In Remembrance - Alex
Matthew Barnickle, Cinie Bearden, K Holt Myrna Juarez
Manuel Lee Jonattan Lopez Alexa Mastrostefano Devon Neckles
Daniel Plank Stephen Riley SO Runquist Carl Stowe
Patrick Taylor, Richard Vergara J Wehmeyer W Wilson

Good news in Alexandria
founded in 2010

The HERO Issue

May '16

Black and white and read all over

See Page 4

Bite into the taste of Arlington
Jane Goodall visits T.C. Williams
Alexandria's Walk for the Animals
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 waterfront. Circa 1855 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 sunroom offers views of the spacious walled garden and patio. Lower level walkouts to the garden and features a gourmet kitchen with center island, breakfast area and adjoining family rooms with fireplaces.

ALEXANDRIA/CHAPEL HILL

$1,399,000
Fabulous 7 bedroom, 5.5 + 3 bath custom home with approximately 7000 sq. ft. of living space on 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 Chinquapin Park!

ALEXANDRIA / KING’S HUNDRED

$915,000
Lovely 4 bedroom, 3.5 bath center hall colonial with off street parking in a quaint 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 patios, lawn and perennial gardens.

BRADDOCK HEIGHTS

$854,000
Fabulous renovation and expansion of this 4 bedroom, 2 bath home on a large corner lot. Full 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 in main level bedrooms and 2 upper bedrooms including the Master suite with luxury bath. Fenced back yard with patios, 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 and lawn off street parking.

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. Gourmet 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/luxury room.

WARWICK VILLAGE

$550,000
Beautifully updated 3 bedroom, 2 bath townhouse just blocks from shops and restaurants in Del Ray! Gourmet kitchen with pass thru to the dining room. Features granite countertops, 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/luxury room.

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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 stoic traditions of valor deeply rooted in this community.

Also, inside you’ll find our regular columns tackling all sorts of issues: Marcus Fisk wittily takes on the history of mud-slinging elections, Ralph Péluso 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 pursue Zebra while standing sentry at the gates of Kenya’s Nairobi National Park in late March. Photo by John Anundel

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.
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

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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.
Firefighter Kristina Holt, below.

Captain Jason Wehmeyer, above. Firefighter Paramedic John Ulrich, and Firefighter Kristina 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. * * *

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.

Alexandria Fire Department

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 almost total ignorance to 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.

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.
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. Please review nomination before applying to ensure eligibility. All nominations and supporting documentation must be received by May 20, 2016 at 5:00pm.

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 Belmon’s Cowgirl Halt, 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 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 Lissette.

Continued on Page 22

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.

Continued on Page 22

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

Sheffie Llewellyn scooped his share of cones. Photo courtesy of CFNC.

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.
An elevation drawing of the proposed replacement streetlight and an example which has been installed on Royal Street, near the southwest corner of City Hall— not far from the first Gadsby streetlight test location in 1966. Photo courtesy of City of Alexandria.

OLD TOWN’S STREETLIGHTS TO BE REPLACED?

The gas light poles in Old Town were first put up in the Civil War years, and several examples of those original lamps still exist. However, most are falling down, do not work, and were replaced with the “Gadsby” light pole back in 1966. Now even those substitutes are struggling, and the City needs a solution, and is looking towards replacement poles that use modern LED bulbs, which last longer and use less energy. It’s cost prohibitive to retrofit the old fixtures with the modern light sources.

Alexandria City thinking is to find a new, readily available, replacement streetlight with an energy efficient LED bulb. A replacement streetlight, called the “modern historic LED,” has been selected as the primary candidate due to its more historically accurate aesthetic and energy efficient fixture (see elevation of proposed street light). Citizens are welcome to give their opinion about the “Streetlight Replacement Project” by visiting the AlexEngage (https://engage.alexandriava.gov/portals/191/Forum_537/Issue_3336) page before May 22.

The Campagna Center’s Tammy Mann, who has served since 2011 as the President/Continued on Page 14

VOLUNTEER ALEXANDRIA NAMES PHILANTHROPISTS OF THE YEAR

The 2016 award winners include Ray Crowell, a U.S. Air Force veteran, who is committed to helping veterans build sustainable and scalable businesses, is the 2016 Outstanding Veteran of the Year. This award is given to a military veteran who has demonstrated exceptional leadership in volunteerism, philanthropy, patriotism and public awareness of veterans’ needs in Alexandria. Whole Foods Market Old Town, committed to helping end hunger in Alexandria by engaging its customers and donating funds and goods, is the 2016 Large Business Philanthropist of the Year. This award is given to a business in recognition of extraordinary commitment to volunteerism and financial support to the Alexandria community.

Port City Brewing Company’s Bill Butcher is the 2016 Small Business Philanthropist of the Year. Since its inception in 2011, the small company is engaged on all levels to support the Alexandria community. This award is given to an Alexandria business leader in recognition of extraordinary commitment to volunteerism and financial support to the Alexandria community.

Chefs, artisans, musicians, and friends of the community are invited to join in the fun.

RSVP https://communitybbq.eventbrite.com

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Vola’s Dockside Grill & High Tide Lounge 7 King Street

Third Annual Community BBQ

Monday, May 16, 2016
6:00-8:30 PM
RSVP

 Authentic “Gadsby” gaslights do have a different glass globe, but are expensive to retrofit with new lighting technology. Photo courtesy of City of Alexandria.

Come and Enjoy a Ride on DASH and the FREE King Street Trolley!

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CONTINUED ON PAGE 14
It’s been a good month in the restaurant world. We are still waiting for the grand reopening of A1’s Steakhouse, 1504 Mt. Vernon Ave. We heard it was sold, and we are still waiting for 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. Streets 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 café, I urge you to try it. The food is expertly and freshly prepared.

The Rock It Grill sticks a defiant finger-in-the-eye to the creeping tide of upscale establishments lining the elegant streets of Alexandria. The Rock It Grill is open and serving tavern classics with roots in the Mid-Atlantic. They offered a lovely selection of traditional Irish classics with roots in the Mid-Atlantic. They offered a lovely selection of traditional Irish classics. They offered a selection of traditional Irish classics. They offered a selection of traditional Irish classics. They offered a selection of traditional Irish classics. They offered a selection of traditional Irish classics. They offered a selection of traditional Irish classics.

Trotta di 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.

On Sunday, April 24, 2016 from 12-3pm, The Birchmere hosted an afternoon of food and fun while supporting Carpenter’s Shelter for its 15th 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 Debby Critchley.

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EAT. DRINK. PLAY.

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NEW STREET PUB

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#TasteARL
#StreetPub
Foodie News

Continued from Page 8

house-made potato chips. It’s on their bar menu. Columbia Firehouse, 109 S. Atapini played the pork card too, bringing pork cheek seasoned with a BBQ coffee rub, raptus, 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) 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 white burgundy 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, 2000 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 ojerk chicken wings. Both were delicious.

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

North of their tried and true favorites, chili mac. They offered bowls of onions and cheese to accommodate taste choices. The tip provided by Chart House, 1 Cameron St., was loaded with lump crab and aguac cheese served on a French bread crostini.

Another noteworthy tip came from Union Street Public House, 121 S. Union St. Theirs was a flavorful bite of braised lamb on a polenta enquette garnished with pickled red onion. Kudos for serving a fantastic and memorable meal. Our locally owned food truck, Meggrolls, showcased a mouth-watering array of her modern egg roll alternatives, including the chicken parm, cheddar potato, BiggieBuffalo wing (my favorite), and the four-cheese brussels mac.

Bittersweet, 823 King St., impressed with two different treats: a spicy 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. Megan 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
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 29th 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+dogs" festival in the area.

Showcasing the diversity of Arlington’s food scene and attracting over 40,000 people, Sunday, May 15 gives over 50 chef’s 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 (12:00-1:30 PM), White Ford Bronco (1:30-2:20 PM), The Big Payback (3:40-5:10 PM) and Lost in Paris (5:30-7:00 PM).

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 or at a discounted rate on the Ballston BID mobile app, BallstonConnect. Tickets are non-refundable.

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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 the gallery business owners or 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 AAG (Association of Alexandria Art Galleries) in the ‘80s and ‘90s 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 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, ART BEAT

“Online browsing and shopping for art is lifeless and limiting and inadequate for experiencing original art.” – availability –
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Life is either a daring adventure or nothing.
—Helen Keller

“Chrysanthemums” by Vladimir Ovchinnikov, St. Petersburg, Russia (photo transfer onto canvas), approx 32” x 28” $500 unframed $675 framed

“Chrysanthemums” by Baltimore artist, Jorge Alberto

Continued on Page 13
We’ve been saluting the Military since 1936.
Thank you for serving. Now let us serve you.

Matthew McCarthy
4617 Duke St | Alexandria
703-236-1366

"Blue Sky," by Geoffrey Johnson.

"The Attributes of Art" by Michael Devore.

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 collectibility 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 Mansell, Director; Michele Marceau Ward, Owner or Pamela Sommet, 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 20th and “Study Fifth Avenue Evening.” Following Johnson’s show will come the June 3rd 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.
NEW PUBLIC MURAL AT TORPEDO FACTORY ART CENTER

Erin Curtis’s Beaded Curtain beautifies a 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, enfolding 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.

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...
David described his book as a “naughty 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 candidate during any campaign. If you audited his tax returns you’d see that he, the five foot nothing candidate, climbed into an M1 tank. First mistake, because the diminutive Dukakis appeared even smaller. To make matters 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. 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. 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 HW Bush. HW was whisked into prominence on the euphoric coattails of Ronald Reagan. Reagan, the “Gipper”- the Great Unifier, to my chagrin, was not spared. The author’s criticisms are very much 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 elections. 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. The vast “gray” middle is an inflection point in the American political scene. The far right wing of the GOP for a quarter century has drifted even more to the right. For many years, my political career politicians have evolved or a party; William convinced 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 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 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 “fireflies”, 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 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 fail to point out nearly eight years of blaming W for everything from acne to volcanic eruptions. On the Dem side, there is, of course, Slick Wilie, the White House Casanova, who gained national notoriety and impeachment for his dalliances. This year, of course, Mrs. Shick is running. There is the king of spelling bees, Dan Quayle, but certainly not outdone by the stumbling, stumbling Bible-carrying O’Reilly; Barack Obama’s face is familiar to a caricature painter a great idea at the time; only he was not thick enough to handle the roasting of your guts, still read it. Either way you decide whether you vote for or against. My opinion is to vote for, Er… Against?

Who’d You Vote For, Er… Against?

David S. Holland
Illustrated by Phil McKenney

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: Polis Still Open
**MAY Z-VENTS**

**MAY 14**

6th Annual "In Their Shoes" 5K 7:00 am

**US Patent and Trademark Office**

600 Dulany St.

The Iraq Children Foundation (ICF) hosts 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 living services for these children. www.iraqichildren.org/in-their-shoes-

**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 1900s 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. 225. www.delraycitizens.org

**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

Vol. Lawson Lobby of City Hall

301 King St.

The awards will be presented by Mayor Allison Silberberg on Tuesday, May 10 at 5 pm in the, followed by a reception in the same area. Five awardees will receive awards in four categories: Vanessa Greene and T Grant Redmond will receive the Annie B. Rose Award recognizing an individual whose exemplary achievements span a lifetime of public service, and whose achievements have been dedicated to significantly enriching the community, especially to advancing social justice and aging concerns for all residents. Wanda Dowell will receive the Lois Van Vlethoven Excellence in Aging Award for an Organization recognizes an organization that 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 for older Alexandrians. Robert Fuik will receive the Public Service Award recognizing 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 Reffman Visitor Center, Huntley Meadows Park

3701 Lockheed Blvd.

Join the Friends of Dyke Marsh for a presentation on Virginia’s native wildflowers by Laura Bently 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. 703-788-2525. http://www.fairfaxcountygov/parks/

**MAY 12**

Pets and VPs 6:00 pm-9:00 pm

Torpedo Factory Art Center

156 N. Union St.

Cebertate Pets! Welcome the Animal Welfare League of Alexandria. By the refrigerent entrance, four-legged visitors can help us create a paw print mural for the “Dog-i-l”-ity. Free.

**MAY 14**

7:00 pm

Lion’s House

229 N. Washington St.

Fran Bremborg, City Archivist, and City Archivist staff Garrett Feuster, Benjamin Skelhon 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

Lyric Hall

201 S. Washington St.


**MAY 14**

Celebrate the Completion of Four Mile Run Wetlands Restoration Project 8:30 pm

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 increment weather, the ribbon cutting will be held
MAY 14
La Bella Strada
Daytime
Mount Vernon Avenue between Hume and Windsor Aves.
La Bella Strada is a modern street painting festival that originates from an ancient Italian art form. Organized by the parents of students who attended The Del Ray Montessori School, the festival brings artists, energetic volunteers, and local businesses together to enliven our 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/. Tickets available online until May 13 at 10:00 am and at the concert. Adults $20.00, Seniors (65+) $10.00, Students (6-13) $10.00.

MAY 16-20 & 23-27
Summer Institute
George Washington University / Alexandria Archeology
Archaeological Archaeology Field Institute
Intensive two week field school offering experience in excavation and laboratory study at the Slater’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 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.

MAY 20
Lakes Armstrong: SPELL
7:00 pm-9:30 pm
Torpado Factory Art Center
105 N. Union St.
The Torpedo Factory has a brand new mural on the loading dock door. DC-based artist Erin Curtis finished her newest work, Beside Curtain, and it now is set to unveil! Local residents will recognize her work, as she previously designed receipt truck wraps for the DC-Commission on the Arts and Humanities. She also established traffic control boxes along Duke Street and elsewhere for the Public Art Commission for the City of Alexandria. Free.

MAY 21
Spies & Scences – A Special “History Mystery” Tea
12:00 pm
Lee-Fendall House Museum & Garden
614 Oronoco St.
Alexandria was filled with spies during the Civil War. Enjoy a Victorian tea, learn about real life secret agents like Frank Stringfield (portrayed in the PBS drama “Henry Spyer”), 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
1106 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 or call 703-836-4414, ext. 110.

MAY 26
USA Band Spring Chamber Series
7:30 pm-9:00 pm
Lyceum
201 S. Washington St.

MAY 22
In the Company of President James Madison
2:00-4:30 pm
Garden’s Tavern Restaurant
134 North Royal St.
President Madison discusses life in 1816. Public questions and opinions related to the nation’s founding era will be entertained and encouraged. This public debate as presented by John Douglas Hall is part of an on-going series of ‘Conversations with the President’. Tickets are $20 per person. A limited number of tables 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/
Patrick Henry Principal Named ACPS Principal of the Year

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 BETTER BUY ACCEPTANCE RATES than their current mortgage. For example, www.BuyAlexandriaWaterfront.com offers BETTER BUY IN YOUR PRICE RANGE ON YOUR TERMS. www.AlexandriaTrueHomeValue.com will find out what your TRUE Home Value is? CALL: 703-962-7833 TXT: 703-216-1491 Forbzhouse@gmail.com

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.

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.

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

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

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 EAFSA, 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.

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

Continued on Page 20
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.

**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 @alexanimal for making our prom last night “extra” special! #gumwerappetizers extra.”

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.

**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. This 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 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.

**FREITAG**

Continued from Page 18

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6 MASSIVE PRICING MISTAKES HOMESELLERS 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 10X-fold. 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 care.

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 unsold — 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.

“No 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 seller 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 — 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.

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 market valuation is finding out in WEELY, 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.

In other words, the only thing a Vm (automated Valuation method) is designed to provide quick and safeily ignored.
AROUND TOWN

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 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.

HOME SWEET HOME

Rebuilding Together Alexandria volunteers provided fire repairs to Army veteran Seymour 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.

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 or by postal mail to Alexandria Beautification Commission c/o Park Operation Division, 2900A Business Center Drive, Alexandria, VA 22314.

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COURAGE

Continued from Page 6. 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 Belmond 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 in 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.
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). 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 saw 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 wasn’t 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 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 reminiscence by smell, taste and enjoyment those days when Shuman’s Bakery was a storefront and a Christmas staple.

I may talk nostalgically about the Waffle Shop at King and Washington Streets and the one in Arlandria and their shining trench 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 Giclée print of Alexandria Virginia, the backdrop for the PBS series “Mercy Street” Available Now!

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

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— Rabbi Isaac the Blind

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**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 losers, 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 (1975). 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 Lynceum, 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/GadsbysTavern.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 or call 703-746-4488.

**JUNE 5**
Bagels and Back-Court 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. Ms. Lorni & Leah Nickeiberg, Violin; Eliza Medearis, Viola; Kristianson Dillon, Cello. Light brunch provided. Advance registration at www.alexandriava.gov/webreg - then select the activity number 455208-03. Resident $10/Nonresident $15. Children under 5 free.
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.

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 dark purple to lavender petals. This workhorse flower is one of our favorite “spillers” as it freely grows over and down the sides of hanging baskets and patio pots.

Angelonia is one of our best sellers. Reminiscent of an old-fashioned cottage garden plant, these spiky flower stalks only look fragile; they love the sun and hold up all summer with little care. The spiky lavender, pink or white flower pairs well with trailing annuals like scaevola, bacopa and vincas.

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 Pine Colada” is one of 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 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 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!
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 its 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 the 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 Wannmier 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.”
The 1863 Amoskeag Steam Engine (“The Champion”). Photo by Kris Gilbertson

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 150th 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.

Continued on Page 29

VALOR AWARDS

CONTINUED FROM PAGE 5

and stayed with them until EMS arrived.

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

Deputy Manuel Lee

Deputy Myrna Juarez

Deputy Joseph Runquist

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 the mezzanine level 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.
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.

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 un consciousness.

Officer Alex 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 secure 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.

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 buckle d 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.

In July, 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 man’s shoes and pants were missing. He told Stowe to an additional wound. When medics arrived, the man was transported to Fairfax Hospital. Officer Barnickle used his expandable baton to break the driver side rear window, reached in, and unlocked the door.

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For their valor and heroism in the face of great personal risk, Officers Barnickle and Vergara are awarded Silver Medals.
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 Cat, a collegiate summer league team that I previously owned in the Valley Baseball League, which is nestled into 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 Borders Books in Tysons 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 Cal Ripken, Sr. Collegiate Baseball League. I became a Rebels fan and I was struck by the story of the New Market Rebels, the perfect ambassador for the league’s expansion committee, ‘Alexandria’ was noted among other teams in the league. We both shook hands, chatted, 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.

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I interviewed Marilyn Stark, about the Valley League and the Rebels 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 Dhan, 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 Tatee 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 Gunnings’ 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, chatted, 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, that 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
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, 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 auto bars can also decrease spine mobility, but you can correct your posture and improve back flexibility by foam rolling this area.

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

2. OUTER HIP AND ILLIOTIBIAL (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 quadiceps.

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 (Vesse Back Institute), held a 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.

**Quotables**

 Aren’t waiters wonderful? You ask them for things, and they bring them. —Dudley Moore, Arthur, 1981

**FREE CONE**

**CONTINUED FROM PAGE 5**


In addition 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 seven classrooms serving 148 children across Alexandria. To learn more about the CFNC and how your organization or business can help children, visit www.cfnc-online.org.
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 clubs to having a very strong solid foundation for many years to come, especially to Mary Walland, 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 Skagge (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.alexandriaces.org. Thanks for reading and I’ll see you around the ballpark! Please email me with any questions or thought malonemarketing@gmail.com.

Heartiest Congratulations and Thanks to all the Valor Award Winners! Blessings from Reina and Lucelle O’Flaherty and KAY K.

Continued from Page 23

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 Medkiff, and former general manager, Dennis Ferney. Dennis 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,” Dennis 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 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.

To all the PEOPLE you can, At all the TIMES you can, In all the WAYS you can, By all the MEANS you can, Do all the GOOD you can, Shuman’s jelly cake.

Heartiest Congratulations and Thanks to all the Valor Award Winners! Blessings from Reina and Lucelle O’Flaherty and KAY K.

Continued from Page 30

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
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, religious 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 leaving the scene of recent 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 impersonal comedy troupe. No one could make this stuff up.

Maybe that explains why people all over the world watch our elections with such keen interest. Every four years, despite war and famine, holocaust or natural disaster, America parades its candidates across the stage to the total amazement, bewilderment, 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 homelands of America politics is spectator sport – major league entertainment on steroids, or an addictive television program, and like baseballs and bowling, 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 and 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 (“Dixiecrats”), 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 revolution. 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 George 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 heat 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 obvious so they floated Governor George Clinton of New York (Another Clinton from New York) 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 and the Federalist Party formed in the smoke-filled back rooms of New York.

Washington was one of those slash-limb-hung, lots who despised political parties and favored a peaceful transfer of power. In his farewell address to the country in 1796 he made it clear that 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 two-party system of American politics the day it was birthed. All around the country, their campaigns have been responsible for our campaigns becoming like the NFL playoffs – no lack of excitement, lots of trash-talk. Jefferson supporters rallied against Adams saying he was a party-want who only took advice from his wife and daughter. They called Adams ‘his Rotundity.’

Adams championed popular controls 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.

Vice President Adams 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 Congressman John Quincy Adams, an aspiring (power broker), Andrew Jackson (General, hero, huge name recognition), and William Crawford (Treasury Secretary). It was so close and ugly that no clear winner
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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

• 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
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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 the safety of the humans at 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 standing. Children and adults can be knocked over by these fun-crazed pups and get hurt. My knee was actually broken a few years ago, standing. I think I must have dog-magnets in my knees because a group of dogs will inevitably run right into me wherever I am standing. Children and adults can be knocked over by these fun-crazed pups and get hurt. My knee was actually broken 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 Sampson 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! Use Common Sense at the Dog Park

Ellen Epstein is the Top Dog at Box Wow, Moon Pet Care, 703-850-3559, a full-service dog walking and pet sitting company.

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