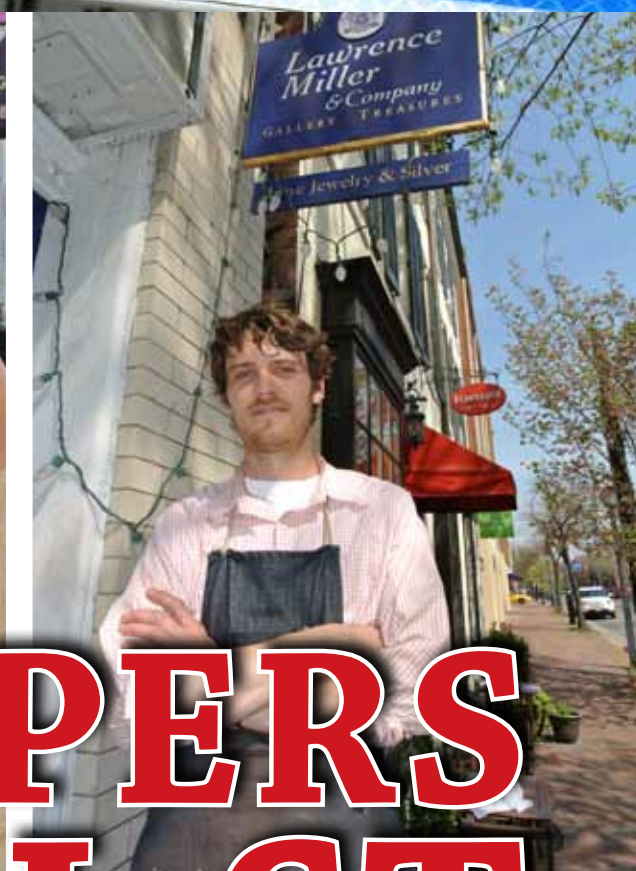
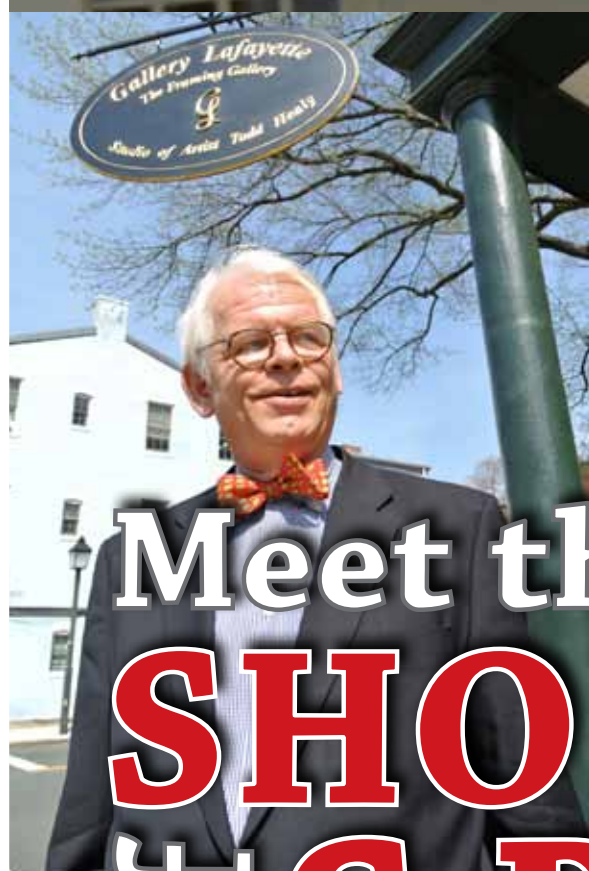


# Zebra

April 2013

Arlington/Alexandria  
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# S ROYAL



## Meet the SHOPKEEPERS & S ROYAL ST



**ALSO INSIDE:** Adoptable Pets ■ Alexandria Lottery Winner ■ Dogs Make Great Reading Partners





# Christine Roland Garner



## RIVERGATE

**\$1,500,000**



**ELEGANT 3 BEDROOM, 4.5 BATH TOWN HOME** with panoramic river views, rich in architectural details and quality appointments. Foyer entry, formal dining room and living room with custom built-ins, gas fireplace and Palladian windows. Gourmet kitchen and adjoining family room with abundant windows and a balcony to enjoy the views. Spacious upper level Owner's suite with vaulted ceilings, gas fireplace, sitting room, Juliette balcony and a luxurious bath. A 2nd bedroom, full bath and laundry are on this level and a 3rd bedroom and full bath are one floor up. Walk-out lower level recreation room with full bath and wet bar has access to a patio with gate that opens to the Oronoco Bay Park. Lots of storage and a 2 car garage.

## ROSEMONT

**\$1,050,000**



**GORGEOUS 4 BEDROOM, 3.5 BATH STONE COLONIAL** fully renovated and expanded, located blocks from the King St METRO. Foyer entry welcomes you to the living room with gas fireplace and adjoining year-round sunroom. Formal dining room and gourmet kitchen with ample counter and cabinet space. Centrally located family room with beamed ceiling has access to the yard, mud room and half bath. Luxurious main level Owner's Suite with spa-like bath, walk-in closet and custom built-ins. Upper level with 3 ample size bedrooms and renovated full bath. Lower level recreation room with, gas fireplace, custom built-ins, wet bar and full bath with heated floors. Tons of storage in unfinished basement with 2 washers & dryers, extra fridge and freezer. Lovely yard with front and rear patios, large shed and off street parking.

## DEL RAY

**\$885,000**



**BEAUTIFULLY EXPANDED AND RENOVATED TUDOR WITH 4 BEDROOMS, 4 BATHS AND A CHARMING EFFICIENCY SUITE WITH SEPARATE ENTRY!** Foyer entry, formal living room with fireplace flanked by built-ins. Dining room adjoins gourmet kitchen with granite counters and breakfast bar, top of the line SS appliances and 42" Mission style cherry cabinets. Family room with built-ins, full bath and mud room with heated floors. Main level Master Suite with walk-in closet and en suite bath. Upper level with 3 bedrooms, full bath and a huge walk-in closet with custom closet system for extra storage. Lovely fenced yard with deck, off street parking and unfinished basement. Blocks to shops & restaurants on "The Avenue"!

## ROSEMONT

**Coming Soon!**



**MANY RECENT UPDATES TO THIS CLASSIC 4 BEDROOM, 3 BATH COLONIAL** with off-street parking located just a few blocks from The King St. METRO. Foyer entry, living room with wood burning fireplace and adjacent year-round sunroom with wet bar. Formal dining room with new hardwood floors and kitchen with granite counters, 42" cherry cabinets and SS appliances. An addition with full bath is ideal for a main level Master Suite or can be used as a family room. Three upper level bedrooms including a Master bedroom with walk-in closet and full bath with double vanity, jetted tub and skylight. Lower level recreation room, full bath, laundry room and large unfinished storage area. Fenced back yard with large deck and shed. Freshly painted inside and out with new front steps.

## BELLE HAVEN

**\$729,000**



**BEAUTIFUL 4 BEDROOM, 3 BATH HOME** with a versatile floor plan situated on a quiet cul-de-sac within walking distance to the Potomac River, shopping and Belle Haven Country Club. Foyer entry leads to spacious living room with picture window and wood burning fireplace. Formal dining room with French doors to the family room which has access to the fenced yard with perennial beds & patios. Home office with bay window, custom built-ins and pocket doors for privacy. Main level Master suite with en suite bath as well as 2 additional bedrooms and full bath. Private upper level Master suite with sitting room, 2 walk-in closets and an en suite bath.

## THE ECLIPSE

**SOLD!**



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

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1988-2013*





Old Town’s favorite postal lady, Joanna Brown, with puppy Teddy.

Who says postal delivery folks don’t get along with dogs? Last week I was walking this little black yorkie-poo along South Royal Street as our writer Holly Burnett interviewed the merchants for our cover story, when along came Old Town’s favorite postal delivery lady, Joanna Brown. She recognized the puppy and wanted to share a little love. Moments like these soundly

reassure me that most of the time it is a pretty decent world we live in, and that in towns like Alexandria and Arlington, that sense of community and “Mayberry-like” atmosphere still exists.

We hope you enjoy our cover story spotlighting the shopkeepers of South Royal Street, and that you will always consider patronizing the small shops who are the bedrock of our advertisers and who make up the fabric of our town.

As always, please send us your ideas, your comments and let us know how *Zebra* can help spread your stories.

Happy Spring,  
Mary Wadland, Publisher



April 2013  
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The deadline for the receipt of all new advertising materials is 5:00 p.m. Wednesday, seven days prior to publication. Materials and space reservations will be accepted for proofed unchanged camera ready repeat ads until 5:00 p.m. Friday, the week before publication. Cancellations and changes cannot be accepted after Monday, the week of publication and no refunds will be made after that time. For advertisers wishing to see a proof before publication, the deadline for approval is Wednesday, seven days prior to publication.

For advertising information call 703-224-8911

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Zebra Spotted in Florida!

Gail Relyea of Macon, Georgia reading *Zebra* on the Carrabelle River in Carabelle, Florida.

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.

**Anne Robbins** of Arlington snagged this month’s prize, catching 14 typos. Robbins has won a gift certificate to 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.

\*Cover Photo by Harry Merritt





Photos by Harry Merritt

BY HOLLY BURNETT

Main Street, USA. It could be any street – an artery, a thoroughfare, or a few quaint storefronts that define a community, both in its past and in its present. Such is the story of South Royal Street in Old Town Alexandria, Virginia, USA, zip code 22314.

Turn back the centuries, and the buildings will look much the same as today – understated, yet active – inhabited perhaps by a silversmith, a bookbinder, a baker, or a candlestick maker – each contributing significantly to sustain and advance their hometown.

Working on South Royal Street for 25 years is Todd Healy, Alexandria’s “artist in residence.” His shop, **Gallery Lafayette** ([gallerylafayette.net](http://gallerylafayette.net) and [capitolartifacts.com](http://capitolartifacts.com)), is now located on the corner of South Royal and Prince at 130 South Royal Street. His precise drawings and watercolors of Alexandria landmarks have memorialized these structures. He is the creator of new art that pays homage to the past.

In addition, Healy is a meticulous frame-maker who will take your art, your memories, whatever they may be, and rediscover them inside hand-painted beveled mats and handcrafted frames, elevating a canvas or even a piece of paper



Todd Healy of Gallery Lafayette

to the stature it has come to earn in your heart. Your life can now hang on your wall rather than be hidden in a drawer. Healy is the street’s preserver.

Entrepreneurs Pouneh Barnes and Megan Podolsky are co-owners of **529 Kids Consign** ([529kidsconsign.com](http://529kidsconsign.com)) an upscale children’s and maternity consignment boutique, at 122A South Royal Street, which opened in April 2012. The store name’s numerals represent a college savings plan, and families can begin sav-



Pouneh Barnes and Megan Podolsky of 529 Kids Consign

ing for their children’s education by shopping or consigning at 529. A precious off-street entrance (just follow the 529 sign) allows for ample “stroller parking.”

Once inside, you are struck by elegant wrought iron clothing racks brimming with the most exquisite size 0-10 baby clothes – all high-end labels (many European), resembling the baby department at Neiman Marcus except with more buyer-friendly price tags. And keep on going; there’s more upstairs including maternity

clothes, strollers and additional gently or never used gear. The store is also dotted with the hottest new baby items (not consignments) to maximize your shopping experience.

Barnes and Podolsky maintain strict consignment standards and guidelines (located on their website), and the quality of their convictions is evidenced in the clothing and gear they accept – perfect in every way. So whether you’re consigning, shopping for a gift or your own children, 529 is the place to go. Barnes and Podolsky are the street’s re-allocators.

At 121 South Royal Street, craftsmen Lawrence Miller and Tim Shaheen oversee **Lawrence Miller & Company** ([lawrencemiller.com](http://lawrencemiller.com)), perhaps the most revered silversmith in the Washington, DC area. The shop, originally opened in 1968 by master silversmith Anthon Rubesch, was well known to Alexandrians as Rubesch’s. In 1991, an 18-year-old Lawrence Miller apprenticed under Rubesch and his son’s watchful eyes. Ten years later, after Rubesch’s death, son Dezso sold the business to Miller, who changed the name to Lawrence Miller and Company in 2006. Shaheen joined the business in 2005 and

▼ See Cover Story on page 5





Tim Shaheen of Lawrence Miller & Company



Coddy Eyre of Maggie Jane's by Coddy Eyre



Glen Stone of Carbon Industrial Design



Chriss Witt of GRAPE + BEAN

is a co-owner.

In addition to designing custom jewelry and silver pieces (most recently a chocolate pot for Mars, Incorporated), the company is one of the finest antique and priceless silver restoration experts in the country. They are also known for their jewelry repair and alterations as well as jewelry/silver appraisals and impeccable engraving. Unique artisans, preserving a legacy of craftsmanship and old world skills, Miller and Shaheen are the street's restorers.

At 114 South Royal Street, you'll find owner Coddy Eyre inside **Maggie Jane's by Coddy Eyre**, an enchanting, two-story retreat for the senses, filled with luscious vintage-inspired home furnishings, jewelry and gifts – most found and repurposed by Eyre herself. She is Alexandria's own "American Picker." The store, named after her mother Maggie and daughter Jane, seems a natural progression for a young Eyre, who would play dress up in a 1950's tulle-lined prom dress and hold tea parties with her grandmother. She has incredible taste that harkens back to the romanticized, carefree days of our childhoods that live on in our memories.

Maggie Jane's is also the exclusive local distributor of the acclaimed, all-organic CeCe Caldwell Chalk and Clay Paints that are used to revitalize/transform vintage furniture, and Eyre teaches classes in its

application (contact her at 571/643-8293 to register). From white-washed barn doors to shell-encrusted mirrors, cupcake candles to peacock wall panels, you'll find something you adore (on every wall) inside Maggie Jane's. Her prices are incredibly reasonable, and this writer couldn't leave without grabbing up not one, but two of her necklaces. Eyre is the street's re-purposer.

Owner and designer Glen Stone of **Carbon Industrial Design** (carbonindustrial.com) manufactures custom furniture. But his store at 128 South Royal Street is no normal showroom. Stone actively searches for and then salvages old and/or unwanted equipment, beams, gears and other like materials, originally used for another purpose entirely, and essentially "reclaims" them as part of his original Carbon creations that are altogether functional, attractive and downright cool.

Carbon's long and deep display space features such unique objects as industrial-sized water pipes that have evolved into planters – beautiful in their simplicity and massiveness; distressed wood and vintage wheels that come back to life as a dramatic coffee table cart; and gleaming metal roof vents transformed into industrial kitchen light fixtures.

Carbon's clients include both individuals and restaurateurs, who are seeking that sleek mix of wood and metal.

In addition to its reclaimed furnishings, Carbon boasts an impressive collection of huge, vintage original company and product advertising/display signs, such as Stroehmann Bread and Chrysler Plymouth, ranging in price from \$200 to \$4,000 depending on their rarity and condition. But the pièce de résistance are Stone's custom-designed tables with such materials as reclaimed factory butcher block tops and iron machine base legs. No two tables are alike, and each is a genuine work of art. Stone is the street's re-imagineer.

David Gwathmey and Sheera Rosenfeld opened **GRAPE + BEAN** (grapeandbean.com), located at 118 South Royal Street, in 2008, to offer customers exceptional coffees and wines (hence the store's name) from smaller, more-specialized independent producers. Both are hand-crafted agricultural products with many similarities. "Start your day with one, end your day with the other!"

You can enjoy sipping at the cozy coffee/wine bar (as well as dog-friendly sidewalk seating weather permitting), indulge in daily lunch specials Wednesday through Friday, participate in wine classes/tastings (visit their website for more information), or shop to carry home. Their gourmet items also include artisanal cheeses and charcuterie, chocolates and breads. GRAPE + BEAN's popularity has spawned a sister store in Rosemont at

2 East Walnut Street. Both locations possess an air and feel reminiscent of California's wine country and are well-suited to Alexandria's community. Gwathmey and Rosenfeld are the street's purveyors.

Then we come to **Jamie Turner (James D.), Attorney at Law**, specializing in real estate and trusts, located at 124 South Royal Street in the law offices of Thomas, Ballenger, Vogelmann and Turner, P.C. Turner loves this street and has worked at three different addresses here since 1984. "I'm excited to see the revitalization of this street through new proprietors and businesses who contribute to the community growth," Turner stated. (And if you would like to join this block, he has 1,100 square feet of rental space available.) Turner is the street's protector.

Dissolve the centuries, and the buildings look much the same as yesterday – understated, yet active – inhabited by an artist/frame-maker, entrepreneurial visionaries, silversmiths, a stylist, a craftsman, tavern proprietors and a solicitor. Each contributes significantly to sustain and advance their hometown – a few quaint storefronts that define a community, both in its past and in its present. Such is the story of South Royal Street, zip code 22314. Main Street, USA.



The interiors of Carbon Industrial Design, Maggie Jane's by Coddy Eyre, and 529 Kids Consign, from left to right.



## City of Alexandria to Host 20th Annual Alexandria Earth Day on Saturday, April 20

### Water: Every Drop Counts

The City of Alexandria will host the 20th annual Alexandria Earth Day and Arbor Day celebration at Ben Brenman Park, 4800 Brenman Park Dr., on Saturday, April 20, from 10 a.m. to 2 p.m. This year's theme is "Water: Every Drop Counts," highlighted by the third annual Upcycling Showcase. Upcycling is the process of converting waste materials or useless products into new materials. The showcase features students from Alexandria City Public Schools, who will model fashions created from upcycled materials. The showcase will also highlight music, dance, literature and visual arts produced by the students.

Earth Day features City agencies and organizations dedicated to protecting public health and the environment. Explore a new hybrid Trolley and DASH bus, an electric car fueled by energy generated from the Covanta Energy-from-Waste facility, and other green vehicles. Exhibitors will provide environmental educational activities for the whole family, which will evoke the spirit of Earth Day.

Additional activities include the Annual Earth Day Tree Sale; live animal exhibits; the fifth annual Ellen Pickering Award presentation and the Arbor Day tree planting. Also featured will be live music by the earth-conscious band Woven Green, whose debut album was nominated for a Whammy in the pop rock category. Admission is free, food and beverages will be available for purchase.



▼ See UPDATE on page 11



Dale Shymkewich receives Angel of Flight Award.

COURTESY PHOTO

# Arlington Flyer is Angel Flight Pilot of the Year

Arlington pilot, Dale Shymkewich received the Mid Atlantic region's Angel Flight Pilot of the year, as well as Virginia's pilot of the year, at a special celebration on April 18, called "100,000 Angels." Shymkewich was chosen by Angel Flight for his outstanding humanitarian contributions. The nonprofit charity uses the services of volunteer pilots to provide free flights for patients in need who have appointments at distant, specialized medical centers. The event was held at the new Army Navy Country Club in Arlington, Virginia and commemorated 100,000 patient trips accomplished since 1972 in conjunction with Angel Flight's parent organization, Mercy

Medical Airlift.

Shymkewich is a recently retired communications officer for the United States Air Force. Though he never flew for the Air Force, he figured if he was going to spend a lot of time around planes, he should know how to fly one, so in 1991, he earned his wings.

In the spring of 2008, Shymkewich received a postcard in the mail from Angel Flight and was recruited that same spring.

"I enjoy doing it. It obviously helps people out tremendously. I like to fly my airplane but, this is flying doing something worthwhile instead of just flying because I can," he says.

Shymkewich makes it a goal

to fly for Angel Flight at least every other week, but recently he went above and beyond that goal, flying 52 missions in 2012. Shymkewich enjoys the benefits of being able to fly and to see new sights on missions, but most important of all is the benefit to the patient.

"Every mission is memorable. Every mission is unique," he says. "These patients are just people who are seeking treatment for their unfortunate situations."

With the slogan, "the shortest distance between home and hope," Angel Flight serves ambulatory patients of all ages, with medical conditions ranging from rare diseases to burns

to cancer. In this suffering economy, patients often lack the financial means to pay for long-distance transportation.

Many of the volunteer pilots donate time and energy by remaining just a phone call away. They provide the aircraft, owned or rented, while handling all accompanying expenses, such as fuel and any necessary maintenance.

With over 680 volunteer pilots, Angel Flight Mid-Atlantic, in 2012 alone, averaged 85 flights every month. Last year, Virginia pilots completed 197 missions in coordination with Angel Flight, representing a public benefit.



## Zebra Hires Sales Director

Bryant Mercer joins the staff of the now three-year old Zebra (circulation 30,000) as its new Advertising Sales Director. Bryant is a seasoned sales professional with an extensive newspaper and corporate background in customer brand development and advertising campaign management. Bryant has three children and is a native Arlingtonian.



PHOTO BY STEVE HALPERSON

## Alexandria's 2013 Living Legends

Over 250 people attended the reception honoring the 2013 Living Legends of Alexandria on March 21st at the Patent & Trademark Office. Shown in photo are

the 2013 Legends: Willie F. Bailey Sr., Kathryn A. Brown and Marlin G. Lord, Rosa E. Byrd, Elizabeth Chimento and Poul Martin Hertel, Joe Guiffre, Thomas

Young "Jay" Johnson Jr., David M. Martin, Richard E. Merritt, Joann E. Miller, Lonnie C. Rich, William "Bill" Rivers and Lewis A. Stearman.





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Tina Moultrie poses with her winnings, April 16, 2013.

PHOTO COURTESY OF VIRGINIA LOTTERY

# Alexandrian Wins Big

Wythe Street resident Tina Moultrie won the \$2 million top-prize of Virginia Lottery's "Millionaire Mania" scratcher ticket, the lottery announced April 16 on its website.

Moultrie purchased her winning ticket at Alexandria Shell located at 1600 Mount Vernon Ave. She returned to the store on Tuesday to receive her prize from lottery officials. A family friend won the game's \$500,000 second prize in early April, so Moultrie decided to give the game

a shot. A week later, she became a millionaire.

Moultrie told Virginia Lottery she hopes to buy a new house with her winnings and help her daughter, who is in college. She chose a one-time cash option of a little more than \$1.5 million before taxes instead of a \$2 million payout over 25 years.

Alexandria Shell received a \$10,000 bonus from Virginia Lottery for selling the winning ticket.

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“

“I hope you’re pleased with yourselves. We could all have been killed – or worse, expelled. Now if you don’t mind, I’m going to bed.”

– Hermione Granger,  
*The Sorcerer’s Stone*



# More Than Just a Garden Center



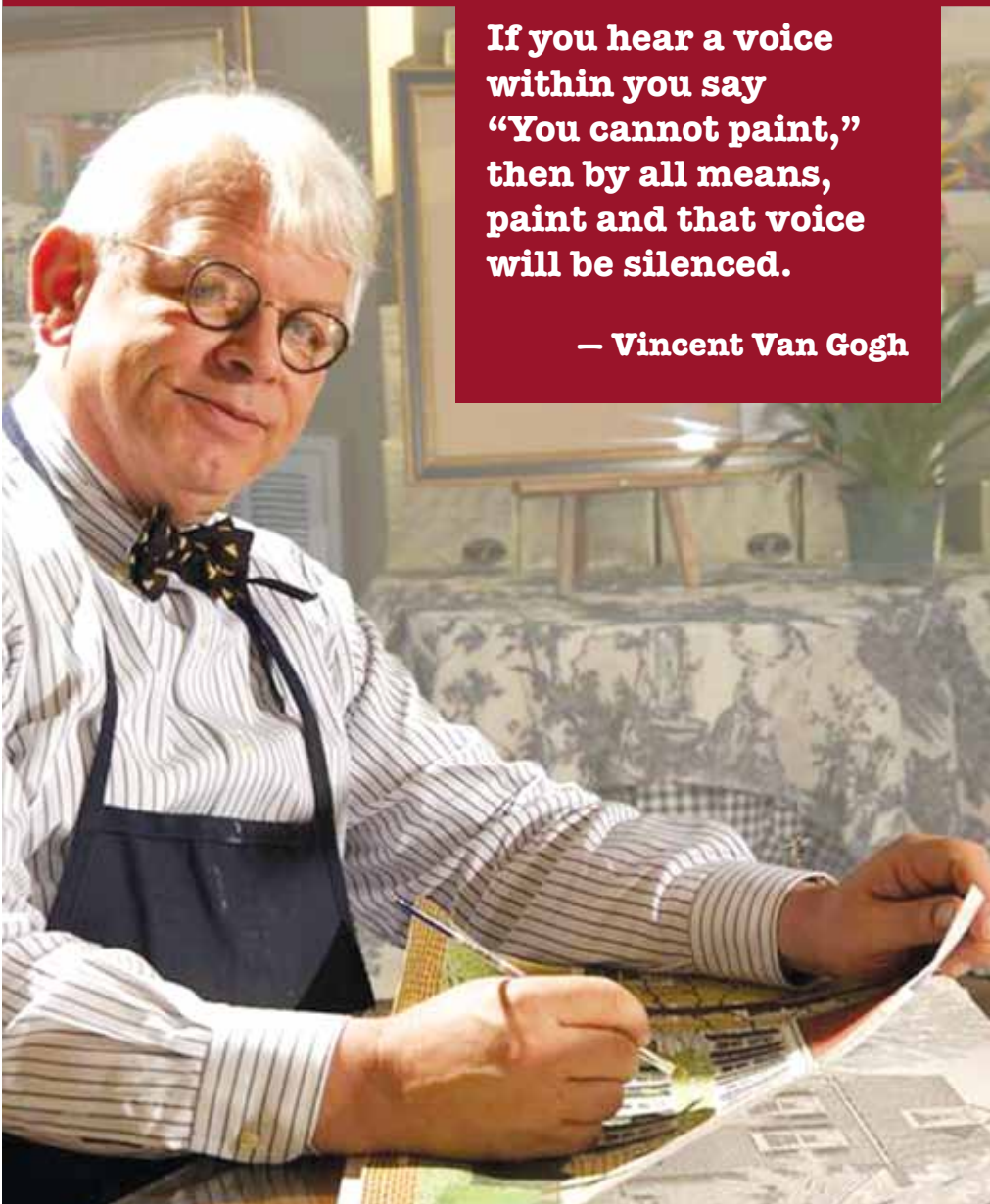
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**— Vincent Van Gogh**

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## Inmates Earn GEDs

On Thursday, March 21, Sheriff Dana Lawhorne and his staff hosted a special ceremony to honor the educational accomplishments of 14 inmates at the William G. Truesdale Adult Detention Center. Guest speaker Pastor Louis Whiting of My Father’s House Christian Ministries addressed the graduates, inmates and staff, and shared his thoughts on faith and conflict. Sheriff Lawhorne also recognized Chief Deputy Tony Di Cesare, chief of the Inmate and Support Services Bureau, who is retiring this month after 30 years of dedicated service.

Education coordinator Krista Sofonia then presented six inmates with Certificates of Achievement for passing their

General Educational Development examinations. Nadia Ahmed, Billclinton Bonanjah, David Flowers, Jalen Ford, Jonathan Fuentes and one inmate who did not want his identity published wore caps and gowns and were cheered by family members attending the ceremony. Another inmate who was released before the ceremony also passed his GED exam. Ms. Sofonia acknowledged the work of GED volunteers, including Mellisha Bedminster, a graduate student at Marymount University who is currently doing an internship at the Detention Center.

Seven other inmates donned chef’s hats as they were recognized for earning their ServSafe® Food Protection Manager Certi-

fication, a locally and nationally recognized certification which will make them more competitive candidates for restaurant and food service employment opportunities. The eight-hour program, administered by ORS Interactive of Falls Church, covered food safety regulations and concepts, including time and temperature control, preventing cross-contamination, cleaning and sanitizing, safe food preparation, receiving and storing food, and methods of thawing, cooking, cooling and reheating food. Officials from ORS joined Sheriff Lawhorne in congratulating Matthew Booker, Michael Gibson, Walter Gomez, Eric Parks, Fernando Payne, and two other inmates who did not want

their identities publicized. Some of these inmates are already working in the Detention Center cafeteria.

In 2012, 18 inmates passed their GED exams and ten earned their ServSafe® certifications.



Inmates who earned their GEDs were honored during a ceremony at the Adult Detention Center. (l-r: Jonathan Fuentes, David Flowers, education coordinator Krista Sofonia, Sheriff Dana Lawhorne, Jalen Ford, Billclinton Bonanjah and Nadia Ahmed.)

COURTESY PHOTO



Helen Hayes Award Winners Bobby Smith and Nataschia Diaz in MetroStage production of Jacques Brel’s *Alive and Well* and *Living in Paris*  
PHOTO BY CHRIS BANKS

## MetroStage Takes Home Helen Hayes Awards

The April 8th Helen Hayes Awards Gala at theatreWash- ington was a superb night for Jacques Brel. Not only was it Brel’s birthday, but also Alexan-

dria’s MetroStage was honored by receiving three Helen Hayes Awards for its production of Jacques Brel’s *Alive and Well* and *Living in Paris*. Director Serge

Seiden won as Outstanding Director in a Resident Play and Lead Actor and Actress Bobby Smith and Nataschia Diaz took the top award as well.

### Alexandria Resident Lynn Sauls Publishes First Children’s Book

*Rooftop Rascals* is a touching true story of a raccoon family in Old Town as told and illustrated by Alexandria resident Lynn B. Sauls. Published in March, it is available through

amazon.com for \$9.99. Children will delight in hearing this heartwarming adventure before bedtime.



## Ilse van Goth Delves Into the Spirit of Survival

Alexandria resident Ilse van Goth is receiving much acclaim for her book, *Five Lives: The Spirit of Survival*, which recounts war time memories as seen through the eyes of children. Can you imagine living through daily Allied air raids in WWII as a young child? Can you picture those bombing raids replaced by Russian occupation and living behind the Iron Curtain? It was the reality of an entire genera-

tion. Join Ilse, her brother, sister and cousins as they take you on their personal journey. Through their childhood stories witness first-hand the trials and tribulations, and the joys and the sorrows of growing up, where growing up meant less about celebrating birthdays and more about surviving daily life lessons. Most importantly, you’ll discover evidence that the human spirit can triumph over unspeakable odds.





# CITY UPDATE:

▲ from page 6

## AT&T Expands Alexandria 4G Coverage

As part of its continuing network investment and ongoing 4G LTE rollout, AT&T\* has upgraded an mobile Internet cell site in Alexandria along King Street near the metro station to expand AT&T 4G LTE coverage for area residents and businesses.

AT&T launched its ultra-fast 4G LTE network in Washington DC and Northern Virginia in October 2011. The new cell site is one part of AT&T's ongoing efforts to expand 4G LTE coverage and to drive investment and innovation to deliver the nation's best, most advanced mobile Internet experience for customers. From 2010 to 2012, AT&T invested more than \$825 million in wireless and wired network upgrades in the greater Washington DC area.

"Our goal is for our customers to have an extraordinary experience, and they'll be able to download, upload, stream and game faster than ever before on our 4G LTE network," said J. Michael Schweder, president of AT&T Mid-Atlantic. "As part of the Alexandria community, we're always looking for new opportunities to provide enhanced coverage, and our investment in

the local wireless network is another way we're accomplishing that."



## DASH Board Approves 10¢ Fare Increase and more

The Alexandria Transit Company (ATC) Board of Directors has approved a 10¢ increase in the base fare from the current \$1.50 to \$1.60, a \$5.00 bump in the price of the deeply discounted monthly DASH Pass from the current \$35.00 to \$40.00, and the elimination of the peak period AT1 extension along Eisenhower Ave and the Saturday extension between Eisenhower and King Street Metro, via Carlyle. The City is proposing reductions in Transportation Improvement Program (TIP) funds that could impact the frequency of the King Street Trolley, from 15 minute to 20 minute service. ATC is concerned about the reduced headways of the trolley, as the popular service is at capacity much of the spring, summer, and fall.

ATC will be receiving an allocation of TIP funds for service expansion and improvements, including:

- A new AT9 crosstown route that will operate between the Mark Center and Potomac Yard. ATC has asked Arlington County if the new DASH route could serve the Shirlington Transit Center. An official answer is expected soon, although the concept was well received.
- The AT8 weekday peak period service will increase frequency to every 10 minutes between Landmark Mall and the King Street Metrorail Station;
- The AT8 weekday midday service will increase frequencies to every 30 minutes along the entire route;
- The AT10 weekday service will increase service hours and end approximately an hour later and Saturday service will start approximately an hour earlier and end an hour later.



Easter Bunny and hospital staff

COURTESY PHOTO

## Sheriff's Department and Easter Bunny Visit Alexandria Hospital

Alexandria Sheriff Dana Lawhorne and members of his office accompanied the Easter Bunny, portrayed by Winchester Sheriff Leonard Millholland, to Inova Alexandria Hospital on Wednesday, March 27, for the Office's annual visit. Carrying a basket of stuffed bunnies adorned with hearts and the printed message "Some Bunny Loves Me," Deputy Valarie Wright, Latoscha Pierce and Tiffany Searcy helped the Easter Bunny spread cheer to

patients, visitors, staff and volunteers. The Inova Alexandria Hospital bunny visit is a highlight for the Alexandria Sheriff's Office, which began partnering with Sheriff Millholland in 2009 in this joint community service project sponsored by the Easter Bunny Foundation, a nonprofit organization whose mission is to provide a personal visit and a toy from the Easter Bunny during the week of Easter to children in hospitals.

“

**"If you want something said, ask a man; if you want something done, ask a woman."**

– Baroness Margaret Thatcher, Former British Prime Minister

”

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# Still in the Game

BY LAURIE CHESBROUGH

As a personal stylist most people assume that I can't resist pouncing on every fashion disaster I see on the street. Not at all.

What I can't resist is acknowledging someone who has that special "Style Synergy", a personal style that defies age and keeps me wanting to see what they'll put together next. The person exudes self confidence, beauty, and warmth. They're secure in their own skin and leave a lasting impression. That's precisely how I felt the first time I met 65 year-old Kathy Miller of Alexandria.

Miller is the Senior Vice President of Agency Services with Summit Marketing in Arlington, Virginia. Her job is a hybrid of client services, sales, writing, and working as a creative director. She's spent three decades on the agency side and is very in-tune with the importance of relevancy in the workplace. Miller says, "In my line of work, the company and client expect you to be on your game creatively and have a flair for the dramatic...you have to keep up. You have to be bold and have tons of energy. Looking good and feeling pulled together is a must."

Kathy attributes the shaping and success of her "funky, functional" style to her mother's practicality and her Aunt Emma's avant-garde approach to style. "Mother told me to start with the basics; buy classic pieces in beige and grey and build around it." Miller's funky side was inspired by her aunt. "I couldn't wait for Aunt Emma to visit so I could see what she was wearing and her hair color of the week. She had the wildest hairpieces and plenty of furs. She always looked fabulous!"

Miller does have some challenges. Long arms, a short waist, and long legs make

finding the perfect fit a bit difficult. She goes for well-made pieces that fit her shape and suit her style, and she doesn't care where it's purchased from as long as it meets her criteria. While her closet does have a piece or two of grey and beige, most of her wardrobe consists of an array of styles in her favorite color black. She notes that she never has followed the color wheel. She adds contrast with unique jewelry, scarves, and wraps. She loves shoes and today her closets are filled with comfortable but sassy lower heeled pumps and wedges.

How has Kathy evolved into a 60-something professional with style and energy? Miller reflects, "I must have reinvented myself 25 times. Five years ago, I made a career move from Atlanta to Alexandria. I met fabulous new friends and accomplished career goals I never thought possible. I'm not saying it's all been easy, but I wanted to prove to myself that I could do it and I did. As we get older, it's important to try new things. If you're in a rut, seek the advice of a professional personal stylist, hair stylist, or makeup artist. The experience of being in this article and photo shoot for The Zebra has been a real confidence booster, and I've gotten some great advice which has added more flare and style to my look. We owe it to ourselves to keep growing and improving and looking fabulous at any age."

I'm styling more and more women these days who are concerned with keeping their job status rather than vying for promotion. Their concern is warranted; with current budget cuts, downsizing, and furloughs, you absolutely need to maintain your relevancy in the workforce for a longer period of time. The new ideal average age for female retirement is 67. Presenting and showcasing yourself in the best possible light are important components in maintaining staying power and being remembered. I like to remind my clients that while you can't compete with youth, you can stay 10 steps ahead of it and Kathy Miller knows that path.







# HILLARY'S HAIR TIPS

Hair stylist Hillary Kellett of Urban Halo Salon in Clarendon liked Kathy's overall hairstyle and had a few helpful suggestions to help create different looks with her short hairstyle that fit her personality. For Kathy's gown glam look, Hillary went with a classy and clean look. The sides were sleeked with gel, the top was bent back for fullness, and the bangs were pulled to the front. For the swing coat/going out look, Hillary tightened up the neckline and fringed out the hair. A funky look for the leather jacket and jeans was achieved by blowing out the hair and adding a texturized pomade to piece out the bangs. For those of you concerned with crow's feet or don't like your forehead, Hillary suggests using a styling product and pulling the bangs and hair forward. Hillary offers one more piece of advice; "Work with your stylist to choose a hair style that showcases your personality, not just your age."

**If you'd like to be considered for a style revival contact Laurie Chesbrough at the Zebra, [laurie@thezebra.org](mailto:laurie@thezebra.org).**

## PERSONAL STYLIST

Laurie Chesbrough  
[lauriechesbrough.com](mailto:lauriechesbrough.com)  
440-742-0328

## HAIR

Hillary Kellett  
[urbanhalosalonarlington.com](http://urbanhalosalonarlington.com)  
703-527-HALO

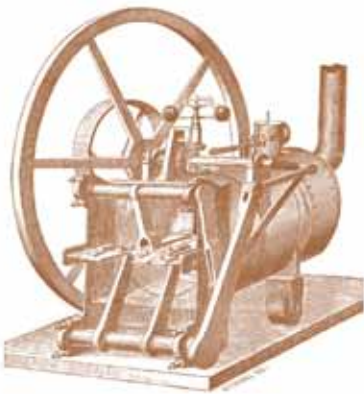
## MAKEUP

Susan R Vazquez  
Mac Makeup artist  
Available for Wedding/photo  
shoots/special events/  
personal classes  
[Butterfly311\\_7@hotmail.com](mailto:Butterfly311_7@hotmail.com)  
626- 483-4645

## PHOTOGRAPHY

Greg Knott  
[greg@gregknott.com](mailto:greg@gregknott.com)  
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# Spring Revival!

1. **Clear off and Clean out.**

Clutter builds up on even the best of us. I like to change seasonal accents around my home and this forces me to conquer clutter every few months – and that prevents it from getting totally out of control – ever! Table tops (especially the ones near doors) counter tops, kitchen islands, bay windows – wherever things tend to congregate in your house. Get it all off – and clear.

2. Now you have lots of space for a splash of **Spring accents.** Start some bulbs in containers you love; pottery, copper pots, ceramic bowls... it doesn't have to have drainage holes, if you carefully place stones in the bottom. A long, shallow container planted with – of all things – *just grass seed* can be fun and actually kind of cool... in a Zen sort of way!

3. **Get the Light Right** – If you haven't switched your switches to dimmers – now's the time. Many designers think they're wonderful! Bright light for work, medium for dining, dim in the

evening for relaxation and gearing the family down on the way to bedtime.

4. **Neaten up** – Cables and cords and plugs; they hide behind things in corners and multiply, don't they? Makes me nuts. Ideas: Go underground.

It is really quite easy to run a cable through a discreet hole in the floor – under your floor (in the basement or cellar) and back up emerging where you need it to. Almost everything is available in super-long lengths: printer cords, TV cables, computer lines, etc. Or hide them – also a simple deal to gently pry your base molding off, hide a line (especially thin ones like telephone lines) and press it back in place. If you're lucky, the nails don't even come all the way out. If you have to add new finishing nails, obviously make sure you don't pierce thru the wire you're hiding. Or call in the pros.



5. **Fabulous your Fabrics!** Very little time and money but such huge improvement! New covers for pillows, cushions, dog beds and duvets. Fresh sets of towels and sheets, and everything looks new and vibrant for the new season.

6. **Paint something! OK, paint ANYthing!** But make it a jaw-dropping spring color. The bigger your paint project, the more you'll feel like you're in a brand new glorious space. One accent wall is a great way to go. Whole room? Even better!

There are many gadgets now for wrangling cables, etc.



Not up for it? Try one wicker chair or a dresser or a who-knows-what flea market find. What color? Look to the garden... my vote: Tangerine is Queen!

7. **Counter Attack!** Stage that kitchen like a pro! Appliances and gadgets must get gone! Rearrange as necessary to hide them in cabinets. Adding an electrical outlet inside the cabinet helps a lot. See how the outlets above stand out? Can be easily changed! Best bang-for-your-buck? New cabinet hardware! Go sleek, go rustic, go fanciful. Wish you could go totally extravagant? Sell the old ones on ebay and offset the cost!

8. If you have allergies like my family, ditch the wall-to-wall carpeting. Aren't we kind of "over" all this carpeting? Pull it up and toss it. You may have great wood flooring under it. If not, switch to a solid surface flooring; so much easier to clean, and more hygienic, it even makes the room appear larger. Add a few throw rugs or runners.... easy and inexpensive to change as the seasons do! Happy Spring!

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



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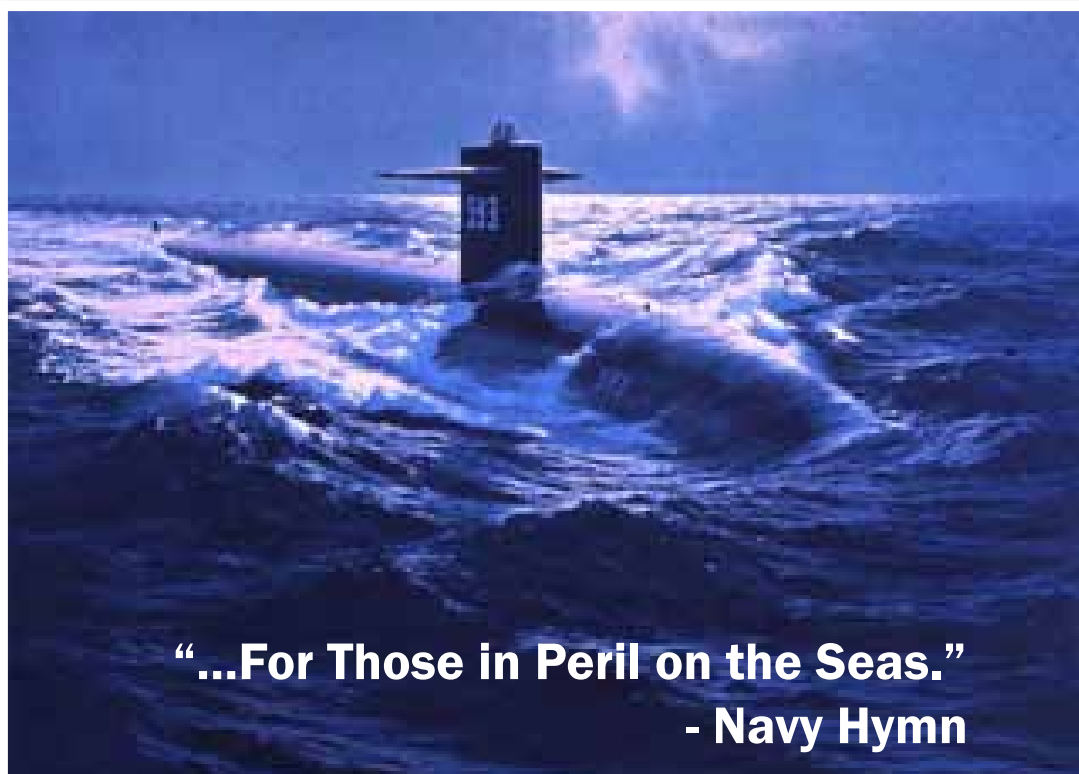


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**“...For Those in Peril on the Seas.”  
- Navy Hymn**

I remember it was a beautiful Spring day at the Naval Academy in April 1976.

April in Annapolis is almost inspiring as what we Midshipmen used to call the ‘Dark Ages’ – that dismal time after Christmas Leave through Spring Break – gives way to Spring. I was

a Midshipman Second Class – a Junior to you civilians out there – and a group of us had just settled into our seats. The class was Electrical Engineering or ‘wires’ in Academy parlance – and our class leader called us all to attention as Professor Glenn ‘Lucky’ Leydorf entered. He earned the name ‘Lucky’ from the Midshipmen because of his reputation for having the largest contingent of Navy Varsity football players in his classes and his ability to get them all over the goal line so-to-speak. He wasn’t easy, but he had the unique ability to make the course understandable to the less electronic savvy amongst his flock. I was fortunate to have registered for his class and thought I had died and gone to heaven when I surveyed the class and recognized many of my contemporaries were veterans of the gridiron. I didn’t play football for Navy. I just happened to luck into ‘Lucky’ Leydorf’s class roster.

This particular April day was different. Professor Leydorf’s usual bounce-shuffle was gone. His mirthful smile was replaced with a stern and soulful look. The normal twinkle of a professor about to dazzle his charges with electrical magic was simply not there. Instead of the enthusiastic ‘Very Well’ in response to our class leader’s report of ‘all present or accounted for,’ he just sat down at his desk in front of the class -- stone quiet.



ON WATCH BY MARCUS FISK

The roomful of exuberant and normally effervescent 20-somethings immediately sensed something was wrong. This wasn’t the Professor Leydorf that we knew.

Finally, he rose and stood there, his right hand resting on the textbook. After what seemed like an eternity, he spoke.

“Twenty six years ago, Wes Harvey sat in those exact seats you are in right now. Ever since he died, I have asked myself, ‘Was there something I could have taught him that would have helped him save his ship? Was there something I missed telling him that could have saved him?’”

To a bunch of wannabe Naval Officers, this is like a depth charge in the room. Not a jovial, post-adolescent, soul stirred.

After a few more seconds of deafening silence he continued.

“Wes Harvey was the Commanding Officer of the USS THRESHER (SSN 593) when she went down thirteen years ago. He was my best student.”

Lieutenant Commander John Wesley Harvey was a fast-tracker in the Navy. The epitome of the warrior-scholar, he played on the Navy Varsity Football team where he wore a special chain-like device to keep an injured shoulder in place to allow him to play despite the injury. No academic slouch, he majored in Electrical Engineering and graduated 8th in his class in 1950. He spent three years on the USS NAUTILUS (SSN 571) the Navy’s first Nuclear Submarine as the Reactor Control Officer and made the famous cruise under the North Pole. He also appeared on NBC’s television show ‘Concentration’ and won \$4,500, a 1959 Ford Galaxie Skyliner hardtop convertible, and tickets to the Broadway Musical ‘My Fair Lady.’ When he assumed command of THRESHER as a Lieutenant Commander he was the youngest Commanding Officer in the Navy at 35.

The Navy has built over 200 nuclear submarines and its safety record is enviable, having lost only two submarines since 1957 – THRESHER in 1963 and SCORPION in 1968. To date however, THRESHER is the most deadly submarine tragedy in history.

Harvey, his crew of 108 Officers and men, and 21 civilian technicians went to sea on that fateful day 50 years ago to conduct a series of tests after the ship’s overhaul. Along with the THRESHER was USS SKYLARK, a Navy submarine rescue ship that accompanied ship’s during sea trials. The tests were proceeding well when THRESHER went to ‘test depth’ to check the response of its newly overhauled onboard systems. It was somewhere after 9 AM that an electrical ‘bus’ failed and the main coolant pumps caused a reactor ‘scram’ or a shutdown of the nuclear reactor. With the reactor shut down the ship was unable to ballast itself to give it enough lift to re-surface. The last words transmitted from THRESHER to SKYLARK were ‘minor difficulty’ followed minutes later by ‘900.’



USS Skylark (ASR 20)

▼ See WATCH on page 17

## ARTIST PHOTOGRAPHER GREG KNOTT



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Lieutenant Commander John 'Wes' Harvey USN.  
Commanding Officer USS THRESHER (SSN 593)

▲ WATCH from page 16

This meant that the garbled transmission put THRESHER at a depth of over 2,200 feet. Operators on the SKYLARK said they could hear the eerie sound of the hull collapsing, killing her crew in milliseconds under intense pressure. THRESHER went to the ocean floor at 8,400 feet with all souls onboard.

My wife and I were in New London, Connecticut last month on a house-hunting trip. The New London-Groton area is the home of the US Submarine Force. Although I spent my career as a surface officer or a ship driver, I always had a huge respect for submariners. I stood on the shore of the Thames River in the late afternoon and watched as an Attack Submarine quietly slid down the Thames on its way to its patrol area. It took me back to that April day, Professor Leydorf about his prize student, Wes Harvey, and that most precious and precarious of gifts -- *Life*.

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

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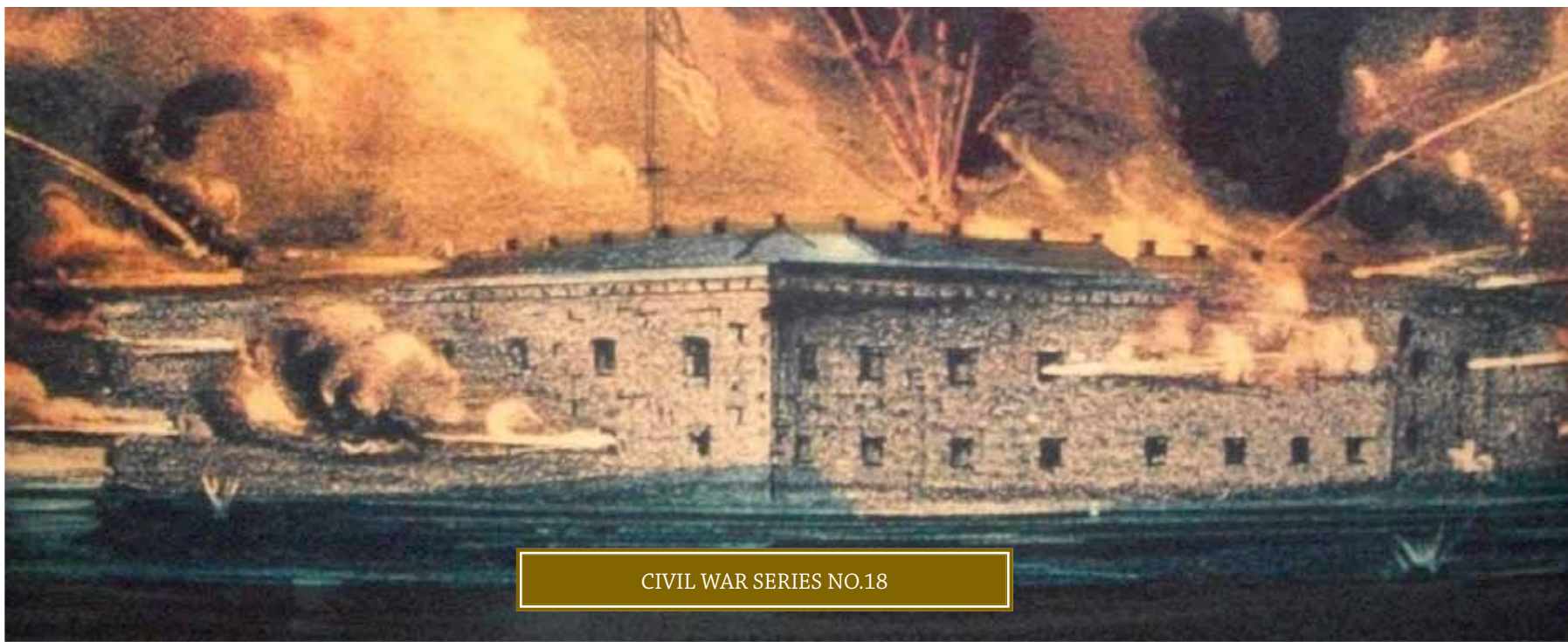
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CIVIL WAR SERIES NO.18

Fort Sumter is fired upon by a flotilla of ironclad ships.

COURTESY ARTWORK

## April 1863 — A Month of Soirées and Sea Fare

BY CHUCK HAGEE

April 1863 marked the commencement of the third year of the American Civil War. And, it was taking its toll both above and below the Mason Dixon Line on the body politic.

The North, and most particularly U.S. President Abraham Lincoln, was discouraged by a war that seemed never ending. The Confederate States of America had proven more resilient and far better led, militarily, than Washington had anticipated.

Lincoln was forced to initiate the U.S.'s first draft order due to the dwindling ranks of military volunteers. But, even this proved ambiguous because for \$300 one could "buy their way out" of military service.

In fact, discontent had become so systemic that Union General Ambrose Burnside issue General Order 38 on April 13. It stated that, "anyone found guilty of committing acts for the benefit of the enemies of our country will be subject to execution."

In the South, the economic sanctions instituted by the Federal government were having more impact than military ac-

tions on the battlefield. On April 2, 1863, the Confederate capital of Richmond, Virginia, saw the first of several citizen riots due to lack of food and fear of potential starvation.

The "Bread Riots" began with mobs pouring into the streets looting stores and particularly food markets. They were calmed only after Confederate President Jefferson Davis personally addressed them and then reached into his pockets and threw his personal money into the crowd. However, they still had to be dispersed by local police joined by Confederate military.

Then on April 22 unrest throughout the South was exacerbated when the comprehensive "tax-in-kind" passed the Confederate Senate. It required that "10 percent of everything produced or grown" by the people of the Confederate states be given to the Confederate government. The price of war and session had finally arrived on the door step of every southern household.

As far as battles went they were primarily confined to two significant confrontations – and both could be listed as questionable Confederate victories. Neither was much of a battle – one land and one sea. However, the latter ushered in the U.S. Navy's significance as a major military force.

It all commenced on April 7, 1863, when a fleet of nine Union warships, then known as "Iron-clads," sailed into Charleston, SC, harbor to attack Fort Moultrie and Fort Sumter. The battle was engaged more for symbolic reasons than strategic military purposes in that Sumter was where the Civil War was initiated two years earlier, April 1, 1861.

Known as the First Battle of Charleston Harbor, the Union flotilla was under the command of Rear Admiral Samuel Francis

Du Pont. It consisted of seven Passaic class ironclads that were improved models of the original USS Monitor, the powerful battle wagon New Ironsides, and an experimental warship known as ironclad Keokuk.

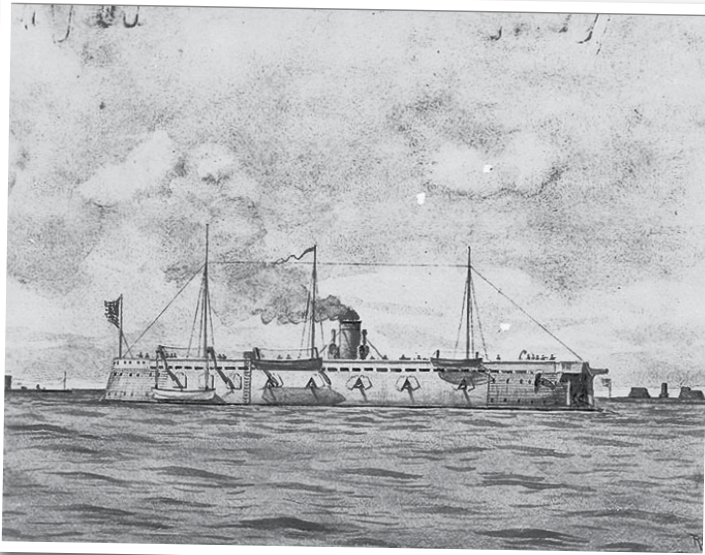
Confederate defenses consisted of heavy gun placements in the two primary forts plus a harbor laced with "torpedoes." The latter was the term used for what we now call mines. Many were large and packed with enough explosive power to literally rip a vessel to shreds. Even the iron-clads, which could sustain heavy strikes from shore cannons, feared the lurking torpedoes below.

The U.S. Navy saw this battle as a potential opportunity to raise their status in relationship to the U.S. Army and change the face of warfare overall. However, what they did not calculate was Mother Nature and the impact of the tides on the cumbersome, heavy ironclads coupled with the fire power of the Confederate fortresses.

The ironclads proved to be better at defense than offense and their cumbersome maneuverability was far too dependent on the ebb and flow of the tides and currents. As a result, their attack mode within Charleston Harbor was delayed by hours and they then were forced to withdraw after only two hours of battle due to receding waters.

The North's other miscalculation of the harbor battle was the Confederate commander in charge – General P.G.T. Beauregard. His intimate knowledge of Fort Sumter, which he had commanded previously, as well as the surrounding waterways and land terrain proved to be invaluable in halting the Union attack fleet.

Fortifications around and throughout the harbor were more than capable of repelling any enemy attack from the



The USS New Ironsides, Rear Admiral du Pont's flagship during the 1st Battle of Charleston Harbor in April 1863.

COURTESY US NAVAL HISTORY CENTER

sea. There were several defense rings of various forts and batteries just awaiting a sea attack buttressed by others positioned to guard against a land attack. In all, Charleston had nearly 400 land-based large cannons ready for whatever came their way from land or sea.

In addition, there were the floating torpedoes and a commitment by Beauregard to Charleston city government that if all else failed the city would be defended by hand-to-hand combat street by street. However, that worst case scenario never came close to materializing.

Du Pont was prepared to attack on April 5 but weather conditions caused a postponement. The same occurred on April 6. Then in the afternoon of April 7 the haze lifted and the attack commenced.

Nearly two hours elapsed between the order to attack and the firing of first shells. Complicating the mission was the difficult maneuverability of the ship in the shallow waters and the strong currents. The New

Ironsides was forced to anchor and Keokuk took 90 hits that caused her to sink the next day.

When this watery war dance finally ceased the Confederate troops had fired off 2000 shots to the Union warships' 154. More importantly 520 Confederate shells found their target while only 55 shells from the Union ships hit Fort Sumter.

Armor on the ships prevented any heavy loss of life or injuries to the crews but the ships suffered enough heavy damage that they disengaged. When the battle smoke cleared the Union armada had one killed and 21 injured. In the forts the Confederates suffered five killed and eight wounded.

Adding insult to injury the Keokuk sunk in the shallow water of the harbor leaving her quite visible. Under the darkness of night Confederate forces got to her and stripped two 11-inch, 280 mm guns which then became part of their land de-

▼ See CIVIL WAR on page 19



An illustration of the Richmond Bread Riot that appeared in *Frank Leslie's Illustrated Newspaper* May 3, 1863.

COURTESY ARTWORK



fenses.

April didn't end much better for the Union forces on land than it had commenced. On April 30 Union Major General Joseph Hooker initiated the week-long Chancellorsville Campaign in Virginia's Spotsylvania County. It ended on May 6 with total casualties of 24,000 – US 14,000 and CS 10,000.

Overall, the forces engaged on both sides totaled an estimated 154,734 with Union forces outnumbering Confederate troops by nearly two to one. It faced off the military expertise of Confederate General Robert E. Lee and Thomas J. “Stonewall” Jackson against Union Major General Joseph Hooker and The Army of The Potomac.

Over the week long siege of attacks and counterattacks, flanking movements and counter flanking movements, both sides lost valuable personnel including four generals – two on each side. Union Generals Berry and Whipple and Confederate General Paxton all died in battle.

Confederate General Jackson was wounded by his own men during a raid and was carried from the field of battle. He died later of his wounds and was replaced by Gen. J.E.B. Stuart who took temporary command of Jackson's command.

Although some Civil War historians consider the Battle

of Chancellorsville to be a great victory for General Robert E. Lee, it primarily proved to be a draw with no significant plus or minus by either the Blue or the Grey. Hooker went back across the Rappahannock on the night of May 5-6 and Lee returned to planning for his coming soirees above the Mason Dixon Line.

Perhaps the only highlight President Lincoln could look to during April 1863 began on the 17th of that month when Union Colonel Ben Gier- son and his troops made a daring raid deep into Confederate territory. For 16 days he and 1700 Union cavalry troops traversed more than 600 miles of southern landscape.

Although the venture didn't produce much in the way of military accomplishments it became a Union Army legend. As with any war, some of the greatest and most lasting tributes can be attributed to morale and folklore rather than the battlefield.

As President John F. Kennedy would point out many years later, “Without belittling the courage with which men have died, we should not forget those acts of courage with which men have lived. To be courageous requires no exceptional qualifications, no magic formula, no special combination of time, place and circumstance. It is an opportunity that sooner or later is presented to us all.”

So it was to Colonel Ben Gier- son and his cavalry. They merely seized the “opportunity.”



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# Kathleen Fitzpatrick Wins Outstanding Teacher Award

Alexandria City Public Schools announced the selection of Kathleen Fitzpatrick, an art teacher at the Northern Virginia Juvenile Detention Home School as a 2013 Agnes Meyer Outstanding Teacher Award recipient. “We are very fortunate to have Kathleen in ACPS,” said Dr. Morton Sherman, superintendent of schools. “Going into her classroom is always an inspiration to me. She is so deserving of this award.”

Fitzpatrick has been a teacher for nine years and has been with ACPS since 2003. She holds a master’s degree in education from the University of New Mexico and a bachelor’s degree in fine arts from Clarion University of Pennsylvania. She first joined ACPS as an art teacher at William Ramsay Elementary School before a two-year stint at the American International School in Cairo, Egypt.

She started teaching at the Northern Virginia Juvenile Detention Center in 2006 and has developed an art curriculum and an innovative afterschool program fusing art, meditation and yoga to help students chan-

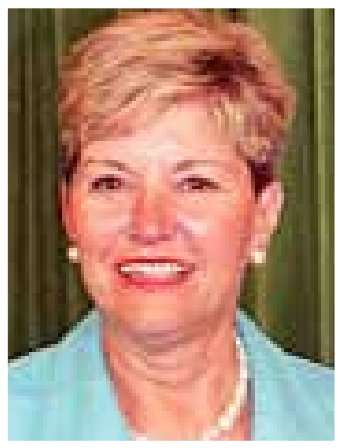
nel their energies in a positive manner. Given the nature of the Detention Home School, Fitzpatrick’s teaching methods and positive engagement with students prompted her nomination to the award with cheerful letters of support from students and colleagues.

“She’s affectionately known as ‘Ms. Fitz’ around here,” said Detention Home School Principal Julie Crawford. “When I stop by her classroom each day I see students hard at work on a variety of projects and not wanting class to end. The students also make a point of asking if their artwork has been added to their personal belongings when they leave,” said Dr. Crawford.

The prestigious Agnes Meyer Award is presented annually to one teacher from each Washington, D.C., metropolitan area school district. The teaching award is designed to highlight excellence in teaching, encourage creative instruction and contribute to the improvement of D.C.-area education. Each winner will receive a \$3,000 prize at a ceremony in May.



Art teacher at the Northern Virginia Juvenile Detention Home School, Kathleen Fitzpatrick, a 2013 Agnes Meyer Outstanding Teacher Award recipient. COURTESY PHOTO



GW 2 Middle School Principal Linda Whitfield

## Principal to Retire

George Washington 2 Middle School Principal Linda Whitfield has announced that she will retire at the end of this school year. She joined ACPS in July 2009 and has served as George Washington 2 principal for four years. Whitfield’s 36-year career in middle school education also included work in Athens, Ga., and Fairfax County.

“I join our community in wishing Ms. Whitfield the very best in her retirement,” said ACPS Superintendent of Schools Morton Sherman. “We all thank her for her years of service to ACPS.”

Whitfield told GW2 parents of her decision in a letter dated March 21. “I want to share with you that after 36 years of working with middle school students and staff, I have decided to retire at the end of this school year. “My career has allowed me to experience many facets of education. I began my teaching career in Athens, Georgia. After relocating to Virginia, I served in several capacities including teacher, assistant principal, associate principal, principal, central office administrator and finally, before coming toGW2, Director of Middle School Curriculum in Fairfax County. The “school business” is a challenging but rewarding field of work. I never really wanted to do anything else. Working with young people, watching them grow and develop into young men and women is a wonderful experience and has given me many treasured memories.”



Samatha R. Williams

## T.C. Williams Senior Named 2013 National Achievement Scholar

Samantha R. Williams, a senior at T. C. Williams High School, has been named a 2013 National Achievement Scholar. Samantha is among approximately 800 outstanding black American high school seniors who have won Achievement Scholarship® awards of \$2,500 through the National Achievement Scholarship Program. The National Merit Scholarship Corporation announced the winners today. These awards, totaling more than \$2 million, are financed by grants from 34 corporate organizations and professional associations and by National Merit Scholarship Corporation.

Samantha was recently accepted to Stanford University. She is an accomplished

singer who plans to study music during college and ultimately hopes to become a professional opera singer. She is also a Scholar-Athlete having played varsity soccer and she is president of the award-winning T. C. Williams Advanced Choir. Samantha recently performed with the choir at the Atlanta Heritage Music Festival where the group received a Gold-Superior Award and an invitation to perform at Carnegie Hall in New York City next year.

“Congratulations to Samantha for her exceptional achievements and this well-deserved recognition,” said Alexandria City Public Schools Superintendent Morton Sherman. “I am very proud of her.”

## Bishop Ireton High School Announces Senior Finalists in the National Merit and National Achievement Scholarship Programs

Bishop Ireton High School senior Anna Rapp has been named a finalist in the National Merit Scholarship program. Anna will attend the United States Military Academy in the fall. According to the National Merit Scholarship Corporation, the nationwide pool of finalists represents less than one percent of U.S. high school seniors. Anna will receive a \$2500 scholarship underwritten by the National Mer-

it Scholarship Corporation.

Senior Tamra Nebabu has been named a National Achievement Scholar. Tamra will attend Massachusetts Institute of Technology in the fall. Tamra is among approximately 800 outstanding black American high school seniors nationwide who have won Achievement Scholarship® awards of \$2,500 through the National Achievement Scholarship Program.



Anna Rapp



Tamra Nebabu

## ARTStravaganza at St. Stephens and St. Agnes

At the 10th Annual ART-Stravaganza on March 21, St. Stephen’s & St. Agnes Lower School students experienced a day devoted to the visual and performing arts. Twenty-one professional artists joined SSSAS teachers and Upper and Middle School students in sharing their energy, passion, and knowledge with students in junior kindergarten through fifth grade. The students spent the entire day attending an array of lively workshops which gave them hands-on opportunities to learn about percussion instruments, watercolor, modern and hip hop dance, illustration, printmaking, storytelling, iconography, and much more. Artists, dancers, and musicians came from as far away as New York City to participate.

“It is magical to hear music echoing down the hallways and teachers counting ‘one-two-three-four’ as dancers cho-

reograph movements for students,” said SSSAS Lower School Music Teacher Rebecca Gehlhoff. “ARTStravaganza is just one element that helps accomplish St. Stephen’s & St. Agnes School’s mission, which includes ‘to inspire an enthusiasm for artistic endeavor.’”

This year’s workshops included world percussion instruments, watercolor, collage, oil pastels, magic, French songs, environmental music, sun photography, theater games, Japanese painting and anime, Latin American art, drawing, illustration, modern and hip hop dance, iconography, fiber art, Colonial music and toys, fife and drum, drop spindle, and more. In addition to hands-on demonstrations and activities, students also had a chance to talk with the artists about their lives, learning how they discovered their passions, the paths they took to become professionals, and about the dedication that goes along with mastering their crafts.

St. Stephen’s & St. Agnes School is com-

▼ See ARTSTRAVAGANZA on page 23





RAY GREENSTREET



## THRILLERS, FILLERS AND SPILLERS

**A**t Greenstreet Gardens, we can help you create a beautiful container garden and advise you on the three key decisions to make: which plants to use, what type of container to use, and what type of soil.

### PLANT CHOICES

Let's start with the plants. Thrillers, Fillers and Spillers are the key players in the container garden drama. A Thriller is the plant world equivalent of a show-stopping diva or a prima ballerina and occupies the central spot in the container. It is bold and showy, with colorful foliage. A Filler surrounds and supports the Thriller, often hiding thick lower stems of a Thriller. It can either complement the Thriller or strike a bold contrast. A Spiller cascades over the container edge in the colors and textures of the Thriller and Filler.

Most often **THRILLERS** set the bar for height in a container, being the tallest plant in the mix. Thriller height generally should not be higher than 1.5 times the pot height. Many Thrillers, such as a Banana plant, a variegated Canna or a New Zealand Flax, can introduce a sculptural element to a planter, as well as provide colorful foliage.

**Thriller Design Tip:** Thriller location is important: Place a Thriller that will be viewed from all sides in the center of the pot. For a container that will be placed against a wall or in a corner, place the Thriller towards the back of the pot.

**FILLERS** add interest and intrigue to the potted plant, as well as fullness. Texturally, Fillers weave a contrasting thread into the container design. Against a broad-leafed Thriller like a Banana, a spikey, small-leafed Filler, such as Angelonia or Salvia, creates a head-turning tapestry. When the Thriller offers narrow, upright leaves, such as an ornamental grass, a round-leafed Filler like Coleus or Geranium spins an eye-pleasing scene.

If you're focusing on flowery Fillers, choose types that bloom all season long. Good choices include Angelonia, Begonia, or Lantana. Fillers can also hold their own with outstanding foliage. Dusty Miller, Persian Shield, Caladium, or Croton fill this bill. Planting a mix of flower and foliage Fillers can give your container garden a polished look, provided you choose plants that complement the Thriller and Spiller.

**Filler Design Tip:** Plant Fillers near the Thriller. For pots viewed from all sides, position Fillers at three equally spaced points around the Thriller. For containers seen from one side only, imagine the Thriller as the hub of a wheel. Place Fillers along three equally spaced spokes extending from the hub, including the spot directly in front of the Thriller.

Last but not least, **SPILLERS** are the background players, the cast members whose presence would be missed, but whose characters remain unnamed. Spillers bridge the gap between container and earth, anchoring the pot to its surroundings, giving it an organic feel, a sense of connection to the landscape that encircles it. A Spiller may enhance interaction between Filler and Thriller. A white Bacopa can intensify the interplay of a burgundy Colocasia Thriller and orange Profusion Zinnia and Rose Dianthus Fillers.

Spillers can underscore textural motifs in container design. The delicate, airy disposition of Dichondra or Sweet Alyssum creates a stand-out effect with other broad-leafed Fillers and Thrillers in the pot. You can use a broad-flowered Petunia to repeat the strong textural tones of a broad-leaf Thriller.

Some flowering Spillers cycle through periods of bloom. You can keep the flower show alive by using a bloom booster fertilizer starting six weeks after planting. Ask your Greenstreet Gardens expert if you need to trim Spillers in midsummer to encourage plants to form more flower

buds.

**Spiller Design Tip:** Plant Spillers near the edges of your container. You may have to jam these plants into the pot. Since they are planted last, space is often at a premium. Take artistic license and weave longer stems of Spillers among Fillers to sew a unifying thread into your living tapestry.

#### Our Favorite Thrillers

Cordyline  
Ensete Maurelii Banana  
Palms  
Bird of Paradise  
Colocasia  
Alocasia  
Canna  
Variegated Ginger  
Pennisetum Grass

#### Our Favorite Fillers

Angelonia  
Begonia  
Cuphea  
Heliotrope  
Osteospermum  
Pentas  
Coleus  
Lantana  
Caladium

#### Our Favorite Spillers

Bacopa  
Calibrachoa  
Dichondra  
Ferns  
Petunia  
Scaevole  
Sweet Potato Vine  
Verbena

For those of you who like to do vegetable container gardening, you can achieve the same Thriller/Filler/Spiller effect by planting tomatoes as the Thriller, basil as the Filler and squash as the Spiller. Greenstreet Growers can help with other vegetable recommendations as well.

### SOIL

There are many different types of containers to use, from inexpensive plastic to twig baskets to ceramic and terra cotta. No matter what type of container you choose, good soil is key to a beautiful garden. Choose a soil mix that is light and full of air pockets (vital for healthy roots), drains well but also holds water, and gives roots a boost of slow-release fertilizer.

At Greenstreet Gardens, we use Gardener's Gold Organic Potting Soil Worm Castings. This organic mix combines 85 percent peat moss with seafood compost, composted barnyard manure, and perlite. Peat moss and perlite provide aeration or air pockets. Peat moss also holds water and nutrients, slowly releasing them to plant roots. Seafood compost and composted barnyard manure also provide nutrients.

Every container needs a drainage hole so water can drain away from roots. If plants sit in water, roots will rot. Enhance drainage and conserve soil by filling the bottom one-third of your container with inverted plastic pots, juice bottles, or butter tubs. These materials occupy space, reducing the amount of soil you need, and also provide air pockets for roots.

When planting, remove plants from pots and loosen roots around the root ball. This is especially important when plants are rootbound (roots have begun to circle the bottom of the pot). When you tuck plants into soil, set them at the same depth they were in their original container. Planting too deeply can cause stems to rot.

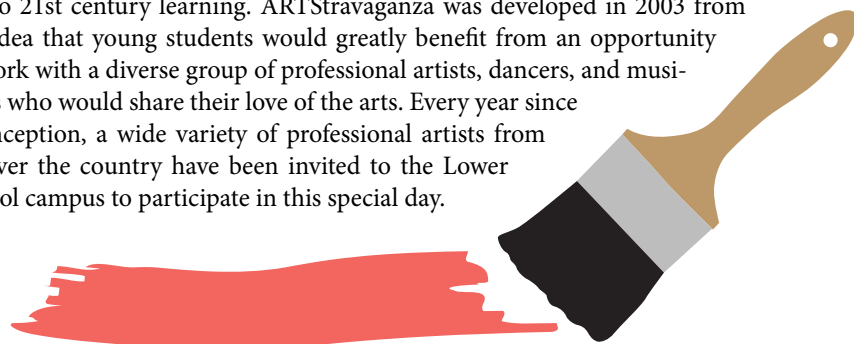
Ideally, you should replace the soil in your containers every year. If this is not possible, remove half of the soil and add soil enhancement, such as Bumper Crop.

*Ray Greenstreet is president of Greenstreet Gardens of Virginia, [www.greenstreetgardens.com](http://www.greenstreetgardens.com). Facebook Greenstreet Gardens – Alexandria, VA.*



▲ ARTSTRAVAGANZA from page 22

mitted to developing its students' artistic and creative abilities, which are essential to 21st century learning. ARTStravaganza was developed in 2003 from the idea that young students would greatly benefit from an opportunity to work with a diverse group of professional artists, dancers, and musicians who would share their love of the arts. Every year since its inception, a wide variety of professional artists from all over the country have been invited to the Lower School campus to participate in this special day.







# Krista & Philippe Depeyrot, Celebrity Colorist and Stylist, Open Salon Bisoux In Del Ray

## Bringing Truly High End Salon Services to Northern Virginia

Krista and Philippe Depeyrot, formerly of the world renowned Cristophe Salon in Washington, DC for 18 years, are opening their own high end salon, Salon Bisoux, in Alexandria, VA; closer to their home and in the neighborhood of Del Ray.

Salon Bisoux will fit perfectly into the flourishing business community there which truly embraces individual business owners and smaller stores - many that are hip, chic and up-scale, yet very accessible.

"I think that's kind of the di-

rection Del Ray is going," Krista said. "lots of eclectic, cool stuff in the neighborhood." With the Birchmere just down the road and several top Alexandria boutiques and hot spots along the avenue, Salon Bisoux will add to the revitalization that is occurring up and down Mt. Vernon Avenue.

There is a private lunch menu for salon clients who come in for a style during the lunchtime hours. Laurent, Del Ray Café's owner, and Philippe have created a custom menu featuring

sandwiches, salads, quiches & desserts - with names like "The Hot Brunette", "The Goldie Lox" and "The Chignon" - that will be delivered to clients of the salon during their scheduled appointments upon request. The salon looks forward to many other partnerships - including fashion shows with local clothing boutiques, art displays for in-town artists, retail sales for some of Alexandria's top jewelry designers and more.

"Being part of Del Ray is very important to us," says Philippe. "It is our home and we are excited to show our current clients just how amazing the neighborhood truly is!"

Loyal clientele from their former salon are traveling from all over to Del Ray to continue seeing Krista and Philippe. They have nearly completely booked out the couple's schedules for the first several weekends that the salon is open. And the calls and emails for appointments are coming in so fast, the salon staff said.

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“Of all the things I’ve lost, I miss my mind the most.”

– Mark Twain



# Local Volunteers Shave Their Heads to Support Childhood Cancer Research at Bugsy's Pizza in Old Town

**St. Baldrick's Foundation event to raise money for lifesaving research**

The St. Baldrick's Foundation, a volunteer-driven charity dedicated to raising money for childhood cancer research, will host its second annual fundraiser at Bugsy's Pizza Restaurant and Sport Bar. Located at 111 King Street, the Bugsy's event is on

Saturday, April 20, 2013 from 3 – 6:00 pm with many sports related silent auction items from a signed Alex Ovechkin jersey to a signed Capitals hockey stick or a signed Capitals team jersey a Port City Brewery tour and tasting for 12 and many more items. The first 36 people to donate \$25 or more will receive a t-shirt.

Former NHL, Stanley Cup finalist and Capitals legend, Bryan Watson, is sponsoring the event in his sport bar because it is such a compelling cause. Worldwide a child is diagnosed with cancer every three minutes, and one in five children diagnosed in the U.S. will not survive.

With only 4 percent of all federal cancer research funding dedicated to pediatric cancer research, St. Baldrick's Foundation volunteers, supporters and donors are needed to continue the battle against this devastating disease.



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# OSPREYS AND BALD EAGLES – THE COMEBACK BIRDS

As Spring Unfolds, “Child Rearing” Begins Anew

BY GLENDA BOOTH

The parents are attentively nurturing their young, cramming delicious morsels into gaping mouths. All along the Potomac River, birds are building nests, incubating eggs and raising the next generation.

Two striking large birds are common along the Potomac in the spring – ospreys and bald eagles. They are easily confused. Both are dark brown and white raptors. Both nest near water, soar and hunt over water and catch fish in their claws. A key distinguishing characteristic is the head. The mature bald eagle has a pure white head and tail. Ospreys also have a white head and a distinctive brown stripe or “mask” through the eye.

Osprey nests are often quite visible along the waterway, but bald eagles usually prefer to raise eaglets away from human activity, high up and protected by tree leaves.

## The “Fish Hawk”

Ospreys (*Pandio haliaetus*) are fast becoming a Potomac River and Chesapeake Bay icon. They are chestnut brown above and white below, around 23 inches in body size and have a four- to six-foot wingspan.

These raptors return to the Potomac River from southern wintering grounds in March, mate, build nests and throughout the spring, incubate two to four eggs and raise their offspring. In northern Virginia, they raise their nestlings in April, May and June.

Watching ospreys fish can become an addictive spectator sport. Excellent anglers, ospreys scan the water, hover and plunge feet first onto unsuspecting piscine prey. Their fishing catch rate success may be as high as 70 percent, say experts at Cornell University’s Lab of Ornithology. Ospreys clutch fish in their talons, “aerodynamically correct” with the fish’s head forward to reduce wind resistance. They usually fly to a nearby tree limb to eviscerate it or take it back to the nest to



An osprey in flight with a fresh catch.

COURTESY PHOTO

its mate or young.

After age three, ospreys usually mate for life and return to the same nest year after year. In the spring, people often see ospreys carrying sticks and other materials to refurbish last year’s nest. They’re not picky; they build nests on trees, platforms, utility poles, channel markers, waterfowl blinds and other structures. In 2011, a sailboat at Belle Haven Marina was idled during “osprey season” because a pair chose it as their nest site. Nests can weigh up to 250 pounds. Trees supported 90 percent of osprey nests historically, according to Dr. Bryan Watts, Director of William and Mary College’s Center for Conservation Biology, but today 90 percent of their nests are atop manmade structures.

An osprey nest is a bulky, unkempt jumble of sticks lined with grasses and other materials. After materials are added year after year, a nest can be ten to 13 feet deep and three to six feet across. Pieces of

plastic, rope and fishing line often stream from nests. Things like shoes, cans and dolls have even been found in nests.

Some ospreys are very acclimated to humans. One very people-tolerant pair has nested near the Belle Haven Marina boat ramp annually since 2006. Residents of Porto Vecchio monitor a nearby nest every spring. “Every year, an osprey couple returns, builds a big nest and produces a couple of babies. When we pass by in the kayaks, the parents take turns swirling overhead and squawking that harsh cry they make to scare us off,” says Trudi Hahn, a fan.

The young, starting as helpless chicks and balls of fluff, can soar in just eight weeks. They fledge soon after Independence Day and by August head south to Florida, the Caribbean, Central America and South America. Come spring, one of nature’s amazing rituals will repeat.

In recent years, some are overwintering in the Chesapeake Bay, according to Watts, perhaps because with a warming climate, menhaden, a favorite of ospreys, may be staying in the Bay instead of migrating to the Carolinas for the winter.

## The National Symbol

America’s national symbol, the bald eagle (*Haliaeetus leucocephalus*) is also a Potomac River habitué.

Mature bald eagles have a dark brown body and white head and tail, large yellow hooked bill and yellow talons. Immatures or eagles under five years old are mottled brown all over. An adult weighs between 10 and 14 pounds and has an eight-foot wingspan. Bald eagles perch, watch for prey, swoop down and grasp the prey in their talons. They mostly eat fish, but also will eat small mammals, like rodents, gulls and waterfowl.

Bald eagles build nests near water, mate and lay eggs usually in late winter. Females incubate two to three (usually two) eggs for five to six weeks. After the young hatch, the male usually brings prey and stands guard to defend the nest. The female does most of the feeding. Between May and July, the chicks fledge at age 10 to 12 weeks.

Spots high up in large trees, on average 75 feet above ground, are favored nest sites and eagles typically return to the same site each year and enlarge the previous year’s nest. Nests, made of sticks, moss and other materials, can reach 10 feet across and weigh up to two tons, some of the largest nests in the world.

## The Rebound

In the early 1970s, scientists concluded that DDT and other compounds used as pesticides moved up the food chain and thinned the eggshells of ospreys, eagles and other birds during incubation, causing the eggs to break, so incubating birds failed to hatch.

The numbers of ospreys and bald eagles plummeted. The pre-Columbian bald eagle population in the lower 48 states was an estimated 100,000 birds. By 1963, there were only 417 known nesting pairs. In 1967, the U.S. Fish and Wildlife Service (FWS) listed the bald eagle as endangered. In 1972, the Environmental Protection Agency banned DDT.

After the DDT ban, the bald eagle population began to recover. “For Virginia, in terms of a comeback, the population has increased from a low of about 20 known pairs in the early 1970s to 730 pairs in 2011. That’s about a 35-fold increase,” says Watts. He estimates that the breeding population in the tidal reach of the Chesapeake Bay is now approximately 1,600 pairs. “That makes the Bay population the largest in the East,” he contends. His center has conducted bald eagle surveys for 50 years.

In 2007, FWS removed the bald eagle from the endangered species list, announcing the bird’s recovery. The bald eagle is still protected under other laws.

Osprey numbers also declined from the 1950s to 1970s and after the DDT ban, osprey numbers rebounded as well. The recovery of these birds is what many call “a conservation success story.”

## Some Threats Still

The major threat to bald eagles today is shoreline development, loss of habitat. Ed Clark, head of the Wildlife Center of Virginia, explains: “Virginia’s bald eagle population depends upon a very limited amount of suitable habitat, traditionally found mainly along our tidal rivers in the Chesapeake Bay region. There is strong evidence that the available bald eagle habitat is approaching carrying capacity.

▼ See EXPLORE on page 27



Ospreys built a nest on a sailboat at the Belle Haven Marina.

PHOTO BY GLENDA BOOTH



In other words, it's filling up. As a result, we are now finding eagles nesting in areas which were not previously part of their preferred habitat. This is presenting an entirely new set of problems, both for nesting pairs and for their offspring who are fledging into habitats that are marginal, at best."

Clark says that as many as half of Virginia's approximately 1,400 eagle nests are actually in what experts consider to be prime eagle habitat. "The rest are away from the tidal rivers, on upland bodies of water, including manmade impoundments. These new areas are considered marginal habitat," he contends.

Eagles have been poisoned by lead shotgun pellets or bullet fragments after feeding on animals that have been shot but not recovered by hunters or by feeding on animal parts left behind. And Clark reports that some eagles scavenge on Virginia's poultry farms and feed on improperly discarded, dead and diseased chickens and turkeys.

Osprey nests are very exposed to weather and predators so storms and animals like raccoons, opossums and other raptors can raid an undefended nest. Fishing line can entangle ospreys and their chicks. Fishing line has been found in five to 10 percent of all Chesapeake Bay osprey nests, according to FWS's Kathy Reshetiloff. Some ospreys have been found impaled with fish hooks.



An osprey nest on a fallen tree in the Potomac River.  
PHOTO BY GLENDA BOOTH

### Where to See Ospreys and Eagles

Both birds can be seen soaring, fishing and perched at this time of year from many spots along the Potomac River. Boaters probably get the best views of osprey nests. Eagle nests typically are difficult to see. People should never disturb a nest.

Mason Neck State Park and the Potomac River National Wildlife Refuge Complex are also hotbeds of osprey and bald eagle activity. The Mason Neck Wildlife Refuge, part of the complex, was established in 1969 to protect bald eagles. It is named for the late Elizabeth Hartwell, the refuge's founding champion, who earned the moniker, the "Eagle Lady."

Several groups host bird walks: the Friends of Dyke Marsh, every Sunday 8 a.m., [www.fodm.org](http://www.fodm.org); Audubon Society of Northern Virginia, [www.audubonva.org](http://www.audubonva.org); Northern Virginia Bird Club, [www.nvabc.org](http://www.nvabc.org).

"Couch potatoes" can watch an active osprey nest on the York River via the Osprey Cam of the Virginia Institute for Marine Science at [www.vims.edu/bayinfo/osprey\\_cam/index.php](http://www.vims.edu/bayinfo/osprey_cam/index.php). An Eagle Cam offers non-stop viewing of a West Virginia bald eagle nest on the Potomac at <http://outdoorchannel.com/eaglecam/>.

#### Learn More

Basic Facts: <http://www.allaboutbirds.org> and <http://birds.audubon.org/species>

How scientists track eagle movements: <http://www.cbbirds.org/what-we-do/research/species-of-concern/virginia-eagles/status-in-virginia/>

Osprey Watch, [www.osprey-watch.org](http://www.osprey-watch.org), seeks "citizen scientists" to collect information on breeding ospreys.

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Spring has finally arrived despite the late season snow storms and blustery weather. And summer is hot on its heels. Time to hit the road!



To avoid busting up the beach party road trip, do some routine maintenance. Two of the most critical items to driving safety are the tires and brakes. If the tires are badly worn they should be replaced. When doing so on four and all-wheel drive vehicles the circumference of all tires need to be within one quarter of an inch of each other. This is critical to the proper functioning of the antilock brake system and for the vehicle's tire pressure monitoring systems. If any one of the tires is greater size than the others the antilock system will constantly be trying to slow the vehicle because it will sense that one wheel is going faster than the others. This will not only be annoying but could lead to a serious malfunction of the overall system.

Although this does not apply to rear wheel drive vehicles it is still a good rule of thumb. If the vehicle is running on two or more brands of tires, the one quarter inch rule is particularly critical. And, don't forget to check that the spare tire is in good condition and properly inflated.

Also make sure the wheels have been rotated properly according to the manufacturer's specifications and that they are in proper alignment. The latter will prevent uneven wear and add to the tire's life span. If especially rough roads are encountered during a trip it is a good idea to have the alignment

checked again upon arriving home. Going hand-in-glove with proper care of tires and wheel alignment are the brakes. If they are worn it can lead to a very expensive travel cost or, even worse, an accident. A check of the brakes is a simple matter of having the wheels pulled for an eyeball inspection. If something is wrong such as worn brake lining, a rotor out of round, or bad drums most drivers can feel it when applying the brakes under normal driving conditions. But, even if there are no warning signs, prudence is the best policy. To paraphrase the late President Ronald Reagan, don't just trust – verify. Next on the check list is the cooling system. Most manufacturers call for changing the coolant at specific intervals and/or miles. In addition make sure all hoses and belts are in top condition. If one lets loose while driving it can be very costly both in dollars and time. The other part of this check list item is to make sure the air conditioning system is operating properly. It's no fun to be driving on a hot summer day with no air conditioning, particularly in an urban area with stop and go traffic. If all the belts and hoses appear to be in good condition, the radiator has no leaks and the coolant is at the proper level and within its life span but the vehi-

cle still seems to be not cooling properly it could indicate a problem with the compressor. Unfortunately, this is not a cheap repair. But, it is much better, and probably less expensive, to have it replaced before rather than during the trip. Other items to check before your next road trip:

- The axles on both front and four wheel drive vehicles. For rear wheel drive vehicles check the universal joints.
- The steering and suspension. The latter can have an escalated impact on the former when traveling on vacation due to increased weight in the vehicle because of more passengers and luggage.
- The brake lines, particularly if the vehicle has been driven over the winter months on roadways that have been treated with salt which tends to rush the steel lines.
- Check the windshield washers and washer fluid to make sure they are operating properly and that the reservoir is full in case of road dirt buildup that can impair visibility particularly at night.
- Make sure all lights are working properly. Not just the headlights, but the tail lights, brake lights, turn signals and interior lights.

Finally, if it's due or close to being due, don't forget to change

the oil and oil filter and have the air filter checked before starting out. Most garages recommend an oil change every 3,000 to 4,000 miles. As an extra precautionary measure, have a professional mechanic road test the vehicle for any potential engine or transmission problems. Those are two areas that can have things wrong or are leading up to problems that may not be apparent as part of a regular maintenance trip check. Just in case, in spite of all efforts to make sure everything is

shipshape, make sure you have with you some basic tools, a good working trouble light that serves a variety of purposes from flash light to blinking trouble/warning light, a bungee cord or some nylon rope, a first aid kit, and an extra blanket. All set? Then happy trails and in the words of that old Irish blessing, "May the road rise to meet you, May the wind be always at your back."

ROAD TRIP BINGO

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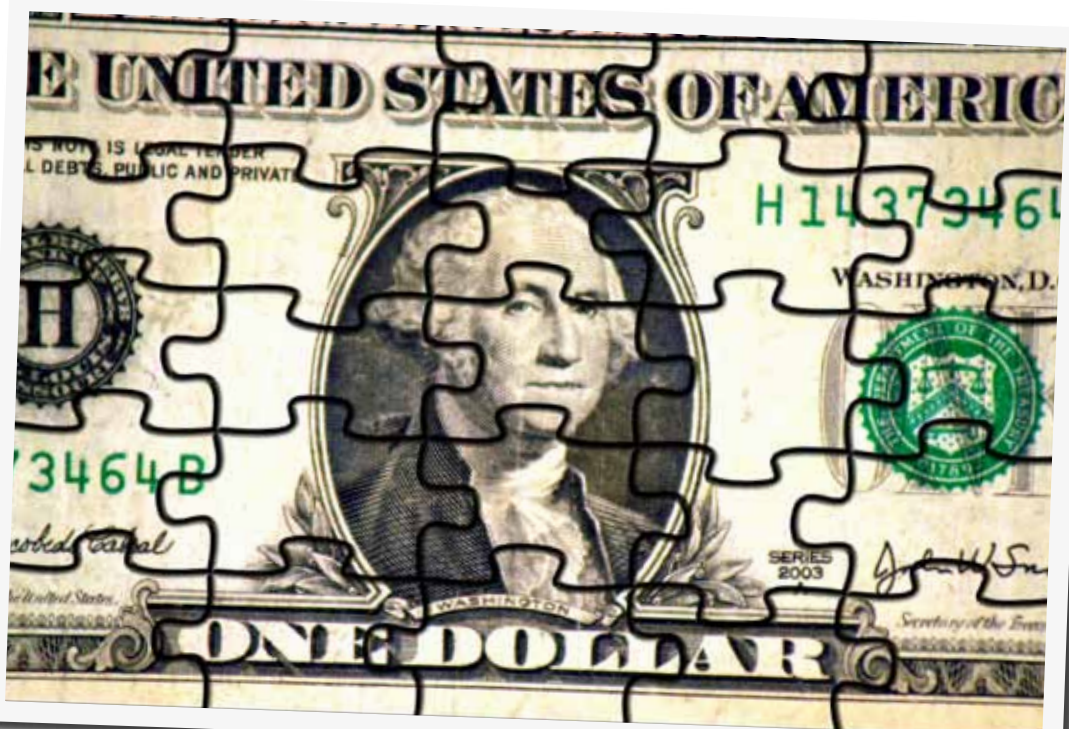




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## Should I rollover my 401(k)?

BY STEPHEN MEMERY, CPM, CMA

“The hardest thing to understand in the world is the income tax” according to Albert Einstein. Since his death in 1955, the tax code in the United States has become increasingly complex. This is never more apparent to us as taxpayers than when April 15th approaches. One of the common questions we get at this time, involves IRAs, is whether or not it makes sense to rollover a 401(k) from previous employers. At OV Capital, we strongly recommend consulting a financial advisor who understands the costs and benefits before making a decision, as there can be a number of considerations.

When deciding whether or not to rollover a 401(k), most people look to the most obvious benefit, greater control of their retirement funds. A 401(k) is typically limited to a select group of mutual funds, whereas most IRAs are not limited to any particular investment vehicle. Funds in an IRA may be invested in stocks, bonds, mutual funds and exchange traded funds. Even certain option strategies and alternative investments may be available.

Too little attention is often paid to the fees associated with a 401(k). These plans are not cheap to administer, and the fees for this administration are often passed on to participants. Exactly how these fees are passed on can sometimes make a big difference in how much you are paying. While you are an employee, and often receiving matching contributions from your employer, this cost is usu-



ally nominal when compared to the benefit of retirement savings. However, once you are no longer an employee, it usually makes sense to save those fees by rolling over the account.

The benefit of consolidation is also often glossed over when talking about rollovers. More than just an issue of reducing the number of statements in your mailbox, there can be real benefits to consolidation. Industry data suggests a 401(k) with less than \$20,000 is likely to be cashed out before it can be used for retirement. By consolidating old 401(k)s to get through the magic \$20k barrier, you greatly increase the likelihood that your savings will continue to grow until you need it at retirement.

Another concern is company stock. According to Employee Benefits Research Institute, nearly 15% of employees have over half their 401(k) in company stock, and 7% of employees are highly concentrated with over 80% in company stock. This practice continues in spite of the cautionary Enron tale of the dot com bubble. While concentrated positions mean higher risk, care also needs to be taken to avoid pitfalls when rolling over these assets. For company stock that is going to be held, a net unreal-

ized appreciation strategy could save significant tax money over the long term. It is important to take advantage of a financial advisor familiar with the pros and cons of net unrealized appreciation when evaluating this strategy.

Finally, if you have chosen to rollover your 401(k), there is still the basic decision of what Type of account to use. A 401(k) may be rolled directly into a Traditional IRA or Rollover IRA without the need to pay any additional tax. For most people a Traditional IRA will work fine, however there are benefits to using a Rollover. When held at a 401(k) the entirety of your retirement funds are protected from claims by creditors, however for a Traditional IRA that protection is limited. When rolled over into a Rollover IRA account and kept separate from your Traditional IRA funds, that unlimited protection is maintained.

Remember that a good financial advisor will walk you through the process so you will feel comfortable making the best decision for your retirement. And at tax time we can all use a bit more comfort and peace of mind. As Will Rodgers said, “The only difference between death and taxes is that death doesn’t get worse every time Congress meets.”

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

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COURTESY PHOTO



A rustic ride along Belle Haven in 1932.  
PHOTO COURTESY NATIONAL PARK SERVICE

## An American Roadway for an American Dream

BY CHUCK HAGEE

Eighty one years ago the roadbed of an old trolley line became, not only for America but also for the world, the first true parkway designed specifically for that new-fangled contraption known as the automobile. And, it was named, most appropriately, for the nation's first Commander-in-Chief, the George Washington Memorial Parkway. Unfortunately, that event, which occurred on November 15, 1932, was overshadowed by the landslide victory of Franklin D. Roosevelt to become the nation's leader in the depths of the worst economic depression of its short history. And, coupled with Roosevelt's election as President was the election of what came to be known as the "WET" Congress which would end prohibition.

Even though the new parkway received little notoriety in

the national press, except for the District of Columbia newspapers and the Alexandria Packet, it was widely heralded throughout Europe. It was originally known as the Mount Vernon Memorial Highway.

This was not only America's first roadway dedicated primarily to the automobile but the world's first such thoroughfare. It's opening was specifically planned to mark the bicentennial of George Washington's birth in 1732. And, it did so in grand style -- depression or no depression.

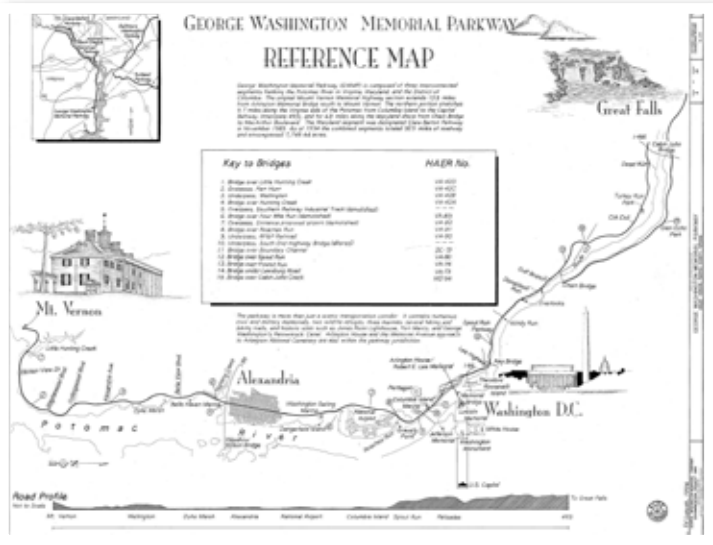
On the occasion of its 75th anniversary, Timothy Davis, PhD, lead historian of the National Park Service noted, "It is hard for us today to recall how big a deal George Washington's bicentennial birthday was at that time."

During that event it was pointed out that this was not just another highway. It was a particular kind of highway that meshed the enhanced ability to get from

point A to point B while enjoying scenic beauty and historic sites. It was the epitome of driving pleasure. And, in many ways it remains so to this day.

But, its planners were not the first to envision this pleasurable land cruise. In 1882 the Washington, Alexandria, Mount Vernon Railway built a trolley line connecting the District of Columbia with Collingwood and eventually with Mount Vernon Estate. The circle at the southern terminus of the GW Memorial Parkway was originally designed as a turn-around for that trolley line.

Although there were bread lines and homeless citizens all along the nation's streets and FDR's so called "alphabet soup" agencies were yet to be formed, this signal event almost seemed like an omen that the worst was over -- things were turning round -- at least economically. But, the clouds of World War II were also gathering.



COURTESY ARTWORK

### GEORGE WASHINGTON MEMORIAL PARKWAY TIMELINE

- 1761** George Washington inherits Mount Vernon
- 1790** Congress establishes District of Columbia
- 1799** Washington dies and is buried at Mount Vernon
- 1858** Mount Vernon Ladies' Association purchases estate. Roads in poor condition. Most tourists travel by steamboat.
- 1888** Mount Vernon Avenue Association formed to promote national road to Mount Vernon
- 1890** U.S. Army Corps of Engineers conducts survey for national road to Mount Vernon
- 1892** Electric railway constructed between Alexandria and Mount Vernon; extended to Washington in 1896
- 1901** Senate Park Commission endorses national road to Mount Vernon
- 1904** First automobile tourists arrive at Mount Vernon.
- 1920s** American automobile ownership rises from 8,000 in 1900 to 8 million in 1920 and 22 million in 1930
- 1928** Congress authorizes memorial boulevard between Washington and Mount Vernon
- 1929** Mount Vernon Memorial Highway construction begins
- 1932** Mount Vernon Memorial Highway completed
- 1940** Parkway relocated for construction of National Airport
- 1970s** Mount Vernon multi-use trail constructed

The Parkway, in fact, became a tourist tradition. If you went to Washington for a visit you had to go to George Washington's Mount Vernon home to celebrate his bicentennial birthday.

That triggered the push to get the parkway done in time for that anniversary. Construction commenced in 1929 and was completed just shy of four years at a cost of \$6 million. At the ribbon cutting, it was described as "America's Appian Way." It was nation's first cultural/historical highway.

The idea of parkways had been around for many years but they were, more or less, pathways of aesthetic/visual pleasure and not specifically designed for the automobile. The concept behind the so-called parkway was to get from park to park or from one's residence to a nice relaxing area without going through "the ugly parts of the urban complex," according to community planners.

But, as "parkways" became the better roadways of the time they also became clogged with vehicles and cluttered with roadside advertising. Traffic was relatively ungoverned as to flow and highway design. Unregulated intersections and narrow roadways prevailed.

During the 1920's and 30's there were more highway deaths per mile driven than at any other

time in the nation's history, according to statistics. That includes today's highway fatalities.

Prior to the opening of the George Washington Memorial Parkway the round trip from the District of Columbia to Mount Vernon Estate and Gardens took six hours. It was bumpy and either dusty or muddy depending on weather conditions.

That all changed on November 15, 1832 -- at least for the section from Arlington to Mount Vernon Estate. The parkway's northern element was not completed for another 38 years. Although most of the work was undertaken in the 1950's and 60's it did not open until 1970.

Today, this 40-mile long scenic ribbon contains 7,000 acres of parkland. It offers a wide variety of recreational facilities, has two wildlife refuges, numerous historic sites, and a wide array of civic and military memorials, back-dropped by panoramic views of the Potomac River, the District of Columbia and the Maryland shoreline.

It also remains one of the best designed roadways of its class in the nation, as noted by the former Superintendent, GWMP, David Vela. "This roadway helps people to remember George Washington and the people that established this nation," Vela stated.



“

“April is the cruellest month,  
breeding lilacs out of the dead  
land, mixing memory and desire,  
stirring dull roots with spring rain.”

– T.S. Eliot, *The Waste Land*

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# Want to learn how to retain?

BY JASON LINETT, BCH, CI

**A**re you struggling in preparation for that upcoming certification exam? Do you need to learn another language to keep up with your industry? What's holding you back from retaining the information you need?

It's not just teenagers – we see a lot of adult clients in the office who want to make use of hypnosis to improve their study habits, memory, and concentration. Having worked with hundreds of clients wishing to improve their test-taking strategies, here are several tips I've found to be highly effective in building better learning strategies and study behaviors.

## Utilize “State-Dependent Learning.”

This is a natural phenomenon that occurs in which retrieval of memory is more effective when you achieve the same state of consciousness of when you learned the information. Simply put, if you're relaxed and focused when you learned the information, and you're calm and focused when it's time to make use of the information, you will more likely to recall the needed data.

It sounds great, but how do you do it? Like the story of Dr. Pavlov conditioning dogs to salivate when a bell rang, hypnotists have been anchoring positive mental states to actions/situations for well over a hundred years. What if you could be as relaxed going into the testing environment as you were studying on your sofa at home? We help to condition a positive mental attitude going into the exam environment, having already helped to restructure the mind's attitude toward learning.

Want an approach you could put into place today? Consider



the option of building a study and test ritual. If you watch a professional golfer, you'll see them go through a “Pre-Shot Ritual” of how they line up their shot, position the body, and follow-through with their swing. On each swing, you may see this ritual get repeated. Think of this as a grounding technique, dissolving away stress and distractions and focusing on what deserves your full attention.

## Take a Break.

Most research has found that “cramming” doesn't produce the results people expect of it. Consider the metaphor that a tree doesn't grow overnight. It grows tall and strong as the tree ages and it adds additional layers within the structure of the plant. You also wouldn't expect to be able to exercise a muscle in your body for three hours straight without taking a break. The brain works the same way.

The best approach is to budget your time as much as possible leading up to the big day. Study in shorter and more focused spans of time and take at least a five minute break every hour. Get up and change your environment, even if it's just another room or getting some water.

## Change Your Perception.

There's something off-putting about being “tested” for something, and there's even something frightening about going through an “exam.”

Change your words, change your mind. This may sound the simplest concept, but it can be very helpful to shift your thoughts in this manner. Perhaps this upcoming test is an opportunity to display how well you've prepared? What if this certification was more about taking a step forward in advancing in your career?

When you enter into the experience with the concept that you've being “tested” or “examined,” it's as if you're releasing your strength in the experience. Changing how you experience the event places that power back in your hands.

A mindset I have personally made use of many times is that of teaching. When reading new information, I shift into my “preparation for training” strategies to feel as if I'm reviewing information I'm already comfortable enough to teach. There actually was a recent study in which students were asked to teach new information to other students. Those who assumed the role of instructor had better understanding and memory retention.

As a final thought, consider what may be holding you back. Are there self-limiting beliefs of which it's time to let go? Do you have fears of success it's time to release? Is this a pattern you find yourself in time and time again? If so, study your best, but it may be time to reach out for some help.

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

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# HOT SAUCE OF THE MONTH



Did you know April 19 is National Garlic Day? Celebrate this day with some Mountain Man Garlic Pepper Sauce. This sauce brings great flavor to every dish without the killer heat. On the hotness scale (one being Tabasco and five being hot as heck) Mountain Man Garlic Pepper Sauce rates a two on my scale. If you like garlic, here's your sauce! This blend of aged red peppers and garlic will bring an irresistible flavor to any meal. So here's to your health, pour it on, it's good for you!

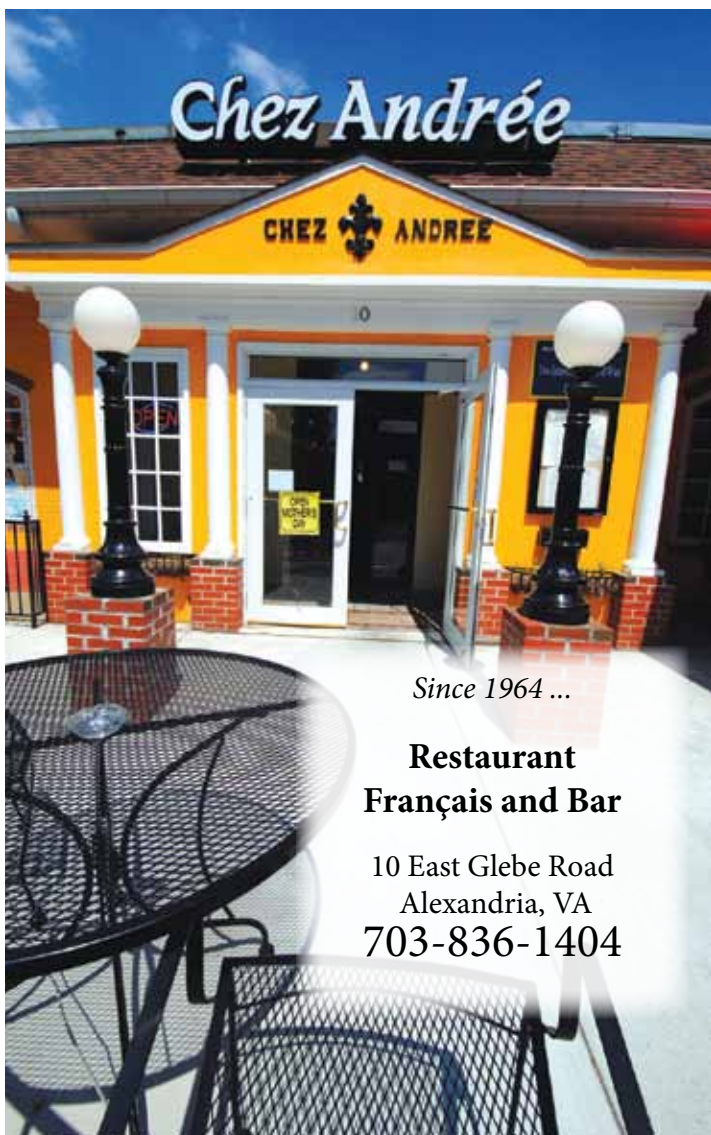
This sauce serves as a great condiment for any dish you would enjoy with some extra garlic. I've had it with eggs benedict, chicken (it makes a great wing sauce), steaks, and tacos. With the chunks of garlic and pepper in the sauce it adds a special zing to a Bloody Mary. It is a special blend of aged red peppers, distilled vinegar, salt, garlic, spices and xanthan gum.

Charlie Schandelmayer, founder and owner of Sauce Crafters, regularly donates hot sauces to members of the military to thank them for their service. He has sent cases of the hot sauce to bases in Afghanistan. So as an added benefit when you buy some sauce from Sauce Crafters you are helping him continue his tradition of donating to those that serve to keep our freedom

## HEAT INDEX

2

Contributed by Mike Sade



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## Christy Beal's Eclectic Nature

BY HOLLY BURNETT

Prepare to be enchanted. At 1503 Mount Vernon Avenue, a large, brightly-colored pansy petal, painted on brick, borders the enclave that is Christy Beal's world – Northern California Bohemian (Carmel-by-the-Sea or the sweeping cliffs of Mendocino to be more precise) mixed with Martha's Vineyard shabby beach chic. It is an artistic retreat, and the palette is pure Beal, who has delivered her relaxed, personal style to Alexandria's Del Ray community for 10 years now through unique, reasonably priced home and garden offerings at Eclectic Nature – the cottage on the hill with a big personality.

Stroller- and dog-friendly, a summer afternoon walk through Eclectic's outdoor space will all at once make your heart leap with joy and happiness at the sheer peace and warmth of what a garden can truly become, encompassing spectacular annuals, succulents, ground coverings – lush as blankets; statuary,

verde vintage hand tools, gate knockers, benches and flower carts, and the light splashing of water cascading amidst one of the varied fountains – some petite, some grand – for her style has no size limitations – an English garden to a pied-à-terre balcony on a 15th floor. A landscaper for 12 years prior to launching Eclectic Nature, Beal will also design and maintain gardens for neighboring clients.

But year-round, don't pass up the opportunity to continue Beal's eclectic tour inside the cottage, brimming with one-of-a-kind jewelry, restored and repurposed furnishings, stained glass and boundless gifts for friends and family. Beal hand-selects every piece, be it from trade shows, consignors or major dealers. Her taste is impeccable – effortless and never overdone, creating a lifestyle for customers. The shop's inventory changes regularly, so if you see something that strikes your fancy, snatch it up as it may never pass this way again.

The cottage and its garden are home to the gnomes of your fantasies, and most assuredly the gnomes of your dreams – watched over by the blooming pansy with a nod to the whimsical that lives on either shore of our most enchanted and eclectic visions.

For more information including upcoming workshops, visit [engiftandgarden.com](http://engiftandgarden.com) or telephone 703/837-0500.

# Robots and a Sawblade Highlight a Buskers Visit to Old Town

BY MIKE SALMON

He was a few feet back in the alley, wearing a cardboard robot mask, strumming a guitar, and she was on the sidewalk along King Street playing a saw with a violin bow, as they hammered out a set of "psychedelic folk jazz," songs.

Together they call themselves "The East Cacklacky Marching Death Band," and are "buskers" that seem happy with the busking lifestyle of traveling, living partially off the grid and playing their own music that focuses on life's experiences and others they meet along the way. "The psychedelic part is the saw," said the singer Sharmini.

On the streets, "people say stuff that's on their minds, we feel this comradery, we like writing about these kind of people," said Sharmini Wijeyesekera, who plays the saw, bangs on a homemade drumset, or occasionally plays wine glasses and a washboard. Crudbot, aka Tom Senkus, plays the guitar. The duo got together and started playing music in 2010, and have been joined by a friend playing a slide projector. Eclectic to say the least.

"We always do really well

in Old Town, people are really friendly," Sharmini said. On a performance in late March, when the temps dipped down to the low 40's, the tip box was full. Around here, they've performed on the streets in Dupont Circle and Annapolis also.

The first CD the group put out in 2011 was something they loosely call the "Old Demo," and last fall, they released a CD called "Kid Friendly Covers." The "Kid Friendly" part was to remind them not to sprinkle the songs with drug references and swearing. They are now working on their latest CD, entitled "People About Songs We Know," is full of songs loosely centering around poverty, traveling and crazy people, including one guy in Portland, Maine that "had a crazy way of talking," Sharmini said.

The songs have names that reflects their spirit, like "I Should have been Aborted," "Millionaires," and "432hz," from a live performance at the Phoenix Cafe in Detroit, Michigan.

The band's name is derived from a hitchhiking trip the two took and were picked up by a pro-wrestler who was heading to East Cackalacky. "It works for us," said Sharmini.



The East Cacklacky Marching Death Band

PHOTO BY MIKE SALMON

Musical influences include Frank Zappa, David Bowie, Iggy Pop, various jazz singers of the 1930's and Charles Manson added Tom. Did Manson sing? "We've been called 'cabaret' before," Sharmini said.

The pair has done a lot of traveling over the last few years and did a 2011 cross-country tour in their van, where they played a lot of coffee shops and other indoor venues that didn't follow their busking lifestyle. "Everytime we came back with no money," she said. At one point, they landed in Athens, Georgia but hardly fed off the new wave spirit that made the Athens famous for fostering groups like the B-52's and R.E.M. in the 1980's. The college students didn't feed the tip jar too much so they worked as a cook and waitress. "We were working schlubs there," Sharmini said.

In Buffalo, somehow their performance reached a peak when the two stripped off their clothes. "In certain venues, it works," she said. The crazy performances make it fun, she added. Provincetown, Mass. is also a favorite stop for The East Cacklacky Marching Death Band.

San Francisco is their favorite place where they can let loose and their antics seem to be accepted by the freewheeling spirit the city is famous for. Even as odd as a guitarist with a robot head may be to some, in San Francisco, "Crudbot is passé," Sharmini said, although eggs were thrown at them once in San Francisco.

In mid April, the pair is headed on a trip around the world, starting off to Europe with a pair of airline tickets they bought already, and a vision to see the world. They are hoping to end up in San Francisco in December. While on their hiatus, "we're writing a book about this," and possibly filming a documentary with a video camera they have. At least an "edgier version of a documentary," added Sharmini. Their trip will be partially funded by Kickstarter, a platform for artists to get started in the business.

"I have wunderlust problems," she confessed.

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## Barbie

(Female) • Breed: Beagle • History: Shelter

Barbie and her pups have just arrived.



## Chance

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

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



## Goose

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

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

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## Beagle Bunch

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

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

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

## Mickey

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



## Patch

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

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



## Prissy

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

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

## Shianne

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



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



# Living Legends Kathryn A. Brown and Marlin G. Lord

BY CHUCK HAGEE

One is an accomplished architect, the other an award-winning photographic artist. Together Marlin G. Lord and Kathryn A. Brown transform the world around them and give tangible evidence to the philosophy of Johann Friedrich von Schiller: “He who has done the best for his own time has lived for all times.”

Lord brought his Midwestern values, sense of community and can-do attitude with him when he came to the Del Ray section of Alexandria 47 years ago from Minneapolis to join the architectural firm of Vosbeck, Vosbeck, Kendrick and Redinger (VVKR). Today the results are evident, not only in structural form, but also in his ongoing activities and civic and philanthropic actions citywide.

Brown was born in Hato Rey, Puerto Rico, grew up in Westfield, N.J., and graduated from Pennsylvania State University with a bachelor of arts degree emphasizing fine art, architecture, art education and history. Twelve years later, after working for several firms as an architectural draftsman, and a sojourn in California, she decided her first love was photography. However, it was her architectural drafting capabilities that brought her in contact with Lord. She applied for a job at VVKR. Lord, then a vice president of the firm, recommended that she be hired.

“We came upon one another in the stairwell of the building after she was hired and I said that I was the one who had recommended her,” Lord said. That was in 1979. It was the beginning of an alliance that has benefitted Alexandria and its residents for more than 33 years.

In addition to being founding members of the Del Ray Artisans (DRA), a nonprofit organization with the mission of promoting art and community, Brown’s and Lord’s other joint civic endeavors include the King Street Gardens Park Foundation and Chinquapin Organic Gardens. They also work together at Lord’s architecture firm, Marlin G. Lord AIA Architect. Lord is the company’s principle architect and Brown



In addition to being founding members of the Del Ray Artisans (DRA), Brown’s and Lord’s other joint civic endeavors include the King Street Gardens Park Foundation and Chinquapin Organic Gardens.

PHOTO BY STEVEN HALPERSON

is the draftsman. They share design responsibilities. They also support each other’s photographic art and submit their work to exhibitions throughout the metropolitan area.

A Minnesota native, Lord earned architectural degrees from the University of Minnesota in 1960 and 1962. His architectural designs in Northern Virginia include the National Council of Teachers of Mathematics headquarters in Reston, the Thomas Jefferson Elementary School in Falls Church and the restaurants Los Tios Grill on Mount Vernon Avenue and Dos Amigos on Braddock Road.

Perhaps Lord’s greatest architectural contribution to Alexandria was his leadership on a new design for the old Monroe Avenue Bridge. The straightening and redesign of the bridge resulted in safer and more efficient traffic flow on Jefferson Davis Highway, improved the Potomac Yard land-use plan, expanded parkland at Simpson

Field and led to the revitalization of Mount Vernon Avenue as a safe and thriving commercial and residential primary artery through Del Ray.

In 1983 Brown left VVKR to establish her own commercial photography firm concentrating on events, products, public relations and architecture. She received an A.A.S. degree in commercial photography from Northern Virginia Community College in 1988. She continues to provide drafting service to Lord’s architectural firm. “Photography is both a vocation and avocation for me. As a full-time, self-employed commercial photographer I strive daily to provide visually stimulating images to fulfill my clients’ needs. As a fine art photographer I strive to balance the pressure of deadlines with the release of the creative process,” Brown said.

Brown has served as vice president of internal affairs and grant chair for Artisans United, Inc. in Annandale, and is a leg-

acy member of The Art League in Alexandria. She has served as treasurer and newsletter editor of the Business and Professional Women’s Club of Fairfax County and is a member of the Del Ray Business Association, the Del Ray Citizens Association and Agenda:Alexandria. She served a term on the visual arts panel of the Alexandria Commission for the Arts. She was a member of the Alexandria Chamber of Commerce cultural arts committee from 1991 until the committee was disbanded and in 1992 became the Alexandria Arts Forum, a coalition of artists and arts patrons, advocates and administrators. Brown helped found the forum and for 18 years has served in multiple positions on its board.

One of Brown’s most recognized ventures was cutting and donating her long hair to Locks of Love, an organization that collects human hair to make wigs for children who suffer from diseases that cause their hair to fall out. “It was recommended for me to do this by my fellow DRA members,” Brown said. Her hair had not been cut since she was in the eighth grade. It had reached nearly to her knees before her first donation of 17 inches in 2009 to Locks of Love. She repeated the donation in 2012 with a donation of another 17 inches. Her donations were leveraged to raise funds for the Ted Eichers Memorial Art Scholarship, which awards \$1,000 annually to a T.C. Williams High School senior. “I was amazed by the depth of the warmth and generosity that I found as I spoke with fellow Alexandrians,” she said. “In the end we were able to donate \$800 to the fund.”

As founding members of Alexandria’s Urban Design Task Force, Brown and Lord fostered an international design compe-

tition for King Street Gardens Park, located at the intersection of King Street and Daingerfield and Diagonal Roads. The project was the recipient of many grants, which helped lead to its creation. It was also funded in part by the Buy a Brick, Build a Park campaign, spearheaded by Lord and Brown, serving as volunteers. “There was a fair amount of controversy and even a proposal by some to have it torn down. But supporters of the project threatened to chain themselves to it if any attempt was made to dismantle it,” Lord explained. The park now hosts Wednesday farmers markets from May through October and an annual Supper Under the Stars organized by the Old Town Business and Professional Association.

For 20 years Lord served as a member of the Alexandria Park and Recreation Commission, including seven years as chair. Over the years Lord has also answered the Alexandria City Council’s call to serve on the Waterfront Committee, the Alexandria 2020 Ad Hoc Committee, the Washington Area Council of Governments citizen land-use advisory committee and the Upper Potomac West Task Force, to mention a few. He is a former president of the Del Ray Citizens Association and a recipient of the Del Ray Business Association’s Star Award.

Lord is also an award-winning photographer in his own right. “He won an award for his photography in the first show he ever entered,” Brown said.

Together, Marlin Lord and Kathryn Brown have not only changed the face of Del Ray but also have been instrumental movers and shakers in many activities and projects that have improved the City of Alexandria and the lives of its residents. They certainly have done their best for their time.

## Living Legends: The Project

Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle the people making current history in Alexandria. The project was conceived in 2006 to create an enduring artistic record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria.

Platinum and Gold sponsors this year are the Alexandria Commission for the Arts; Club Managers Association of America; Goodwin House, Inc.; McLaughlin Ryder Investments; Renner & Company, CPA, P.C. and SunTrust Bank.

This is one of a series of profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a future Legend, visit [www.AlexandriaLegends.com](http://www.AlexandriaLegends.com) or contact [Legends@AlexandriaLegends.com](mailto:Legends@AlexandriaLegends.com).

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# Dogs Make Great Reading Partners

BY MIKE SALMON

Caroline, 5, just finished reading *Marley the Firehouse Dog* to Humphreys, a Cavachon breed of dog at the Cherrydale Library in Arlington. Both Caroline and Humphreys are regulars in the PAWS to Read program where youngsters read aloud to dogs as a way of learning to read to a docile but caring audience. Caroline wore a big smile the whole time while Humphreys licked her hand.

"You read to him so he likes you," said Caroline's mother.

Humphreys, who was voted the best "gateway" dog to start the program, is owned by Cynthia Power, an Arlington resident and kindergarten teacher that chairs the PAWS program at Cherrydale on Saturdays. She sees the value of using the dogs as reading partners because when a child stumbles on a word or pronounces something different, the dog is quiet.

"Children don't often get a chance to just read, this is one chance to just read. I encourage the parents to do the same at home," Power said.

PAWS to Read is a program that allows children to read aloud to a therapy dog in order to improve reading and communication skills. Children read individually to trained therapy pets in a setting where they can feel comfortable and confident. What makes this different then reading to a teacher or parent is the dog will not correct them or make them feel awkward if they stumble.

Although parents and teachers may correct the child during their reading as a teaching method, "correcting takes a little away from the love or reading,"

Powers said.

Karen Sullivan, a library assistant at Cherrydale, sees the PAWS to Read program benefits each week. "The children seem to be really happy, they keep coming back," Sullivan said.

One look at the second-floor loft in the library, the happiness was apparent among the children as well as the dogs themselves. There were five different groups spread out on the floor, and at each group, the children had a hand on the dog as they read. One girl was scratching a Shelby behind the ears while the dog's owner was explaining the breeds' origins in Scotland, while a big Labrador Retriever stretched out as another girl was petting as she read.

Margie Bell was there with her dog Mia. "She's really sweet and patient," she said of Mia. "She loves attention from children so this is good for her," Bell added.

"They really like to snuggle up to the kids," added Power.

Paws to Read was founded in Delaware in 2005 by Lynn Robinson, a former teacher and active pet visitation volunteer. Power was a volunteer for PAL, People Animals Love, which brings dogs to senior centers, veteran's groups and mental health facilities as a therapeutic method when

she heard about PAWS to Read from a friend in Alexandria. Power started the group in Arlington, and was recently awarded the "outstanding volunteer in the county," for her efforts with PAWS to Read.

Over the years, she has seen some successes from the program. One boy, who only spoke Japanese, came in with a great fear of dogs but after he read a few books, his English got better and was comfortable around the dogs. "He absolutely loves it," Power said. Another girl hated to read, but after a few sessions with the dogs, she became an avid reader. "Her mom was just amazed at her progress," Power said.

It turns out that reading to Humphrey began at an early age, just like many children. "I read with him since he was a puppy," Power said.



Caroline reading with Humphrey  
PHOTO BY MIKE SALMON

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### Mental Health:

- lifts spirits and lessens depression
- decreases feelings of isolation and alienation
- encourages communication
- provides comfort
- increases socialization
- reduces boredom

### Mental Health (continued):

- lowers anxiety
- helps children overcome speech and emotional disorders
- creates motivation for the client to recover faster
- reduces loneliness

### Reading: (PAWS for Reading)

- helps children focus better
- improves literacy skills
- provides non-stressful, non-judgmental environment
- increases self-confidence, reduces self-consciousness

“

Whether you think you can – or think you can't – you're right.”

- Henry Ford

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photography by R. David Chambers

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# Ze events



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Target Gallery presents **Trash Talk**, an exhibition that focuses on everyday common objects that are reclaimed, recycled, reinterpreted, and transformed into art.. FREE!

## Tavern Toddlers

**Now thru April 30**

10:30 am – 12 pm

Gadsby's Tavern Museum

134, North Royal Street

[Gadsbystavern.org](http://Gadsbystavern.org)

703/746-4242

A special program for toddlers (walkers through 36 months) and their caregivers, featuring a weekly open playtime in the historic ballroom on Mondays, excluding Federal holidays, through the end of April. Craft changes weekly. \$7 for a group of three, which must include one adult, or purchase a 5-week pass for \$30. No reservations necessary.



## “Everyday Gods & Goddesses” Exhibit

**Now thru May 6**

The Art League

105 North Union Street

Studio 21

(located in the Torpedo Factory Art Center)

Alexandria

[theartleague.org](http://theartleague.org)

703/683-1780

This series began with oil painter Linda Lawler's self-portrait of herself as the Greek god Bacchus. After receiving an overwhelmingly positive response for its sense of whimsical humor, Lawler continued the series, enlisting friends and family as subjects and superimposing her own perceptions of their personalities as figures of myth. Each portrait incorporates elements associated with a particular character, anchoring this body of work firmly in tradition and symbolism. Some of the other gods and goddesses portrayed in her paintings are Gaea, Adonis, and Persephone. FREE!

## Craft Night Social

**April 23**

**5 – 9pm**

Del Ray Artisans

2704 Mount Vernon Avenue

Alexandria

[TheDelRayArtisans.org/craft](http://TheDelRayArtisans.org/craft)

Do you have unfinished projects that you haven't been able to complete? Bring your own “in progress” projects (or start a new one!) and spend a few hours of uninterrupted time crafting. Meet and socialize with other artistic individuals. Open to knit/ crochet/ fiber arts, paper crafts/ scrapbooking/ stamping/ card-making, sewing, jewelry, drawing, general crafts... Fee: \$8 DRA members / \$10 non-members.



## Ghost Writer

**April 25 – June 2**

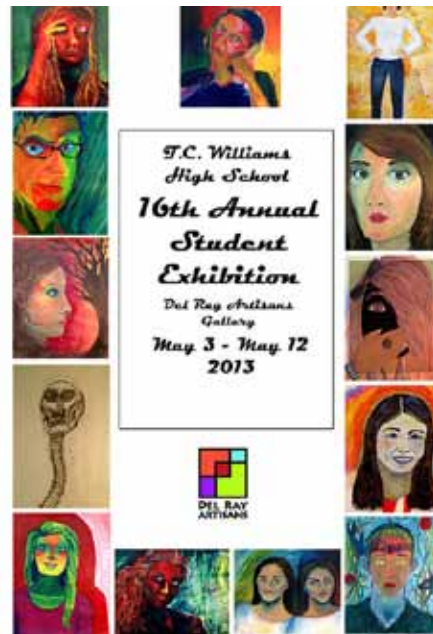
MetroStage

1201 N Royal Street

Alexandria

[Metrostage.org](http://Metrostage.org)

By Michael Hollinger. DC premiere. A drama about the writing process, the art of creativity, and love, with a little punctuation thrown in for good measure. Featuring Susan Lynskey, Helen Hedman and Paul Morella.. Ticket times and prices vary.



## 16th Annual T.C. Williams Student Art Exhibit

**May 3 – May 12**

Del Ray Artisans

2704 Mount Vernon Avenue

Alexandria

[TheDelRayArtisans.org](http://TheDelRayArtisans.org)

Thirteen T.C. Williams High School students selected as this year's National Art Honor Society inductees will exhibit their work. Many of these students will continue their art studies at the college level, and much of the work on exhibit was featured in their winning college admission portfolios.

## 4th Annual Alexandria Arts Market

**May 4 – September 7**

**10 am – 4pm**

Del Ray Artisans

2704 Mount Vernon Avenue

Alexandria

[TheDelRayArtisans.org](http://TheDelRayArtisans.org)

A variety of original artwork from over 25 local artists will be displayed for sale, including but not limited to, painting, photography, pottery, jewelry, and glasswork to be held on the first Saturdays of May, June, July, August, and September 2013 in the Nicholas A. Colasanto Park on the corner of Commonwealth and Mount Vernon Avenues.



## “Garden of Light” Reception for Bethany House Northern Virginia

**May 4**

**3 – 6 pm**

Holiday Inn and Suites

625 1st Street

Alexandria

[bhnv.org](http://bhnv.org)

Did you know that every day in the United States, three women are killed by an intimate partner? Help save the lives of victims of abuse in our local community by participating in the Bethany House of Northern Virginia's (BHNV) second annual **Garden of Light** reception. This elegant garden party will feature delectable refreshments, live music and a silent auction with many one-of-a-kind packages donated by local area businesses. Tickets are \$55.00 per person, and will directly benefit victims of abuse served through BHNV's Family Assistance Program. To purchase tickets, visit [gardenoflight2013.eventbrite.com](http://gardenoflight2013.eventbrite.com).

## “Beyond Function” Exhibit

**May 4 thru June 2**

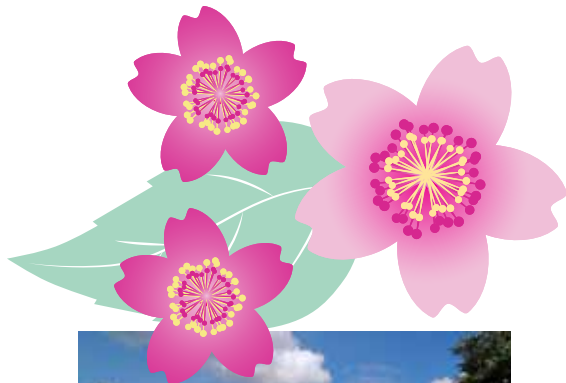
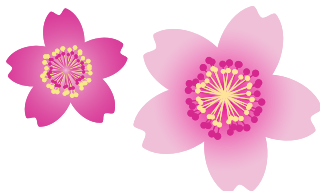
Torpedo Factory

Target Gallery

105 North Union Street

[torpedofactory.org/target](http://torpedofactory.org/target)

Target Gallery presents **Beyond Function**, an exhibition focusing on non-functional ceramic artwork. These works go beyond utility, seeking to be valued for their aesthetic quality over their usefulness. In addition, juror and acclaimed artist Novie Trump and Laurel Lukaszewski will create a site-specific ceramic installation outside of the gallery. FREE!



## “Artworks for Good” Exhibit

**May 17 – June 1**

Del Ray Artisans

2704 Mount Vernon Avenue

Alexandria

[TheDelRayArtisans.org](http://TheDelRayArtisans.org)

Fundraiser art exhibit titled with an Opening Reception (Friday, May 17, 7-10 pm) and Closing / Fundraiser / Benefit Reception (Saturday, June 1, 7-10 pm). This exhibit features original artwork by area artists. Artwork is priced starting at \$100; Take-Away art starts at \$50. Honoring Becky Arnold who passed away last fall after a battle with cancer. Becky was a passionate supporter of the arts and helped to grow Del Ray Artisans' Gallery Without Walls program. There will be an open-mic auction. Proceeds from the Fundraiser / Benefit Reception will be split between Del Ray Artisans and the American Cancer Society in honor of Becky. Entrance to the Fundraiser / Benefit Reception is by \$10 ticket only.



## Argentine Festival 2013

**May 18**

Thomas Jefferson Theater

125 South Old Glebe Road

1201 N Royal Street

Arlington

[festivalargentinousa.com](http://festivalargentinousa.com).

The 26th festival is brimming with authentic foods, crafts and top Tango, Pop and folkloric performers directly from Argentina. \$20 in advance at [www.Tickeri.com](http://www.Tickeri.com) or \$30 at the door. A family package of 5 is \$80; it includes a raffle for 2 round-trip tickets from Miami to Buenos Aires!

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



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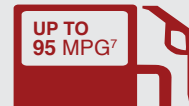
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