

It's **read** all over!
Vol. 2, No. 2
February 2012

Zebra

Sharing the Lifestyle of Northern Virginia



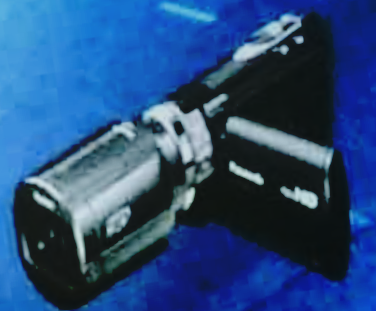
ZEBRA TAKES ON THE SCREEN

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This month, Zebra takes on the screen. From the latest gadgets for our little touchscreens on smartphones and laptops at the Consumer Electronics Show in Las Vegas, to the independent films celebrated in Utah at the Sundance Film Festival, to the red carpet celebration of this year's finest performances on the silver screen with our 2nd Annual Oscar contest, Zebra correspondents and contributors have been there to bring the stories home to you.

February also welcomes our new Managing Editor, Kris Gilbertson, who has already logged countless hours helping bring her first issue with us to life. There are a million little pieces that have to be brought together, and tweaked, and trimmed and sharpened that make each month better, and we are confident her contributions will make us even stronger.

We've added a few new writers as well. Melissa Nix, an accomplished journalist debuts her new column, "Letters from A Broad," which will essay her travels in poignant and humorous ways; Dan Ryal submitted his first "Ask the Plumber" piece, and we encourage you to write him with any everyday plumbing questions ; Scott Meeks, a self-proclaimed eco-geek and environmental journalist launches his first focus on organic cupcakes; and the Sheriff's department's newly-retired public information officer, Harry Covert joins Zebra with his new insightful column.

We're off to a good 2012, and continue to appreciate the advertisers and readers who steadily believe in what we are doing. I hope you enjoy this month, and as always, do send us your feedback and suggestions along the way. Enjoy!

Mary Wadland
Publisher



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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.

For Advertising Information, call 703-224-8911

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PUBLISHER'S ASSISTANT LUCY DONS HER PEARLS AND PREPARES FOR THE OSCAR BASH ON FEBRUARY 26, 2012

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Cover photo by David Goldhagen



INBOX

HOW TO GIVE US FEEDBACK

If you would like to send us a comment, send your mail to mary@thezebra.org or Zebra, PO Box 6504, Arlington, VA 22206. Submission of a letter constitutes permission to publish it. Letters may be edited for reasons of space and clarity.

Letter to the editor:

I live in Old Town and have often gone to the CVS on King Street. It recently moved up a block to a larger building. The convenience was great and one of the things I loved about living in Old Town - UNTIL NOW!

Corporate CVS clearly is not watching the news and clearly does not want to help our economy. The new store makes -- yes makes you use the automatic check-out machines! They are among those corporate executives who are replacing people and customer service with technology. I have visited it three times since it opened. Always, someone complains about not being able to have someone ring up their purchases, myself included.

The other night frustrated when my husband had been suffering from a dry cough, I needed a humidifier, there was no one available to tell me the difference between a vaporizer and a humidifier. So I headed two blocks further to Walgreens. The staff-- real human beings-- were able to answer my questions and the man in the store directed me to the pharmacist on duty. Not only were they very kind and helpful the prices were very reasonable.

CVS has lost my business, which was a lot - at least 3 to 4 trips per week. I will now walk another two blocks to go to talk to real people with real jobs!

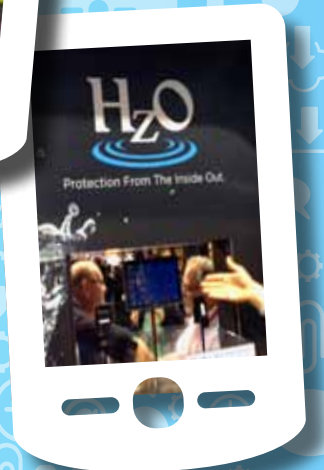
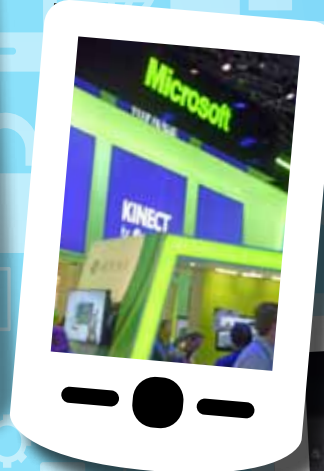
Pamela Collins
Prince Street



ZEBRA CORRESPONDENT DAVID GOLDHAGEN, LEFT, WITH POLITICAL PUNDIT AND DAILY CALLER FOUNDER TUCKER CARLSON AT CES 2012.



EERS DEBUTED A CUSTOM-FITTED HEADPHONE KIT THAT CAN BE DONE INSTANTLY AT HOME.



CES-2012 VIVA LAS VEGAS!

BY DAVID GOLDHAGEN

This year, more than 140,000 people from across the globe were drawn to Las Vegas to visit the world's largest consumer technology tradeshow. CES (Consumer Electronic Show), which is a yearly global technology tradeshow, housed over 1.7 million net square feet of show floor with over 15 miles of aisles. Needless to say, the taxi lines took forever.

CES 2012 had the most cutting edge technology anywhere, from tablets, phones, and TVs to refrigerators and dancing cats. All the big name electronics companies like Sony, Motorola, and Samsung were there. But what any avid CES attendee will tell you, the small time, hole-in-the-wall companies that spent all their money on a 6x6

foot space are the real heart of CES.

This was my third year at CES, so I was able to see through all the flash and lights and dig deeper into what really will be the next big thing. This year was not so much about a revolutionary device that will alter how we do things, like tablets have done, but more year in which the technology gets cheaper, better, smaller, thinner, more portable, more stable.

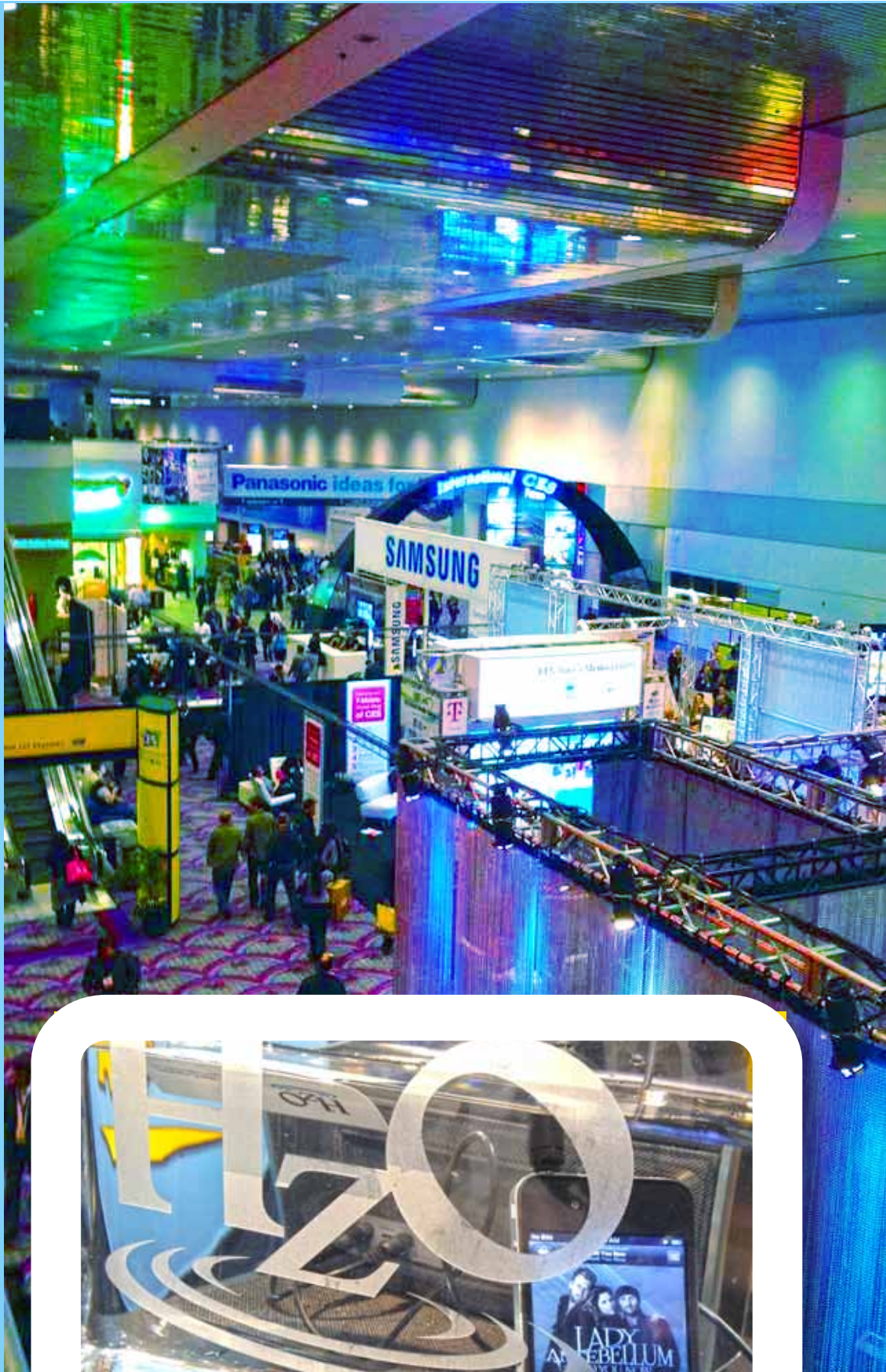
Speaking of thin, one of the thinnest new technologies at CES is the new OLED TVs that many big name manufacturers displayed. At only 4mm thick, with a picture that rivals what you see in real life, these TVs are truly amazing.

One that stood out was the 55-inch LG 55EM9600, which won the CNET "Best of Show" award in the TV category. The LG 55EM9600 raises the "all screen" look to a

whole new level, with a 1mm bezel on all sides. It's actually so thin that there are no inputs on the TV itself; all are housed in an external box. Out of all the OLED TVs, the LG55EM9600 is forecast to be the first sold in America. Release date is projected for early fourth quarter with a price tag of \$8,000.

One technology displayed at CES that you won't see on anyone's top ten list is H₂O's waterproofing nanotechnology. H₂O has developed a substance that, when heated to a gas and then deposited on the electronics portion of any device during manufacturing, makes the device completely waterproof. Other companies have similar technology, but they focus on not letting water get into the phone. Sounds good, right? But

▼ See CES on page 5



Best of CES 2012 Award Winners

A team of CNET editors pick the most trail blazing, innovative and category-defining products at the 2012 International CES.

Best of Show: LG 55EM9600 OLED TV

The first 55-inch OLED TV announced as shipping in 2011, and the only one to get an actual model number and public ship date ("Q3"), the 55EM9800 promises the superb all-around performance of OLED (absolute black levels, ultra-fast panel and excellent viewing angles) in an ultra-thin panel.

People's Voice: Razer Project Fiona

Razer's Project Fiona concept gaming tablet, shown at CES 2012, suggests that Windows 8 is a serious player in portable gaming, and that Razer is serious about moving into manufacturing computers.

Cameras: Fujifilm X-Pro1

Fujifilm bolsters its reputation as a quality camera company with the new X-Pro 1, its first mirrorless model. Targeted at professionals, the camera incorporates several innovations, including a promising new sensor and lovely hybrid viewfinder, all in a sleek retro design.

Car Tech: QNX CAR 2 mobile apps platform

QNX shows us its vision for the future of dashboard technologies, including an innovative application of NFC technology to instantly and automatically Bluetooth pair a smartphone, Ultra HD voice technology that brings stereo CD quality audio to phone calls, and an apps integration for both front and backseat passengers.

Cell phones: Nokia Lumia 900

Nokia uses the Consumer Electronics Show to hold a coming-out party for its new Windows Phone-based Lumia 900, with a 4.3-inch AMOLED screen and dual cameras.

Emerging Tech: MakerBot Replicator

The MakerBot Replicator one-ups the Cube 3D with "dualstrusion" technology, meaning it can print objects in multiple colors and materials. Pre-orders available now for \$1,999, shipping in 6 weeks.

Home Theater: Simple.TV

The Simple.TV DVR might just be the next-big thing for cable-cutters. It's improbably a DVR without a built-in hard drive or video output, instead letting you supply your own hard drive, then stream live and recorded over-the-air TV to the Simple.TV app available on iPad, Roku, Boxee, Google TV. Simple.TV can stream your live and recorded over-the-air TV outside your home network (Slingbox-style), as long as you sign up for the \$5/month premium service. Think of it like your own personal cloud for your over-the-air TV.

PCs: HP Envy 14 Spectre

The newly announced HP Spectre is the most glass-covered laptop we've ever seen, with its all-glass lid and palm rest. At a CES devoid of many eye-popping laptops, the Spectre could be the most stylish of the bunch. Beats Audio is included on this premium ultrabook, along with an inset analog wheel for volume control, NFC support, and HP Wireless Audio.

Software and apps: BlueStacks for Windows 8

Windows 8 just got a kick in the apps via BlueStacks. The program, which will ship pre-installed on select Windows 8 machines, will bring the entire Android marketplace to Microsoft's nascent OS. So when Windows 8 launches, more than 400,000 Android apps will be at your fingertips.

Networking: D-Link Amplifi HD Media Router 3000

When released later this month, D-Link's Amplifi HD Media Router 3000 DIR-857 router will be the first on the market that supports USB 3.0, concurrent 450Mbps dual-band with cloud-based and HD Fuel feature that power media streaming.

Tablets: Asus Memo 370T

This quad-core, Android 4.0 tablet proves that premium performance doesn't require a premium price. In spite of its \$250 asking price, this tablet comes stock with 1GB of system RAM, 16GB of storage, an 8 megapixel camera, HDMI output, and a 1,280x800 resolution IPS screen.

TVs: LG 55EM9600 OLED TV

The first 55-inch OLED TV announced as shipping in 2011, and the only one to get an actual model number and public ship date ("Q3"), the 55EM9800 promises the superb all-around performance of OLED (absolute black levels, ultra-fast panel and excellent viewing angles) in an ultra-

The HzO display of submerged iPhones and iPads garnered most of the buzz at CES 2012. The company makes technology to waterproof electronic devices. <http://hzo.me>

PHOTOS BY DAVID GOLDHAGEN

▲ CES from page 4

what if there is a crack or I take off the back cover? With HzO's technology, you don't have a problem. It doesn't stop water from entering the phone, rather protects the portions of the phone that will fail due to liquid damage. With this technology, water damage in cell phones will become obsolete. The best part is that these nanoparticles can be deposited on virtually any material, making it waterproof.

Have you ever looked into getting custom headphones but didn't want to spend \$500, or wait to ship the mold of your ear to the manufacturer? Then check out EERS, made by the company Sculpted Eers, the first custom headphones that you can buy off the shelf. The secret behind this product lies in its innovative design. When you open the package you will find the SonoFit fitting system. You, the user, places over your head. You then place the tabs on each side in your ears and break the

seal. When the seal is broken, the SonoFit system injects a two-part silicon into each ear that dries completely in four minutes. Just take off the SonoFit system and you have headphones fit perfectly to your ears.

With drivers in each ear, these custom headphones sound great and, being a perfect fit, they cancel out almost all background noise. The EERS sell for \$199 for the single driver unit; \$299 for the dual driver unit.

CES 2012 was an amazing event where people from around the world met and exchanged the ideas that will greatly impact the technology-driven world we all live in today. I can't wait until next year, when next year's technology will make CES 2012 obsolete.

A special correspondent for Zebra, David Goldhagen is a senior at Ronald Reagan High School in San Antonio, Texas, where he is Student Council President and Senior Class Officer.

Living Legend of Alexandria BOB CALHOUN

BY SARAH BECKER

Robert “Bob” Calhoun encourages all Alexandrians to become involved in their neighborhoods. A Democrat turned Republican, he was drawn to community at a young age. Born in Oak Park, Illinois, in 1937, his grandmother was active in Illinois politics. “She was what was called a Southern Democrat, seriously concerned with Social Security and the Wagner Act,” Calhoun said shyly. “In the 1970s it was Virginia Republican Governor Linwood Holton who held my interest. I liked him as an affirmative person.”

Holton was a “Mountain and Valley” Republican opposed to the Byrd machine and massive resistance. The first Republican Governor elected since Reconstruction, Holton, in his 1970 inaugural address, declared “the era of defiance is behind us. Let our goal be an aristocracy of ability, regardless of race, color or creed.” Ability is a trait often attributed to Calhoun.

“With all due respect to anyone who has ever served in public office—Republican, Democrat or otherwise—Bob is the smartest, most-well read, curious (in a good way), broadly knowledgeable politician I have ever known,” former State Delegate and City Councilman David Speck noted. Speck first worked with Calhoun as a member of the Alexandria Republican Party and then joined the Democratic Party in 1995. “Unfortu-

nately in the 1970s Virginia Republicans were scarce, split into two camps: Goldwater or Rockefeller,” Calhoun explained. “The divisions didn’t disappear until Reagan’s election in 1980. Since then the Republican Party has become increasingly more conservative.”

“I first ran for political office in 1973, for the Virginia House of Delegates,” Calhoun laughed. “I lost, a sacrificial lamb running against House Majority Leader Jim Thomson. Thomson was a Byrd Democrat, a Byrd relative.”

Calhoun was elected to the Alexandria City Council in 1976. He won a single Republican seat. However Bob and the Alexandria GOP wanted more.

“Incumbent Republican Robert L. Calhoun, an attorney, apparently captured the spot of vice mayor,” The Washington Post reported in 1979. “This was an historic election as Alexandria Republicans finished one, two and three among the six winners. ‘People were looking for a consensus form of government [and] we, the Republicans, are all middle-of-the-road people,’ Calhoun said.” By 1982, the city of Alexandria had the most elected Republicans of any city in Virginia.

“People most likely associate me with transportation matters, but then we were mostly involved with landlord-tenant, metro and busing issues,” Calhoun mused. It was not fun running as a Republican. I had a pie thrown at me and a dog sicced on me.”

Attorney Calhoun graduated from Yale Law School in 1963. “I met Bob at Yale Law School in 1961-62 and we frequently had lunch together,” former Old Town Civic Association President Robert Dempsey recalled. “He was a great luncheon companion; loquacious, humorous and unhesitant to make declaratory judgment about any topic of our table-talk. Of course a conversation with Bob consisted, in the main, of punctuating his rapid-fire monologues with admiring interjection.”

Calhoun came to Washington as a rules and practices lawyer with the now-defunct Interstate Commerce Commission. He entered private practice in 1971 and today is Of Counsel with the Alexandria law firm of Redmon, Peyton & Braswell.

“John Volpe is one of my great heroes in government,” Calhoun smiled. Volpe, a Bay-stater, served as Secretary of Transportation from 1969 until 1973. Amtrak was created on his watch and the railroad industry fascinated Calhoun.

In 1982 Calhoun ran “The Race of the Century.” The Washington Post reported: “Neither incumbent Alexandria Mayor Charles Beatley nor his opponent, Vice Mayor Robert Cal-

BOB CALHOUN

PHOTO BY STEVEN HALPERSON/
TISARA PHOTOGRAPHY

▼ See CALHOUN on page 10

It’s Leap Year. Really?



BY CHUCK HAGEE

If Jack Benny wanted to be no older than 35, he should have been born on February 29. If he had been, he actually would never have even reached that special 35 (unless he’d lived to be 141 years old).

February 29 occurs once every four years in order to bring the calendar and time in line with the actual rotation of the earth. Known as leap year, the extra day is added to synchronize our calendar with the seasons. 2012 is a leap year.

How this works is this: the meteorological tropical year

is 365.242190 days long. One day, a leap day, is added every four years to bring things into alignment. The Gregorian calendar (our calendar) provides for a leap year in every year divisible by four except for years divisible by 100 but not divisible by 400.

The millennium year 2000 was a leap year but the millennium years of 1700, 1800 and 1900 were not. Throughout the rest of the 21st Century there will be a leap year every four years right up to 2096. Then it jumps to 2104.

Therefore, in terms of actual birthdays, a person born on February 29, 1940, would have had only 15 birthdays by 2000. Who says there’s no such thing as perpetual youth?

To make matters more confusing there is the leap second. This will occur on the night of June 30. So on July 1 every-

one should feel more rested.

The leap year keeps the calendar accurate, as much as possible, and the leap second keeps our clocks accurate — or that’s the rationale. It closes the gap between time as measured by atomic clocks, which rely on the oscillation frequency in an isotope of cesium, and time measured by the daily rotation of the earth, according to an editorial piece in the January 17, 2012, *New York Times*.

If the leap second were not added, the gap between earth time and official time as calculated by those cesium clocks, which are accurate to one second in 100 million years, would grow and grow. The *Times* noted that it is all part of the business of keeping chronological accounts straight, a function performed by the International Earth

Rotation and Reference Systems Service in Paris.

Leap year is also, at least in the 21st Century, our presidential election year.

Finally, to really confuse the whole thing, Steve Hanke, an economics professor, and Richard Conn Henry, an astronomer, both at Johns Hopkins, want to drop leap year all together and instead add a leap week which would occur every five or six years, at the end of December. According to them, this would keep the months in tune with the seasons in a calendar that would stay the same year after year.

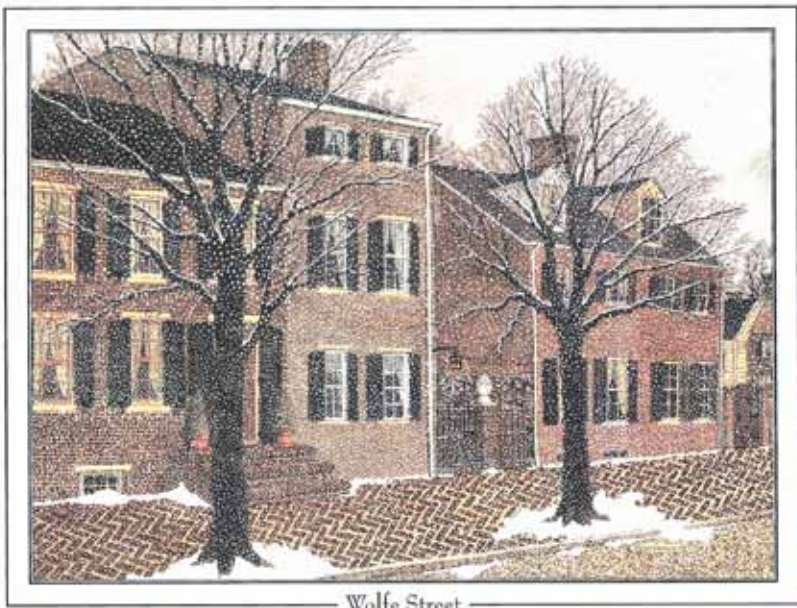
Hanke and Conn Henry admit the extra week every five or six years could complicate financial matters, for example a 30-year mortgage. (Not what we need at this point of economic recovery.)

And, as was recently noted

in *National Geographic News*, there isn’t much of a demand for calendar reform. The movement lacks eminent leaders, such as Julius Caesar, who pushed through the Julian calendar in 46 B.C., and Pope Gregory XIII, who replaced the Julian calendar with the Gregorian calendar in 1582.

“These were very powerful people. They had the ability to get the rest of the world to go along with them. Nobody has that power now,” said Richard McCarty, a philosopher and calendar-reform expert at East Carolina University.

Of course there is another solution to this time drift. We could go along with Einstein and question the fact of whether or not there is really any such thing as time at all; rather, only space. But, it’s all relative.



ORIGINAL WATERCOLOR BY TODD HEALY

STROLLING BY HISTORY

Who is Wolfe and why does Alexandria have a street named after him? Maybe we were running out of American heroes when the streets were named, but Wolfe Street was actually named for Major General James P. Wolfe (1727-1759) who was a British Army officer, appointed by William Pitt to lead an expedition up the Saint Lawrence River to capture Quebec in 1759. He became an icon of Britain's victory in the Seven Years War.

Limited editions of this print are available at Todd Healy's Studio at 320 King Street in Alexandria, 703-549-7883. Todd is also available for private commissions.



Christine Roland Garner

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Rosemont



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Rosemont

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The Royalton



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Spectacular 2 bedroom, 2 bath condo at The Royalton. Sophisticated urban living in a great location just blocks from the King St. METRO shops and restaurants in Old Town & steps from Whole Foods. Soaring ceilings, wood floors and balcony facing center courtyard. Chic lobby, fitness center and garage parking.

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ASK THE CLOCKMAN

BY PHIL WADLAND



PHOTOS BY PHIL WADLAND

Just a story this month, or as I like to think, “Have Tools · Will Travel.” I currently work out of Manchester (NH) and have a shop in my garage, as I’m retired. I received a phone call from a lady who needed a house call on a grandfather clock. This is a normal request as I go to homes for large clocks and remove only the clock movement. The case stays at home. The clock was described as an Early American Grandfather clock given to problems with the strike.

Now the odd part of the story is that directions to the house went something like this: Take I93 to Plymouth,

get off at Exit 27, turn right and cross the covered Blair Bridge. Be careful as it’s a one-lane bridge. Watch out for on-coming cars. At the end of the road, turn left. Follow that to the fork, bear right. Half a mile down, turn right onto the dirt road. Follow that to the covered Bumps Bridge. Cross the bridge and follow that road to the end. Turn right and take that dirt road to the top of the mountain. House is on the right.

Those are not the normal directions one gets. I set off on my adventure and found the house after crossing two



old wooden New Hampshire covered bridges. Most people these days go to a covered bridge to take a photo of it, not to use it as a means of travel. But really, *two* covered bridges?

Upon arriving I asked about the house. It was built

in the 1770s, a typical Cape Cod style with a center brick fireplace having all the latest built-ins: An 18” iron rod swung in and out over the fire. It had a hook on the end to hang your large cook pot on. (The pot was still there.) A large hole to the right of the fire box was used as an oven. The fireplace itself was about ten feet across with the opening of the firebox at five feet. Hanging over the mantel was an original flintlock musket. I was told there were more fireplaces in other rooms, all using the same chimney.

The main room (the only room I got to see) ran the width of the house at 20 feet and had rough cut, 12-inch square beams. The room had a very low, seven-foot ceiling. To the left of the fireplace stood the tall case clock.

This type of clock is known as an English Bell even though it was constructed in America. Remember, until the war we were an English colony. All of these clocks were handmade, but to English standards.

I removed the bonnet from the top of the case to reveal the clock movement and realized that the strike side of the clock had worn bearings.

Now, consider this: I could tell by its construction that the clock is about 225 years old. It strikes the number of the hour every hour, which is 156 strikes a day X 365 days X 225 years. The bell has struck some 12,811,500 times.

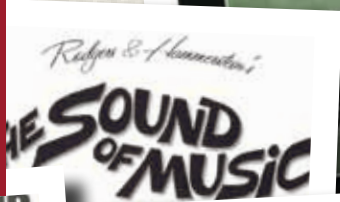
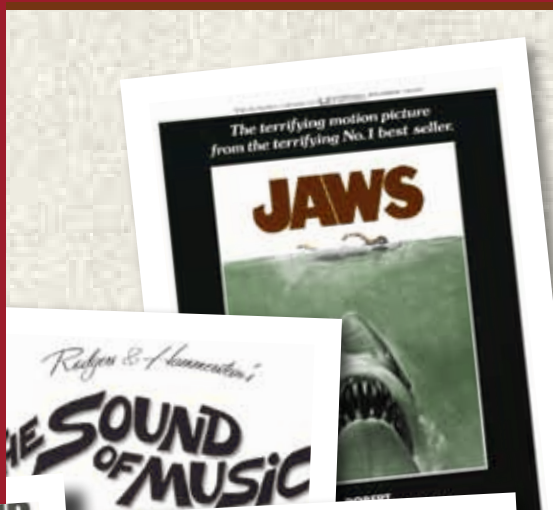
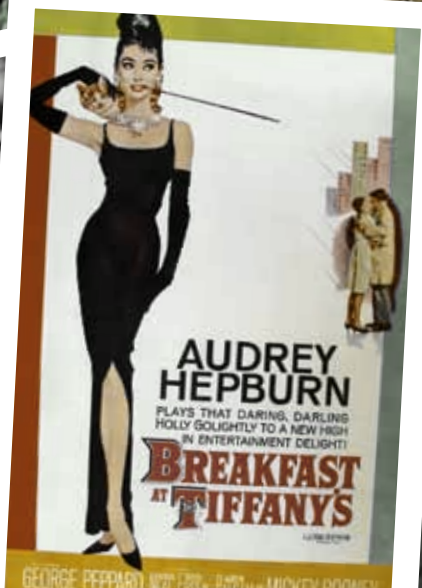
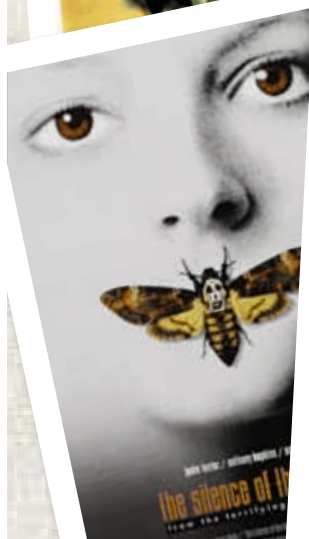
To restore those bearings, I brought the movement back to my shop. Then, repairs complete, it was back across two bridges, down several dirt roads to the top of the mountain I went again. A 150-mile round trip, and worth it.

Phil Wadland is a third-generation clockmaker and horologist, residing in Manchester, New Hampshire. If you have questions for the Clockman, email clockman@thezebra.org

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“I’m told if you’re late, they put nondescript people in your seats.”

- Michael Caine as Sidney Cochran on the Academy Awards *California Suite*, 1978



▲ **CALHOUN** from page 6

houn—the first Republican to run for mayor in more than 100 years—expects voters to have any trouble separating the princes from the peas... the biggest issue in this year’s campaign has been whether to impose a trash collection fee [yet] the race has been described by both sides as unusually partisan and hard fought.” Calhoun conceded the race but not before “Democrats conceded Calhoun is popular, fast-talking and often witty.”

Calhoun is also described as irascible. “Irascible?” responded former Alexandria Mayor and State Senator Patsy Ticer. “Bob is not at all difficult to get along with. He is very polite, very thoughtful, never nasty and very respectful.” Ticer, a Democrat, defeated incumbent Virginia Senator Calhoun in 1996. Calhoun served in the State

Senate from 1988 until 1996. Supporters claim Calhoun’s co-sponsorship of Virginia’s 1995 Public-Private Partnership Act is hallmark. Metro’s Dulles silver line was the first to use the Act for funding purposes. Others list his service on the WMATA Board, his preliminary study of the city-owned DASH bus system, and the overhaul of child custody statutes as his greatest achievements. Calhoun thinks the King and Braddock Street stations are “architectural atrocities.”

“As OTCA President I appeared rather frequently before City Council,” Dempsey noted. “Sometimes Bob voted in favor of Old Town’s position, sometimes not, but always he articulated his position with clarity and persuasiveness.”


“Bob advocates persuasively,” former Republican City Councilman Carlyle Ring agreed. “He focuses on what is doable and drafts legislation

with clarity and precision.”

What is Calhoun’s life lesson? “Always take a hard look. You need a sense of where you are in life. Get involved, set a goal and stay active. Don’t lose interest, especially in your community or state. I’m Irish and the Irish have an upbeat attitude. We also have a darker side. Politics has changed in the last several years. You can get away with a lot if consistent.”

“I voted for the first time in 1961,” Calhoun concluded. “Then everything seemed so bright and so new. Now I worry what the world will hold for our grandchildren. The country survived a Civil War and a Great Depression but the future concerns me. I’m an issues person, not an ideologue.”

Writer Sarah Becker was nominated as a Living Legend in 2007.




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Submitted by Julia Carmona, Clewiston, FL


If you have a cute photo of your cat in a box, please send it to mary@thezebra.org and we will try and get it published as soon as we are able.



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Where's Pierpoint?



PHOTOS BY SCOTT MECKS



An Eco-Twist on the Cupcake Craze

BY SCOTT MECKS, WWW.EASYGREENTV.COM

Tiny cupcakes are big business these days. I've found two neighborhood sweet spots that are serving up luscious delights – both with an eco-friendly twist.

Alexandria Cupcake, on King Street in the heart of Old Town, is an appetizing example of why the “green thing” is such a hit. When owner Adnan Hamidi opened this boutique bakery two years ago, he knew his confections had to stand out.

“We feel we are one of the few bakeries around that truly make a hard effort to be green,” said Hamidi. “It is not about the recognition of being ‘green/local’ but knowing in our hearts that we have tried our best to contribute to a better environment and contribute to local businesses as well.”

Organic eggs and fresh local fruits – that’s what makes up treats like their Classic Carrot Cake and signature Rosewater Cupcake. And vegans – listen up! There’s something special for you, too.

“A few months ago, we started offering gluten-free cupcakes on a daily basis and had an overwhelming positive response,” explained Hamidi. “Soon, we will offer vegan cupcakes on a daily basis as well.”

Take a simple stroll to Alexandria Cupcake and you’ll quickly realize that there’s nothing mass-produced or commercial about this place. It’s a perfectly hip fit for Old Town.

“The area is composed of local residents, local business owners, tourists and people coming to work there,” noted Hamidi. “We have developed a personal relationship with many of these

people and it lends itself to a neighborhood feel.”

The Green Buzz On “Buzz”

The eco-buzz is spreading about **Buzz Bakery**! This trendy bakery/lounge has two locations offering a comfy-casual atmosphere for all types of patrons, especially those looking to keep things green.

“Our goal with Buzz on Slaters Lane in Alexandria is to instantly feel like you are in your neighborhood bakery, even if you are not in your neighborhood,” said Pastry Chef Tiffany MacIsaac. “At the new Buzz in Ballston, we embraced the young, lively vibe of the neighborhood and aimed to embody some of that feel with the modern, fun vibe of the shop.”

Buzz is also big on sourcing local ingredients like eggs, fruits and veg-

etables. MacIsaac works closely with farmers, even buying softer fruits that might be wasted at the market place but are perfect for Buzz’s ice creams, sorbets and jams. The farmers make a profit from a product that might otherwise be un-sellable and MacIsaac transforms it into something sinfully delicious.

“People love the peach-ginger compote in the ‘Peachy Keen’ cupcake,” added MacIsaac. “I always say, it’s not me, it’s the fruit.”

Most of Buzz’s baked goods are seasonally driven. This means Berry Lovely cupcakes in the summer and pumpkin creations in the fall, but Buzz’s eco-friendly efforts only begin with cupcakes. Packaging for customers is 100% recyclable and the bakery uses re-usable packaging for wholesale accounts.

“It is a bit more work to maintain,

▼ See CUPCAKES on page 14





Saber-Rattling in the Gulf

ARABIAN SEA (Jan. 5, 2012) A U.S. Navy SH-60S Sea Hawk helicopter provides support to a visit, board, search and seizure (VBSS) team in a 7-meter rigid-hull inflatable boat, assigned to the guided-missile destroyer USS Kidd (DDG 100).

(U.S. NAVY PHOTO/RELEASED)

Last month was busy for everyone in the Strait of Hormuz. Does anyone know where it is? Does anyone care? Well, yes, as a matter of fact, oil companies will tell you that closing the Strait of Hormuz would be a very bad thing. Upwards of 35 percent of the world's oil is shipped through this 34 mile-wide gap between Oman, United Arab Emirates, and Iran. Of that, about 85 percent is crude oil bound for Japan, India, South Korea, and China.

After defeating Germany in WWI, the British negotiated an oil deal with what became Iraq and Saudi Arabia, with Great Britain holding the controlling interest.

Fast forward to the 1970s, when drivers across the U.S. lined their cars up for hours to buy gas. President Carter declared that oil was in the vital national interest of the U.S. In the 1980s, Iran rattled its sabers, telling the world that it would attack Iraqi oil platforms and would not allow ships to leave Iraqi oil terminals.

They backed down when they saw ships from many nations sailing under the U.S. flag, and the Navy sailed around knocking out everything it could find that tried to interfere with the world's oil supply. Again, in August 1990, when Saddam Hussein invaded Kuwait, declaring it to be the "19th Province of Iraq," it was all about oil.

So when, in January, the Iranian foreign minister threatened to shut down the Strait of Hormuz, specifically to U.S. warships, it looked like Iran was serious. In December they had conducted a ten-day naval exercise driving everything that floats or flies all over the southern Persian Gulf, taunting the U.S. and its allies to "go ahead and make their day." What-ifs had all the Defense-centered think tanks buzzing and churning as scenarios played out on cable networks and articles appeared in print and on the Web. But as Iran drew its line in the sea, reminiscent of Muammar Quaddafi's "Line of Death," the United States conducted business as usual, bringing the USS John C. Stennis Carrier Strike Group through the Strait and on station in the Persian Gulf.

The United States issued its standard diplomatic statement something akin to, "We will exercise our right to freedom of the seas..., etc." This really got the Iranians excited, and now they had to show us they meant business. General Ataollah Salehi, head of the Iranian Army said, "Iran will not repeat its warning...I recommend and emphasize to the American carrier not to return to



ARABIAN SEA (Jan. 6, 2012) A Sailor assigned to the guided-missile destroyer USS Kidd's (DDG 100) visit, board, search and seizure team greets a crew member of the Iranian-flagged fishing dhow Al Molai.

(U.S. NAVY PHOTO/RELEASED)



A visit, board, search and seizure team like this one boarded the Iranian fishing boat Al Mulahi and rescued the crew captured and held for 45 days by Somali pirates.

(PHOTO U.S. NAVY)

the Persian Gulf." Then he upped the ante. "I advise, recommend and warn them over the return of this carrier to the Persian Gulf because we are not in the habit of warning more than once."

Overall, this is a bad diplomatic, economic, and military situation. If Iran closes the Strait and oil prices skyrocket, the economic effects will be felt worldwide.

The U.S. Fifth Fleet isn't in the habit of driving NASCAR circles in the Gulf of Oman, waiting to go on station to relieve the ships and sailors who have been there for nearly a year. The prospect of steaming our ships through the Strait



ARABIAN SEA (Jan. 5, 2012) The guided-missile destroyer USS Kidd (DDG 100) responds to a distress call from the master of the Iranian-flagged fishing dhow Al Molai, who claimed he was being held captive by pirates. (U.S. Navy photo/Released)

the pirates didn't), the USS Kidd put Navy Chief Petty Officer Jagdeep Sidhu on the radio to speak with Younes—in Urdu. In short order, the Navy captured the pirates and rescued 13 Iranian fishermen.

Iran's Foreign Ministry spokesman Ramin Mehmanparast said, "Rescuing Iranian sailors by the U.S. was a humanitarian act and we welcome such acts," he said. "The Iranian Navy also engages in such rescue operations. It is the responsibility of all nations to rescue nationals from other countries from pirates."

Three days later, the Coast Guard cutter Monomoy responded to flares and flashlights from that Iranian vessel Ya-Hassan, which was flooding. Six Iranians were given water, blankets and meals prepared in accordance with Muslim law, which the Navy keeps in supplies in case of Muslim mariners in distress. Hakim Hamid-Awi, the owner of the Ya-Hassan, said "Without your help, we were dead. Thank you for all that you did for us."

It would be easy for the U.S. to scoff at Iran's bad public relations turn of events, but "go ahead, make my day" isn't good policy in this case. We are wise to remain cautious and particularly vigilant near the Strait of Hormuz.

Editor's note: As we go to press, the U.S. Navy has again come to the rescue, this time of two refugee aid workers. American Jessica Buchanan and Dane Poul Hagen Thisted had been held captive for three months by kidnappers in Somalia. They were rescued by Navy SEAL Team 6.

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

Hypnosis as Self Help, Not Show Biz

BY CHUCK HAGEE

No swinging watches. No quacking like a duck. No speaking in tongues. That is not what hypnosis is about to Jason Linett.

What it's about is offering serious therapeutic help to clients who come to him seeking relief from everything from sleepless nights to weight problems, from phobias to a lack of self assurance in social situations. A Board Certified Hypnotist with the National Guild of Hypnotists (NGH), Jason Linett has treated over 10,000 people. No one has ever barked like a dog or clucked like a chicken.

"I don't do all those tricks people associate with stage hypnosis. And, it *is* true that you can not make people do what they do not want to do subconsciously while under hypnosis," Linett said seated in his professional offices in Suite 102 of the Port Royal Building at 801 N. St. Asaph Street.

"I work with clients to aid them in accomplishing self improvement goals, to help them with their anxieties, and to aid in the relief of pain. Hypnosis is actually a natural state of mind we all do automatically,



Jason Linett in his Alexandria office.

PHOTO BY CHUCK HAGEE

subconsciously, throughout our daily lives," he explained.

A native of Virginia Beach, Linett graduated from Christopher Newport University in the Tidewater area of Virginia. He first became interested in hypnosis when a stage hypnotist gave a show on campus. "This was something that I had always been fascinated by and that performance got me hooked," Linett revealed.

Graduating in 2005, he went on to study hypnosis as a clinical science. "The training is all done through private organizations such as the National Guild, which has a membership of 10,000 internationally," Linett noted.

He first offered his services in Baltimore, but moved to Alexandria a year and a half ago when his wife Michelle got a job in the District of Columbia. Currently, there are only six other certified hypnotists in Northern Virginia who provide service full time, accord-

ing to Linett.

"The object of my work is to increase people's quality of life. Hypnosis is not relaxation and relaxation is not hypnosis. I tell my clients that they are the ones who are taking control of their problems," he said.

The costs of sessions are customized to each client's needs. Typically, Linett sees a client for two to five sessions. "It's really all about working with the subconscious mind," he said.

"Anyone can be hypnotized. The only thing that prevents it is fear of the process. It is done very quickly and is more like a daydream state," he emphasized.

As for the makeup of Linett's clients, they are fairly evenly divided between men and women and spread across all age groups, from children to the elderly. He believes strongly in "client-centered" hypnosis.

"I tend to take a more modern approach to hypnosis. I can't make pain disappear. But I can make tolerance of it greater until the medical problem is solved," Linett said.

His certifications include Pain Management with Hyp-

nosis, Pediatric Hypnosis, and Hypnotherapist with the International Medical and Dental Hypnosis Association. He is also a certified Self-Hypnosis Instructor with the Mottin & Johnson Institute of Hypnosis and the author of "Hypnosis Revealed - A Complete Guide to Hypnosis," plus more than two dozen self-help home audio hypnosis programs.

Linett has been a guest on various radio and television shows, has written articles for meeting planning publications, and has been the subject of more than four dozen print media articles.

But it's not all work and no play. Jason Linett is a nationally recognized and respected stage hypnotist performing "a unique program with safe, clean, and audience-appropriate content" for corporations, schools, and a wide range of organizations nationwide. He performed at President Obama's 2009 Inaugural Ball.

For more information about the services offered by Jason Linett, call 703-360-0534 or visit him online at www.virginiahypnosis.com.



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▲ CUPCAKES from page 11

but the amount of cardboard we conserve is remarkable," explained MacIssac. "We also encourage our dine-in guests to use silverware and glassware to cut down on waste."

The Future Is Even Greener

Buzz Bakery is already besties with Mother Nature, but MacIssac is hoping to do even more. Vegan options could soon be part of the menu, and a plan to make use of food waste is also in the works.

"Soon we will be working with Arcadia, our nonprofit farm located on Mount Vernon, to put together a compost program," said MacIssac. "We have so much food scraps (egg shells, vegetable peelings, coffee grinds) that it just makes sense to re-use it if we can."

Alexandria Cupcake is also thinking ahead, looking to open another location – one that will be green inside and out. "During the planning phases, we will be working with a LEED-certified architect to stay green with our construction," said Hamidi.

Alexandria Cupcake and Buzz Bakery both

whipped up an eco-twist on the cupcake biz – and it's working. From one "crunchy" to another, a scrumptious treat from either place will make your inner hippie green with delight.

Scott Meeks is a passionate environmental journalist, eco-lifestylist, producer and author. You can learn all about his crunchy efforts by visiting his website, www.easyGREENTV.com.



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African American Contributions to Alexandria History

BY CHUCK HAGEE

February is Black History Month. Alexandria may be the epicenter of that designation.

From its formal establishment in 1749, throughout the Revolutionary War, through the Civil War and into modern times, Alexandria has played a major role in the evolution of this nation and its stated ideals. It also played a major role in the contradiction of those ideals — slavery. And, ultimately, the eradication of that human degradation on U.S. soil.

Paramount to that ultimate conclusion has been a host of black women throughout Northern Virginia. To recognize their role, Alexandria’s Black History Museum and Resource Center developed an educational kit to highlight the lives and contributions of Northern Virginia’s African American Women from 1900 to 1999.

Entitled, “A Century of Just Women,” the project was funded by a grant from the Virginia Foundation for the Humanities and first published in January 2001. The entire volume is available at the Resource Center’s Robert H. Robinson Library, 902 Wythe Street.

The library itself is an integral part of Alexandria’s struggle with slavery. The building, constructed in 1940, resulted from a 1939 sit-in by five African American men at the then-segregated Queen Street library. They were arrested for refusing to leave the building.

Another tribute to the struggles of African American Women during slavery can be found at Edmonson Plaza, 1707 Duke Street, once the site of Bruin’s “Negro Jail.” There stands a statue of

Emily and Mary Edmonson, two Maryland teenagers who, in 1848, were held in Bruin’s slave pen after a botched escape attempt to avoid being sold to a New Orleans brothel owner.

The sisters, ages 15 and 13, were the daughters of Paul and Amelia Edmonson, a free black man and his wife. By the law at that time, all of their 14 children were enslaved. Their owner hired them out as servants, laborers and skilled workers.

To avoid being sent to New Orleans, the girls joined 75 other slaves in attempting to escape on the schooner Pearl, docked in



Lorraine Estelle Byers Funn Atkins
PHOTOS PROVIDED BY ALEXANDRIA
BLACK HISTORY MUSEUM

Mrs. Annie Beatrice
Baily Rose

the District of Columbia. Their effort was thwarted at the Chesapeake Bay and the sisters ended up at Bruin’s.

Although they were sold and sent to New Orleans, they returned to Alexandria after their father, with the aid of the Reverend Henry Ward Beecher of New York, raised enough money to buy them back. The girls’ plight became part of the research for a book the Rev. Beecher’s sister was writing to further the abolition of slavery in America — “Uncle Tom’s Cabin” by Harriet Beecher Stowe.

Once free, the sisters went north and joined the abolitionists’ crusade. Emily Edmonson worked closely with Frederick Douglas in his efforts to abolish slavery.

The statue depicts the sisters emerging from a symbolic rock, holding hands as a triumph over adversity. On the reverse side of the rock is a plaque identifying the Edmonson sisters and sculptor Erik Blome of Martinez, California. It was dedicated on June 25, 2010.

The struggle and perseverance of the Edmonson sisters is personified in the Black History Museum’s educational treatise to Northern Virginia’s African American Women. Some of the Alexandria women highlighted include the following:

Mrs. Annie Beatrice Baily Rose (1893-1989) Born in Catharpin, VA, she attended the Summit School, Manassas Industrial School and Manassas Normal School for Teachers. Following graduation she taught elementary school in Loudoun, Fairfax and Prince William counties.

The daughter of a minister whose father founded Ebenezer Baptist Church in Occoquan, she served as the church organist as well as a church trustee and deaconess. She focused on furthering educational opportunities for young people.

In Alexandria **Annie B. Rose** earned the title of Grande Dame of black history, relating how her father was enslaved in Texas and walked back to Alexandria after emancipation. She was a community activist for more than 40 years, founding the Alexandria Commission on Aging, the Alexandria Black

History Resource Center, and the Society for the Preservation of Black Heritage.

Louise W. Shepherd (1902-1978) Born in Washington, DC, Louise Shepherd moved to Alexandria as a child. She was the mother of eight children, grandmother of 31 children, great-grandmother of 16 children, and great-great-grandmother of two children.

An active member of Third Baptist Church, she was a pianist, missionary and deaconess who devoted her time and musical talent to developing musical talent and spiritual growth in young people. Each year a musical scholarship is presented in her honor.

Eudora Lee Lyles (1918-2000) An Alexandria native, Eudora Lyles was a member of the first graduating class the former Alexandria Parker-Gray High School. A member of Meade Memorial Episcopal Church, she played piano, sang and participated in the church’s Sunday evening Jazz Vesper Service.

An avid advocate of housing for the poor and the African American community, she organized the Inner City Civic Association to mobilize residents to maintain their homes and thwart the city’s attempt to take them through eminent domain and condemnation.

Martha Miller (1882-1952) Another Alexandria native, Martha Miller opened the City’s first kindergarten for African American children. Operating the school out of her home, she was in great demand by parents who wanted their children to be prepared for school.

A strict teacher and disciplinarian, Mrs. Miller taught the basics: reading, writing and math as well as music, art and drama. In 1992, the Alexandria Economic Opportunity Commission established an award in her memory to be presented to an outstanding individual for valuable service on behalf of poor Alexandria residents.

Helen Lumpkins Day (1905-1992) Born on July 4, Helen Day attended Hallowell School for Girls in Alexandria and graduated from Dunbar High School and Miner Teachers College, both in Washington, DC.

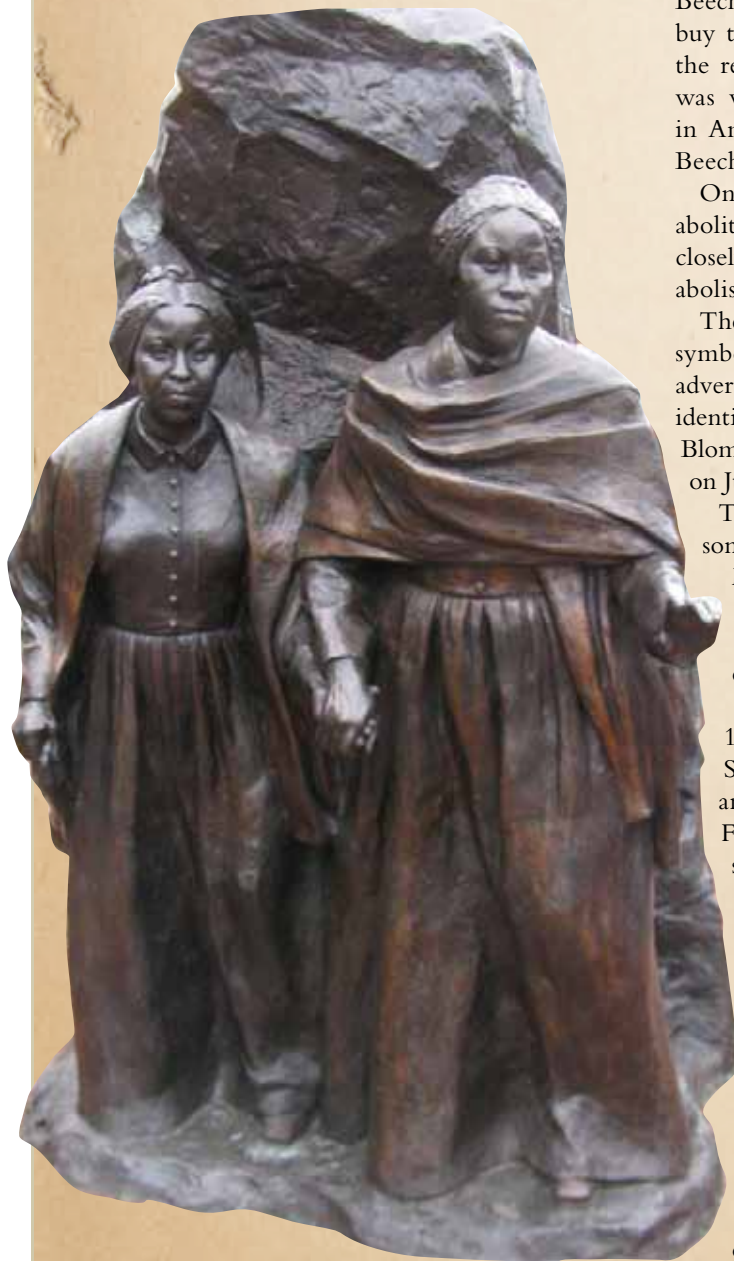
She taught elementary school at Parker-Gray School for 46 years. She was a co-founder, secretary, and board member of the Hopkins House Association, the first African American settlement house for community service in Alexandria, and an active participant in more than 20 organizations throughout the community.

Lorraine Estelle Byers Funn Atkins (1902-1985) Born in Charlottesville, VA, Lorraine Atkins attended schools in Virginia, Pennsylvania and New Jersey. She received her teaching certificate from Manassas Normal School for Teachers.

Active in both church and civic affairs, Mrs. Atkins was one of the original African American graduates of the Gray Ladies of the Alexandria Chapter of the American Red Cross, working with patients at Alexandria Hospital and the Mental Health Center. She was also a founder of Alexandria’s Black History Resource Center and the Alexandria Society for the Preservation of Black History.

Miriam Bracey (1914-1997) Born in Carson, VA, Miriam Bracey graduated from Peabody High School and Virginia State College in Petersburg, VA. She moved to Alexandria when her husband Arthur became an Industrial Arts teacher at Parker-Gray High School.

Owner and operator Peoples Flower Shop, 509 N. Alfred Street, the only African American florist in Alexandria for nearly 40 years, she donated numerous flower arrangements to special charity events. As an astute business woman, she also owned extensive real estate throughout the area.



A bronze statue on the plaza at 1707 Duke St. commemorates the struggle and triumph of the Edmonson sisters as they attempted to escape slavery in 1848.

PHOTO BY CHUCK HAGEE



Happy Tart



Vice Mayor Kerry Donley help Emma Cech cut the ribbon.

GRAND OPENING!



The Happy Tart Bakery held its grand opening Saturday, January 21, in Del Ray. Mayor William Euille and Vice Mayor Kerry Donley helped proprietor Emma Cech cut the ribbon for this fabulous new bakery specializing in luscious *gluten-free* French pastry. The bakery, at 2307A Mount Vernon Avenue, offers a full complement of mouth-watering treats.

PHOTOS BY HARRY MERRITT

Emma Cech has Mayor William Euille sample some of her fine pastry.

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A Life in Jail ... Four Stars and ‘Row, Row, Row Your Boat’

BY HARRY COVERT

Half of the people living in Northern Virginia think they reside in small town America. Others have what’s described as Potomac Fever, that aura of being in the most important area of the world.

I’ve made my home here for more than a quarter century and, yes indeed, it’s a historic area where excellent dining and world cuisines abound. But for five years, the eatery I frequented most has been the Correction Café—the second floor staff eatery at the William G. Truesdale Adult Detention Center, part of the Alexandria Sheriff’s Office, off Mill Road and Truesdale Lane

No, I wasn’t an inmate but I knew lots of the inmates, most of them local and many frequent visitors for violations as drunk in public, drug use and sales, and domestic assaults, some murders and a host of other crimes that keep the city’s court system busy.

Dana Lawhorne is our amiable and diligent elected sheriff of Alexandria, a man who has blossomed in public office, putting public service as a priority while providing one of the most, if not the most, secure jails.

It’s easy now for me to talk about the Sheriff’s Office. I was public information officer for five years before retiring on December 30. Sheriff Lawhorne likes to laugh, tell jokes but he’s always serious about the business of law enforcement and jail security. He lives and breathes his hometown, Alexandria, and I honestly think he knows every citizen in the city.

The sheriff wears four stars on his collar, which signify his serious position, but he’s apt to start the monthly Roll Call trying to get the staff to sing, “row, row, row your boat” (despite silent groans).

Sheriff Lawhorne’s administration is known for community involvement at every level. In addition to backing up and assisting city police, he’s broadened the scope of the Inmate Work Detail. Inmates volunteer to work throughout the city cleaning leaves and trash from city schools, painting, removing snow, and filling sandbags for flood assistance.

The Alexandria jail has housed many famous, even infamous, inmates, including terrorists, congressmen, FBI agents, reporters, professors and deans, rabbis and ministers, and spies.

I once visited an internationally known journalist, a delightful woman. She was serving a federal sentence on a matter of principle and, while incarcerated, was visited by well-known political figures and other writers. I asked what I could do for her. She needed hair dye, saying “My roots are showing.” Sorry, I couldn’t help with that.



Harry Covert And Sheriff Dana Lawhorne

COURTESY PHOTO

During the Christmas holid- days several years ago, an inmate

singing group was to perform, organized by an inmate who played keyboard. The music coming from the second floor sounded like a DVD, until I opened the door to find the keyboard player singing and directing five singers in green jumpsuits. It was glorious music. I asked the keyboardist where he learned to play; he said, “Conservatory.”

I invited media to cover the Christmas program. One reporter arrived early to interview the musicians. He checked out the keyboardist’s story, called the conservatory and talked to

the inmate’s professor. The reporter confirmed that our musician had been his professor’s best-ever piano student, and had even understudied Robert Goulet on Broadway. Sadly, his career was sidelined by a 15-year federal sentence for selling drugs. But our concert that day was Broadway quality. Media outlets from around the world often called to check on inmates and to visit the jail. Among them were RT (formerly Russia Today) and Tass, the Russian news agency, the

▼ See JAIL on page 42

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Alexandria City Council Approves Waterfront Small Area Plan

On January 21, the Alexandria City Council voted 5-2 to approve the Waterfront Small Area Plan. In June 2011, after many residents raised concerns about the plan, City Council deferred a vote on it and established the Mayor-appointed Waterfront Plan Work Group to find areas of consensus and to identify, categorize, and narrow differences on concerns that residents had raised.

The Waterfront Plan Work Group held 15 meetings from July to December 2011, and released its final report on December 20. The City Council and Planning Commission held a joint work session on January 10, 2012, to discuss the group's recommendations. With their action on January 21, the City Council agreed with the City staff's recommendation to incorporate all of the group's recommendations into the plan.

Following an eight-hour public hearing, the Council also added language to the plan

that preserves historic buildings and residential parking; promotes developments with artistic, historic, and cultural uses, including a \$7 million developer contribution to public spaces; maximizes open space along the river; limits new hotels to two, each with no more than 150 rooms; and requires all development proposals to be reviewed by the Old and Historic District Board of Architectural Review. It further establishes a citizen oversight group and calls for planning to begin on the GenOn power plant site as soon as practicable.

The Waterfront Small Area Plan will ensure development and design that is rooted in Alexandria's history; promote the waterfront as an art/cultural destination; improve public use of enhanced open spaces, water access, and boating facilities; and improve services and systems, including an integrated flood mitigation system.

The approved Waterfront

Plan balances costs and revenues, including park maintenance. Including flood mitigation, the Plan's revenues are projected to exceed expenditures within 20 years.

"The Waterfront Plan that the Council approved represents Alexandria's bright future while protecting our historic past," said Mayor William D. Euille. "Countless Alexandria residents, businesses, and City staff have worked extremely hard to build an extraordinary plan that provides the road map for revitalizing our waterfront gateway into a destination that honors our seaport heritage; provides complete, continuous access to the river; enhances the beauty of our shoreline; and celebrates our love of the arts. We approved a plan that all of Alexandria can be proud of and enjoy."

For more information about the Waterfront Plan, visit alexandria.gov/Waterfront.

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58 Years and Counting



Connie and Jane Ring, then and now.

PHOTOS COURTESY OF THE RING FAMILY.

BY CHUCK HAGEE

Every day is Valentine's Day, according to Jane and Connie Ring. They got married twice to prove it.

The Rings celebrated their 57th wedding anniversary in September and their 58th in October. "We eloped in October 1954, then had a formal wedding in September 1955," Jane revealed. They met at Chautauqua, the New York music and intellectual venue, during the summer of 1954. Jane Lee was waiting tables at a resort; Connie was delivering milk and busing tables at the Saint Elmo Hotel.

Connie was enrolled at Columbia University Law School; Jane, a music major at Duke University. He was a Yankee from Jamestown, just 15 miles from the resort. She was a southern girl from Raleigh, North Carolina.

"I first heard about Chautauqua from a piano teacher, Miss Lovey, at Peace College in Raleigh. She raved about the concerts and lectures and encouraged me to get a summer job there," Jane said.

"At first, it sounded awfully stuffy. But, when I heard the concerts and attended some lectures, I realized Miss Lovey

knew what she was talking about. It was a great experience and remains so today," she stated.

Situated on the shores of Chautauqua Lake in southwestern New York State, the Chautauqua Institute comes alive each summer with performing arts, lectures on a myriad of subjects, interfaith worship and programs, and recreational activities for all ages. Nearly 200,000 visitors and summer residents attend these functions over a nine-week period, most residing in the historic lakeside village.

"I was pinned as I left for Chautauqua that summer, but gave the fraternity pin back to my boyfriend because I told him I wanted to be free to date and that I would take his pin back in the fall when I returned," Jane said. That didn't happen because along came Carlyle Conwell Ring, Jr., better known then and now as Connie.

"When I wrote home that summer, I talked about Connie but it never occurred to me to mention that he was a guy. My parents thought it nice that I had a new girlfriend," Jane said.

It was far more than a friendship. Jane and Connie fell in

love. Connie transferred to Duke University Law School. He graduated in 1956. Jane graduated from Duke in 1957.

Before transferring, Connie made a trip to Raleigh to meet Jane's parents. "When I called to tell them I was coming, PaPa Lee quizzed me over the phone. First he asked me if I really was a damn Yankee. Strike one. Then he asked about my politics. I said I was a Republican. Strike two," Connie recalled.

"I took a bus from New York and arrived in Raleigh about 10 p.m. I called to tell them I had arrived and would stay at the YMCA, and see them in the morning," he explained.

"They said no way. They would pick me up and I was staying there. In fact, they said dinner was waiting. And it sure was. A typical southern meal. The table was loaded with meats, vegetables, potatoes, and desserts," Connie emphasized. "I was warmly welcomed into the family."

Connie's parents extended the same warm welcome to Jane. "The first time they met, all I could hear coming from the kitchen was Jane and my mother giggling. Then Mother told me this was the girl I

had better marry," Connie said.

After graduation, Connie took a job with Ober Kaler law firm in Washington, DC. Jane had accepted a position in Hyattsville, Maryland, teaching music.

"I taught for one year and then a job opened up here in Virginia, but I wasn't able to accept it because I was pregnant with our first child. Each time they called after that it seems I was always pregnant," Jane explained.

Eventually, the Rings had four children, two daughters and two sons. All are now married and all have two children of their own. Hanging on the wall of Jane and Connie's living room is a portrait of eight grandchildren, seven boys and one girl.

Three of the families live in Mount Vernon District of Fairfax County, just off the George Washington Memorial Parkway; the other in Towson, Maryland. Their son-in-law in Towson, an architect, was instrumental in designing Baltimore's Oriole Park at Camden Yards.

Connie has spent his entire professional life with the law firm he joined after graduating Duke Law School. He

also served 13 years as General Counsel of Atlantic Research Corporation.

When not practicing law, Connie Ring has been a dedicated member of the Alexandria Community. He served nine years on the Alexandria City Council, nine years on the Alexandria Board of Education and 12 years on the Board of the Alexandria Housing and Redevelopment Authority.

The Rings have lived on Monticello Boulevard since 1961, the first non-military owners of the property. When they bought the house, most other families were military.

"In fact, when we moved in a neighbor welcomed us and asked what branch of the military I was in. When I said none, that I was a lawyer, it was like the block had been infiltrated," Connie recalled.

Eighteen years ago the Rings also purchased a summer home in Chautauqua. "We've spent our summers there ever since," Connie said. "It has only gotten better," Jane assured.

That could apply to them as well as to their summer retreat. Particularly when, as they stated, "Every day is Valentine's Day."

ASK THE ATTORNEY



“What do I do if I get hurt on the job?”

I am often asked what happens when you get hurt on the job. Can you file suit? Can you go to court? The answer is “No.”

If you are injured on the job, you have a Virginia Workman’s Compensation claim. If you do file a claim, your case go in front of the Virginia Workman’s Compensation Commission and will be heard by a Deputy Commissioner. This is an evidentiary hearing and the strict rules of evidence do not apply. In a court of law you are required to bring doctors to a trial to prove damages, but in front of the Virginia Workman’s Compensation Commission, you may bring medical reports regarding your injuries.

Now, what actually qualifies as an “on the job injury”? In the obvious sense, the injury must be related to your job. If you are not actually at work when the injury occurs, it will most likely not be a viable claim. If, however, you are traveling or driving for the benefit of your employer, the claim will most likely be successful. If your employer provides a motor vehicle to you, your claim will probably be good even if you

were simply going to work in the company-provided vehicle.

So if you get hurt on the job, what should you do? First, notify your employer immediately. There is a 30-day initial notice requirement. Then there are forms your employer must provide for you to complete, which are required. In addition, when you notify your employer of your accident, it is their responsibility to provide you with a panel of three physicians within a reasonable amount of time. A “reasonable” amount of time usually means before you have seen another physician two to three times. If your employer acts upon providing the panel too late, you will most likely be allowed to continue with the doctor you initially saw, who will become your “treating” physician. This is important because if your claim is ultimately contested, the testimony of your “treating” physician can carry significant weight in subsequent hearings.

I routinely find that when my workman’s compensation clients are initially contacted by their employer’s workman’s compensation insurance carrier, they are told they “don’t

need a lawyer,” and they will be “taken care of.” (Blah—blah—blah). This is absolute nonsense.

They will try and record your conversation after telling you they must have a recorded statement outlining the facts of your accident, and that if you do not give them one, your claim will be forever barred. This is again utter nonsense. If there is an area of the law in which you need an attorney immediately, it is within workman’s compensation law. Get hurt on the job, and hire yourself a lawyer.

See you next month.

Christopher Paul Schewe is a former City of Alexandria attorney and has been practicing over 32 years change to specializing in personal injury, workman's compensation and DUI/DWI cases. If you have a question for Chris, please email him at cpschewe@verizon.net or call his office at 216 South Patrick Street, Alexandria at 703-684-8200.

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5 TBA	6 The Yardbirds 7:30pm \$29.50	7 eric benét 7:30pm \$59.50	8 	9 TBA	10 THAT IS ALL AN EVENING WITH JOHN HODGMAN w/ Paul & Storm 7:30pm \$25.00	11 The Association 7:30pm \$35.00
12 CLUBBIES HALLSTAR JAM feat/ Claire Lynch, Josh Williams, Sammy Shiner, Missy Raines, Michael Cleveland, Kenny & Amanda Smith 7:30pm \$29.50	13 	14 BURLESQUE-A-PAGES presents AFTER DARK Hosted by Murray Hill, w/ live music by The Brian Newman Quintet, feat. Angie Pontani, The Maine Attraction, The World Famous Portland Sisters, Albert Cadabura, Helen Pontani, Spring Flowers & more! 7:30pm \$29.50	15 THE ANGELA BOFILL EXPERIENCE presented by MISS ANGELA BOFILL w/ ELBA MOORE, DAVE VALENTIN and THE ORIGINAL ANGELA BOFILL BAND 7:30pm \$35.00	16 	17 Carrie Rodriguez & Lori McKenna 7:30pm \$25.00	18 Nils Lofgren & Friends 'Acoustic' 7:30pm \$45.00
19 Nils Lofgren & Friends 'Acoustic' 7:30pm \$45.00	20 THE ROBERT GRAY BAND w/ Lili Anel 7:30pm \$49.50	21 John Mayall w/ Ernie Hawkins 7:30pm \$39.50	22 ESTELLE "All of Me" Tour 7:30pm \$29.50	23 The Puppini Sisters 7:30pm \$27.50	24 An Evening with TERRI CLARK 7:30pm \$35.00	25 Harmony Sweepstakes 2012 www.harmonysweepstakes.com 7:30pm \$29.50
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The ABCs of Alexandria Business

On January 26, the Alexandria Convention and Visitors Association presented the ABC's of Alexandria Business, hosted by the Crowne Plaza Alexandria. New City Manager Rashad Young offered inspiring remarks and nine business organizations highlighted the outstanding services they provide and ways they work in partnership to help local businesses thrive.

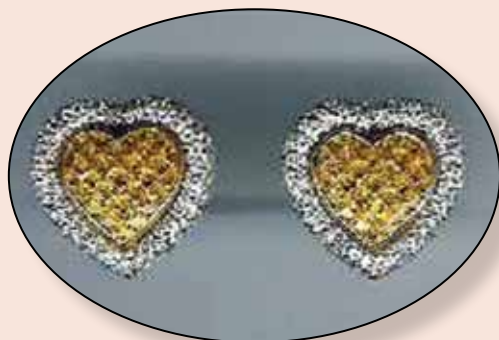


Pictured from left: Andrew Palmieri, Alexandria Chamber of Commerce; Stephanie Landrum and Val Hawkins, Alexandria Economic Development Partnership; Stephanie Pace Brown, Alexandria Convention & Visitors Association; Mike Barber, West End Business Association; Sharon Eddy, Arlandria-Chirilagua Business Association; Maria Wasowski, Del Ray Business Association; Carol Supplee, Old Town Business & Professional Association; Rashad Young, Alexandria City Manager; Kay Tyler, Eisenhower Public-Private Partnership; Bill Reagan, Alexandria Small Business Development Center

PHOTO PROVIDED BY ACVA

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Mary Wadland, owner/publisher of Zebra, was guest speaker at the Kiwanis Club’s January 12 meeting at the Sheraton Suites.

Pictured, from left, are Perry Carvellas, (retired patent attorney and past Kiwanis president), Mary Ehlers (owner of The Nugget and past Kiwanis president), Louis Hofheimer, (owner of Hofheimer Security & Captain Token Magic Shows, Key Club coordinator), Marylou McKenna (author and immediate past president), Bud Hart (attorney and Alexandria Living Legend), Mary Wadland (owner/publisher of Zebra), Bill Allison (Kiwanis Club Ambassador and Club Secretary and partner in Engineering firm, CMC Co. of VA), Tim Wesling (owner of Wesling Financial and Kiwanis treasurer), Tom DeMik (Burke and Herbert Bank), Don Wells (attorney, WWII veteran, and Kiwanis member with 52 years’ perfect attendance), Nick Gregsouk (with Burke and Herbert Bank and club president), Ray Peters (long-term Kiwanian and WWII veteran), Claude Mayo (CPA and Kiwanis board member), and Larry Watson (retired oil executive and past Kiwanis lieutenant governor). Unable to attend were Dr. Steve Blood, (past president and tireless volunteer fundraiser), Bob Travers (real estate developer and past lieutenant governor and tireless Kiwanis volunteer) John Crawford (past Kiwanis president and lieutenant governor), and YOU...our potential new Member?

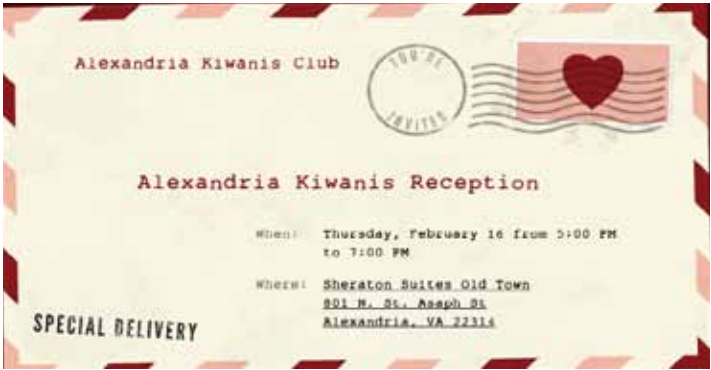
Join us in serving youth in the Alexandria area!



The late Frank Becker of Becker Electric started the Kiwanis Holiday Stocking Stuffer Project decades ago to give toys and treats to children who may not receive anything else. Through his wife Barbara’s generosity, we have continued this annual event by stuffing some 300 stockings again this year. Pictured above are Claude Mayo, Nick Gregsouk (Kiwanis Club President), Shari Bolouri, and one of the many volunteers whose help was invaluable when we did an assembly-line stocking stuffing at our Thursday before Christmas meeting. It was a truly fun and feel-good event!!

“I always wanted a neck like Audrey Hepburn. I have a neck like an elderly German Shepherd.”

- James Coco as Jimmy Perrino
Only When I Laugh, 1981



The Alexandria Kiwanis just celebrated 90 years of providing community support directly to Alexandria youth as an agent of Kiwanis International (KWI). KWI is a global volunteer organization dedicated to changing the world one child and one community at a time. As part of KWI, Alexandria Kiwanis and the Alexandria Foundation supports and provides funding and volunteers to some 75 organizations in our community every year. KWI has more than 600,000 members in 80 countries focusing on community goals and objectives.

What’s coming up at Kiwanis?

On February 16, 5-7 pm, a Meet Kiwanis Social will be held at the Sheraton Suites-Old Town. Hear how Kiwanis supports youth in Alexandria and our plans for the future. Meet Alexandria Living Legend Bud Hart. Light refreshments will be served, with a cash bar. RSVP to wfa@cmcofva.com by February 14. On March 13, 7:30-8:30 am, Del Ray Kiwanis will host a coffee social at St Elmo’s Coffee Pub, 2300 Mt. Vernon Avenue. Meet and work volunteers who support

Alexandria youth. Projects include mentoring middle school students in community service.

April 22, 3:30 pm, the 11th Annual National Symphony Orchestra Concert at George Washington Memorial Masonic Temple. This year’s the concert features violinist Marrisra Regni and trombonist Barry Hern of the NSO and the John Adams ES Orff Ensemble under the direction of Wes McCune. This annual event provides a unique opportunity for students and other to interact with symphony musicians. Get involved! Walk into any of our meetings or contact a Kiwanian.

Alexandria Kiwanis meets at noon each Thursday at the Sheraton Suites-Old Town, 801 N St. Asaph Street. Del Ray Kiwanis meets at 7:30am each Tuesday at St Elmo’s Coffee House, 2300 Mt. Vernon Avenue.

Contact: Alexandria Kiwanis (alexandriakiwanis@earthlink.net) or Bill Allison at 703.836.3344 for more information.

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BY MARY EHLERS



Born in February – Aren’t You Lucky!

There is colorful Greek folklore regarding this month’s birthstone, the amethyst.

This gemstone is believed to guard against intoxication and has been used as a symbolic jewel for religious leaders and teachers. The amethyst represents sincerity and religious enlightenment, and has been designated as the gem to be given on the 6th wedding anniversary.

Amethyst is commonly found in a variety of sizes, shapes and cuts. It is a member of the quartz family, as is citrine. As such it is relatively easy to care for and a good gemstone for daily wear. It is not, however, a gemstone that you can wear while sunbathing. The reason is that some amethysts may experience a fading of their intense purple color in natural sunlight. I learned this fact the hard way when I put an intense purple amethyst geode in my front window display for a month. At the end of that month, I was shocked that the geode’s deep rich purple tone

was now a pale lilac shade.

Once an amethyst fades, there is no remedy, so I advise people with amethyst jewelry to enjoy wearing it as much as possible in indoors, away from direct sunlight. The good thing is, and was, that amethyst is accommodating to a smaller budget, but is still a stone that does not compromise quality for cost or beauty.

There are many shades of

amethyst from light lilac to intense purple, which is often referred to as a Siberian color. The gemstone may have color zoning, which resembles a venetian blind effect when viewed from the back side of the gemstone, when it is on a solid white background. There are also synthetic amethysts, currently available from gem labs in Japan.

Natural amethyst is so rea-

sonable in price that one would think that no simulant was necessary. More and more, it’s buyer beware for most colored gemstones, even reasonably priced ones such as amethyst. In any event, there is also a very pale green stone called a green amethyst. Green amethyst gets its color as the result of a heat treatment. Its color is stable, if normal care is exercised. I have even used green amethysts in

a client’s engagement ring. I hope that you have learned something regarding amethysts, and that you will treasure it as a gemstone with rich history, rich color and with a reasonable price tag.

Mary Ehlers is a goldsmith and the owner of The Nugget, located at 123 South Fairfax Street in Old Town Alexandria.

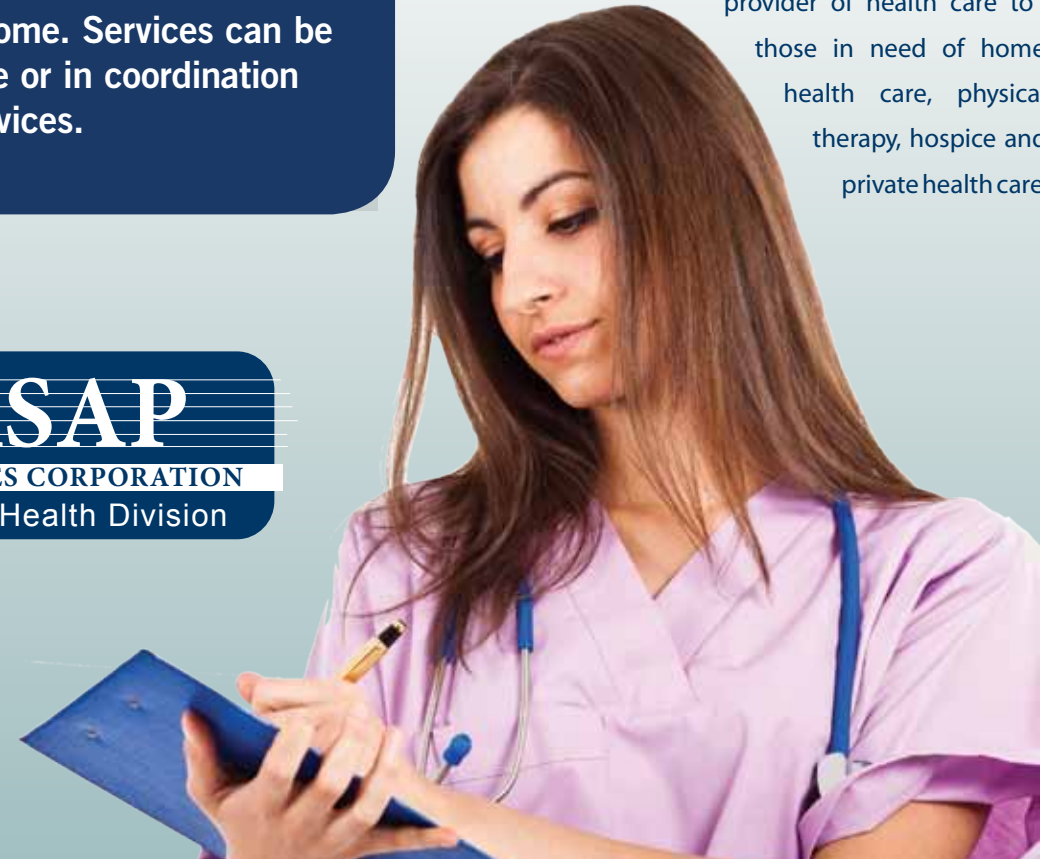
MATCH GAME



The Match Game is being retired to test new Zebra content. If you would like to see the return of Match Game, please email mary@thezebra.org so we can log your feedback. Thank you!

January Match Game Answers: Sister Aloysius Beauvier/Doubt; Eleanor Shaw/The Manchurian Candidate (2004); Clarissa Vaughan/The Hours; Miranda Priestly/The Devil Wears Prada; Karen Traynor/The Seduction of Joe Tynan; Suzanne Vale/Postcards from the Edge; Madeline Ashton/Death Becomes Her; Francesca Johnson/The Bridges of Madison County; Lindy Chamberlain/A Cry in the Dark; Gail Hartman/The River Wild.

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The Sundance Film Festival 2012: Where the Spirit of the Independent Filmmaker is Alive and 2.0



Katie Partlow of *Alexandria* at Sundance: "It was a complete thrill to be here."

PHOTO BY JOHN ARUNDEL

BY JOHN ARUNDEL

There are few places in the world where you can board public transit and strike up conversations with a Mexican drug lord from *CSI: Miami*, an actress starring opposite Paul Giamatti in his newest flick, and a Sony Pictures executive who runs the studio's digital streaming site, *Crackle*. All on the same bus.

This happened on my first day at The Sundance Film Festival, the largest independent cinema festival in the United States, held each third week of January in the picturesque ski resort of Park City, and in separate venues in Salt Lake City and Ogden, Utah.

Robert Redford, Sundance Institute's founder and president, made it clear at his annual state-of-the-festival press conference that "Sundance is not Park City. Sundance is the place where this all started, back in the 1980s, when I started up the labs."

The labs are at Sundance Resort, 40 miles from Park City, where Redford and his team, including Keri Putnam, SI executive director, and John Cooper, Sundance Film Festival director, encourage young filmmakers. "The festival is a part [of SI], but in my mind,



The actress Anne Heche.

PHOTO BY JOHN ARUNDEL

the stronger part, the more meaningful part, is the development part, where our labs are," Redford said.

Film Distribution-A Primer

With Internet and cable, success in distribution takes many forms these days. At the institute, a new program called Artist Services helps filmmakers pursue a self-distribution strategy. Redford and his team have helped artists raise more than \$1.5 million on Kickstarter.com to fund projects and they offered all Sundance-supported films, past and present, access to top online distribution portals.

"I think it's creative, original and the stories you will see are as diverse and personal as they can be," Redford said. "Independent film is the theme of the festival. I hope you see that, too."

Independent films can move, inform and inspire people, and make change, Putnam told journalists, but filmmakers are facing changes in distribution, globalization and technology, which have become priorities at the institute.

"In many ways, the festival embodies what we do at the institute year-round," she said. "In a concrete sense, you can see that in the 27 feature films

to be screened in this year's festival, films that were supported creatively or financially by the institute."

Sundance festival began as the "Utah/US Film Festival" in 1978, as an effort by the state government to attract filmmakers to Utah. Chaired by Redford, it was founded by Sterling Van Wagenen, who was then head of Wildwood, Redford's production company; and John Earle and Cirina Hampton Catania, who served on the Utah Film Commission.

The 1978 festival featured films that are now classics, like "Deliverance," "Midnight Cowboy" and "A Streetcar Named Desire." The goal was to showcase American-made films with the Frank Capra Award, which that first year went to the legendary actor Jimmy Stewart. The festival made a profit from the start.

One year later, Sundance Film Festival was founded and, even with its success and expansion, the institute's mission hasn't changed much.

"Our mission is creating a platform for independent artists to show their work," Redford said. "This is the only festival that I know is truly independent in the world, and it's the only festival that has a

year-round workshop attached to it."

Still slim and vibrant at 78, Redford shows no signs of slowing down, either personally or professionally. His Sundance Institute and Festival are global institutions and his team makes it clear that they're aggressively pursuing his desire for Sundance to remain at the intersection of technology and storytelling, globally.

"Today, 30 percent of the artists at the institute are international," Putnam said. "This year we'll hold labs and workshops in China, India, Jordan, and East Africa."

As the premier showcase for new work from American and international independent filmmakers, the 10-day Sundance Film Festival comprises competitive sections for American and international dramatic and documentary films, both feature-length and short films, and a group of out-of-competition film categories, including *NEXT*, *New Frontier*, *Spotlight*, and *Park City at Midnight*.

Sundance Mystique

Every table at Redford's glitzy restaurant Zoom had been booked for months. Standard rooms at the swanky,

▼ See SUNDANCE on page 25

▲ **SUNDANCE** from page 24

175-room Waldorf Astoria were fetching \$800 per night. The latest draw at Park City this year was the country's only heated chairlift, a quad encased in a tinted orange shield that makes you feel you're sitting in a pair of ski goggles. You board it near the resort's new ski "beach," a sunlit esplanade complete with lounge chairs and fire pits.

In its fourth year, The Sundance Collective was a collection of five mega-manses on Promontory Point near Park City, which hosted 75 actors, producers, directors and other VIPs from DC, New York, Miami and Los Angeles, including Alexandria's own Katie Partlow, daughter of Del Ray's coffee queen, Nora Partlow of St. Elmo's Coffee Pub, and Elizabeth Webster, director of business outreach for DC Councilman Vincent Orange, who oversees DC's Office of Motion Pictures.

"DC is committed to helping independent filmmakers and bringing more production projects to the District," Webster said. "That's my main focus for being here."

Over ten days The Sundance Collective hosted eight events catered by Iron Chef Mark Timms of Easton, Maryland's Inn at Perry Cabin, including a UNICEF brunch to raise funds for Haitian relief and a premiere party for "Fishing Without Nets," a 17-minute drama about Somali fishermen lured into the pirate trade.

The documentary, produced by 25-year-old writer director, Cutter Hodierne from Arlington, won the top jury prize for short films. Hodierne hopes to turn his story into a feature-length film.

This year, Park City's go-to watering holes, places like the No Name Saloon, Riverhorse, Grappa, Chimayo and 350 Main, were jammed during the festival, and Main Street at times was like a parking lot of tinted GM Escalades constantly disgorging celebrities, studio execs, and other A-Listers into bars, restaurants, and gifting lounges.

PT Barnum at Sundance

Ahhh, the gifting lounges. Economic meltdown, be damned. It was not just filmed entertainment on parade here; Madison Avenue was also out in full force, as Sundance has almost become a brand exercise, a World Series of PT Barnum-like showmanship of the hippest and hottest new clothes, footwear, breakfast cereals, and grain vodkas.

Bing Bar, TAO, T-Mobile, Google Music and Grey Goose Vodka's Blue Door on Main Street were the hottest spots at this year's festival, invitation-only spaces that spanned several floors with bars on each, and nightly entertainment featuring Jason Mraz, The Bad Rabbits, Vintage Trouble and DC's own jazz saxophonist Ski Johnson.

During the day these lounges hosted press junkets for Hollywood superstars like Sean Penn, Richard Gere, Anne Heche and the casts from some of the Festival's top films. Mary J. Blige came through, as did Octavia Spencer, Kirsten Dunst, Blythe Danner, Andy Samberg, David Duchovny, Elizabeth Olsen and James Marsden.

The Kennedys at Sundance

Robert F. Kennedy, Jr., was one of 20 Kennedys or in-laws at Sundance to support Rory Kennedy, youngest child of Robert and Ethel Kennedy, who screened "Ethel," her upcoming HBO documentary which is a portrait of RFK's famously private widow. Rory, who was born after her father's assassination in 1968, made a touching documentary filled with archival footage and home movies. Singer Taylor Swift, a Kennedy fan, flew in from Los Angeles for the day to catch the premiere.

"My mother has lived through so many extraordinary historical events and was on the front lines every step of the way," said Rory Kennedy. "Selfishly, my interest was for my children and my children's children, in being able to capture my mother for them, who she is and what she stood for."

▼ See **SUNDANCE** on page 29



NeuProfile's Jessica Hoy and Mark Timms, chef of the Inn at Perry Cabin, at The Sundance Collective.

PHOTO BY JOHN ARUNDEL

1 Actor Jesse Williams, The Star Of Grey's Anatomy, At The Sundance Film Festival, Park City, Utah.

2 Screenwriter Peter Arundel, who wrote Falling from Horses, with the actress Anne Heche at the Sundance Film Festival.

3 The actress Anne Heche at the Oasis Miami lounge.

4 The actor William H. Macy at the «Ethel» premiere.

5 The Stella Artois spokesmodels at the Stella Artois House in Sundance.

6 The actress Anne Heche at the Oasis Miami lounge.

7 The leaders of Occupy Sundance in Park City.

8 Model actress Monica Smith of Los Angeles.

PHOTOS BY
JOHN ARUNDEL



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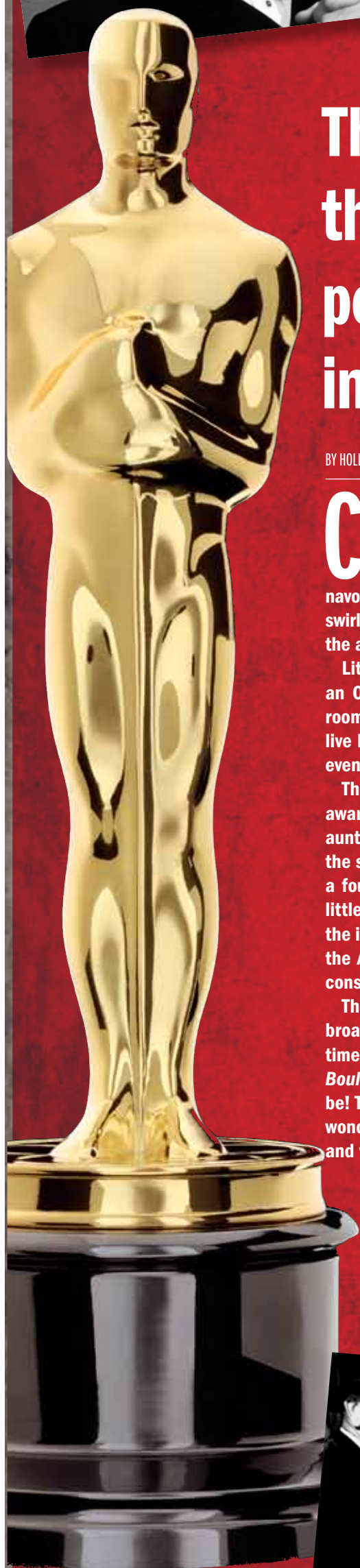
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The Oscars “...and those wonderful people out there in the dark!”

BY HOLLY BURNETT

Circa 1972, I recall sitting on the living room sofa in my footed, flannel Carter’s pajamas, watching the Academy Awards with my parents. It was one of the few nights of the year that I was allowed to stay up past eight o’clock. I watched our brown Magnavox with great fascination, marveling at the actresses in layers of swirling chiffon, sporting French twists and borrowed diamonds, and the actors clad in white or black dinner jackets with perfect bow ties.

Little has changed for me since those days. If I am not attending an Oscar party or hosting one, I am invariably sitting on my living room sofa in a Lanz nightgown, the lights turned down, watching the live broadcast and reflecting on the enormous happiness this annual event has brought to my life.

This is my Super Bowl, and I will not tolerate detractors. I am aware the show has its shortcomings, but I liken them to a well-loved aunt who got into the sherry. As Johnny Carson once remarked, the show is “two hours of sparkling entertainment spread out over a four-hour telecast.” Okay, so it’s a little long, the speeches a little boring, and the production numbers hokey, making them the ideal bathroom break. But in a world of so much uncertainty, the Academy Awards has remained consistent (even when it is consistently bad).

Through childhood, adolescence, and now adulthood, these broadcasts, and the films they honor, have marked time, my time. To steal a line from Norma Desmond in her final *Sunset Boulevard* close-up: “You see, this is my life! It always will be! There’s nothing else just us, and the cameras, and those wonderful people out there in the dark!” Enjoy the show... and welcome back the evening’s host, Billy Crystal.



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midnight February 25, 2012. **Good luck!**

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Best Picture

- ☐ "THE ARTIST"
- ☐ "THE DESCENDANTS"
- ☐ "EXTREMELY LOUD & INCREDIBLY CLOSE"
- ☐ "THE HELP"
- ☐ "HUGO"
- ☐ "MIDNIGHT IN PARIS"
- ☐ "MONEYBALL"
- ☐ "THE TREE OF LIFE"
- ☐ "WAR HORSE"

Best Director

- ☐ WOODY ALLEN, "Midnight in Paris"
- ☐ MICHEL HAZANAVICIUS, "The Artist"
- ☐ TERRENCE MALICK, "The Tree of Life"
- ☐ ALEXANDER PAYNE, "The Descendants"
- ☐ MARTIN SCORSESE, "Hugo"

Best Actor

- ☐ DEMIÁN BICHIR, "A Better Life"
- ☐ GEORGE CLOONEY, "The Descendants"
- ☐ JEAN DUJARDIN, "The Artist"
- ☐ GARY OLDMAN, "Tinker Tailor Soldier Spy"
- ☐ BRAD PITT, "Moneyball"

Best Supporting Actor

- ☐ KENNETH BRANAGH, "My Week with Marilyn"
- ☐ JONAH HILL, "Moneyball"
- ☐ NICK NOLTE, "Warrior"
- ☐ CHRISTOPHER PLUMMER, "Beginners"
- ☐ MAX VON SYDOW, "Extremely Loud & Incredibly Close"

Best Actress

- ☐ GLENN CLOSE, "Albert Nobbs"
- ☐ VIOLA DAVIS, "The Help"
- ☐ ROONEY MARA, "The Girl with the Dragon Tattoo"
- ☐ MERYL STREEP, "The Iron Lady"
- ☐ MICHELLE WILLIAMS, "My Week with Marilyn"

Best Supporting Actress

- ☐ BÉRÉNICE BEJO, "The Artist"
- ☐ JESSICA CHASTAIN, "The Help"
- ☐ MELISSA MCCARTHY, "Bridesmaids"
- ☐ JANET MCTEER, "Albert Nobbs"
- ☐ OCTAVIA SPENCER, "The Help"

Best Animated Feature Film

- ☐ "A CAT IN PARIS"
- ☐ "CHICO & RITA"
- ☐ "KUNG FU PANDA 2"
- ☐ "PUSS IN BOOTS"
- ☐ "RANGO"

Best Art Direction

- ☐ "THE ARTIST"
- ☐ "HARRY POTTER AND THE DEATHLY HALLOWS PART 2"
- ☐ "HUGO"
- ☐ "MIDNIGHT IN PARIS"
- ☐ "WAR HORSE"

Best Cinematography

- ☐ "THE ARTIST"
- ☐ "THE GIRL WITH THE DRAGON TATTOO"
- ☐ "HUGO"
- ☐ "THE TREE OF LIFE"
- ☐ "WAR HORSE"

Best Costume Design

- ☐ "ANONYMOUS"
- ☐ "THE ARTIST"
- ☐ "HUGO"
- ☐ "JANE EYRE"
- ☐ "W.E."

Best Documentary Feature

- ☐ "HELL AND BACK AGAIN"
- ☐ "IF A TREE FALLS: A STORY OF THE EARTH LIBERATION FRONT"
- ☐ "PARADISE LOST 3: PURGATORY"
- ☐ "PINA"
- ☐ "UNDEFEATED"

Best Documentary Short Subject

- ☐ "THE BARBER OF BIRMINGHAM: FOOT SOLDIER OF THE CIVIL RIGHTS MOVEMENT"
- ☐ "GOD IS THE BIGGER ELVIS"
- ☐ "INCIDENT IN NEW BAGHDAD"
- ☐ "SAVING FACE"
- ☐ "THE TSUNAMI AND THE CHERRY BLOSSOM"

Best Film Editing

- ☐ "THE ARTIST"
- ☐ "THE DESCENDANTS"
- ☐ "THE GIRL WITH THE DRAGON TATTOO"
- ☐ "HUGO"
- ☐ "MONEYBALL"

Best Foreign Language Film

- ☐ "BULLHEAD," Belgium
- ☐ "FOOTNOTE," Israel
- ☐ "IN DARKNESS," Poland
- ☐ "MONSIEUR LAZHAR," Canada
- ☐ "A SEPARATION," Iran

Best Makeup

- ☐ "ALBERT NOBBS"
- ☐ "HARRY POTTER AND THE DEATHLY HALLOWS PART 2"
- ☐ "THE IRON LADY"

Best Original Score

- ☐ "THE ADVENTURES OF TINTIN"
- ☐ "THE ARTIST"
- ☐ "HUGO"
- ☐ "TINKER TAILOR SOLDIER SPY"
- ☐ "WAR HORSE"

Best Original Song

- ☐ "MAN OR MUPPET" FROM "THE MUPPETS"
- ☐ "REAL IN RIO" FROM "RIO"

Best Animated Short Film

- ☐ "DIMANCHE/SUNDAY"
- ☐ "THE FANTASTIC FLYING BOOKS OF MR. MORRIS LESSMORE"
- ☐ "LA LUNA"
- ☐ "A MORNING STROLL"
- ☐ "WILD LIFE"

Best Live Action Short Film

- ☐ "PENTECOST"
- ☐ "RAJU"
- ☐ "THE SHORE"
- ☐ "TIME FREAK"
- ☐ "TUBA ATLANTIC"

Best Sound Editing

- ☐ "DRIVE"
- ☐ "THE GIRL WITH THE DRAGON TATTOO"
- ☐ "HUGO"
- ☐ "TRANSFORMERS: DARK OF THE MOON"
- ☐ "WAR HORSE"

Best Sound Mixing

- ☐ "THE GIRL WITH THE DRAGON TATTOO"
- ☐ "HUGO"
- ☐ "MONEYBALL"
- ☐ "TRANSFORMERS: DARK OF THE MOON"
- ☐ "WAR HORSE"

Best Visual Effects

- ☐ "HARRY POTTER AND THE DEATHLY HALLOWS PART 2"
- ☐ "HUGO"
- ☐ "REAL STEEL"
- ☐ "RISE OF THE PLANET OF THE APES"
- ☐ "TRANSFORMERS: DARK OF THE MOON"

Best Adapted Screenplay

- ☐ "THE DESCENDANTS," Alexander Payne, Nat Faxon, Jim Rash
- ☐ "HUGO," John Logan
- ☐ "THE IDES OF MARCH," George Clooney, Grant Heslov, Beau Willimon
- ☐ "MONEYBALL," Steven Zaillian, Aaron Sorkin, Stan Chervin
- ☐ "TINKER TAILOR SOLDIER SPY," Bridget O'Connor, Peter Straughan

Best Original Screenplay

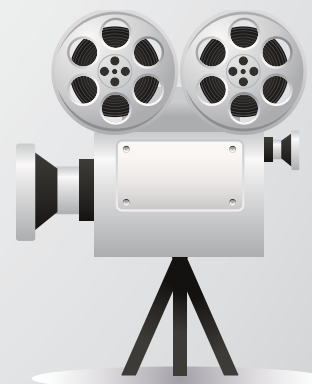
- ☐ "THE ARTIST," Michel Hazanavicius
- ☐ "BRIDESMAIDS," Annie Mumolo, Kristen Wiig
- ☐ "MARGIN CALL," J.C. Chandor
- ☐ "MIDNIGHT IN PARIS," Woody Allen
- ☐ "A SEPARATION," Asghar Farhadi

Tie-Breaker Question #1

Name the two sisters who both won Best Actress Academy Awards:

Tie-Breaker Question #2

The 84th Academy Awards is scheduled to air on Sunday, February 26, 2012 at 8:30 PM EST on ABC (with a 90-minute red carpet show immediately preceding) and historically runs beyond its three-hour time slot. Guesstimate the length of the actual awards show broadcast in hours and minutes (for example, 3 hours and 17 minutes) NOT including the red carpet coverage:



Lani Hay's Women in Film



Lani Hay and Vera Farmiga

PHOTO BY JOHN ARUNDEL

BY JOHN ARUNDEL

It perhaps made perfect sense that one of DC’s most prominent woman entrepreneurs would throw one of the most buzzed-about gender-specific events at Sundance 2012, *Women in Film*. **Lani Hay**, the president & CEO of Northern Virginia-based Lanmark Technology, Inc. hosted a private dinner In Park City, Utah during Sundance 2012 on Jan. 24 with ELLE magazine in honor of leading women of the entertainment industry. The exclusive, invite-only event, presented by Morrocan Oil, included the presentation of a Spotlight Initiative award from The Creative Co-alition to actress **Vera Farmiga**, the Oscar-nominated actress who played opposite George Clooney in last year’s hit movie *Up in the Air*. The evening’s program included opening remarks from actress **Alfre Woodard** followed by a sizzle reel presentation of Hay’s highly antici-

pated non-fiction television show, “Frogwomen”, which is being platformed as a big observational documentary series testing the mental and physical fortitude of 24 women against a Navy SEAL training program. Due to the 1994 Combat Exclusion policy, as written, it precludes women from “assigned” to combat, especially within the special forces. Hay’s dream was to be a fighter pilot flying for the Navy’s premiere aerial flight team, the Blue Angels. «I received an appointment to attend the United States Naval Academy and when I arrived, I was told that I couldn’t fulfill my dream simply because I was a woman,»remarked Hay to her guests in the pre-viewing. «Little did I know that there was congressional policy called *combat exclusion* that precluded women from serving in a combat capacity. Needless to say, I was heartbroken.” *Frogwomen* spotlights this current policy prohibiting women from becoming Navy SEALs and seeks to discover women capable of completing the training. Hay, who’s rumored to be a future candidate for Virginia Governor, is the founder of Lanmark Technology, a woman-owned defense company based in Vienna specializing in the homeland security arenas of cyber defense, biometrics, weapons technical intelligence, and asymmetric and electronic warfare. With annual revenues of more than \$15 million, her company’s clients include federal agencies, state and local governments and commercial enterprises. A former Navy Lieutenant, Hay was previously a Naval Intelligence Officer who served around the world . She holds a B.S. in Mathematics from the Naval Academy, an MBA from the College of William and Mary, and a Master’s Certificate in Government Contracting from George

▼ See HAY on page 30

A Passion for Polo: Falling from Horses



Peter Arundel at The Sundance Collective.

PHOTO BY JOHN ARUNDEL

BY KIRSTEN OBADAL

The growing genre of equestrian movies has caught hold with movie audiences. Critics and film goers fawned over *Seabiscuit* and *Secretariat*, and **Steven Spielberg’s War Horse**, now in theaters, just picked up an Oscar nomination for Best Picture. A 20-year veteran of the polo world and founder of the Great Meadow Polo Club, **Peter Arundel** of McLean, thinks it’s about time Hollywood picks up on the seductive and spine-tingling thrills of polo. In January, he was at the **Sundance Film Festival** in Park City, Utah, to pitch his screenplay *Falling from Horses* to the world’s largest gathering of filmmakers, producers, directors and film finance executives. Arundel said that his inspiration came from personal experience. “It is a world that I know about and I wanted to tell the story. It is based on real people who play the game, so in that sense it is a docudrama.” Arundel said. “There is a thirst for

feel-good movies in a bad economy. My script reflects well on Virginia and on the sport of polo.” Arundel’s script presents the horse world from a perspective filmgoers haven’t yet seen on film—the high stakes world of high-goal professional polo. Arundel, CEO and Publisher of Leesburg-based *Times Community Newspapers*, has played the sport for 20 years in a variety of hot polo locations: Argentina, Venezuela, California, and on his home turf of The Plains, Virginia, at Great Meadow. The story, set in Middleburg, features a family of horse breeders who live by selling polo ponies to big-money players. The family’s three sons get caught up in the stratosphere of big-time polo, climbing to the top of the sport amidst various scenes of tragedy, triumph, comedy, and sex. “I hope my script will appeal to a wide audience. It’s definitely PG-13 and, even though there is an element of tragedy, the story has a happy ending,” Arundel notes. Arundel was at Sundance promoting his web site www.fallingfromhorses.com and says that “the phone calls started coming in after I talked with a few people about my website and my script.” Two major producers have expressed an interest in bringing it to the silver screen. Arundel notes that renowned actor **Robert Duvall**, who has a farm in The Plains and regularly attends events at Great Meadow, has agreed to read his script. In the midst of a growing hoopla, Arundel is modest. “It is still a pipedream at this point, but the phone calls keep coming,” he said. “I am a media CEO, and I plan on keeping my day job.” Polo lovers, watch this space.



Sundance Film Festival is the top gathering for independent movies made outside of Hollywood’s major studios.

U.S. Drama Films

- Best Film, Jury Prize:** “*Beasts of the Southern Wild*”
Best Film, Audience Award: “*The Surrogate*”
Directing: Ava DuVernay, “*Middle of Nowhere*”
Screenwriting: Derek Connolly, “*Safety Not Guaranteed*”
Cinematography: Ben Richardson, “*Beasts of the Southern Wild*”
Special Jury Prize, Ensemble Acting: “*The Surrogate*”
Special Jury Prize, Producing: Jonathan Schwartz, Andrea Sperling, “*Smashed*”

U.S. Documentary Films

- Best Documentary, Jury Prize:** “*The House I Live In*”
Best Documentary, Audience Award: “*The Invisible War*”
Directing: Lauren Greenfield, “*The Queen of Versailles*”
Editing: Enat Sidi, “*Detropia*”
Cinematography: Jeff Orlowski, “*Chasing Ice*”
Special Jury Prize: “*Love Free Or Die*” and “*Ai Weiwei: Never Sorry*” (Tied)

World Cinema, Drama

- Best Film, Jury Prize:** “*Violeta Went To Heaven*”
Best Film, Audience Award: “*Valley of Saints*”
Directing: Mads Matthiesen, “*Teddy Bear*”
Screenwriting: Marialy Rivas, Camila Gutierrez, Pedro Peirano, Sebastian Sepulveda , “*Young & Wild*”
Cinematography: David Raedeker, “*My Brother the Devil*”
Special Jury Prize, Artistic Vision: “*Can*”

World Cinema, Documentary

- Best Film, Jury Prize:** “*The Law in These Parts*”
Best Film, Audience Award: “*Searching for Sugar Man*”
Directing: Emad Burnat, Guy Davidi, “*5 Broken Cameras*”
Editing: Lisanne Pajot, James Swirsky , “*Indie Game: The Movie*”
Cinematography: Lars Skree, “*Putin’s Kiss*”
Special Jury Prize, Film: “*Searching For Sugar Man*”

Other Awards

- U.S. Short Film:** “*The Black Balloon*”
World Short Film: “*The Return*”
Shorts, Jury Prize: “*Fishing Without Nets*”
Shorts, Audience Award: “*The Debutante Hunters*”

▲ SUNDANCE from page 25

Rory, whose films include “Ghosts of Abu Ghraib” and “Indian Point: Imagining the Unimaginable”, features a remarkable moment in the film when she asks her mother about her father’s death. Ethel Kennedy chokes up and instructs her daughter to “talk about something else.”

“Part of how my mother has gotten through so much tragedy in life is her inner strength,” Rory Kennedy told the audience. “Religion helped, too, but she is not someone who talks about or reflects on difficult moments. I think that moment in the film speaks volumes about who she is.”

When making the film, Rory said that she had not known previously that her mother bet on the ponies in college, and she had never heard the story of her father sliding down the banister at the White House the day Jack and Jackie moved in.

“I’d seen many documentaries about my father, but when I went through the raw footage, something else came through,” she said. “My mother, too. I think they’re genuine people, and how they lived their lives was consistent with their public face.”

Sundance: A Filmmaker’s Big Break

Scores of independent filmmakers got their big break at Sundance, like Kevin Smith, Quentin Tarantino, Steven Soderbergh and Edward Burns. It was responsible for bringing wider attention to highly-acclaimed films like “The Blair Witch Project,” “Reservoir Dogs,” “Little Miss Sunshine,” “The Brothers McMullen” and “Napoleon Dynamite.”

In 2010, nine festival films went on to capture 15 Oscar nominations. Four of the five Best Documentary nominees were Sundance films. About 45 films were acquired by distributors, an increase of about 220 percent.

“People who used to work in the mainstream are coming to independent work,” Redford said. “For example, you have Spike Lee, you have Stephen Frears.”

Frears held a news conference at Bing Lounge to plug his new film “Lay the Favorite,” starring Bruce Willis and Catherine Zeta-Jones. The frumpy, irascible British director had a lot to get

off his chest.

“I’m British, so I’m very good at making miserable films,” he announced. “The studio told us it could not afford to make the film. What a blessing that it became an independent film. We had no money but two big stars, so we had to make it in 31 days in New Orleans, which we did.”

I asked Frears what it was like to work with Willis and Zeta-Jones, arguably two of Hollywood’s biggest stars, and he laughed.

“We walked in to meet with Bruce and were told to act like he had not read the script, which of course made us look like complete idiots, because he had,” Frears recalled. “Once you get over that it’s Bruce Willis and Catherine Zeta-Jones you’re directing, it was just laughs all day long. It’s like working with any other actor. He’s great; every so often he would imitate himself from one of his previous films, like Die Hard. He was very funny about his other life.”

For his part, Redford at the opening news conference expressed discomfort with what he called “leveragers,” people who come to the festival to advance their products or their agendas beyond the scope of independent filmmaking: the media extravaganza for Hollywood celebrity actors and wannabes, the paparazzi and the luxury lounges set up by companies not affiliated with Sundance or filmmaking. Starting in 2007, festival organizers tried to curb these activities with their “Focus on Film” campaign.

“We are a nonprofit, and there’s very little that we can control. But we have to work harder and harder to point that out,” Redford said. “Sometimes it’s been hard for me.”

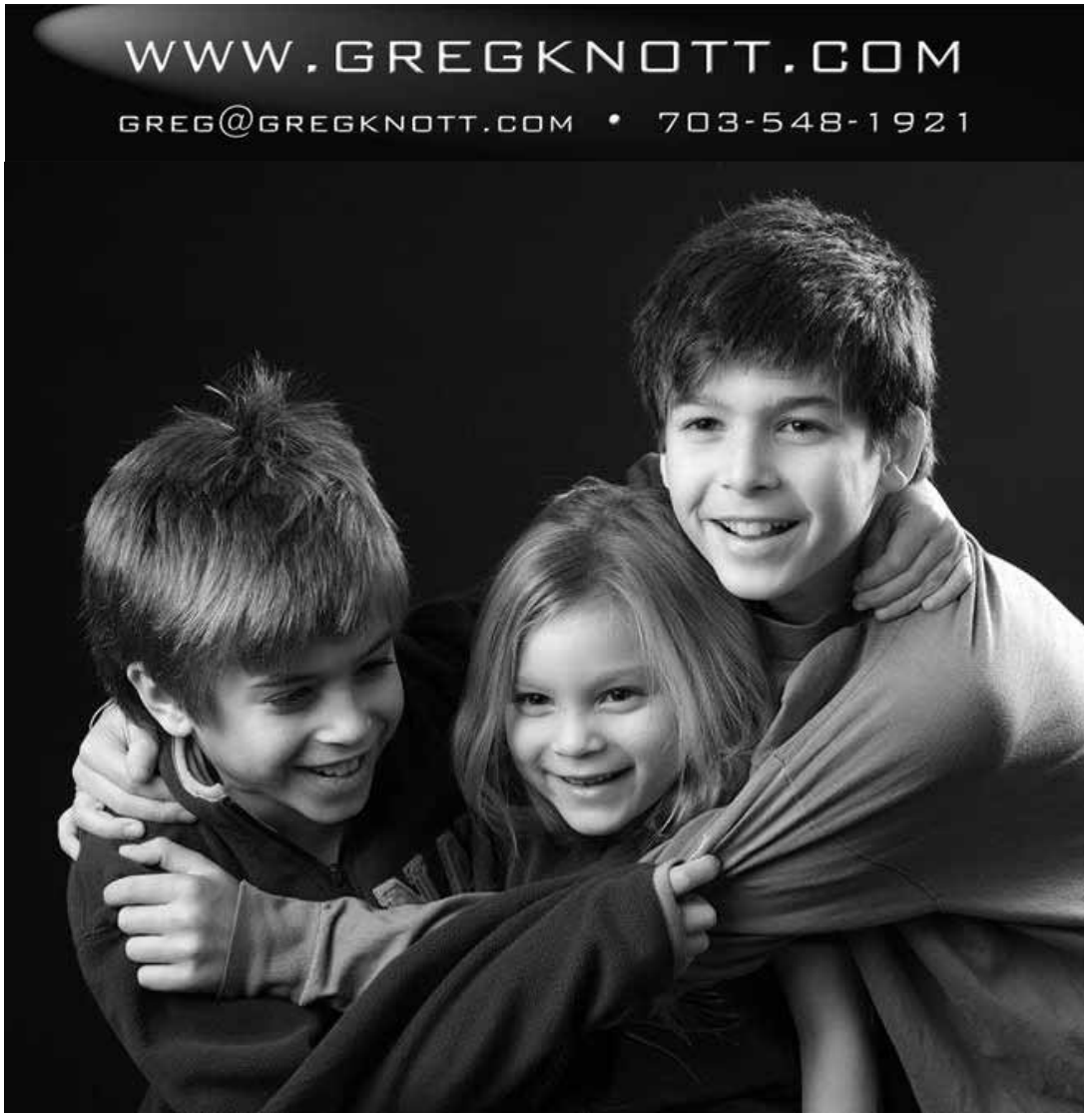
With the 2012 Presidential election, Redford had still more to get off his chest. “In terms of politics and Mitt Romney...I’m not gonna get into politics,” he said. “The fact is, you can see with the debates going on, this mushroom cloud of ego hovering over everybody. It’s kind of silly and stupid, and I’m sorry about that.”

John Arundel is the founder of The Alexandria Times and the current associate publisher of Washington Life. He lives in Alexandria.



John Arundel and Peter Arundel at Sundance.

PHOTO BY JOHN ARUNDEL





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PHOTO BY JOHN ARUNDEL

BY JOHN ARUNDEL

PARK CITY, UTAH - Grey Goose Vodka's Blue Door on Main Street was one of the hottest spots at this year's Sundance Film Festival in Park City, Utah.

The invitation-only space spanned two floors with bars on each, serving guests the very first taste of the soon-to-be-released new flavor, Grey Goose Cherry Noir.

During the day, the Grey Goose lounge hosted the likes of Hollywood superstars Sean Penn, Richard Gere, and casts from some of the festival's best films in the space for press junkets, while the InStyle Portrait Studio upstairs drew its fair share of star power.

Mary J. Blige came through, as did Octavia Spencer, Kirsten

Dunst, Common, Blythe Danner, Andy Samberg, David Duchovny, Julie Delpy, Elizabeth Olsen and James Marsden.

At night, Grey Goose hosted a flurry of cocktail parties and private dinners for the casts of *Arbitrage*, *For a Good Time, Call*, *The Raid*, *Red Lights*, *Celeste & Jesse Forever*, *Simon Killer* and *Robot & Frank*.

After parties at the Grey Goose Blue Door drew lines at the door that snaked down the street despite a blinding snow and blizzard conditions on some nights.

Monday night was a highlight of the week with an event to launch the sixth season of Grey Goose Entertainment's *Iconoclasts* series, featuring a Q&A with Paul Simon and acclaimed filmmaker/director Joe Berlinger.



Alexandria's Own Film Festival



The 5th annual Alexandria Film Festival, in November 2011, brought more than 200 high-quality short and feature-length films, documentaries, filmmaker panels, and arts presentations to unique and historic venues throughout the City.

A yearly tribute to cinema, the Alexandria Film Festival offers feature-length films, documentaries, animation, and shorts by emerging and established filmmakers to an audience seeking new or rarely seen films.

Alexandria is home to film producers and enthusiasts, arts patrons, members of Congress and their staff, corporate executives, and other influential groups. The festival highlighted the talents of local, national, and international filmmakers.

Pat Miller, Chair of the Alexandria Commission for the Arts, said "It was a four day celebration of cinematic arts, featuring emerging and established filmmakers from all over the world." Entries came from 25 countries—some from as far away as China and Australia—which underscores the Alexandria Film Festival's growing reputation on the world stage of cinematic competitions.

The 2011 Film Festival was organized and presented by the Alexandria Commission for the Arts and the Alexandria Office of the Arts, Department of Recreation, Parks & Cultural Activities. It included curated and juried films ranging in length from five minutes to two hours and covering a wide range of subject matter. For information about the 2012 Alexandria Film Festival, visit www.AlexandriaFilm.org.

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"I can't tell ya how encouraging a thing like this is."

Ruth Gordon
- on winning the Best Supporting Actress Oscar for
Rosemary's Baby, 1969



▲ HAY from page 28

Washington University.

"I am honored to be in the company of everyone at this dinner who has achieved extraordinary success in film, especially the women," she said. "I have always been in awe of the complexity of the characters that female actors take on and am in total support of thought-provoking roles that go against the grain."

Also shown at the dinner was a preview of **Anne O'Shea's** (Producer of the acclaimed *The Kids Are Alright*) highly anticipated *The Goat* starring **Vera Farmiga**, **Jason Kirk**, **Ty Burrell**, **Kerri Russell** and **David Duchovny**.

The night concluded with a public thank you from Hay to DC celebrity chef **Todd English** of Olives restaurant, for preparing the gourmet four-course dinner on site for the high-profile industry guests.

Other famous attendees included actors **Tim Daly**, **Kaycee Stroh**, **Nia Vardalos**, **Carol Kane** and **Sharon Lawrence**.

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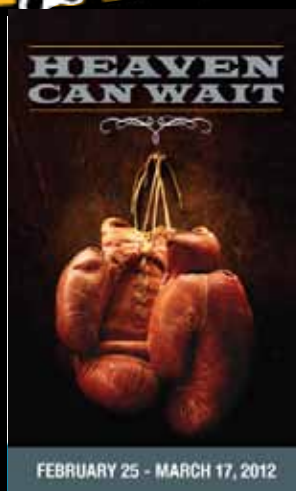


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THE VINTAGE RECIPE BOX

Katharine Hepburn's Brownies

Whether paddling a canoe in *On Golden Pond* or swinging a golf club in *Pat and Mike*, Katharine Hepburn was a cinematic trailblazer. Garnering four Best Actress Oscars, she was always her own person on screen and off – known for her morning swims in frigid New England waters and her fondness for preparing home-cooked meals for friends and family. A Hepburn recipe was as golden as she was.



2 1-ounce squares unsweetened baker's chocolate

1 stick unsalted butter

1 cup sugar

2 eggs

½ teaspoon vanilla

¾ cup flour

¾ teaspoon salt

1 cup chopped walnuts

Melt chocolate and butter in a heavy saucepan over low heat. Remove from heat and stir in sugar. Add eggs and vanilla and beat well. Stir in flour, salt and walnuts. Mix well. Pour into a buttered 8-inch square baking pan. Bake at 325 degrees for 40 minutes. Cool and cut into squares.

Recipe reprinted from *The Dead Celebrity Cookbook* by Frank DeCaro. Available on amazon.com.

If you have a tried and trusted recipe that is quick and easy and gets rave reviews, please share it with us by emailing recipes@thezebra.org.



Merit award received for the entire house renovation.

COURTESY PHOTOS

Harry Braswell, Inc. Takes Home Two NARI CotY™ Awards

Harry Braswell, Inc. has won two NARI (National Headquarters of the Contracting Industry) Capital CotY™ (Contractor of the Year) awards. The CotY™ is awarded each year to NARI members who demonstrate outstanding work through their remodeling projects.

A native of Old Town Alexandria, Harry graduated from the University of Virginia in 1978 with a Bachelor of Science in Architecture. After serving three years as a superintendent for Paul J. Mathis, Harry commenced independent restoration work in the Old Town area and, in 1982, formed Harry Braswell, Inc. As President, Harry is actively involved in the company overseeing day-to-day business operations, ongoing projects, and bids. Braswell's team claimed a Grand Prize for kitchen renovation and a Merit award for overall house renovation.



Grand Prize winner for this residential kitchen.

CARPENTER'S SHELTER CELEBRATES 10TH ANNUAL COOK-OFF WITH WEEKEND EVENTS:

In celebration of the 10th year of the Cook-Off, Carpenter's is making a weekend of it. Join Carpenter's Shelter for a run and some culinary fun on Saturday, April 28, and Sunday, April 29, 2012. All proceeds benefit Carpenter's Shelter and its work on behalf of homeless individuals, children, and families.

The 10th anniversary celebration weekend begins on Saturday, April 28, 2012, at 8:00 AM, with the Run for Shelter 10K and One Mile Fun Run, -- the only race in Alexandria dedicated to the commitment to end homelessness. The out and back course, starting at Eisenhower Avenue and Swamp Fox Road in Alexandria, will have music and entertainment for the whole family. What a great way to work off some Cook-Off calories in advance! Run For Shelter 10K registration is \$40 and Fun Run registration is \$20. For race information and registration, go to www.runforshelter10k.com.

RUN
FOR
SHELTER



The 10th Anniversary Cook-Off Celebration will be held on Sunday, April 29, 2012, from Noon to 3:00 PM, at The Birchmere, 3701 Mt. Vernon Ave., Alexandria, Virginia. It promises to be bigger and better than ever with 30 of the area's best restaurants offering samples of their finest food, plus a live auction offering attendees the chance to bid on trips, tickets, meals and more. Tickets are \$40 for adults and \$10 for children under 12. For more information and ticket registration, visit www.carpenterscookoff.com.

For general inquiries, contact Alex Stevens at alexstevens@carpentersshelter.org, 703-548-7500, ext. 204, or on Twitter @cookoff2012.

Carpenter's Shelter provides shelter, guidance, education and advocacy for homeless individuals and families who seek sustainable independence and stability. Carpenter's Shelter opened its doors in Alexandria in 1988, and serves over 1,000 homeless and formerly homeless people every year, according to Lisette S. Bishins, Executive Director.

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EVENTS

If you would like your event listed, please send an email to events@thezebra.org



February 5, 12, 19, & 26 Walking with Washington Tours Every Sunday in February 1 p.m. (tour lasts about 90 minutes)

Location: Meet at the fountain at Market Square (near the intersection of King & Royal Streets) Tickets: \$10 (pay at the site when you take the tour, no advance reservations) It's back, after a hiatus last year! Did you know that there are over 140 places in Alexandria today that are associated with George Washington? This popular tour is designed to show you some of them and improve your knowledge of Washington and his hometown, Alexandria. To check event status due to weather conditions, visit www.washingtonbirthday.net/status or call 703-829-6640



Our Alexandria: African American Dollhouses

February 9–May 1
Alexandria Black History Museum
902 Wythe Street
Alexandria
703/746-4356
alexblackhistory.org
This exhibition is composed of new works including the Carver Nursery School, Robert Robinson Library, and the Hayden Photography Studio. Several of the buildings from the earlier and very popular exhibition also return, including a barbershop and hair dressing salon, a medical building, an attorney's office, and a florist, all patterned after actual businesses in the Parker-Gray community, a historically African-American neighborhood in Alexandria.



George Washington Birthday Classic 10-K Race and 2-K Fun Run

Saturday, February 18
Race Starts at 8 a.m. (rain or shine)
Cost per runner: \$35; after February 9: \$40
Race headquarters is the US Patent and Trademark Office, access from Eisenhower Avenue between Elizabeth Lane and John Carlyle Street. Start and finish will be in front of the Madison Building on Eisenhower Avenue. Certified racecourse through Eisenhower Valley. Cash prizes, T-shirts and refreshments will be provided for runners, with the proceeds benefiting George Washington Birthday Celebration. Maps, parking, and Metro access information may be found at www.washingtonbirthday.net

Madeira Wine Tasting with George Washington

February 19
3 to 5 p.m.
Gadsby's Tavern Museum
134 N. Royal Street
703-746-4242.
Tickets: \$45 per person
The weekend of George Washington's birthday, enjoy his favorite drink as you toast birthday wishes to him! At Gadsby's Tavern Museum's Madeira Wine Tasting, taste four Madeira wines produced by Blandy's, a family-owned business since 1811 and learn about Madeira production as you taste it with food pairings.



Revolutionary War Reenactment

February 19
Fort Ward Park
10 a.m. to 3 p.m. (Skirmish at 2 p.m.)
4301 W. Braddock Road
Historic camp and tactical demonstrations throughout the day including a Revolutionary War skirmish between the Redcoats and the Colonial Army. Free.



George Washington Birthnight Banquet and Ball

February 18
Gadsby's Tavern Museum
134 North Royal Street
Alexandria
703/746-4242
gadsbystavern.org
Set in the year 1799, this re-creation celebrates the famous party held for Washington's birthday. The evening includes a three-course 18th-century banquet by Gadsby's Tavern Restaurant, English country dancing, toasts, a special 18th-century style dessert collation, and character re-enactors – including General and Mrs. Washington. "After-five" attire is encouraged; period costumes are optional. Tickets for the Birthnight Banquet and Ball are available, beginning at \$100 per person, or \$50 for the ball only. For \$125, enjoy dining in a private room with the Washingtons themselves or for \$200, be seated at the same table as the Washingtons.

George Washington Birthday Parade and Weekend Festivities

February 20
VisitAlexandriaVA.com
703-746-3301
The George Washington Birthday Parade, the largest and oldest in the country celebrating this Founding Father, will wind its way through a one-



mile route along the historic streets of Old Town from 1 to 3 p.m. Annually the parade includes thousands of participants including historical, community and youth groups, bands, horses and canines. Parade day starts off with the Friendship Veterans Fire Engine Association Breakfast featuring Gen. Barry McCaffrey and the first appearance of George Washington, followed by a ceremony honoring the unknown soldier of the revolutionary war in the courtyard of the Old Presbyterian Meeting House. At 11:30 a.m. at Market Square, a new special event will take place - the Armed Forces Community Covenant Ceremony to honor our nation's veterans, active military, and their families with entertainment, games and activities for children, military vehicles, demonstrations, informational booths and displays.

Tea with Martha Washington

February 25 & 26
3 to 4:30pm
Gadsby's Tavern Museum
134 N. Royal Street
703-746-4242
Tickets: \$25 per person; \$20 per person in groups of six or more.
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 and dancing of the period. Eighteenth-century tea includes the museum's special blend of tea, pound cake, dried fruit, and assortment of cookies. Party attire requested.



“LOVE, POLITICS & SCRABBLE: The Games People Play”

Thru February 26
Del Ray Artisans Gallery
2704 Mount Vernon Avenue
Alexandria
DelRayArtisans.org
703/407-6992
This juried show explores the numerous games people play in life, whether power, Monopoly, manipulation, poker, Angry Birds, baseball, or gossip. The community is invited to 'get their game on' at Art Games on February 10 and Game Talks on February 25. The exhibit and Marketplace, with artful Valentine Cards, closes Feb 26. FREE!



Daily Tours thru February Slave Life at Mount Vernon

Mount Vernon Estate End of George Washington Parkway
Mountvernon.org
703/780-2000

In observance of Black History Month, Mount Vernon interpreters highlight at the slave quarters the lives and contributions of the slaves who built and operated the plantation home of George and Martha Washington. The refurbished slave quarters building is now open. Reproduction clothing, tools, furniture, cookware, ceramics, toys, and personal accessories outfit the space to emphasize the living conditions and experiences of enslaved people as skilled craftsmen, house slaves, and laborers on the Mansion House Farm. Throughout the month, a 12 p.m. daily Slave Life at Mount Vernon tour explores the lives and contributions of the slaves who lived at Mount Vernon. A wreath laying and presentation occurs daily at the slave memorial site throughout the month of February at 1 p.m. Black History Month activities are included in regular Estate admission: adults, \$15.00; children ages 6-11, \$7.00; and children under 5 are admitted free.

Celebrate George Washington's 280th Birthday at His Home, Mount Vernon! Three Days of Special Events, New Exhibition Opens, Historic Cooking Demonstration from Chefs

George Washington's home, Mount Vernon, celebrates our first president's birthday with three days of special events including an outdoor cooking demonstration by celebrated chefs, a new food exhibition with more than 125 objects from the Washingtons' kitchen, a surprise birthday celebration for "George Washington", a book signing with PBS's A Taste of History host Chef Walter Staib, and much more! Saturday and Sunday events are included in Estate admission, and admission to all events on Monday, February 21, events are FREE in honor of George Washington's birthday!

Saturday, February 18

All events are included in admission: \$15/adult, \$7/child, 5 and under free.

9 a.m.: NEW EXHIBITION OPENS: Hoecakes & Hospitality: Cooking with Martha Washington

Experience a behind-the-scenes look at the Washingtons' kitchen through the new exhibition, Hoecakes & Hospitality: Cooking with Martha Washington. On display inside the Donald W. Reynolds Museum, this temporary exhibition celebrates food at Mount Vernon and Martha Washington's role as early America's premier hostess. Following food from the Estate's field to kitchen to table, visitors will see recipes and cookbooks that Martha treasured, pots that simmered in her kitchen, and fine tablewares that made Mount Vernon's dining room fit for a president. For the first time ever, visitors to the Museum will experience scents as they explore the exhibition - smelling cinnamon, coffee, herbs and warm bread. Open through Summer 2013.

9 a.m. – 12 p.m: Cooking Demo: Award-Winning Chefs Cook George Washington's Favorite Breakfast

For the first time ever, watch as notable chefs create their own interpretations of George Washington's favorite breakfast in front of the first president's home! Four chefs will cook hoecakes over an open fire and present their dishes to "General Washington" on stage at 12 p.m. The participating chefs are:

Chef Cathal Armstrong – Restaurant Eve
Chef David Guas – Bayou Bakery
Chef Christophe Poteaux – Bastille Restaurant
Chef Robert Wiedemaier – BRABO

Mount Vernon's staff will cook samples of George Washington favorite breakfast, "hoecakes swimming in butter and honey" (while supplies last) from 9 a.m. to 12 p.m. Taste one of Mount Vernon's sample hoecakes and learn more about the 21st-century interpretations created by the award-winning chefs while mingling with "George Washington"!

1:30 p.m: George Washington's Surprise Birthday Party!

Meet characters from the 18th century as they help visitors surprise "General Washington" with rousing birthday cheers! At "George Washington's Surprise Birthday Party", the first president will be presented with gifts which he will describe and react to during a speech to his birthday visitors.

Sunday, February 19

All events are included in admission: \$15/adult, \$7/child, 5 and under free.

9 a.m. – 12 p.m: Breakfast with “George Washington”

George Washington's favorite breakfast was "hoecakes swimming in butter and honey." Join "General Washington" for a sample of this meal (while supplies last) from 9:00 a.m. to 12:00 p.m.

1:30 p.m: George Washington's Surprise Birthday Party!

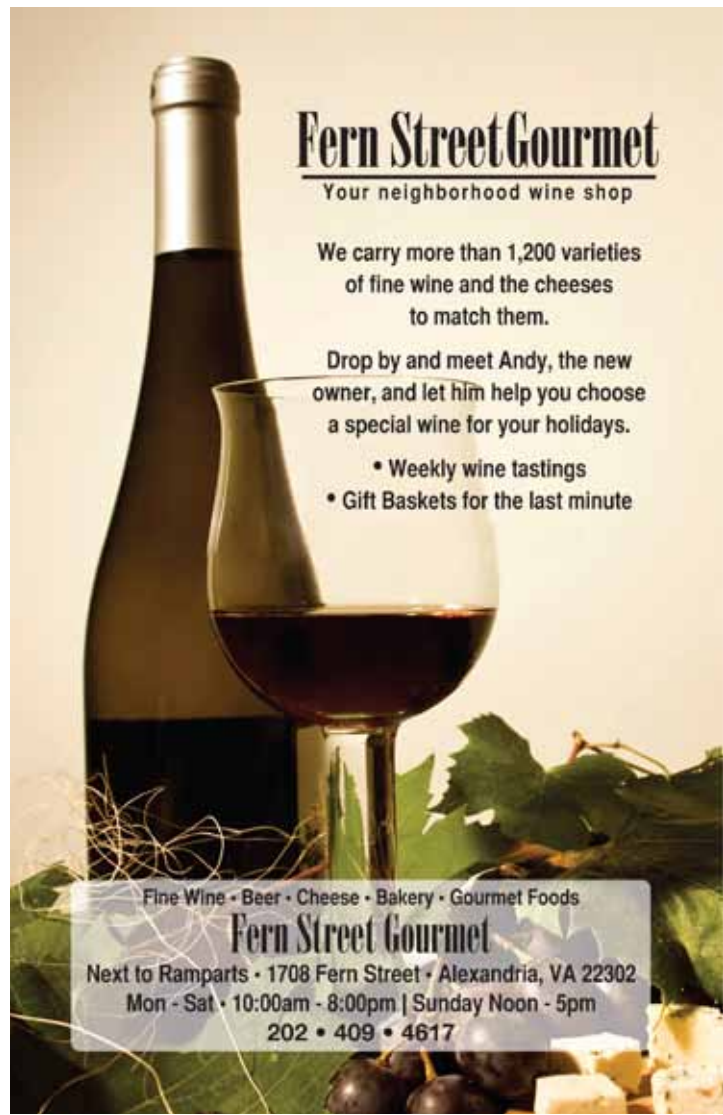
Meet characters from the 18th century as they help visitors surprise General Washington with rousing birthday cheers! At "George Washington's Surprise Birthday Party", the first president will be presented with gifts which he will describe and react to during a speech to his birthday visitors.

Monday, February 20

FREE ADMISSION

8 a.m. – 4 p.m: George Washington's 280th Birthday Celebration

Celebrate the national observance of George Washington's birthday by visiting his home and burial site FREE of charge on this day. The traditional wreathlaying ceremony takes place at Washington's Tomb followed by patriotic music and military performances on the Bowling Green. Join characters from the 18th century as they help visitors surprise General Washington with rousing birthday cheers! At "George Washington's Surprise Birthday Party", the first president will be presented with gifts which he will describe and react to during a speech to his birthday visitors. The birthday festivities begin one hour earlier this year – the Estate will open to visitors at 8 a.m.! "General Washington" will be on the grounds to greet visitors and receive birthday wishes all day.



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VINO

VIXEN

BY MARI STULL





Tut Tut, Stuck in a Wine Rut (when the vino gets boring)
“Too much of a good thing is still good. Too often of a good thing is just boring.”



Monotony happens. And happens often with wine. It's easy to fall back on your favorite color and grape time and again. White? Chardonnay. Red? Merlot, please. Yawn...

Let's shake it up and break it up. Life's too short. Wine's too plentiful. And you are just too wild to sip the same juice day in and day out!

Instead of That, Try This

Instead of: Cabernet Sauvignon or Merlot (or any Bordeaux grape)

Try: Syrah, Grenache, Mourvedre (or any Rhone blend)

Check out some of the Paso Robles Rhone blends for a change-up from your stand-by Cab or Merlot. Some of the better ones will give you an interesting leather and cedar texture complemented by thick jammy berry fruit. Paso Rhone blends offer good layer and depth for the price and will offer you different nuances and flavors to wake up different parts of your palate.

2010 Tablas Creek “Patelin de Tablas” \$16
Paso Robles, CA
 Syrah, Grenache, Mourvèdre and Counoise
 Introduce your palate to a textbook-perfect example of a fabulous Rhone blend in the Paso Robles style. Founder, Robert Haas almost single-handedly started the Rhone craze in Paso Robles as a result of his friendship and partnership with the Perrin family of Chateauneuf du Pape fame. This is serious juice that transcends its sub-\$20 price tag.



ALAMOS
THE WORLD OF GATHER
TORRONTES
2008

Instead of: Shiraz

Try: Zinfandel
 Like the big berry fruit of an Aussie Shiraz? Fo-shizzles, yeah you do! Then try a glass of California Zinfandel next time. I'm a fan of the Zins of Dry Creek Valley, which are similar to a good McLaren Vale Shiraz. Big, ripe fruit with hints of clove and black pepper.

2009 Dashe Cellars “Florence Vineyard” \$30
Zinfandel
Dry Creek Valley, CA
 I know. Thirty bucks – not cheap. But I promise you, it's worth every cent. Big, rich, juicy raspberry – not bright, but deep and extracted, complemented by a bit of caramel chocolate. Heavenly...



Rosenblum
2009
JESS PARKER VINEYARD
ROUSSANNE
DRY CREEK VALLEY

Instead of: Pinot Grigio

Try: Torrontes
 Like the crisp acidity of a Pinot Grigio? Then you may enjoy the aromatic and flavorful Torrontes from Argentina. Torrontes has the light, crisp bite of a Pinot Grigio, but surprises with a round and fleshy finish.

2010 Alamos (by Catena) - \$11
Torrontes
Mendoza, Argentina
 Don't sip yet! Enjoy that gorgeous floral nose of white flowers... beautiful. On the palate, taste pear, peach and a touch of honeysuckle. Can Not Beat This for \$11.

Instead of: Chardonnay

Try: Roussanne
 This is another grape from the Southern Rhone. Depending on the winemaking style, it can have nice cedar and oak like Chardonnay, and rich apricot. Roussannes are typically big wines and best sipped with food.

2009 Rosenblum (Fess Parker Vineyards) \$22
Roussanne
Santa Ynez Valley, CA
 Barrel-aged in new and old French oak for at least seven months, so the wood is on this one. Notes of vanilla and the typical apricot. Color is beautiful – look at the deep, golden hue.

Mari Stull is The Vino Vixen™, syndicated wine columnist whose musings appear in more than 20 magazines, newspapers, and online outlets monthly.



BY MELISSA NIX



Sex, Umbrellas and the Von Trapps

I was in London with a borrowed umbrella. Thank God for small kindnesses.

Before my London trip, I'd spent a week working in Brussels. My boss was kind enough to lend me his umbrella as I left for the train station.

"You'll need this more in London than I will in Brussels. Take it," he said.

And I did. Because, scatter-brain that I am, I had packed an umbrella for my trip, but couldn't remember where I'd stashed it. Forgot to search the deep pocket of my carry-on, where it lay in wait, snuggled in, happily blind to the world and its insufferable deluges and ridiculous winds. Until I returned home and unpacked, of course.

So I took my boss's umbrella. Never mind that it was pouring the kind of pour that Brussels has perfected for more than a millenium. The kind of cold rain that sears your cheeks as you walk headlong into it; the kind of wet that sticks to you with a soggy meanness. Never mind that my boss was to spend a few more days in that Lowlands-wet while I skipped town for a four-day holiday at my London friends' home. But that's the kind of boss I have – an amazing one.

Fast-forward two days. I was staying at Louise and Shaun's home south of the city. They are the loveliest, most gracious hosts. And Louise and Shaun insisted I sleep in, although their day starts at six a.m., when four-year-old daughter Esther and two-year-old son Nye wake up ready for the world. And ready for their guest to play with them.

Knock. Knock, knock, knock.

"Esther, walk away from the door. Melissa is still sleeping. She'll do puzzles when she wakes up," says Louise.

"But, but," whimpering-lip, rosy-cheeked Esther says, "I want to drink tea with Mahhlissssa. And do puzzles with her."

How could I resist Esther wanting to drink tea and do puzzles with me? So I roll out

of bed. Puzzles it is. And then we watch *The Sound of Music*, Esther snuggled next to me on the couch. She knows that we must fast forward through the Nazi parts of the film – on parental instruction – as those bits are scary for her.

"Oh, Melissa, let's do pass this part and go forward to their goodbye song," says Esther, pairing her request with an extra snuggle.

Remote in hand, I whirr the DVD fast forward. We arrive at the "So long, Farewell" number that the children sing just before the family flees over the mountains to safety.

"Adieu, adieu, to you and you and you..."

A bit later, Louise asks Esther to ready herself for the Christmas party down the block. Esther puts on her fairy costume, wand in tow, and looks cute enough to make you cry; Nye resists putting on his shoes. About 45 minutes later, our entourage has managed to walk the four blocks to the neighbors' party. (That's how it works with toddlers, I've learned.) The mid-afternoon wintry sun tentatively attempts to penetrate the town home's windows. The scent of mulled wine mingles with the sounds of a football match on the television. Sixteen other children, with parents in tow, arrive. I do not have the patience of Job, let alone that of a mature adult. My ears ring with the screeching of little ones. I knock back three cups of mulled wine. Louise looks at me from across the room.

"I'm gonna go," I mouth. She nods back sympathetically.

An hour later I'm at the entrance to the National Gallery in Trafalgar Square. I watch passer-bys, each with umbrella aloft, expertly winding their way through the crowds that have gathered to listen to some caroling. I duck into the museum and head for the Renaissance works. For once, I actually buy the audio guide. I arrive at a Sandro Botticelli painting. (You know him. He painted Venus on the half shell, way back in 1486. "The Birth

of Venus" depicts a girl, almost ingénue, strawberry blonde hair flowing, shrouding parts of her body.) But the painting that stops me isn't that one. It's his 1483 depiction of a post-coital Venus and Mars. The guide informs me that this horizontal masterpiece was likely made to hang above the bed of some wealthy newlyweds. And it was painted, posits the guide, to playfully poke fun at gender-specific post-coital behaviors:

Ares, having done the deed

with Venus is passed out, barely clothed, mouth agape. Venus sits upright across from him, clothed in a diaphanous dress, and she is pensive.

I laughed out loud. Not a lot has changed in 429 years. After sex, men pass out; women wonder why he's not up for a cuddle. (Of course, I'm generalizing a bit, but Botticelli has gotten at a not un-frequent situation.)

Not long after, I left the museum, fortified by laughter. I

wound my way back through the dreary rain, umbrella aloft, back to south London, back to biscuits and tea and not a little Sound of Music.

Melissa Nix grew up a military brat, living most of her childhood overseas. She worked in television and journalism for 15 years before her most recent stint, which requires her to travel. Usually in coach. She lives in Alexandria.

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Phil Wadland, Jr., at his current clock repair shop in Manchester, New Hampshire

COURTESY PHOTOS/WADLAND FAMILY



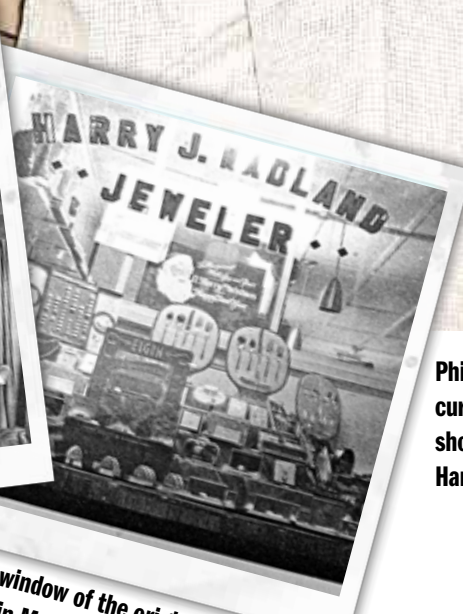
Phil Wadland, Jr., and daughter Mary in the Delray Beach store in 1982



Founder Harry Wadland at his workbench



At 3, Phil Wadland, Jr., plays with his father's clock making tools



The window of the original family store in Melrose, Massachusetts

Time Does Wait For This Man

Wadland family celebrates 100 years in clock business

BY CHUCK HAGEE

William Butler Yeats, in his work “The Land of Heart’s Desire,” wrote, “Joy is wisdom, time an endless song.” Those words are particularly appropriate to the life work and love of Phil Wadland, Jr.

A third generation clock maker and horologist, his company, Wadland Clock Repair, located in Manchester, New Hampshire, just celebrated its 100th anniversary in the time-piece business. Harry Wadland, Phil’s grandfather, went to work for a Boston clock company in 1912.

“He was 22 at the time. Three years later he opened a jewelry store in Melrose, Massachusetts,” Wadland explained. “One of the primary services of jewelry stores of that time was watch and clock repair.”

Phil Wadland, Sr., now 90, went to work in the family store upon graduation from high school in 1939. His tenure was interrupted by World War II when, in early 1942, he

enlisted in the U.S. Army Air Corps, now the U.S. Air Force.

“Because of my father’s skills, he was assigned to office duty at a bomber pilot training facility in Alabama, and never left the United States,” Wadland explained. “He also repaired watches at night for anyone who needed his services.”

Following the war, Phil, Sr., returned to Melrose and joined his father’s business. Today he lives in Stoneham, Massachusetts.

“I got into the business without really knowing I was getting into the business. It seems that’s the way it has been happening for three generations,” Phil, Jr., said.

“When I was a child, I had real professional tools in my room, not the normal screwdrivers and hammers other kids had to play with. I also had a box of watches,” he said. “My father encouraged me to take them apart and see what made them run. I wasn’t expected to reassemble them.

“When I was 12 years old, Dad brought me into the business. That’s when I learned

how to reassemble the watches. That’s also when I became part of Wadland Jewelers at 420 Main Street, Melrose, Massachusetts,” he added.

From watches, Wadland graduated to working on clocks – and that’s a whole different matter. “The first clock I worked on was big. After I got it apart and worked on it, I tried to put it back together and couldn’t. I started crying, but I got over it and got it together,” he said.

Today, when teaching others how to work on watches and clocks, Wadland remembers that initial experience of frustration. “Many of those who come to me to learn about watch repair are retirees. They want to make a little money on the side. And when they hit that wall of frustration, I tell them what my father told me – don’t worry about it, you’ll get it,” Wadland said.

Phil Wadland’s journey hasn’t been confined only to the challenge of repairing watches and clocks. It has included disassembling and reassembling 65 years of life, with

all its intricate parts and mechanisms encased in accomplishments and frustrations.

In 1964, the family moved from New England to Delray Beach, Florida, to bring some comfort to his mother’s arthritis. “Dad went to all the jewelry stores in Palm Beach County and offered his services to repair watches and clocks. He worked out of the house, which was a good deal for us as well as the jewelers,” Wadland explained.

By 1972, Phil Sr. was so successful that the house was wall-to-wall clocks. “In 1972, Dad decided to open his own business in Delray Beach, Wadland’s Clock Services,” Phil stated.

“That business grew so much, we had to expand. But I expanded it so much that we ended up in bankruptcy in 1985. We were doing hundreds of thousands in business but costs were also skyrocketing. So we went back to the house and started over.”

By this time, Phil and his wife Harriet, whom he had met on the beach in Delray

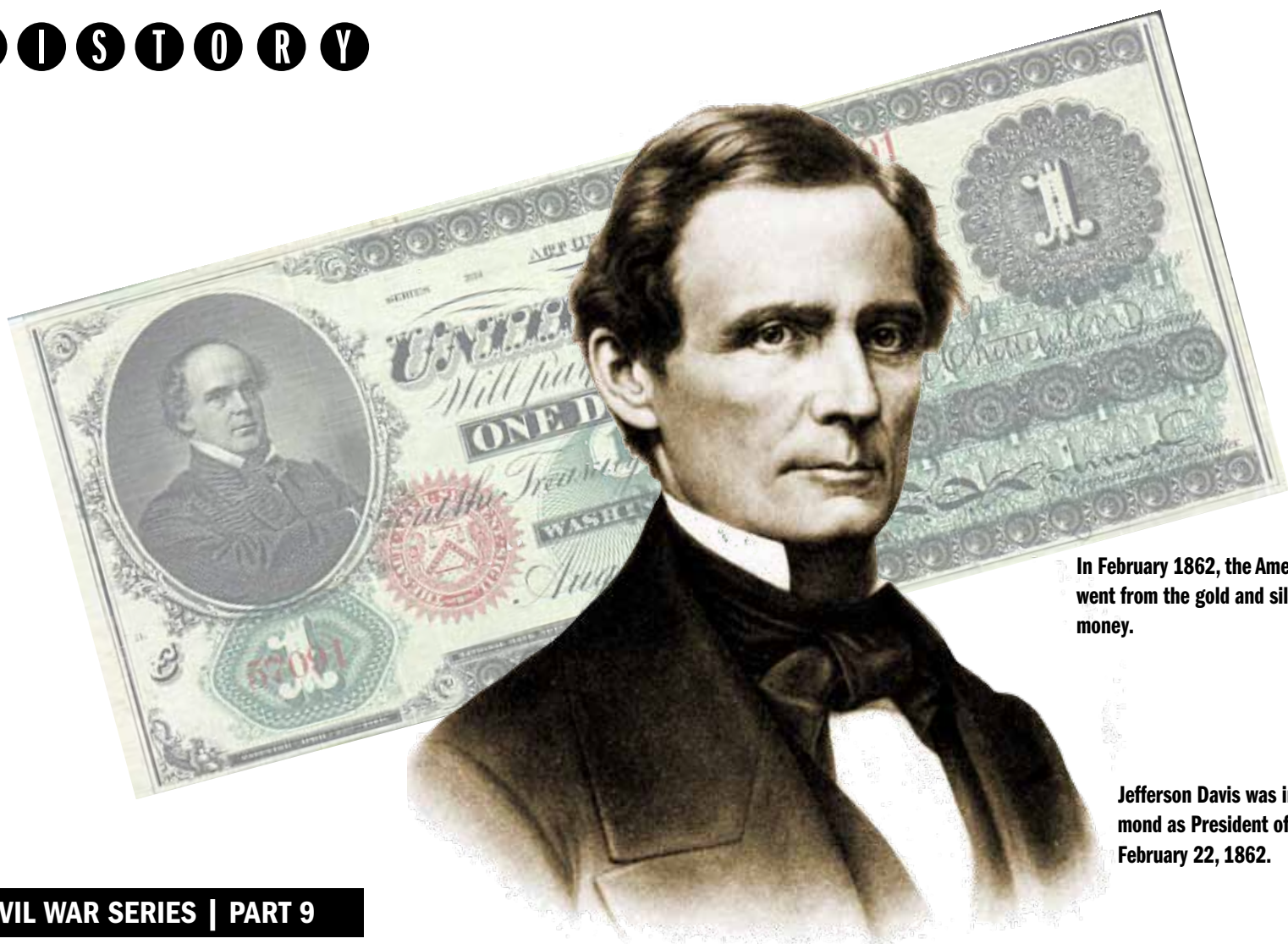
Beach, had two children, Julie and Mary. By 1992, as Phil described it, “The kids were grown and had left home for their own lives and the dog died, which really frees you up. There were no longer any responsibilities. Harriet and I decided to move to Daytona Beach and I went to work for a clock shop there.”

In 1995, their youngest daughter, Julie, presented their first grandchild, so Phil and Harriet moved back to Delray Beach. He opened another retail clock shop in Boynton Beach and everything, businesswise, went well until September 11, 2001.

“On September 10, I had a thriving business. On September 12, I was basically out of business,” he said. The terrorists who attacked the World Trade Center and Pentagon had lived in a motel about a half mile from the shop. Then the first anthrax incident occurred at the Post Office in Boca Raton, Wadland noted.

“People fled the area. They didn’t bother to pick up watch-

▼ See WADLAND on page 44



In February 1862, the American monetary policy went from the gold and silver standard to paper money.

COURTESY PHOTO

Jefferson Davis was inaugurated in Richmond as President of the Confederacy on February 22, 1862.

COURTESY PHOTO

CIVIL WAR SERIES | PART 9

AN EMERGING COMMANDING GENERAL AND A WHITE HOUSE DEATH

BY CHUCK HAGEE

February 1862 is probably best described as an emotional roller coaster for both the North and South. It was a month when Union forces achieved their greatest victories of the Civil War thus far and the South faced possible defeat and humiliation.

It also marked a time of great personal sorrow for President Abraham Lincoln when on February 20, his 11-year-old son William “Willie” Lincoln died of what was suspected to be typhoid. Lincoln had little time to mourn in that he had already called for northern armies to march on Richmond February 22.

However, once again Lincoln’s plans for an early end to the war were thwarted by his military commander General George McClellan’s refusal to make any bold military moves without detailed planning. Instead, February 22, George Washington’s birthday, was honored in Richmond by the inauguration of Jefferson Davis as President of the Confederacy.

But there was a bright star on the rise for Lincoln and the Union cause. It was General Ulysses S. Grant, who would provide his Commander in Chief with the greatest Union victory of the war thus far: the defeat and capture of Confederate Forts Henry and Donelson. After those victories many in the North quipped that Grant’s initials, U.S., actually stood for “Unconditional Surrender.”



After notable victories in February 1862, Northerners assigned the moniker of “Unconditional Surrender” to Ulysses S. Grant. Grant later became the nation’s 18th president in 1869.

COURTESY PHOTO

When Confederate General Simon Buckner, commander of Fort Donelson, realized that the fort was surrounded by Union ground forces on three sides and a Union naval flotilla on the river side, he asked Grant for terms of surrender. Grant sent back this answer: “No terms except an unconditional and immediate surrender can be accepted.”

Grant was not without his detractors, particularly other jealous Union generals. General Don Carlos Buell complained to Lincoln that Grant had infringed upon what he considered his territory. He also conveyed rumors that Grant was often drunk on duty.

Lincoln’s reaction to the latter charge was not what Buell expected. The President’s responded: “Put whatever he’s



Abraham Lincoln’s third son, William Wallace “Willie” died of typhoid fever at age 11 on February 20, 1862.

COURTESY PHOTO

drinking in barrels and give it to all my generals.” Nevertheless, based on the rumors, Grant was relieved of duty by his superior, General Henry Halleck. He was reinstated a month later when the rumors proved to be false.

In 1869, five years after his success during the Civil War and accepting surrender of the Confederacy at Appomattox, Ulysses S. Grant became the 18th President of the United States. He served two terms, 1869-1877.

February 1862 marked another major milestone in American history and one, it could argued, of which the reverberations are being felt dramatically during 2012, the 150th Anniversary of the war. It was the change in U.S. monetary policy from the gold/silver standard to paper money.

On February 25, 1862 the

U.S. Congress adopted the Legal Tender Act allowing the government to print \$150 million that was backed by a similar amount of gold and silver. Many in the financial world predicted doom for the economy. Members of Congress who were against the new “greenbacks” saw it as “a complete collapse of the nation’s financial infrastructure.”

Greenbacks worked much better than the naysayers predicted. The government was able to pay its bills, which had increased dramatically as a result of the war, and paper money became the very grease needed to drive the North’s economy.

Congress repeated its action in 1863 with a second Legal Tender Act. By the war’s end, nearly a half-billion dollars in paper money was in circulation. Along with their initial action in 1862, Congressional wisdom also led to the passage of an income tax and steep excise taxes. How little things actually change on Capitol Hill.

On the battlefield, February 1862 was disastrous for the Confederacy. Following the fall of Forts Henry and Donelson came surrender of the first capital city of the Confederacy -- Nashville, Tennessee, on the 26th. It occurred without a fight and led to the Confederacy’s losing control over southern Kentucky and much of central and western Tennessee.

Another Confederate defeat that month was the loss of Roanoke Island on February

8. This provided a Union base for operations in North Carolina and a southern pathway to the Confederate capital, Richmond.

The South’s only victory during February 1862, other than minor skirmishes, occurred on February 21 at the Battle of Fort Craig in New Mexico. There, against a superior Union force, the Confederates captured six artillery guns.

But that victory was dwarfed by Union advances and overshadowed by the Union’s capture of Charleston, in western Virginia. Charleston eventually became the capital of the newly formed state of West Virginia, which seceded from Virginia to remain part of the United States.

February 1862 ended with a day of fasting and prayer called for by the Confederacy’s newly inaugurated president as its war efforts seemed to be disintegrating. But the South’s war machine proved to be more resilient than anticipated, and Lincoln’s frustrations with his reluctant Commanding General McClellan proved more of an asset to the Confederacy than its own resources.

As the spring of 1862 approached, both Richmond and Washington realized this conflict of brother against brother was a long way and many casualties from resolution. It was on its way to becoming the costliest war of human sacrifice in U.S. history, and remains so to this day.



Romancing the Home



The Valentine month is inspiring me to inspire *you* to add some romance to your home. I'm not necessarily talking about the *couples* kind of romance, more like the *deliciously romantic home* kind.

Romance, in the sense of home décor, can mean lots of things. To get you started:

Lighting. When day is done and the sun goes down, go for candlelight or for the diffused light that candles give — warm, peachy, soft. Add dimmers to your light fixtures. It costs about five dollars and you can change the switch yourself. (Yes, you *can*!) Use 3-way bulbs in lamps wherever possible. *Burn* your candles! Don't just have them sitting there.



Texture: Pillows, throws, rugs. I want to see some extravagantly soft pillows, light-as-a-feather throws and flokati rugs where you step out of bed, out of the shower.



Opulence: Layering creates opulence. Key locations to emphasize are dining table, sofas, favorite chair, bed. How? *Extra.* Opulence is about having *more* than is necessary. Use things in unusual ways. Sling a shawl over a table that already has a tablecloth and a runner on it, dig out silk scarves, or glorious lengths of ribbon, braid or lace, and tie and bow it around pillows, lampshades, bedposts, wherever. Get the idea?



Fragrance: Get wax fragrance tarts and a warmer. Try scents like rose, patchouli, sea breeze, lilac. Leave the fruity and sweet choices alone. Now, add fresh flowers here and there, even if it's just a single bud.

Living in romance is a choice. You only have to remember to make it happen.

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- Gloria Swanson as Norma Desmond
Sunset Boulevard, 1950

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Multi-Sensory Mobile Therapy Unit Donated to City



PHOTOS BY HARRY MERRITT

Mayor William Euille, Members of the City Council, and the public were present at the ribbon cutting ceremony for the Multi-Sensory Mobile Unit on Saturday, January 21, at City Hall.

Donated by the Kelley Cares Foundation to the City of Alexandria's Therapeutic Recreation Program, the Multi-Sensory Mobile Unit provides an environment in which individuals with varied abilities can experience safe, stress free leisure-based learning.

Kelley Cares Foundation was founded in 2006 by family and friends of Kelley Swanson, vibrant, fun-loving T.C. Williams High School student who tragically passed away shortly after graduation. The Foundation honors Kelley's lifelong desire to help those less fortunate and her desire to make people aware of the need for inclusion regardless of ability.

For information about the mobile unit, contact Brenda Holloway, Assistant Director, Therapeutic Recreation Program, at 703.746.5424 or brenda.holloway@alexandriava.gov.



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- Tim Robbins as Griffin Mill
The Player, 1992

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Alexandria Historical Society Calls for 2012 History Award Nominees

Winners Will Be Recognized During Awards Ceremony at the Lyceum

The Alexandria Historical Society is calling for nominations for the 2012 T. Michael Miller Alexandria History Award, to be presented to a person or persons who have made noteworthy contributions to the preservation of the historic, cultural, and artistic heritage of Alexandria. Honorees will be presented with a certificate and gift at a special awards ceremony on Wednesday, April 25 at 7:30 p.m., at The Lyceum, 201 South Washington Street. Four outstanding history students from each of Alexandria's high schools will also be honored at the ceremony. A reception will follow the awards ceremony and lecture.

The Alexandria History Award has been renamed the T. Michael Miller Alexandria History Award to honor the contributions of Alexandria historian T. Michael Miller, who retired in 2009 after three decades of public

service and research into Alexandria's past.

Organizations and interested individuals are invited to submit written nominations to the History Awards Committee of the Alexandria Historical Society. Each nomination should be in the form of a narrative, no longer than two pages, which explains in some detail the contributions of the nominee. Copies of the nominee's work, including publications, should be included. More than one nomination may be offered, and the committee may select more than one person to receive the History Award. AHS Board members or persons who conducted research as part of their compensated professional responsibilities are not eligible for the award.

The Awards Committee will give particular consideration to those individuals who have written research papers, theses, dissertations, books and materials, which publicly disseminate information on the social and cultural history of the area.

The 2011 History Award honoree was author Barb Winters for her book, *Letters to*

▼ See AWARDS on page 42



PHOTO BY WAYNE HULEHAN

Alexandria Children Celebrate Martin Luther King’s Birthday with Poster Contest

For 22 years, Alexandria public school children have been encouraged to show their artistic ability and celebrate the legacy of Dr. Martin Luther King, Jr., in a poster contest. Nine winners received their certificates and all children saw their work displayed in a ceremony at City Hall on January 16, Dr. King’s birthday.

Justin Cox recited Dr. King’s “I have a Dream” speech from memory. Former Virginia Governor and U. S. Senator George Allen, a candidate for the U. S. Senate seat being vacated by Senator Jim Webb, spoke at the event. Alexandria Mayor Bill Euille congratulated the young artists.

The poster contest is sponsored each year by the Alexandria Society for the Preservation of Black Heritage and the Alexandria Black History Museum. The posters are on display in the Vola Lawson Lobby of City Hall through February.



COURTESY PHOTO

Bishop Ireton Cardinals Win At Last!

On January 16, when Bishop Ireton’s Cardinals Girls Basketball team beat the Bishop O’Connell Knights at home 59-50, it marked the end of a long winning drought. Junior Camille Weber and Mara Celis each scored 13 points and freshman Danielle Hatchett sank a three-pointer to tie the score at halftime.

As part of the Washington Catholic Athletic Conference (WCAC), the Cardinals reg-

ularly face players who are among the best in the nation. Senior forward Bianca Ojiegbe was all smiles. She said she loves playing with her friends, but she had been looking for a win for a long time. Ojiegbe blocked crucial goals throughout the game and was a deciding factor in the victory. All the players and coaches were extremely emotional at the end of the game.

St. Stephen’s & St. Agnes Middle School Literary Magazine Wins Award

The St. Stephen’s & St. Agnes Middle School literary magazine, Prattle Tales, received a rank of “excellent” by the National Council of Teachers of English (NCTE). SSSAS was the only middle school in Virginia to receive this ranking this year. More than 390 middle and high schools entered the 2011 NCTE program. This is the third time Prattle Tales has earned an excellent rating since the school started participating several years ago.

“Our Middle School students produce some extraordinary writing and art over the course of the year and are delighted when their work is published in the annual issue of Prattle Tales,” said English Teacher Gail Wolf. “It’s particularly inspiring when an organization such as NCTE recognizes their talent.” Mrs. Wolf has been editor/faculty sponsor of Prattle Tales since the first issue in the spring of 1993.



COURTESY PHOTO



COURTESY PHOTO

Bishop Ireton High School Hosts First Annual Hunger Banquet

On Friday, January 6, Bishop Ireton High School hosted the First Annual Hunger Banquet to demonstrate how income disparity in Haiti affects diet and nutrition and to raise funds for its sister school, Louverture Cleary in Croix de Bouquet, Haiti.

Seventy-five students, parents and staff came to the Bishop Ireton cafeteria, not knowing the menu. Every guest received a randomly selected ticket, the color of which assigned them to a high-, middle- or low-income tier, and they ate a meal representing that income level. Every ticket also had a name and brief bio of someone now living in Haiti.

About 15 percent of participants received yellow tickets—the upper class. These guests dined with tablecloths, china and silverware. Waiters served a three-course dinner of salad, casserole, vegetable, bread and dessert. Leftovers were plentiful.

Orange ticket holders, roughly 35 percent of the guests, were middle class and sat at long tables positioned to watch the upper classes. Their meal was self-serve: rice and

beans on paper plates, with plastic utensils and water in a paper cup.

The remaining 50 percent held red tickets, assigning them to the lowest class. They sat crowded together on a center rug, with bowls of rice and paper plates. No utensils and no second helpings allowed. (The percentages were based on current statistics of people worldwide living in poverty.)

To add realism, before the dinner began, several of the middle class folks suffered economic losses and were moved to the rug area. One “family” moved from the upper classes to the middle class when one of them lost his job.

The Hunger Banquet was staged to demonstrate real problems that people face every day. Dinner was followed by a lively discussion focused on how education is the long-term solution to complex problems of hunger and poverty. Education gives people in poverty the tools to improve their lives. The First Annual Hunger Banquet raised more than \$1000 for Louverture Cleary School.



William Ramsay students and teachers who participated in the Healthy Kids Fun Run Second, with Miles the Bulldog.



Mount Vernon Community School students show their enthusiasm for running by wearing shirts and medals they received from participating in the Marine Corps Marathon Healthy Kids Fun Run on Oct. 29, 2011



PHOTOS COURTESY OF THE MARINE CORPS MARATHON

Marine Corps Marathon Presents Healthy School Award to Mount Vernon and William Ramsay Elementary Schools

The students at Mount Vernon Community School got a big surprise on January 19 when Marine Corps Marathon (MCM), along with Miles the Bulldog, presented the Healthy School Award and a \$1,000 check from MCM partner Sodexo to Mount Vernon’s PE department to provide healthy snacks to every student. On January 26, William Ramsay Elementary students were also honored. In February, James Polk and George Mason Elementary will also receive awards.



Bishop Ireton Athletic Boosters Present Black Moon Tonic and “Big” Bad Juju



Put on your dancing shoes for an exciting evening of fun as you listen to the sounds of the 70s, 80s, and 90s! The BI Athletic Boosters Club presents two outstanding local bands, Black Moon Tonic and “Big” Bad JuJu, on Saturday, February 11, 7:30-11:30 pm in BIHS Godley Gymnasium, 201 Cambridge Road, Alexandria, VA 22314. This event is open to all friends, parents, staff, and alumni of BIHS who are 21 years of age or older. On-line ticket sales preferred at www.liveatbishopireton.com. Tickets will also be sold at the door for cash or check only: \$25.00/person (\$50/couple) for Athletic Boosters Club members and \$35/person (\$70/couple) for non-members. There will be a cash bar and hors d’oeuvres. All proceeds benefit the BI Athletic Boosters. Questions? Email Larry Clark at clarkplpmr@aol.com or Jennifer Chastain at kinipela2@cox.net. All we’ll say is, “put on your dancin’ shoes.”

COURTESY PHOTOS

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▲ JAIL from page 17

BBC (British Broadcasting Corp.), The Times of London newspaper, plus Arab, French, and Japanese correspondents. I loved it.

Zacarias Moussaoui, convicted in Alexandria federal court for conspiring to kill Americans in the September 11 attacks, resided in isolation in the Alexandria jail for more than three years. Shortly before he was transferred to super-max detention in Colorado, a security captain asked Moussaoui what he would do if he

were released. The response: "I'd killed you." Unrepentant and unaware.

Many inmates go on hunger strikes or threaten to do so. I've never figured out the logic in that. One night Sheriff Lawhorne heard an inmate say he was on a hunger strike. Lawhorne asked if he'd stop the strike if he had a Big Mac. The inmate said yes, and before long the strike was ended and no more trouble. Common sense resolves many difficult situations in jail work.

I always had fun talk-

ing to the media and Sheriff Lawhorne gave me wide latitude in my work. He said he was really only mad at me once, which sounds good, but I'm pretty sure it was more than that. His retirement gift to me was a solemn picture, which I treasure. He scribbled on the bottom of the page, "Harry said what?"

While recently retired from the Sheriff's Office, Harry Covert has launched a new career as a writer and storyteller. He lives in Alexandria.

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▲ AWARDS from page 39

Virginia. Other History Award winners include Thomas E. Crocker, Mary V. Thompson, T. Michael Miller, William Seale, Jean Taylor Federico, General George Kundahl, Dr. Alton S. Wallace, Lillie Finklea, William Francis Smith, Dr. James D. Munson, Ellen Donald, Anna Lynch, Catherine B. Hollan, Edith Moore Sprouse, Dr. Pamela J. Cressey, Mona Leithiser Dearborn, Mr.

and Mrs. Howard Joynt, Effie Crittenden Dunstan, and Dr. Oscar P. Fitzgerald.

Nominations should be submitted to the Office of Historic Alexandria, 220 North Washington Street, Alexandria, VA 22314, and must be received by Monday, March 5. For more information about the 2012 History Award, contact Anne Paul of Alexandria Historical Society at 703.548.3730 or visit www.alexandriahistorical.org.

"Henry Fonda didn't die on you. Henry Fonda just died."

Carol Burnett as Mary Catherine Castelli to Elizabeth Taylor as Deborah Shapiro *Between Friends*, 1983

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Chronic Pain Can Harm Your Brain

Dr. Knapp, one of Virginia’s most recognized and respected chiropractors, reveals how chronic pain actually deteriorates the brain, affecting mental, physical, and emotional health.

We have all at one time or another had a backache or headache that lasted for a day or two. That kind of pain is typically considered to be acute. But what happens when pain becomes chronic? Pain is determined to be chronic when it persists, lasting for months or even years.

Dr. Knapp respected chiropractor and long-time health advocate, wants you to know this kind of constant pain can cause a landslide of much larger and potentially serious health problems. Specifically, new research has determined long-term chronic pain actually harms the brain.

According to Dr. Knapp “Chronic pain can disrupt brain function and cause problems such as depression, anxiety, insomnia, and even uncontrollable rage. This persistent pain can make it extremely difficult to make simple, everyday decisions.”

Adds Dr. Knapp, “Brain volume, brain state, and brain chemicals are all dramatically affected, and even harmed, by chronic pain. These brain disturbances, if left unaddressed, can cause permanent dysfunction in the brain as a whole.”

The brain typically exists in a state of balance, or equilibrium. This equilibrium is known as the “resting state” network of the brain. This resting state means, under normal circumstances, when one region of the brain is active, other regions



calm down.

But, when the region of the brain that controls equilibrium is affected by chronic pain, its connectivity to other regions of the brain is altered. The region mostly associated with emotion simply never rests. It stays active, “switched on” constantly. This constant activity wears out neurons and further alters the region’s connection to other regions of the brain, resulting in permanent damage.

Says Dr. Knapp, “Brain neurons simply are not designed to sustain high activity for long periods of time. Chronic pain makes these neurons continuously active. And when brain neurons fire too much for too long, this kind of continuous dysfunction in the equilibrium of the brain can change its wiring forever and harm the brain.”

Unrelenting brain activity resulting from chronic pain causes mood and attention problems as the brain becomes overtaxed with too many active regions. It can even be the underlying cause of impaired awareness, perception, reasoning, and judgment.

Another alarming effect of chronic pain relates to the actual size of the brain. New research indicates long-term, persistent pain causes gray matter to shrink as much as five to eleven percent. In fact, this

shrinkage is so significant that it is comparable to the gray matter volume lost in ten to twenty years of normal aging.

As frightening as all this is, many people simply reach for over-the-counter pain medications or potentially addictive prescription painkillers. However, Dr. Knapp reminds us this simply masks the underlying problem. Additionally, pain medications, whether OTC or prescriptive, all have a long litany of harmful and even fatal adverse effects.

The good news is, chiropractic treatment has a remarkable track record in effectively addressing and alleviating chronic pain – without potentially harmful drugs. Through precise, painless chiropractic treatment, a doctor of chiropractic carefully corrects the vertebral subluxations that are the root cause of the chronic pain.

Quite often, chiropractic care provides an immediate, long-lasting solution to chronic pain, allowing you to get back to the business of living with a clear mind and healthy outlook.

For more information on chronic pain and how it affects the brain, as well as the benefits of chiropractic care, contact the ADVANCED ALEXANDRIA CHIROPRACTIC OFFICE at (703) 823 – 2201.

Dr. Robert Knapp constantly strives to improve and update his knowledge in the field of chiropractic medicine; he participates in advanced orthopedic post-graduate courses and numerous seminars across the country. If you have a question for Dr. Knapp, please email him at dr.knapp@aachiropractic.com or call his Alexandria office at 703-823-2201.



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nourishment,
not by way of
knowledge.”

— Rabbi Isaac the Blind



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▲ WADLAND from page 36

es and clocks they had at the shop. They just called and said they'd get them later. I held on for awhile, but with no income and with all that unclaimed repair work, I went broke again in 2001," he said. To make matters worse, Harriet had died in 1999.

In 2002, Phil moved to Annapolis, Maryland, and joined his daughter Mary in the real estate business and opened a clock shop in his home. And then the housing bubble burst.

During a visit to Manchester, New Hampshire, Phil reconnected with his high school sweetheart, Carol. He soon moved back to Manchester and they married. He opened Wadland's Clock Repairs in his garage.

Today Phil Wadland repairs watches and clock for various jewelers and has his own retail repair business. He is one of very few craftsmen proficient in both watch and clock repair and restoration.

"There's a big difference between watchmakers and clock makers, like the difference between an automobile mechanic and a motorcycle mechanic," Wadland emphasized.

Phil specializes in clocks that are 100 years or older, particularly those with brass works, and in restoring old



pocket watches, which are coming back into vogue. He makes house calls for grandfather clocks, usually taking the clock's works back to his shop, but leaving the clock case at home.

"A clock maker must have multiple skills: welding, carpentry, woodworking and mechanical skills, to mention just a few. You often have to rebuild the case, which requires glass cutting as well," Wadland explained.

Throughout his long career, Phil Wadland estimates he has worked on more than 100,000 timepieces. He once had five clock makers and four sales people working for him. People bring or send clocks to him from throughout the nation. If you want to know what makes a clock tick, just *Ask The Clockman*. His joy is his wisdom in timepieces, and time is his endless song.



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MONTHLY HOME SALES RECAP

Thru Jan. 25, 2012

What’s happening with home sales in your neighborhood?

Be in the know: watch for this column every month and stay informed of recent home sales in your community. With interest rates still at historic lows, now is a great time to buy or sell!

Home listings courtesy of
Becky Arnold,
REALTOR®

ADDRESS	LISTPRICE	CLOSEPRICE	CLOSEDATE	BR	FB	HB	# GAR	LVLS	BSMT	DOM	ADV	SUBDIVISION	STYLE
OLD TOWN													
501 SLATERS LN #316	\$278,000	\$265,000	12-Jan-12	1	1	0	1	1	No	322		MARINA TOWERS	Other
501 SLATERS LN #213	\$210,000	\$200,000	11-Jan-12	1	1	0		1	No	197		MARINA TOWERS	Other
545 BRADDOCK RD E #701	\$475,000	\$450,000	19-Jan-12	2	2	0	2	1	No	197		COLECROFT	Contemporary
616 QUEEN ST #616	\$689,000	\$655,000	11-Jan-12	2	2	0		4	Yes	130		MANCHESTER	Colonial
1017 PENDLETON ST	\$569,000	\$545,000	23-Jan-12	2	2	1	1	3	No	148		KINGS ROWE	Traditional
1758 POTOMAC GREENS DR	\$699,000	\$667,500	20-Jan-12	3	3	1	2	4	No	134		POTOMAC GREENS	Colonial
1015 PRINCESS ST	\$439,900	\$420,000	13-Jan-12	2	1	1		2	No	78		PARKER GRAY	Traditional
1115 CAMERON ST #101	\$435,000	\$412,500	13-Jan-12	2	2	0	1	1	No	71		THE PRESCOTT	Colonial
30 TAYLOR RUN PKWY	\$375,000	\$370,000	18-Jan-12	3	1	1		3	Yes	44		TAYLOR RUN	Colonial
1023 ROYAL ST N #312	\$399,900	\$389,000	20-Jan-12	1	1	0	1	1	No	39		OLD TOWN	Traditional
704 PATRICK ST N	\$539,000	\$515,000	19-Jan-12	3	2	1		2	No	31		OLD TOWN	Colonial
902 FRANKLIN ST	\$349,900	\$340,000	18-Jan-12	2	1	0		2	No	11		PATRICK HENRY	Colonial
928 FAIRFAX ST S	\$729,900	\$723,000	12-Jan-12	2	2	1		3	Yes	5		YATES GARDENS	Colonial
316 PAYNE ST N	\$489,900	\$489,900	23-Jan-12	3	2	0		2	No	42		OLD TOWN	Federal
1228 MICHIGAN CT	\$435,000	\$440,000	13-Jan-12	2	1	1		2	No	16		VIRGINIA VILLAGE	Colonial
610 WEST ST N #204	\$329,900	\$330,000	12-Jan-12	2	1	0	1	1	No	5		COLECROFT	Contemporary
115 NORTH LEE ST #205	\$354,900	\$350,000	23-Jan-12	1	1	0		2	No	4		TORPEDO FACTORY	Bilevel
400 MADISON ST #1605	\$337,000	\$337,000	20-Jan-12	1	1	0		1	No	0		ALEXANDRIA HOUSE	Contemporary
3300 28TH ST S #102	\$125,000	\$128,900	11-Jan-12	2	1	0		1	No	63		BOLLING BROOK	Colonial
UPPER BRADDOCK													
3315 WYNDHAM CL #4222	\$279,900	\$275,000	18-Jan-12	2	2	0	1	1	No	87		POINTE AT PARK C	Colonial
2803 CENTRAL AVE	\$829,900	\$820,000	17-Jan-12	4	2	1		3	Yes	37		BRADDOCK HEIGHTS	Colonial
1707 OAKCREST DR	\$679,900	\$670,000	20-Jan-12	3	3	0		3	Yes	26		BRADDOCK HEIGHTS AREA	Cape Cod
606 CRESTWOOD DR	\$589,000	\$589,000	26-Jan-12	3	2	0		2	Yes	9		MONTICELLO PARK	Bungalow
805 RUSSELL RD	\$649,000	\$624,000	10-Jan-12	3	1	1		3	Yes	121		ROSEMONT	Colonial
DEL RAY/ROSEMONT													
522 GLENDALE AVE E	\$479,000	\$469,000	25-Jan-12	3	2	0		3	Yes	111		DEL RAY	Colonial
2 OAK ST W	\$929,000	\$880,000	17-Jan-12	3	2	1		3	Yes	115		ROSEMONT	Bungalow
308 NORTH VIEW TER	\$1,225,000	\$1,160,000	12-Jan-12	4	4	1	2	3	Yes	70		ROSEMONT	Colonial
314 WINDSOR AVE E	\$555,000	\$550,000	20-Jan-12	3	1	0		3	Yes	55		DEL RAY	Colonial
702 MOUNT VERNON AVE	\$554,900	\$558,000	9-Jan-12	3	3	1		3	No	29		DEL RAY	Traditional
9 ROSEMONT AVE E	\$549,000	\$564,138	11-Jan-12	2	2	0		3	Yes	5		ROSEMONT	Colonial
2938 COLUMBUS S #3278	\$345,000	\$345,000	10-Jan-12	2	2	0		2	Yes	68		FAIRLINGTON VILLAGE	Colonial
ARLINGTON													
4270 35TH ST S #B2	\$315,000	\$300,000	10-Jan-12	2	1	1		2	No	82		FAIRLINGTON GLEN	Colonial
3509 S. FOUR MILE RUN DR	\$679,990	\$651,695	25-Jan-12	3	3	1	2	3	Yes	68		SHIRLINGTON CREST	Contemporary
4604B 28TH RD S #B	\$269,900	\$266,500	25-Jan-12	2	1	0		2	No	55		THE ARLINGTON	Colonial
3437 KEMPER RD	\$527,770	\$528,365	24-Jan-12	2	2	1	2	3	Yes	72		SHIRLINGTON CREST	Contemporary
3005 BUCHANAN ST S	\$359,900	\$359,900	12-Jan-12	1	2	0		3	Yes	15		FAIRLINGTON VIL	Colonial
2443 OXFORD ST	\$314,900	\$316,000	19-Jan-12	3	3	0		3	Yes	20		FORT BARNARD HEIGHTS	Colonial
2689 24TH RD S	\$315,000	\$315,000	23-Jan-12	3	2	1	1	3	Yes	25		ASHLAWN RIDGE	Colonial
1805 CRYSTAL DR S #1104S	\$300,000	\$295,000	16-Jan-12	1	1	0	1	1	No	148		CRYSTAL PARK -S	Contemporary
1300 ARMY NAVY DR #811	\$215,999	\$213,999	17-Jan-12	1	1	0	1	1	No	19		HORIZON HOUSE	Contemporary
1200 S. ARLINGTON RIDGE, #318	\$232,000	\$232,000	12-Jan-12	1	1	0		1	No	67		THE CAVENDISH	Contemporary
1300 ARMY NAVY DR #830	\$249,500	\$245,000	20-Jan-12	1	1	0	1	1	No	68		HORIZON HOUSE	Contemporary
1200 S. ARLINGTON RIDGE, #303	\$238,900	\$228,000	17-Jan-12	1	1	0		1	No	13		THE CAVENDISH	Colonial
704 15TH ST S #2	\$425,500	\$403,199	18-Jan-12	3	2	1		2	No	7		SOUTHAMPTON	Colonial

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Zebra spotted in Utah!

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ASK THE PLUMBER

BY DAN RYAL



Why do I smell sewage in my home?

Sewer smell in the house is a common problem for which there are a number of possible causes. While it could be the old cheese in your refrigerator, or the person who dared to eat that cheese, it could also be sewage. The risks involving sewer gases are nothing to take lightly. It is important to identify the source of the escaped gases to protect you and your family.

What are the effects of exposure to sewer gas?

The risks of sewer gases like hydrogen sulfide and methane escaping into your home are very real. At low concentrations, hydrogen sulfide smells like rotten eggs, while at high concentrations it can disable

your sense of smell, going undetected and causing immediate loss of consciousness and death. Methane will decrease the amount of oxygen in the air, causing headache and nausea at low concentrations, and death by asphyxiation at high concentration levels. Also, both gases are flammable and highly explosive. Please take a couple minutes to equip yourself with the following bits of plumbers' knowledge.

Possible Causes of Sewer Gas Leakage

Low Water Level in P-Trap

Every drain in your house (sink, tub, shower, floor drains) has a p-trap, and it does more than catch jewelry. The diagram shows how a p-trap

seals out gas by maintaining an adequate water level. If left long enough, the water in the p-trap can evaporate, breaking the seal and allowing sewer gas to escape into your home environment. It is a fairly simple science that translates to: If sewage odor is coming from a drain, flush a gallon of water down it to reseal the p-trap.

For infrequently used drains, such as the guest bathroom sink and shower, or the basement floor drain, it is a good idea to flush a gallon of water down them every month.

Broken Wax Seal on Toilet

Your toilet is sealed to the drain with a ring of wax which can sometimes break due to normal wear (and the occasional M80 firecracker),



allowing sewer gas to escape through the bottom of the toilet. Installing a new wax seal will fix this problem.

Leaking or Blocked Roof Vent Pipe

The smell could also be coming from behind your wall, through a leak in your vent pipe. Most of the time, repairing the vent pipe requires cutting open the wall to gain access. It is best to first rule out the p-traps and broken wax seal as problem sources, as they are a much easier fix.

Cracks in the Foundation of House

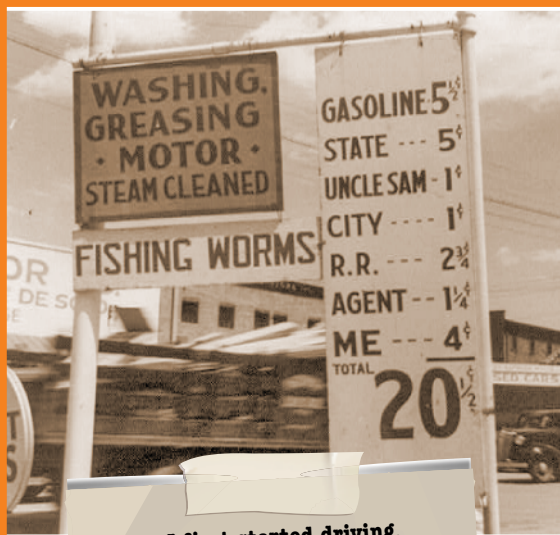
If gases are in the soil adjacent to the house, they could be leaking through cracks in

the foundation. This typically occurs in houses with a septic tank.

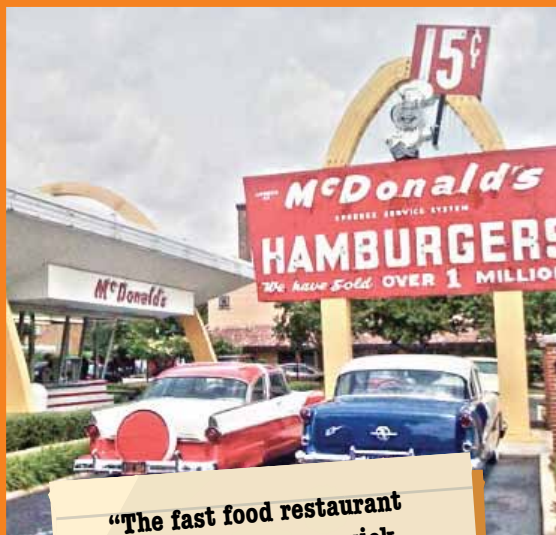
Knowing the risks and causes of sewer gas in the home environment will not only keep your home from smelling like a Porta-John, but can save lives. Should you suspect a sewer gas leak, but can't locate or fix the problem, do not hesitate to evacuate the home and call a plumber.

Dan Ryal is part of the business development team at Caffi Contracting Services. If you have any questions, email dan.ryal@cafficontracting.com.

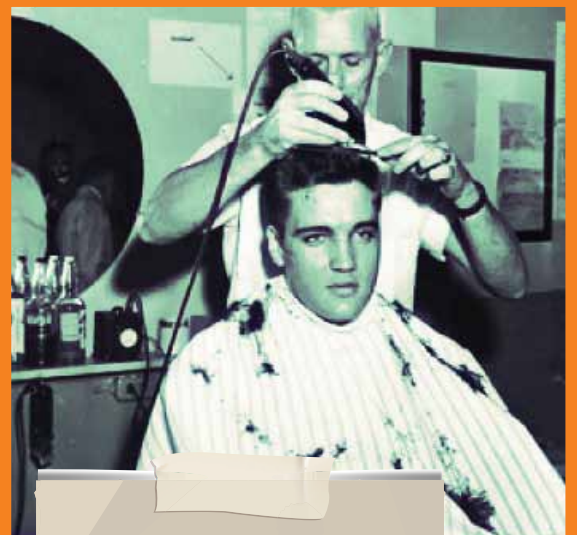
This will give you some perspective in 2012. Take a look at some of these photos and comments from 1955.



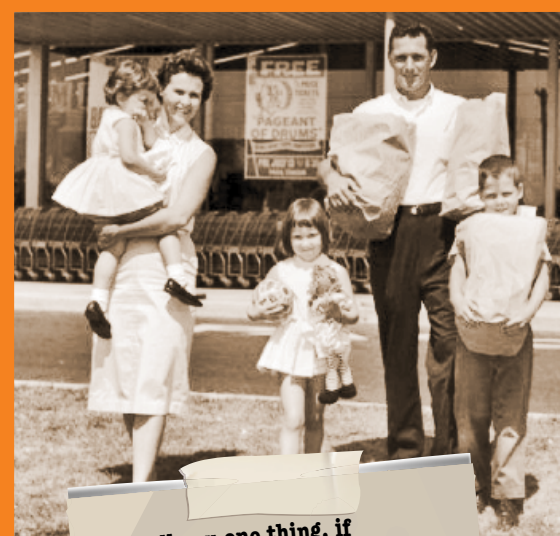
"When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage."



"The fast food restaurant is convenient for a quick meal, but I seriously doubt they will ever catch on."



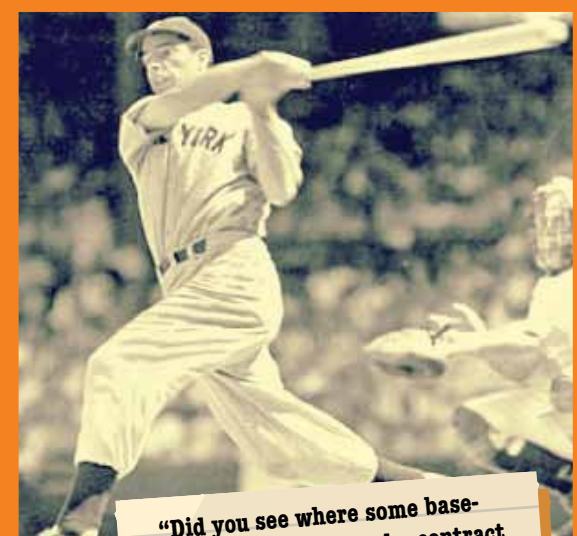
"If they think I'll pay 30 cents for a haircut, forget it."



"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00."



"No one can afford to be sick anymore. At \$15.00 a day in the hospital, it's too rich for my blood."



"Did you see where some baseball player just signed a contract for \$50,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President!"

These furry friends (and many others) are looking for loving homes ...



Ace - (Male) - Available

Breed: Poodle Mix

Age: 3 Years

History: Shelter

Description: Ace is a Poodle mix with mostly white fur and some cream coloring. He was dropped off in a Maryland shelter and saved from a backyard breeder. Out of 21 dogs and puppies rescued, Ace was in the worst shape and required immediate veterinary care. He has a super sweet disposition and gazes into our eyes with a great deal of gratitude for helping him. With his former life as a stud behind him, Ace is looking for a family who will teach him how amazing life can be when loved and cared for. Will you be that family?



Clancy - (Male) - Available

Breed: Shepherd Mix

Age: 11 Weeks

History: Shelter

Description: Clancy is such a sweet boy. He's very calm and likes a short play time in the morning and again in the afternoon. The rest of the day he likes to sleep where he can. He's been such an easy pup, and has not had any ac-

cidents in the house or crate. Clancy has had a blast with his two 4 legged foster brothers, but he's a little shy when it comes to following anyone. He prefers to be in his crate, on a dog bed or in a corner. But he loves to be held and will immediately fall asleep in your lap. I'm sure after he settles in he'll become more outgoing. He's brand new to AFH, so he cannot come to the adoption events yet, but can be seen in his foster home. Please email us if you're interested.

Coaster - (Male) - Available

Breed: Cocker Spaniel

Age: 10 Years

History: Owner Release

Description: Hi my name is Coaster. I am a healthy Cocker looking for a new home. I have a sad story to tell: you see my human mom died unexpectedly and my sister and I got dumped at our Vet's office. I am very confused and don't know what is going on. I know I need a new home. I am very sweet and would love to find someone to love me like my mom loved me. In typical cocker fashion, I love to play with toys and I love to snuggle next to you (or on you). Some nice lady is letting me stay with her until I find my own forever home. If you want she will let you come over and meet me.



Dashell - (Male) - Available

Breed: Australian Shepherd Mix

Age: 2 Years

History: Owner Release

Description: Frankie/Dashell is an Australian Shepherd mix. He is being given up because of a new baby in the family. He is a great dog. He is mostly housetrained and is good with people and other dogs.



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for Valentine's Day

AFH is ALWAYS in need of foster homes!

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

A FOREVER-HOME RESCUE FOUNDATION

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

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



For more information about adoption, call

703-961-8690

or visit us online at www.eforeverhome.com

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then YOU should be coming to US!"



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Hercules - (Male) - Available

Breed:

German Shepherd Dog

Age: 13 Months

History: Shelter

Description:

This boy is a pure-bred white German Shepherd. He likes other dogs and is very sweet.



Keisha - (Female) - Available

Breed: Labrador Retriever Mix

Age: 5 Months

History: Shelter

Description: This pup has just arrived.



Lenny - (Male) - Available

Breed: Beagle / Labrador Retriever Mix

Age: 4 Years

History: Owner Release

Description: Hi, my name is Lenny, short for John Lennon! I am so glad to be back with AFH after being with my old family. For some time, their schedule was sooooo bad that I was in a crate as they said for about 20 hours a day! Even though I miss them, I am very happy that my foster family is around most of the day and night so I only have to be in a crate when they both go out or at night. I am a 3-year-old lab/beagle mix but look more like a beagle than the lab. I love to be petted and snuggle. I am starting to realize that play is a great thing too. I know my commands and walk very well on a leash. You should see how nice I am at the adoption events. I will confess that I could lose a little weight but those green beans I get sure taste good and I love them with my meals.

Sadie - (Female) - Available

Breed: Dachshund Mix

Age: 2 Years

Weight: 25 Pounds

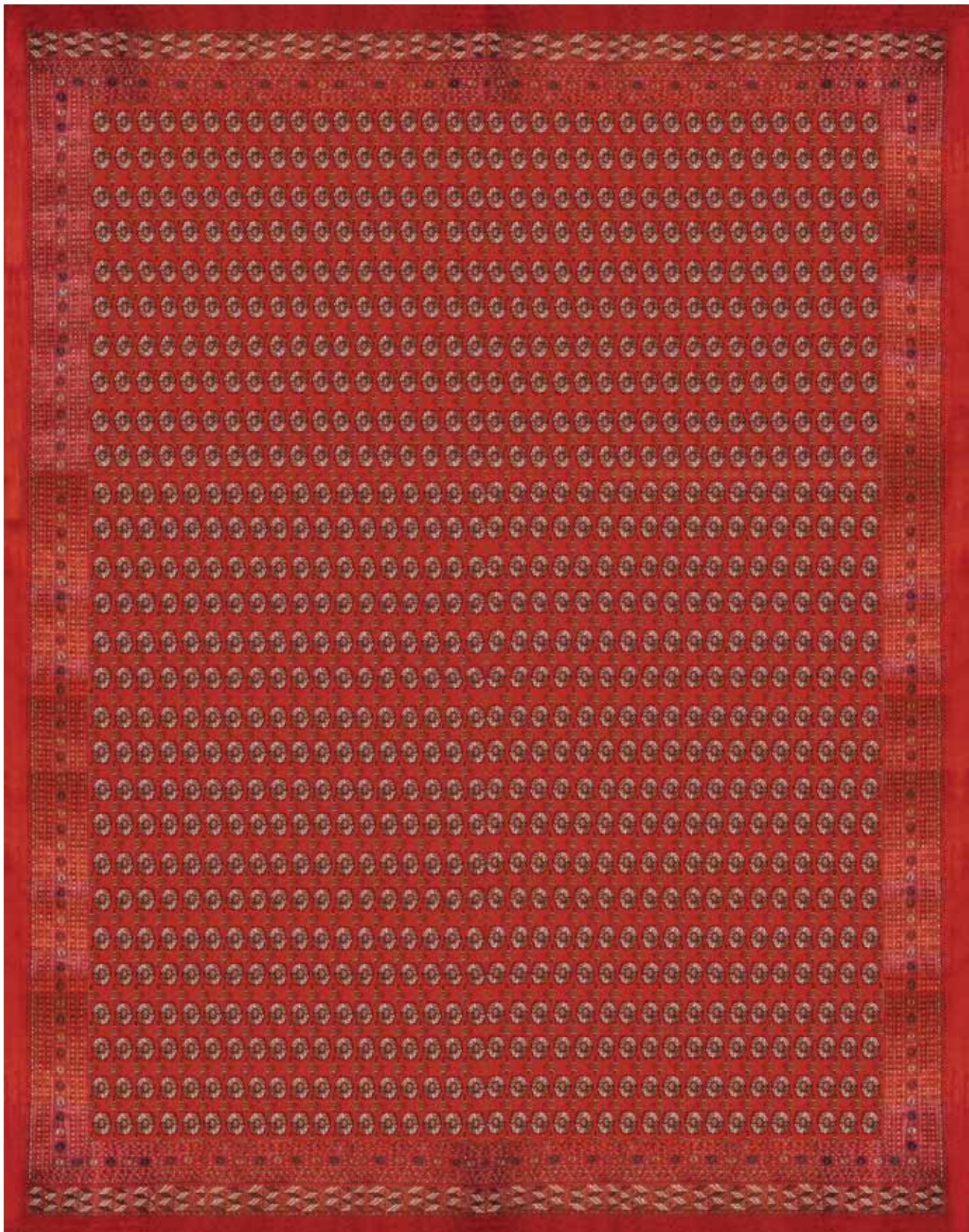
History: Shelter

Description: Sadie is a very sweet dog. She likes people and is great with kids. She is a relatively small dog, 25 pounds, but very athletic. She is excited to go for walks. We are working on leash training and on the understanding that squirrels have the right to be left alone! She loves running and playing with my dog in the FENCED yard. She is a free spirit, she doesn't like the crate and gets very panicking when put in it. She is housebroken and behaves well in the house when left alone, but she would jump on the table to clean up the leftovers for you! With me, it was trust at first sight: I was taking care of her pups, and feeding her a lot, she was so skinny! With her new family, she will need some time to learn to trust so she can blossom into the beautiful dog she is.



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