

# Zebra



Matthew Barnickle,



Cinie Bearden,



K Holt



Myrna Juarez



Manuel Lee



Devon Neckles



Daniel Plank



Carl Stowe



## The HERO Issue

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MAY '16

BLACK AND WHITE AND READ ALL OVER



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BITE INTO THE  
TASTE OF ARLINGTON



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VISITS T.C. WILLIAMS



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FOR THE ANIMALS



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KIM ALLEN KLUGE  
LIVING LEGEND



# Christine Garner

*Thanks to our Public Safety Personnel for their  
Heroic Acts of Valor!*



## OLD TOWN

**\$2,550,000**

Elegant 4 bedroom, 3.5 bath brick semi-detached townhouse with 3-4 off street parking located just steps from Historic King St. and the riverfront. Circa 1815 with approximately 4,400 sq. ft. of living space featuring generous room sizes, original random width wood floors, high ceilings, tall windows, exquisite woodwork and architectural details throughout. A two level sun-room offers views of the spacious walled garden and patio. Lower level walks out to the garden and features a gourmet kitchen with center island, breakfast area and adjoining family room with fireplace.



## ALEXANDRIA/CHAPEL HILL

**\$1,399,000**

Fabulous 7 bedroom, 5.5 + .5 bath custom home with approximately 7000 sq. ft. of living space on .5 acres with a 3 car garage! Great home for entertaining with a dramatic 3 story field stone fireplace in the living room and formal dining room with french doors to a large screened porch. Spacious gourmet kitchen with adjoining breakfast and family room. Master suite with 20' ceilings and luxury bath. Fenced yard with deck and a sports court. Steps to Chinguapin Park!



## ALEXANDRIA / KING'S HUNDRED

**\$915,000**

Lovely 4 bedroom, 3.5 bath center hall colonial with off street parking in a quiet cul de sac. Foyer entry welcomes you to the gracious living room and dining room. Spacious kitchen with SS appliances and sunny breakfast room with bay window. Adjoining family room with gas fireplace flanked by custom built-ins. Upper level with 4 bedrooms including the Master suite with sitting room. Huge lower level recreation room with full bath and access to the fenced yard with patio, lawn and perennial gardens.



## BRADDOCK HEIGHTS

**\$854,000**

Fabulous renovation and expansion of this 4 bedroom, 2 bath home on a large corner lot. Tall ceilings, abundant windows and rich hardwood floors throughout. Living room with stone fireplace opens to dining room. Sleek kitchen with granite counters, SS appliances & heated floor. Two main level bedrooms and 2 upper bedrooms including the Master suite with luxury bath. Fenced back yard with patio, manicured lawn and irrigation system.



## IVY HILL

**\$849,000**

Expanded 3 bedroom, 3 bath colonial on a quiet dead end street just 1 mile from the King St. METRO. Living room with fireplace has access to an inviting screened in porch. Formal dining room and kitchen with granite counters and ample cabinet space. Light filled family room with wet bar, built-ins and breakfast area. Upper level with 3 bedrooms and finished lower level with recreation room, full bath, laundry room and storage. Fenced yard with patio, lawn and off street parking.



## BRADDOCK COVE

**\$799,000**

Spacious 4 bedroom, 3.5 bath colonial with many recent updates including a fabulous new kitchen! Formal living room and dining room with bay window. Kitchen with granite counters & SS appliances open to a sunny breakfast room and family room with fireplace. Upper level with 4 bedrooms including the Master suite with en suite bath. Huge lower level with recreation room, full bath and storage room. Located in a quiet cul de sac less close Ft. Ward Park, shopping & restaurants.



## ROSEMONT

**\$614,000**

This 3 bedroom, 2 bath townhouse is located just a few blocks from 2 METRO stations, shops and restaurants in Del Ray and Old Town! Updated kitchen with granite counters opens to the dining room and family room with exposed brick and 2 skylights. Upper level with 3 bedrooms and an updated bath. Lower level recreation room, 2nd bath and storage with access to the fenced yard with a large deck.



## WARWICK VILLAGE

**\$550,000**

Beautifully updated 3 bedroom, 2 bath townhouse just blocks from shops and restaurants in Del Ray! Gorgeous kitchen with pass thru to the dining room features granite counters, SS appliances and 42" Maple cabinetry. Light filled living room has access to a fenced yard with custom flagstone patio. Upper level with 3 bedrooms and full bath. Lower level recreation room with full bath and large storage/laundry room.



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MAY '16

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## DISTRIBUTION

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

Arlington Alexandria Alexandria West Beverley Hills Braddock Heights	Crystal City Del Ray Fairlington Mount Vernon Old Town Alexandria	Park Fairfax Rosemont Seminary Hills Shirlington
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## PUBLICATION DATES

Zebra is printed monthly.

## DEADLINES

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

## CONTACT

**The Zebra**  
2331 Mill Road, Suite 100, Alexandria, VA 22314  
thezebra.org

For advertising information call 703-919-7533

## CATCH OUR MISTAKES

We proofread, but occasionally we make mistakes, so to make a game of it, we encourage you to find the errors we missed. The entrant who finds the most wins a gift certificate from an area retailer or restaurant.

**Barbara Juszczuk in Alexandria caught 11 in our April 2016 issue, and has earned a \$25 gift card from Greenstreet Gardens!**

If you have a keen eye and a sharp pencil, send your catches to editor@thezebrapress.com.



## PUBLISHER'S NOTE

We are calling this our “Hero” issue because we spotlight the 16 men and women chosen this year for extraordinary acts of valor by the Alexandria Chamber of Commerce, but we also bring you more—we dive into Alexandria’s public service history and try to share the steady traditions of valor deeply rooted in this community.

Also, inside you’ll find our regular columnists tackling all sorts of issues: Marcus Fisk wittily takes on the history of mud-slinging elections, Ralph Peluso studies a quirky local book about voting, Dr. Matt Fontaine gives some great exercises

for runners, Cheryl Spangler tells why an overpriced home will never sell, Ellen Epstein cracks down on dog park etiquette, Sandy Modell teaches us how to “capture” our dog’s best behaviors, and Pat Malone shares the story of how Alexandria got its own summer baseball team, the Alexandria Aces, which return in June. And interspersed as always are the pieces of good news about your colleagues and kids, and the unsung heroes who volunteer rebuilding homes and tirelessly raising funds for area charities.

Spring beckons through the pouring rain these early days of May. Wait for it...just wait for it. Look up, look around, get your hands dirty in



the soil planting flowers and savor the days and the people you love. It’s Spring!

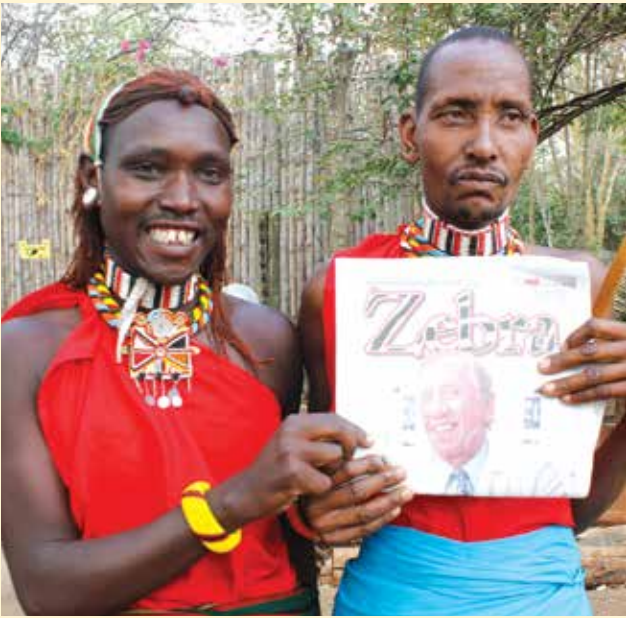
Mary Wadland

## ZEBRA Spotted in KENYA!

Two Masai warriors peruse *Zebra* while standing sentry at the gates of Kenya’s Nairobi National Park in late March.

Photo by John Arundel

Send photos of *Zebra* read around the world to editor@thezebrapress.com and we’ll publish them and send you a gift card from an area retailer or restaurant!



## WHAT BUGS ME

BY DEBBY CRITCHLEY

Dear Religious Services Attendee: Praying to your chosen deity is a wonderful thing. It can be fulfilling and rewarding. However, it does not exempt you from the rules of the road. Please don’t drive out of the parking lot without looking both ways for pedestrians or oncoming traffic. They have the right of way. Don’t pull out of your street parking space either without looking either. Use your turn signals to let the passing car know what you plan to do. God can only protect you so much. You have to help too.

Do you have something that bugs you? Share with me at debbyc@thezebrapress.com

**CORRECTION:** On our April cover and within the story, we misidentified the photographer. Photo credit should have been given to Craig Spiering of Spiering Photography.





# A DAY TO RECOGNIZE OUR FIRST RESPONDERS

BY KRIS GILBERTSON

On April 20, a cool but bright spring day, the Alexandria Chamber of Commerce hosted the 2016 Public Safety Valor Awards, as it has for 30 years. The Valor Awards recognize outstanding performance among first responders in the Alexandria Police Department, Sheriff’s Office, and Fire Department—the people who put their own lives in danger to keep us safe.

This year’s event was staged at the Belle Haven Country Club and attended by more than 220 business leaders, elected officials, representatives of the agencies honored, media, and general public. Mayor Allison Silberberg, City Manager Mark Jinx, Councilwoman Del Pepper, and former mayor Bill Euille attended. Unable to attend,

Senator John Warner sent a personal letter to each award winner.

In welcoming remarks, Joseph Haggerty, the Chamber’s new president and CEO, said, “These outstanding people are one reason we are such an attractive community to live in. This event is always one of our most popular as it celebrates true community spirit.”

Following a stirring rendition of our national anthem from Alexandria Sheriff’s Deputy Deon Best and invocation by Police Captain Don Hayes, the gathering partook of lunch and then got down to the business at hand.

Eun Yang, anchor of *News4 Today*, continued the tradition of a local media celebrity introducing each honoree with a description of their valorous acts. Yang expressed elaborate appreciation not only for

## IN REMEMBRANCE

### From the Alexandria Police Department

The Alexandria Police Department is celebrating the life of beloved former APD K9 Ajax, 13, who went over the rainbow bridge April 23.

Ajax served Alexandria from 2004–2012. He earned two Alexandria Chamber of Commerce Valor Awards during his time with APD, including apprehending a carjacker who fled into City Hall after a police chase in August 2010.

Ajax wasn’t just an officer; he was also a beloved family member. He spent his retirement years with his family (which includes a menagerie of other animals). As often happens with German Shepherds, his rear legs gave out as he got older, but that didn’t slow him down! His parents got him a set of wheels and skis for the snow and off he went!

Ajax was well loved and will be missed by his family, the Alexandria Police Department, and the Alexandria Police Foundation.





the honorees, but for all first responders present or otherwise engaged. “Some of those not here today are covering for others,” she said, “so that they can go to a funeral in Prince George’s County.” (Firefighter Paramedic John Ulmschneider was shot and killed while responding to a welfare check call at a home in Temple Hills, Maryland. He was buried April 20.)



Alexandria Fire Department



Captain Jason Wehmeyer, above.  
Firefighter Kristina Holt, below.



In July, Captain Wehmeyer and Firefighter Holt volunteered at a cycling race in Prince William County, part of the World Police and Fire Games hosted by Fairfax Fire and Rescue. During the race, a blown front tire caused a crash involving multiple cyclists. Wehmeyer and Holt assisted the medical crew by providing lifesaving care for critically injured riders while ambulances were en route. Firefighter Holt accompanied gravely injured Brazilian team member Carlos Silva to the hospital, where he succumbed to his injuries. For several days, Holt served as liaison, providing support for his family and teammates. The other injured riders are recovering, thanks in large part to Captain Wehmeyer and Firefighter Holt. For their work, they were honored with Life Saving Awards.

\*\*\*



Captain Wells Wilson

In May, the Alexandria Department of Emergency Communications received calls for a building fire on Kenmore Avenue. Although off duty, Captain Wilson grabbed his gear and hopped on board Engine 206 as it rolled out of the station. On scene, Wilson determined that the fire extended from the first floor to the roof. One victim had already jumped from the third floor and needed medical aid. Knowing additional people were trapped on upper floors, he helped use the Engine’s portable deploy ladders to pull people to safety

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PUBLIC SAFETY VALOR AWARD CATEGORIES

Gold Medal

The highest award for valor and heroism. Awarded in cases in which a public safety official knowingly places themselves at risk of death or extreme serious bodily harm in the performance of an official act.

Silver Medal

The second highest award for valor and heroism. Awarded in situations where a public safety official exposes himself/herself to great personal risk in the performance of an official act.

Bronze Medal

Awarded in situations where, during the course of an emergency and at personal risk, a public safety official demonstrates judgment and ingenuity in the performance of his/her duties.

Lifesaving Award

To be awarded in recognition of official acts taken by public safety officials in a life-threatening situation where an individual’s life is in jeopardy, either medically or physically.

Certificate of Valor

For recognition as a public safety official, for action taken involving personal risk and/or demonstration of judgment in the performance of duty.



The Old Alexandria Jail at Princess & N St Asaph Streets

KEEPING ALEXANDRIA SAFE

Valor Has a Long History in This City

BY KRIS GILBERTSON

In April, the Alexandria Chamber of Commerce, business community, and elected officials gathered for the thirtieth time to praise outstanding efforts from 16 of the City’s first responders in the past year. The courage and resourcefulness they showed are storied traits in our history.

From earliest days, even before Alexandria incorporated in 1779, citizens banded together to provide public safety services from constables to night watchmen, volunteer fire brigades to the town gaoler (as jailer was then spelled). As Alexandria grew into a busy seaport and home to powerful people, the town council established formal public services.

Alexandria Police Department

Officially established on July 15, 1870, the Alexandria Police Department consisted of a captain, a lieutenant, and 19 patrolmen. The City provided badges but the men brought their own uniforms and guns. Today the APD has 315 sworn officers and 152 civilian employees.

The department’s journey from then almost to now, protecting the city through all the social and economic upheavals of 14 decades, is documented in *Alexandria Police Department*, (Acadia Publishing), by Amy Bertsch for the Alexandria Police Association. The book is a photo history of Alexandria police “simply doing their jobs: crash scenes, crime scenes, murder scenes—not

high profile cases, just the usual occurrences,” said Bertsch in a media interview. “It is a glimpse into what life was like at that moment the tragedy occurred.” The book covers social and technical growth (African Americans, women, and K-9 officers) and probes how the relationship between police and public evolved when technology (cars!) and new laws (Prohibition!) changed enforcement. It is an excellent read.

Alexandria Sheriff’s Office

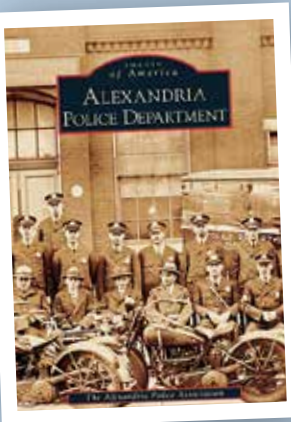
In Virginia, Sheriff is a Constitutional Officer elected every four years and is the executive officer of the Court and the “keeper of the jail.” In Alexandria, the office was established in 1780. The first jail was at Market Square.

Established in 1791, the federal capital of the District of Columbia took land from Maryland and Virginia, including Alexandria. Until 1847, Alexandria was part of the District of Columbia and under federal jurisdiction. When the City was retroceded to Virginia, part of the deal was funding for a new jail (\$10,000), built at the NE corner of Princess and N St Asaph Streets.

The Office of Sheriff as it exists today stems from 1977 and, through an agreement with the U.S. Marshals Service, also houses federal prisoners, including high profile cases such as Zacarias Moussaoui and Robert Hanssen.

In 1980, the City selected a site on Mill Road to build a new facility and, after 160 years of service, the old jail was sold

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# COMMUNITY news

## BEN & JERRY'S FREE CONE DAY RAISES \$2,191

Local Celebs Mayor Silberberg, Congressman Beyer and Senator Ebbin Scoop for the Cause

Ben & Jerry's Free Cone Day was a huge success in Old Town! 8,200 ice cream cones were scooped and \$2,191.42 was raised to support The Child & Family Network Centers (CFNC) on April 12, 2016.

If you're unfamiliar with Free Cone Day it's just what it sounds like. Ben and Jerry's gives out free ice cream cones in celebration of its anniversary every year. What people may not know is that a local charity benefits from all



Sheriff Dana Lawhorne scooped his share of cones. Photo courtesy of CFNC.



Congressman Don Beyer enjoyed scooping cones and watching the tips for his hard work pile up for a good cause. Photo courtesy of CFNC.

tips and donations while volunteers and local celebrities stand behind the counter scooping for a great cause.

"We are so grateful to Ben and Jerry's in Old Town for selecting CFNC to benefit from this event and wish to thank all of the local celebrities, volunteers and the public who came out to support CFNC yesterday. It's because of them, the event was so successful," said Lisette

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Volunteers and members of the Miracle League of Alexandria celebrate the unveiling of Matt Corrado's mural with confetti and butterflies. Photo by Kimberly Bruce.

## COURAGE TO LIVE BIG

BY KIMBERLY BRUCE

On April 23rd, members of the community gathered to witness the unveiling of an interactive mural that puts an emphasis on the little acts

of courage we all commit every day. Created by artist Matt Corrado, the mural is inspired by Nancy Belmont's *Courage Wall*, a community project unveiled last spring on the 2200 block of Mount

Vernon Avenue. The wall is an 8 x 20-foot wide chalkboard intended to inspire courage by its header statement, "I Wish I Had The Courage To..." with

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## CITY BRIEFS

### HOW YOU CAN WIN OR NOMINATE SOMEONE FOR ALEXANDRIA'S 40 UNDER 40 AWARDS

The Alexandria Chamber of Commerce is launching a region-wide 40 Under 40 awards program, with the aim of recognizing emerging leaders less than 40 years of age. The goal of the program is to highlight the significant, personal impact of successful young professionals across a variety of sectors, who, over the next few years, will have a significant effect on the advancement of our region.

The program is open to all individuals who either live, work, or volunteer in the City of Alexandria. Organizational or company membership in the Alexandria Chamber of Commerce is not required in order to submit an application. Individuals may apply, or nominate an employee or peer.

A cross-section of Alexandria business and community leaders will select the 40 Under 40 recipients. Winners will be announced with the help of our Founding Media Partner *Alexandria Gazette*, our Media Partner *Alexandria Times*, and our Video Partner Mind & Media. An awards reception will be held on Thursday, July 28, 2016. Stay tuned for more information on the event.

"The inaugural class of Alexandria's 40 Under 40 will set the bar incredibly high for those who follow. Being recognized with this award, at an early point in a young professional's career, is a recognition of their high potential. We look forward to seeing what these distinguished individuals will continue to accomplish," said Robert Shea, 2016 Board Chair, Alexandria Chamber of Commerce.

Applications for 40 Under 40 will be accepted by filling out the accompanying forms online, or submitting via email or mail. Downloadable application is available at [www.alexchamber.com](http://www.alexchamber.com). Please review nomination before applying to ensure eligibility. All nominations and supporting documentation must be received by May 20, 2016 at 5:00pm.



Above, 324 Mansion Drive was a 2015 Beautification Award winner. Photo courtesy of Alexandria City.

### Nominations Sought for 2016 Alexandria Beautification Awards

The City of Alexandria's Beautification Commission is accepting nominations for the 2016 Alexandria Beautification Awards. The awards program recognizes City residents, organizations, and businesses for their efforts in contributing to the beautification of City neighborhoods and public vistas with landscaping and aesthetic design.

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## Plan Ahead. Pay it Forward.



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BY DEBBY CRITCHLEY

# FOODIE

NEWZ



It's been a good month in the restaurant world. We are still waiting for the grand reopening of **Al's Steakhouse**, 1504 Mt. Vernon Ave. We heard it was sold, and the new owners are working to update the kitchen and dining area. **Junction Bakery and Bistro**, 1508 Mt. Vernon Ave., should be opening soon

too. The signs still say "spring opening." **The Happy Tart**, 2307A Mt. Vernon Ave., is moving forward with their plans to become a crepe restaurant. Expect a temporary closing in the summer. When they reopen, the kitchen area will be a dining room. Much of the food prep will happen in their Falls Church location.

The patio area will also become a seating area. **Street's Market and Café**, 3108 Mt. Vernon Ave., another favorite of mine, celebrated their grand opening April 30-May 1. They featured samples of many of the delicious and unusual products they carry, and even more incredible were the examples of various café offerings including two varieties of their Korean chicken wings, sushi, bulgogi, kimchi, and pork buns. If you haven't been to the



**Streets Market and Café** held their official Grand Opening over the May 1<sup>st</sup> weekend. With an exceptional Asian-inspired café inside serving fresh and exciting dishes, the friendly neighborhood market also fills its shelves with unusual ingredients as well as familiar mainstays. Photo by Debby Critchley.

café, I urge you to try it. The food is expertly and freshly prepared.

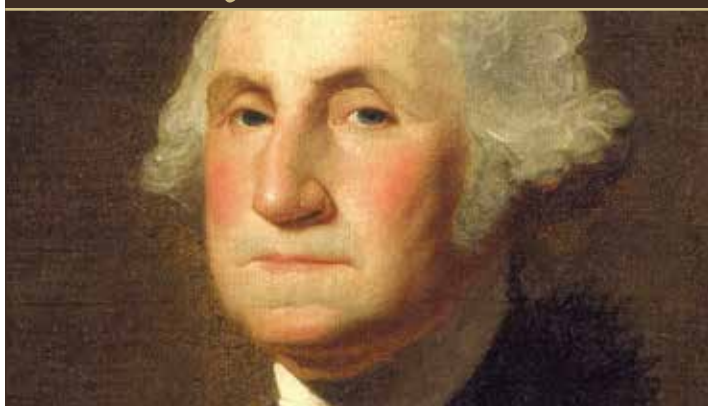
The **Carpenter's Cook Off 2016** was held on April 24 at the Birchmere. I had the good fortune to taste all of the exciting offerings from more than 20 area restaurants. There was lots of BBQ to be enjoyed. **Del Ray Pizzeria**, 2218 Mt. Vernon Ave., brought tender BBQ ribs served with a tangy vinegary slaw. This pizzeria knows how to cook a fall-off-the-bone rib. Bill Blackburn from **Pork Barrel BBQ**, 2312 Mt. Vernon Ave.,

offered delicious pulled pork sliders. You can never go wrong when you serve one of the best-pulled pork in town. **Overwood**, 220 N. Lee St., provided one of their menu favorites, 'blackstrap molasses and rum' baby back ribs. They were finger-licking good. Justin Sparrow, one of the founders of **Mason Social**, 728 N. Henry St., was also busy contributing to the BBQ front, serving up their pork sliders to the hungry crowds.

**Chickpea Mediterranean Grill**, 529 E. Howell, is a new restaurant that should be open by the time you read this. They offered a tasty tabbouleh salad and falafel. This is good falafel and a welcome addition to Del Ray. **Ashlar**, 116 S. Alfred in the Morrison House, is open and serving tavern classics with roots in the Mid-Atlantic. They offered a lovely small plate of truffle polenta with sweet onion marmalade, pickled maitake mushrooms, and pork cheeks, braised in Monumental IPA. Look for this dish on their menu. As usual, **Cheesetique**, 2411 Mt. Vernon Ave., served up a tasty morsel of a pimento-stuffed gougère. It was a mighty one-bite, and I would certainly love to find these on their menu some day.

**Sweet Fire Donna's**, 510 John Carlyle St. stepped out of their comfort zone with a creamy and spicy chicken and sausage gumbo. **Brabo by Robert Wiedmaier** 1600 King St., brought a quality Angus beef tartare served with

## George Ate Here



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On Sunday, April 24, 2016 from 12-3pm, The Birchmere hosted an afternoon of food and fun while supporting Carpenter's Shelter for its 14<sup>th</sup> Annual Cookoff. Over 500 attendees enjoyed delectable dishes from over 20 Alexandria-area restaurants, bid on hot ticket items during the live auction and listen to live music by Alpha Dog Band starring Roger Hart. Photo by Harry Merritt.



**Trattoria da Franco** has been one of the most successful restaurants in Old Town Alexandria for the past 30 years. The vast experience and creativity of its Chef along with the recipes and staff, guarantees great taste and high quality of any dish in our restaurant. It is the home of traditional Roman cuisine, as many politicians from Capitol Hill and famous celebrities have discovered along the past years.


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## LIVE LONG & ROCK IT ON!

The Rock It Grill sticks a defiant finger-in-the-eye to the creeping tide of upscale establishments lining the elegant streets of Alexandria.

— Neal Learner, *The Washington Post*

### HAPPY HOUR DAILY 3 – 7 P.M.



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**www.rockit-grill.com**

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## FOODIE NEWS

CONTINUED FROM PAGE 8

house-made potato chips. It's on their bar menu. **Columbia Firehouse**, 109 S. St. Asaph played the pork card too, bringing pork cheeks seasoned with a BBQ coffee rub, rapini, and an au jus. You'll find them on their dinner appetizer menu. **Marble and Rye**, 2501 Columbia Pike, opened in December 2015, and brought their 'soon to be on the menu' chicken and shrimp gumbo. This was GOOD GUMBO!

On the Italian front, **A La Lucia**, 315 Madison St., served another menu favorite of rigatoni with sausage and peppers and rigatoni with red sauce. This is good like your mama makes red-sauced pasta. **Carluccio's**, 100 King St., knows how to make meatballs – tender, lightly sauced, and parmigiana-topped jewels made in heaven. **Cook de Cuisine** (CookDC.com) is a new meal service by Chef and owner Matthew McCormack. Cook DC delivers restaurant quality ingredients to “turn the home cook into a chef.” Matt brought a delicious wild boar ragout served over his favorite polenta. Check out his service because if his weekly offerings are all as good as his ragout, you will never have a problem with what to cook for dinner.

Several restaurants were notable for serving more unusual dishes. **Trademark**, 2080 Jamieson Ave., offered one of their signature shareable appetizers, candied bacon. They prove that candy and bacon do go together very well. **Fireflies**, 1501 Mt. Vernon Ave., brought a mix of flavors with a choice of sweet and sour or jerk chicken wings. Both were delicious. **Riverbend Bistro &**



Alexandria Mayor Allison Silberberg, Celebrity Foodie Jason Hanny, and James Beard Award-winning Executive Chef from Rasika's, Vikram Sunderam had the difficult job of judging the best bites. Photo by Debby Critchley.

**Wine Bar**, 7066 Fort Hunt Rd., open since December, brought an especially tasty crab flan. Look for it to appear on their summer menu.

true favorites, chili mac. They offered bowls of onions and cheese to accommodate taste choices. The dip provided by **Chart House**, 1 Cameron

St., was loaded with plump crab and zingy cheddar served on a French bread crostini. Another noteworthy tidbit came from **Union Street Public House**, 121 S. Union St. Theirs was a flavorful bite of braised lamb on a polenta croquette garnished with pickled red onion. Kudos for serving a fantastic and memorable morsel. Our locally owned food truck, **Meggrolls**, showcased a mouth-watering array of her modern egg roll alternatives, including the chicken parm, chorizo poblano, BiggMegg Buffalo wing (my favorite), and the four-cheese brussels mac.

**Bittersweet**, 823 King St., impressed with two different treats: a mini quiche Lorraine and a French toast casserole – both so good! **Sugar Shack**, 804 N. Henry, brought a variety of creative doughnuts and doughnut holes. Yum!

The judges for the event were Mayor Allison Silberberg, Rasika's Executive Chef Vikram Sunderam, and famous foodie, Jason Hanny. They had the difficult task of picking the best of the best. The Judge's Choice winners were The Grille at Morrison House for Savory and Bittersweet for Sweets.

The People's Choice award was awarded based on the number of votes received by hundreds of tasters present. We are proud to say they made their number one choice, Meggrolls. Meghan Baroody and Meggrolls were the *Zebra* cover story in May 2015 (read the story online at thezebra.org). The Kids' Choice award went to Sugar Shack.

Until next month, eat well and enjoy!

*Want your restaurant reviewed by the Foodie Newz? Contact the editor@thezebrapress.org.*



Meghan Baroody, who owns the local Meggrolls food truck (and is soon to open a brick and mortar location—check [www.meggrolls.com](http://www.meggrolls.com) for the grand opening) captured the favor of the crowd and took home the People's Choice Award for her flavorful snacks. Photo by Debby Critchley.



Sugar Shack was back for its second year and did not disappoint, charming the crowd with its popular doughnuts, taking home the Kids' Choice Award. Photo by Debby Critchley.



Union Street Public House spotlighted good taste with their braised lamb delicacies. Photo by Debby Critchley.

**Dishes of India**, 1510-A Belview Blvd, served a tasty plate of basmati rice, palak paneer-fresh homemade cheese cubes with mild spinach, and murg makhani-tandoori pieces of boneless chicken breast cooked in a fresh tomato-based creamy sauce. It was an excellent combination.

**Hard Times Café**, 1404 King St., brought one of their tried and



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Photos courtesy of Schuyler Knapp

# BITE INTO THE TASTE OF ARLINGTON: FOOD, MUSIC, BEER, KIDS AND DOGS!

Get a taste of the best fare from over 50 restaurants at the 29<sup>th</sup> Annual Taste of Arlington. Orchestrated by the Ballston Business Improvement District (BID) and hosted by BallstonGives, the celebration benefits the Arlington Food Assistance Center (AFAC) and is the largest “food+beer+music+kids+dog” festival in the area.

Showcasing the diversity of Arlington’s food scene and attracting over 40,000 people, Sunday, May 15 gives over 50 chefs a chance to serve their specialties and introduce you to their restaurants. The exciting and highly-anticipated festival transforms downtown Ballston into a family-friendly street jubilee with dining, music and entertainment for all ages.

New this year, “The Ultimate Block Party” is coming to Taste of Arlington! Deschutes Brewery is packing




up its pub of epic proportions and bringing it to Arlington in addition to other select cities across the U.S. This traveling show brings the pub experience, upon which Deschutes was founded, direct to fans with a 400-foot, transportable bar that was handcrafted from reclaimed wood and steel in Central Oregon.

Pair the beers up with culinary creations from the Brewery’s Executive Chef, Jeff Usinowicz, local chefs from Arlington, and live music by Kelly Bell Band (12:00-1:30PM), White Ford Bronco (1:50-3:20PM), The Big Payback (3:40-5:10PM) and Lost in Paris (5:30-7:00PM).

Taste of Arlington is located along Wilson Boulevard from N. Glebe Road to N. Quincy Street and from Wilson Boulevard along N. Stuart Street near the metro station. The hours are from noon to 6 pm on Sunday, May 15th. Taste of Arlington is a rain or shine event; tickets can be purchased at [tasteofarlington.com](http://tasteofarlington.com) or at a discounted rate on the Ballston BID mobile app, BallstonConnect. Tickets are non-refundable.





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“

QUOTABLES

Life is either a daring adventure or nothing.

—Helen Keller

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“Scriptorium” by Baltimore artist, Jorge Alberto

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# OLD TOWN’S PRINCIPLE GALLERY ON KING STREET

BY BOB MURRAY, ART REPORTER

For decades, Old Town Alexandria has been known for its art gallery scene. It is one attraction that the realtors and business developers use as bait to attract investments. It is debatable about how much real help and business incentives the City of Alexandria give

was to request better signage to the individual business quadrants of Old Town for the walking and driving traffic. I proposed and had information kiosks designed to be placed in eight different public locations in Old Town but the proposal was dismissed as unworkable by the City’s board reviewing my request. Yet some of

“Online browsing and shopping for art is lifeless and limiting and inadequate for experiencing original art.”

the gallery business owners or to any other small business owners for that matter. Certainly the Torpedo Art Center has the full-blown attention and support of the City and rightly so, but the fact is that many private galleries have closed or moved on to other locations. The popular Trojan Antiques on the west side of King St just closed permanently. One decided effort I made while being in the active gallery business and instituting the AAAG ( Association of Alexandria Art Galleries ) in the ‘80’s and ‘90’s

the galleries continued their valuable work to our community and culture. One such steadfast institution is **Principle Gallery** at 208 King Street located in the historic Gilpin House. Many know this place with the charm of its prominent, curved bay windows with thoughtful displays of paintings that can be described as beautiful, elegant, precise, iconic, easily-identifiable and what their well-schooled curator and gallery Director Clint Mansell,

CONTINUED ON PAGE 13

“Chrysanthemums” by Vladimir Ovchinnikov, St. Petersburg, Russia

(photo transfer onto canvas), approx 32” x 28”

\$500 unframed  
\$675 framed

– availability –

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identifies as contemporarily realistic. Principle Gallery’s masterful offerings are unmistakably works of actual and aesthetically valuable art executed by visionary and skilled international artists. A painting from Principle Gallery is generally recognized as both an investment in good taste and actual value.

A particularly attractive and classical work hit my eye called, “The Attributes of Art,” by Michael Devore that is now a part of their April invitational show comprised of many artists. It is an artist’s painting composed of a palette backed

with a classic sculptural relief, offered at \$3500. Principle’s prices normally range from \$500 to \$30,000. They show many noted artists, like Kevin Fitzgerald, whose fame and surpassing collectability commands the higher prices in today’s open art market.

Approximately 40 artists show at Principle Gallery in up to ten shows a year. Professional artists wishing to apply come to the gallery by the usual means – submitting their samples of work for review and statements of their backgrounds and goals to the gallery’s leadership (Clint



“The Attributes of Art” by Michael Devore.



“Blue Sky,” by Geoffrey Johnson.

Mansell, Director; Michele Marceau Ward, Owner or Pamela Sommer, Assistant.)

The gallery moved from Cameron Street to King Street in 1994. They also operate an established business in Charleston, South Carolina which maintains a like quality of gallery staff overseeing and offering similar high standards of art to new and seasoned collectors.

One appealing oil, “Scriptorum,” by Baltimore artist, Jorge Alberto, exemplifies a modern composed still life beautifully rendered in a traditional realistic manner. It is arranged on the wall near another classic entitled “Pansies,” again precisely and smoothly painted like a piece of fine porcelain. In a different and more expressionistic way are works by Geoffrey

Johnson, such as “Blue Sky,” which will be included in his May solo show starting May 20<sup>th</sup> and “Study Fifth Avenue Evening.” Following Johnson’s show will come the June 3<sup>rd</sup> opening, “Part of the Pattern,” by GC Myers whose own less dimensional style departs from that of the present invitational still life exhibition that began on April 15.

A couple of weeks ago I took Mikhail and Natasha Ovchinnikov to see Principle Gallery as an excellent example of what an Old Town privately-owned gallery has to offer. Mikhail, who was the Deputy Director of the Faberge Museum in St. Petersburg, Russia, commented about the international flavor and feel of Principle Gallery and the refined work being shown at such reasonable pricing.

On the job too is Australian Cattle and Fox Terrier mix, Asher, Clint’s canine buddy who never misses a main attraction and is sure to greet art lovers from all over the globe.

The value and principles in all gallery spaces like Principal Gallery are best discovered when you visit the gallery space itself. Online browsing and shopping for art is lifeless and limiting and inadequate for experiencing original art. The feelings evoked are better acquired where it is displayed and authenticated. Trust and value in genuine paintings is found in historic Gilpin House on King Street where Principle Gallery continually brings them into new light. Enjoy the gallery visit and experience.

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# NEW PUBLIC MURAL AT TORPEDO FACTORY ART CENTER

Erin Curtis's *Beaded Curtain* beautifies a lowly loading dock door

The Torpedo Factory Art Center has a brand new mural on the loading dock door, facing Union Street. By DC-based artist Erin Curtis.

*Beaded Curtain* is a playful interpretation of a beaded curtain, a beloved, though kitschy decoration for doorways. With some intended irony, this design in the loading dock doorway lightens the door's presence. It has transformed the modest

aluminum exterior and draws attention to the space, enlivening the neighborhood.

"My work explores the intersection of architecture and decoration," said Curtis. "I aim to create playful pieces that engage the public and celebrate color and pattern. It was important for me to design a work for the Torpedo Factory that would be approachable and readable by most viewers while remaining true to my practice."

Curtis is no stranger to projects that beautify the most


humble of surfaces. Residents will recognize her work as she previously designed recycling truck wraps for the DC Commission on the Arts and Humanities. She also embellished traffic control boxes along Duke Street and elsewhere for the Public Art Commission for the City of Alexandria.

## PHILANTHROPISTS

**CONTINUED FROM PAGE 7**



**Tammy Mann**



**Tammy Mann** CEO, is the 2016 Nonprofit Leader of the Year. Under Tammy's leadership, the Campagna Center was awarded the 21st Century Learning Center grant for middle school programming and the Family Child Care Partnership Grant, providing increased access to early care and education for children and families. This award is given to a nonprofit executive who has shown extraordinary leadership for his or her organization, and has made a broader impact on the Alexandria community and the region.

**C h e r y l**  
**Malloy**, who has supported ALIVE! for many years by leading its board, raising funds and countless hours of the 2016 N Leader of the Y is given to a r leader for their commitment to board service nonprofit org the Alexandria “Alexandria I wonderful phil we are incred have such an and distinguis awardees again, Alexandria Exe Marion Brunk



Cheryl Malloy

## LIVING LEGENDS EXHIBIT AT CITY HALL

Living Legends of Alexandria invites the public to the opening of “Living Legends of 2016” on Tuesday, May 24, 2016 at 5:30 p.m. at Alexandria City Hall, 301 King Street, Alexandria, Virginia.

“Living Legends of 2016” is a photographic portrait exhibit of fourteen Alexandrians whose vision, creativity, dedication and hard work have made a difference for their fellow citizens and the community as a whole. The exhibition is mounted in the

Market Square Lobby and will remain on view through the year.

At the gathering on May 24, Living Legends of Alexandria, the non-profit organization responsible for the exhibition, will thank visionary civic leaders, artists and private sector representatives and officially open the exhibition to public view through the year.

“Living Legends recognizes citizen activists and tells their

**CONTINUED ON PAGE 20**

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<p>1 An Evening with <b>Cowboy Junkies</b></p> <p>7:30pm \$45.00</p>	<p>2 Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$5.50 per ticket facility fee/tax will apply.</p>	<p>3 <b>Robby Krieger Band</b> Playing music of The Doors!</p> <p>7:30pm \$35.00</p>	<p>4 </p>	<p>5 <b>dweezil ZAPPA</b> (via zammata' tour) w/ Reformed Whores</p> <p>7:30pm \$35.00</p>	<p>6 <b>JERRY JEFF WALKER &amp; BAND</b> w/ Patrick Davis</p> <p>7:30pm</p>	<p>7</p>	
<p>8 MOTHER'S DAY with MOTHER'S FINEST </p> <p>7:30pm \$35.00</p>	<p>9 <b>IRIS ISAAK</b> FIRST COMES THE NIGHT TOUR</p> <p>7:30pm \$95.00</p>	<p>10</p>	<p>11 <b>Iris Dement &amp; Loudon Wainwright III</b></p> <p>7:30pm \$39.50</p>	<p>12 </p>	<p>13 <b>WALTER BEASLEY</b> (Moved from 5/20. All 5/20 tix honored)</p> <p>7:30pm \$45.00</p>	<p>14 <b>Gary Taylor</b></p> <p>7:30pm \$35.00</p>	
<p>15 <b>SWEET HONEY IN THE ROCK®</b> </p> <p>7:30pm \$39.50</p>	<p>16 The Birchmere Presents <b>THE AVETT BROTHERS</b> with special guest <b>BRETT DENNEN</b> Sunday May 15, 2016 - 7:30pm EagleBank Arena (formerly Patriot Center) George Mason University/ Fairfax, VA Tickets on sale now through Ticketmaster.com/800-745-3000!</p>		<p>17</p>	<p>18 <b>Brandy Clark.</b> w/ Aubrie Sellers</p> <p>7:30pm \$29.50</p>	<p>19 <b>Ottmar Liebert &amp; Luna Negra</b></p> <p>7:30pm \$35.00</p>	<p>20 in the <b>Flex Stage</b> <b>HARD WORKING AMERICANS</b> FEATURING: TODD SNIDER • DAVE SCHOOLS NEAL CASAL • CHAD STAEHLI DUANE TRUCKS • JESSE AYCOCK w/ Reed Foehl 7:30pm, Doors 6pm \$29.50</p>	<p>21 <b>Delbert McClinton</b> w/ Amy Black</p> <p>7:30pm \$45.00</p>
<p>22 <b>Diane Schuur</b></p> <p>7:30pm \$35.00</p>	<p>23 <b>TBA</b></p>	<p>24 <b>MISSY HIGGINS</b></p> <p>7:30pm \$22.50</p>	<p>25 An Evening with <b>Richard Marx</b></p> <p>7:30pm \$39.50</p>	<p>26 </p>	<p>27 <b>Alejandro Escovedo</b> w/ Peter Case</p> <p>7:30pm \$35.00</p>	<p>28 <b>FREDDIE JACKSON</b></p> <p>7:30pm \$45.00</p>	
<p>29 <b>JUSTIN HAYWARD</b> Presents Stage Door w/ Mike Dawes</p> <p>7:30pm \$69.50</p>	<p>30 The Birchmere Presents <b>mint condition</b> "Until Next Time" www.mintconditionmusic.com Saturday July 16, 2016 - 8pm WARNER THEATRE, Washington, DC Tickets on sale now through Ticketmaster.com/800-745-3000!</p>		<p>31</p>	<p>June 1 An Evening with <b>PETER WOLF &amp; THE MIDNIGHT TRAVELERS</b></p> <p>7:30pm \$29.50</p>	<p><b>TBA</b></p>	<p>The Birchmere Presents <b>THE PIANO GUYS</b> LIVE IN CONCERT December 7, 2016 8pm LYRIC Baltimore, Maryland Tickets at Ticketmaster.com/800-745-3000</p>	

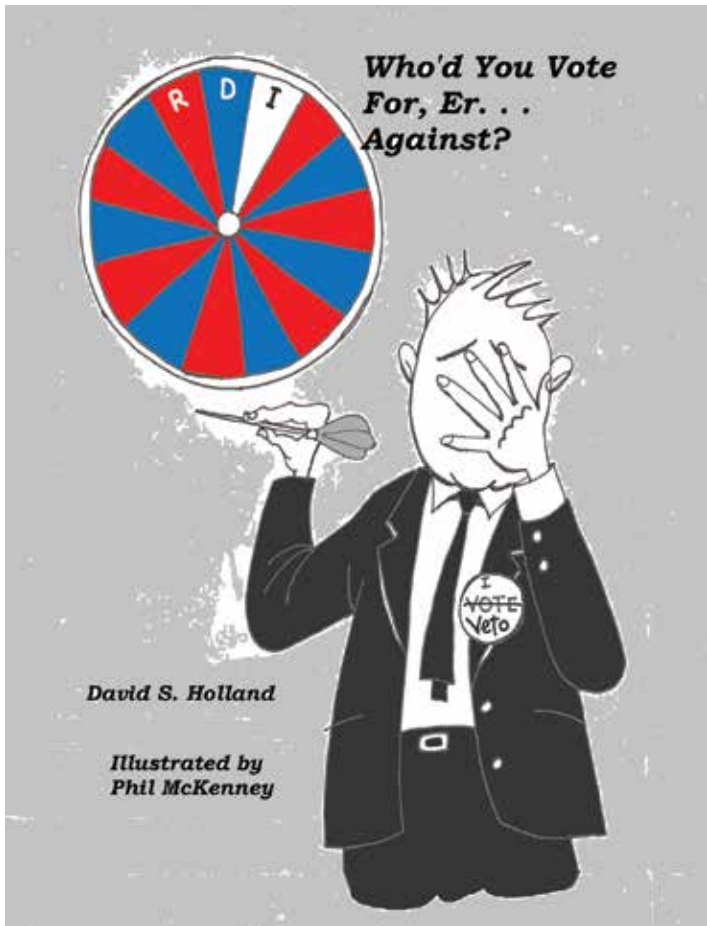




# LEAN LEFT - TARGET RIGHT

David described his book as a “snarky look at presidential elections.” I anticipated a comedic analysis of the voting habits of Americans. The book did not disappoint from that perspective. The author does a very credible job in describing the foibles and gaffes of each presidential nominee (and some VP’s thrown in for good measure) since the 1964 election. But he does it as an artist painting a caricature portrait. You know, we’ve all had them done. We think it’s a great idea at the time; only to look back and see the worst of our facial features heavily exaggerated. The author here takes depiction of presidential flaws to an SNL-level. Readers will move through the book easily, anxious to read his description of presidential events. From the vantage point of David’s book, it is not any wonder that there is such a complete degradation in political campaigns. You can feel the reverse evolution.

I have been fortunate enough to live through each campaign David narrates. My favorite all time gaffe during any campaign, there have been many including this year’s primary season, remains the Dukakis helmet incident. The race for the Oval was essentially over. There was little doubt Michael Dukakis was not going to beat George HW Bush. HW was whisked into prominence on the euphoric coattails of Ronald Reagan. HW would go on to capture 426 of the electoral votes. Based on the advice of his campaign manager, believing Dukakis could turn opinions around, but to do so he needed to look presidential and commander in chief like. They instructed



that he, the five foot nothing candidate, climb into an M1 tank. First mistake, because the diminutive Dukakis appeared even smaller. To make matters even worse, someone slapped an oversized helmet on poor little MD. The helmet not only hung down to his eyes but for a moment, all that was visible from his position in the tank was the top of the helmet. MD and his small head were crushed in the general election. *Not much has changed, now candidates discuss smallish but different body parts.*

David Holland has an eclectic background. He is a retired military officer, a non-practicing lawyer, a federal employee, and consultant; but if you audited his tax returns you’d find his profession shown as “unknown author.” *David, I share your pain!* David

is a clever writer. His book is an easy read filled with lots of humorous anecdotes.

The motivation for his effort was a debate he watched between Fox News hosts, Bill O’Reilly, and Juan Williams. The discussion got very heated with O’Reilly believing people voted for a candidate or a party; William convinced of the opposite. So David decided he’d perform a self-analysis of his voting decisions since 1964. In the thirteen election cycles, he voted against a candidate seven times, three times for, two toss-ups and one no vote cast. He states his voting habits resemble that of a “Cranky Old Man.”

I have been eligible to vote in the most recent 12 elections. As I waded through the book jotting notes about how I voted, in reflection my outcome is the complete opposite. I voted for the candidate or party each and every time. Hence, the debate rages on. I encourage all Zebra readers to perform a similar self-analysis.

David is passionate that the 2016 presidential primary and this general election is an inflection point in the transformation of the American political scene. Citizens are angry. Fringes of Democrat and Republican parties are deeply entrenched in their extremist positions. The vast “gray” middle is rebelling against stereotyped politicians because of their inability to get things done. Americans want to see a compromising government



David S. Holland

willing to make concessions to help everyone have an opportunity for a better life. Wealthy politicians do not appreciate nor can they relate to the day to day economic pressures families face. My take is without term limits, career politicians have evolved into an “elite elected ruling class”, akin to an aristocracy. Democrats to the left are embedded in their position of “freebies”, and need a reality check on how things get paid for. The far right wing of the GOP is more recalcitrant on social concessions. What gets lost in all the rhetoric is the

*Lean Left - Target Right*

**Review:** Who’d You Vote For, Er... Against?

**Author:** David S. Holland

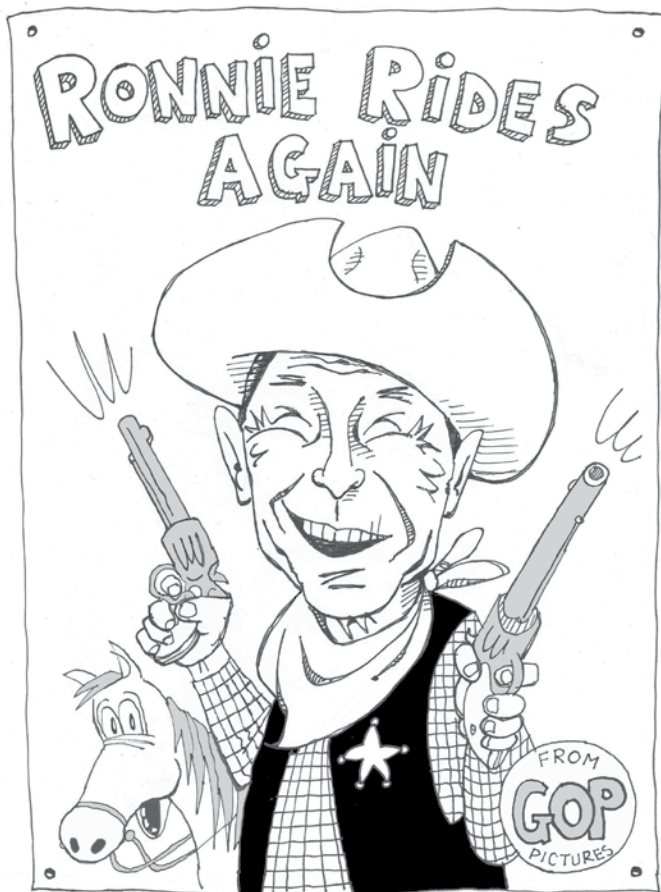
**Self-Published**

**Reviewed by:** Ralph Peluso, Literary Editor

**Zebra Rating:** Polls Still Open 😊

Dem side, there is, of course, Slick Willie, the White House Casanova, who gained national notoriety and impeachment for his dalliances. This year, of course, Mrs. Slick is running. There is the king of spelling bees, Dan Quayle, but certainly not outdone by the stumbling, bumbling Bible-carrying peanut farmer with lust in his heart.

All politics aside, if you are balanced and open to an entertaining look at politics, have at this book. If your skin is not thick enough to handle the roasting of your guys, still read it. Either way, you decide whether you vote for or against. My opinion is to vote



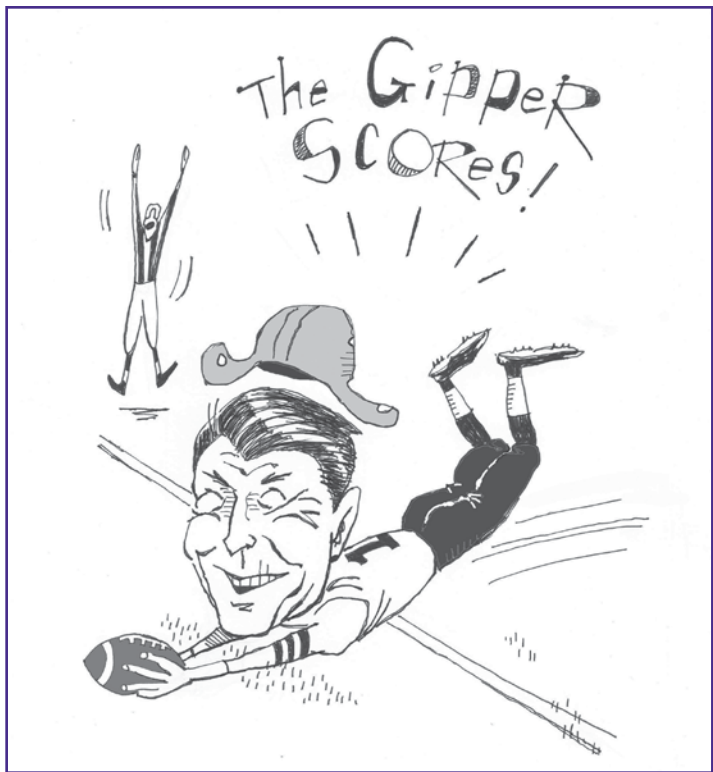
mounting debt, soon to be \$21 trillion.

While none of the presidents or nominees escaped the sarcastic wit, the author who is a professed moderate, was harsher on the GOP. Ronald Reagan, the ‘Gipper’- the Great Unifier, to my chagrin, was not spared. The author’s criticisms are very much aimed more to the right. For example, he pointed out that the GOP for a quarter century blamed and criticized the Dems for poor relations with China, but fails to point out nearly eight years of blaming W for everything from acne to volcanic eruptions. On the

your convictions, but stay wary about who pays for all the free stuff, or you could get Bern’d or Trumped!

David is planning on a follow-up project, a post mortem to this presidential election. This is a transformational period for US elections. The game is changing from the impact of technology. Information is immediately available. Soundbite data is thought of as the equivalent of exhaustive research. Facebook and Twitter are having profound implications on voting habits.

**Zebra rating – 5 stripes, all polls now closed!**





# MAY Z-VENTS



**MAY 14**

**4th Annual “In Their Shoes” 5K  
7:00 am**

**US Patent and Trademark Office  
600 Dulany St.**

The Iraqi Children Foundation (ICF) host its 4th Annual “In Their Shoes” 5k run/walk. Come together to run/walk for a day “in the

shoes” of some of Iraq’s most vulnerable. Funds raised will go for tutoring, food, health care, trauma support, and other loving services for these children. [www.iraqichildren.org/in-their-shoes-5k-2016](http://www.iraqichildren.org/in-their-shoes-5k-2016)

**APRIL 28-JUNE 12**

**Judith Seligson | A Gap Frame of Mind  
Thurs, Fri, Sun 12:00 pm-4:00 pm;  
Sat 1:00 pm-4:00 pm  
Athenaeum Gallery  
201 Prince St.**



Judith Seligson’s abstract geometric oil paintings pulsate with tension and color, yet are eerily peaceful. The installation is based on her 20-year GAP project, which integrates quotes from pop culture, literature, and science. “Just as a neurotransmitter fires across a synaptic gap between brain cells, so our minds make sense of things by filling in gaps,” says Ms. Seligson. Free.

**APRIL 29-MAY 29**



**Ethiopian Crosses Show  
Daily  
St. George Gallery  
105 N. Alfred St.**

With their elaborate lattice work and geometric patterns, Ethiopian Crosses have a variety of form,

and are a decorative artistic emblem. St. George Gallery is home to Ethiopia’s leading artists and 20th Century Ethiopian antique furniture. Free.

**MAY 6-29**

**“Surrealism: A Photography Exhibition”  
Thurs 12:00 pm-6:00 pm; Fri 12:00 pm to 9:00 pm; Sat 10:00 am to 9:00 pm;  
Sun 12:00 pm-6:00 pm  
Del Ray Artisans  
2704 Mount Vernon Ave.**



This is a collaborative effort between Del Ray Artisans and Union 206 Studio to present photographic artwork that pushes beyond accepted conventions of reality by representing irrational imagery of dreams and the unconscious mind...disorienting realist imagery often based on fantasy, nightmares, hallucination, and the imagination. Free.

**Attics and Alleys Tours  
May 7, 14, 21, 28  
9:00 am  
Multiple sites**

What mysteries lie behind closed doors or in the attics of Alexandria’s historic sites? This three-hour walking tour features the rarely seen spaces of

the Lee-Fendall House, Gadsby’s Tavern Museum, the Stabler-Leadbeater Apothecary Museum, and Carlyle House. Free.

**MAY 7**

**Del Ray House & Garden Tour  
11:00 am-5:00 pm  
Various locations**

A biennial project of the Del Ray Citizens Association, the tour serves as a fundraiser for neighborhood projects and the Alexandria Scholarship Fund. The 11 homes on this year’s tour range from a house featured on the cover of Country Living magazine to one with a modern addition and a rooftop garden. We will revisit two homes from the 2014 tour. The “project house” will be back to show the incredible transformation of this home, and a farmhouse from the early 1900’s will be back with a newly constructed garage and guest/office suite in the backyard. The recently released Del Ray Pattern Book of residential architecture and additional information about the history of Del Ray (formerly the town of Potomac) will also be highlighted on the tour. \$25. [www.delraycitizens.org](http://www.delraycitizens.org)

**MAY 7**

**Del Ray Artisans’ Spring Art Market  
10:00 am- 4:00 pm  
Colasanto Park  
2704 Mount Vernon Ave.**



This annual, outdoor, family-friendly event features original creations by local artisans in a variety of mediums. The Market showcases their artwork in a wide range of media including ceramics, photography, jewelry, fiber, paper, glass, and more. Find perfect gifts for your home, Mother’s Day, or other occasions. Rain or shine. Free. 703-838-4827

**MAY 8**

**Free Mother’s Day Tours  
1:00 pm-5:00 pm  
Gadsby’s Tavern Museum  
134 N. Royal St.  
Stabler-Leadbeater Apothecary  
105-107 S. Fairfax St.  
Free for mothers.**

**MAY 10**

**Commission on Excellence in Aging Awards  
5:30 pm  
Vola Lawson Lobby of City Hall  
301 King St.**

The awards will be presented by Mayor Allison Silberberg on Tuesday, May 10 at in the, followed by a reception in the same area. Five awardees will receive awards in four categories. Vanessa Greene and T Gant Redmon will receive the Annie B. Rose Award recognizing an individual whose exemplary achievements span a lifetime of public service, and whose achievements have been devoted to significantly enhancing the community, especially to advancing social justice and aging concerns for all residents. Wanda Dowell will receive the Lois Van Valkenburgh Excellence in Aging Award recognizes an individual who has made outstanding contributions to elevating the quality of life for older adults in Alexandria within the past year. At Home in Alexandria (AHA) will receive the Excellence in Aging Award for an Organization recognizes an organization that has made outstanding contributions to elevating the quality of life of older Alexandrians. Robert Fulk will receive the Public Service Award recognizes a City of Alexandria employee who has advanced, improved or otherwise contributed to making Alexandria a more livable community for all ages during the course of their job. Free. 703-746-5694

**MAY 11**

**The Wonders of Wildflowers  
7:30 pm  
Norma Hoffman Visitor Center,  
Huntley Meadows Park  
3701 Lockheed Blvd.**

Join the Friends of Dyke Marsh for a presentation on Virginia’s native wildflowers by Laura Beaty and Alan Ford of the Virginia Native Plant Society (VNPS). Virginia’s native plant communities are the foundation for complex relationships between plants and animals (insects, spiders, amphibians, reptiles, birds and mammals), evolving into

amazing partnerships. The speakers will highlight many native plants.

The program is presented by the Friends of Dyke Marsh and cosponsored by the American Horticultural Society, the Fairfax County Master Gardeners, Friends of Theodore Roosevelt Island, Friends of Mason Neck State Park, Earth Sangha and the Monarch Teacher Network. Free. 703-768-2525. <http://www.fairfaxcounty.gov/parks/>

**MAY 12**

**Pets and VIPs  
6:00 pm-9:00 pm  
Torpedo Factory Art Center  
105 N. Union St.**



Celebrate Pets! We welcome the Animal Welfare League of Alexandria. By the riverfront entrance, four-legged visitors can help us create a paw-print mural for the “Dog-I-Y” activity. Free.

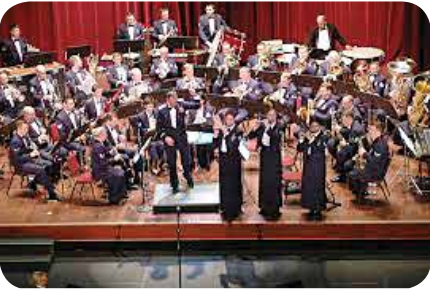
**MAY 12**

**7:00 pm  
Lloyd House  
220 N. Washington St.**

Fran Bromberg, City Archaeologist, and City Archaeology staff Garrett Fessler, Benjamin Skolnik and Eleanor Breen, will explain the tools used to protect archaeological resources in Alexandria as well as the process for excavating and documenting sites. They will also provide an update on the recent discoveries on the waterfront and other projects. Free.

**MAY 12**

**USAF Band Spring Chamber Series  
7:30 pm-9:00 pm  
Lyceum  
201 S. Washington St.**



An evening of music for saxophone and marimba featuring members of the concert Band, concert. Free. <http://www.usafband.af.mil/>

**MAY 14**

**Celebrate the Completion of Four Mile Run Wetlands Restoration Project  
8:30 am  
Near the Four Mile Run Park soccer field  
4125 Mt. Vernon Ave.**

City of Alexandria and Arlington County will hold a ribbon cutting to celebrate the completion of the Four Mile Run Wetlands Restoration Project. The project restored the historic 2-acre tidal wetland where the water levels fluctuate with the daily tidal cycle along Four Mile Run. In the event of inclement weather, the ribbon cutting will be held



**MAY 13**

**Community Service Day • 12:30 pm-4:30 pm**

Hundreds of volunteers are needed to work in various locations around Alexandria to paint, plant, build, and much more. Register at [www.2016springforalexandria.kintera.org](http://www.2016springforalexandria.kintera.org).



# MAY Z-EVENTS

at the Conservatory Center, 4109 Mount Vernon Ave. Free. 703-746-5491

## MAY 14

**La Bella Strada**  
**Daytime**  
**Mount Vernon Avenue between Hume and Windsor Ave.**

La Bella Strada is a modern street painting festival that originates from an ancient Italian art form. Organized by the parents of students who attend The Del Ray Montessori School, the festival brings artists, energetic volunteers, and local businesses together to enliven our cottage neighborhood with vibrant colors, crowd-drawing masterpieces, and a one-of-a-kind experience of witnessing the creation of large-scale chalk paintings directly on the sidewalks. La Bella Strada in Del Ray will also feature a Casa de Bambini (“Children’s House”) area to provide a space for young artists to create a collective chalk masterpiece of their own, as well as designated sidewalk squares where families and individuals can participate in making their own colorful work of art. All proceeds will help fund The Del Ray Montessori School’s capital campaign for a larger, more permanent home. Free. 703-380-1241

## MAY 15

**American Youth Philharmonic Orchestra’s Chamber Ensemble**  
**3:00 pm-5:00 pm**  
**Lyceum**  
**201 S. Washington St.**

American Youth Philharmonic Orchestra’s Chamber Ensemble Program concludes the 2015-2016 season with a performance by each chamber ensemble. Tickets at [www.aypo.org/2015-2016-season/](http://www.aypo.org/2015-2016-season/). Tickets available online until May 13 at 10:00 am and at the concert. Adults \$20.00, Seniors (65+) \$10.00, Students (6-18) \$10.00.

## MAY 16-20 & 23-27

**Summer Institute**  
**George Washington University/Alexandria Archaeology**  
**Historical Archaeology Field Institute**

Intensive two-week field school offering experience in excavation and laboratory study at the Shuter’s Hill excavation site. The city has several historic districts and developed the first community archaeology program in America. This summer’s institute focuses on the excavation and study of an area associated with enslaved African Americans. Working with the City of Alexandria’s Archaeologists, students will also discuss public heritage values and issues resulting in a public interpretive tour. Locations and fees at <https://summer.gwu.edu/archaeology>



## MAY 12

**New Mural at the Torpedo Factory**  
**Artist Meet & Greet on Second Thursday 7:00 pm**  
**Torpedo Factory Art Center**  
**Corner of Union and Cameron St**

The Torpedo Factory has a brand new mural on the loading dock door. DC-based artist Erin Curtis finished her newest work, Beaded Curtain, and now it’s time to unroll it. Local residents will recognize her work, as she previously designed recycling truck wraps for the DC Commission on the Arts and Humanities. She also embellished traffic control boxes along Duke Street and elsewhere for the Public Art Commission for the City of Alexandria. Free.

## MAY 19

**What Do You Mean? Understanding Cultural Significance in the 21st Century**  
**7:00 pm**  
**Charles Houston Recreation Center**  
**901 Wythe St.**

Join a panel of experts as they discuss questions related to cultural significance. Topics to include the various approaches communities choose to preserve and protect and the reasons communities sometimes choose to forget these resource types. Consider local, national and international examples of how cultural significance is defined and how it affects historic and cultural preservation. Audrey Davis, Director of the Alexandria Black History Museum, Molly Fannon, Director, Office of International Relations and Programs, Smithsonian Institution, and John H. Sprinkle, Jr., Acting Chief Historian, National Park Service, will participate in this panel discussion. Free.

## MAY 19

**USAF Band Spring Chamber Series**  
**7:30 pm-9:00 pm**  
**Lyceum**  
**201 S. Washington St.**

Music for Chamber Winds conducted by Capts. Joseph Hansen and Haley Armstrong, concert. Free. <http://www.usafband.af.mil/>

## MAY 20

**Eames Armstrong: SPELL**  
**7:00 pm-9:30 pm**  
**Torpedo Factory Art Center**  
**105 N. Union St.**



This experimental new performance looks at how we mark time, language that is unspoken, and the everyday rituals that permeate our lives. Can we evade fixedness through abstraction, can gestures be transformative? This performance is about searching through the ordinary for new processes of becoming. On the eve of the May full moon, dance is an invocation, a celebration of confusion and multiplicity. Armstrong developed the choreography and performs Spell with Hayley Cutler/ darling dance. The duo responds to the unique architecture and long atrium of the Torpedo Factory Art Center. Chris Rasley’s live electronic music will accompany them. SPELL is an evening-length event with a discussion following the performance. It is best suited for 18+ audience. Free. RSVPs requested.

## MAY 21

**Fort Tours in Honor of Armed Forces Day**  
**10:00 am and 2:00 pm**  
**Fort Ward Museum & Historic Site**  
**4301 West Braddock Rd.**

Soldier-led tours of historic Fort Ward will be held in honor of Armed Forces Day. Tours are scheduled to last 90 minutes each. Dressed in Union uniform, Museum Curator Brian Briones will present an orientation to the Defenses of Washington and a guided tour of historic Fort Ward, one of the largest of the forts that guarded the Federal capital during the Civil War. Learn about the fort’s history, how a Civil War fort was built, soldier life in the Washington area, and weaponry of the period. In addition to viewing many of the fort’s preserved earthen remains, participants will visit the reconstructed Officers’ Hut, furnished as a typical quarters in the Defenses of Washington, the fort’s reconstructed ceremonial entrance gate, and the fully restored Northwest bastion of the

fort. No reservations required. Tours are weather dependent. Free. [www.fortward.org](http://www.fortward.org), or call 703-746-4848.

## MAY 21

**Spies & Scones – A Special “History Mystery” Tea**  
**12:00 pm**  
**Lee-Fendall House Museum & Garden**  
**614 Oronoco St.**

Alexandria was filled with spies and during the Civil War. Enjoy a Victorian tea, learn about real life secret agents like Frank Stringfellow (portrayed in the PBS drama “Mercy Street”), then put your own powers of detection to the test to discover the spy in the room. \$50.

## MAY 25

**Senior Health & Wellness Fair**  
**10:00 am-12:00 pm**  
**Fair Lee Recreation Center**  
**1108 Jefferson St.**

Senior Services of Alexandria with Virginia Hospital Center and the Alexandria’s Successful Aging Committee is sponsoring a Senior Health & Wellness Fair. The event features local experts talking about the importance of **Being Prepared**: how to maximize your doctor visits, the benefits of a personal emergency home response system and simple ways to keep safe and healthy! Plus fun cooking and exercise demonstrations, including tai chi and line dancing and free health screenings! Light refreshments will be served. Free. RSVP online at [seniorservicesalex.org](http://seniorservicesalex.org) or call 703-836-4414, ext. 110.

## MAY 26

**USAF Band Spring Chamber Series**  
**7:30 pm-9:00 pm**  
**Lyceum**  
**201 S. Washington St.**

CONTINUED ON PAGE 25



## MAY 22

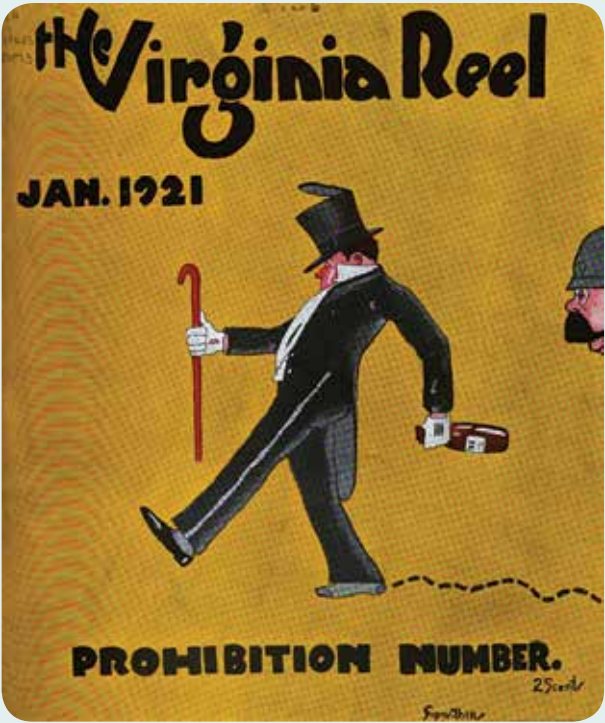
**In the Company of President James Madison**  
**3:00-4:30 pm**  
**Gadsby’s Tavern Restaurant**  
**134 North Royal St.**

President Madison discusses life in 1816. Public questions and opinions related to the salon topics are welcomed and encouraged. This public debate as presented by John Douglas Hall is part of on-going series of presidential salons. Madeira, Port and other libations will be available for purchase at the event. Future dates include July 17, September 11, and November 20. Reservations recommended. \$15 per adult, \$10 for high school/college students. 703-746-4242 <http://shop.alexandriava.gov>; <http://shop.alexandriava.gov/>

## MAY 21

**“Raise a Glass, Raise the Chimney”**  
**7:00 pm-10:00 pm**  
**Lee-Fendall House Museum & Garden**  
**614 Oronoco St.**

In 1916, Alexandria’s prohibition law became effective before statewide Prohibition in 1920. According to local legend, Robert Downham, then-owner of the Lee-Fendall House and local liquor wholesaler, lost his license after news spread around Alexandria of his entertaining President Woodrow Wilson with lavish amounts of alcohol at a dinner party. One hundred years later, we celebrate the occasion with a Prohibition party in our garden. Enjoy a glass (or two) of bubbly, win something in our silent auction, and celebrate the Lee-Fendall’s history. The proceeds from this event will be going to restore the Lee-Fendall’s chimney.





## SCHOOL BRIEFS

### Patrick Henry Principal Named ACPS Principal of the Year



Patrick Henry increased performance by an average of 20 percentage points across all four core content areas in the last two years to reach full accreditation this year. The school achieved 79 percent in English, 78 percent in math, 86 percent in history and 78 percent in science in this year's SOLs. Previously, the school was in warning status in English and science. Pictured above is Principal Bynum being surprised by Superintendent Alvin L. Crawley with the congratulatory news. Photo courtesy of ACPS.

Patrick Henry Elementary School principal Ingrid Bynum has been named as ACPS Principal of the Year and a finalist for The *Washington Post's* 2016 Principal of the Year.

Bynum was given the award by Superintendent Alvin L. Crawley in a surprise ceremony on Friday, April 8, 2016. Patrick Henry was fully accredited this school year, for the first time in three years. The school's performance in the Standards of Learning (SOL) tests was so impressive that Virginia Governor Terry McAuliffe visited the school on the day state accreditation results were released in October to personally congratulate Bynum, her staff and students on their high performance.

In February 2015, then U.S. Secretary of Education Arne Duncan selected Patrick Henry Elementary School to see a pre-K classroom in action and take part in a roundtable discussion on the importance of early learning.

Bynum, who became principal of Patrick Henry in 2012, is seen as a large contributing factor to the yearly improvements at the school. In the three years since she joined the school, Patrick Henry went from Virginia Focus School status to full accreditation, achieving dramatic double digit gains in all content areas on the SOLs.

"I can't believe this. I am never speechless and I'm speechless," said Bynum, who was moved to tears when Superintendent Crawley presented her with flowers and congratulated her on her achievements.

"This is all down to my team. I could not have done any of this without them. I am so happy, I don't know what to say. I just can't wait to share this news with them," Bynum said.

### Beware Against Local Financial Aid Phone Scam

Some T.C. Williams High School students have been receiving letters from private companies offering

CONTINUED ON PAGE 19



## ASSIGNMENT EDUCATION

### MOLLY FREITAG NAMED ACPS TEACHER OF THE YEAR

T.C. Williams High School teacher Molly Freitag has been named as ACPS Teacher of the Year and finalist for The *Washington Post's* 2016 Outstanding Teacher of the Year.

Freitag, an AP World History teacher, is dedicated to fostering collaboration between students and staff through her role as the teacher advisor on the Superintendent's Student Leadership Committee. She was instrumental in helping her students bring Georgia congressman and civil rights pioneer John Lewis to T.C.



Freitag is a National Board Certified Teacher in Social Studies and History and has been a teacher with ACPS since 2009. Photo courtesy of ACPS.

CONTINUED ON PAGE 20



Jane Goodall kisses the newly planted tree for luck.



Jane Goodall & Principal Dingle.



Tree planting. Photos courtesy of ACPS.

## NO MONKEYING AROUND WHEN JANE GOODALL VISITS T.C. WILLIAMS

Dr. Jane Goodall, considered the world's foremost expert on chimpanzees, visited T.C. Williams High School on

Friday, April 15 to plant a tree and connect with students inspired by the Jane Goodall's "Roots & Shoots" program.

Above, Principal Dingle looks on as Dr. Goodall ceremonially kisses the tree being planted. Photo courtesy of ACPS.

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# EIGHTH ANNUAL ELLEN PICKERING ENVIRONMENTAL EXCELLENCE AWARD GIVEN TO ST. STEPHEN’S & ST. AGNES SCHOOL

The 2016 Ellen Pickering Environmental Excellence Award has been presented to St. Stephen’s & St. Agnes School (SSSAS) in Alexandria. The award was presented during the Alexandria Earth Day celebration on April 30, an event sponsored by the City of Alexandria Environmental Policy Commission and Alexandria Renew Enterprises.

Over the last decade, SSSAS has worked to make its buildings efficient, optimize transportation systems, and reduce solid waste through recycling, improved purchasing, and paperless communication. To increase awareness of energy consumption and encourage responsible energy use in classrooms and offices, the school maintains a real-time energy dashboard that reports school progress of energy consumption.

The school also integrates



St. Stephens & St. Agnes has worked hard to achieve environmental efficiency. Photo courtesy of SSSAS.

sustainability into its curriculum. Students learn about watersheds through hands-on activities at many of Alexandria’s waterways and participate in cleanups along the Potomac River. Students also participate in tree planting activities to increase Alexandria’s tree canopy. As part of broader outreach, SSSAS hosts the annual

Students for Sustainability Conference, which brings 250 students together from around the region for a day of environmental education and camaraderie. National and local speakers and activists share their passion and expertise with the students and engage them in a day full of hands-on activities to

CONTINUED ON PAGE 20

## BRIEFS

CONTINUED FROM PAGE 18

to help determine college admission and financial aid eligibility. A parent of a T.C. junior contacted the school for advice saying, “We received a letter informing us about an upcoming appointment for our son with the company; however, no one in our family had requested a meeting. It was confusing, so we contacted the school.”

Parents are urged to “do their homework” before scheduling an appointment with a for-profit company that offers financial aid services for a fee. Additionally, families should not have to pay or provide a credit card number to apply for scholarships or academic honors. Executive Director of the Scholarship Fund of Alexandria Beth Lovain explains, “Our concern is that families will be misled to believe they can only receive college and financial advising if they pay a fee. That is simply not the case. The Scholarship Fund of Alexandria provides all T.C. families with free support for completing scholarship and college applications as well as federal financial aid forms.”

The Scholarship Fund



of Alexandria, a nonprofit organization located in T.C. Williams High School, has two dedicated College Advisers, Margaret Feldman and Samantha Karp, who work with students to find the best fit college, edit college essays, help with résumés, understand the financial aid process, and more. The Scholarship Fund also offers presentations and workshops for ACPs families on Finding Free Money for College, Financial Aid 101, and Completing the FAFSA, among other programming. The next workshop, Junior College Planning Night, will be held on May 18th in the T.C. Williams auditorium. This program is held in conjunction with the College and Career Center and the Counseling Department.

Most importantly, the Scholarship Fund awards

scholarships strictly for graduates of T.C. Williams High School, the City of Alexandria’s only public high school. In 2015, the Scholarship Fund awarded \$944,000 in new and renewal scholarships to 332 T.C. graduates.

One in two applicants received a scholarship valued at an average amount of \$2,700 and many awardees are eligible to receive a scholarship all four years of their undergraduate program. Since 1986, SFA has awarded \$11.5 million in scholarships, making college dreams come true for 4,200 students.

For more information, please contact Beth Lovain at the Scholarship Fund of Alexandria via scholarshipfund@acps.k12.va.us or 703-824-6730, or visit www.AlexScholarshipFund.org.

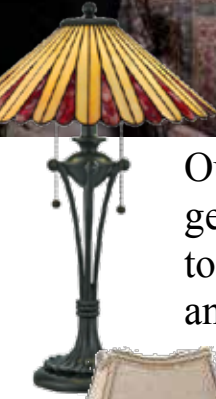


Try not to become a man of success, but a man of value.  
—Albert Einstein

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# IT RAINED DOGS AND DOGS!

Even though it was a very rainy day, almost 300 animal lovers braved the weather to participate in Alexandria's Walk for the Animals 2016. The Alexandria Animal Welfare League blew past the original fundraising goal of \$30,000 and raised over \$60,000 for Alexandria's disadvantaged animals! Photos by Harry Merritt.



## FREITAG

CONTINUED FROM PAGE 18

Williams as a speaker last November. Lewis marched with Dr. Martin Luther King in Selma in 1965. Freitag designed, created and staged the event with her students who sent letters to the

newspapers after the event to thank the Congressman for participating.

"I am so humbled by this. There are so many amazing educators in ACPS and I am just honored to be selected among them for this. The is the whole purpose of education, to open up opportunities for students and make sure any time they get a chance to

meet historical figures of our day they should have a chance to meet them – this is what history is all about," Freitag said.

Freitag is passionate about the study of history. She is the sponsor of the history club, including the Living Legends project and National History Day competition. She is also a mentor for Operation

## AN EXTRA "PROMPOSAL" GOES VIRAL

Bishop Ireton high school student Sam Paparo asked his classmate Catherine Logrande to prom using a giant gum wrapper with "I would be Extra happy if you would go to prom with me" written on the inside. Sam was inspired by Catherine's love for the recent viral Extra gum ad, depicting a young couple's love story captured on gum wrappers, culminating in a romantic proposal. Logrande had tweeted, "because I cry




every time I see that Extra gum commercial."

Catherine shared the duo's special moment on Twitter, with the message, "huge thanks to @ExtraGum for making our prom last night 'extra' special!! #giveextragetextra."

The tweet caught the attention of the Extra gum which in turn sent her a custom sketch of the "promposal" and a corsage and boutonniere made entirely of Extra gum wrappers to help celebrate the big night. Catherine was thrilled and thanked the brand via Twitter, sharing photos of her and her date decked out for prom.



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Graduation to help students reach their full potential and graduate on time.

"I would like to congratulate Molly on her dedication to her students and commitment to seeing them succeed. She is a great example of a high-performing teacher and thoroughly deserves this award," said Superintendent Alvin L. Crawley.

"She is known for providing an exemplary learning community and student-

centered classroom. She consistently works to refine her practice so that activities are relevant and interesting to her scholars. Through her inherent kindness and genuine interest for all students, Freitag demonstrates the ability to meet students where they are academically and emotionally, and this is a capability found in only the most exceptional and outstanding teachers," said one of nominees.

## AWARD

CONTINUED FROM PAGE 19

encourage their advocacy for environmental awareness and action.

The Ellen Pickering Environmental Excellence Award is named in memory of Mrs. Pickering for her lifelong dedication to local preservation and conservation. She helped create the Mount Vernon Trail between

Alexandria and Washington, D.C., and urged the adoption of the City's Open Space Plan. Mrs. Pickering also implemented the planting of 1,000 community-donated cherry trees during her tenure as Chair of the Alexandria Beautification Commission. She was a member of the Alexandria Sanitation Authority's Board of Directors and served on the Alexandria City Council and numerous boards and commissions.

## LEGENDS

CONTINUED FROM PAGE 14

stories to the public through exhibitions and our catalog. Our unique relationship with Office of Historic Alexandria provides that these portraits and stories will be available to the public in the future," notes Jennifer Ayers, president of the Living Legends Board of Directors. "We're honored to keep the vision of Founder Nina Tisara a vibrant

inspiration in our community."

The history-makers whose portraits will be on view now join more than eighty persons designated as 'Living Legends' of Alexandria by yearly public nomination since the project's founding in 2006.

Living Legends of Alexandria invites the public to nominate a Legend for 2017. Deadline for receipt of nominations by mail and the website, AlexandriaLegends.org, is July 31, 2016.





# 6 MASSIVE PRICING MISTAKES HOMESSELLERS NEED TO AVOID

*Why it's critical for Alexandria Sellers to listen to the market*

Pricing is both an art and a science. In a good market, houses go up in value. But the stuff in them doesn't. Hire a reputable agent with a marketing campaign that spans offline, online and social platforms as well as someone knowledgeable in staging that will enhance your home 10xFold. But the most important decision is simple: PRICING.

The nice part about pricing a home is that in most of the country, the real estate market is pretty transparent — consumers can get excellent information about what comparable properties have sold for and what competitive properties are selling for. It's not like buying a car, for example, where they have no idea what other people paid for their cars.

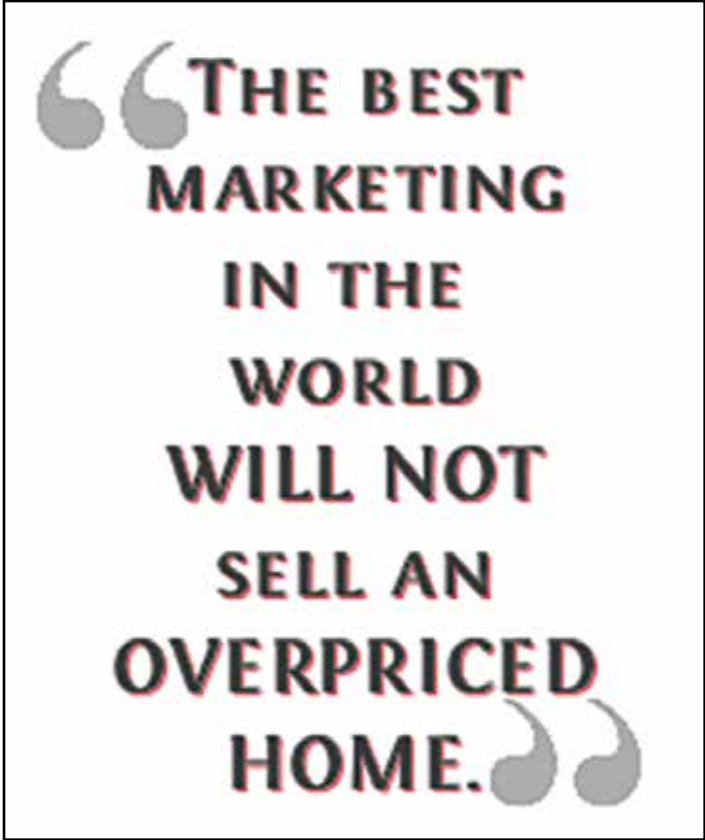
So it's easy, right? Well, not so much. Even in hot markets, many home sellers find themselves languishing on the market for months, often because they made bad pricing decisions.

## #1. Pricing your home based on what's for sale, not what's SOLD.

Every comparative market analysis is based on an analysis of two types of properties: the ones that have sold and the ones currently on the market. You need to consider both when you're pricing your home, but for different reasons. You look at the sold comparables to get a sense of what the home is probably worth, and you look at the unsold listings on the market to get a sense of the pricing you need to beat.

But too many sellers ignore the solds and price their home according to the unsolds — the listings that are currently languishing on the market. Think about the logic of that. You're trying to sell your home. So why would you price it based on homes that are not sold? If you price it to the unsold homes, you're just going to join them.

*"No, you price according to what has sold. That's the market price. The only reason you need to look at the unsold properties is to figure out what you need to do to beat the competition."*



## #2. Overvaluing the amenities

Putting too much faith in the value of unique amenities — granite counters, bathroom finishes, high-end appliances, hot tubs, saunas, extras that make it unique but sometimes don't make that big of a difference to buyers. Psychologists even have a name for it — the "endowment effect," which is our tendency to overvalue things just because we own them.

*"So amenities are important because they can change where you are in that range. But they don't move you up to a new one."*

## #3. Trying to get full value for improvements

Let's say that ten years ago you bought the home for \$500,000. Five years ago, you spent \$50,000 redesigning the kitchen. Then two years ago, you spent \$25,000 on roof repairs. So at the very least, even if the home hasn't appreciated in value at all, you should be able to sell the home for \$575,000, right? Haven't you improved the house by \$75,000 with all the work you did? Not really. No one ever gets 100 cents on the dollar for the improvements put in.

If you don't believe me, check out the results of Remodeling Magazine's yearly "Cost versus Value" report; it tracks the impact of

standard remodeling projects on resale value. In most cases, improvements earn back about 60 percent to 70 percent of what they cost.

*"In a good market, houses go up in value. But the stuff in them doesn't."*

## #4. Pricing based on what the sellers 'need'

Pricing according to the next home you want to buy, not the home you own now. All you care about is what you need for the down payment on your next home, and you

figure out the price from there: "Let's see. I still owe \$200,000 to the bank, and I need \$100,000 as a down payment for my new home, so we'll price it at \$300,000."

Here's the problem: no one cares what you need. It's nothing personal. After all, YOU actually do the same thing. You are buying a home after selling your current one right? And will you now as a buyer care what those sellers need for their next purchase? Not so much.

*It works both ways. If sellers get an offer that's too low, they don't care if the buyer says, "But that's all I can pay!" They don't give discounts based on need, so they shouldn't expect a premium, either.*

## #5. Falling in love with the AVM (Automated Valuation Method)

Pricing your home according to the Zestimate. When a home sellers goes onto Zillow, if it comes in really high, that is the price that is used, if it comes in low, then it's obviously just a stupid computer glitch and can be safely ignored.

But sellers need to understand that AVMs were designed to provide quick and easy macro-level valuations for institutional investors who didn't have the time

or ability to do a detailed analysis. No one thinks that they're as accurate as an actual comparative market analysis from a professional real estate agent or appraiser — not even the people who created them.

After all, Zillow itself admits to a national median error rate of about 8 percent, which means that half the Zestimates are off by more than 8 percent. So for homes with Zestimates of, say, \$400,000, only half those homes are going to sell inside a range of about \$368,000 to \$432,000. The other half is worth more or less than that range.

In other words, sellers need to stay engaged and involved in the marketing of their home and listen to what the market is saying. If the market is telling you something, you should be open to listening and make sure your agent is sending you updated weekly marketing communication with how many people are viewing your listing online and what the buyers who have gone through your listing are saying. Another important aspect of weekly communication is finding out WEEKLY, what the market is doing regarding what has sold and gone under contract during that week along with a comparison of that home and yours so you can clearly see what buyer are choosing until they choose yours.

2016

40 UNDER 40

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Submit nominations online by May 20, 2016 at: [www.alexchamber.com](http://www.alexchamber.com).





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**9AM—3PM**

## AROUND TOWN

Seen around town was Councilman John Chapman, former Mayor Bill Euille and Alexandria Aces founder and Sports Talk columnist for Zebra, Pat Malone celebrating Mayor Euille's birthday at Joe Theismann's on May 3. Courtesy photo.




## HOME SWEET HOME

Rebuilding Together Alexandria volunteers provided free repairs to Army veteran Seymore Holder's home where he helps raise his grandchildren. His home was one of 40 that were fixed throughout Alexandria as part of National Rebuilding Day. Courtesy photos.




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## BEAUTIFICATION

CONTINUED FROM PAGE 6

Nominations must be received by Friday, May 27. Nomination forms are available at the Beautification Commission website (<https://www.alexandriava.gov/Beautification>).

Nomination forms may be returned by e-mail to [AlexandriaBeautification@gmail.com](mailto:AlexandriaBeautification@gmail.com) or by postal mail to Alexandria Beautification Commission c/o Park Operation Division, 2900A Business Center Drive, Alexandria, VA 22314.

For more information about the Awards and the Commission, contact Oscar Mendoza, Staff Liaison, Alexandria Beautification Commission, at 703.746.4667 or e-mail at [Oscar.Mendoza@alexandriava.gov](mailto:Oscar.Mendoza@alexandriava.gov).

## COURAGE

CONTINUED FROM PAGE 6

blank lines below for passersby to complete at will.

For this extension of the Courage Wall, the side of the Nannie J. Lee Recreation Center was transformed into a vibrant mural, with the message "Courage to Live Big" painted in a bold white font. With two hands cupping a butterfly and colorful handprints belonging to the members of the City of Alexandria Therapeutic Recreation Program along the side, the mural embodies community, which is exactly what Corrado envisioned while designing the art.

The mural faces the Kelley Care's Miracle Field where members of the Miracle League of Alexandria, a group that provides recreational opportunities for individuals with special needs, play baseball. The mural highlights the courage the players, as well as the rest of the community, display every day.

The unveiling kicked off with a set from the *Rainbow Rock Band*, where classic children songs as well as the band's originals were performed. Courage Wall creator Nancy Belmont spoke on the theme of the mural, stating that "the players of the Miracle League are displaying courage everyday with what they do." Parent Brian Riley also spoke on courage as he stated that "we all engage in little acts of courage every day". Mindful Junkie and Lululemon Ambassador Gina White led the group in peaceful meditation that reflected on the idea of courage in our own lives.

Confetti and plastic butterflies were then thrown into the air in front of the mural to celebrate the official unveiling. Players and volunteers took to the field to play a game of baseball and the event concluded with a cookout provided by the Howard University chapter of the fraternity Omega Psi Phi.

When asked what courage meant to him, Corrado said "For me courage is being yourself and being courageous about what you're passionate about, which is what I hope people see when they look at this mural."

*Kimberly Bruce is a George Mason University freshman pursuing a communication degree with a concentration in journalism.*



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Who could forget in the 1950s the smell and wonderment of Shuman's Bakery on the 400 block of King Street? It has become a legend in our minds at least, since the building is gone, yet its fantastic jelly cake famous since 1876 is available now online ([www.shumansbakery.com](http://www.shumansbakery.com)). And aren't we glad that although we can't walk into Shuman's and take a booth by the wall across from the baked goods' case, we can still taste and treasure their heavenly jelly cake.

Oh the memories of storefront Shuman's that began when Louis Shuman came to town and started his bakery. Many an afternoon when my mother and I walked up to Mount Vernon Avenue and visited with Aunt Laura and her son, my Uncle Dick Schoeni - he was really my cousin but since he was so much older, I called him uncle. Aunt Laura would always bring out a beautiful tray with Coca-Cola and coffee and several pieces of Shuman's jelly cake dusted with their traditional powdered sugar. It was "old-school" days and not only did women wear hats, veils and gloves to church and children not sass their parents with backtalk but family or friends offered fancy treats when people came to call. Every time we visited Shuman's the ladies working there would visit each table and offer children cookies freshly baked, from a basket. It was quite the extra touch for a classy old-fashioned bakery. There were no bakeries in grocery stores as part of their food offerings in those days. They were freestanding establishments of delicious homemade pastries and baked goods. Nothing processed from a factory.

Shuman's has been a tradition for Alexandrians way before my time but it's baked goods never changed in quality or taste. They even say Princess Elizabeth ordered a cake for Buckingham Palace before she became queen. And they always remind us that Willard Scott said that if he were on a diet, if he couldn't have Shuman's jelly cake, he didn't deserve to live.

No family gathering would have ever been the

## MY OLD ALEXANDRIA

BY JOHN C. SCHOENI



# SHUMAN'S BAKERY: TODAY AND YESTERDAY



Circa 1890, the original Shuman's Bakery with Louis P. Shuman to the right, arms crossed.  
Courtesy of the Pat Hagan collection.

same in Alexandria without Shuman's. No self-respecting Alexandrian would have even thought of such a thing. They would have been horrified to have even considered it. In the early 1950s my older brother Bill and my mother used to frequent the bakery for lunch and dessert. And sometimes just for a jelly cake treat. When we went "in town" as they used to call it, on the AB&W bus in the early 1950s, we always got one of the tall wooden booths at Shuman's, with the wooden

fans and the hardwood floors. The waitresses were all gussied up and took our orders, usually Cokes and a tuna sandwich followed by a delicious slab of Shuman's jelly cake dusted by the sifter with powdered sugar. If the sales lady had a clean apron without powdered sugar on her hands we would have thought she didn't even work there and was an imposter.

There was no Christmas without Shuman's jelly cake, Shuman's pound cake, a slice of our own Grandmother

Beach's fruit cake made with raisins and currants, a piece of Russell Stover candy and some mixed nuts - especially cashews. Every night between Christmas and New Year's it was a favorite repast for our family. Every one of us had a Christmas plate fixed up just like that.

When so-called urban renewal (urban destruction) robbed us of our historic buildings on the 400 and 500 block of King Street, Shuman's moved to South Washington Street near Demaine's Funeral Home.

Now as we are getting along in years and Shuman's has moved to the Internet we always order jelly cakes every Christmas to reminisce by smell, taste and enjoyment those days when Shuman's Bakery was a storefront and a Christmas staple.

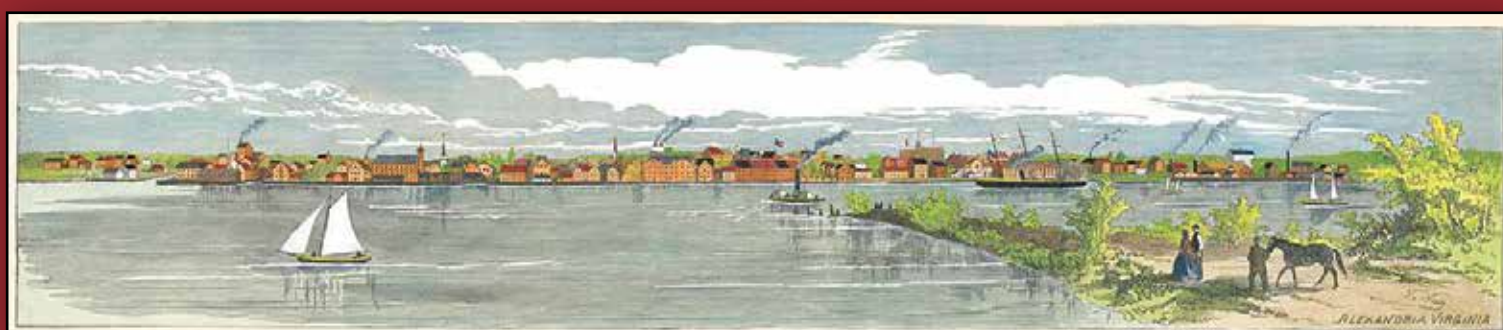
You may talk nostalgically about the Waffle Shop at King and Washington Streets and the one in Arlandria and their shoestring french fries, or the Mighty Moe from the Hot Shoppe, the Sirloiner from Topps, westerns and popcorn at the Palm Theater on Mount Vernon Avenue, hamburgers at the Little Tavern on North Washington Street, barbecue sandwiches at the Dixie Pig on Powhatan Street, skating at the Alexandria roller rink or sledding at the Masonic Temple, and a host of other memories when taking your walks down Memory Lane, but at the top of my list is Shuman's Bakery and their

CONTINUED ON PAGE 32



My mother Hazel Schoeni, me, and Aunt Laura Schoeni at Aunt Laura's house on Mount Vernon Avenue enjoying Shuman's jelly cake in 1954.

**Giclée print of Alexandria Virginia, the backdrop for the PBS series "Mercy Street"**  
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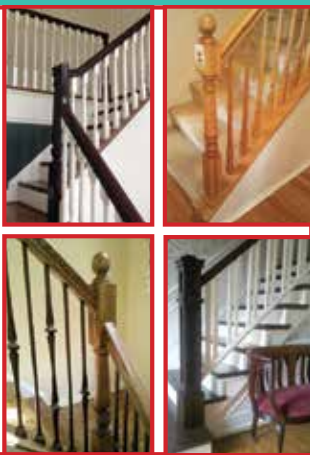
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— Rabbi Isaac the Blind



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# MAY Z-VENTS



**JUNE 3**

**Farm to Table Dinner at Mount Vernon  
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The ultimate "farm to table" event! Join Mount Vernon for a special evening of tours and dinner featuring products cultivated and produced on the estate. The event commences with a reception in Washington's upper garden and greenhouse featuring specialty cocktails and hors d'oeuvres. After the reception, guests will learn how food was grown, stored, and prepared for the Washington family through a private tour of Mount Vernon's lower garden and Mansion. Following the tour, guests will enjoy a flavorful five-course dinner with wine pairings at the Mount Vernon Inn Restaurant, featuring some products cultivated and produced on the estate. \$150 703-799-8696

An Evening of Music for Tuba and Euphonium featuring members of the ceremonial brass. Free.

**JUNE 2**

**Lost Alexandria: Remembering the Past  
7:00 pm  
Gadsby's Tavern Museum  
134 N. Royal St.**

Best known for his work as a historian documenting some of the Washington area's most significant architectural losses, Dr. James Goode pursued similar research on Alexandria during the 1970s. He and the students working with him gathered dozens of photographs and bits of information about many Alexandria buildings which had been demolished over time, and his intent was to include this material in his landmark book Capital Losses: A Cultural History of Washington's Destroyed Buildings (1979). While the section on Alexandria eventually had to be cut, Dr. Goode saved his collection of prints and notes and donated them to the City of Alexandria. Director of The Lyceum, Jim Mackay, will highlight some of these buildings and the history behind them, in a "virtual walking tour" of Alexandria's lost architecture. \$10 per person, advance registration recommended. 703-746-4554 <https://shop.alexandriava.gov/Events.aspx>

**JUNE 4**

**Civil War Camp Day  
10:00 am - 4:00 pm  
Fort Ward Museum & Historic Site  
4301 West Braddock Rd.**

Union and Confederate reenactors interpret Civil War military activities in camp settings, present drills and firing demonstrations, and civilian impressions. Suggested donation: \$2/adults; \$5/families. Program is weather dependent. [www.fortward.org](http://www.fortward.org), or call 703-746-4848.

**JUNE 5**

**Bagels and Bach Concert Series-  
The Provazek Quartet  
11:00 am-1:00 pm  
Durant Arts Center  
1605 Cameron St.**

Do you love classical music, but cannot find a babysitter or it is too long for your children to sit through it? Enjoy classical music while your children learn how to appreciate it. Mia Lunati & Leah Nickelsburg, Violin; Eliza Medearis, Viola; & Kristianson Dillon, Cello. Light brunch provided. Advance registration at [www.alexandriava.gov/webtrac](http://www.alexandriava.gov/webtrac) - then select the activity number 455208-03. Resident \$10/Nonresident \$15. Children under 5 free.



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I hear it every day in our garden centers from our customers: *Finally! Flowers!*

Spring is here, and summer is just around the bend. And that means time for summer's flowers.



Pink Hibiscus

Commonly referred to as “annuals” because they last just for the season, unable to survive cold temperatures, these colorful plants are synonymous with summer. Begonias, geraniums, petunias, lantana – to name just a few.

We all have our favorites, planted every spring in pots, window boxes, and flower beds. With so many varieties to choose from, the possibilities are endless.

Calibrachoa blooms like crazy in full sun without a lot

of care. Sometimes referred to as “Million Bells” because of the shape of its abundant flowers, calibrachoa is great in containers and flower beds. ‘Evening Star’ is a standout with its yellow centers and

vine.

Lantana is the go-to plant for hot, sunny locations. It requires little care to bloom all summer, and its flowers are the favorite of butterflies and other pollinators. The lemon yellow “Luscious Pina Colada” is one our new favorites. The classic petunia has come a long way since your Grandma’s garden. “Supertunia Royal Velvet” looks just like its name sounds: Velvety deep purple flowers that go on and on. “Picasso In Pink” is another super petunia with deep pink flowers edged in bright lime green. Petunias thrive in full sun and deadheading or removing spent flowers, encourages even more blooms on this hardy annual.

Foliage can make as big a statement as flowers. Try the bold combination of tropical variegated ginger and red caladium. Both are happy in partial shade to full sun.

Tropical plants make a big statement in the garden or containers. Cannas, croton, and hibiscus all boast bright, tropical colors – red, orange, and pink are common. Happy in our summer heat and humidity, these plants are perfect around a pool, planted in containers or the garden.

Mandevilla flowering vine – white, pink or red flowers – is



Mandevilla Vine

a rocket of a tropical climber, covering an arbor or fence with little care other than regular watering and a sunny location.

No matter what your choice, all annuals perform best with regular watering and fertilization. Your potted plants need to be checked daily for water; in the summer heat, most will probably need to be watered every day. Fertilizer is also a must. I recommend

a combination of slow release fertilizer like Osmocote applied twice a season, when you plant and then again mid-summer. Also, use a liquid fertilizer – like Nature’s Source, Espoma or Miracle Grow– once a week.

Enjoy the long-awaited warm sunshine...and the flowers that come with it.

Happy May!



Above, Pink Petunia  
Above right, Red Caladium



Bottom right, Red Velvet Petunia



# LIVING LEGENDS



Kim Allen Kluge is a passionate and accomplished world class conductor who has elevated the Alexandria Symphony to world-class stature. Photo by Carol Hollins Pratt

## HE GAVE ALEXANDRIA A WORLD-CLASS ORCHESTRA

### *Kim Allen Kluge is a Living Legend*

BY JEANNE THEISMANN

It was 28 years ago when a young doctoral student at the University of Maryland beat out 500 other applicants in an international search for the job of music director for the Alexandria Symphony Orchestra, a fledgling amateur orchestra that performed in the old T.C. Williams High School auditorium.

“There weren’t a lot of people in the audience back then, but we came together for the joy of performing,” said Kim Allen Kluge, the young Korean-American student filled with hubris and a vision for a world-class orchestra in Alexandria. “But there was a magic here from the very beginning. I sensed immediately the enormous opportunity to create an organization that could serve Alexandria in a new and powerful way.”

In only his second year, Kluge professionalized the ASO, and in defiance of skeptics, decided to perform at the Kennedy Center.

“Some thought there was no way we could fill 2,800 seats,” Kluge said. “But we did. We got rave reviews and ended up performing a whole series of concerts at the Kennedy Center, which instilled a new kind of pride in the community and a new sense of possibilities for us.”

Kluge continues to contribute to the rich cultural fabric of Alexandria through

his outstanding artistic leadership, a commitment to education and a strong connection to the local community.

In his first season, Kluge greatly expanded the educational offerings not only to school children but also to adults. The ASO became a national leader in arts education by integrating music with art, literature, mathematics history and social sciences.

Under his leadership, the ASO moved to its current home at the Rachel M. Schlesinger Center. Because of Kluge, the ASO has attracted high-profile guest artists including Branford Marsalis, Sarah Chang, and Midori, who in 2012 selected Alexandria as one of only two communities in the nation to participate in her Orchestra Residencies program. *The Washington Post* heralded this as “a major coup” for Kluge, the ASO and high school musicians in Alexandria.

Kluge has forged artistic partnerships between the ASO and groups such as Bowen McCauley Dance, Metropolitan Chorus, Heritage Signature Chorale, Virginia Bronze, The Washington Ballet, The Shakespeare Theatre and the National Gallery of Art.

In 2003, Kluge founded the Children’s Arts Festival, which tied public concerts and activities to in-school, curriculum-based programs.

For Alexandria City Public School students, he developed mentoring programs and side-by-side concerts, which paired aspiring young musicians onstage with ASO professionals. In 2013, the ASO announced the Kluge Young Composers Competition to celebrate the emerging talent of composers age 18 and under in Virginia.

A valedictorian of Oberlin Conservatory of Music, Kluge pursued doctorates in piano and conducting from the University of Maryland and participated in the Tanglewood Music Center Program. In 2006, he received the Wammie Award as Conductor, given by the Washington Area Music Awards, bringing additional accolades to the ASO.

Under his music directorship, the ASO developed the first El Sistema-inspired program in the Washington, D.C. region, ASO Sympatico, which has been honored with a 2015 Yale Distinguished Music Education Partnership Award. In announcing this award, *The Washington Post* called Kluge “a passionate advocate for music education.”

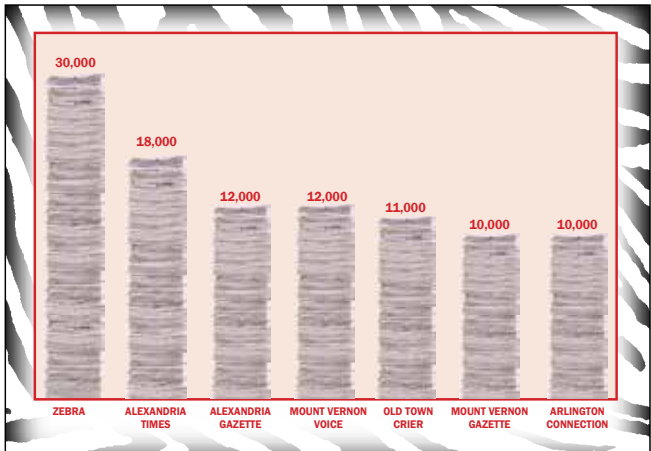
“It’s very gratifying to look back and see what the ASO has accomplished,” Kluge said. “I hope I have made a lasting contribution to the city that I love so deeply. I truly have a sincere belief in the power of music to transform everyone’s life.”

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March 2016	February 24
April 2016	March 30
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June 2016	May 30
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August 2016	July 27
September 2016	August 31
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## SAFE

CONTINUED FROM PAGE 5

to a developer. Part of the jail façade and the wall on the corner still remain.

On January 27, 1981, Deputy William G. Truesdale was escorting prisoners from court back into the jail when one grabbed the deputy’s gun. The suspect shot Deputy Truesdale in the chest, then fled, but was soon captured. Truesdale died a short time later.

In 2011, the jail was officially renamed the William G. Truesdale Adult Detention Center in honor of the deputy slain 30 years earlier. Today, 169 sworn deputies and 40 civilian

personnel carry out the mission and proud tradition of the Alexandria Sheriff’s Office.

### Alexandria Fire Department

First responders to fires are an integral part of the rich history of Alexandria. In the late 1700s, many citizens formed volunteer fire companies to protect their own and surrounding neighborhoods. This worked well, but the loss of residents both to combat and migration during the Civil War greatly reduced the effectiveness of the force. At this point, the City Council joined the remnants of the volunteer fire companies to form the Alexandria Fire Department.

As with the APD and Sheriff’s Office, the AFD has undergone profound changes and upgrades in its history. To mark this banner 150<sup>th</sup> anniversary, the department will hold events to highlight and celebrate its past, present and future. The 1863 Amoskeag Steam Engine (“The Champion”), along with historical and current firefighting tools and equipment, will be on frequent display.

The AFD is dedicating this year to remembering the past, highlighting the present, and looking ahead to a future dedicated, as always, to the lives and property of all Alexandrians.



The 1863 Amoskeag Steam Engine (“The Champion”). Photo by Kris Gilbertson



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## VALOR AWARDS

CONTINUED FROM PAGE 5

and stayed with them until EMS arrived.

For his efforts, Captain Wells received a Certificate of Valor.

\*\*\*

### Alexandria Sheriff’s Office



Deputy Manuel Lee



Deputy Myrna Juarez



Deputy Devon Neckles



Deputy Cinie Bearden

In March, spontaneous teamwork among deputies at the William G. Truesdale Adult Detention Center paid off when an inmate attempted suicide by hanging.

An accused bank robber facing a lengthy federal prison term wrapped one end of a sheet around a mezzanine railing and the other end around his neck. In seconds, he lowered himself down to hang. Inmates in the day room below raised the alarm with Deputy Lee. Lee and an

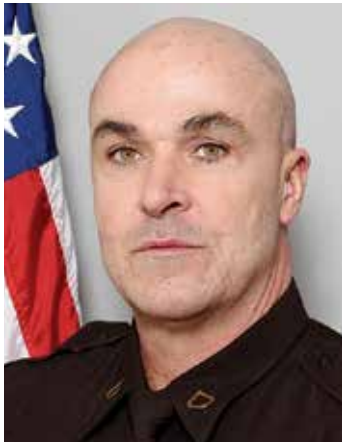
inmate grabbed the man and held him up enough to relieve tension on his neck.

Deputy Juarez called for all staff to respond. She then ran to the mezzanine level and worked to untie the sheet, just as Deputy Neckles and Deputy Bearden arrived on scene. Neckles joined Lee in holding the man up while Bearden assisted Juarez with untying the tight knot in the sheet.

Juarez and Bearden successfully freed the sheet from the railing, and Neckles and Lee determined that he was alive. Deputies maintained custody as medics transported the inmate to the hospital. He survived and fully recovered to face the charges against him.

For their outstanding efforts and teamwork, Deputies Manuel Lee, Myrna Juarez, Devon Neckles and Cinie Bearden each received a Life Saving Award.

\*\*\*



Deputy Joseph Runquist

All Alexandria Sheriff’s Office employees are certified in first aid and CPR and train regularly to remain current on proper techniques.

One evening in April, Deputy Runquist was off duty and having dinner at a popular restaurant in Springfield when he observed that a woman at a nearby table was choking. He also observed that the man trying to help was incorrectly attempting the Heimlich maneuver.

Deputy Runquist identified himself as a trained first responder and took over. It required multiple thrusts before he heard the victim gasping in air and saw a piece of meat on the floor. Now she could breathe.

In appreciation, the couple and the restaurant staff wanted to pay for Deputy Runquist’s meal, but he politely declined. However, he did take time to show the woman’s companion the correct way to perform the Heimlich maneuver.

Through Deputy Runquist’s observations, prompt action and thorough training, he saved a woman from choking to death. For his actions, Deputy Runquist received a Life Saving Award.

\*\*\*

CONTINUED ON PAGE 29



# VALOR AWARDS

CONTINUED FROM PAGE 28

## Alexandria Police Department



Officer Jonattan Lopez

In July, Officer Jonattan Lopez responded to assist Fire and Medics on a call for an unconscious man. Arriving on scene first, he located the victim lying unconscious on the floor. The man’s face was purple and he was not breathing. Officer Lopez began CPR on the victim and continued for over two minutes until medics arrived. Because his quick actions allowed the victim to survive, Officer Jonattan Lopez received a Life Saving Award.

\*\*\*



Officer Carl Stowe

One afternoon in July, as Officer Carl Stowe investigated a larceny in the 800 block of South Pickett Street, a frantic employee from a nearby office approached, saying that a coworker had passed out and stopped breathing. Officer Stowe went to the business and found the victim on the floor where coworkers had begun CPR. The victim was not breathing and Stowe found no pulse. He notified Communications Center of the situation and took over for the victim’s visibly shaken coworkers. Stowe continued CPR until relieved by medics. The victim was transported and admitted to INOVA Alexandria Hospital in critical condition. Because his quick actions enabled the victim to survive, Officer Carl Stowe received a Life Saving Award.

\*\*\*



Sergeant Patrick Taylor



Officer Alexa Mastrostefano

In August, a report came in of multiple gunshots in the area of First and North Patrick Streets. Sergeant Patrick Taylor was nearby and made his way to an alley along the 1000 block of First Street, where he found several people pointing south. Taylor headed in that direction and encountered a disoriented man walking toward him in the alley. Unsure if this was a suspect or victim, Taylor asked the man to sit on the pavement. He failed to do so. At this point Sergeant Taylor noticed the man was bleeding profusely from his hip and his disorientation was approaching unconsciousness. Officer Alexa Mastrostefano arrived as Sergeant Taylor was walking toward the man and also observed bleeding from the victim’s hip. A resident emerged from his home and gave the man a chair to sit in just as he lost consciousness. Acting quickly, Officer Mastrostefano removed the man’s shoes and pants and found several gunshot wounds to his hip and left leg. The same resident produced medical supplies and Mastrostefano applied a tourniquet but it lacked a piece and couldn’t be secured. She held the tourniquet tight with one hand while she applied pressure to one wound with her knee and used her other hand to apply pressure to an additional wound. When medics arrived, the man was transported to Fairfax Hospital. Officer Mastrostefano rode with the victim, still holding the tourniquet securely while medics treated him. As a direct result of Officer

Mastrostefano and Sergeant Taylor’s actions, the victim survived and will make a full recovery. Officer Mastrostefano was presented a Life Saving Award and Sergeant Taylor received a Certificate of Valor.

\*\*\*



Sergeant Daniel Plank



Officer Stephen Riley

During early morning hours on January 1, the Alexandria Emergency Communications Center received a call for a domestic incident in progress. The distraught caller said a person known to her was in the home and about to kill her. Then the line went dead. Officer Stephen Riley asked to respond because he knew the suspect’s history of violence. Officer Riley was first to arrive on scene and could hear a man and woman yelling. As he approached the apartment, the suspect suddenly opened the door, saw Riley, slammed the door and locked it. Knowing the severity of the situation, Riley courageously decided not to wait for back-up but kicked the door in. Sergeant Dan Plank arrived at this point. With firearms drawn, the officers entered the apartment to find the victim in the living room. She said the suspect had retreated to a back bedroom. Plank and Riley approached the bedroom and called for the suspect to come out, hands up. And he did. The officers handcuffed the suspect and placed him under arrest. For their work in this dangerous situation, Sergeant Daniel Plank received a Certificate of Valor and Officer Stephen Riley was awarded a Bronze Medal.



Officer Matthew Barnickle



Officer Richard Vergara

One morning in October, officers were dispatched for a motor vehicle collision with fire and a person possibly trapped in the burning car. Officer Matthew Barnickle and Officer Richard Vergara arrived first on scene and observed a cloud of smoke engulfing two vehicles. One car had crashed into a car in front of it and was on fire, with flames shooting out the

passenger side. The front end was entirely engulfed with smoke making it hard to see inside. The front wheels of the burning car were spinning. It had been halted by the vehicle it struck, but was still inching forward. The driver side door was locked, so Officer Barnickle used his expandable baton to break the driver side rear window, reached in, and unlocked the door. A billow of black smoke shot out of the car but the officers could see an unconscious female buckled into her seat. Officer Barnickle and Officer Vergara immediately entered the smoke and flame-filled vehicle to release the driver’s seat belt. Together, the officers got the unconscious female free of her restraints and out to safety. Seconds later, the entire vehicle was engulfed in flames. It was later determined the unconscious driver was under the influence of alcohol and driving without a license. After crashing into the vehicle in front of her, the driver’s foot stayed on the gas pedal, which kept the front wheels spinning. This caused the tires to shred and burn off, and the metal rims to dig into the asphalt. The friction caused the car to catch fire. For their valor and heroism in the face of great personal risk, Officers Barnickle and Vergara are awarded Silver Medals.



### SUMMIT Mr. Tim McCord to Speak

Nationally known health and physical education expert, Tim McCord will discuss how physical exercise fuels the brain and accelerates learning. Mr. McCord has 34 years of experience as a physical educator in the Titusville Area School District in Titusville, Pennsylvania. During his tenure, Mr. McCord transformed the District’s Physical Education program, resulting in significant student achievement gains in reading and math (17 percent and 18 percent, respectively).

- Why we need to get and keep kids moving: The Research
- The importance of Research
- Recess, Zero Power Hour and Non-Traditional P.E.
- Outside the Gym and into the Classroom
- Q&A

Parents, educators, non-profit and community professionals, pediatricians, directors, program managers, coordinators and staff serving kids from preschool through high school will benefit from Mr. McCord’s knowledge and expertise.

**Thursday, June 9, 2016**  
The Campagna Center  
418 South Washington Street,  
Alexandria  
8:30 – 10:00 am

Street Parking  
**TICKETS: \$20 ea.**  
**REGISTER NOW:** RunningBrooke.org  
Questions? Please email:  
Events@RunningBrooke.org



If you bungle raising your children, I do not think whatever else you do well matters very much.

—Jacqueline Kennedy Onassis



Spring is in the air and summer will shortly be upon us and with that comes the anticipation of the Alexandria Aces' ninth season in our Port City.

I first came up with the idea of possibly bringing collegiate summer baseball to Alexandria on Friday, June 16, 2006, as I left my office with the then publisher and editor-in-chief, Jimmy Patterson, of *SportsFan* Magazine, in beautiful downtown Bethesda, Maryland.

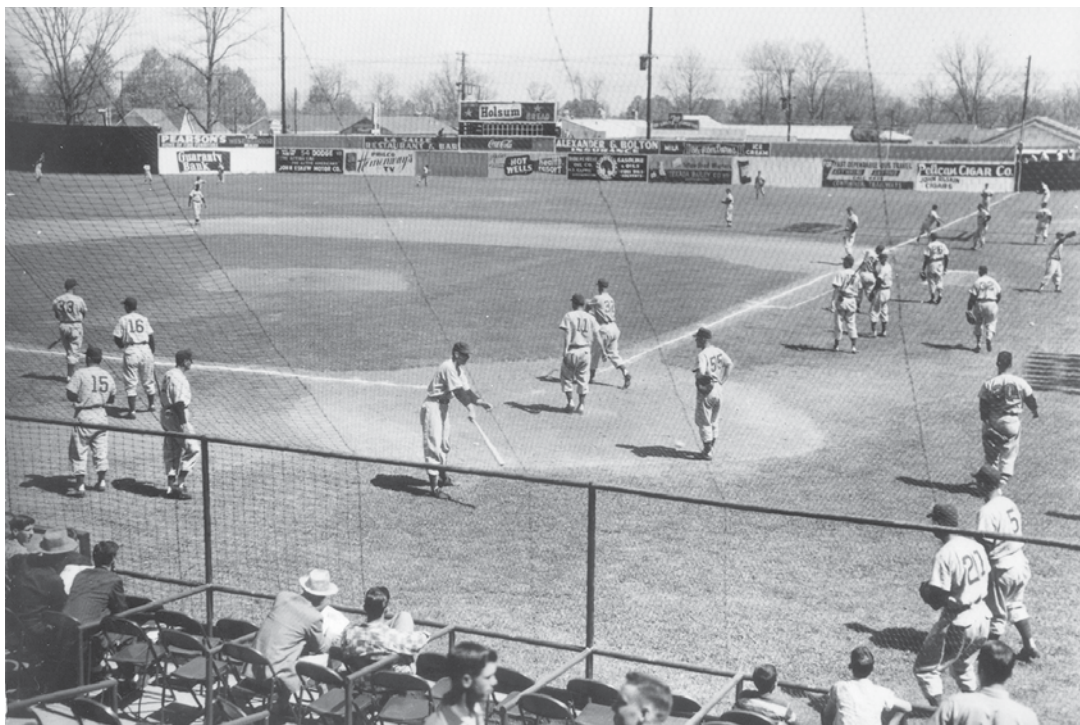
The Haymarket Battle Cats, a collegiate summer league team that I previously owned in the Valley Baseball League, which is nestled in the beautiful and picturesque Shenandoah Valley of Virginia, was playing the New Market Rebels, in New Market, that Friday, and I caught the game on Internet radio. As I intently listened to the contest, it sparked my idea of bringing collegiate summer baseball to Alexandria.

My journey to New Market sprung up in the spring of 2002 at Border's Books in Tyson's Corner where I had picked up a copy of John Robert's book, 'Hardball on the Hill,' about baseball in the D.C. area after the Senators had left in 1971.

There is a chapter in his book titled, 'Shenandoah,' and I was struck by the story of the New Market Rebels, the



# EVERYTHING IS ACES FOR YEAR NUMBER 9 *The Story of How Alexandria Got Their Own Team*



The Alexandria Aces in 1950.

team, the volunteers and the community and their passion for the game. I told a friend of mine, Marilyn Stark, about the Valley League and the Rebels

and I suggested that we try to check it out when we had the chance.

We drove by Rebel Park during a hot summer day in 2002 and Jay Zuspan, a Rebel director and volunteer, was busily unloading sodas into coolers for the game that evening. Jay was very happy to meet us while he worked, telling us about the Rebels, their long-tenured history in New Market, and his love for the team. Jay even gave us two free passes for that night's game.

Marilyn and I actually paid to get into the game at Rebel Park that night and Jay was the perfect ambassador for the Rebels, introducing us to his dear wife Barbara and to many others who lived in the New Market community. Because of Jay, we were immediately hooked on becoming Rebels' fans and fans of the Valley League. I became a Rebels fan for life.

After I left the Valley League in the spring of 2005, my thoughts of bringing collegiate summer baseball to Alexandria came together and solidified after meeting up with my good friend, Don Dinan, at the Hawk'N'Dove, up on Capitol Hill in late-June of 2006. Don loved the idea of building a summer baseball program in Alexandria, and he agreed to finance the project, where we were literally 'off-to-the-races' in putting together the franchise, from scratch.

We had two leagues to choose when it came to planning to play summer ball in Alexandria, the first was the Cal Ripken, Sr. Collegiate

Baseball League, as it was then known, with six teams in 2006, which played predominantly in the Baltimore/Washington



metropolitan area, and the Clark Griffith Collegiate Baseball League with five teams, playing in Northern Virginia, Maryland, and Washington. Oh, by the way, the Clark Griffith League folded after the 2009 season.

After doing our due diligence with both leagues, Don and I settled on working to get the Aces into the Cal Ripken League. I met solo with the league's expansion committee in February of 2006 at Taste Diner, in Silver Spring, where the pancakes were flying fresh off the griddle and conversation about the Aces, Alexandria, and what we could bring to the league were all well-received.

Don and I went to Gunning's Seafood, in Arnold, Maryland, in the early spring of 2007, for a meeting where

the Cal Ripken League board of directors would be giving us their 'official vote' on admitting us into the league. A book written by Dick O'Connor of the Silver Spring-Takoma Thunderbirds, about collegiate summer baseball leagues in the United States, was being passed around during the meeting. Don and I looked at the Cal Ripken League chapter, 'Alexandria' was noted among other teams in the league. We both shook hands, chuckled, as there had yet to be an official league vote on expansion, but we knew then that the Aces were in the league.

With me being a huge New York Yankees fan, I stylized the Aces team to wear white pinstripes at home with an 'A' on the left chest, and with 'ALEXANDRIA' in crescent on our road grey uniforms. I took the 'NY' Yankees hat logo, flipped it upside down, erased the 'N' and came up with the now distinctive 'A' worn on team ball caps, uniforms, and souvenir swag, today.

It is hard for me to believe that the Aces will play their ninth season in Alexandria, this summer. Ten years since my first inception of the club in 2006, and eight years since our inaugural season in 2008.

How did we do it? There were countless meetings, both

“With me being a huge New York Yankees fan, I stylized the Aces team to wear white pinstripes at home with an ‘A’ on the left chest, and with ‘ALEXANDRIA’ in crescent on our road grey uniforms. I took the ‘NY’ Yankees hat logo, flipped it upside down, erased the ‘N’ and came up with the now distinctive ‘A’ worn on team ball caps, uniforms, and souvenir swag, today.”



Aces players. Photo by Louise Krafft

in D.C., and Alexandria, with many people who helped shape the franchise, like former managers, Eric Williams, and Corey Haines, former team coordinator, John

Herrity, and others who helped out in so many ways, such as Cathy Roper, Frank Fannon, Ryan Fannon,

Gary Adler, Lukas Favale, Matt Krause, Mark Sudik, Joe Bauer, 'Baseball Bill' Holdforth, Sherry Yetter, Ed Blau, Steve Toth, Cindy Toth, Dave and Lisa Marie Cheney, Brian and LaRae Narkinsky, Matt Kramarik, Mark Briscoe, Charlie Brown, Will Douglas, Mac Slover, John Perlman, Mildred Coit, Jon Hoffmeyer, Laila Ziayee, and my son, Brian Malone, just to name a few.

CONTINUED ON PAGE 32



Repetitive Motion Injuries have become a pandemic in sports, especially for endurance athletes like runners and triathletes. This class of injuries are the result from weeks, months or years of overuse of joints, muscles and fascia. Connective tissues in the body become sore and sometimes unusable from repeated exposure to micro-trauma. Because of the slow onset of symptoms, many ignore the condition until the symptoms become chronic and permanent injury occurs. However, there are actions you can start doing today to help regenerate your body, improve your soft tissue mobility and keep you moving well and help prevent injury.

Athletes often say they just don't have time to stretch and as a result mobility exercises take a back seat to your workout routine. But if you will give your body just 10 minutes every day, consistently, the results add up quickly over time and can be profound when it comes to injury prevention. These simple exercises that can help erase the miles of wear and tear from your body. Forget about 5-minute abs – 10 minutes a day can do wonders for your aching muscles and improve flexibility.

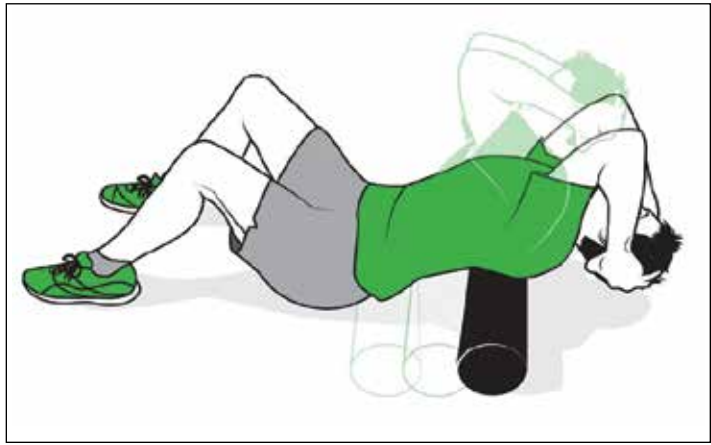
For a video on these three moves, visit YouTube: [prehab4performance](#).

### 1. THORACIC SPINE EXTENSION

*Why it's important:* Think about your position at a computer—head forward, shoulders rounded, slouched posture. Because we spend so much of our day in these postures, over time our tissues and joints actually become permanently deformed. Frequent swimming and riding in the aero bars can also decrease spine mobility, but you can correct your posture and improve back flexibility by foam rolling this area.



# THE TOP 3 THINGS EVERY RUNNER SHOULD DO AFTER EVERY RUN



*How to roll:* Spend two minutes rolling up and down the spine with hands behind your head.

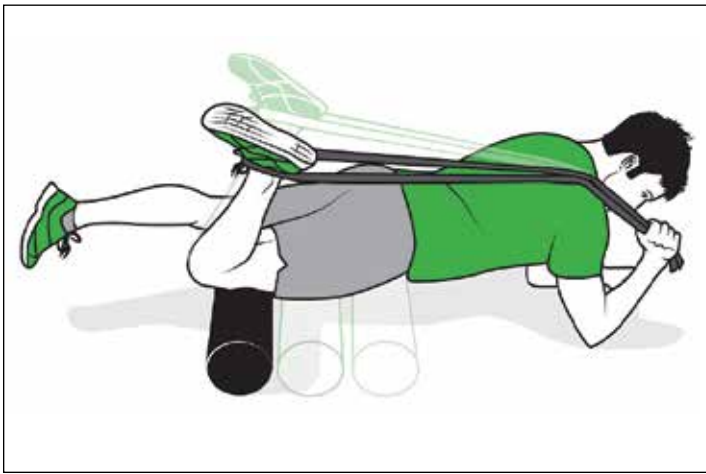
### 2. OUTER HIP AND ILIOTIBIAL (IT) BAND ROLL

*Why it's important:* The outer muscles of the hip keep your pelvis level when standing, walking, running

and even cycling. Because they are always working, they can get tight and short over time, which can cause weakness, poor stability, and alignment, and often lead to patellofemoral pain syndrome (aka “runner’s knee”), or ITB syndrome.

*How to roll:* Lie on your side and place the roller under your thigh. For stability, cross

your other foot over and put it on the floor. Spend a minute rolling the outer hip above the bony bump on the outside of your hip joint and another minute along the IT band. When you find a tight, painful spot, stop there—keep your body aligned over the roller and flex and extend your knee. This helps restore gliding between your IT band and the quadriceps.



### 3. QUAD RELEASE

*Why it's important:* Most of us have tight quads and hip flexors to begin with, but after running and cycling for miles, they get even tighter. Tightness of your hip flexors and quads can cause your gluteal muscles

to get weaker, and that results in increased risk of low back pain, not to mention decreased power. Most cases of runner’s knee are due largely in part to short and tight quads.

*How to roll:* Lie on your stomach with the roller under your thighs. Roll back and forth from hip to mid-thigh for about a minute. As an alternative exercise, you can use a stretching strap or rope to stretch your quad while you roll. Putting the quad under tension allows the roller to work deeper, getting a better release of the muscle.

*Dr. Fontaine is a board-certified Doctor of Chiropractic Medicine, who trained at one of the country’s leading spine care facilities (Texas Back Institute), holds certification with the American College of Sports Medicine, and is a Full Body Certified A.R.T. provider.*

For more information see his blog: [prehab4performance.com](#), and make an appointment to see him at Potomac Physical Medicine, 113 N. Henry Street in Old Town Alexandria, 571-982-3354, or visit [Potomacphysicalmedicine.com](#).

## FREE CONE

CONTINUED FROM PAGE 6

Bishins, Executive Director of The Child & Family Network Centers.

Celebrity scoopers included: Congressman Don Beyer, Senator Adam Ebbin, Delegate Charniele Herring, City Manager Mark Jinks, Deputy City Manager Debra Collins, Mayor Allison Silberberg, Alexandria Sheriff Dana Lawhorne, Alexandria Police Chief Earl Cook, Alexandria City Councilmen Willie Bailey and John Champan and School board members Veronica Nolan. Cindy

Anderson, and Bill Campbell.

In additional CFNC’s board of directors and volunteers groups from Kohl’s, Microsoft, Alexandria Sheriff’s department and Deloitte all helped make the event a success. With everyone’s help yesterday CFNC was able to raise enough funds to provide one child with nine weeks of early childhood education.

### About The Child & Family Network Centers (CFNC)

*The Child and Family Network Centers’ (CFNC) mission is to provide caring, high-quality, free education and related services to at-risk children and their families in their own neighborhoods in*

*order to prepare them for success in school and life. CFNC casts a broader net than similar programs offering free early education, by catering to the working poor in their neighborhoods through innovative collaborations. Featured in the 2014/15 Catalogue for Philanthropy as “One of the best small charities in the Greater Washington region,” CFNC, a nonprofit organization, relies on the community for support. CFNC has nine classrooms serving 148 children across Alexandria. To learn more about the CFNC and how your organization or business can help children, visit [www.cfncoffice.org](#).*

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**The Alexandria Fire Department  
The Alexandria Police Department  
The Alexandria Sheriff's Office**

*for your dedicated service to our community*

## ACES

CONTINUED FROM PAGE 30

Heartfelt thoughts and prayers also go out to former members of the Aces front office who have sadly passed away, such as former pitching coach/general manager, Brian Midkiff, and former general manager, Dennis Feeney. Denny is especially missed by fans with the way he did the teams' 50-50 raffle during home games at Frank Mann Field, always having a very tender and loving way to 'pitch' to fans during Aces home games. "No money," Denny would glibly say, "no problem. We'll take your plastic."

Special salutes go out to Aces host family coordinator, Amy Goodrich, and each and every family who has hosted an Aces player for the past eight seasons. There would not be an Aces franchise today without host families who have welcomed ball players

from colleges and universities from around the country, all who have wanted to come to Alexandria to be spotted by a major league scout for their potential chance to make it to 'The Bigs'.

Thanks, also, to the many sponsors of the Aces have had over many years, which has helped bring about the ball club to having a very strong solid foundation for many years to come, especially to Mary Wadland, publisher and editor-in-chief of this publication, the Zebra, who works tirelessly to get sponsors each month, herself, to bring you refreshing, lively topical stories about Alexandria and Arlington to you that might not get from anywhere else. Mary recently went through a liver transplant at MedStar Georgetown University Hospital and will be recovering for the next few months until she gets fully healed. Get well soon, Mary! We need you to throw out a first pitch at an Aces game in June!

With the season less than a month away, the Aces are in the firm and steady leadership of their manager, Dave DeSilva, general manager, Lou Nolan, and assistant general manager, Kimmy McCarthy.

Dave, Lou and Kimmy can't be thanked enough for their strong leadership and tireless commitment to building the Aces into an outstanding organization that will continue to grow, setting the table for exciting Aces' summer ball at

Frank Mann Field for many years to come.

Dave, along with John Skaggs (the Aces' first signed player), Chris Berset, and all of their coaches at Prime Time Baseball, (located near the Van Dorn Metro Station), are also helping to oversee the fast growing Alexandria Aces Youth Baseball program, where their teams are consistently winning in all age divisions, helping to dramatically rebuild the sport of baseball in Alexandria.

Collegiate summer baseball with its wooden bats, in its truest sense, is the lowest form of what is considered to be 'minor league' baseball, although no teams, like the Aces, are officially affiliated with any major league team. Regional scouts quite often drop by Frank Mann Field in Alexandria to try to try to sign the next 'Bryce Harper' or 'Stephen Strasburg'. With that thought in mind, hopefully I'll catch you during a game this summer at Frank Mann Field, where we can join family and friends, root "LET'S GO ACES!", and watch our team play hard to win the Cal Ripken Collegiate Baseball League championship!

For more information on the Aces please go to [www.alexandriaaces.org](http://www.alexandriaaces.org).

Thanks for reading and I'll see you around the ballpark!

Please email me with any questions or thoughts [malonemarketing@gmail.com](mailto:malonemarketing@gmail.com).



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Heroes Every Day!*

**Alexandria Fire Department  
Alexandria Sheriff's Office  
Alexandria Police Department**

## SHUMAN'S

CONTINUED FROM PAGE 23

powdered sugar dusted jelly cake.

Rumor has it that my Great Aunt Mary who lived on South Lee Street from 1880

to 1961, was sweet on Aubrey Shuman back in the day, say around 1896. As all family stories go, we can't prove it because we never had the nerve to ask her. Sadly, she is gone but Shuman's jelly cake and the memories are not.

**Heartiest Congratulations and  
Thanks to all the Valor Award Winners!**  
Blessings from Resa and Lucelle O'Flaherty and KAY K.



Do all the GOOD you can,  
By all the MEANS you can,  
In all the WAYS you can,  
At all the TIMES you can,  
To all the PEOPLE you can,  
As long as EVER you can.

— JOHN WESLEY  
(Founder of Methodism)

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

*Thank you  
for all you do*

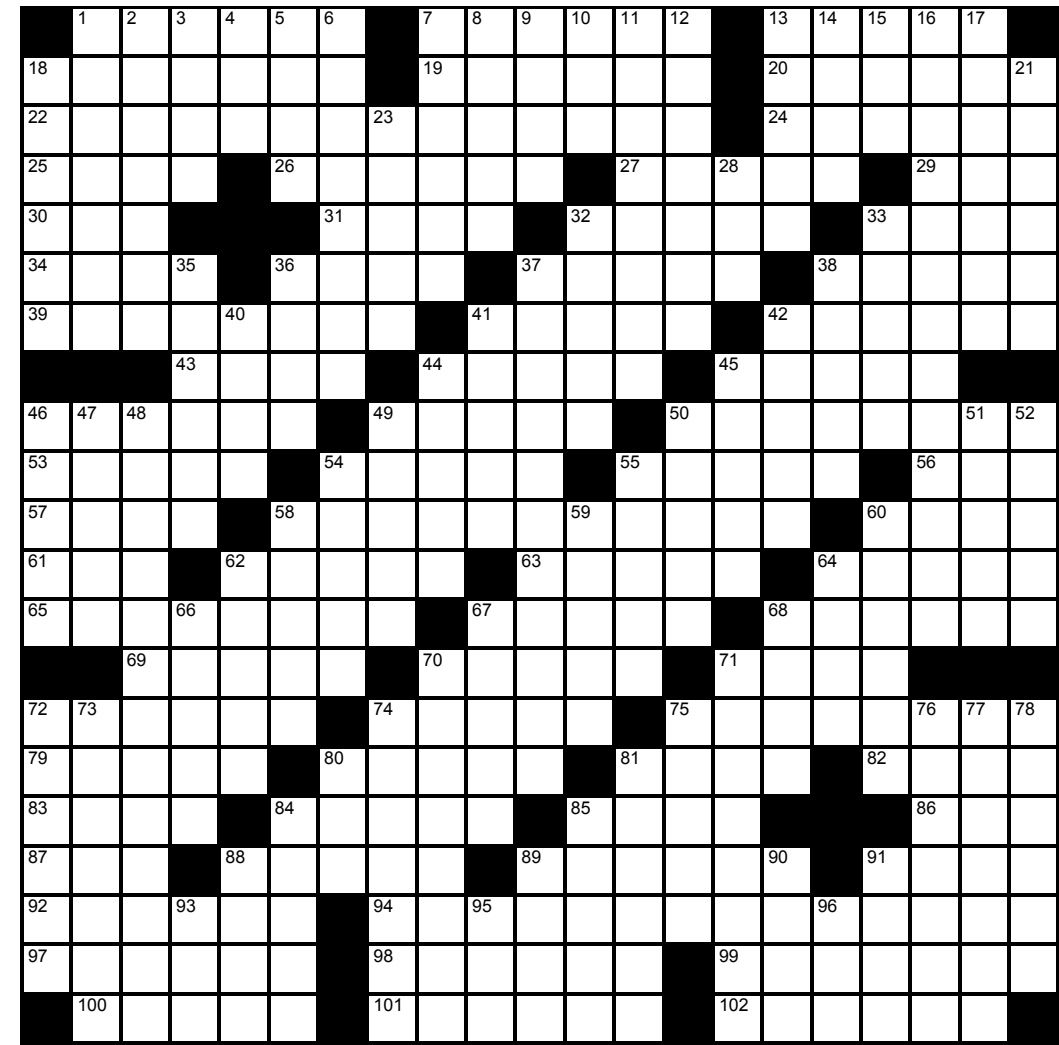
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Royalty

Across

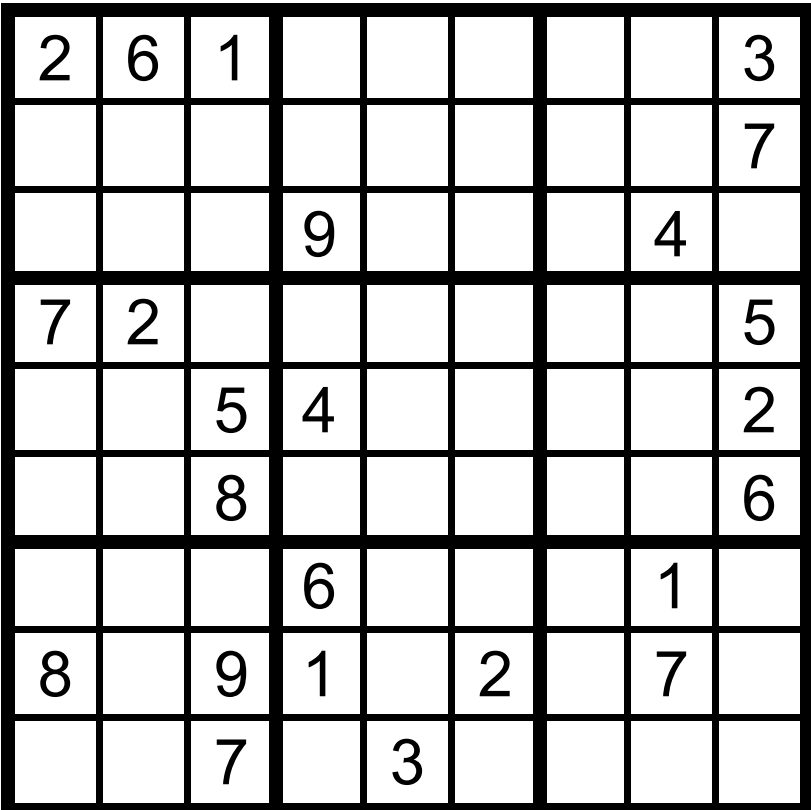
- 1 Piece of cloth
- 7 Exemption
- 13 Passed out
- 18 Barren
- 19 Queued up
- 20 “No news \_\_\_ news”
- 22 Wild carrot
- 24 Main course
- 25 Strike callers
- 26 Some are cells
- 27 Maxim
- 29 Paternity identifier
- 30 Barbary beast
- 31 Unique person
- 32 Kind of acid
- 33 Skier’s transport
- 34 Seas (Fr.)
- 36 Plaintiff
- 37 Played a flageolet
- 38 Thin as \_\_\_
- 39 Firebug
- 41 More tender
- 42 Fetid
- 43 Diminish
- 44 Parceled out
- 45 Exertion
- 46 Assert without proof
- 49 After dinner and door
- 50 Parties
- 53 Gaucho’s accessory
- 54 Cheap jewelry
- 55 Bloodhound’s clue
- 56 Floor cleaner
- 57 Ray of film
- 58 Nursery rhyme character
- 60 Spoil, with “on”
- 61 Aircraft compartment
- 62 Spring sign
- 63 Holiday song
- 64 Evita, for one
- 65 Highlander
- 67 “Orphée” painter
- 68 Family member
- 69 Doomed
- 70 Wild pumpkin
- 71 Napoleonic Wars battle
- 72 Grumble
- 74 “Rebecca” actor
- Reginald
- 75 Relaxing pursuits
- 79 London suburb
- 80 “John Brown’s Body” poet
- 81 Pub serving
- 82 First name in jeans
- 83 Suffix with gang or hip
- 84 “Roots” writer
- 85 Cone bearer
- 86 School class, briefly



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- |                               |                             |                                   |                                       |
|-------------------------------|-----------------------------|-----------------------------------|---------------------------------------|
| 87 Part of R.S.V.P.           | 10 Routing word             | 42 Warthogs                       | 71 Charlotte Bronte character         |
| 88 Stuffed shirts             | 11 Bivouacked               | 44 Office stations                | 72 Make a mistake                     |
| 89 Transitions, in music      | 12 More wheezy              | 45 Beach souvenir                 | 73 He was Nero in “Quo Vadis”         |
| 91 Covet                      | 13 San ___, Calif.          | 46 Spirited mounts                | 74 Erases                             |
| 92 Ineffective                | 14 Feudal worker            | 47 Sachet scent                   | 75 Cover girl                         |
| 94 Oscar Wilde title          | 15 Ten-percenter (Abbr.)    | 48 Scott poem, with “The”         | 76 Actress Griffith of “Working Girl” |
| 97 Slower                     | 16 Rum-flavored cake        | 49 Former German state            | 77 Expressed                          |
| 98 One of the Kennedys        | 17 Digit attachment         | 50 Hightail it                    | 78 Baby watcher                       |
| 99 Washington State’s Mt. ___ | 18 Horny scale              | 51 Boarded                        | 80 Tavern                             |
| 100 Roman deity               | 21 ___ beloved              | 52 Out of gas                     | 81 “Peanuts” character                |
| 101 Gobs                      | 23 Fair-sized musical group | 54 Worked at                      | 84 Weed whackers                      |
| 102 Worn away                 | 28 Furthermore              | 55 New England catch              | 85 Tranquility                        |
|                               | 32 Buenos ___               | 58 Abalone                        | 88 Moldy cheese                       |
|                               | 33 Tire pattern             | 59 Cartoonist Trudeau             | 89 Mason’s wedge                      |
|                               | 35 1976 uprising site       | 60 Throw off course               | 90 Trade punches                      |
|                               | 36 Trig function            | 62 Michaelmas daisy               | 91 It’s a breeze                      |
|                               | 37 Allergy concern          | 64 Huff and puff                  | 93 Coal holder                        |
|                               | 38 Catkin                   | 66 Spud                           | 95 Alfonso XIII’s queen               |
|                               | 40 Kamarupan languages      | 67 Rock rabbit                    | 96 Brazilian port                     |
|                               | 41 Conductor Sir Georg ___  | 68 Nuisance                       |                                       |
|                               |                             | 70 NBA Coach of the Year, 1981-82 |                                       |

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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# AMERICAN PARTY POLITICS – SOME PARTY, HUH?

Every member of the U.S. Armed Forces swears an oath to “...support and defend the Constitution of the United States...” We are the only country in the world that swears an oath to a piece of paper rather than to a monarch, leader, religion or political party. If we had to swear an oath to defend our political system (or lack thereof), I’m sure the country would have gone down the tubes long ago. After listening to the incessant whining, name-calling, xenophobic messianic forebodings, and just plain ignorance of this presidential campaign, I think we can thank our lucky stars that our country set it up this way.

We Americans love to think that we have cornered the market on democracy – that we are the dictionary definition of what a ‘republic’ is and should be, a shining example for others to emulate. Unfortunately, the American political system is less of a deus ex machina in a drama of principled beliefs and more characteristic of an improvisational comedy troupe. No one could make this stuff up.

Maybe that explains why people all over the world watch our elections with absolute fascination. Every four years, despite war and famine, holocaust or natural disaster, America parades its candidates across the stage to the total amazement, befuddlement, shock, horror and more frequently, the amusement of all. Politics has become the other American pastime. Unlike baseball though, runs, hits and errors in politics are far more egregious and often more hilarious than we like to admit. To us Americans politics is serious business. To the citizens of the world however, American politics is spectator sport – major league entertainment on steroids, or an addictive television program, and like Game of Thrones, you can’t miss a single episode.

American political parties are constantly ebbing and flowing in a vain attempt to attract voters, increase their numbers, deepen their pockets, and often leave those burning, focused ethical core principles in the dust. Throughout our history there have been literally dozens of political parties formed, derived, manufactured or split off from other parties in order to appeal to an audience. Here’s a partial list of some of the political parties over the decades: Independent, Federalist, Democratic-Republican, National Republican, Whig, Copperhead Democrat, War Democrat, Free Soil, Anti-Masonic, National Union, Bull Moose, Rhode Island Women’s Suffrage, Green, States Rights Democratic (“Dixiecrat”), American Vegetarian, Libertarian, Republican, Democrat, and Tea



Party just to name a few. There are variations but we could be here all day. My favorite was the American Party, also known as the “Know Nothings,” which in most cases pretty well captures the cast of characters in our current election.

Ironically, we became a country out of revolution, but we have become a two-party country as a result of evolution. For a bunch of malcontents who love a good revolution with lots of blood, we like our politics just as rowdy but simpler –not too many parties in our politics. It’s confusing and very European. Americans love European wines and cuisine, but like their health care and taxes, we don’t much care for lots of political parties. We like our politics simple and rabid; a blood sport with a Super Bowl finish in November.

Our politics are also far from civil, in fact some elections in our history have been so sordid that in most countries they would be accurately classified as a civil war. Buying votes aside, Americans have mastered character assassination and political sleight of hand and turned it into an art form.

Take our first election. George Washington was an Independent.

Back in 1789 each state chose who the electors would be, often by the legislature and some by popular ballot (Pennsylvania and Maryland). The biggest vote-getter would be president, runner-up would be vice president. After some clever maneuvering by Alexander Hamilton (GW’s public relations guy), adding several others into the mix to ensure that John Adams didn’t tie Washington, George W. won by a wide margin anyway. Four years later after some really bad relations with the Republican press, George was miffed at constantly being beat-up in print, he was not feeling well, and was just plain exhausted from holding the place together. So, some Federalist Party ‘super delegates’ convinced him that only he could save the country; so, being the kinda guy he was, he threw his tri-corner hat into the ring again. The rub, however, was who would be VEEP? Folks said Adams was really obnoxious so they floated Governor George Clinton of New York (Another Clinton from New York? Go figure.) in what we call today as a “trial balloon.” That proved a real press problem since there was some concern that Clinton had rigged the governor’s race in New

York, and that he wouldn’t take the VP job seriously enough and try to hang onto his Governor’s job, too. So, it was Adams again and the Federalist Party formed in the smoke-filled back rooms of New York.

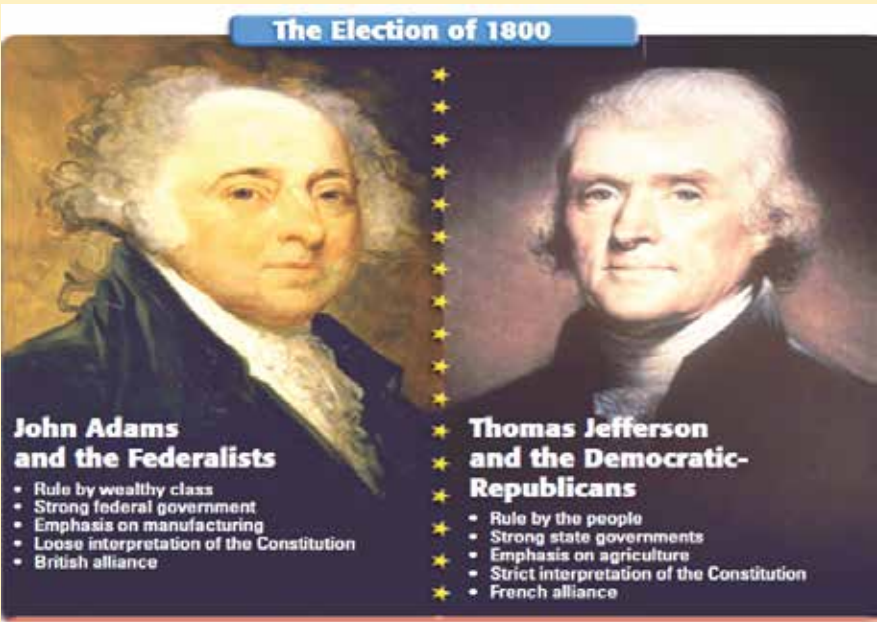
Washington was one of those ahead-of-his-time guys who despised political parties and favored a peaceful transfer of power. In his farewell address to the country in 1796 he smacked political parties with passages like this gem:

*“...they [political parties] are likely, in the course of time and things, to become potent engines, by which cunning, ambitious, and unprincipled men will be enabled to subvert the power of the people and to usurp for themselves the reins of government, destroying afterwards the very engines which have lifted them to unjust dominion.”*

It didn’t stick. The presidential contest that followed between Adams and Jefferson was a real barn burner. Their revolutionary war ‘bromance’ turned sour and essentially created the two-party system of American politics we enjoy today. All hostility aside, their campaigns have been responsible for our campaigns becoming like the NFL playoffs – no holds-barred, lots of action and reams of trash-talk. Jefferson supporters railed against Adams saying he was a panty-waist who only took advice from his wife Abigail. They called Adams ‘his Rotundity.’ Adams champions circulated rumors about that ‘Sally Hemings woman’ and nasty things like ‘What really happened to Martha?’ Adams, like another 20th century famous father-son presidential team named Bush, only did one term, returned home to his farm, and mentored his son John Quincy towards the presidency, without the benefit of a Dick Cheney or a Karl Rove.

But it was the 1812 campaign of James Madison (Virginia) and DeWitt Clinton (New York) that added spice to our politics. The War of 1812 was the big issue and Madison was charged with mishandling it and, of all things, being a Virginian. There always seemed to be a Virginian on just about every ballot and New Yorkers being suspicious said Madison didn’t really want to protect New Yorkers from the British in Canada. (Got all this? Take notes). Despite a war and losing lots of territory to the British, Madison still won, but it was a squeaker.

The name Adams, like Bush, has both its good and bad points. John coached young John Quincy and got him some terrific jobs (Ambassador, Congressman, Senator, Secretary of State, etc.) to prep him for being the ‘Big Cheese.’ Everyone, especially Papa John, thought John Quincy would be a shoe-in, but the election of 1824 was a real Donnybrook. Adams ran against Henry Clay (power broker), Andrew Jackson (General, hero, huge name recognition), and William Crawford (Treasury Secretary). It was so close and ugly that no clear winner



(1) People from Brooklyn say it still is. Manhattanites don’t even know that Washington DC is the nation’s capital.

(2) George W Bush (son of President George H.W. Bush) to date is the only president elected by a Supreme Court

decision. See? I told you American politics is fun.

(3) Clinton? New York? You’ve got to be kidding.

(4) Back then Treasury Secretary carried

a lot of clout, because of Alexander Hamilton. Today no one even knows who it is. Have fun and quiz your friends.

(5) Congress deciding anything is usually a bad omen. Refer to footnote 2 above.



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# QUOTABLES

Be kinder than necessary, for everyone you meet is fighting some kind of battle. —Anonymous



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# Training Time

By Sandy Modell

# STOP TELLING YOUR DOG WHAT TO DO....CAPTURE INSTEAD

There are various positive and effective methods that you can use to teach your dog good behaviors. One of the easiest and fastest training strategies commonly used among state-of-the-art trainers is called “Capturing.”

## What is Capturing?

Capturing is like taking a snapshot of your dog at the moment they elicit a behavior on their own that you want to train. Think of the clicker or “marker word” as your camera. You click the picture and capture actions such as sitting, lying down, going into their crate, walking nicely next to you, coming to you, and then coming to you and keeping four on the floor (not jumping up). One of the concepts of positive training principles is that ‘all living things repeat behaviors that are rewarding and avoid behaviors that are not.’ Rewarding and reinforcing the behaviors that you want will strengthen those practices and increase the likelihood that your dog will want to do those behaviors both when they want and also when you ask. Teaching your dog to choose the right actions on their

own will make them a more willing partner in the training process. You will also see your dog “offering” those behaviors more frequently even when you do not ask for them, and soon they become a repertoire of default behaviors instead of the typical, but not necessarily, appropriate behaviors that dogs like to do because they’re

the behavior before you start to teach them the word for it is less confusing to the dog because they are better readers of our body language than they are of English. And, it minimizes the training pitfall of repeating the verbal cue over and over again before the dog responds, if they respond at all. To start:



dogs. Capturing behaviors in young puppies can help them learn life skills such as housetraining and settle, much quicker.

## HOW DO I DO IT?

Okay, it is time to try “Capturing.” To “capture” a new behavior, fill a treat bag with high value, small, soft treats cut into the size of half of your thumbnail. Pick up your camera (the clicker) and let’s teach your dog to lie down before we add the verbal cue “down.” Showing

- Begin your training session in a minimally distracting and comfortable environment. Sometimes training in small spaces, such as the bathroom, can be helpful for dogs that have trouble focusing.
- Bring a good book, a clicker, and your bag of tasty treats.
- Read your book, keeping an eye on your dog through peripheral vision.
- Wait for your dog to lie down on its own.
- As he lies down, click and praise.

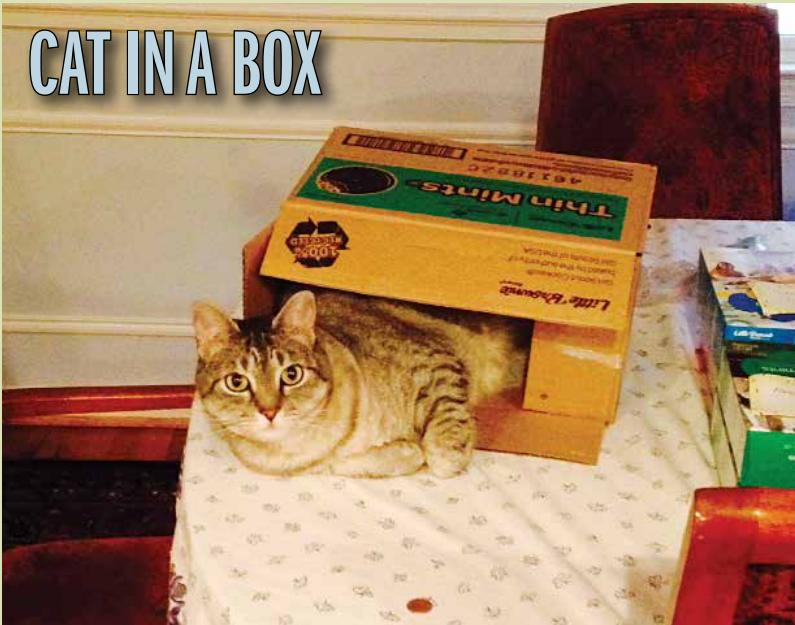
CONTINUED ON PAGE 38

Zebra could not help but pick this kitty named Mia, owned by Alexandrian Francesca Donato, who discovered the merits of a classic Thin Mints Girl Scout Cookie Box!

The truth is the truth. Cats love exploring boxes. The next time your cat finds his or her way into a cardboard predicament, snap a photo and send it to us. If we publish it, you will win a \$25 gift card to an area retailer or restaurant. Be sure to include your cat’s name, your name and neighborhood. Please send to [editor@thezebrapress.com](mailto:editor@thezebrapress.com).

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The nice weather is finally here and with it comes our long-awaited trips to the dog park!

Here are some tips to keep in mind to ensure that you and your pups stay safe when you take them out to play in the sunshine.

The dog park is a place for your dog to go wild and have a great time and get a lot of exercise. You should always be careful to keep your eye on your dog and to avoid any possible situations where play can turn into a fight. You know the difference between play and aggression in your dog best, so if you see a situation escalating please step in and break it up.

I am always concerned about the safety of the humans at the dog park. I think I must have dog-magnets in my knees because a group of dogs will inevitably run right into me wherever I am



# USE COMMON SENSE AT THE DOG PARK

standing. Children and adults can be knocked over by these fun-crazed pups and get hurt. My knee was actually broken after a dog jumped on me and knocked me over a few years ago, so be careful. I also get worried about the

folks who bring babies and/or small children to the park. Recently a sign has been put up at the Simpson Dog Park in

Del Ray warning parents of the possible dangers to their children. I suggest hiring a dog walker to take your pup out to play instead of risking an injury to your child.

And lastly, always pick up after your dog. There are usually bags and garbage cans at the entrance to the park. And please be polite when telling someone their dog has done his business. Everyone gets distracted every once in a while and can miss the big event.

Aside from the long lecture, the dog park is a great place to spend time with your dog and to get to know other dog owners in your neighborhood, so get out and have fun!

Ellen Epstein is the Top Dog at Bow Wow Meow Pet Care, 703-850-5559, a full-service dog walking and pet sitting company.

## MAY ANSWERS

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	S	W	A	T	C	H		W	A	I	V	E	R		D	E	A	L	T		
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### SUDOKU

2	6	1	7	4	8	9	5	3
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4	5	2	6	7	9	3	1	8
8	3	9	1	5	2	6	7	4
6	1	7	8	3	4	5	2	9

PUZZLES ON  
PAGE 33

## TRAINING TIME

CONTINUED FROM PAGE 36

- Toss a treat far enough away from your dog so that he has to get up to retrieve the treat.
  - Go back to reading your book, wait for another down.
  - Click as your dog is lying down, tossing your treat to reset for another repetition.
- Don't forget to give your dog a few breaks, by releasing him from the down with an "okay, all done" or "break" or "free" or whatever upbeat word(s) that you want to use. While on break they no longer have to be in training mode, waiting for what comes next. After about 15 – 20 minutes, end the session entirely. Next time you return to the bathroom, you can repeat the same steps as in the first session. You will start to notice your dog beginning to offer the "down" position

more rapidly.

Training sessions should be short five to ten minute segments. And, while training new behaviors, remember to reward and praise all good actions whenever you are with your dog, even when you are not in a training mode.

You can practice capturing and reinforcing offered downs in other situations. You may want to have treats in various rooms of your house so that you can quickly reinforce behaviors that you want when they are offered. Capture, capture, capture is your mantra!

**Next edition: Putting the behavior on cue!**

Sandy Modell, B.S., CPDT-KA is a Certified Professional Dog Trainer and owner of Wholistic Hound Training and Behavior Services, "Where training is fun!" She can be reached at [www.wholisticheound.com](http://www.wholisticheound.com), 571-238-9145.

## ON WATCH

CONTINUED FROM PAGE 34

emerged from the popular vote that it went to Congress who decided the outcome. Jackson rocked with the most votes but Clay was Speaker of the House and everyone started mumbling about him selecting himself. So he threw his support to Adams (runner up) and when the dust finally settled, Congress gave it to Adams – barely .

Then fast forward to 1828 and the next Adams-Jackson (Part II) campaign became the very blueprint for presidential campaign politics in America. Getting good? Exciting?

We're only into our first hundred years. But wait, there's more. Join us next month boys and girls for the continuing story of "American Party Politics – Some Party, Huh?"

Marcus Fisk is a retired Navy Captain, Naval Academy graduate, sometime

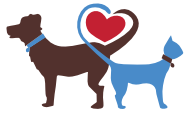
actor, sculptor, pick-up soccer player, playwright. He and his wife Pamela are former residents of Alexandria and currently live in Connecticut where they own a B&B.





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