

# Zehra

August 2013

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

## SPIKING UP THE CRYSTAL CITY SHOPS

**CHEF SPIKE MENDELSON**  
**OF GOOD STUFF EATERY**

**ALSO INSIDE:** Alexandria Restaurant Week ■ Adoptable Pets ■ Civil War Series Part 21





# Christine Roland Garner

*I Sell more because I do more!*



## Del Ray - \$699,000



Wonderfully expanded 3 bedroom, 2.5 bath Cape Cod located just a few blocks from shops and restaurants on "The Avenue". Living room with adjacent office/den. Desirable open kitchen with granite counters, breakfast bar with Jennaire cooktop and 42" Maple cabinets. Adjoining dining area and family room with vaulted ceiling and french doors that open to a large deck and lovely fenced yard. A convenient mud room with separate entry and laundry area off of the kitchen. Two main level bedrooms with a dual entry bathroom and a powder room for guests. Huge upper level Master Suite with a private bath, double vanity and walk-in closet. Architectural series replacement windows, wood floors throughout and large shed.

## Belle Haven - \$1,799,000



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

## Old Town - \$1,369,000



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

## Jefferson Park - \$1,100,000



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

## Seminary - \$599,000



Deceivingly spacious 4 bedroom, 3 bath all brick home with over 2300 sq. ft. of living space on 2 levels. Living room with wood burning fireplace and dining room with access to a fabulous screened porch with vaulted ceiling and skylights! Updated kitchen with Cherry cabinets, granite counters and breakfast bar with SS appliances. Three main level bedrooms including Master Suite with en suite bath. Huge walk-out lower level with tall ceilings features a family room, full bath and 4th bedroom...ideal for guests. Large fenced yard with deck, hot tub and off street parking.

## Rosemont - \$845,900



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

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Faithful companion and trusted Publisher’s Assistant Lucy passed away on July 3, 2013. See page 35 for obituary.

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Zebra Spotted in Williamsburg, VA!

Stanhope Fairbanks of Alexandria, VA caught reading Zebra at the Great Wolf Lodge in Williamsburg, VA while celebrating his 11th birthday.

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



Arrgh!  
Catch our mistakes.

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

**Susan Robertson** of Annapolis beat out all the other entries by catching 41 grammatical and punctuation errors in our July 2013 edition. Robertson has won a gift certificate from Greenstreet Gardens.

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

PUBLISHER’S NOTE



This entry is the last thing I do before each issue prints, and I am starting to wonder if anyone actually reads these little notes and thoughts I pop into this spot. But just for kicks, and for those of you purists who read publications page by page, here we go. This month I am proud to say we are strong into our third year, and it only happened because many generous people have helped get Zebra on its way. Our contributing columnists, writers and photographers have given their valuable time and talents towards creating an innovative niche print product, and our loyal advertisers have given us a healthy foundation upon which we can continue to build.

So I guess this is a “thank you” letter – to the many people behind the scenes helping design our pages, scoot us off the presses, and effectively circulate 12,000 copies to homes and another 18,000 to shops, restaurants, retailers, pharmacies and grocery stores around town. It is also a “thank you” to the many people who have written and called and said that Zebra fills a void, and proves that “print is not dead.”

Welcoming your thoughts and suggestions always, Zebra looks forward to being part of your regular reading list for a long time to come.

Try out some of the fine restaurants and stores included in this edition, give a nod to the soldiers and statesmen that continue to preserve our freedom, and enjoy the rest of the summer.

Cheers,  
Mary Wadland



August 2013  
**The Zebra**  
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COVER PHOTO: Courtesy of Crystal City Shops

Distribution

30,000 copies delivered by hand each month to households and businesses in the following neighborhoods and high-traffic areas:

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Deadlines

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For advertising information call 703-224-8911

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“

Crystal City's line up of acclaimed chefs, unique cross-section of retail and an expanding arts scene make it a truly vibrant urban hub.

”

By Holly Burnett

Follow me now. The road may not be paved with yellow brick, and the horizon certainly isn't tinted green, but it rises in the sky with brilliance and luster. Certainly a horse (or perhaps a zebra) of a different color, but requiring no secret word for admittance, Crystal City is utopia come to life. Reminiscent of the fictional L. Frank Baum's Emerald City or James Hilton's Shangri-La, it's a happy land, earth's answer to paradise, protected, it seems, from the outside world, where people can live and work in harmony.

The neighborhood's name, "Crystal City," came about after the first residential structure, featuring a massive crystal chandelier in its lobby, was christened the "Crystal House" and all subsequent buildings followed suit, adopting some derivative of "crystal" in their names.

In 1963, the area unintentionally took on the persona of a planned community when high-rises and office buildings were constructed of like materials and then later connected by a series of underground corridors housing everything from dry cleaning services to high-end eateries, offering its residents a complete urban lifestyle almost entirely without venturing outside.

Today, the tunnels spanning 12th to 23rd Streets are known as the Crystal City Shops and include chic street-front restaurants amid meticulously manicured, landscaped sidewalks, further defining the utopian Crystal City experience.



## DINING DESTINATIONS

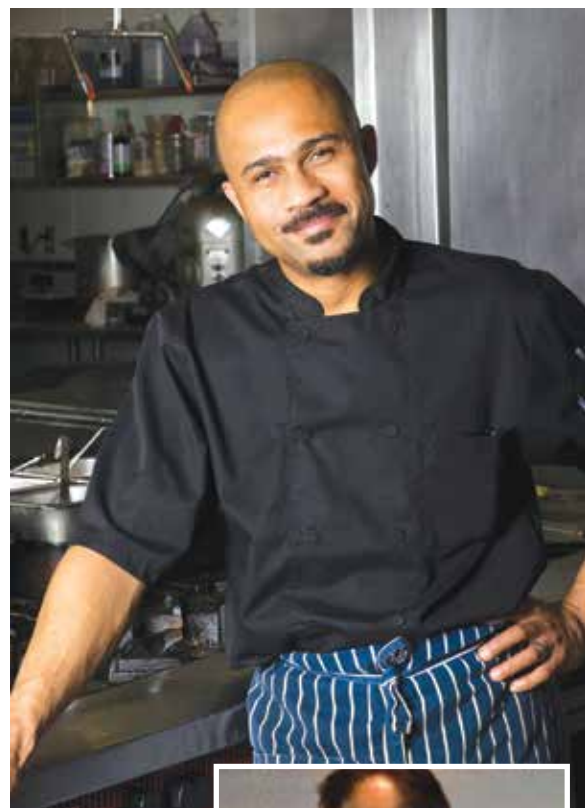
Many refer to Crystal Drive as Chef's Row due to its concentration of the nation's most acclaimed chefs with none more popular and recognizable than Spike Mendelsohn, who first garnered our attentions with his affable personality and retro 60s hats a la Sinatra's Rat Pack while competing on Bravo's *Top Chef: Chicago Season 4*. He was sent home just shy of the finale, but came back to compete on *Top Chef: All-Stars Season 8* as well as the Food Network's *Next Iron Chef*. Well respected by his culinary peers, he's the real deal both on and off camera — a genuinely nice guy.

Mendelsohn and co-owner Dave Greenberg selected Crystal City Shops for their second **GOOD STUFF EATERY** ([goodstuffeatery.com](http://goodstuffeatery.com)). "My parents, who live on Crystal Drive, and I witnessed this resurgence of young people and business in Crystal City. So we wanted to get in on the ground floor. It is a great neighborhood for Good Stuff Eatery — between the growing lunch crowd, neighbors looking for a bite at night and the revolving tourists at local hotels, it is a great location," Mendelsohn declares.

Known for his minimalist menus, Mendelsohn insists, "Food doesn't need to be complex to be delicious. Molecular gastronomy and other methods are great, but simple is good too. If something is cooked properly and you make use of the freshest ingredient possible, the food speaks on its own. Simple, but done right can be satisfying and delicious." And Good Stuff Eatery as well as **WE, THE PIZZA** ([wethepizza.com](http://wethepizza.com)) and his new restaurant **BÉARNAISE** ([bearnaiserestaurant.com](http://bearnaiserestaurant.com)), both on Pennsylvania Avenue in the District, support Mendelsohn's beliefs.

Good Stuff offers nostalgic American classics — "hand-crafted burgers, handcut fries, handspun shakes and farm fresh salads." The Toasted Marshmallow Shake or Big Vern's Black Cow Root Beer Float harken back to the days of camp outs and soda fountains, and the Farmhouse Bacon Cheeseburger, made to order, and Uncle D's Famous Chili with cornbread are quite simply "good stuff," as the sign says, with flavors and freshness the likes of which you will not experience in any other quick food service establish-

**MORE ON PAGE 5**



Above, Chef Morou of Kora. Inset, seasoned waiter Enzo, provides exceptional service at Kora.



Below, Chef Spike Mendelsohn at work in Good Stuff Eatery.







CHEFS FROM PAGE 4

ment. A favorite of President Obama and his family, the Prez Obama Burger features onion marmalade and Roquefort cheese.

“Fresh ingredients are delivered daily,” Greenberg adds, while also explaining the eatery’s motto, “Goodness. Gracious,” which relates not only to Mendelsohn and Greenberg’s commitment to food quality and customer service, but has been adopted as the formal name of their staff meetings. Good Stuff Eatery is Chef Mendelsohn on a plate — uncomplicated, well-seasoned and thoroughly delectable.

Also on Crystal Drive is **JALEO** (jaleo.com), famed chef José Andrés’ tapas restaurant, as well as **KORA** (korarestaurant.com) the second restaurant from one of Alexandria’s favorite local chefs, Morou Ouattara, who created the cutting edge and wildly popular **FARRAH OLIVIA** (farraholiviarrestaurant.com) which, incidentally, is alive and well, living inside Kora every Wednesday through Saturday nights, featuring such menu show-stoppers as the Painted Soup, Goat Cheese Gnudi and gourmet Mac and Cheese.

On the Kora menu, dive right in to even more of Chef Morou’s exquisite and tantalizing plates, dubbed “Italian by Morou,” including Stuffed Eggplant, Cinnamon Cured Quail, Caramelized Pear Pizza and his Risotto of the Day. Finish with his version of Tiramisu or the Citrus Burst, a lemon mascarpone cake served with an orange compote and lime sorbet.

Kora, co-owned by Morou’s wife, Heather, is also a popular bar and lounge, but the expansive modern space offers a fine dining experience not to be missed. The waitstaff possess a rich knowledge of the menu, and will ensure a great evening. (Ask for Enzo, *Zebra’s* favorite!) If you loved Farrah Olivia, named after their first two daughters, you will adore Kora, named after their third. Chef Morou is one of the area’s most adventurous chefs, delivering skill and talent with every dish, and is counted among *Zebra’s* favorite chefs of all time, forever changing the way we look at food.



Mendelsohn spiking up his flavors.

TheShops



An extensive collection of wooden marionettes at Puppet Heaven.

UNIQUE SHOPPING DESTINATIONS

Once you enter the enclosed Crystal City Shops, specialty retail stores wind like ribbons through the seemingly underground city. These shopkeepers set themselves apart from other like venues by providing exceptional, owner-based quality customer service. So definitely stop in to meet owner Mary Beth Cox and her exceptional staff at the **SHIP’S HATCH** (shipshatch.com),



Elegant pairings dominate the scene at Daniel’s Boutique.

offering the coolest collection of fascinating and varied nautical and military-related gifts in the metro area, including barometers, bells, chronometers, clocks, flag cases, boxes, clothing, ships’ wheels and seaworthy antiques, which, in many instances, she has lovingly restored.

Cox began the Ship’s Hatch in 1973, transforming authentic World War II Liberty Ship hatch covers into furniture. She practically invented what we now refer to as “repurposing” long before the word came into being. A resident of the Crystal City Shops since 1984, she is the foremost authority and producer of engraved/personalized gifts for retirements, promotions and the like, be it for the military or private sector. Ship’s Hatch also custom embroiders U.S. Navy ship ball caps for any ship that ever sailed. Her store is a treasure trove of exquisite objects that pay reverence to the military (including a stunning collection of challenger coins) as well as nautical history, an education of our heritage not to be missed.

MORE ON PAGE 6

Military promotion and retirement gifts

- Flag cases, shadow boxes and sword cases
- Nautical clocks and barometers
- Ship’s wheels
- Military crystal with insignia
- Nautical instruments
- Custom and personalized gifts
- Military accessory boxes
- Military pen sets
- Miniature military sword letter openers
- Military jewelry



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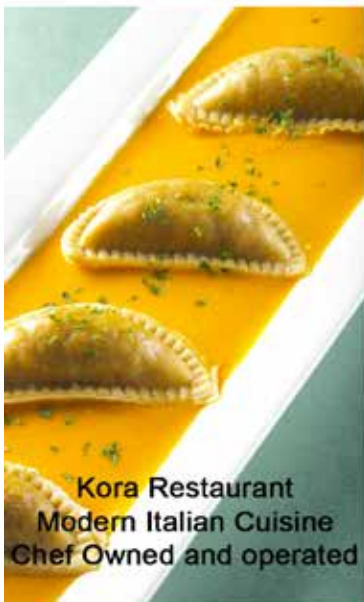
**Happy Hour**  
Everyday From  
3:30pm-9pm  
all food & drinks  
\$6 and under  
(Closed Sundays)



**Salads, Sandwiches  
and Sides  
\$8.95 and under  
Lunch**



Private and Semi Private  
Rooms available



**Kora Restaurant**  
**Modern Italian Cuisine**  
**Chef Owned and operated**



Kora Restaurant | Bar | Lounge | 2250-B Crystal Drive | Arlington, VA 22202 | P.571.431.7090  
F.571.431.7087 | korarestaurant.com

**Parking is plentiful and free every weekday after 4:00 PM and all day Saturdays and Sundays.**  
Validation is also available on weekdays at the Information Desk if you spend at least \$20.00.  
Visit [thecrystalcityshops.com](http://thecrystalcityshops.com) for further information.

## SHOPS FROM PAGE 5

A short walk away, you'll find **PUPPET HEAVEN** ([puppetheaven.com](http://puppetheaven.com)), owned and performed (upon request) by puppeteer Alban Odoulamy, who will provide a quick lesson or two for any puppet your children — or you — may take a fancy to. In the Crystal City Shops for 17 years, Odoulamy offers a vast area of puppets, including those for the hand and fingers as well as intricate marionettes and portable stage theaters. Remember “Punch and Judy” or *Kukla, Fran and Ollie*? You may, but your children or grandchildren may not. At Puppet Heaven, you can converse with Big Bird, laugh with Lampchop or put on a show like the Von Trapp children in *The Sound of Music*. It's a world of wonder and memories for children of all ages.

If you're in search of a ladies dress shop, the kind our mothers used to frequent, but with the latest styles and fashion-forward thinking, look no further than Nasrin Rashidi, a woman you need to know and co-owner, with husband Sasan, of **DANIEL'S BOUTIQUE** ([danielsboutique.com](http://danielsboutique.com)), **L.A. JEWELS** and **L.A. MOVES**, all located within the Crystal City Shops.

Featuring clothing and accessories for casual to formal evening wear, Rashidi, in business for more than 25 years, offers wardrobe consulting whether you live in the area, out of state or even out of the country. Her client list is vast, and she's the one, and perhaps the only one, in town who will ensure that no one else is wearing "your" dress at the next official Washington function — a level of service primarily reserved these days for mega-celebrities with stylists.

If you're having a wedding, bring all the girls in. She will dress them with her impeccable eye and provide custom on-site alterations to guarantee a proper fit. In addition, Rashidi and her husband offer fur cleaning, monogramming, restyling and storage (for a reasonable \$39.50 per fur piece per season). Regardless of your wardrobe needs, Rashidi will make you the belle of the ball.

For personal pampering, there is no one more knowledgeable to visit than proprietor Nahid Wingfield of **NAHID SPA AND SALON** ([nahids.net](http://nahids.net)). A beauty fixture in the Crystal City Shops for seven years, you may also remember her salon on King Street in Old Town where she called home for 18 years. Whether you're looking for a quick, good haircut or a day of relaxation, Wingfield and her fabulous staff will rejuvenate your senses as well as your body.

Nahid's offers every aspect of hair and nail care treatments. You can even schedule an appointment to get your makeup, nails and hair done directly before a special occasion. Facials, massages, body



Above, A client enjoys a hot stone massage at Nahid's Spa and Salon. Below, Nahid Wingfield (center) and her staff of beauty professionals.



waxing and ear candling are just a few of the items on her spa menu in addition to Med Spa services, such as Botox, performed by one of Washington's leading plastic surgeons. The spa/salon atmosphere is tranquil, and the staff nurturing and kind, led by Wingfield's poised, elegant demeanor. There is no better place to enhance your beauty than Nahid's.



Authentic nautical and military collectibles abound at Ship's Hatch.



SYNETIC  
THEATER

1800 S. Bell St >> Crystal City

**"Bravado and undeniable sexiness."  
- NY Times**

The 2013/14 Season  
begins Sept 26 with

# THE PICTURE OF DORIAN GRAY

synetictheater.org

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Tickets start at \$35

## SUBSCRIBE AND SAVE!

**Season packages start at \$130**  
More info at [synetictheater.org](http://synetictheater.org)





Synetic Theater’s inventiveness and unforgettable visuals elevates Oscar Wilde’s fantastical story of Dorian Gray to another level.

VIBRANT ART SPACES

Just around the corner, you should definitely stop in to see the art at the **GALLERY UNDERGROUND** ([galleryunderground.org](http://galleryunderground.org)), an Arlington Artists Alliance gallery promoting the works of established and emerging regional artists. Their mission is to make regional fine art accessible to the public through monthly exhibits, special events and art workshops (for children as well as adults).



The exhibit changes monthly and features several mediums, including painting, drawing, ceramic, sculpture, jewelry and glass. A reception, open to the public, is held on the first Friday of every month, from 5:00 to 8:00 PM, to introduce the new art. Co-Director Sandi Parker adds, “When we change the exhibit on the first Monday of each month, regular patrons are waiting for the doors to open so they can peruse the new artists’ works.” Celebrating its one-year anniversary, the Gallery Underground is a unique experience that will bring the joy of artistic expression into your life.

Crystal City Shops is also home to the **SYNETIC THEATER** ([synetictheater.org](http://synetictheater.org)), a “physical” theater, fusing dynamic art forms, including text, drama, movement, acrobatics, dance and music. Founded by Paata and Irina Tsikurishvili, Georgian artists who moved to the United States in the 1990s, the theater made its artistic debut in 2002 with a wordless *Hamlet*, establishing itself as a stellar physical theater company and earning three 2003 Helen Hayes Awards.

The Synetic Theater annually produces four to five stage productions and two to three family productions. In 2006, Synetic began a five-year partnership with The John F. Kennedy Center for the Performing Arts to produce one show per season for The Kennedy Center. It’s innovative and exciting theater for the whole family, and one of the unique offerings of the Crystal City Shops complex.



Numerous artists show their work at the changing monthly art exhibit at Gallery Underground.

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**Parking is plentiful and free every weekday after 4:00 PM and all day Saturdays and Sundays.**

Validation is also available on weekdays at the Information Desk if you spend at least \$20.00. Visit [thecrystalcityshops.com](http://thecrystalcityshops.com) for further information.

# nahid’s spa + salon

## sweet summer deals

Manicure & Pedicure ~ \$45&up  
Haircut & Style ~ \$65&up  
Partial Highlight ~ \$65&up  
Bikini Wax ~ \$25&up  
Facial ~ \$60&up

Offers valid through September 14, 2013.

nahid’s spa + salon | 703.416.7721  
Crystal City Shops | 2178 Crystal Plaza Arcade  
Tuesday - Friday 10am to 7pm | Saturday 9am to 5pm  
Complimentary Parking | visit us at [www.nahids.net](http://www.nahids.net)



FROM PAGE 7

Vornado/Charles E. Smith’s Director of Retail Marketing for the Crystal City Shops Brenda Davis, states, “Crystal City’s line up of acclaimed chefs combined with its unique cross-section of retail, an expanding arts scene and a year-round roster of special events make it a truly vibrant urban hub.”

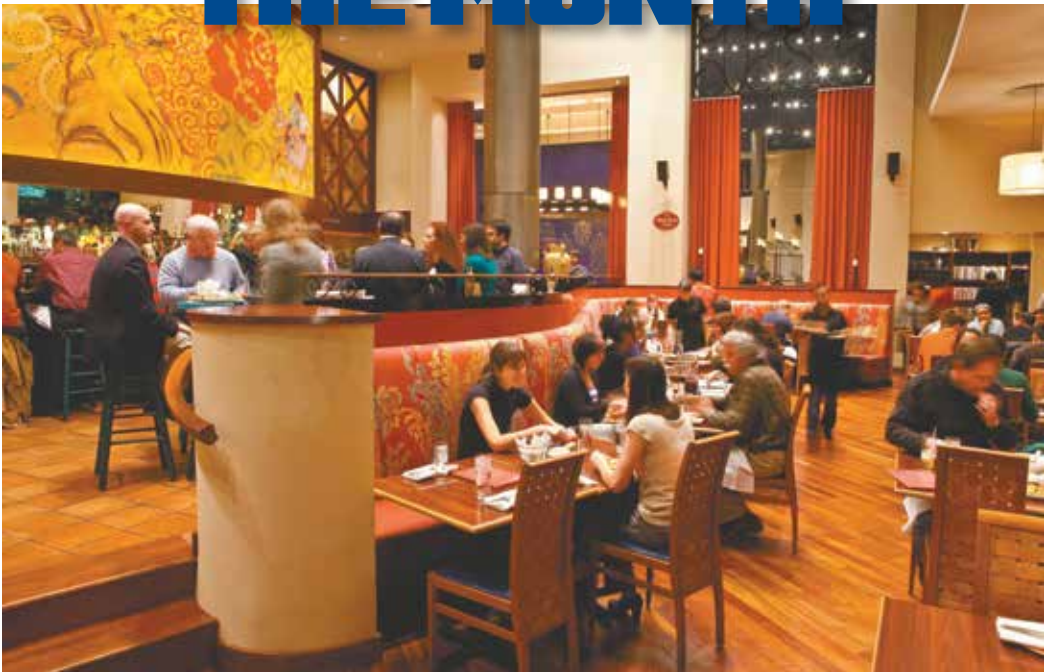
Parking is plentiful and free every weekday after 4:00 PM and all day Saturdays and Sundays. Validation is also available on weekdays at the Information Desk if you spend at least \$20.00. Visit thecrystalcityshops.com for further information.

Whether going out to lunch or dinner, shopping at a specialty retailer or taking in an art exhibit or performance, the Crystal City Shops has something for everyone, a city of dreams in our own backyard.



Internationally-famous celebrity chef José Andrés is the owner of Jaleo. Courtesy photo.

Z-PICK OF THE MONTH



The open and dramatic dining room at Jaleo. Courtesy photo.

TAPAS AT JALEO IN THE CRYSTAL CITY SHOPS

If you and your friends enjoy sharing several appetizers rather than each ordering a main course, then tapas, classical small dishes from Spain, is for you! And no one does the tapas experience better than Jaleo (jaleo.com), Chef José Andrés’ casually elegant eatery at 2250 A Crystal Drive in Crystal City. Zebra staff had no idea what to order, so we went on the advice of our knowledgeable and bubbly server, Nakita, and Head Chef Rodolfo Guzman. A few moments later, in a pace of plates as if we were *Iron Chef America* judges, we were presented with fried salt cod fritters with honey alioli; seared scallops with butternut squash purée and oranges; watermelon with tomatoes, goat cheese, oranges and pistachios; wild

mushroom rice with mushrooms and Idiazábal cheese; grilled asparagus with romesco sauce; and fried dates wrapped in bacon and apple mustard sauce. Each dish was just pure, simple elegance. In addition, Jaleo’s gazpachos as well as its grilled cheese sandwich are menu notables, elevated far beyond the traditionally expected flavors. (We ordered seconds!) Desserts, such as custard with ‘espuma’ of Catalan cream and oranges is one of several perfect endings to this festive, casual Spanish, yet orchestrated meal. Visit Jaleo today. It is a truly unique culinary experience (and reasonably priced) that will make it one of your top dining destinations in the metropolitan area.

Map of Crystal City Shops area showing streets (Eads Street, Jefferson Davis Highway, Crystal Drive, etc.) and various locations marked with letters A through Z. Includes a legend for symbols like 'A Shops at Crystal Park' and 'B Shops at 2100 Crystal Drive'.

**RESTAURANTS**

- B-50 Bailey's Pub & Grill 416-0452
- D-69 Hamburger Hamlet 413-0422
- B-39 Jaleo Crystal City 413-8181
- D-50 King Street Blues 415-8112
- B-40 Kora Restaurant
- B-1 Lounge 571-431-7090
- B-51 McCormick & Schmick's 413-6480
- D-64 Marlon's The Steakhouse 418-1444
- B-45 Niramita Thai 413-6886
- A-26 Rudi's Chris Steak House 979-7275
- D-42 San Antonio Bar & Grill 415-0125
- B-41 Ted's Montana Grill 416-8337

**FOOD SPECIALTY**

- D-18 Alentejo's Pretzels 413-6436
- B-24 Au Bon Pain 418-6715
- D-51 Café Jena 418-0081
- A-15 Café Manna 418-0241
- B-44 Chick-It-A 415-7815
- A-10 Chipotle Mexican Grill 920-8778
- B-42 Cold Stone Creamery 418-2223
- B-43 Corner Bakery Cafe 412-0131
- A-2 Cusi 521-1904
- B-26 Dill Works 415-1515
- E-4 Dickey's Frozen Custard 416-2790
- D-25 Dunkin' Donuts 412-8912
- A-8 Frio Zen, Inc. 571-431-8103
- B-46 Good Stuff Eatery 415-4683
- B-10 Green Leaf Café 414-3788
- D-23 Lassi's Ice Cream & Cookies 418-2190
- D-31 Lily Bubble Tea & Smoothie 566-8848
- D-34 Market Basket & Grocery 412-3770

**JEWELRY & ACCESSORIES**

- D-5 Gina's Fine Jewelry & Gifts 412-1198
- D-10 Han Time Center 412-1142
- B-15 L.A. Jewels 415-4444
- D-41 Risk Jewellers 413-7117
- B-7 Time Zone 413-0990
- B-7 Woman In Motion 413-5477

**FASHION**

- Men's Wear
  - D-44 O.C. Men's Wear 413-3434
  - B-17 Executive Menswear 413-8888
- Women's Wear
  - B-35 Crystal Boutique 415-1400
  - D-57 Capri Boutique 413-5441
  - D-55 Daniel's Boutique 412-1121
  - D-61 Dressbarn, Greensboro Women 412-6096
  - D-36 Garden Fantasy 413-5000
  - B-28 L.A. Moves 415-0500

**Electronics & Photography**

- D-13 Cellular & Personal Safety 415-0108
- D-43 Metro Camera 412-2888
- D-47 Radio Shack 413-0529

**Health & Beauty**

- D-21 Avon Beauty Center 418-1952
- D-78 Beauty Encounters 413-4247
- E-7 Crystal Gateway Sport & Health 416-4900
- A-14 Crystal Park Sport & Health 406-3380
- C-4 Daria's Barber 413-7994
- D-37 General Nutrition Center 413-8223
- D-45 Hair Cutters 413-8208
- C-3 Image Hairstylist 413-5550
- D-71 La-O-Nail & Skin Care 413-0913
- D-308 Med Your Body Wellness Center 567-1290
- B-36 Nails Spa & Salon 416-7721
- E-6 One Salon 415-4740
- B-32 Over the Rainbow Nail & Skin 415-6388
- D-8 Perfect Eyebrows 571-216-1524
- D-49 Perfume Paradise 412-5022
- D-11 Relaxation Station 412-0980

**Hotels**

- Americana 979-3772
- Courtyard by Marriott 549-3434
- Crowne Plaza 416-1800
- Crystal Gateway Marriott 920-3230
- Crystal City Marriott 413-5500
- Doubldtree Hotel 418-4100
- Embassy Suites 979-0709
- Hampton Inn 418-8181
- Hilton 418-6800
- Holiday Inn 684-7200
- Hyatt Regency 418-1234
- Radisson Hotel 920-8600
- Residence Inn Arlington Capital View 413-1500
- Residence Inn by Marriott 415-1300
- Ritz Carlton 413-6830
- Ritz Carlton 415-5000
- Shenstone 406-1111

**Gifts & Specialty**

- D-70 A Touch of Art Framing 413-3427
- B-10 ArtJamz Underground 202-709-9078
- B-17A Art Works 412-3754
- B-17 As Seen on TV 313-4753
- D-29 Carrell Richard Silver & Gifts 412-4670
- B-5 Crystal Framing Gallery 415-1112
- B-25A Gallery Underground 571-483-0652
- D-3 Dollar Plus 415-0026
- D-17 The Engraving Shop 412-4914
- D-12 Flowers With Love 979-4000
- D-7 Golden Horn Gifts 415-0777
- D-40 Lulu's Hallmark 413-2280
- B-27 Off the Wall Cards and Gifts 415-0342
- D-80 Puppet Heavens 414-7885
- D-24 Schokeled Chocolate Factory 504-2200
- D-20 Ship's Hatch 413-6288
- B-22 Studios Underground BLUE 413-6288
- B-30 Studios Underground CYN 413-1430
- B-37 Studios Underground RED 413-6288

**News & Variety**

- D-26 Crystal City News 413-6889
- C-5 Crystal Mall Convenience 418-0967
- D-5 Crystal Park Sundries 271-2710
- A-8 Gateway Sundries 412-1500
- E-1 Kim's Lobby Shop 416-1111
- B-23 Plaza News 415-0637
- D-33 Rite Aid 413-5439

**Medical Services**

- C-1 Alfred J. Gallini, MD 413-1400
- B-19 Axis Rehab & Chiropractic 416-0480
- D-67 Crystal City Dental Arts Center 571-267-1400
- D-48 Crystal Eye Care 413-9001
- D-81 Deane Carroll, MD - Family Practice & Weight Management 418-1870
- B-20 Flawless W. Hair, DMS 415-0555
- D-79 Harvey Oaklander, Ph.D 323-8558
- D-77 Holistic Point at Crystal City 413-0688
- D-48 Jett Chubb, MD 413-9001
- C-1 Northern Virginia Doctors of Optometry 413-1400
- D-60 Richard D. Grunz, DMS 412-1122
- D-39C Professional Sports Care & Rehab Summer 2013
- C-1 Theodora Wooten, MD 413-1430
- A-13 William A. Gott, DMS 882-8883

**Services**

- A-21 Bright Horizons 416-0767
- B-11 Buchanan Shoe Repair 418-3626
- D-66 The Commodore Store 413-4287
- D-8 Crystal Alterations & Formal Wear 413-2217
- B-38 Crystal Cleaners 418-0090
- A-19 Park Crystal Valet 414-3333
- E-5 Crystal Gateway Cleaners 416-0469
- D-75 FEO-EX Office 413-8011
- B-4 Minuteman Press 418-1700
- A-19 Park Crystal Valet 414-3333
- A-4 Power Space 882-6800
- D-2 Shopping Center Mgt. Office 413-4380
- E-15 Sparklee Child Care 571-312-1052
- D-82 Crystal Square Valet 889-8338
- D-66 Underground Cleaners 413-6015
- D-19 Underground Shims 413-4111
- B-3 University of Oklahoma 418-4800
- D-53 U.S. Postal Service 416-0471
- D-15 Village Cobbler 412-9881

**Theater**

- C-2 Synetic Theater 800-484-8897

**Security/Lost & Found/Parking**

- D-74 Crystal City Security 413-0150
- B-20 Crystal City Parking Office 414-5671

**Customer Seating/Wi-Fi**

- D-39 The Lending 413-0944



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# Your Choice in Lender Might Make or Break your Deal

If you have not already heard, the local real estate market is hot. Now suppose you finally find a property you want to buy and everything seems to be falling into place. You are pre-approved and now heavy in negotiations with the other side and almost ratified. Then it happens, another offer comes into play – now things are about to get interesting. How do you respond? Stand firm or play the chase? Each transaction plays out differently, and as I have learned, each is unique in its own way. There are a lot of things in each real estate relationship that we can control and of course, a lot we can't – but the one one that can make or break the situation is the lender.

Just as is with many fields, we have infinite choices in whom we choose to do business. Trust is extremely important, chemistry plays a factor too, but execution may trump all. So why does it matter so much which lender you choose? The simple question is: Will they be able to execute all the paperwork and get you to the closing table on time? There are many moving parts in every transaction from start to finish, and ultimately it comes down to the lender providing the funds necessary to close your deal.

Your choice of lender might even affect your transaction before it actually begins. Believe it or not, when sellers review your offer, your choice of lender could have a significant impact on moving forward with the negotiations or not. If they aren't confident in your lender's abilities or pleased with the lender's work in the past, it will most likely be taken into account when choosing between multiple offers.

What makes for a good lender? In my opinion it is one that can execute efficiently, make deadlines, accept responsibility when a mistake is made, be able to think outside the box in difficult situations and most importantly, the one who gets you to the closing table on the scheduled settlement day. This isn't an easy task for any lender, and for it to fall into place you the buyer must also be held accountable and provide information needed as soon as possible, always.

My recommendation: **WORK WITH A LOCAL LENDER.** You most likely will choose your realtor because of his or her expertise; why should your lender be any different? Pick someone local—they know your real estate market better than anyone and that is priceless. They are much more familiar with rules and regulations in your city and have most likely worked with clients in similar situations. You want your lender's cell phone number, not an (800) number. Believe me, you will use it often. Another benefit of a local lender is that they usually have solid relationships with local appraisers, which is another important part of you getting to your own housewarming party. Finally, there is a good chance that either the realtor on the other side or another person involved in the contract has had a past relationship with the lender. Trust me, from my experience in Northern Virginia, 99% of the time, having a local lender involved makes me all warm and fuzzy.





## Workshop Offered to Learn about Fall Vegetable Gardening

Not ready to give up on vegetable gardening yet? Did spring planting get away from you? Make time for vegetable gardening this fall. Participants in this free workshop will learn how just a little work in late summer will yield an array of late-season vegetables in September, October, and even November.

The workshop is offered by Virginia Cooperative Extension with support from Master Gardeners of Northern Virginia and will be held on Saturday, August 17, 2013, from 9:30 am to noon, at the Fairlington Community Center, 3308 S. Stafford St. (off Quaker Lane), in Arlington.

The program is free but registration is requested. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com). For information about Master Gardeners of Northern Virginia, visit [mgnv.org](http://mgnv.org).



## All Cat Adoption Fees Waived Until August 18th

The Vola Lawson Animal Shelter has an overwhelming number of cats. In an effort to make room for incoming cats that need refuge, the Animal Welfare League of Alexandria (AWLA) is waiving the \$120 adoption fee for all adult cats during the End-of-Summer Adoption Special, beginning Saturday, August 10th and ending Sunday, August 18th.

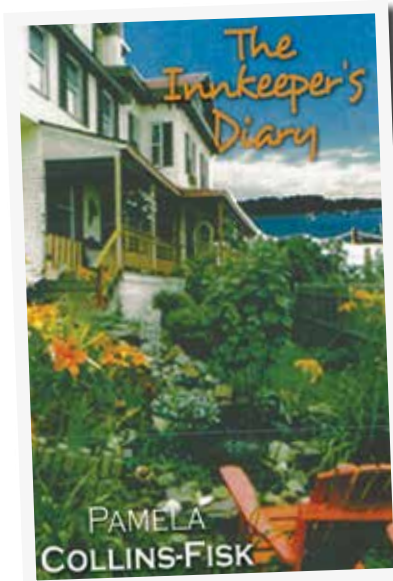
All adoptable cats are current on all basic vaccinations, have received health screenings, and have been micro-chipped. Most importantly, all cats have been

spayed or neutered to prevent unwanted litters and to curb animal homelessness. The AWLA takes great pride in pairing the right companion animals with right adopter. Staff members are available to answer questions, offer advice, and provide consultations and support.

Megan Webb, Executive Director of the AWLA, says, "We need the public's help adopting and fostering the cats currently residing in our shelter so that we can continue to help the many cats that are brought to us every day." While

some local shelters are turning away cats, the AWLA continues to accept cats and kittens from Alexandria and neighboring jurisdictions.

All of the AWLA's adoptable cats can be found online at [www.AlexandriaAnimals.org/cats](http://www.AlexandriaAnimals.org/cats). For more information about the AWLA, the Vola Lawson Animals Shelter, hours and directions, and the End-of-Summer Adoption Special, please visit the League's website at [www.AlexandriaAnimals.org](http://www.AlexandriaAnimals.org) or call 703.746.4774.



## Pamela Collins-Fisk To Be Published

Alexandria resident Pamela Collins-Fisk, wife of *Zebra* columnist Marcus Fisk, will have her first novel, *The Innkeeper's Diary*, published this fall. Based on Collins-Fisk's real life, it's the story of a single mother struggling to save an inn that she opened on a whim after being besieged by a string of life's worst tragedies. Many people who have watched Collins-Fisk's life unfold remark, "You can't make this stuff up." Her raw determination becomes an education on living: If you learn to release whatever you have and simply be thankful for all that remains, the beauty of life finds you. Collins-Fisk's strong narrative is immediately engaging, drawing you into her soul. The book is destined to become a must-read upon publication, cementing Collins-Fisk's prominence in the literary community.



## Local Author Pens Two New Books for Kids

Lynn B. Sauls, a long-time resident of Alexandria, recently published two new children's books, *Through Big Brown Eyes* and *Gabriel Goes to Washington*, both centering on the adventures, oft-times fictional, of Sauls' miniature white poodle, Gabriel. The books are beautifully written and illustrated by Sauls herself and are ideal for children and dog lovers of all ages. Her first book, *Rooftop Rascals*, about a raccoon family living in Old Town, brought Sauls local acclaim. All three of her books are now available at Gallery Lafayette (130 South Royal Street) or [amazon.com](http://amazon.com).

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# Majestic Chef “Red” Overmiller Shaves Head for Charity



Chef “Red” Shannon Overmiller, beloved chef dynamo of The Majestic, along with 14 other Washington DC-based chefs and mixologists, including Eat Good Food Group’s mixologist Todd Thrasher and Restaurant Eve’s Chef Ryan Wheeler, are participating in “Fit For Hope,” a 12 week weight loss fitness challenge, to benefit the American Cancer Society.

In addition to weekly weigh-ins and group workouts, Chef Overmiller is donating a portion of proceeds from The Majestic’s Pu Pu

platter (\$24.99), a summer Tiki-inspired favorite featuring shrimp toast on housemade baguette, spicy chicken wings and crispy veggie spring rolls to raise money for the challenge.

But for this Southern gal, that simply was not enough – Chef Red decided to take it a step further and shave her head, taking her dedication to supporting the American Cancer Society to the next level.

“Fit for Hope is a cause extremely close to my heart,” explains Overmiller. “The

workouts and weight loss are only part of why I am participating. The main reason is my parents – I lost them both to cancer when I was only a teenager. If I am willing to sacrifice my hair, then hopefully it will encourage diners when they see my cooking at the restaurant to take notice and donate to this cause. It will grow back – I’m happy to be supporting The American Cancer Society, and I’m looking forward to all the cute hats I can wear!”

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## NACWA Presents Senator Murkowski Award for Federal Public Service

Karen Pallansch, Chief Executive Officer of Alexandria Renew Enterprises and Vice President of the National Association of Clean Water Agencies (NACWA), presented Senator Lisa Murkowski (R-AK) with NACWA’s 2013 National Environmental Achievement Award (NEAA) for Federal Public Service on July 18th. This award, given annually, recognizes public officials that have made outstanding contributions to the nation’s water quality goals.

Senator Murkowski was recognized for her steadfast support for federal investments in community water and wastewater systems. As Ranking Member of the Senate Appropriations Subcommittee that oversees the budget for the Environmental Protection Agency (EPA), the Senator has remained committed to funding the Clean Water and Drinking Water State Revolving Funds, a critical tool used to repair and re-



Karen Pallansch, Alexandria Renew CEO, is second from the left, and to her right is Senator Lisa Murkowski (R-AK) during the presentation ceremony. COURTESY PHOTO

place aging water and wastewater infrastructure.

In an era of budget cuts, Senator Murkowski has worked on a bipartisan basis to ensure federal investment in clean water remains an important component of EPA’s mission.

## Alexandria Resident’s Debut Novel “All Our Yesterdays” Being Released Summer 2013 in US and Europe

Publisher Disney-Hyperion acquired author Cristin Terrill’s *All Our Yesterdays* in a major literary auction last year, and now prepares to launch the debut novel this summer as Hollywood begins adapting the story for the big screen.

The young adult novel described as a cross between *The Terminator* and *The Time Traveler’s Wife*, is a thriller about a girl traveling back in time to kill the boy she loves before he destroys the world – while simultaneously fighting her younger self, who won’t let him go.

The novel is being released by Bloomsbury UK, publisher of *Harry Potter*, in Europe in August 2013. On September 3, 2013, Disney-Hyperion will launch *All Our Yesterdays* in the United States.

“As an author you toil over your storyline and words in iso-



lation. And then to have this kind of enthusiastic reception and collaboration as we move toward putting the book in readers’ hands has been nothing short of incredible,” Terrill said. “I’m so appreciative of the team at Disney-Hyperion and look forward to connecting with readers in the coming year.”

Global Produce and Gold

Circle Entertainment have acquired the screen rights to the novel, and screenwriter Brian Miller has been tapped to adapt Terrill’s novel for a movie. Miller wrote the *Rome, Sweet Rome* screenplay for Warner Bros., as well as Dimension’s *Apollo 18*.

“I am incredibly excited to be working with Gold Circle and Global Produce. They have so much enthusiasm and a great vision for what my book could be on the big screen,” Terrill said.

*All Our Yesterdays* has been chosen as a Buzz Book at this year’s Book Expo America, and will appear as part of a prestigious panel featuring a handful of books to an audience of hundreds of booksellers, librarians and publishing industry professionals.

The foreign rights have been sold into multiple international territories.

## Fairfax Firefighter Wins Silver & Bronze At 2013 World Police & Fire Games In Belfast

Fairfax County Fire and Rescue firefighter Sam Gray won a silver medal in 2000-meter indoor rowing and bronze in mountain running at the 2013 World Police & Fire Games here.

“This was the very first time I had even seen a rowing event besides on YouTube and it was pretty exciting,” said Gray, who lives and works in Fairfax County, Va., and was only introduced to indoor rowing eight months ago. “You’re facing away from the crowd and you can hear them screaming.”

The 2013 Games in Belfast feature a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors. The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors

from police, fire and public safety agencies from more 70 countries. The Games will be hosted by Fairfax 2015 in the National Capital Region in two years.

Gray planned to compete in indoor rowing and had trained so hard for the aerobic challenge that he decided to try the 8K mountain race in the peaks of the Mourne Mountains outside of Newcastle in Northern Ireland. He surprised himself winning a bronze medal.

“The competition was pretty steep,” said Gray. “I took off and thought I was going to go for a jog through the nice mountains and it ended up being pretty rough. Everybody was suffering. I was going as fast as I could and it worked out.”

Gray is looking forward to bringing the Games back to Fairfax and the National Capital Re-



Fairfax’s Sam Gray Bests Competition in Indoor Rowing, Mountain Running

gion in 2015.

“Promoting the athletic events and being able to take that back to everybody’s physical fitness for the fire service and police service, it’s one of the most important things we have for overall health and strength and being able to do our jobs. Firemen and police are the same across the board no matter where you go in the world and that’s been pretty amazing,” Gray said.





# Summer Can Be Deadly for Children and Pets

The City of Alexandria Department of Community and Human Services reminds parents and caregivers that hot vehicles can be deadly to children. On average, 38 children die in hot cars nationwide each year after being trapped inside motor vehicles, according to Kids and Cars, a non-profit organization that tracks national statistics on child injuries and deaths. Experts say that temperatures can rise as much as 19 degrees in an enclosed car within 10 short minutes.

Over time, and even when the outside air temperature is only 70 degrees, the interior of a car can reach 125 degrees.

Infants and young children are three to five times more susceptible than adults to this “greenhouse effect,” which can cause serious injury to the brain, liver and kidneys, and result in death.

This year already, there have been at least seven infants and children who have died nationwide as a result of being left inside a hot vehicle. Last year, there were at least 32 such fatalities in the United States.

The Department of Social Services recommends these tips to protect your children this summer:

- Be particularly mindful on days when there is a change in routine or schedule. For example, if one spouse is dropping the child at day care on the way to work when typically the other spouse does. Or, if there was a holiday mid-week and you are returning to work the next day.
- Engage your child or baby by singing songs or talking to her/him while driving—this will help you remember to focus on your child.
- Do not be distracted by using your cell phone while your child is in the car.
- When parking your vehicle at home, always lock car doors and trunks, and keep keys out of children’s reach; teach children that cars are not places to play.
- Never leave a child alone in a vehicle, NOT even for a minute or with the windows down. Watch children closely around cars, particularly when loading and unloading.
- Make sure that all children leave the vehicle with you when you reach your destination – don’t forget sleeping infants (parents and caregivers should always count heads twice to make sure all children have exited the vehicle before leaving.)
- Busy parents have a lot on their minds, so give yourself a reminder. Get in the habit of placing your purse, briefcase or other important items in the back seat next to your child’s car seat to help you remember to check the back before leaving the car.
- Purchase new technological devices that can signal when your child has been left in the vehicle.
- If you see a child or pet left unattended in a vehicle, call 911 immediately.
- Have a plan for your child care provider to call you if your child does not arrive at school or a child care site within 10 to 15 minutes of your usual arrival time.

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# City of Alexandria to Extend Old Town Pool Operating Season



The Department of Recreation, Parks and Cultural Activities will continue to operate the Old Town Pool, located at 1609 Cameron St., through Saturday, September 21, 2013. Beginning Tuesday, September 3, admission to the Old Town Pool is free for City residents.

## Extended Operating Hours

Tuesday, September 3 through  
Saturday, September 21

### Monday – Friday

6 a.m. to noon

4 p.m. to 7:30 p.m.

Note: Labor Day, Monday,  
September 2: 10 a.m.  
to 6 p.m.

### Saturday & Sunday

8 a.m. to 4 p.m.

Note: Pool closes at 12 p.m.  
on Saturday, September 21 to  
prepare for the Annual Doggie  
Day Swim



# Fairfax County Police Officers Take Gold In Darts At World Police & Fire Games In Belfast

Fairfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games here. The pair defeated dart throwers from numerous other countries in ‘501’ doubles.

“I thought coming to Northern Ireland we’d have much greater competition because in Ireland and the UK, dart is more their pastime,” Kidd said. “And we did!”

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more 70 countries. The Games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. “One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions,” he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they’ve learned competing against the world’s best fire and police dart throwers when the Games come the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York.

“Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make

sure it’s done, and done right and make sure we please everyone across the globe,” Kidd said.

The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

## About Fairfax 2015

Fairfax 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 Games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPFG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The Games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

## About the World Police & Fire Games

The World Police & Fire Games Federation grew out of the California Police Olympics begun in 1967 and was founded as a non-profit organization in 1983 by the California Police Athletic Federation. The Games are held biennially on odd-numbered years and give active and retired police officers, firefighters and other public safety servants (local, state and federal) an opportunity to showcase their athletic excellence. The WPFG continues to grow in attendance and numbers of participating countries from all six continents and draws strong interest from the international community. The 2017 games will be hosted in Montreal, Canada.

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## Old Town Farmers' Market Introduces Double Dollar Deal for SNAP/EBT Beneficiaries

As of the end of July, Supplemental Nutrition Assistance Program (SNAP) beneficiaries are now able to get more bang for their buck at the Old Town Farmers' Market. The City of Alexandria's

SNAP benefits used, the community receives almost double that amount in economic activity. Research has shown that low-income households participating in SNAP have access to more food nutrients,



Old Town Farmers' Market began participating in the Double Dollar program on July 20. All SNAP (formerly known as the food stamp program) beneficiaries have to do is visit the market, stop by the information booth to swipe their EBT card, and receive up to \$10 in double dollar tokens to use with vendors.

The Double Dollar program is used as an incentive so that more families can shop at farmers' markets, and in turn, have access to healthier and locally grown foods.

The Old Town Farmers' Market has been participating in the SNAP program since April 2013. Since then, beneficiaries have been able to use their electronic benefits transfer (EBT) cards to purchase fresh fruits, vegetables and other eligible food products at the market.

SNAP, a federally-funded program, is a win-win for Alexandria residents and retailers. For every \$5 in new

like proteins, and an array of essential vitamins and minerals in their home food supply. This initiative also helps increase the customer base at the market, creating an additional source of revenue for the vendors.

Implementing the SNAP program at the Old Town Farmers' Market was made possible with funding from the United States Department of Agriculture and through partnership with the Alexandria Childhood Obesity Action Network.

The Old Town Farmers' Market is located on in Market Square at 301 King St., and is open on Saturdays year round from 7 a.m. to noon.

For more information contact Market Master of the Old Town Farmers' Market, Megha Even, at 703.746.3200, or oldtownfarmersmarket@alexandriava.gov.

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## Pick up the check for less during during Summer Restaurant Week in Alexandria

BY MARY WADLAND

Certainly there are those restaurants you have heard about and wondered if you would like, but were maybe afraid to make a large commitment to a hefty dinner check, just on a whim. Well, now is the time to take advantage of the price breaks and indulge your foodie curiosities by hitting as many of Alexandria's participating restaurants as you can this August during Summer Restaurant Week, August 23 - September 1, 2013.

55 restaurants throughout the city will feature a \$35 prix-fixe three-course dinner or \$35 dinner for two. Savor the flavors of Alexandria's distinctive collection of eateries, from fine dining establishments to casual neighborhood favorites, with special offers available exclusively during this event.

Restaurant Week menus and online reservations are available on [VisitAlexandriaVA.com](http://VisitAlexandriaVA.com). Food lovers can feast their eyes on the full list of participants, which includes OpenTable Diners' Choice Winners La Bergerie, A la Lucia, Tempo, the Grille at Morrison House, and the Wharf, plus restaurants from Washingtonian 'Best' lists, including Cheesetique, Bastille, Jackson 20, and Grape + Bean.

With more than two dozen participating restaurants offering outdoor dining, Alexandria is a lovely setting to dine alfresco and bask in the glow of late summer evenings. Paired with a stroll through the neighborhood and a variety of night-life choices, a dinner out becomes a whole night to remember.





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# “If you want to visit Paris, the best time to go is during August, when there aren’t any French people there.”

— Kenneth Stilling



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# Herbs on the Grill and in the Kitchen

Savoring garden-fresh flavors is a key part of summertime living. Growing herbs—in planting beds or pots—makes preparing tasty dishes for your family even easier. The more you harvest herbs, the more herbs you’ll have to harvest. Herbs give a super return on investment. For the same price of one bunch of herbs at the grocery store, you can buy a plant that will yield multiple harvests all season long. You can even preserve the harvest to enjoy those sun-ripened flavors in winter. Try a few of our favorite ways to enjoy herbs on the grill and in the kitchen.

## In the Kitchen



Cooking with herbs is easy when you grow some in pots near the kitchen. For herb gardens located away from the kitchen, gather stems prior to cooking, slipping them into a jar or vase. Herbal bouquets offer fragrance and flavor for the dinner table. Family or guests can even snip favorite herbs from a bouquet to season their food. Chop herbs into egg dishes, or add to yeast breads or flatbreads like focaccia. Whip up traditional basil pesto, but also try other pestos, such as cilantro or sage. Pesto freezes well; reduce the amount of oil as you create the pesto, freeze it, and then add oil to the thawed product to achieve the consistency you want. Julienne basil to serve over tomatoes with olive oil, pepper, and fresh mozzarella, or blend it with cider vinegar, a dab of sugar, chopped red onion, and fresh cooked corn cut from the cob to make a tasty salad. Create herb oils or vinegars to enhance other dishes. Herbal butters are easy to make and offer an elegant addition to mealtime menus. Use about 4 tablespoons of chopped, fresh herb to ½ cup of soft butter. Blend the two, then roll the butter into a log and wrap in saran wrap. As you set your sights on cooking with herbs, try nontraditional and creative recipes, such as lavender ice cream, pineapple sage tea cakes, or rosemary lemonade. Add edible chive flowers to potato salad for an oniony surprise.

## On the Grill



Herbs and grilling go hand in hand. Chop a favorite herb, such as basil, tarragon, rosemary, or sage, into marinades to flavor meat. Grind herbs to form a rub. Apply to meat and allow to sit in the refrigerator for an hour before grilling. Use woody-stemmed herbs, like rosemary, oregano, or thyme, to season baked potatoes. Push a skewer through an uncooked potato, enlarging the hole slightly. Stuff herb stems into the hole. Wrap in foil and bake. Take corn on the cob to a new level by creating herb brushes to coat cobs with butter. Cut 3- to 6-inch-long herb stems, strip lower leaves, gather stems into a bundle, insert a short skewer, and tie it all together using a piece of twine or string. Dip herb brushes into melted butter and coat corn. You can also use these brushes for basting meat. When grilling with charcoal or using a smoker, toss woody stems of basil, rosemary, or



RAY GREENSTREET

## TIP BOX

- The more your harvest herbs, the more herbs you'll have to harvest.
- Grind herbs to create a rub for meats.
- Tie together a bunch of herb stems to create a basting brush.
- Stuff herbs into potatoes for a flavor-filled dish.
- Arrange cut herb stems in a jar to create a snip-and-serve centerpiece.
- Grow your family's favorite herbs in pots near the kitchen to make harvest easy.
- Create herbal oils, vinegars, or butters to introduce herbal flavors to mealtime dishes.
- Don't refrigerate basil. Typical refrigerator temperatures can cause leaves to brown.





Oscar Bermudez, left, and José Dominguez keep the oven hot.  
Photos by Mike Salmon

# Classic Italian in Del Ray

By Mike Salmon

From the humble café-style front, the Sapore D’Italia Italian Ristorante and Pizzeria at 1310 Mount Vernon Avenue fits right in with the quaint mom-and-pop shops that define this portion of Alexandria. The food is authentic Southern Italian cuisine with homemade pasta and sauces as well as tantalizing pizza. The eatery is a favorite of

ents.” He points out that Northern Italian food is dominated by white sauces and lighter components, but their menu at Sapore D’Italia is more tomato-based. “We sauté and bake in Southern Italian style.”

The satisfying house salad is tossed with a variety of Italian seasonings and minced vegetables in a balsamic vinegar base, giving the dressing a slightly tart taste that highlights the greens.



Pizza with fresh toppings and thin crisp crust keeps locals coming back.

the locals, such as Toni Lundeen who says, “...we always get their pizza. It’s authentic ‘little Italy’ style with a thin, crispy crust,” as she picks up her take out order.

In 2009, Oscar Bermudez and José Dominguez opened Sapore D’Italia with Bermudez as chef and Dominguez running the front of the house. And they like it this way, insists Bermudez. With years of restaurant experience under their belts, they are able to contribute specific talents to each area of the restaurant’s management.

Bermudez learned how to cook at Mama Maria’s & Enzo’s in Georgetown, where he worked for 25 years under an Italian husband and wife team that were from opposite ends of Italy, which made for one or two food arguments over the years. “I learned all the sauces from him,” Bermudez states. “Day and night, from 11 to 11, he treated me good, like a son.”

And Bermudez is proud of his daily creations, from the many pasta dishes to the ever popular pizza. “We use all fresh ingredi-

“Some people ask if we bottle it,” Bermudez offers. (And they should!) Customer favorites include their exceptional garlic bread, spaghetti carbonara and ricotta cheesecake.

This is definitely not a pizza joint, but rather a traditional Italian bistro, ideal for special, cozy dinners with friends or family. As well, with the Braddock Road metro station just around the corner, the walking distance to Sapore is almost the exact time it takes to bake a pizza. So place your order at the metro station to pick up on your way home by calling 703/683-9680 or visiting [saporeitaliaristorante.net](http://saporeitaliaristorante.net). Delivery is also available within the immediate area.

In a place that prides itself on small, independent businesses amid a fervent pedestrian crowd, Del Ray is perfect for this enchanting Italian destination that includes a small, intimate bar and a dozen or so ample tables as well as patio dining during the warm months. So order a glass of Chianti, sit back and relax. At Sapore D’Italia, you can visit Italy every day.

## Arlington Chamber Development Campaign Raises Highest Amount In Chamber History

The Arlington Chamber of Commerce is proud to announce that the 2013 development campaign, Opportunity Works, raised a total of \$272,785. This number surpassed the goal of \$260,000 and is significantly more than the Chamber has ever raised during a development campaign. This money provides over 37% of the Chamber’s operating budget and is crucial to the overall success of the Chamber.

Every year, beginning in March, the Chamber kicks off an annual, four month-long, volunteer-based development campaign. The campaign is vital for the Chamber, as it accounts for one third of the Chamber’s operating budget each year.

The campaign relies on active volunteers to raise funds for the Chamber through recruiting memberships, sponsorships, and advertisements with the assistance of the Chamber staff. The connections volunteers make through the campaign benefit their businesses and add value to their involvement. The campaign theme this year Make the Connection: Get Social. Do Business., highlights the driving benefits of the campaign; to get involved, connect with people, and, ultimately, do business.

This year’s campaign was led by Campaign Co-Chairs Barbara Nicastro, The Law Offices of Barbara E. Nicastro, and Joe Prentice, State Department Federal Credit Union. The campaign’s success this year, and the previous



Campaign Co-Chairs Joe Prentice and Barbara Nicastro with Grand Sponsor David Isaacson of Technology Management, Inc. at the Victory Celebration Hawaiian Pig Roast.

four years, was due in large part to their commitment and hard work.

The campaign is never all hard work and no play. Volunteers have the opportunity to attend multiple networking rallies and our annual kick-off and victory celebrations. This year’s volunteers had a great time celebrating at the first ever Victory Celebration Hawaiian Pig Roast at ROCKLANDS Barbeque and Grilling Company on July 9. Volunteers enjoyed an amazing menu of Hawaiian inspired items, custom created by ROCKLANDS, complemented by the Hawaiian decor provided by our Campaign Co-Chairs. It truly was a celebration like no other to mark the conclusion of a campaign like no other.

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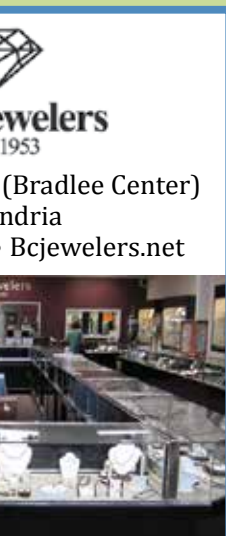
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# Dr. Thomas Curry Appointed as Head of School for Bishop Ireton High School

Most Reverend Paul S. Loverde, Bishop of Arlington, appointed Dr. Thomas Curry to be the new Head of School at Bishop Ireton High School, effective Wednesday, August 7.

Dr. Curry responded to this appointment by saying, “I am grateful to Bishop Loverde and Sister Bernadette for this opportunity. I look forward to working with the Office of Catholic Schools and the community at Bishop Ireton to ensure its advancement and success as a faith-filled environment that provides its students with an exceptional academic foundation enlivened by their encounter with the risen Christ.”

Thomas Curry is a graduate of Paul VI

High School. He studied at Boston College where he received his masters and doctorate degree. In addition, Dr. Curry has completed the Nonprofit Management Certificate program at Marymount University. He has also been certified in the Lasallian School Leadership Program. For the past twelve years, Dr. Curry has been teaching at St. John’s College High School in Washington, DC. Superintendent of Schools, Sister Bernadette McManigal, welcomed Dr. Curry to the Diocese of Arlington and to Bishop Ireton High School.

Dr. Curry currently resides in Herndon with his wife and three children.



Dr. Thomas Curry

“

**“Courage is being scared to death but saddling up anyway.”**

— John Wayne

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## Still time to register for STEM Academy at T.C. Williams

Exciting things are happening at the newly created STEM Academy at T. C.’s Minnie Howard Campus. The STEM Academy team has spent the summer creating the STEM Explorations (“STEM-X”) course and on collaborating to create the new and exciting program. Brand new technology abounds! A sophisticated 3-d printer is in place and all of the classrooms have been outfitted with top of

the line interactive SMART Boards. There are a few spaces left for rising freshmen interested in joining the STEM Academy. Space is limited and will be granted on a “rolling” basis. If you have any questions, do not hesitate to contact Lead Academic Principal Sara Schafer at 703-824-6750, or Academic Principal Michael Cohen via email at michael.cohen@acps.k12.va.us.

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# New English Language School Opens in Old Town



Alexandria City residents, Susanna and Maria McPhilomy, recently opened an English school, Forum Intensive English Center, in Old Town Alexandria that offers affordable and effective English language training to local immigrants in the D.C. metro area. The new school opening is timely considering Obama's new immigration proposal may require

11 million undocumented workers to learn English.

The McPhilomys have experienced the challenges of immigration first hand, as both are of Armenian descent and immigrated to the US in the mid-1990s. Knowing that English is the key to success in this country, the mother and daughter duo decided to combine

Susanna's 37 years of teaching experience and effective teaching methodology with Maria's communications background and tap into the vast international market of the D.C. area to atlas pursue their dream of working together.

"It's been a lifelong dream of mine to work with my mother and help spread the word about her effective and unique approach to the English language. I thought it was about time that I help my mom transport her methodology to the east coast after witnessing thousands of her students successfully learn English in record-speed both while she was a professor and as co-owner of her language school in Utah", says Maria McPhilomy, Forum's Director of Communications and Operations.

Forum officially opened its doors for

enrollment June 1, 2013 and is quickly gaining traction with already eight attending students and another six that are due to begin classes in mid-August. Attending students seem pleased with the program and are already trying to maneuver their schedules in order to be able to attend more hours.

Classes begin in the beginning and middle of each month and are offered three times a day in the morning, afternoon and evenings and weekend classes are available as well. Forum is conveniently located near King St. and Braddock Road metro stations off of the blue and yellow lines.

The McPhilomys remain hopeful that word-of-mouth will soon kick in and enrollment will boost in the fall.

## Host Families Wanted for Exchange Students



STS Foundation is looking for host families in Virginia who are willing to open their hearts and homes to a high school exchange student for the next school year! STS Foundation is a respected international high school student exchange program that has been operating since 1986. Placement season is upon us and we don't want you to miss the wonderful opportunity to host a student in your gorgeous county!

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students have English skills and our competitive acceptance process ensures that our students are mature, academically driven, and the best-prepared students to study abroad. We also work with you to choose the best student match for you and your family.

A Host Family provides a bed, meals, and transportation while the student covers all other costs, including full medical insurance. Our staff is also here for the duration of the year or semester to assist host families with anything they need 24 hours, 7 days a week. Our students are anxious to share their culture with you and to experience a true American family- not just what they can see in movies! If you are interested, please visit <http://www.stsfoundation.org/>. You can also email Nora Nicholl-Lewandowski at [Nora@stsfoundation.org](mailto:Nora@stsfoundation.org) to have all your questions answered!

Here are just some of the students available now and awaiting a host family:

France, Elizabeth, a 16 yr old girl from south Paris, loves cooking, is a competitive synchronized swimmer, enjoys photography and drawing, has played the piano for 8 years, and enjoys languages, biology and math.

China, Hengzhi, a 16 yr old boy of Sichuan back-

ground, has a good sense of humor, is the "life of the party," loves basketball, tennis, hiking, jogging, aerobics, baseball, camping, cooking, is talented in Chinese calligraphy, and wants to be a mechanical engineer one day.

Israel, Samaa, a 17 yr old girl, loves tennis, soccer, basketball, camping, guitar, karate, robotics, and studying Old English literature. She has been class president for 2 years, holds a Young Guide First Aid Certificate, and enjoys gardening and her Christian faith. She hopes her love of journalism will let her be an anchorwoman someday.

China, Biyue, a 17 year old girl, loves playing the flute, Chinese paper-cutting art, traditional cooking and is a certified tea specialist. She is involved in ballet, yoga, hiking, camping, and especially loves plants and herbology.

Thailand, Matayat, a 15 yr old girl, loves to cook Thai food and do handcrafts, is a member of the Red Cross doing service with the aged, orphans and the deaf, enjoys synchronized dance, and is an active Catholic.

Italy, Federica, a 17 yr old girl, loves art and going to exhibitions, learning languages, reading, swimming, walking in nature, dance, volleyball, tennis, badminton, skiing and cooking.

## Stephen Crooker Appointed as Director of Instruction for Bishop Ireton High School

Effective July 1, the Office of Catholic Schools restructured Bishop Ireton and Bishop O'Connell High Schools. Congratulations to Mr. Stephen Crooker, who was appointed to the newly created position of Director of Instruction at BI. In his new position, Mr. Crooker is responsible for the day-to-day management of the school's academic and student life programs and related personnel. Therefore, any questions or concerns in the areas of academics and student affairs should be addressed to Mr. Crooker. Bishop Ireton's faculty is fully staffed and will be ready for school in August. We look

forward to welcoming our students to the new academic year.

Stephen Crooker was born and raised in Alexandria, Virginia. He is a graduate of Saint Mary's Catholic School in Old Town, Alexandria and a member of the Class of 1988 from Bishop Ireton High School. Mr. Crooker graduated from Mount Saint Mary's University with a Bachelor of Arts Degree in Theology and a Minor in Secondary Education. Mr. Crooker received a Master of Arts Degree from the Saint Francis DeSales School of Theology, formally in Washington D.C., and has also been awarded Certification in



Catholic School Leadership from Marymount University in Arlington, Virginia. Mr. Crooker has served as the Vice Principal for Academics at Bishop Ireton for the past three years.

The Crooker family began their relationship with Bishop Ireton in 1979, and they consider BI part of their home and family.



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A view of Colonial Revival building fronts on Mount Eagle Place, the street that crowns Parkfairfax at its highest point. Photo by Meg Peters, July 2011.

# Parkfairfax: Defense Housing That Stands the Test of Time

By Meg Peters

What do the Empire State Building, Franklin Delano Roosevelt, Gerald Ford, and steel have to do with Parkfairfax? Built for \$8.5 million dollars by Metropolitan Life Insurance Company (MetLife) from 1941 to 1943, this garden-style condominium complex has a history so rich it is listed as a historic district on the National Register of Historic Places and on the Virginia Landmarks Register. Tucked into the rolling hills of the North Ridge section of northwest Alexandria, Parkfairfax fans out across 132 acres near the Alexandria-Arlington border. The community is bounded by Quaker Lane, Interstate 395, Beverly Drive, Wellington Road, Gunston Road, Valley Drive, Glebe Road, and Four Mile Run.



Elegant signs proclaiming that Parkfairfax is a historic district grace its major entrances. This sign stands at Quaker Lane and Preston Road. Photo by Meg Peters, July 2011.

## The Birth of Parkfairfax

Parkfairfax's location near the Pentagon offers the key to its conception. In the early 1940s, just prior to World War II, the Washington, D.C. area experienced an acute housing shortage as the federal government expanded to prepare for war, hiring thousands of defense and military workers. Roosevelt's New Deal also created federal jobs. According to rumor, President Roosevelt requested help from his friend Frederick Ecker, the Chairman of the Board for Metropolitan Life Insurance Company (MetLife), in building "defense housing" to alleviate the housing crisis. Already a player in the rental housing market, MetLife engaged architect Leonard Schultze and Associates, landscape architects Gilmore D. Clarke and Michael Rapuano, and builder Starrett Brothers and Eken. A top-notch team, Schultze had served as Chief of Design for New York's Grand Central Station, and Star-

rett Brothers and Eken had constructed the Empire State Building and the Lincoln Memorial.

Materials shortages during the war posed a challenge to building Parkfairfax's 1,684 townhouse-style apartments, housed in 285 buildings. Originally the design of the buildings called for reinforced concrete; however, the steel reinforcing rods were delivered just after the ban on steel that prohibited the use of steel except for high priority projects. The rods went unused, only to be sold as scrap metal after the war. Though the buildings of Parkfairfax are all in the Colonial Revival style and appear similar, they vary considerably in materials, in design, and in architectural details. Various types of brick were spread evenly throughout the neighborhood: some buildings consist of red clay fired brick, while some are sand brick. Clearly the builders and architects had to be resourceful and flexible.

The design philosophy behind Parkfairfax yielded similar communities such as Fairlington, located next to Parkfairfax, Colonial Village in Arlington, and McLean Gardens in Washington, D.C. Parkfairfax's "low-rise" two- to three-story buildings back to open, park-like areas, with the kitchens and bathrooms in the front and the primary living spaces facing the back, emphasizing privacy and views of the outdoors. Parkfairfax has 13 apartments per acre, set gently into the landscape with abundant open space. At the time of its creation, the neighborhood had few trees. The winding streets were intended to limit speeds to 25 miles per hour.

The name "Parkfairfax" derives from the Fairfax family, affluent eighteenth century Virginia landowners; however, the land for Parkfairfax was no longer part of Fairfax County after 1801. Parkfairfax belonged to Arlington County (formerly Alexandria County) until the City of Alexandria annexed it in 1929.

## The Early Days

Initially MetLife employed 80 people to care for the grounds and buildings of Parkfairfax. Upon its completion in 1943, the community filled up immediately, with a waiting list hundreds long. Original rents averaged \$61.25 for a one bedroom, \$78.75 for a two bedroom, and \$90.00 for a three bedroom. The management strongly preferred families and did not rent to single tenants except for widows. Apartment size was based on family size. Married couples with a child could not stay in a one bedroom apartment: they were required to move to a two bedroom. Rules were strict: no dogs, no cats, and



Gerald Ford, the thirty-eighth U.S. president, at home in Parkfairfax with his wife Betty and two of their four children. The Fords lived in Parkfairfax from 1951 to 1955. Photo courtesy of Parkfairfax Unit Owners Association.

no vegetable gardens, which were popular at the time. Like many similar apartment communities, Parkfairfax did not rent to African Americans or Jewish people.

## Famous Residents

Nicknamed the "cradle of presidents," Parkfairfax was home to Gerald Ford (resided there 1951-1955) and Richard Nixon (resided there 1943-1944 and 1947-1951) while both men served in Congress. Other well-known residents include Dean Rusk, Secretary of State under John F. Kennedy; Bobby Baker, aide to Lyndon Johnson; Sherman Adams, aide to Dwight Eisenhower; Edward White, astronaut; and Sandar Vanocur, NBC newscaster.

## Parkfairfax Today

Now a condominium complex, the last Parkfairfax renter moved out in 1979, completing the conversion to condominiums by PIA/IDI Corporation. PIA/IDI bought Parkfairfax in 1977 from MetLife and from Arlen Realty, the New York company that had purchased the Parkfairfax buildings and leased the land from MetLife in 1968. The condominium conversion trend swept through many similar apartment rental communities in the 1970s as people sought affordable, high-quality housing in metropolitan Washington – a tough market, as in the 1940s. Today Parkfairfax's prime location still draws the "defense workers" that keep the federal government ticking, and the community has matured into a beautiful landscape graced with almost 100 species of trees that add shade and color to Parkfairfax.

[Publisher's Note: This article has been reprinted from the Zebra August 2011 by popular request.]



# CAT

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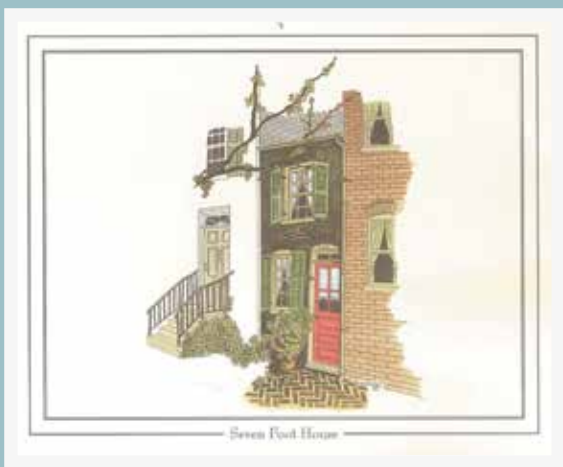
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## The Spite House



### The Seven-Foot House or "Spite House"

At a whopping seven feet wide and boasting only 325 square feet, the two-story gem at 523 Queen Street has often been called "The Spite House" because legend has it that it was built in 1830 by adjoining neighbor John Hollensbury just to keep horse-drawn wagons and loiterers out of his alley.

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

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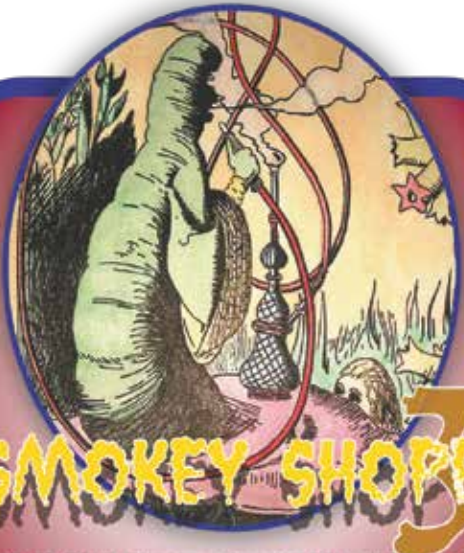
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L E G E N D S

## 2013 Living Legend of Alexandria David M. Martin

By Max Rotermund

David M. Martin moved to from Delaware to Alexandria in 1981, intrigued by the quality of life along the Potomac. In his bags were the beginnings of an artistic career in jewelry design. He also brought with him a strong interest in helping the people around him.

When Martin established his jewelry design studio, Gold Works, on upper King Street, he didn't know he would become a political activist.

"I am not going to fight you, but I am not going to go away." These were the words Martin said to members of the Alexandria political hierarchy as he strove for recognition of the new shops, including his own, springing up on upper King Street during the early 1990's.

Lower King Street had for years received major attention from the Alexandria government. A business locator map, distributed by the then Alexandria Tourist Bureau, stopped at Route One. For the holidays, lower King Street had decorated light posts, sparkling lights strung through the tree branches, parades and more. The attention stopped at Route One. The enterprises on King Street between there and the George Washington Masonic Temple felt neglected.

Working with other members of the King Street Metro Enterprise Team (KSMET), Martin succeeded in helping to gain recognition and visibility for the business community near the King Street Metro. Today banners and tree lights extend along the entire length of King Street, from the waterfront to King Street Gardens Park. Every 15 minutes, the free King Street Trolley shuttles visitors between the King Street Metro Station and the waterfront, with 20 stops in between. Banners and signs point to the shops and attractions on upper and lower King Street.

Martin had lobbied Alexandria officials for over a year before the city's first, trial installation of banners on King Street in July 2004. A joint effort with KSMET and the Old Town Business Association (OTBA) the banners helped transform King Street into a more attractive, friendly and vital main street. (KSMET and OTBA later merged and became the Old Town Business and Professional Association, (OTBPA).

Martin has brought his artistic, entrepreneurial

and political skills to many Alexandria organizations. He serves on the Alexandria Chamber of Commerce's Government Relations Committee and on the board of directors of OTBPA, of which he was president in 2005. For the past four years he has served on the Alexandria Commission of the Arts, recently evaluating applications for the position of Alexandria's poet laureate. He is also a board member of the King Street Garden Park Foundation.

Martin donated the design of the "Alex" Award, a bronze star bestowed by the Alexandria Commission for the Arts on those who have made superior contributions to the arts. For the past two years, he has donated the presentation stars for the awardees. He also designed and shared the cost of producing the medallion worn by Alexandria's mayor on ceremonial occasions.

His jewelry designs have won first place in competitions in Delaware and in local competitions sponsored by the Washington Guild of Goldsmiths. His creative talents have found occasional other outlets. In 1981 he was invited to design and build the Zwaanendael Heritage Society float for the parade celebrating the 350th anniversary of the founding of Lewes, Delaware.

Serving in the Air Force during the Vietnam War years, Martin worked as a registered clinical laboratory technologist at Andrews Air Force Base and at Homestead Air Force Base. He attributes this highly detailed medical work to teaching him the necessity and beauty of precision. When he left the service to continue his education, he had attained the rank of staff sergeant.

Martin earned an associate degree in art from Miami Dade Junior College and later trained in jewelry design and manufacturing. In Iowa he learned computerized design. He studied at the Gemological Institute of America, and eventually taught casting and jewelry fabrication.

Another side of Martin is working with people who have been struck with misfortune, whether illness or drug dependency, helping them to reintegrate into the community. He prepared for this work by training in drug counseling with the Washington Area Council on Alcoholism and Drug Abuse. He has facilitated programs for New You, a project sponsored by United Community Ministries and is currently active with the Mankind Project of the Greater Washington Area.

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The Korean War Memorial in Washington DC

# The Still Forgotten War

BY MARCUS FISK

The Korean War ended 60 years ago this past July. The Korean ‘Conflict’ as it was called then didn’t seem like a conflict to the 314,000 men and women who fought there from June 1950 – July 1953. To them it was a no-holds-barred, all-out, bonafide ‘war’ with some 33,000 killed in action and upwards of 8,000 missing in action. ‘Conflict’ my @\$%#@#%.....

Many of the men and women who served in the Korean War are in their 80s now if they are still alive. My father served during the Korean War. Like many of his contemporaries who attended Officer Candidate School during that time, the bulk of them were trained as Infantry Officers, slated for a quick turnaround, and dutifully headed off to Korea. Back then however, they were young, strapping, energetic soon-to-be Second Lieutenants who had the world by the horns.



Ensign Jesse L. Brown U.S. Navy Photograph

Dad remembers fondly his OCS buddies much the way one remembers his fraternity brothers. Barney Gill was from Norfolk, Virginia where he was a star athlete, having scored the 1st touchdown in the Oyster Bowl. Gill had a terrific sense of humor and was known for his ability to wiggle his way out of trouble. Another legendary OCS buddy was Boston native Bill McSweeney who according to Dad had a Sunday ritual of attending Mass in the morning, enjoying a steak and eggs breakfast at the Officer’s Club, and then he would set off with the Daily Racing Form under his arm to the track. Both of these fine gentlemen went off to Korea and distinguished themselves in combat. Gill later served two tours in Vietnam with the 82nd Airborne Division and retired as a colonel. McSweeney who became a journalist with the Hearst organization also served as a Special Envoy for Presidents of both parties, was a trustee on numerous boards in the Washington DC area, and was Chairman for the Korean War Memorial.

Despite the march of years however, not much has changed over the course of six decades. Dad and his contemporaries from the ‘Forgotten War’ are moving slower and their ranks are thinning in the same unfortunate fashion that the ‘Greatest Generation’ of WWII veterans started to fade at the outset of this Century. The Armistice in July 1953 supposedly ended hostilities between the two Koreas leaving an enterprising South Korea that currently enjoys an economic boom rivaling the economies of Asia and

North Korea, a nationalist anachronism barely surviving on life-support.

North Korea’s national behavior hasn’t changed over the years. Just when it appears that the patient is flatlined, North Korea sends soldiers over the border with axes and kills two American officers in the Demilitarized Zone (DMZ) in 1976, captures a U.S. Intelligence Ship (the USS PUEBLO) in 1968, sinks a South Korean Navy ship (The CHEONAN) killing 47 in 2010, or fires an inter-continental missile as a threat to the U.S. (2012). This erratic behavior usually is met with a stern admonishment by the international community and then North Korea complains, issues threats, and then quietly disappears until the next incident.

Despite the best efforts to present itself as a world leader, North Korea is trapped in yesterday. The father-to-son-to-son progression of ‘Supreme Leader’ Kim il Sung to Kim Jong-il to Kim Jong-un, or whom I affectionately call President ‘Pick-a-Kim’, is yet another indicator of just how mired down North Korea is in its past.

After his first subterranean year as Supreme Leader, Kim Jong-un started the characteristic saber-rattling of a new guy attempting to establish himself as the baddest-ass-on-the-block. Then when that didn’t work he sent out peace feelers to the U.S.

One such icebreaker was allowing retired Navy Captain Thomas Hudner Jr. to come to North Korea. Hudner’s mission was simple. He wanted to return to Korea where sixty years earlier he attempted to save the life of a fellow Naval aviator -- Ensign Jesse L. Brown -- the Navy’s first African American Aviator. On that cold November day in 1950 Brown and Hudner were part of a six-aircraft fight off the carrier USS LEYTE flying close air support for the Marines trapped at the infamous Chosin Reservoir. During the mission Brown’s aircraft was hit with small arms fire and crashed, trapping Brown in his cockpit. Hudner seeing North Korean troops headed toward Brown’s aircraft crash-landed his own aircraft and with the assistance of a pilot from a rescue helicopter worked with an axe and a fire extinguisher to extricate Brown from his burning plane. Brown, realizing that darkness was coming on and they would not be able to get him out told Hudner to leave. He added, “If anything happens to me, tell my wife Daisy I love her.” Brown died shortly after.

Sixty years later Tom Hudner got the approval to return to North Korea with the intention of bringing the remains of his shipmate and friend Jesse L. Brown back home. He and

Dick Bonelli, a Marine veteran of the Chosin Reservoir battle, planned to travel to the crash site in July. Their visit coincided with the North Korean celebration of their ‘victory’ over the U.N. forces and when Hudner and Bonelli asked about the trip to the crash site, their North Korean handler said that it was rainy season and daily downpours washed out roads making travel to that part of Korea impossible. They were invited however to participate in the festivities taking place including a visit to the captured USS PUEBLO. Hudner and Bonelli passed on the opportunity and returned empty-handed.

Jesse L. Brown is still in Korea. If it weren’t for men like Hudner, Bonelli, Gill, McSweeney and their generation, Brown would be yet another casualty of the still ‘Forgotten War.’

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knowledge.”

— Rabbi Isaac the Blind



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# Local Architect McAllister Draws from his Chef Experience to Design Incredible Restaurant Spaces

BY ROBERT F. MURRAY

Lee McAllister has been practicing architecture in Alexandria for over 20 years. You could consider this his second career. Lee established his own practice in the mid-1990s, after a successful 15-year culinary career, including 10 years as a sous-chef for the Washington Marriot-Wardman Park. It is Lee's drive for quality and attention to detail that facilitated his transition from the culinary world into architectural practice.

Today, McAllister Architects has expanded its staff who together process and complete a range of project types. With Lee's background and expertise around a stove, it is a natural progression that the firm specializes in restaurant design. What makes the firm unique in the industry is

its capability to creatively design dining areas as well as kitchens, making for better coordinated projects and decreased costs for the client. McAllister Architects has a long track record of successful projects in other typologies, including single and multi-family residential, health care facilities, retail/commercial, historic preservation, and government buildings.

Known for building and maintaining client relationship, McAllister has a keen determination for collaboration and problem-solving. They enjoy working with clients' ideas and aspirations and endeavor to meet deadlines and stay within the construction budget. Historically, most of their work has come from repeat clients, including a recently completed 50,000 square foot catering facility as well as the

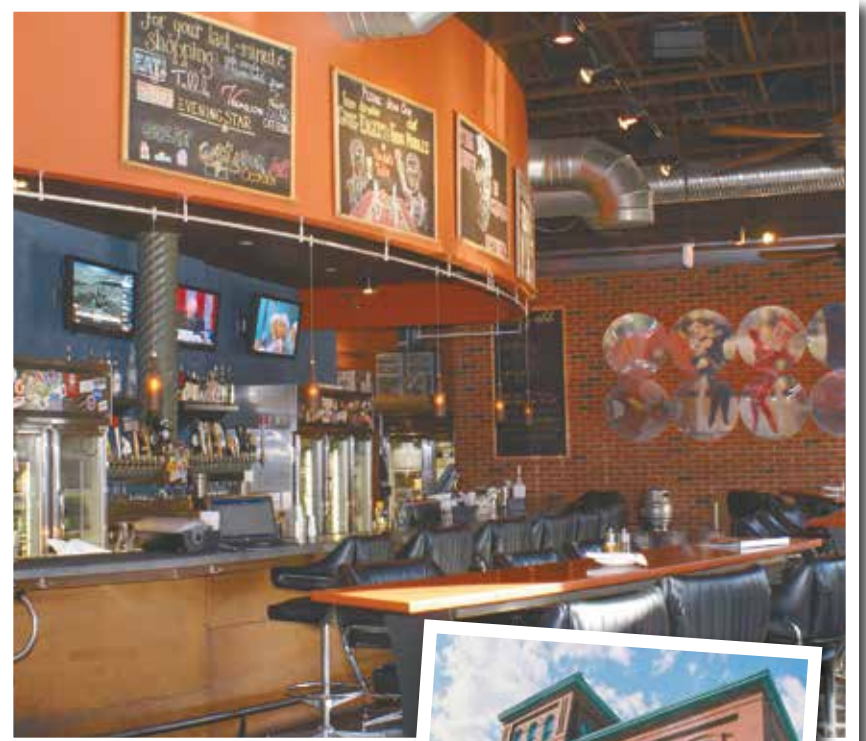
corporate offices for Occasions Caterers in Washington, D.C. Recently, the firm has attracted many new projects especially within the healthcare industry, leading to several successful tenant fit-out projects within the past year.

With a diverse team of registered architects and LEED-accredited professionals, be confident in the quality of services you receive at McAllister Architects, whether you are a developer, builder, homeowner,

or business owner. The office is conveniently located in North Old Town Alexandria, 1437 Powhatan Street. Feel free to stop by or contact them to discuss your next residential or commercial project. Other projects include Carlyle Club, Carlyle Development, Alexandria, Virginia, Pork Barrel Barbecue in Del Ray, Prince George's & Reston Hospital (Selected Renovations) and Corner Bakery Projects in Maryland.



The McAllister Architects Team: (Left to Right, Theresa Yates, Anthony Scovazzo, Gasim Elfaki, Amelia Decker, and seated, Lee McAllister and Lesley Goloner with best friend)



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— Katharine Graham





Another way to cool down is to stick your head out the window like the old days before auto AC.

# The “Dog Days” of summer are upon us

For the Washington, DC, area that means hot, humid and hazy. Not to worry – just crank up the air conditioner and let the cool air flow!

But, that wasn’t always the case, particularly when it came to the family car. Actually, it wasn’t until 1969 that air conditioning was available in more than half of all assembly line produced vehicles.

In 1939 Packard Motor Company became the first to offer air conditioning to its customers. The evaporator system took up the entire trunk space of the vehicle, preventing owners from using the trunk for anything else. In 1941 Cadillac came out with their AC system.

Those early attempts at auto air conditioning were not only cumbersome but also demanding of a driver’s time. There was no automatic compressor clutch in the 41 Cady model. If one wanted the air off it required stopping the car, getting out, and removing the belt.

Then came World War II and production of automobiles ceased. The factories were turned into assembly lines for war time equipment -- trucks, tanks and other military vehicles. The next automobiles didn’t roll off those assembly lines until 1947.

Prior to air conditioners being made part of the new cars after the war there were what was known as “bullet” air conditioning units. These large metal units fit on to the windows of the car, were filled with water, and pumped cool air into the passenger space. They needed refilling about every four to five hours of driving time.

In 1953 the Chrysler Imperial was the first mass production automobile to offer air conditioning. Then in 1954 the Harrison Radiator Division of General Motors made affordable units to be mass produced. They were introduced in the 1954 Pontiacs.

That was the same year that the Nash Ambassador became the first automobile to offer a fully integrated heating, ventilating, and air conditioning system. It was patterned after the Nash-Kelvinator Corporation’s refrigeration units, but so compact that it could be completely installed under the car’s hood.

By 1969 air conditioning became a standard offering in more than half the cars mass produced in this country. Some brands had window stickers that heralded the fact that the car had air conditioning. For those models not equipped with factory installed units there were under the dash units that could be installed by dealers.

They became so popular that a 1971 front page

story in the New York Times predicted the demise of the convertible because “in the age of air conditioning, real air has lost its value.” And, that almost became the case when the automotive giants stopped making convertibles for a period of time.

The last full size convertible to come off the assembly line was the Bi-centennial edition of the 1976 Cadillac. Convertibles didn’t reappear in mass production again until the late 1980’s.



DENNIS WHITESTONE

But, automobile air conditioning was about to run up against another opponent -- the U.S. Government. After the freon used in air conditioning systems, known as R-12, was blamed for helping to deplete the ozone layer, the government mandated that manufactures switch from R-12 to the less

harmful R-134a.

The latter is more efficient and less harmful to the ozone layer. Therefore, all cars built after 1995 must use R-134a as the refrigerant in their air conditioning systems. And, only licensed air conditioning technicians are approved to do AC work using the proper equipment.


Prior to the change over from R-12, the old freon was let out into the atmosphere when air conditioners were being serviced. With the advent of R-134a the freon is now captured. Automobiles also require less R-134a than R-12. Systems used to carry approximately four to seven pounds of R-12. Most vehicles now contain approximately two pounds of R-134a, which presents a far lesser risk to the ozone layer if it escapes during an accident.

A.C. systems have improved dramatically over the years. They cool better and use less freon which saves on the cost of repair and is also better for the earth’s ozone layer.


Many car models now also feature what is known as a “cabin filter.” Air from the outside is taken into the car passes through this filter which helps clean the air of most of its impurities. Better air to breathe and cooler air makes a very good system for both the driver and any passengers that may be in the vehicle.

Cabin filters can need replacement as often as every 15,000 miles. That is more frequent than the engine air filter. But, in my opinion, it is very worthwhile for those in the vehicle.

AC systems have become much more modernized and efficient. That trend will probably continue into the future as vehicles and people become more environmentally sensitive.



## HOTNESS OF THE MONTH




It's August and football season has started. Yes it is only training camp and pre-season, but get ready for the real action to begin and start preparing for those Sunday football parties. You can't have a football shindig without having friends over and serving chicken wings.

So why not serve the original—a tradition started invented by Teresa Bellissimo in 1964 that spread across the nation like wildfire? Although many have tried to duplicate authentic buffalo wings, what makes Frank & Teresa's Anchor Bar wings the proclaimed “Best Wings in the World” is a simple sauce made with cayenne pepper sauce, garlic and vinegar.

A testament to the sauce's originality and taste, the Anchor Bar received the 2003 gold medal “Quality International Award” and “Best of the Best” for its sauces out of more than 100 entrants. The judges were from the American Culinary and Tasting Institute. The Bellissimos offer the sauce in mild, hotter and suicidal. Take your pick based on the company you keep and the tolerance of their palates. The suicidal heat is incredible (a four on my heat sauce scale – tabasco being a one). Oh, and you can even buy the sauces by the gallon on their website (<http://www.anchorbar.com>).

The “hotter” sauce should appeal to most guests at your party, however if you have the daring few, try some of the “suicidal”. By the way, this sauce is awesome for those still grilling this summer. Try it on chicken breast, burgers and in honor of National Bratwurst Day on August 16, add it to your brat.

### HEAT INDEX



Contributed by Mike Sade

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# DID YOU KNOW?



A zonkey is a cross between a zebra and a donkey, also referred to as a zebonkey (or zebonkey), zebrinny, zebrula, zebrass, zedonk (or zeedonk) or zebadonk. And Italy welcomed its first zonkey, named Ippo, last month, born to a proud female donkey and male zebra in a Florence nature reserve. However, it was an unplanned pregnancy, sources report. Apparently, the zebra jumped a fence to get to his donkey love. (So much for that form of birth control!) Ippo has stripped black-white legs, a brown middle and a donkey-shaped face. So unplanned can be quite grand!

**“A slip of the foot you may soon recover, but a slip of the tongue you may never get over.”**

— Benjamin Franklin



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BY JANE A. KELLY

Your cat's whiskers don't just look cool -- they're the Swiss Army knife of her sensory and communications tool kit. Not only do they help them figure out where they are going, they also tell her whether they'll fit through openings, and they serve as an obvious demonstration of their moods. Here are seven interesting facts about cat whiskers:

#### 1. Whiskers are exquisitely sensitive

Your cat's whiskers are rooted much more deeply in her skin than her ordinary fur, and the area around them has a very generous supply of nerves and blood. This makes the whisker tips so sensitive that they can detect even the slightest change in the direction of a breeze. Because of that sensitivity, it can actually cause your cat pain if you mess with her whiskers. Eating out of a bowl that presses on your cat's whiskers can also be disturbing, so consider feeding your cat on a plate or buying her a wide, flat feeding bowl.

#### 2. They're not just on the nose

In addition to the eight to 12 whiskers your cat has on either side of her nose, she also has shorter whiskers above her eyes, on her chin, and on the backs of her lower front legs.



This cat's whiskers are probably telling him he's not going to fit through that hole.

#### 3. They help her figure out where she'll fit

The whiskers on your cat's nose are generally about as long as your cat is wide, so they help her to figure out how wide an opening is and whether she'll fit through it. Some people say that if cats gain weight, their whiskers get longer; I haven't seen enough evidence to know whether this is true.

#### 4. They help her position her prey

Cats are farsighted -- they can't see well up close -- so when they catch their prey, whether that prey is a mouse or their favorite feather toy, they need some way to sense that their prey is in the proper position for the fatal bite. The whiskers on the back of your cat's forelegs, and to a lesser extent, those on her chin and the sides of her nose, are crucial for that purpose.

#### 5. They're an emotional barometer

The position of your cat's whiskers can be an indicator of her mood. If her whiskers are relaxed and sticking out sideways, she's calm. If they're pushed forward, that means she's excited and alert. If they're flattened against her cheeks, she's angry or scared. Of course, you'll need to check her "whiskergram" against her other body language, such as the position of her ears and tail, to confirm what the whiskers are telling you.



The same mutation that gave Devon Rex cats their curly hair gave them short, curly and brittle whiskers.

#### 6. They should never be cut

Although your cat does shed a couple of whiskers from time to time, you should never trim your cat's whiskers. She'll become disoriented and may begin acting dizzy and confused because she's no longer receiving those vital navigation signals. Imagine if somebody grabbed you and put a blindfold on you and you couldn't take it off for a few weeks -- that's about what it's like for a cat whose whiskers get cut off.

#### 7. They can change color

Don't be surprised if you find a white whisker growing in your pure black cat's fur as she ages: Cats do start going gray with age, but it's not noticeable unless your cat's fur is a dark, solid color.

*Publisher's Note: This article provided by KingStreet-Cats.com, Alexandria's only free-roaming, no-kill orphanage run entirely by volunteers. Adopt a cat today from King Street Cats, 25 Dove Street, Alexandria, 703/231-7199.*

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# Has Baseball Forgotten Its Past?

The crisis infecting professional baseball with performance enhancing drugs really and truly affects all sports fans and citizens in general. It shows how the chase for money, accolades and success continues to permeate the current state of affairs even more than politics.

As a baseball fan from long ago until today, I'm dismayed at the goings on as The Game has had to suspend a bunch of self-centered rich players. There are others who are just as responsible for the state of the game.

Memories are wonderful for us. Thus I'm reprinting a column from *The Covert Letter* of July 12, 2009. In my young days I listened to the re-created games on radio and devoured every word in the sports pages. There was no 24-hour cable radio or television, no I-pods or Kindles, just the radio. I still stick to the idea that baseball is America's national pastime, period.



Miss Martin came to my mind last month during the July 4 homage paid to the great baseball player Lou Gehrig on the 70th anniversary of his famous "luckiest man on the face of the earth" speech. Gehrig was the Yankees' No. 4, the iron man who played 2,130 consecutive games from June 1, 1925 to April 30, 1939. This record remained for 61 years until Baltimore's Cal Ripken Jr., broke it September 19, 1998, at 2,632.

On that day, July 4, 1939 Gehrig was forced to retire because of what we know today as Lou Gehrig's disease. He died at age 38 in 1941.

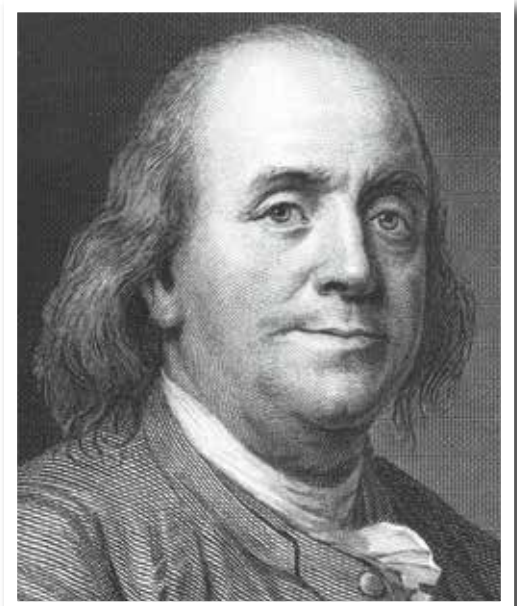
In Miss Martin's class some 59 years ago, I remember vividly one day as we pulled out the *Iliad* for our afternoon session. She began in a pleasant reading manner. That day when she reached

Here's one of my favorite stories:

## Remember Miss Martin and Lou Gehrig

Usually on Thursdays in the spring, Miss Martin read Homer's *Iliad* to her sixth graders at John W. Daniel School. The windows were raised and we little tykes hoped a breeze would flow through the room. We didn't have air conditioning in 1950.

Miss Martin favored white tee-shirts all the time and looked exactly like Benjamin Franklin. No kidding. When I look at a \$100 bill today, I see her staring right at me. If any of us 30-plus pupils had been caught misbehaving a bit, she didn't keep us after class, which they could do easily in those days. Instead, she had her own clever punishment — three or four long-division arithmetic problems: dividing long numbers like 899,765,343 by 1487.



Miss Martin looked just like Ben Franklin.



Lou Gehrig

This was a challenge to a 10-year-old, especially if you had to turn them in the next morning. We were a bunch of sweet attentive boys and girls, seldom if ever drawing the ire of our teacher who never missed a day.

We loved the *Iliad* stories as Miss Martin read to us out loud. Usually once a month, she would give a little quiz, not for grades but to see if we were paying attention about Achilles and the Trojan horse. If we needed a little assistance with the answers, she would show a softer side and help us.

the Trojan horse part, I slipped in front of my book, the 1942 orange-covered biography of Lou Gehrig. As she droned on, I forgot about the *Iliad*. I got lost in the story where little Lou went eel fishing for his mother in the World War I era. He'd bring home his catch, his mother would pickle them and then Lou returned to Second Avenue in East Harlem, New York City, to sell the goodies.

I "traveled" that afternoon with Lou as he grew to be a football player at Columbia and then on to become the baseball hero of the Yankees.

Suddenly, I heard a voice, "What page are you on?" Miss Martin roared. Naturally I thought she was talking to someone else. I stuttered a bit, and tried to sneak Gehrig back in my lap. She kept on, "Can you tell me about the Trojans?" Fear struck at the moment. My classmates laughed.

In my book that afternoon I was lost in 1932, not somewhere with the Greeks. Gehrig had just hit four home runs in a game against the Philadelphia Athletics, the first player to do so in the 20th century.

Miss Martin ordered me to the front of class. She seized my Gehrig book. My penalty was to collect all of the Homer's *Iliad* books from the class.

She apparently forgot to give me the long-division problems. The next morning, she allowed us to go to the library. It was Principal Thomas E. Baines who returned the Gehrig book to me. His advice was short and sweet, "Don't read it in Miss Martin's class."

To this day I've never eaten eels.



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— Elaine Stritch



# PET OBITS



**Lucy Wadland**

Lucy Wadland, 12, of Arlington, Virginia, passed from this world the morning of July 3 from irreversible diabetes complications. Born on a farm in Davidsonville, Maryland, she was adopted by Alfred Jerry Kish as a Valentine's present to Mary Wadland in 2001. A tri-colored, sturdy Yorkshire terrier, Lucy travelled everywhere with the couple until Jerry's death in 2004 wherein Lucy became Mary's sole companion. Mary was "her person," and Lucy reserved this absolute loyalty and protection for Mary only, without reservation, all of her life.

Extremely intelligent, Lucy possessed a highly developed culinary palate and innately knew how to properly eat such items as boiled shrimp (with the tails on—carefully pulling out the meat and leaving the shell) and artichoke leaves (scraped them just like a person!) She adored Chinese food, SpaghettiOs, clementines – all things that were really not good for her. She was a ham for the camera, always willing to be dressed up, and she had a smirk the likes of Dame Edna. Her favorite song was the theme to I Love Lucy.

Mary raised Lucy to be a free spirit, resulting in many near fatal situations as Lucy was fearless. In later years, Lucy loved to sleep—on her back, all fours in the air, snoring happily. She actually had the ability to smile and did so often. She was the quintessential alpha dog, and never passed up an opportunity to let everyone, human and canine alike, know it.

In addition to Mary, she is lovingly remembered by her human aunt, Holly Burnett, and her canine friends, Teddy and Toddler. Lucy was cremated at Sunset Pet Services in Alexandria. Much appreciation to Alan Thompson, her groomer, at For Pets' Sake for charming her in ways no one else could. Special thanks must also be given to Dr. Doree Katz and the entire staff of Alexandria's Belle Haven Animal Medical Centre for nine years of exceptional care, and especially the morning of July 3 when Dr. Katz helped ease Lucy out of this life and into the next. Our baby girl, Lucy soared upwards and once around the room to say goodbye, flying into Jerry's arms, of this everyone is sure.



**Honey Bear Miller**

Honey Bear Miller, 15, of Tallahassee, Florida, died July 18 after a tragic accident due to his infirmities. Known as just "Bear" or, on occasion, "Bearly Bear," he was adopted as a puppy in 1998 to the Miller family. A tri-colored, male Lhasa Apso whose fur eventually turned pure white, Bear was a stocky little guy with an attitude, ruling the house and keeping canine companion Suki, a Shih Tzu, in her place. They were inseparable. He enjoyed going to the beach; he adored his groomer, Lori Ashe; and he loved cake. Bear will be forever remembered by Holly and Wendy Miller, his human mothers, and additional caregiver Randy Miller. The family would like to express sincere appreciation to Dr. Sarah MacMillan of the South Monroe Animal Hospital, and her husband, Dan Griffin, for their care and support throughout Bear's life and at the time of his passing. Bear was cremated, and the ashes given to the family. He was a beautiful boy, never to be forgotten, never to be equaled.

If you would like to memorialize your pet, or even a friend's or family member's faithful companion, please contact us at [petobits@thezebra.org](mailto:petobits@thezebra.org).

**"The trouble with the rat race is that even if you win, you're still a rat."**

— Lily Tomlin



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# A Pain In The Glass



Image by Architectural Ceramic s.

We love the look of a sleek, seamless glass shower door. There’s something magical about them -- they are there, but almost not there at all. But, you might want to take a second look at this see-through-sensation. More than almost any bathroom décor element, this absolutely must be planned and executed with precision and perfection. Surprised?

Well, let’s think about it. Water, showering, eyes sometimes blurred by soap and steam, bare bodies (calm down!), slipperiness underfoot, and what, of all things do we introduce into this equation? How about a seven-foot tall, 5-foot wide sheet of glass!

## Question from reader Susan Ericson:

Ginger, I purchased a glass shower door online and had it installed by my handyman. Last night I heard a huge crash and running water... and I was terrified. I found my shower door was shattered and the sound of water was actually the sound of glass pieces continuing to shatter. I couldn’t get in the bathroom because there was glass all over the floor, counter and sink. How could this happen? Incorrectly installed? Manufacturing defect? Freak of nature?

## Answer:

Susan, I’m so sorry to hear this, but glad you were not injured. Many of you know I’m a huge fan of seamless shower doors. Frankly they are just sexy! An upgrade I want in all my bathrooms.

Faulty manufacture? It can happen. Stress can occur at the suspension points and can start to produce hairline cracks. When one of these cracks reaches a tempering stress cell (the small pieces of crumbled glass you found all over the floor) it will propagate explosively through the whole sheet. Most likely it was incorrectly installed. I’m a huge fan of DIY projects, but not with something like the installation of 250 pounds of glass that you are going to be surrounded by while wet, barefoot and naked! It’s definitely a vulnerable situation

where we want everything done precisely and accident-proof.



Still undaunted? If you insist on DIYing, it is reasonable for you to do the shower pan and its surrounding “curbs”, but please, carefully follow the advice I got from The Pros!

Start from the bottom. You can use your existing plastic shower pan, but it’s usually better to build a concrete one. It takes a little more time, but the finished product is well worth it. When building a

concrete shower pan, the most important element is to make sure your curb slopes towards the inside of the shower, so when water runs down the glass, it goes back into the shower and not onto the bathroom floor. Improper curb setup is a mistake that even experienced contractors often make. If this is not done correctly, water will leak.

Also you’ll need correct blocking in the wall to support the weight of the glass and it’s always a good idea to make sure it’s plump before you tile your walls. If it’s not done correctly you will have a HUGE mess.

After your pan and curbs have been created and you have tiled, then the DIYing should stop! At this point you should turn the rest over to a glass door specialist. Better yet, even if you are doing it yourself, call them first and let them give you the specifications for your project, so that it will be what they need when the actual door is installed. I personally use a local company, Custom Euro Glass & Shower Door Company. They are amazing, and known for consistently beating their competitors’ written estimates! 301.576.2226

Susan, my advice is to build a concrete shower pan with wall support, do the tile yourself, and then spend a little extra on a company that specifically installs glass doors. This will keep you safe and might avoid a big clean up and thousands of dollars down the drain.

Check our next issue – Where to Spurge or Save on your Next Bathroom Update.



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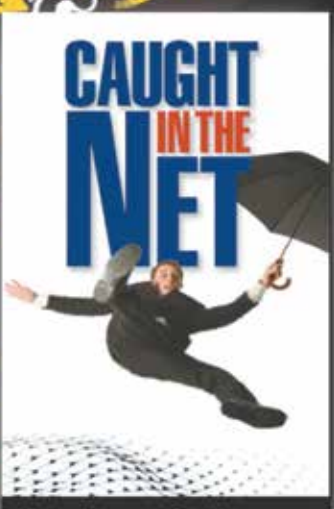
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## BIANCA



Breed: Chihuahua Mix  
Age: 4 years  
Gender: Female (Intact)

Mom and pups are doing great. Bianca (mom) is white with tan dots on her ears, 14 lbs. She is up-to-date on all her shots and will be fixed before she can go to her new home. She is a very loving and sweet girl. She is house trained, crate trained, walks great on the leash and listens very well.

## CALLIE



Breed: Shetland Sheep Dog Sheltie Mix  
Age: 3 years  
Gender: Female (Altered)

Callie is a sweet little girl who loves to please. She is energetic and playful, and also loves to curl up next to you when it's cuddle time. She gets along great with people, including children, and she loves other dogs. She does not get along with cats.

## COASTER



Breed: Cocker Spaniel  
Age: 12 years  
Gender: Male (Altered)

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.

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## GIZMO

Breed: Shih Tzu  
Age: 8 years  
Gender: Male (Altered)

Gizmo is a lovable, cute little boy who comes from a hoarder home. He is surprisingly well behaved and almost housebroken (hasn't has any accidents in the house but occasionally tries to lift his leg). He seems to pick up on the household routines fast. He is good with my other Shih Tzu who is very shy and friendly with people and other dogs in the neighborhood. A good boy who loves walking, sleeping by you and being your buddy.



## LALAH

Breed: Boxer Mix  
Age: 8 weeks  
Gender: Female (Intact)

Even though this boxer mix foursome just arrived, their personalities are already coming out! Lalah is quite the showgirl. Besides being gorgeous, she is outgoing and definitely the leader of this litter. Lalah always shows tons of personality and is more than generous with kisses. She would be an amazing addition to any loving home!

## ASTRID



Breed: Poodle  
Age: 7 years  
Gender: Female (Altered)

Look at Astrid all trimmed down after having her puppies. In addition to losing the puppy weight, she also lost a lot of fluffy hair and is now a very sleek looking poodle. She is a creamy white with gray on the ears.

## TIPPY



Breed: Labrador Retriever/  
Coon Hound Mix  
Age: 14 weeks  
Gender: Male (Intact)

Tippy is a darling white puppy with large tan/orange spots over her eyes and one large orange spot on her back. She came in on a transport all by herself. She loves all the dogs but was fairly shy around her foster parents. Now she just doesn't want to be caught and settled down in a crate which was new to her. She is learning to be crated and sleeps quietly all night long. She is still working on house breaking. She loves treats so we are using them to lure her in for hugs and kisses which at the moment she is enduring while she dreams of chasing the other dogs and digging holes in the back yard.

## FOREST



Breed: Shepherd Mix  
Age: 9 weeks  
Gender: Male (Intact)

These pups have just arrived. We are told they are shepherd mixes but could easily have Lab in them. Call for more information—a sweet litter.



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A R T S



## The Art at Goodwin House

BY ROBERT F. MURRAY

**W**hen I go to the gallery walls at Goodwin House, I see us artists as birds of the same feather; we eat the same seeds of creativity and find in our hearts similar nests of recognition.

No matter our ages, we sway in the same breezes that flow from the Eastern to the Western hemispheres and all around our world, inside and outside of this caring place and home.

When I speak with the resident artists of their plans and their art programs there, I can't fail to see how Art itself is so encouraging, so lasting, when we are older, still, young in our art.

Apart and together, we artists have our wings warmed in the same sun's rays, reflecting Beauty, Nature and The Light of all our art and world.

In this present exhibition at Goodwin House, a show lasting through August 25, you will



“Cherry Blossoms” (Oil on Canvas) by Ulyana Antyuchin (Moscow).

dria resident, Robert F. Murray. Featured are the Chesapeake Bay, open-water sailing watercolors by Maury Neibour, the quiet emotions in the deeply-moving still life photography by James Mathias Sanders and the contemporary—modern iconic and humorous oils and the “Figure and the City” paintings by Yuri Kokoyanin, originally from St. Petersburg, Russia. There is also a small subtle oil by Ulyana Antyuchin who painted our cherry blossoms during a recent visit from Moscow. This varied show is is Bob Murray's baby of The von Brahler Ltd., at the invitation of Goodwin House's Guardian Angel of the Arts, Pauline.



“Gold Fish” (A Waterexpression) by Robert F. Murray.

enjoy the whimsical and lyrical “Waterexpressions” exhibit developed and curated by Alexan-

The guest artists are not to be outdone by some very accomplished artists now residing in this active, established Arlington retirement community. Not only can the residents continue their own art forms but learn new techniques and crafts under Pauline's art programs. All are invited to visit the shows at Goodwin House, 4800 Fillmore Ave., Alexandria (off Be-auregard between King St./Rte 7 and Seminary Rd).

All the art is offered for purchase at modest prices. More info: Bob Murray, 703.798.8686 or VBGPROMO@AOL.COM



“Farm with Lake, Paris, Virginia” (Oil on Canvas) by Yuri Kokoyanin



# ART EVENTS



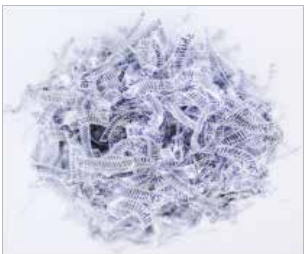
## ANYTHING GOES ART EXHIBIT

Now thru September 1  
Del Ray Artisans  
2704 Mount Vernon Avenue  
Alexandria  
TheDelRayArtisans.org  
Seven Del Ray Artisans' Board members set their own artistic themes; letting their paintbrushes dance in the colors of the late summer sun, recalling on canvas memories of colorful people and places or wide-open spaces; and present playful sculpture and unusual photography. When inspired, anything goes! An "Art-to-Go" Market and Silent Auction of unique artworks specially created as a Del Ray Artisans FUNdraiser are featured.



## KATHLEEN EWING'S DOG DAYS DOG SHOW

Now thru September 1  
Athenaeum  
201 Prince Street  
Alexandria  
703/548-0035  
nvfaa.org  
Kathleen Ewing has curated a wide variety of superb photographs – both contemporary and vintage – all about “dogdom.” Included in this exhibit are works by Harold Feinstein, Thurston Hopkins, Allan Janus, Mark Power, Grace Robertson, Pentti Sammallahti, Claudia Smigrod, Steve Szabo, as well as 19th and early 20th century dog portraits This show continues the success and tradition of the Dog Days Dog Shows that Ewing held in her eponymously named gallery during Washington DC summers since 1986. A portion of all art sales proceeds will benefit the Animal Welfare League of Alexandria



## RADIO SEBASTIAN: YOU, ME, AND THE VOID

Now thru September 1  
Target Gallery  
Torpedo Factory Art Center  
105 N. Union Street  
Alexandria  
torpedofactory.org/target  
A solo exhibition by Radio Sebastian, a collaborative between Corwin Levi and Yumiko Blackwell. The exhibition will include a site-specific installation, a series of mixed-media collages, and an interactive video piece. Each year the Target Gallery hosts "Open Exhibition," an open call for proposals for a solo exhibition. Three arts experts from the DC-area made up this year's jury panel; Samantha May, Director of Hillyer Art Space, Foon Sham, noted sculptor and professor, and Morgan Hungerford West, founder and writer of the arts and lifestyle blog Pandahead. They reviewed close to 50 proposals individually, and then gathered for a group review of their top ten selections before naming Radio Sebastian the 2013 winners. Radio Sebastian is a husband and wife collaborative between artists Corwin Levi and Yumi Blackwell. The title for the exhibition,

You, Me, and the Void, comes from the artists' examination of "the void," which they state in their proposal, has always existed. Yves Klein famously leapt into it. Anish Kapoor noted "the void is not silent" and described it as "that very first moment of creativity where everything is possible and nothing has actually happened." Free!

## ART MATERIAL MARKET AT THE TORPEDO FACTORY ART CENTER

August 24  
10 am – 3 pm  
Torpedo Factory Art Center  
105 N. Union Street  
Alexandria  
torpedofactory.org  
At the first ever Art Material Market the Torpedo Factory Art Center has invited artists from across the DC metro region to buy, sell or trade their new or gently used art supplies, tools, materials and ephemera. Whether artists, art students or art enthusiasts are looking to liven up their still life compositions with new objects or wanting to test a new technique the Art Material Market at the Torpedo Factory Art Center has something for everyone. Items for sale will include easels, mat cutters, frames, paint, books, fabric, still life objects and more! Free!



## LONGING TO EAVESDROP ON THE CONVERSATION

August 30 thru October 6  
Adah Rose Gallery  
3766 Howard Avenue  
Kensington, MD  
301-922-0162  
adahrosegallery.com  
Randall Lear's paintings, sculptures, and installations blur the lines between all three disciplines. His playful palettes and compositions provide a glimpse into a whimsical space where graphic forms mix and mingle. Behind the whimsy, these works are grounded in deliberate processes that create architectural space and forms. Ellyn Weiss's encaustic sculptures evoke a sense of immediacy with their bright, bold palettes shaped into primordial forms. Upon intimate examination, however, these pieces offer a world of intricate details; reminding us that the most basic forms of life, while simple and self-contained, are the origins of infinite complexity. Through the processes of layering, folding, and excavating, Ellyn manipulates the encaustic to form sculptures that are reminiscent of biological structures.



## WWII MEMORIAL: A MEMORIAL COMES TO LIFE PHOTOGRAPHY EXHIBITION

Now thru Dec 31  
8 am – 5 pm Daily  
WWII Memorial  
Arlington National Cemetery  
703/533-1155  
Acclaimed photographer Stephen R. Brown features more than 90 images of the WWII Memorial and the men and women it memorializes, the exhibit includes rare images of the memorial's construction, its monumental features, as well as glimpses of its 24/7 activities.



815 1/2 King Street  
Alexandria, VA 22314  
703-544-5315  
www.OldtownTheater1914.com

JUST ANNOUNCED	
Date	Event
8/1	Rondell Sheridan
8/7	The Nouveaux Honkies
8/8	Dustin Diamond
8/15	World Jam Club
8/16	Shawn Banks
8/22	Daryl Davis Trio
8/23	Frankie Paul
8/26	1001 Black Inventions
8/29	Caravan of Thieves
8/30	Once Upon A Time Shop



Every Thursday Brencore Entertainment Presents Live Jazz Every week a new artist exploring the soul of Jazz Music

## PRIVATE EVENT BOOKINGS AVAILABLE



August 1 thru August 3  
Rondell Sheridan  
8 and 11 pm  
From the Tonight Show with Johnny Carson to Jay Leno, to Late Night with Conan O'Brien, to the Late, Late, Late Show with Craig Ferguson, to several Showtime and Comedy Central specials, Rondell has done it all.

As a comedian, Sheridan's quick witted comedic timing is second to none. While transforming ordinary situations like going to a nude beach, into a hilarious tale, his story telling is a continual wave of laughing out loud!  
Live Comedy : Genre:Rated PG-18



August 8 thru August 10  
Dustin Diamond  
Dustin Diamond is an American actor, musician, director, and stand-up comedian best known for his role as Samuel "Screech" Powers in the television shows Saved by the Bell, Good Morning, Miss Bliss, Saved by the Bell: The College Years and Saved by the Bell: The New Class.

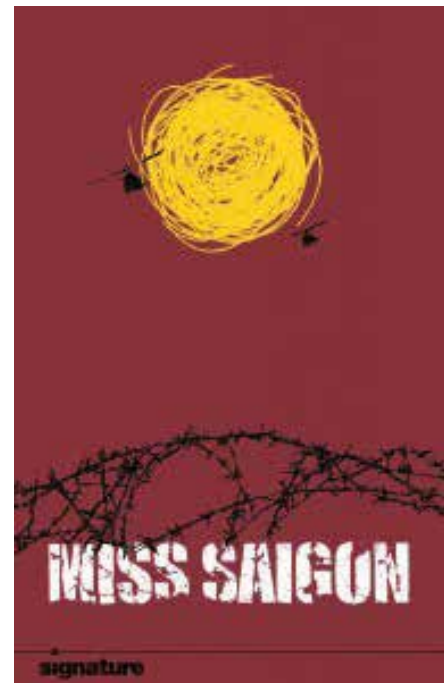


August 22  
Daryl Davis Trio  
Daryl Davis is an international recording artist, published author, actor and leader of The Daryl Davis Trio. Born in the Electric Blues Capital of the world, Chicago Illinois, DARYL absorbed the influences of the South from musicians who traveled North from the Mississippi Delta, Texas, Louisiana, Tennessee, and Missouri to this Blues Mecca.



August 29  
Caravan of Thieves  
8 pm  
Gypsy Swinging Serenading Firebreathing Circus Freaks!  
Driving gypsy jazz rhythms, acoustic guitars, upright bass and violin lay the foundation for mesmerizing vocal harmonies and fantastic stories. It's theatrical and humorous. It's musical and intense. It entertains, dazzles and defies classification while welcoming the spectator to join the band throughout the performance in momentary fits of claps, snaps and sing-alongs. If Django Reinhardt, the cast of Stomp and the Beatles all had a party at Tim Burton's house, Caravan of Thieves would be the band they hired.  
Music : Genre:Swing/Ragtime,World





#### MISS SAIGON

August 15 – September 22  
Signature Theatre  
4200 Campbell Avenue  
Arlington  
703 820 9771  
signature-theatre.org  
Vietnamese Kim and American G.I. Chris fall in love during the tumultuous fall of Saigon. Three years after their dramatic separation, newly-married Chris discovers Kim survived the war. The star-crossed lovers attempt to reunite in a race across Bangkok in this tragic romance about the shattering devastation of war and the ultimate sacrifice. Ticket times and prices vary.



#### SUMMER HUMMER THE SECOND COMING

August 19  
Signature Theatre  
4200 Campbell Avenue  
Arlington  
703 820 9771  
signature-theatre.org  
Summer just got sexy again! Over 40 actors from the Washington area will sing, dance, and strip to support Taking Care of Our Own. Last year, The Summer Hummer sold out before the first panty hit the floor. This year, word is out and the whole town is buzzing. Book tickets now to make sure to get your seat to Washington's only bawdy

burlesque, the night where every dollar goes to help theatre pros. TWO SHOWS ONLY!



#### DOGGIE YAPPY HOUR AT JACKSON 20

August 13 – October 31  
Tuesdays and Thursdays 5 PM  
Hotel Monaco  
480 King Street  
Alexandria  
703/842-2790  
This has become an Old Town institution. Have a howling good time. Dog snacks and water will be provided.



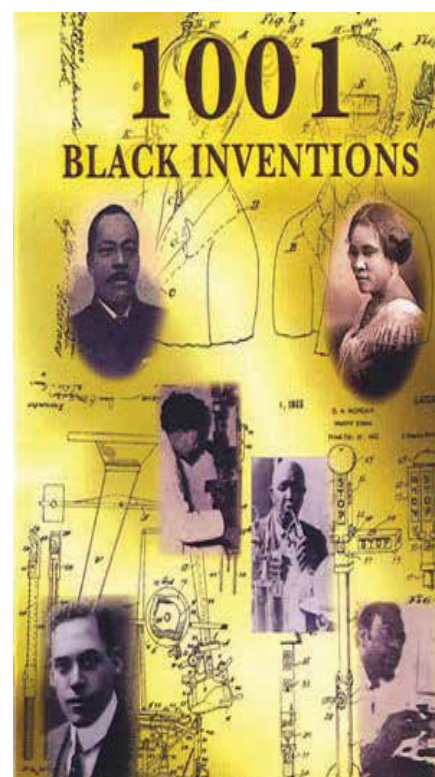
#### ALEXANDRIA AND THE WAR OF 1812: A TOWN OCCUPIED

August 24  
10 am – 4 pm  
Carlyle House  
121 N. Fairfax Street  
Alexandria  
703/549-2997  
Come to Carlyle House Historic Park on Saturday, August 24 to learn about the burning of Washington and surrender of Alexandria in August of 1814. Carole Herrick, author of August 24, 1814: Washington in Flames, Naval Historian Michael Bosworth, and Carlyle House Curator, Helen Wirka, will offer lectures from 10am-1:30pm on a variety of topics relating to this exciting period. The program will take place adjacent to the museum in the historic Bank of Alexandria building. Tours of Carlyle House are included in the cost of admission (\$10/adult; \$5/child ages 5-12).



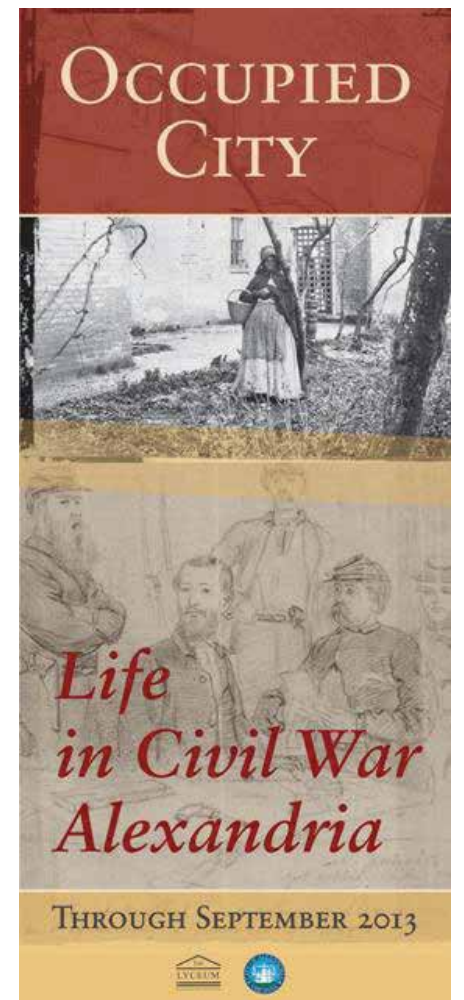
#### DOG DAYS OF SUMMER

August 24  
10 am – 2 pm  
National Museum of the Marine Corps  
18900 Jefferson Davis Highway  
Triangle, VA  
703/784-6116  
Come to the Museum to see military police working dogs, pets for adoption, and birds of prey from the Raptor Conservancy of Virginia at the fifth annual Dog Days of Summer. Free admission, free parking. Museum store and restaurants are available.



#### 1001 BLACK INVENTIONS

August 26 – August 27  
7 pm  
Old Town Theatre  
815 King Street  
Alexandria  
703/544-5315  
Where would (or wouldn't!) we be without the important contributions of Black inventors? Find out in the musical comedy 1001 Black Inventions!



#### OCCUPIED CITY: LIFE IN CIVIL WAR ALEXANDRIA

Thru September 30  
Daily  
Lyceum  
201 South Washington Street  
Alexandria  
703/746-4994  
"Occupied City: Life in Civil War Alexandria" examines life in an American town, seized and held by its own Federal government, following Virginia's decision to secede from the Union in May 1861. See how Robert E. Lee's hometown of Alexandria was transformed literally overnight from a prosperous, bustling commercial port into a supply, hospital, and transportation center for the Union Army, and find out why Alexandria became a destination for African Americans seeking freedom!

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



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**Poco & Pure Prairie League**  
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'The King of Surf Guitar'  
7:30pm \$29.50

**Todd Rundgren**  
feat. Jesse Gress, Kasim Sulton,  
Prairie Prince and John Ferenzik  
7:30pm \$45.00

An Evening with  
**Kris Kristofferson**  
7:30pm \$89.50

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w/ Lori Williams  
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& The Fabulous Superlatives  
w/ David Majerowicz  
7:30pm \$35.00

**Nick Lowe**  
w/ Kim Richey  
7:30pm \$35.00



**George Duke**  
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**En Vogue**  
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October 30 • 8pm  
WARNER THEATRE, Wash. DC  
Tickets On Sale Now @ Ticketmaster.com/800-745-3000

**AMY GRANT**  
7:30pm \$59.50

**Matthew Sweet (Band)**  
w/ Olivia & The Mates 'CD Release!'  
7:30pm \$29.50

**JOHNNY WINTER**  
w/ Baskery  
7:30pm \$35.00

**Valerie Simpson**  
'Performing The Music  
of Ashford & Simpson'  
7:30pm \$49.50

The Birchmere Presents  
**JAKE SHIMABUKURO**  
Sunday, November 24 • 8pm  
@ Lisner Auditorium  
Tickets On Sale Now  
@ Lisner.org or call (202)994-6800

**Three Dog Night**  
7:30pm \$69.50

**Larry Graham**  
& Graham Central Station  
7:30pm \$69.50

**Three Dog Night**  
7:30pm \$69.50

**THE OUTLAWS**  
w/ ROBYN LUDWICK  
7:30pm \$35.00



# How Will Your Child's Face Look as They Get Older?



BY DANIEL F. BABIEC, DMD, MAGD, FICOI

Will your child have “buck” teeth? Will his lower chin “melt” into his neck? Will his nose unnaturally protrude? The answers to these questions depend on “oral posture.” Correct oral posture will ensure that a child’s face will grow in a balanced way. It will also open their airways so they won’t snore or have other breathing or sleep disorders as they grow to adulthood. Their teeth and jaws will be properly aligned

and their facial shape will not be distorted. Correcting oral posture takes more than just traditional orthodontics. At Bradlee Dental Care we offer an orthodontic technique called Biobloc Orthotropics®. If you are a parent concerned about your child’s facial and oral development, you should know that your child may be able to benefit from the Biobloc Orthotropics® treatment. Correct oral posture means that when the child is in a resting state (not eating, drinking or speaking), their teeth are together, their

lips are together and their tongue is touching the roof of their mouth. With this oral posture the face and teeth will grow correctly. Without it the face won’t grow properly and the child will be at risk for all the conditions described above. In addition, any attempt at traditional tooth straightening will be less stable.



Blocked or restricted airways can cause a long list of problems for both children and adults. Proper growth is adversely affected when the body doesn’t get the oxygen it needs. Conditions such as obstructive sleep apnea, snoring, crooked teeth and abnormal facial symmetry are just some of the maladies that can result from poor airway health. A 2007 study demonstrated Biobloc Orthotropics® can improve airway volume by 30%. Currently Biobloc Orthotropics® is the only known method to increase the size of the airway for growth guidance.

Airway health is directly related to how the face grows. Facial symmetry and growth is influenced by genetics and tongue position. Favorable growth is considered more horizontal than vertical growth. Vertical growth results in elongation of the face, tooth crowding, narrowing of the palate, re-

stricted chins, increase in airway restrictions and other conditions. Biobloc Orthotropics® helps the face grow to its genetic potential by eliminating growth restrictions caused by poor oral posture. It allows both jaws to develop correctly in a forward and horizontal direction. When this happens the base of the tongue comes forward with the face which moves it out of the airway space allowing more air flow from the nose to the lungs. The Biobloc Orthotropics® procedure uses a series of retainers to guide the growth of the jaws to a more forward position. The retainers are comfortable to wear and are not visible making it desirable for the patient. This treatment works best in children between ages 5 and 8. It is at this age when the upper jaw grows the most. Treatment time varies depending on the child’s age and severity of the condition. The end goal of treatment is to improve oral posture, increase favorable and more aesthetic facial growth and improve airway volume. To learn more, and to find out if your child is a candidate for Biobloc Orthotropics®, contact Dr. Babiec at 703-820-0809 to arrange a consultation.

Daniel F. Babiec, DMD, MAGD, FICOI is a partner at the Bradlee Dental Care, 3690 King Street, Suite KL in the Bradlee Shopping Center in Alexandria. For the full abstract go to: [bradleedentalcare.com/articles/01-article.html](http://bradleedentalcare.com/articles/01-article.html)

Or scan:



## UPCOMING EVENTS

### ARLINGTON CHAMBER OF COMMERCE



#### Business After Business

Thursday, August 22 | 5:00 - 7:00 p.m. | \$20 members, \$28 non-members  
The Greene Turtle | 900 N. Glebe Rd. | Arlington, VA 22203  
The Chamber’s monthly networking event is a great way to end your day connecting with Chamber members and prospective members while enjoying beer, wine, food, and networking.



#### SMART Start

Thursday, September 5 | 4:00 - 5:15 p.m. | free  
Chamber Board Room | 4600 Fairfax Dr., Suite 804 | Arlington, VA 22203  
Learn how to meet new clients and future business associates at this **free** networking and information seminar. SMART Start will teach you how to MAXIMIZE your investment with the Chamber.

#### Breakfast Connection

Thursday, September 12 | 7:30 - 9:00 a.m. | \$24 members, \$34 non-members  
Holiday Inn Rosslyn | 1900 N. Fort Myer Dr. | Arlington, VA 22209  
Promote your business before the workday begins! This event focuses on roundtable power networking, providing attendees the chance to exchange business cards, develop new prospects, and share a 60-second commercial with each table.

Host Sponsor:  
Michael Garcia - State Farm Insurance



#### Scholar's Cup Tournament

Join us in mid-September for a fun evening for the whole family to raise money for the Chamber’s Scholarship Fund. *Date/Time TBA. For updated details call 703-525-2400 or visit our website.*



#### Tuesday, October 22 Fort Belvoir Golf Club

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

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

TO REGISTER: Visit [www.arlingtonchamber.org/events](http://www.arlingtonchamber.org/events) or call 703-525-2400.

Please Note: Rates listed are pre-registration rates. Registrations after 12pm the day before will be charged a convenience fee.

4600 Fairfax Dr., Suite 804 | Arlington, VA 22203 | 703-525-2400 | [chamber@arlingtonchamber.org](mailto:chamber@arlingtonchamber.org) | [www.arlingtonchamber.org](http://www.arlingtonchamber.org)



## Property of the Month



**Location:** Belle Haven  
**Price:** 1,799,000  
**Bedrooms:** 6  
**Baths:** 3.55  
**Fireplaces:** 5 (3 Gas, 2 Wood burning)  
**Levels:** 4 finished  
**Built:** 1992  
**Parking:** Attached 2 car garage  
**Contact:** Christine Garner, Weichert, Realtors  
 (703) 587-4855,  
[www.ChristineGarner.com](http://www.ChristineGarner.com)

Fabulous center hall colonial ideally located on a quiet cul-de-sac. Perfect for entertaining with generous room sizes, gorgeous moldings,

wainscoting, gleaming hardwood floors and custom built-ins throughout. Elegant entry welcomes you to the formal living room and dining room each with fireplaces. Chef's kitchen with top of the line appliances, breakfast area and adjoining family room with fireplace. Upper levels include 6 bedrooms including the Owner's suite with a new luxury bath and fireplace. Walk-out lower level features a family room with fireplace and game room with French doors to the back yard and patio. Convenient location just minutes from Old Town.

**"The one who pays picks."**

— Anonymous Florida Breadwinner



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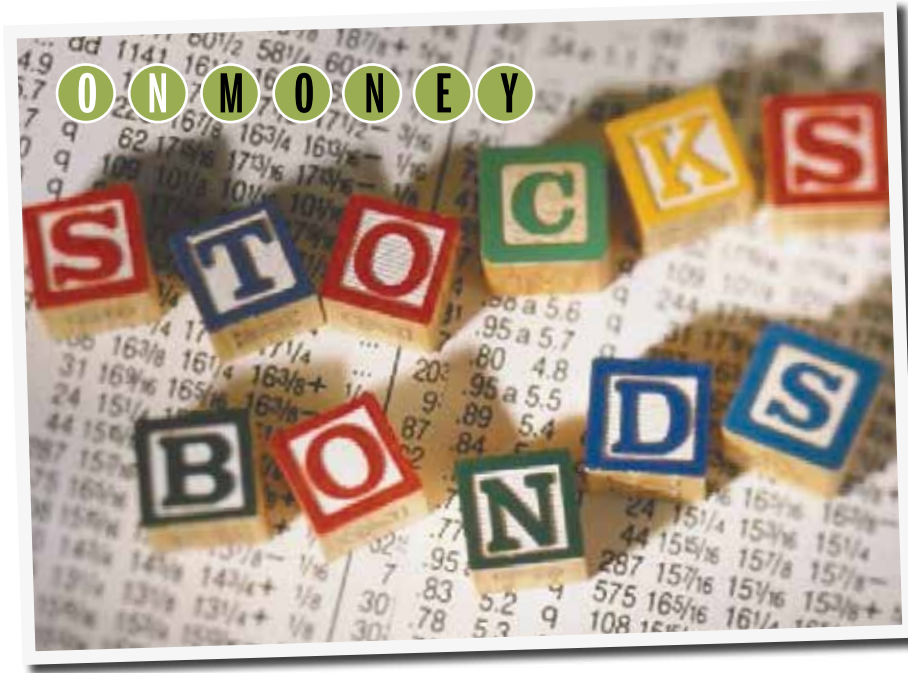
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## No Need for your Money to Go on Vacation, just because You Are

There's an old adage on Wall Street which says, "Sell in May and go away." This is more than just a line about getting a jump on the beach traffic. The idea is that returns for the traditionally volatile May to October period historically underperform the November to April term. According to the Stock Trader's Almanac, since 1950 returns for the Dow Jones Industrial Average have averaged a mere 0.3% during May-October while returns for November-April averaged 7.5%.

So far this year, it seems to have paid off to let your money skip the vacation and continue working. The DJIA ended April

at 14,839.80, up nicely from the previous November. But it has continued to climb, finishing up July 15, at 499.54 or about 4.4%. True, we still have some months to go and of course we have experienced our share of volatility. But this is still a substantial gain given the tepid economic numbers and more than a dose of uncertainty.

In June, markets fixed their jaundiced gaze onto Chairman Bernanke and the possible unwinding of the cheap money policy known as Quantitative Easing. After the market choked on a few 100+ point down days amid speculation that the QE was about to end, the Fed settled things

down by disclosing the parameters for an end to Easing – essentially as the economy continues to improve, bond buying would slow. When unemployment level reaches 7% the Fed would stop buying new bonds.

The unemployment rate for July came out at 7.4% with the country adding 162,000 jobs. It appears there is some time to go before we see the Fed stop buying bonds entirely. The Fed itself expects that we will reach that unemployment target midway through 2014. In the meantime, the June Consumer Price Index showed inflation at 1.8% during the previous 12 months. This is a pretty low level given the amount of cash that the Fed has been pumping into the economy, and it gives the Fed the luxury of time when it comes to wrapping up Quantitative Easing.

Simply put then, there is no reason to believe that Chairman Bernanke is poised to snatch the kinky from our collective mouths and cut it up before our eyes. But eventually, higher interest yields will be a reality, not just a possibility. The risks to portfolios are just as real.

Bonds, particularly those with longer time to mature, risk loss to principal on a market to market basis. That is to say the bond values will decline on your monthly statement, and you will get less for a bond should you want to sell. Choose instead to keep your bonds until maturity, and you need to be comfortable knowing you are getting less interest income than you would with another investment.

Bond mutual funds are not exempt from this risk, and have an added complication; you have no say in whether to

hold a bond to maturity. Many bond funds are managed for current income. As such they seek to maximize current interest yield. In a rising interest rate environment, a manager may choose to sell bonds purchased at lower yields in order to acquire newer bonds with higher yields. In doing so they may also achieve a capital loss and a drop in the Net Asset Value of the fund.

The result can be a higher, more marketable current yield, but a loss in net asset value without achieving an appreciable increase in the interest income generated by the fund.

Investors have speculated that these risks will result in a "Great Rotation", a mass movement out of bonds and into equities. Indications are that this movement is already under way. According to the Investment Company Institute (ICI), investors pulled \$74.9 Billion out of bond mutual funds between June 1 and July 10. While some investors may have "sold in May", but it definitely didn't end there.

Yes, it's summer. And everyone likes to "get away." But if you really want to enjoy that vacation, and not worry that your investments will flounder, make sure you have a knowledgeable financial advisor to help you navigate the waters. Remember, there is opportunity in every difficulty, but you must Plan to Succeed.

*Stephen D. Memery is a Chartered Portfolio Manager tm and Chartered Market Analyst tm with more than 20 years of experience in the financial industry. He is a Founding Partner of OV Capital, located in Old Town Alexandria, and on the web at [www.OVCapital.Net](http://www.OVCapital.Net).*



# DELHI DHABA

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## Del Ray's "Darling Betty" Bursts onto the Local Children's Clothing Scene



**Local Del Ray youngster models one of the Darling Betty creations. Price: \$45-\$55.**

**Photo by Katie Lewis Photography**

New to the Northern Virginia area, Darling Betty has exploded into the children's clothing scene to serve customers with a refreshing array of 1950s vintage reproductions for little girls, all at competitive price points. Owner Kelly Emerton recently launched an online store at [www.DarlingBetty.com](http://www.DarlingBetty.com). The site not only highlights Darling Betty's summer collection, but also provides fashion-minded

parents the opportunity to share pictures of their “little darlings.” Emerton regularly posts styling tips and her retro inspiration in weekly features like “Mommy et Moi Monday” and “Fabulous Frocks Friday.”

“These are the kinds of dresses my mother and my aunt wore when they were growing up,” Emerton says. “I love the look. I’ve designed the garments to

be worn with petticoats, to give the circle skirts their trademark fullness.”

At a trunk show hosted by Del Ray's Studio Body Logic on recently, customer Jennifer Courtien agreed. "I just love this style of dresses for my girls. You can't find these anywhere, and if you do find something similar, the prices are at least double."

Emerton says her goal is to provide quality clothing that can be passed down to little sisters and daughters, but that remains affordable. Her key to this model is close oversight of fabric purchases and sewing, even as competitors outsource some production overseas. A proud military spouse, Emerton is out to prove that companies can manufacture garments on U.S. soil and be profitable.

“The idea that domestic manufacturing costs are too high to be sustainable is simply not true,” she says, “It can be done and there are so many benefits in having your production facility here – namely, quick turnaround time, no shipping costs from an overseas facility and no import taxes or hold ups in customs. I can be on my production floor in less than 30 minutes.”

Emerton is also a member of the Del Ray Business Association and believes that the collaborative efforts of small businesses tie a community together. The trunk show this weekend also featured Katie Lewis Photography, which took studio portraits of Darling Betty's young customers.

“The girls just loved trying on dress after dress – and then they’d run into Katie’s



**Australian native and now Del Ray resident and founder of Darling Betty, Kelly Emberton.**

**Courtesy photo**

studio to give her a twirl in front of the camera!" Emerton exclaimed, glad that the two small companies could draw in each other's customers. Lewis provided photography for the Darling Betty website, as well.

Darling Betty is working on developing a made-to-order business model where customers select a desired style, fabric and size and the garment will be made to those specifications in 2-4 weeks.

Darling Betty proudly supports American manufacturing. All garments are cut and sewn here in Northern Virginia from domestically sourced fabrics.

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July 9

Shrek the Third  
August 13

Private Party  
July 16

Marmaduke  
July 23

Curious George  
August 20

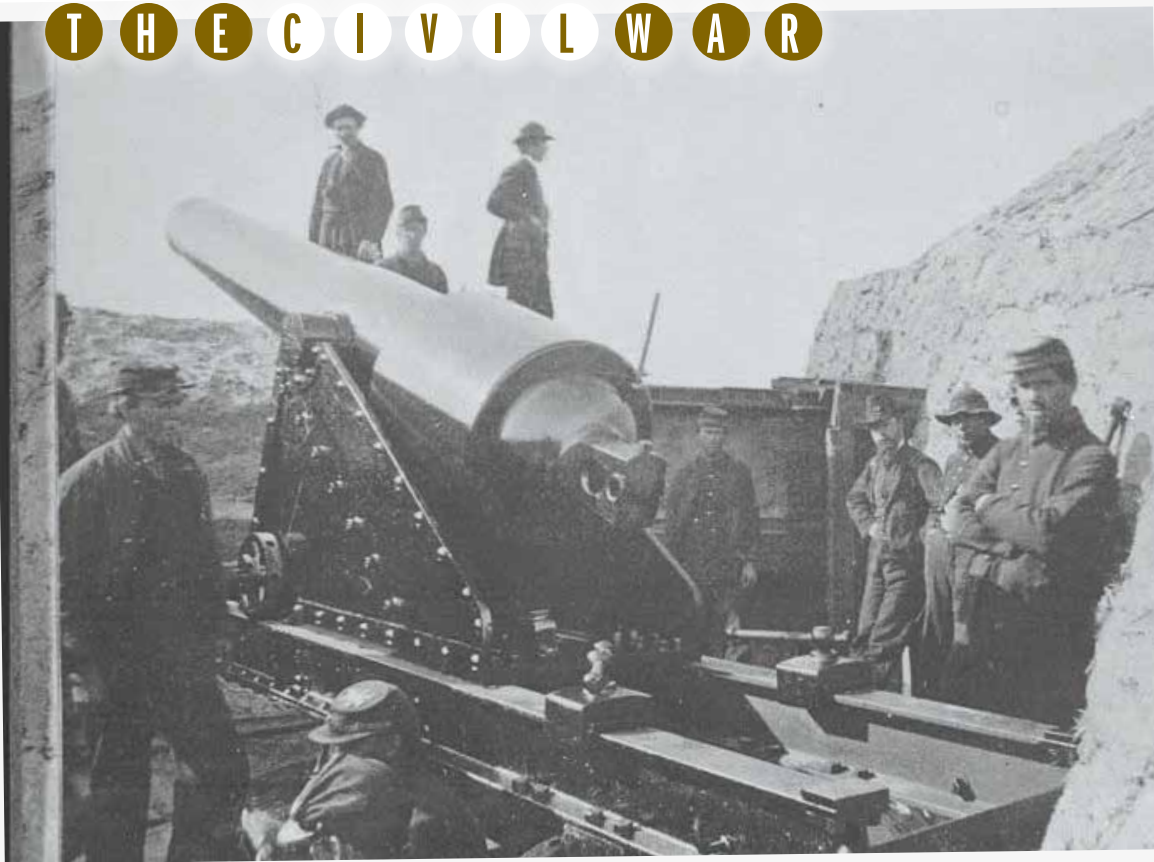
Chicken Run  
July 30

Fern Gully  
The Last Rainforest  
August 27

Children must be between 4 and 12 years old.

Reservations Required | Space is Limited!





A 200-pound Parrott rifle in Fort Gregg on Morris Island, South Carolina. Robert Parker Parrott (1804–77), an 1824 graduate of the United States Military Academy, developed a new form of rifled artillery using a cast iron barrel with a reinforcing wrought iron band around the breech. He first produced 2.9-inch (10-pounder) and 3.67-inch (20-pounder) rifles for the field artillery. He later produced four larger rifled guns that were used as siege artillery. These heavy Parrott rifles became the mainstays of the Federal siege train.

CIVIL WAR SERIES NO.21 • AUGUST 1863

# Lee Tries Unsuccessfully to Resign August 1863

BY MARY WADLAND

General Robert E Lee, the most famous Confederate general of the American Civil War offered his resignation in August 1863 after the Confederate defeat at Gettysburg in July. Lee took full responsibility for the defeat but Jefferson Davis refused his offer. While the South licked its wounds in August, Lincoln ordered new arms for the Union's armies -- 60,000 Spencer Repeating Carbines -- a rifle that greatly increased the firepower of the Union's infantry soldiers.

Right off the bat, on August 2, famous Confederate spy Belle Boyd, sometimes referred to as the "Cleopatra of the Secession" was arrested for the third time and imprisoned in Washington DC. She had operated out of her father's hotel in Front Royal, Virginia and the government attempted to prove many times she had shared important information with Confederate General Stonewall Jackson in 1862. She was eventually released and fled to England, where in 1864 she married a Union Naval officer. She married twice more, became an actress and returned to the States where she toured telling dramatic accounts of her life as a Civil War spy. She died in 1900.



Celebrated Confederate spy Belle Boyd was imprisoned in DC for a third time in August 1863.

PHOTOS COURTESY OF WIKIPEDIA

On August 2, plans were submitted to build a suitable artillery gun platform in the marshland near Charleston to enable the North to use large caliber guns against the city. However, as the city was nearly 8,000 meters from this platform, even the largest caliber guns would have been at the end of their range.

The Union engineers started to build the gun platform on Morris Island to allow for the bombardment of Charleston. Logs were forced vertically down 20 feet through the mud into the sand substratum. Pine logs were then laid across these logs, which in turn were covered with 13,000 sandbags that contained 800 tons of earth. This was capable of supporting an 8-inch 200-pounder Parrott rifle. It was impossible to disguise what they were doing and the defenders of Charleston responded with strengthening the city's defenses.

President Lincoln proclaimed August 6th as a day of thanksgiving for the recent Union victories. Businesses in the North were shut as all were encouraged to attend church services.

Robert E Lee offered his resignation on August 8th and took full responsibility for the disaster at Gettysburg. On no occasion did he try to blame a subordinate officer -- a problem in the Union's Army of the Potomac that created many divisions among senior generals who could never be totally sure who they could trust. Davis refused Lee's offer.

President Lincoln met with abolitionist Frederick Douglas in early August to discuss back pay and the treatment of black soldiers in the Union Army.

Union gunships arrived off Charleston to give the engineers more cover from Confederate artillery attacks. In particular the 10-inch guns at Battery Wagner were proving a real concern. Battery Wagner was at the far seaward end of Morris Island and had originally been built to defend the harbor entrance into Charleston. Its guns were in easy range of the Union engineers still constructing their platform but also now very open to a naval assault by Union gunships.

450 Union soldiers managed to move the 200-pounder Parrott gun to its base at Morris Island. It was nicknamed the "Swamp Angel". All day, hundreds of men moved the required supplies to its base --



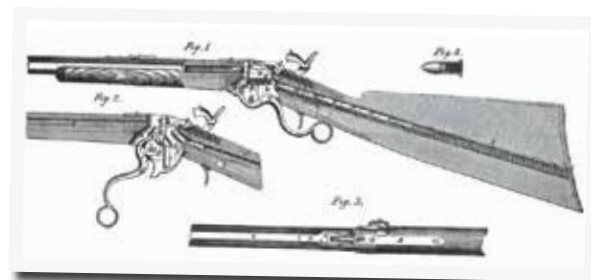
Civil War hero General P.G.T. Beauregard tried hard to defend Charleston, but ultimately failed.

gunpowder, shot etc.

President Lincoln himself tried out the new Spencer Repeating Carbine in mid-August. Suitably impressed, he gave it his approval. The rifle was more accurate than previous ones issued to Union troops and, correctly used, it could fire more bullets over the same period of time. The Spencer rifle was to give the North's infantrymen a major advantage over the South's. 60

During the third week of August, the "Swamp Angel" was finally ready for use. The North demanded that the South had to evacuate Battery Wagner or they would fire on Charleston. As the South had not agreed to the North's demands, the first shot by the "Swamp Angel" was fired at Charleston at 1:30 in the morning. The gunners could not actually see their target but artillery officers had spent the previous day working out the necessary predicted range and angle of fire. In total, twelve shots were fired in quick succession, including four incendiary rounds.

The officer in command of defending Charleston, General Beauregard, wrote to the Union commander on Morris Island, General Gillmore, claiming that he was firing on innocent women and children, none of whom had been given the chance to leave the city. "You're firing a number of the most destructive missiles ever used in war into the midst of a city taken unawares and filled with sleeping women and children



A drawing of the workings of the Spencer Repeating Carbine Rifle showing the magazine cartridge in the butt of Lincoln ordered 60,000 for Union troops.

will give you a bad eminence in history," wrote Beauregard. Gillmore replied that the city had been given fair warning and that if women and children were in the city, it was the fault of the city's commanders and not his. The issue was solved not by diplomacy but by the "Swamp Angel" itself. After firing a further 20 rounds, the breech exploded and put the gun out of use.

Fort Sumter, also built to guard Charleston, surrendered after a 7-day artillery bombardment. Hit by over 2,500 rounds, the fort was reduced to ruin. However, when the troops in the fort were seen trying to remove the remaining artillery guns, which were going to be shipped to Charleston to bolster the city's defenses, a further 627 rounds were fired at it.

Near the end of August, around the 26th, Union troops had moved to within 250 meters of Battery Wagner, which had yet to be put out of action. However, any further movement forward was severely hampered when it became clear that the battery had been surrounded by "sub-surface torpedo mines" activated by foot pressure. However, General Beauregard believed that the fall of Battery Wagner was inevitable and planned for its evacuation.





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