gear in fall, individual leaf blades generate internal nutrients, which the plants start shifting to roots as temperatures begin their downward spiral. This root-stored nutrition is what gives grass that quick green-up in spring. When you feed your lawn in autumn, you're actually fueling lush green grass next spring.



Choose Your Fertilizer

At Greenstreet Gardens, we have three key fertilizers that give your lawn the right stuff to encourage healthy root and shoot formation this fall.

Turf Trust, with water-soluble nitrogen, easily nourishes existing and newly forming turf roots. Turf Trust gives grass just enough nitrogen so there's no nitrogen-laden runoff to damage the Chesapeake Bay or its tributaries.

Ask the Greenstreet horticulturists which product is right for you.

What is aeration?

- Aerating is the process of making small holes in the lawn and soil. An aerator machine may poke holes in soil or actually extract small soil cores.
- Benefits of aeration include:
 - Allowing oxygen to reach grass roots and soil (healthy roots and soil require oxygen).
 - Opening channels so fertilizer and water can reach grass roots.
 - Loosening compacted soil.
 - Breaking up thatch.

How do I know if I need to aerate?

- Use this simple checklist to determine if you need to aerate. "Yes" responses are signs you probably need to aerate.
- Is it difficult to push a screwdriver or shovel into your lawn?
- Does water puddle on the lawn after rains?
- Is your soil heavy clay?
- Do cars regularly drive on your lawn?
- Is grass thin and patchy?
- Is the thatch layer thicker than one-half inch?

TIP BOX

- Autumn is the most important time to fertilize cool-season grasses.
- Fall lawn fertilizer is what fuels a quick spring green-up.
- Turf Trust offers grass water-soluble nitrogen, which easily nourishes existing and newly forming turf roots.
- Aeration loosens compacted soil and allows air, water and fertilizer to reach grass roots.
- Fall is the ideal time to aerate cool-season turf.
- If cars drive on your lawn regularly, you should aerate.
- An easy test to determine if you need to aerate is to stick a screwdriver or shovel into soil. If the blade doesn't slide into soil easily, you should aerate.







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“I think a midlife crisis is just a point where peoples’ careers have reached some plateau, and they have to reflect on their personal relationships.”

— Bill Murray

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— Thomas Szasz

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Artistic rendering of The Oronoco, an adaptive re-use of the former office building near the banks of the Potomac River that will be turned into luxury condos by EYA. The tiered design of the existing building will be used to incorporate private outdoor spaces for each residence. Shalom Baranes is the architect.

PHOTO COURTESY OF EYA.

When the Sun Shone Upon Alexandria

BY CHUCK HAGEE

Alexandria was once the home of the largest solar powered commercial building in the world. Today the shell of that structure is being redeveloped into what will be some of the most luxurious condominiums in Old Town. Located at 601 N. Fairfax Street, the large battleship-like edifice opened in 1986 as the home of the Sheet Metal Workers National Pension Fund. Known as the Edward F. Carlough Plaza, in honor of the former president of that organization and founder of the pension fund, it received the Energy Conservation Competition Award in 1993. It was home to the pension fund as well as a conglomerate of other businesses.

Not only was the air to water system very efficient it was also very low maintenance, according to the building’s chief engineer at the time, Dennis Miller. The secret to the system’s success was the tubular design of the collectors on the roof. “No matter what the position of the sun the tubes were always working,” he explained. Flat plate collectors do their best at collecting solar energy while the sun is shining directly on them, but the tubular design was able to collect useful energy from dawn to dusk. This was particularly significant on bad weather days and during the winter months when flat-plate design panels would drop productivity. Each tube acted much like a thermos bottle. Air was drawn into the vacuum tube and sub-

safe system. If the temperature inside the tubes reached 385 degrees the system automatically shut down. The original building contained a total of 5,810 solar tubes totaling 23,904 cubic feet. They were so well constructed that only about three tubes per year needed replacing. The primary source of damage to the tubes, according to Miller, was “the seagulls and the kids.” The blows from the seagulls were due to their droppings from above and kids did their share by throwing rocks from below. But, the sun was not the only generation source. The other was water. There were 47,340 gallons of water stored in six 7,890 gallon tanks below the second garage level. The time for the water to make one complete cycle through the tanks varied from one hour and 30 minutes for cold water to two hours and 30 minutes for hot water.

Air from the solar panels was drawn across the water coils causing the water to heat. The purpose of the hot water was to cause evaporation in a lithium bromide solution which acted as a refrigerant. As this solution cooled it flowed across a bank of chilled water tubes. This resulted in a three to five degree drop in the water temperature. The chilled water was then introduced directly into the absorption chiller. All this resulted in lower demand for electrical current. During summer months the system was able to harvest 741,000 BTU’s (British Thermal Units) per hour for an 80 percent efficiency rating. During winter months solar power supplied approximately 45 percent of the heating load by supplying hot water to the return side of the electric hot water boiler.

Solar power also supplied 75 to 80 percent of the individual demand for hot water throughout the building. The system maintained a constant 135 degree temperature for individual use of hot water. Known as a Thermal Storage System, it combined solar power with regular electric power. Dominion Virginia Power noted that the bills for the building were averaging 4.95 cents per kilowatt hour

compared to the normal fuel/electrical rate of 6.11 cents per kilowatt hour. This meant that the solar building was saving an average of \$2,800 per month on its electric bill. A non-solar building of equal size would be paying an electric cost at that time of \$18,800 per month compared to the solar building bill of \$16,000 per month, based on a rate for large industrial customers. The cost to construct the building in 1986 was approximately \$14 million. Of that total approximately \$1 million went for the solar heating/cooling system. Unfortunately all of that is now history with the reconstruction of the building. When it opens sometime in the next year the heating and cooling system will be of the conventional type, according to the construction plans. It will also no longer be a commercial structure but rather house approximately 60 residential condominiums ranging in price from \$1.4 million to \$4 million. And, tenants will be paying the regular utility bills. The rooftop solar panels are gone, as are the large water storage tanks below the surface and the elaborate circulation system. History marches on. But, not necessarily forward. Alexandria has lost its claim to fame in the solar heating and cooling universe.



The building at 601 N. Fairfax Street, which sold for \$21 million, formerly was once the world’s largest solar-operated commercial building and the home of the Sheet Metal Workers National Pension Fund, opened in 1986.

PHOTO BY GOOGLE MAPS.

At a time when the nation was facing a severe energy crisis, this 323,000 square foot structure was a beacon of light illuminating the future. Using an air-type collector system, it had a total heating and cooling budget of only \$210,000 per year, less than \$1.54 per square foot. That budget covered heating, air conditioning, hot and cold water, as well as the power used by the approximately 400 people working there daily. However, the owners did get a special rate because the building was solar.

sequently forced out by a fan. The center of each tube was metal encased in a black shield to absorb the heat. The outer casing was clear glass. Air from the solar roof-top panels was drawn across coils which heated the water which then circulated through the entire heating system. On a hot summer day the temperature inside the tubes could reach 290 to 295 degrees. Yet, because of the thermos bottle concept, the tubes could be inspected by hand. It also encompassed a built-in fail



Once the largest commercial solar powered building in the world, the former sheet metal workers’ pension fund headquarters is now being converted to luxury residential condominiums that will range in price from \$1.4 million to \$4 million.

PHOTO BY CHUCK HAGEE.



Child Orthodontics Procedure Treats Obstructive Sleep Apnea

BY DANIEL F. BABIEC, DMD, MAGD, FICOI

A recent publication (August 12, 2013) reviewed the use of a common children's orthodontic procedure, Rapid Maxillary Expansion, to treat childhood Obstructive Sleep Apnea. Dr. Zheng Xu, from the University of Texas Health Science Center, did a review of current literature and studies.

Rapid Maxillary Expansion was first described in the 1890s and is a relatively simple non-removable orthodontic appliance worn by young children and adjusted by their parents. The device widens the upper arch, teeth and bones, creating space to allow teeth to erupt and allow the tongue to have more room. As a positive side effect, since the roof of the mouth is also the floor of the nose, the nasal passages are widened, reducing the resistance and allowing more air to pass.

Childhood Sleep Apnea is usually described as a restriction of air movement and volume while a child is breathing. From the article: Obstructive sleep apnea syndrome (OSAS) is a common condition in children and can result in serious neurocognitive, cardiovascular and metabolic complications if left undetected and untreated. According to a report by the American Academy of Pediatrics, depending on the population studied, the prevalence of OSAS is in the range of 1 to 5 percent. The sequelae of OSAS include excessive daytime sleepiness, poor school performance, learning disability, attention deficit, hyperactivity, behavior problems, cardiovascular abnormalities and metabolic disorders.

In recent years, the medical profession has reviewed and recognized the use of orthodontic treatments as potentially of benefit in the treatment of sleep-based breathing disorders. Dr. Christian Guilleminault, the well-regarded head of Stanford University's Sleep Medicine Department, has published a series of articles relating sleep disturbances to cranial-facial growth disturbances, most of which dentists refer to as malocclusions, or bad bites. Multiple studies have shown the efficacy of orthodontic procedures to help alleviate the symptoms and, in conjunction with medical procedures such as the removal of tonsils and swollen adenoid tissue, to totally alleviate the symptoms of obstructive



sleep apnea in children.

The study does state that treatment may involve several modalities in order to achieve desired results.

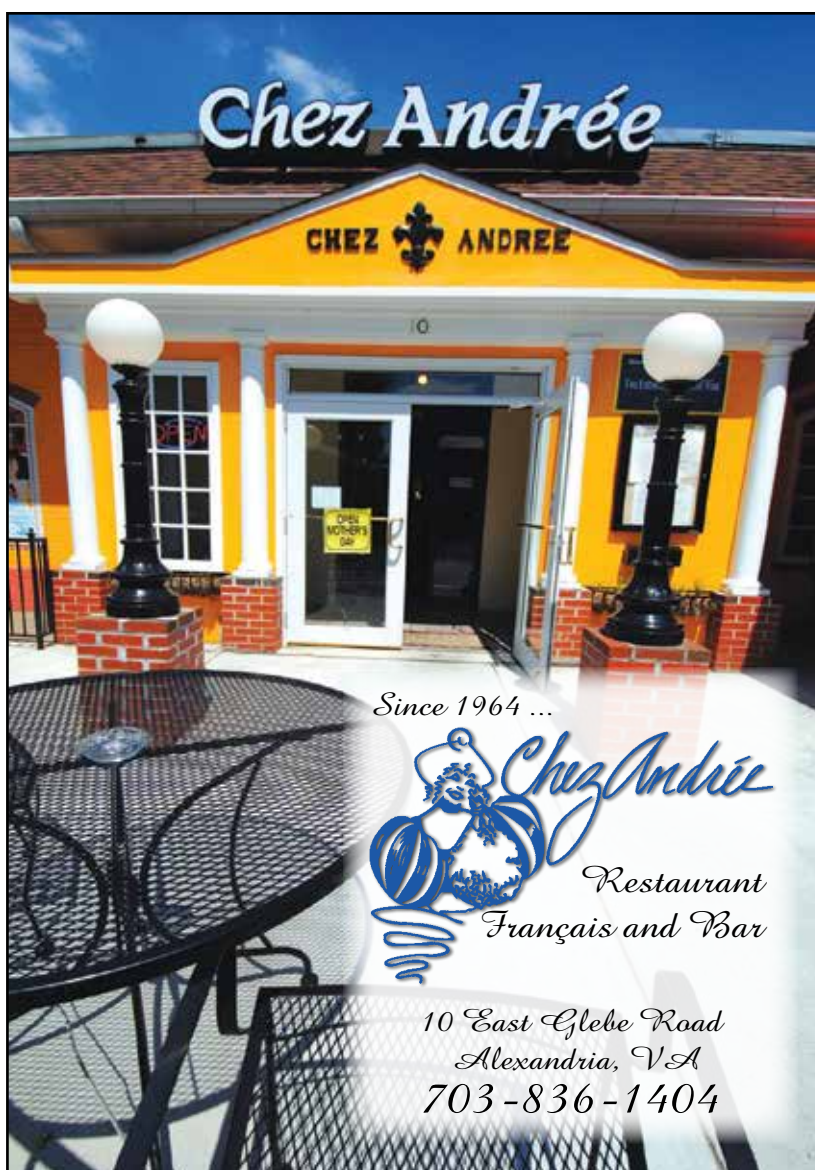
I am personally aware of two medical-center-based studies which are examining these concepts and may be enthusiastically endorsing this approach in the near future. The orthodontic appliances used are expanded versions of the Rapid Maxillary Expander. One head of pediatrics of a university-based medical center, at a recent conference, presented the significant cost benefit of this approach compared to a medical-based only approach. He further showed the long-term medical cost differences between treated and untreated children, which can run 400 percent more in untreated children.

What I find most interesting is that there were a lot of articles published in the 1980s about the relationship of airway problems and developing malocclusions (bad bites), but they, for the most part, were not given broad notice. It has taken decades for this research and their authors to come again to the forefront of current medical thinking. Hopefully, this time it will become a universal and accepted part of medical/dental thinking and practice.

The study may be read in its entirety at: <http://www.jscimedcentral.com/Dentistry/Articles/dentistry-1-1010.pdf>. This article is also available online at: <http://bradlee-dentalcare.com/zebra-magazine-sept2013.html>.

Daniel F. Babiec, DMD, MAGD, FICOI is a partner at Bradlee Dental Care, 3690 King Street, Suite KL in the Bradlee Shopping Center in Alexandria. If you have questions, please contact our office at 703/820-0809 or visit us on the web at www.BradleeDentalCare.com.

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We champion at-risk children by fostering the skills and habits needed for success in school and life. Our vision is that ALL children come to school healthy and prepared to learn. RunningBrooke is a 501(c)(3) helping greater-Alexandria's neediest kids. To learn more visit www.runningbrooke.com

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Guest Speakers:
Alexandria Mayor William D. Euille

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Bart (and now Brooke!) is one of the few people to have completed races on all seven continents. In 1987, Yasso won the U.S. National Biathlon Long Course Championship and the Smoky Mountain Marathon in 1998. He has completed five Ironman competitions and the Badwater 146 through Death Valley. Bart has also cycled, unsupported and by himself, across the country twice, and is the creator of the infamous Yasso 800's.

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Attire for the event is casual dress.

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A R T S



George Washington Loans His Art Yet Again

After more than half a century of delighting millions of visitors touring George Washington's mansion, two of the first president's landscape paintings by British artist William Winstanley, are on view at the National Gallery of Art in Washington, D.C. Washington's two landscapes are on view through January 2, 2014, in the West Building of the National Gallery of Art adjacent to the Kaufman Collection. Purchased by Washington in 1793, these images of the Hudson River were first displayed inside the president's house in Philadelphia and then brought to Mount Vernon upon Washington's retirement from the presidency.

"We are thrilled to collaborate with the National Gallery of Art, to make these significant early American landscape paintings available to new audiences, outside Mount Vernon," said Mount Vernon's curator, Susan P. Schoelwer. "For the next few months, art lovers have an unprecedented opportunity to admire these two landscapes in a gallery setting, offering fresh perspectives on George Washington and the emergence of landscape art in America."

The first president acquired the two landscapes from William Winstanley, paying the English immigrant artist 30 guineas or \$140 on April 6, 1793. In a letter written at Philadelphia three days later, Alexander Hamilton commented on seeing the canvases in the president's house, "There are two views of the situations on Hudson's River painted by Mr Winstanly (sic), in the drawing Room of Mrs. Washington, which have great intrinsic merit..."

With their tranquil beauty and picturesque composition, Morning and Evening were fitting images for a room in which the Washingtons received official visitors. Identified as views along the Hudson River, the luminous canvases proudly proclaimed the president's passionate love of landscapes—both natural and cultivated—and his fervent belief that nation's natural resources represented the key to its future greatness.

At the time when the fine arts in America were still in their infancy, Washington established a distinctive collection. During his term as president, he deliberately sought out landscape compositions, a marked departure from prevailing preferences for portraiture and history paintings (which were considered the most elevated genre). In addition to Winstanley's Morning and Evening, he acquired a total of five other land-



scapes: two other river scenes by Winstanley; Moonlight, a romantic nocturnal scene by an unknown artist; and two views of the Potomac River, by another immigrant English artist, George Beck.

After Washington's retirement from the Presidency, all seven of these paintings hung in his impressive "new room," at Mount Vernon, making this space effectively the earliest gallery of landscape paintings in America. Not until nearly a generation later—with the art of Thomas Cole and the Hudson River School—would landscape art emerge as a popular genre in America.

Morning and Evening returned to Mount Vernon in 1940, after being passed down through several generations of Martha Washington's descendants. Since that time they have hung over the doorways in Mount Vernon's new room (or large dining room), together with four other landscape paintings that Washington also placed in the room. As part of a year-long restoration of the new room, both the canvases of Morning and Evening and their gilt, rococo-style frames (thought to be original) have recently been cleaned and conserved.

The paintings' display in the West Building of the National Gallery of Art places them adjacent to the Kaufman Collection, which comprises one of the largest and most refined collections of early American furniture and decorative arts. The two landscapes Morning and Evening predate by decades the earliest American landscapes in the Gallery's collection. Both paintings will return to Mount Vernon following the expiration of the temporary loan, where they will be reinstalled and on view for the unveiling of the restored large dining room, or what Washington referred to as his "new room," in early 2014.

Zebra Introduces Comic Strip

Paris White was born in Washington D.C. and is a professional writer and artist. Zebra proudly introduces his comic strip, A Dog's Life in this issue. White developed his love of comics by reading them all his life in the Washington Post, and always dreamt of having his own strip someday. Encouraged always by his father to pursue his talent as an artist, the 39-year old White says, "My goal is to bring a little laughter into the life of all who read my strip, and I'm proud to debut it in Zebra because I'm pretty sure it's a fun publication and that we'll be a great fit."



Paris White

CAT

IN A BOX



Here's Melly Boy in a basket, one of his favorite spots. Melly is no longer with us, but he will never be forgotten.

– Devon Cain, Alexandria, Virginia

Send your **Cat in A Box** photos to mary@thezebra.org and we'll get them published as soon as we can.

This is a reproduction of an 1861 woodcut image of Alexandria, Virginia. The original was hand-colored by resident artist Todd Healy and is available framed for \$195.



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Artist & Framemaker

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September 29 SpeakeasyDC presents "What Was I Thinking?" <small>A night of hilarious true stories about mistakes, missteps, and things that went horribly wrong</small> 7:30pm \$20.00	September 30 The Wailin' Jennys 7:30pm \$39.50	1 Mediaeval Baebe 7:30pm \$25.00	2 BoDeans 7:30pm \$29.50	3 Wil Wheaton vs. Paul & Storm 7:30pm \$27.50	4 Colin Hay 'Finding My Dance' Tour 7:30pm \$35.00	5
6 Colin Hay 'Finding My Dance' Tour 7:30pm \$35.00	7 BWB featuring Norman Brown, Kirk Whalum, Rick Braun 7:30pm \$49.50	8 BUDDY GUY 7:30pm \$69.50	9 The Birchmere & SoulBird Present A SongVersetion with india.arie October 30 • 8pm WARNER THEATRE, Wash, DC Tickets @ Ticketmaster.com/900-745-3000	10 Jorge Drexler 7:30pm \$35.00	11 in the FlexStage The Gourds w/ special guests Gangstagrass 7:30pm, Doors 6pm \$25.00	12 The Whispers 7:30pm \$75.00
13 Over The Rhine w/ Tift Merritt 7:30pm \$29.50	14 Phil Vassar (Band) 7:30pm \$45.00	15 Kenny G 7:30pm \$65.00	16	17 Vanessa Carlton w/ Patrick Sweany 7:30pm \$29.50	18 Herman's Hermits starring Peter Noone 7:30pm \$45.00	19 Keiko Matsui 7:30pm \$39.50
20 Ralph Stanley & The Clinch Mt. Boys "Man of Constant Sorrow Tour: The Dr's Farewell" 7:30pm \$35.00	21 Rickie Lee Jones 'The Devil You Know Tour' w/ Jonah Tolchin 7:30pm \$39.50	22 Lizz Wright & Raul Midon 7:30pm \$35.00	23 Hugh Laurie 7:30pm \$79.50	24 Madeleine Peyroux 7:30pm \$55.00	25 An Evening of Bluegrass featuring Noam Pikalny, Bryan Sutton, Jesse Cobb, Luke Bulla, Barry Bales 7:30pm \$35.00	26 DAVEN'S NIGHT 2013 THEM VILLAINS Bellydance, variety & more! 5:30pm \$25.00
27 Russell Moore & IIIrd Tyme Out and Sleepy Man Banjo Boys 7:30pm \$27.50	28 PETER WOLF 7:30pm \$35.00	29 The Piano Guys 7:30pm \$39.50	30 AMERICA w/ John Flynn 7:30pm \$69.50	31 Marc Broussard w/ Jenn Grinels 7:30pm \$35.00	The Birchmere Presents 2CELLOS Saturday, October 19 • 8pm @ Lisner Auditorium Tickets On Sale Now @ Lisner.org or call (202) 954-6300	
					JAKE SHIMABUKURO Sunday, November 24 • 8pm @ Lisner Auditorium Tickets On Sale Now @ Lisner.org or call (202) 954-6300	

UPCOMING EVENTS

ARLINGTON CHAMBER OF COMMERCE

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Tuesday, October 22
Fort Belvoir Golf Club

Includes 18 holes of golf, cart, food & beverages throughout the day, and a BBQ dinner.

One of the Chamber's premier events, the Fall Outing is a chance to mix and mingle with Chamber members while enjoying a day of golf. Take advantage of this opportunity to step out of the office and gain valuable exposure for your company. For more details, call 703-525-2400 or visit our website.



Friday, October 4 from 11:30am-1:30pm
WETA

Join us and get back to basics to examine how to promote your business and elevate yourself as a thought-leader through quality writing and effective story-telling. Learn how to strengthen your writing skills for emails, newsletter articles, blog posts, promotional copy, or other writing opportunities. The event will feature a panel of marketing experts. Presented by the Chamber's Communications Council.

Monthly Networking Events

For more details about these events and more, visit: www.arlingtonchamber.org.

SMART Start - free

Thursday, October 3 from 4-5:15pm
Chamber Board Room
Learn how to meet your business goals through opportunities at the Chamber.

Breakfast Connection

Combined with the Alexandria Chamber
Thursday, October 10 from 7:30-9:00am
Holiday Inn Rosslyn
Share a 60-second elevator pitch, develop new prospects and gain exposure.

Business After Business

Thursday, October 24 from 5-7:00pm
Residence Inn Arlington Ballston
Connect with fellow professionals while enjoying beer, wine, food, and networking.

Intellectual Property Seminar: Advertising Laws

with Ashley Dobbs
Intellectual Property Attorney
Bean, Kinney & Korman

Thursday, October 31 from 7:30-9:30am
Chamber Board Room

Join the Arlington Chamber on Thursday, October 31 to discuss intellectual property regulations and how to protect your business. Intellectual Property Attorney and former business and marketing consultant Ashley Dobbs from Bean, Kinney & Korman will serve as the expert speaker for this workshop focused on advertising laws.

TO REGISTER: Visit www.arlingtonchamber.org/events or call 703-525-2400.

Please Note: Registrations after 12pm the day before will be charged a convenience fee.

4600 Fairfax Dr., Suite 804 | Arlington, VA 22203 | 703-525-2400 | chamber@arlingtonchamber.org | www.arlingtonchamber.org

Quality and Value Art at Studio Antiques & Fine Art



BY ROBERT F. MURRAY

My interest in Max Weyl, born in Germany in 1837, is one of artist in the work of another artist. I hold a definite attraction to fine painting of any style. I know Weyl, however, by having the continual satisfaction to see a couple of his paintings among the elegant collection of antiques and fine art at Studio Antiques & Fine Art, 524 North Washington Street, Old Town Alexandria, (703.548.5188).

Weyl immigrated to America in 1853. He went to Williamsport, PA. with his family and later in 1861 to Washington, D.C., where he made a living as an itinerant watchmaker. Although at 24 he had made enough to invest in his jewelry store at Third and Pennsylvania Ave, N.W., his real passion was to paint and eventually, it became his career.

By 1878, Weyl's paintings of Rock Creek and the Potomac River banks gave him great recognition. He went abroad to further his talents and became associated with the Barbizon School that included the famed Daubigny.

Beautifully rendered, Weyl's landscapes are possibly among the finest in Studio's extensive vintage painting collection, offering the collector an intimate glimpse of masterpieces of the past. Only a true artist is aware of the applications of the color 'green' in all its hues that require skill in its proper usage.).

The familiar summer and autumn tones are subtly suspended from the trees in his reaching landscapes. Many of his works are found in the Corcoran Art Gallery, the Cosmos Club and the National Trust for Historic Preservation.

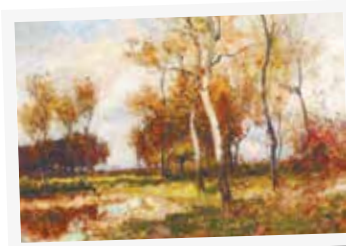
In the same area at Studio you'll discover another noted Washington artist of the late 19th century, Benjamin B. Moore. He and Weyl studied together and met equal renown. Moore's work reached the Corcoran, The National Museum of Natural History, the Bibliotheque Nationale de Paris and The White House itself.

Moore's field colors and open air compositions, as in his "Descending Ducks" propel nature into a room and demonstrate that kind of painting you never tire seeing.



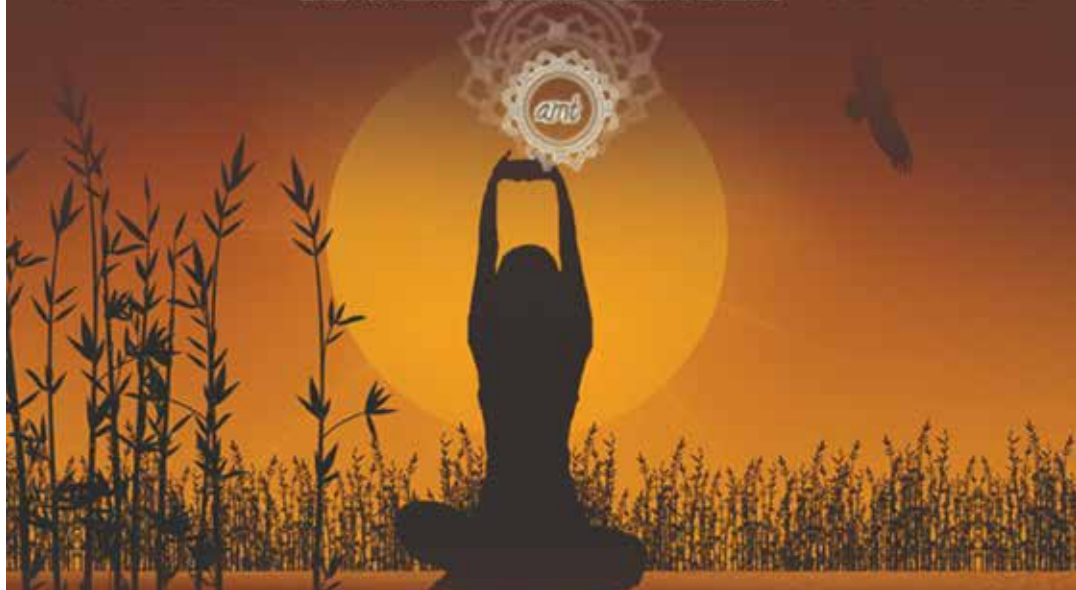
It's been said that an artist chooses his subject matter as a way of 'praising.' We, in this Washington Metro Area, are surrounded by so much natural beauty that it is taken for granted.

These two painters praise our surroundings and take keen, maybe intentionally obscure, timeless fleeting joys of nature and place them onto lasting canvas. Your visit to Studio Antiques & Fine Art will turn your tastes and awareness into priceless appreciation for fine furnishings and other quality art found in many of our area's fine homes.



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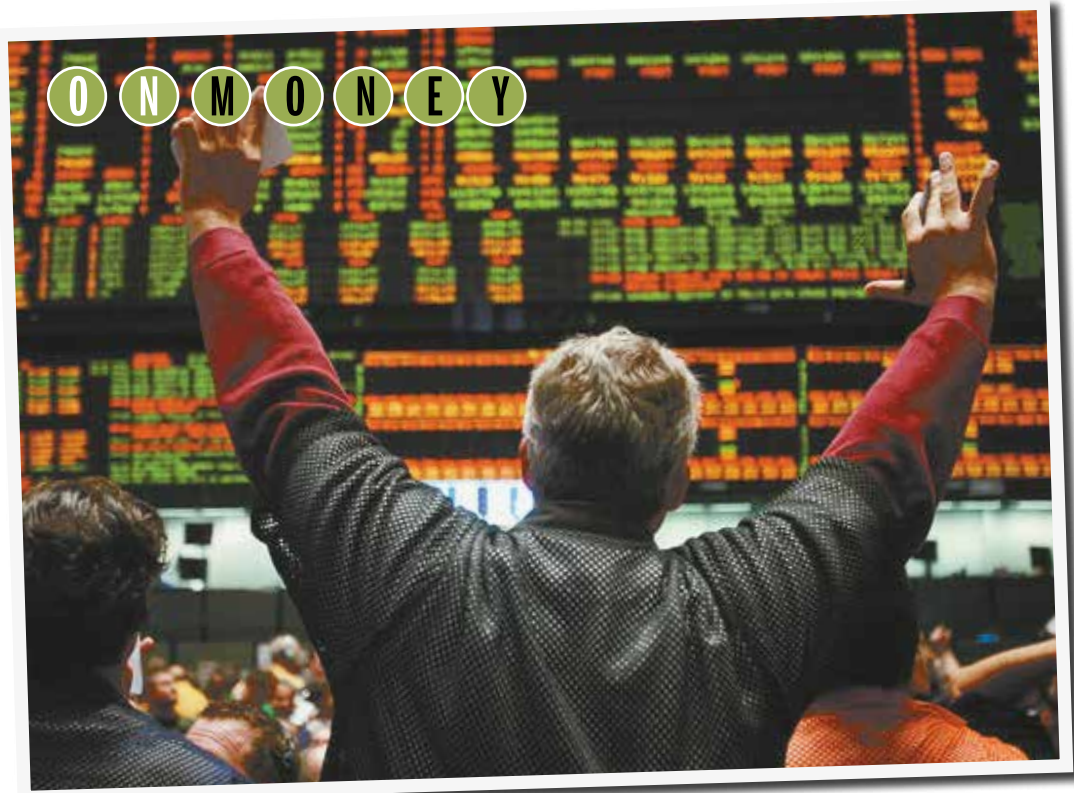


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Let's Look at the Good News...

Usually the market drops for September, a month so notable for its sinkholes it considered changing its name to Florida. The Wall Street Journal reports that in the past 116 Septembers, the market has declined in 67 of them. The average decline for September is 1.1%.

This past September, the Fed has stepped in to save the day. After announcing that it would continue its easy money policy, the market jumped with the DJIA eventually reaching a new high closing at 15,676.94, before pulling back in recent days. But is Fed easing the only bright spot, isn't the Fed Quantitative Easing policy in place because the economy is sluggish? So does this mean we are doomed to sleepless nights for another 30 days? Or is there good news on the horizon?

As often happens in real world multiple choice tests, the answer is "yes."

Sure there's some good news. Even reason for optimism. After all, housing numbers have been positive, particularly in our area. Consumer sentiment is forecast to be revised upward from 80 to 80.5. And second quarter GDP grew by 2.5% versus 1.1% in the first quarter, and ahead of the 1.7% that had been projected. That last bit means that we have finally reached the per capita output peak of 2007. 2007? That was six years ago. A newborn at the time we last hit this level of GDP would be headed into first grade.

In her August 22 quarterly report on the Economic Recovery for the Council on Foreign Relations, Dinah Walker puts things in perspective. Put simply, since World War II this is the worst recovery that we have seen. Housing prices are 7% lower than they were at the start of the recovery. GDP growth is half of what it has been in previous recoveries. The Federal Budget Deficit was greater than every other recovery for much of the past four years. All of which is bad, right?

Yes, but...
According to the same CFR report the budget



STEPHEN MEMERY

deficit has been reduced significantly over the past few months making it lower than the recoveries of 1980 and 1982, housing prices rose again in the first quarter, and household debt is below 2009 levels. In addition to this we have seen unemployment move down from 10% levels into the 7% range. In the first week of September, the latest unemployment numbers will be released and will

be looked at very closely. As we addressed in this space in July, solid unemployment numbers may show that the recovery has taken hold enough for the Federal Reserve to begin pulling back from its aggressive bond buying, known as quantitative easing, allowing interest rates to rise.

Now, is that good or bad? Again, the answer is "yes."

When it comes to your retirement plan and other investments, it's not whether the news is good or bad, it's how well your portfolio can manage those risks. To paraphrase an English playwright speaking as a Danish prince, is it better to suffer the slings and arrows of a random market, or take actions to protect your portfolio, and in so doing make the risk manageable.

That is the question.
There will always be risks in the market. With these risks come opportunities. Some opportunities are worth the risk, some are not. Some risks are best met with a defensive approach others with an opportunistic shrewdness. The best decision you can make is to have a candid conversation with a financial advisor who understands the difference, and will help you plan to succeed.

Stephen D. Memery is a Chartered Portfolio Manager and Chartered Market Analyst with more than 20 years experience in the financial industry. He is a founding partner of OV Capital in Old Town Alexandria. He is on the web a www.ovcapital.net and can be reached at 571-312-8780.

"The richest man is not he who has the most, but he who needs the least."

— Unknown Author



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— Rabbi Isaac the Blind



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"I think it's a sad loss that men have such an aptitude for love coupled with such an inability for managing it properly."

— Dame Maggie Smith as Lily Marlowe, *Curtain Call*

“You must be the change
you wish to see in the
world.”

— Gandhi

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ARLINGTON & ALEXANDRIA, VA - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called *27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar*. It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

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LEGENDS

Living Legend Richard E. Merritt

By Lou Cook

Born in 1943 in Greenville, Texas, Richard E. Merritt grew up in the Bellaire section of Houston and attended Austin College in Sherman, where he earned a B.A. in psychology. He joined the Peace Corps as a volunteer in India, and was assigned to community development as an extension officer helping to improve crop yields.

“Ironically I grew up in an urban environment,” he said. “But there were problems with developing agriculture and teaching Indian farmers to build confidence in new development projects, primarily wheat and sorghum. With these, we hoped to show a significant difference in crop production.”

Merritt was posted to Gujarat Province in Western India on the Arabian Sea helping people find and obtain resources and purchase seed. The experience changed his life.

“You make of it what you will, and I tried to open myself up as much as I could,” he said. “I came out a much better person. It taught me so many values and traits: Patience, tolerance, confidence, independence and empathy.”

India also taught him one of Gandhi's guiding principles: “The best way to find yourself is to lose yourself in the service of others.”

On his return to the States, Merritt studied international relations and law at Tufts University, but decided against a Foreign Service career. Instead, he became a research associate at the National Legislative Conference, a trade association that represents the interests of state legislative bodies. He served from 1972 to 1975. Then came a role as staff director for human resources at the National Conference of State Legislatures from 1975 to 1980. From 1980 to 1996, he was director of the Intergovernmental Health Policy Project at George Washington University. He then spent 10 years as director of the Forum for State Health Policy Leadership with the National Conference of State Legislatures.

He lived in Arlington for almost 17 years, and moved to Alexandria 18 years ago. Throughout his career, Merritt has been a community volunteer and has served on a number of boards including the Visiting Nurse Association of Northern Virginia, Hospice of Northern Virginia and Inova Health Systems. He is chair of the Alexandria Public Health Advisory Commission as well as chair of the Clean and Smoke Free Air Coalition of Alexandria, which is part of the Partnership for a Healthier Alexandria.

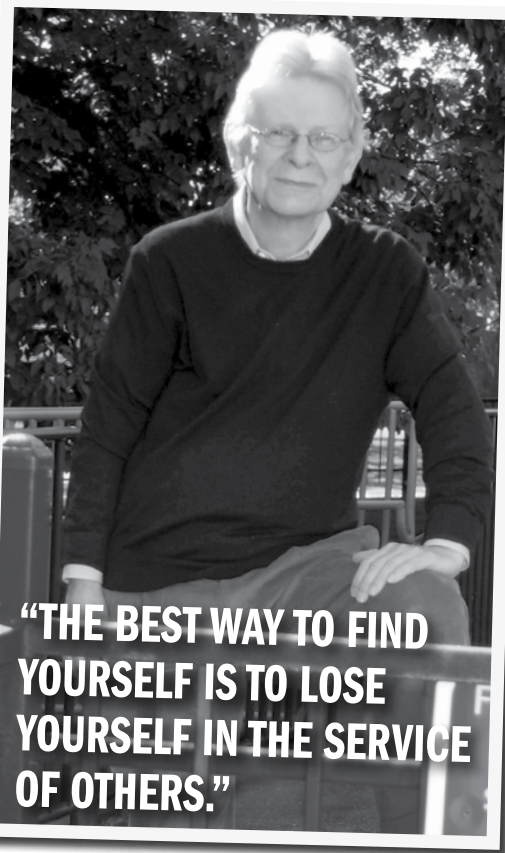
Former Alexandria City Councilmember Mel Bergheim said, “Merritt is always on top of the subject.”

Merritt stated, “I only agree to chair a group if people will help in actually doing a job, such as improving respiratory health for children and youth, improving tobacco control efforts, helping to check the increase in child obesity, and increasing access to preventative care for physical, oral, mental health and primary care.”

He intends to spotlight those issues in his current positions as chair of the Alexandria Public Health Advisory Commission and chair of the Alexandria Coalition on Clean and Smoke-Free Air.

“We are attempting to motivate smokers to quit, and have put up signs in parks, playgrounds and bus shelters with information on where to find confidential information on quitting,” he said. “We hope Alexandria will be the most smoke-free city of its size in America by the end of 2015.”

Dr. Stephen Haering, director of the Alexandria Health Department, insists, “Richard's work has been dependable and tireless. He is a dogged advocate, concerned about Alexandria's vulnerable populations: Children, the elderly, the economically disadvantaged and socially isolated.”



Haering sees these characteristics as determinants of individual health. “There is a growing body of evidence showing their negative effects on an individual's well-being.”

“I joke that while I'm working on organization, administration and policy development advocacy, Richard is actually doing public health,” Haering said. When it was time to post quit-smoking signs in playgrounds and parks, volunteers were scarce. Merritt drove Haering around Alexandria to post the signs. You don't get more “boots on the ground” than that.

Arlene Hewitt, who serves on two public health committees with Merritt, describes him as, “... one of the most extraordinarily dedicated citizens in Alexandria. He goes to the nth degree to pull everything together. Dick is an icon and an example to all.”

Merritt is a Washington Nationals fan and participates in fantasy baseball. He is also an antiques appraiser, specializing in early American furniture. He is accredited as an antique furniture appraiser by two national, professional appraiser associations. He has taken a special interest in 18th-century Philadelphia furniture and is currently writing an article on a very early Philadelphia cabinetmaker.

He has worked with all the major auction companies in the area, and accepts assignments that interest him, mainly regarding pieces from 18th-century Philadelphia. He seeks to see and understand private collections and has found some exceptional ones, even right around the corner.

“About two years ago, I had an appraisal at a big estate right in the heart of Old Town. I walked into the house and felt a chill running up my spine.” Among other treasures, he found a set of six very early Queen Anne side chairs. Merritt said it is unusual to find that many still together.

However, he will not neglect his public service. “I intend to remain active in helping improve the health and well-being of our wonderful community by emphasizing prevention and early intervention in city policies and programs. The city was recently honored for the fifth year in a row as one of the 100 Best Communities for Young People in America. In receiving the award, Mayor Euille said he wants to see Alexandria become number one in that category. I think that's a terrific vision, and I'd like to play a role in making that happen.”

For further information regarding the Living Legends of Alexandria, visit alexandrialegends.com.



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“The third-rate mind is only happy when it is thinking with the majority. The second-rate mind is only happy when it is thinking with the minority. The first-rate mind is only happy when it is thinking..”

— A. A. Milne

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Empty Waterfront Food Pavillion to be Transformed

If Annapolis restaurateur Larry Ray can convince the City Council in December, the ghost-town-like Torpedo Factory Food Pavilion at the Alexandria City Marina may soon be transformed into his restaurant, called the Blackwall Hitch, named after a knot used to tie vessels to shore.

“When I was introduced to Alexandria, I immediately fell in love with city and this project,” Ray said. “It’s an exciting business opportunity and I see this being a hugely successful endeavor.”

Ray said he’s looking to secure a chef of some renown to offer a variation of New American Cuisine with locally sourced ingredients. Baked goods will be made on site, and the menu will offer some vegan and gluten-free options.

A wide selection of craft beers, international wines and specialty cocktails will be offered and there are plans for live music.

Ray and his partners are proposing a multi-million dollar overhaul of the building, maintaining glass for vistas of the waterfront and utilizing

much of the outdoor area for patio dining. On the ground floor, there are plans for retractable glass walls. Upstairs, there will be a mezzanine lounge.

As part of the proposal, the interior will be separated into several different dining areas, including a raw bar and chef demonstration area. An interior bar will open into an exterior patio, and there are plans to utilize the gazebo in some way.

“It’s our intention to offer a more welcoming façade out front,” said local architect Dennis Burns, who was brought on to plan the transformation. “We’ll rebrand the building so people don’t know they’re going into a food court. ... On north end of the building, it’s our intention to make the back patio a real functional dining area.”

Ray said if the approval process goes smoothly, Blackwall Hitch could open as early as late summer or early fall 2014.

The nearby Waterfront Market and Cafe, the brainchild of Bittersweet’s Jody Manor, is expected to open in the Torpedo Factory Arcade in mid-November.

The Great Pumpkin Contest

Kids! Take a Guess!

The child who correctly comes closest to guessing the weight of the GIANT Pumpkin at Ramparts, located at 1700 Fern Street in Alexandria will win a party for him or herself PLUS 6 of their friends. Entry forms and the pumpkin itself is located just inside the entryway of the Ramparts Grille door. Contest finishes October 31, 2013.



Happy Hour
Everyday From
3:30pm-9pm
all food & drinks
\$6 and under
(Closed Sundays)

Private and Semi Private
Rooms available

Salads, Sandwiches
and Sides
\$8.95 and under
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Modern Italian Cuisine
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Drive | Arlington, VA 22202 | P.571.431.7090
F.571.431.7087 | korarestaurant.com

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4044 Campbell Ave. • Arlington, Virginia 22206
Tel 703-894-4401
www.aladdinseatery.com

**Los Tios
Grill**

Sun-Thurs: 11am-10pm
Fri-Sat: 11am-11pm
Lunch Time: 11am-3pm
• Call for Carry Out •

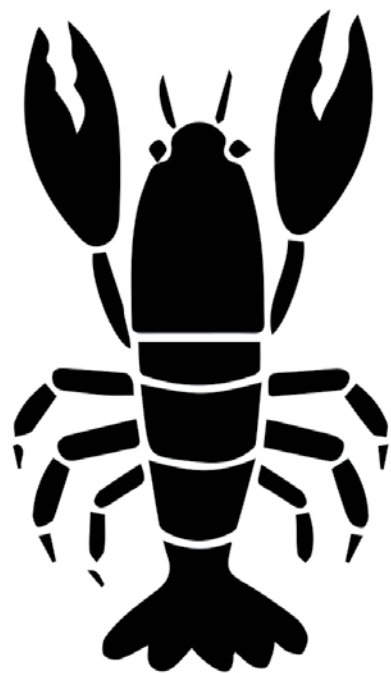
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201 Harrison Street Southeast
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(571) 291-3652

www.LosTiosGrill.com

TUESDAY LOBSTER NIGHT



\$45
3 courses



Autumn Squash Soup
or
Mixed Green Salad



Roasted Lobster Tail
with Vol-au-Vent
Lobster Veloute & Leeks.

Sauteéd Green Beans
Corn Bread



Sweet Slice
or
Seasonal Dessert



Kindly Note:
Lobster Dinners are reserved in advance and priced per dinner.
www.societyfair.net

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Z

HOTNESS OF THE MONTH

Recently, I picked up some El Diablo Hot & Spicy Mustard at the local Giant. This mustard is awesome for its flavor and heat. Manufactured by Mizkan Americas, it is made from distilled vinegar, water, number 1 grade mustard seed, brown sugar, habanero chili puree and spices. This mustard was the bronze medal winner in the 2013 World Wide Mustard Competition Exotic Category. The El Diablo heat is incredible – a three on my heat sauce scale – tabasco being a one.

Why not close out the grilling season and celebrate by adding some El Diablo to your chicken marinade or barbecue sauce. It offers a wonderful taste and bite, and will take a regular chili dog to a tongue-tingling intensity dog. Try some on a hot pretzel, or add it to a dip for veggies and chips to give some zing. Take a regular ham on rye to a heated and spicy “hot” ham on rye. This mustard is great on any sandwich or dish in which you would use mustard. I also add this mustard to baked beans. Better yet, spice up your coleslaw by adding a teaspoon of El Diablo to your regular recipe.

If you like a little heat with great mustard flavor, you will not regret trying this incredible hot sauce. Also available at mizkan.com.

HEAT INDEX

Contributed by Mike Sade

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mortals will love!

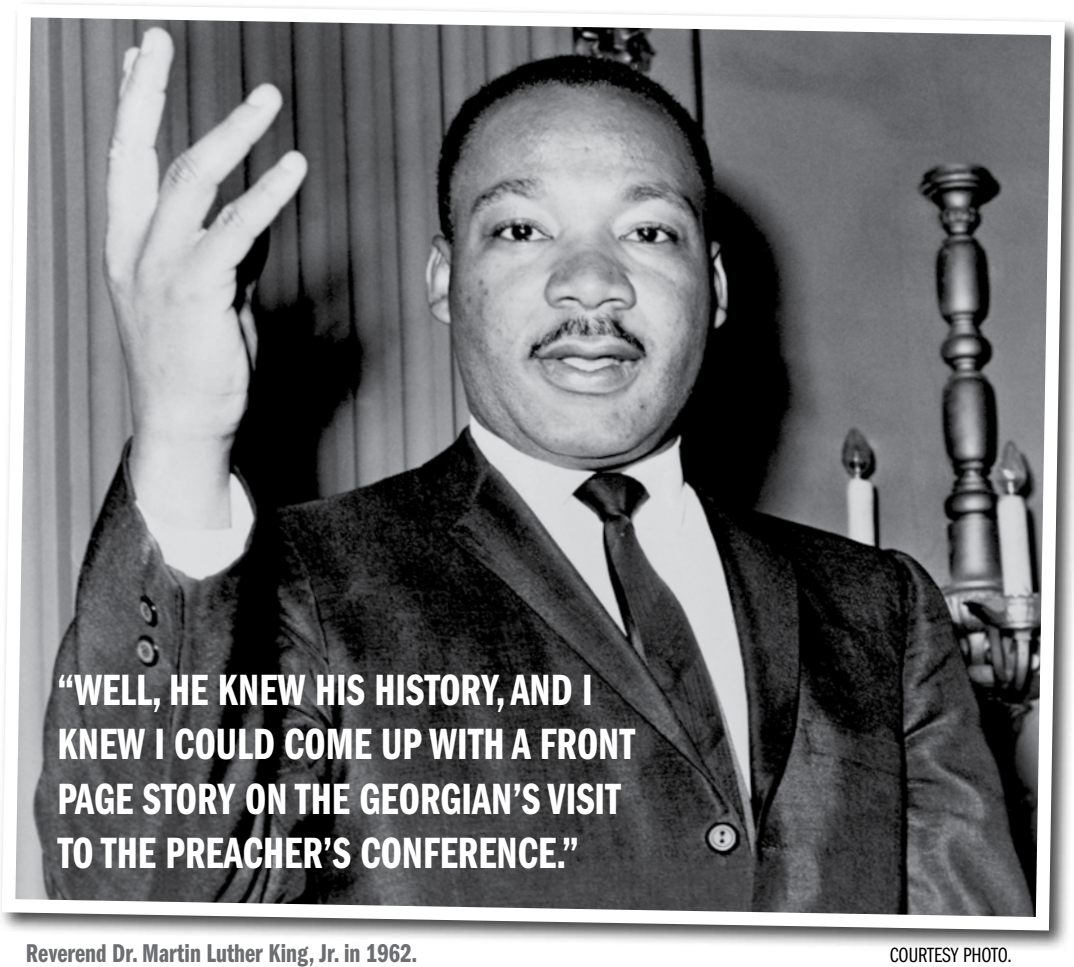


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Sunday: 11AM-9PM
Happy Hour:
Monday- Friday 3PM-7PM

Free dessert with 2 meals

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(703) 664-0305
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An Afternoon with Martin 50 Years Ago

It’s a warm June afternoon in 1962. At about four o’clock, I was in the vestibule of the Hampton Institute Chapel. A light breeze flowed through the windows that were raised about 12 inches. Martin, as he was called by his colleagues that day, was waiting to speak to the Annual Hampton Institute Ministers’ Conference. About 100 clergymen from across Virginia, dressed in dignified dark suits, chatted as they listened to the organ music of the Institute’s music director, an internationally acclaimed musician.

I took advantage of the interlude and introduced myself to Martin as a reporter from the Newport News Daily Press. We shook hands, and I thought it would be time saving for me to get a quote or two from him in advance of his remarks. He was pleasant, commenting at how nice the Hampton weather was.

He said it was his first time in Hampton, Virginia, first time at the Institute (today Hampton University) near the famed Fort Monroe. Martin added that it was the fortress that imprisoned Jefferson Davis, president of the Confederacy.

Well, he knew his history, and I knew I could come up with a front page story on the Georgian’s visit to the preacher’s conference.

After some 20 minutes, the conference leader brought Martin to the platform. I remained on my front row seat. Much to my surprise, I was the only journalist in the building. I was also the lone Caucasian in the half-empty chapel. No other media figured it was an event to cover. No photographer came to record the event. In my mind, I was a bit excited – not so much about the speaker and speakers, but my first front page story, an exclusive mind you, begun with a pleasant handshake and good talk. No other news seemed to be breaking that afternoon, and I kept counting on a front page byline.

These were the days before mobile telephones, the Internet and cable. We had only three television stations in Tidewater and one radio news station. Both the morning and afternoon newspapers were owned by the same company. I was all alone today, and I would have the jump on other Tidewater, Virginia news hounds.

Anxiously, I took notes on cheap yellowed paper, trimmed from newsprint for note-taking and folded three ways so as to fit in my suit coat. At 22, I knew I was enjoying what I thought may be a booming career.

Martin walked off the platform after 45 minutes of well-received remarks, greeted pastors with handshakes and came over and thanked me for at-

tending.

There was no entourage with him that day, no security men around and no fire-brand remarks about the impending civil rights struggle. I had a few good quotes, I thought, and raced back to the newspaper office to write the news.

I called the City Desk all ablaze. The editor didn’t fool around and exclaimed, “You have one paragraph Covert, per Mrs. Bottom’s orders.” Dorothy Rouse-Bottom was the owner and ran the show. Deflated, I appealed to him to reconsider and begged for more space.

“Reverend Dr. Martin Luther King, Jr. is an eloquent speaker,” I pleaded. “Martin says America is changing and the South is changing too.” Pretty good story, I thought so then, and still think so today.



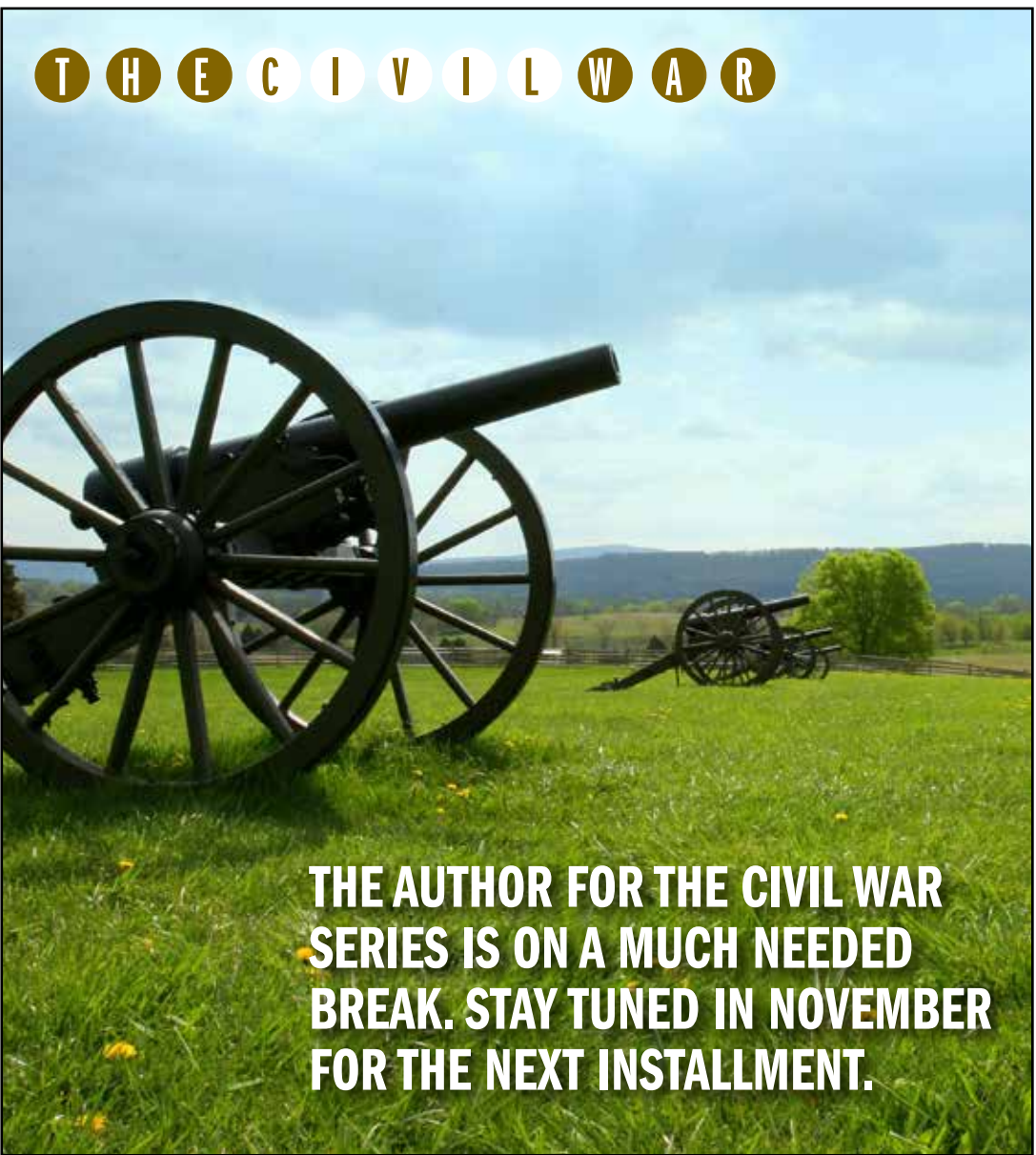
Dorothy Rouse-Bottom, former owner of the Newport News Daily Press.

COURTESY PHOTO.

“I said, ‘one graph?’” And so it was. One paragraph, no byline, no front page and printed near the classified advertisements.

A year later, August 28, 1963: The March on Washington. The eloquent words of one of the most magnificent orators of perhaps this century changed the United States and the rest of the world. And he was a spellbinding Baptist preacher from Georgia who shook my hand and exchanged pleasantries on a sunny 1962 afternoon.

“Even if you’re on the right track, you’ll get run over if you just sit there.”
— Will Rogers



THE AUTHOR FOR THE CIVIL WAR SERIES IS ON A MUCH NEEDED BREAK. STAY TUNED IN NOVEMBER FOR THE NEXT INSTALLMENT.

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Pick of the Month

Signature Glowing Blue Tip
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Activation Tab
Silicone Tip

BY HOLLY BURNETT

I recall the exact day I became a smoker. I was 18, my first week in college and had been turned down for a place in the choir. I always thought I was a good singer, but, oh well, that afternoon I bought my first pack of cigarettes. I was at a party school, so I needed something to do besides drinking. I hated alcohol, so smoking became my moniker. And I enjoy smoking, but times they are a changing and lungs they are a failing, so I decided to try an electronic cigarette. While it is certainly not the equivalent of kicking the habit, it is my attempt to nudge the habit. I first tried

NJOY, the equivalent of sucking wet paper, and didn't try another electronic brand for months. Then my sister insisted I try her blu electronic disposable cigarette in the Classic Tobacco flavor, and, while I hate to admit it, the blu is satisfying, providing a good drag with the same effort I would put forth smoking a real cigarette. Best of all, the tip illuminates an electric blue when you take a puff, so you really feel you are smoking something. Also available in menthol, one disposable blu equals 400 puffs (or a pack and a half). So if you are considering nudging your habit, try a disposable blu today. Visit blucigs.com for more information.

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Market Square, 301 King Street | City Hall in Old Town

Register Today!

www.AlexandriaAnimals.org/Walk



Helping Animals, Supporting Community

Across

1. Lies
5. ___ or lose...
10. "Street Signs" network
14. Twelfth Jewish month
15. It's connected to the left ventricle
16. Caesar's hour
17. Concern for one facing a deadline
19. Fired shock jock Don
20. Garden wall in Guadalajara
21. Fellow crew member
23. Lump of cream, for example
26. Leather worker
27. Inauguration highlight
32. Paid performer
33. Mountebank
34. Eagle's home
38. A shade of beige
40. Masked swordsman who left his mark
42. Perform in a glee club
43. "___ Rainbow": Rolling Stones
45. Doughnut, e.g.
47. Pleasure, to Parisians
48. Brig, for one
51. Hoard
54. Alphabetic quartet
55. Newborn
58. Was broadcast
62. Cuba, to Cubans
63. Not fitting
66. Slimmer's regimen
67. Actresses Irene and Meg
68. 'Just do it' sloganeer
69. Irish-Gaelic
70. "Sure!," slangily
71. Play ___ (do some tennis)

Down

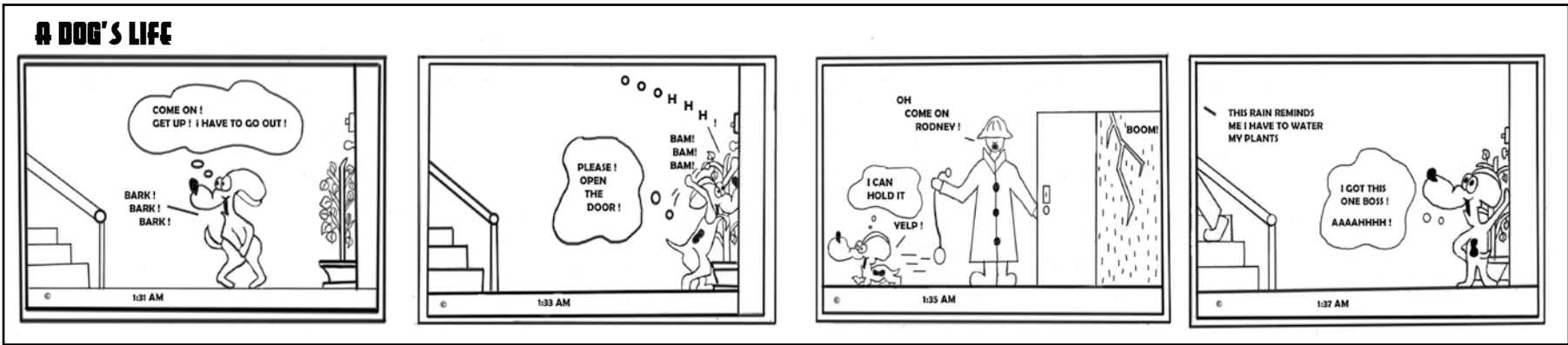
1. Boba ___ (character in "Star Wars" films)

2. Russian gold medalist ___ Kulik
3. Jounce
4. "Jingle Bells" conveyance
5. Bygone Mideast inits.
6. Franc fraction
7. Ospreys' cousins
8. The seven-year problem
9. Papeete's island
10. Passageways for Santa
11. "___ can serve two masters...": Matt. 6:24
12. Beast
13. One checking out a place in planning a crime
18. Spanish heat
22. Walk back and forth with nervous energy
24. "The Wizard___"
25. Colombia's capitol
27. Unlocks, in poetry

28. St. Louis sight
29. Raced (through)
30. Hullabaloo
31. Mel or Jose
35. Mrs. Peel portrayer Diana
36. Regarding, in legal memos
37. "Rome of Hungary"
39. 100-mem. group
41. Owned jointly by you and me
44. Water, for Cato
46. Have a chair by, as a table
49. Bullish trend
50. Suriname's region
51. Mean-spirited
52. Odin, Balder, etc.
53. Field mice
56. "Green Darkness" author Seton
57. Would-be D.A.'s hurdle
59. Hitting stats

60. Sommer of "Deadlier Than the Male"
61. Mosquito repellent ingredient
64. Chapel Hill campus, for short
65. Suffix meaning "to some extent"

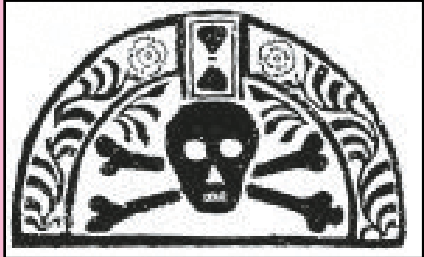
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62					63			64	65					
66					67						68			
69					70						71			





PRIDE IN THE FALLS OF AUTREY MILL

Now Thru December 8
Signature Theatre
4200 Campbell Avenue
Arlington
703 820 9771
signature-theatre.org
Starring Academy Award winner Christine Lahti, The Falls of Autrey Mill is the most desired zip code in town. From the outside, the flawless neighborhood glitters with elegant roman column porches and exquisitely manicured lawns. However, demons lurk behind the designer window treatments when one seemingly-perfect family disintegrates from the inside out. In this vicious and gripping play, Colaizzo rips the façade off of America's privileged suburbia with his trademark brutal honesty. Ticket times and prices vary.



GHOSTS AND FOLKLORE OF ALEXANDRIA

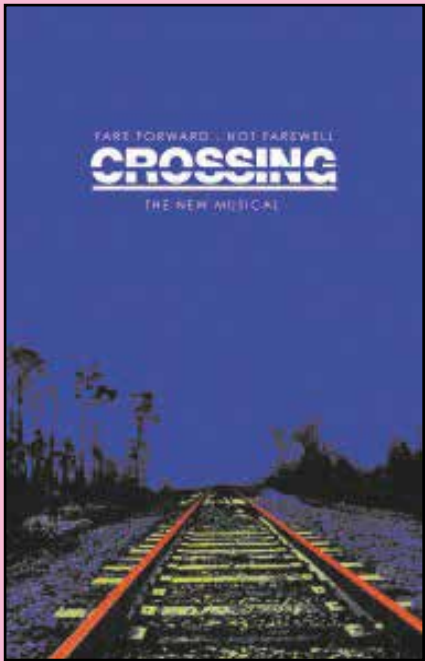
October 25
7 pm
Anthenaeum
201 Prince Street
Alexandria
703/548-0035
nvfaa.org
Alexandria is one of the most haunted cities in the country. Join Betty Ward of Footsteps to the Past and author/historian Michael Lee Pope as they share tales of Alexandria's haunted history. A dessert reception follows the stories. Those who dare may take a short ghost walk at the end of this event. \$10.



ALEXANDRIA WALK TO FIGHT BREAST CANCER

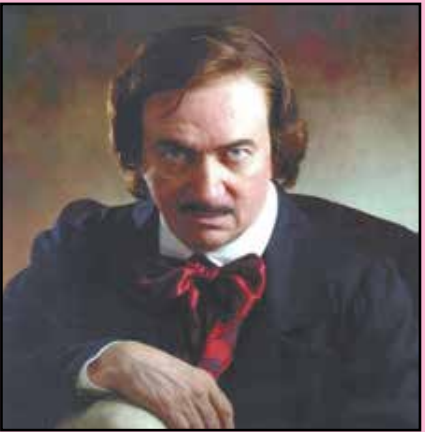
October 26
8:30 - 10:30 am
Patent and Trademark Office
600 Dulany Street
Alexandria
703/746-3123

Latoshia.love@alexandriava.gov
Event to raise money for the Alexandria Breast Cancer Fund.



CROSSING

October 29 - November 24
Signature Theatre
4200 Campbell Avenue
Arlington
703 820 9771
signature-theatre.org
Crossing explores the interwoven stories of eight people from different decades of the past century who come together at a train station. Some are waiting for the train, others are waiting for visitors, a few are just... waiting. All of them are searching - for hopes and dreams, for new beginnings, for answers. As their stories are brought to musical life in the train station, the characters discover that, while every life is different, the journey is always the same. With music ranging from gospel to pop to rock, Ticket times and prices vary.



POE IN ALEXANDRIA

October 30 & 31
8 pm
Lyceum
201 South Washington Street
Alexandria
703/746-4994
Actor David Keltz returns to The Lyceum to re-create Edgar Allan Poe's visit to Virginia in 1849, shortly before he died. Keltz performs varying selections each year, but the program always includes a chilling story or two such as "The Black Cat," "The Cask of

Amontillado," or "The Tell-Tale Heart," along with well-known poems "The Raven" and "El Dorado. \$15.



DOGGIE YAPPY HOUR AT JACKSON 20

Thru October 31
Tuesdays and Thursdays 5 PM
Hotel Monaco
480 King Street
Alexandria
703/842-2790
This has become an Old Town institution. Have a howling good time. Dog snacks and water will be provided.

TEA WITH MARTHA WASHINGTON

November 3
3 - 4:30 pm
Gadsby's Tavern Museum
134 North Royal Street
Alexandria
703/746-4242
alexandriava.gov/gadsby
Ever wonder how the first First Lady entertained her guests? What is the proper way to hold a teacup with no handles? Here is your chance to experience history with Martha Washington as she discusses 18th century tea customs as well as clothing of the period. 18th century tea includes the museum's special blend of tea, pound cake, dried fruit, and assortment of cookies. Ideal for Girl Scout groups (etiquette helps meet some badge requirements) and families with kids grades 2nd and older. Party attire requested. \$25.



OUR AMERICAN GIRL

November 9
11 am
Mount Vernon Estate
End of GW Parkway
Alexandria
703/780-2000
mountvernon.org
Bring your favorite doll for a special youth tour of the estate with Mount Vernon's own American girl, "Nelly Custis." Enjoy refreshments with "Lady Washington" and try a colonial craft. \$30.



MOUNT VERNON SALUTES VETERANS

November 11
9 - 4 pm
Mount Vernon Estate
End of GW Parkway
Alexandria
703/780-2000
mountvernon.org
Mount Vernon honors all active duty, former, or retired military personnel with free admission, plus a concert by the all-veteran barbershop chorus, The Harmony Heritage Singers



HAIR BALL

November 16
8 - 11 pm
Gadsby's Tavern Museum
134 North Royal Street
Alexandria
703/746-4242
alexandriava.gov/gadsby
This 1780s ball pays homage to the era's flair for the coiffed and curled. Wear your most enormous wig or style your hair in the most fabulously ornamented pouf you can imagine for the Hair Ball! Enjoy a variety of English country dances in the historic ballroom, live music, and seasonal desserts. Period costume optional, "after-five" attire encouraged. \$45 per person. Reservations required.

If you want to have an event listed, please send an email to mary@thezebra.org



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34 HWY⁷



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35 HWY⁷



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AVAILABLE³



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Villamay \$969,000



Expanded All-Brick Split Level on Elevated Lot • Updates Galore • 500 sq ft Addition • Open Floor Plan • Breakfast Area, Custom Built-ins and Den • French Doors to Large Brick Patio • Formal Living Room features Four-Panel Window at front elevation • A 5th Bedroom/Office is well located offering privacy for AuPair or Attendant • Family Room w/ 10' Wet Bar, Custom Wine Storage, and Raised Hearth Fireplace • Covered Front Porch expands the Outdoor Entertainment Space • Playhouse doubles as a significant Storage Building • Hardwoods, 3 Zone HVAC, and more.

7410 Admiral Drive

Villamay \$1,175,000



Potomac Views Year Round • Unparalleled revitalization of Villamay's Largest Rambler Modified for open floorplan living-No Expense Spared • Turnkey Property • Chef's Kitchen Features multiple Prep Areas, Wet Bar, Wine Fridge, Granite Counters • Whole House wired for Sound, Security and Lighting- SONOS System • Master Bedroom/Bath Includes Two Walk-in Closets, Jetted Tub. And three Head Walk-in Shower • Three Fireplaces • New A/C • 17' Balcony • StoreWall Garage System

7301 Park Terrace Drive

Marlan Heights/Villamay \$825,000



Custom Brick Rambler on prime Corner Lot • Five Bedrooms • Two Massive Raised Hearth Fireplaces • Three Totally Remodeled Baths-One with Jetted Tub • Enormous Formal Living and Dining Rooms • Library and Bright, Breezy Sun Room • Galley Kitchen w/adjacent Breakfast Bay • Fabulous Custom Laundry on Lower Level • Large Storage Room • Lower Level easily adapts for Independent Living • Main Level Two Car Garage

7108 Park Terrace Drive

Villamay \$775,000



Large Level Lot with Mature Landscaping and Trees • Unique Floor Plan with Appealing Layout • Four Bedrooms—Three Full Bathrooms • New Hardwoods on Main Level—Two Masonry Fireplaces • Remodeled Eat-in Kitchen • Abundance of Custom Cabinetry • Enormous Recreation Room w/ Full Brick Accent Wall • Oversized, Side-Loaded Two-Car Garage w/ Loads of Storage • Whole House Generator and Security System

7420 Park Terrace Drive

Villamay \$825,000



Beautiful Corner Lot-Great Curb Appeal • Expansive and Breezy Covered Porch Entry • Eat-in Updated Kitchen w/Hickory Cabinetry and new Appliances • Large Brick Foyer • Formal Living and Dining Rooms • Bright Paneled Sunroom/Solarium Addition at Rear • Four Generous Bedrooms • Three Updated Baths • Spacious Recreation Room w/Corner Fireplace • Gigantic Two Car Garage • Fenced Rear Yard • Hardwood Floors

7418 Park Terrace Drive

Villamay \$800,000



Turnkey Condition • Seasonal Views of Potomac River and Monuments • Terrific Curb Appeal • Low-maintenance Landscape • Two-Car Garage – full depth of House • All New Double Thermo-pane Windows throughout • New Kitchen w/Maple Cabinets, Stainless Appliances, Quartz Counters • Three Remodeled Baths include Shower Seats and One Roll-in Shower • Two Full Masonry Fireplaces • New Roof • New Furnace/AC • New Water Heater • Wired for Cable • FIOS in place • Security System

7212 Regent Drive

Villamay \$850,000



Elevated Corner Lot on almost half Acre with Beautiful In-Ground Pool • First offering of this Unique Floor Plan • Expansive, Open Kitchen w/adjacent Family Room • Glass Sunroom/Breakfast Room at Rear Elevation • Large Formal Living and Dining Rooms • Light-filled Recreation Room w/Raised Hearth Fireplace • Four Spacious Bedrooms • Three Full Baths • Brick and Block Construction • Full Masonry Fireplace

7120 Park Terrace Drive

Westgrove \$789,000



Lovely Raised Rambler on one of largest lots in Westgrove • Tremendous Privacy • Large Slate Patio looks to Rear Elevation • Remodeled Top to Bottom • Kitchen Stainless appliances and granite counters • Updated baths and windows throughout • Bright Sunroom spans depth of the residence • Formal Living Room with Masonry Fireplace and custom Built-in • Master Suite includes Dressing Room and Walk-in closet • Large Lower level Family Room and 2 Bedroom share a Morning Bar • Hardwoods • Irrigation System

7000 Clemson Drive

Buy Now at Low Interest Rates - Be Settled in your New Home for the Holidays!