

Zebra

June 2013

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

Market TIME

ALSO INSIDE: Living Legends ■ Civil War Series ■ Adoptable Pets



Christine Roland Garner

I Sell more because I do more!



Rosemont - \$759,000



Fabulous 2 bedroom, 2.5 bath Bungalow ideally located blocks from 2 METRO stations. Light-filled rooms with high ceilings and gleaming wood floors on 2 levels. Foyer entry, spacious living room and formal dining room. Kitchen with Maple cabinets, granite counters and breakfast bar with SS appliances and adjoining family room. Upper level with vaulted ceilings features large Master bedroom, 2nd bedroom and beautifully renovated bath. Lower level recreation room with full bath and side entry from driveway. Large fenced yard with custom shed, patio and manicured lawn.

Belle Haven - \$1,799,000



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

Rivergate - \$1,500,000



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

Rosemont - \$785,000



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

Rosemont - \$1,050,000



Fabulous expansion and renovation of this 4 bedroom, 3.5 bath stone colonial located just a couple of blocks from the King St METRO. Foyer entry, living room with gas fireplace and adjacent year round sunroom. Formal dining room, gourmet kitchen and beautiful centrally located family room with access to the yard. Spacious main level Owner's Suite with luxury bath and 3 upper level bedrooms with a full bath. Huge lower level recreation room with gas fireplace, built-ins wet bar and full bath with heated floors. Two large storage rooms, lovely yard with front and rear patios, stone shed and off street parking.

Seminary - \$629,000



Deceivingly spacious 4 bedroom, 3 bath home with 2 finished levels conveniently located inside the beltway close to shopping, schools, Old Town & D.C. Living room with fireplace & dining room with French doors to a spacious screened porch with vaulted ceiling. Updated kitchen with granite counters and breakfast bar, SS appliances and Cherry cabinets. Three main level bedrooms and 2 full baths including the Master Suite with tumbled marble bath. Huge walk-out lower level with high ceilings features a family room, full bath and 4th bedroom... perfect for guests! Lots of storage, off street parking and large yard with deck backing to trees and stream.

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Zebra Spotted in Miami!

Frank Rerecich of Alexandria sent this in after carrying his March copy to Miami.

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



Arrgh!
Catch our
mistakes.

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

Roland Baxter of Springfield beat out all the other entries by catching 34 grammatical and punctuation errors in our March 2013 edition. Baxter has won a gift certificate from Chez Andrée restaurant.

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

PUBLISHER'S NOTE

My neighborhood has “large item pickup” the first Saturday of every month. For 25 years the large trash truck has come and gone, and I rarely put anything on the curb. This time was different. My beautiful stainless steel grill I’ve had for the last five years had blown out its burners. Last season I patched them with heavy duty aluminum foil. I could have replaced them this year, or bought an entirely new grill. Instead, I made a life decision. Forget grilling.

I’ve had my own outdoor cooker since I was a 16-year old wannabe chef, and charbroiling steaks and burgers and an occasional gourmet treat had become a summer ritual. But I’m done. I sat there on my patio looking at the big hunk of metal, with its heavy propane gas tank I’d have to lug to get filled, and its charred cooking surface I’d have to scrub and clean yet again, and chose freedom instead. I don’t live in the Alaskan frontier land where I have to build a fire and turn my kill over a spit to survive. I’m surrounded by restaurants. Good restaurants. And if I want a steak, I’ll order one.

And now summer begins again, a new rose bush planted where my glamorous yet pain-in-the-neck gas stove once stood, a reminder to start enjoying life and ask someone else to do the cooking. Please enjoy this June issue and savor the delightful offerings from our local farmers’ markets and the many wonderful things available to all of us at our area eateries and fine merchants.

Cheers,
Mary Wadland

Zebra

June 2013
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COVER PHOTO: Wally or Wally's World of Flowers, Old Town Farmers' Market by Harry Merritt.

Distribution

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

Arlington
Alexandria
Alexandria West
Beverley Hills

Crystal City
Del Ray
Fairlington
Mount Vernon
Old Town Alexandria

Park Fairfax
Rosemont
Seminary Hills
Shirlington

Publication Dates

Zebra is printed monthly.

Deadlines

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

For advertising information call 703-224-8911

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Your Farmers' Markets

Aerial shot of the Old Town Farmers' Market

PHOTO COURTESY OF THE ALEXANDRIA CONVENTION AND VISITORS ASSOCIATION

BY JEFF WINTER

If you close your eyes at the City of Alexandria's town square on Saturday mornings from 5:30 a.m. to 12:00 p.m., you can hear the teeming crowd of people bustling through the farmers' market in Market Square on King Street, smell the fresh and delightful baked goods and coffee, and if you have a vivid imagination, you can almost hear the sound of anxious horse hoofs on cobbled stoned streets after making their way from George Washington's home in Mt. Vernon to drop off the garden's assorted fresh produce for sale to Alexandria residents. This imagery from the days of the late 18th century may be difficult for most, but with few exceptions, not much has changed at one of America's oldest and still most popular farmers' markets in the country.

The first farmers markets technically originated in Egypt over 5,000 years ago when farmers along the Nile brought their fresh produce to be sold. Today there are farmers' markets all over the world with the smallest ones being no more than 3-4 vendors selling their fresh produce to the largest one in the world in Tokyo, Japan which has over 1,700 stalls. Farmers' markets are commonly defined as municipal facilities where several or more producers gather on a regular basis usually on a regular schedule to sell fresh fruits, veg-



Del Ray Farmers' Market on Mount Vernon Avenue

PHOTO BY JEFF WINTER.

etables, meats, flowers, bakeries and prepared foods. They are in essence direct to consumer locations from the producers thereby cutting out the middleman such as supermarkets. The most important criteria to be considered a farmers' market is that goods are produced locally and vendors sell their own products.

In America, informal markets have been around since the early settlers in Jamestown. People who come to Alexandria on Saturday mornings find themselves in a busy plaza where local farmers and art-

ists have been selling their products since 1753. Old Town Alexandria's Farmers' Market is thought to be one of the nation's oldest continually operating farmers' markets, serving as a primary way Alexandria residents have typically obtained their fresh meat, dairy, fish, fruits and vegetables.

The modern Old Town Farmers' Market has tents lined up in rows and broken up into quadrants to make it easier for both the 60 vendors and the numerous patrons that fill the square. Like its earlier traditions, the vendors include both

the sellers of fresh, in season produce combined with the sellers of handcrafted woodworks, handmade clothing, jewelry, and even a professional gardener eager to provide his helpful tips. It is safe to say that this farmers' market has evolved subtly into a plethora of goods and services, much to the delight of the people that regularly visit the market.

In fact, it has become so popular that the City of Alexandria agreed to extend the hours of operation from 7:00 a.m. to 12:00 p.m. The un-official opening of the market begins when the vendors have unloaded their goods, and for many that is around 5:30 a.m. If you think that is early, consider this, **Cameron's Berries** from Summit Point, West Virginia begin loading their fresh picked vegetables, assorted berries, shiitake mushrooms, and flowers at 12:30 a.m. "Once everything is fully loaded on the truck," said owner Woody Cameron, "we begin our trek to Alexandria and once we finally arrive, we start all over again unloading our goods and setting up our stall and we are ready for business by 5:30 a.m."

Woody is not by himself at this early time of the morning, other vendors are ready to go as well, and patrons are already hovering around the stalls with their pur-

▼ See MARKET on page 5

chased fresh coffee and handmade stuffed croissants in their hands preparing for their day at the market while standing under the gleam of the early morning sun. It is indeed a something beautiful to experience and it does harken one back to days gone by when life was simpler, kinder and friendlier.

“I have been coming to the Old Town Farmers’ Market for over 30 years,” commented one experienced visitor. “Whether I just need a carton of eggs or some fresh flowers for the dining table, I come early and stay late. I get to visit with my neighbors, say hello to my favorite vendors and it just makes me feel like I am truly part of a community.” Somehow, I think the vendors feel the same way if you take the time to visit with them.

The **Lamb’s Quarter** from Calvert County, Maryland, is another family owned and operated business that has been in the Jim Bourne family since 1690. It seems to be one of the visitor’s favorite vendors with its farm fresh produce and meats. “For me, the pork products are highlights,” commented one regular. “They have two types of sausage and both are outstanding, I prefer the Italian. They also have bacon, not every week, but occasionally, and it is some of the best bacon I’ve ever eaten. Not as salty as store-bought bacon and it’s just fantastic.” They are one of the few vendors that have a Community Supported Agriculture (CSA) or farm subscription program where you can become a shareholder and get 22 weeks of vegetables.

Not un-like many of the vendor’s farms, the idea for The Lamb’s Quarter began in

2007 out of a desire to work where they lived, raise their children on the farm, eat good food and share the results of their labor with those who also valued good, wholesome food. They began their CSA in 2008 and are now in their 6th season. However, that’s not the beginning of the story. Jim grew up on this farm, living and working on a place that his family had farmed since 1690. Tobacco was still king, they work hard, the rewards were small, but sufficient.



But tobacco’s reign was coming to an end, and in 1983 the last crop was put in the barn. The next two decades were spent raising beef cattle, caring for a few laying hens, and cutting hay. By then, Jim had married Patrice, started a family, and worked off the farm. By 2001, Jim had come back to the farm and began raising broiler (meat) chickens. Influenced by master farmer Joel Salatin and a host of other farmers dedicated to doing things differently, Jim raised his chickens on pasture. One thing led to another. The cattle became grass fed, laying hens were brought back to the farm and put out on pasture, and a few vegetables were planted.

By that first CSA season in 2008, they

had read the books, studied the markets, did some experimenting, and figured that “if you’re going to get wet, you might as well jump in the deep end. We did a lot of ‘dog paddling’ that first year.” The next year was better, the third year saw their first interns, and now in their sixth season they have a full time vegetable manager and a part-time market master. They now raise over 3 dozen different vegetables, growing them throughout the year to supply their CSA and farmers’ market customers.

They raise cattle, hogs, sheep, laying hens, broiler chickens, and turkeys. They don’t use herbicides or pesticides; their animals are out to pasture in season, are never fed antibiotics, and for those animals requiring grain, they use non-GMO corn and soybeans with an organic mineral mix. “We farm to make a difference in the lives of our customers.”

Another unique perspective of the Old Town Farmers’ Market comes from vendor K.C. Cromwell of **Affinity Woodworks**, a former member of the U.S. Army’s Special Forces as well as an Army Ranger. K.C. has been a vendor for two years now and talked with great pride about the Old Town Farmers Market. “I really appreciate

the historical significance of this market and what it means to this community. I have visited many farmers markets, but none with the history and tradition like this one,” says K.C. “What I respect is the fact that from Megha Even’s, the Market Master, to the patrons, and right down to the smallest vendor, we’re all trying to maintain a culture of community that has been developed over hundreds of years.”

“This market square is literally being used exactly the way as it was intended,” K.C. goes on to say, “to embrace the entrepreneurial spirit that our country was founded on.” Like days gone by, this is all accomplished by sharing our gifts and talents with the local community so that we have fresh meat, vegetables, and fruits to put on our tables for dinner, for the dress maker to sell her clothing so that our daughter has a beautiful new dress to wear for that special occasion, and yes, for small businesses like K.C.’s to provide that ‘table’ or ‘bowl’ for your family to use for meals. “Finally, K.C. adds, “I need to say that I am fortunate and proud to be a part of this community, not only for what I can provide, but as important, for what it provides to me.”

How has the Old Town Farmers’ Market truly evolved? Vendor **“truly-life”** calls itself “the ultimate urban garden.” But they don’t sell fruits and vegetables, Owner Mellenie Runion and partner Andy grow loofahs, herbs, and flowers which are used in their eco-friendly skin care products. I don’t think George Washington or the community that he was a part of over two

▼ See MARKET on page 25

“

“Spring being a tough act to follow, God created June.”

— Al Bernstein

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From left to right: BB&T Staff, Dan Puhlick, Bill Euille, Del Pepper, Rob Krupika and John Long
Photo by Shot in the Dark Photography

BB&T Opens Branch on Mount Vernon Avenue

Financial Center Leader Hector Hernandez welcomed the public and city official's to the grand opening and formal ribbon cutting of the long-awaited full-service BB&T branch at 1901 Mount Vernon Avenue in early May.

Arlington Cats Need Your Help: Name Your Own Fee to Adopt during June

The Animal Welfare League of Arlington is about at capacity for cats. There is an urgent need for adopters or fosters. Adult cat adoption fee is normally \$100, but AWLA is offering an adoption incentive throughout June—"Three Name Your Fee." Folks who adopt cats 3 years old and over not only can name their price, but their adoption fee will also include: a certificate for a free exam with a participating veterinarian, spay or neuter surgery, a feline leukemia and feline AIDS test, a distemper vaccination, a personalized I.D. tag, a microchip, an information packet and an emergency sticker.



Paris is just one of the beautiful cats available now.



The current headquarters of the National Science Foundation on Wilson Boulevard in Arlington. Photo Courtesy of the NSF.

NSF Move Adds 2,400 Jobs to Alexandria Workforce

The U.S. General Services Administration (GSA) announced that the National Science Foundation (NSF) will move its headquarters to Alexandria in 2017. The agency's new offices will be located in the Hoffman Town Center complex, across the street from the Eisenhower Avenue Metrorail Station and just west of the U.S. Patent and Trademark Office complex.

"The NSF's decision to locate its headquarters in Alexandria is a tremendous gain for our entire community," said Mayor William D. Euille. "Having the NSF headquartered in Alexandria will strengthen our growing knowledge-based economy, and directly contribute to our professional workforce. Our high quality of life, access to public transportation, and cultural charm are key reasons why government and private businesses

are drawn to Alexandria."

The selected site will result in the construction of a 660,000 square-foot, LEED Gold-certified facility. The federal government will lease the space from the developer, Hoffman Development, Inc..

NSF has a direct workforce of approximately 2,400 employees, and attracts an average of 200,000 academics, scientists, students, and researchers as visitors each year to serve as members of review panels and to present research results. NSF activity generates approximately 60,000 room nights in hotels, and the new headquarters is expected to provide demand for new lodging, dining, office space, and retail options in the Carlyle area and throughout Alexandria.

City planners project that NSF will spur more than 1,800 additional permanent jobs beyond its own workforce of

2,400, and more than 800 temporary jobs to construct the new facility. This is a 4.5 percent increase in Alexandria's overall workforce. Over the initial 15-year lease, the headquarters is expected to generate more than \$83 million each year for Alexandria's economy. The economic impact includes new salaries and wages for Alexandria residents, and spending by NSF employees and visitors at local businesses.

The National Science Foundation is one of the federal government's primary science research organizations, with an annual budget of \$7.3 billion. NSF funds 20 percent of all federally-sponsored basic research at U.S. colleges and universities. The agency will remain at its present location in the Ballston area of Arlington until its move to Alexandria in 2017.

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Claire Mouledoux promoted to Director of Communications at ACVA

After 13 years, Merrie Morris, the fearless maven of membership and Director of Public Affairs, is leaving the Alexandria Convention and Visitors Association (ACVA). At the end of June, she will be moving to Kansas City with her husband Alan (and dogs Rusty and Henry) to be closer to family. They plan to open a small business – Shop Local! – where Merrie will be making use of the marketing skills she has picked up over the years.

Claire Mouledoux is being promoted to the position of Director of Communications from her current role as Com-



Merrie Morris and Claire Mouledoux
Photo Courtesy of ACVA

munications Manager. She will direct ACVA's media relations efforts while taking on an expanded role managing editorial content across ACVA marketing platforms, including the web and social media.



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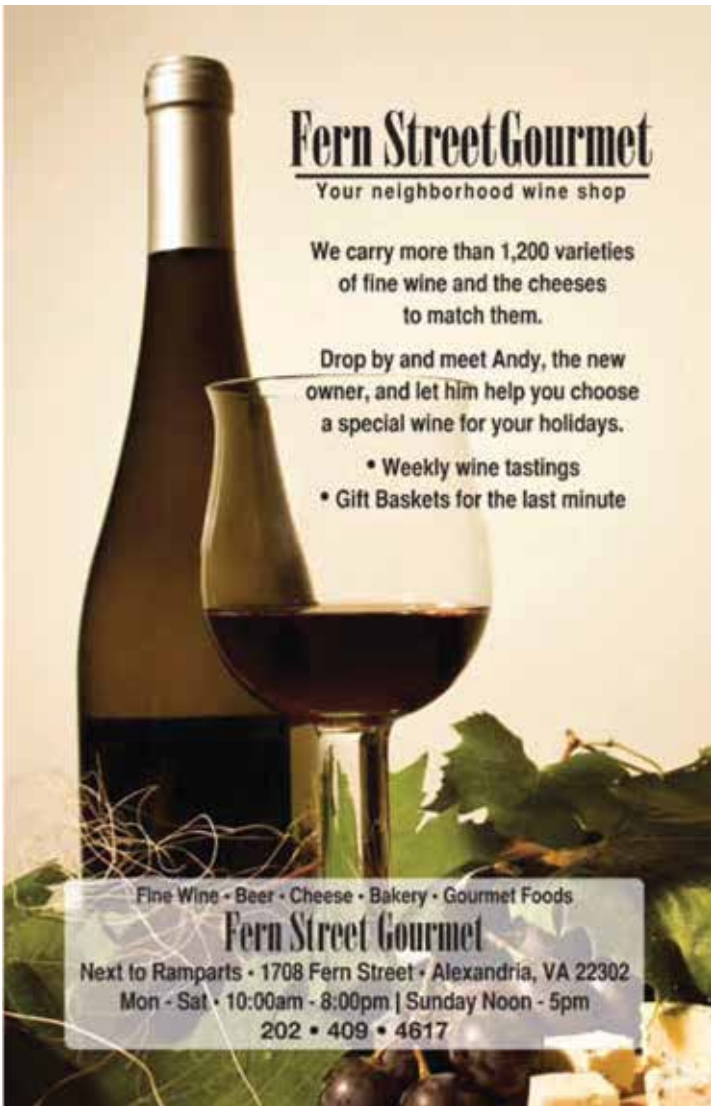
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DASH Bus Company Wins Awards for Trolley and Mark Center

The T.C. Williams girls’ basketball team honored breast cancer survivors at the annual Pink Zone event on Tuesday, February 5. Before the game, Coach Kesha Walton presented survivors Lieutenant Monique Rea, Sergeant Lynn Oliver and Deputy Valarie Wright of the Alexandria Sheriff’s Office, and her own mother Eva Walton with pink carnations and courtside seats to see the Titans take on Lake Braddock. Michelle Daichman of the American Cancer Society also gave each woman a “survivor” sash.

The Alexandria Fire Department showed its support of breast cancer awareness by selling pink “Fired up for the Cause” t-shirts which benefit the Alexandria Breast Cancer Walk Fund for Early Detection and Education at Inova Alexandria Hospital. The Alexandria Sheriff’s Association purchased shirts for members of the girls’ basketball team who wore them during



warm-ups. Pink Zone organizers announced that Alexandria will host the Relay for Life on May 18 in Del Ray to support the American Cancer Society.

Monroe Attempts World Rowing Record

On May 17, Mike Monroe, a renowned extreme athlete, attempted to break a world rowing record in honor of his 8-year-old son Miles and the 15 million Americans with food allergies. Monroe, a former Marine who has been through some of the toughest training the military has to offer, rowed for 24 hours to raise \$50,000 for Food Allergy Research & Education (FARE), a national nonprofit organization dedicated to creating a safe and inclusive world for people with food allergies.

Mike’s “Odyssey Against Food Allergies” began at noon on Friday, May 17 at the Sport & Health Club in Old Town, Alexandria, and ended at noon on Saturday. The elite athlete has already raised more than \$350k for charities through extreme fitness competitions.

“I am doing this for my son, who crushes my soul every time he says he just wants to be a regular kid,” Monroe said prior to the event. “I am fueled to reach my fundraising goal by my son and the other kids out there who suffer from food allergies.”

Miles is one of 5.9 million children in the U.S. who have food allergies. Nearly 40 percent of these children have already experienced a severe or life-threatening reaction, such as anaphylaxis.



L to R: John Kasuda, Mike Monroe and Dave DiEugenio.
Mike rowing during his 24-hour challenge at Old Town Sport & Health Club.
Photo by Courteney Monroe

“Studies have documented the dramatic rise in food allergies,” said John L. Lehr, chief executive officer of FARE. “But we are making progress in developing life-saving treatments and programs. Thanks to Mike and our generous supporters across the country, we will meet the challenge of making the world safe for people with food allergies.”

Monroe rowed for 24 hours and logged 244,824 meters or 152 miles. He expended 12,696 calories and helped raise \$37,009 for FARE. Donations are still being accepted. To learn more or make a donation, visit Monroe’s “Odyssey Against Food Allergies” page online.

JFK ‘Honey Fitz’ Arrives in Alexandria

An iconic piece of U. S. history, the “Yacht of Camelot”, the Honey Fitz, will be docked in Alexandria, Virginia, June 8 to 17, 2013 as part of a 13-city goodwill tour. This meticulously restored presidential yacht will host free public weekend tours and allow visitors to experience the elegance and luxury of America’s golden age. The yacht was built in 1931 and served Presidents Truman, Eisenhower, Kennedy, Johnson, and Nixon. John F. Kennedy renamed her Honey Fitz, a nickname used by his maternal grandfather. Throughout the JFK administration, this yacht was used to transport guests on the Potomac River to Mount Vernon for exclusive state



dinners. A small exhibit with President Kennedy memorabilia and photos will be located on the first floor of the Alexandria Seaport Center during the Honey Fitz’s stay.



Taste of Arlington Reached Record Attendance

Thousands flocked to Ballston Sunday afternoon for the 26th annual Taste of Arlington festival.

Lines to sample food at the more than 40 restaurant booths seemed generally shorter than in years past, perhaps helped by an effort to expand the footprint of the event in order to reduce congestion. Though cloudy weather and the closure of the Ballston Metro station might have played a role in keeping people away, Ballston Business Improvement District CEO Tina Leone tells ARLnow.com that about 20,000 people attended — which would be a record.

The most tightly-packed crowds could be found in the beer and wine garden, where the over-21 set sampled various brews, ciders and wines. Leone says the beer and

wine area will likely be expanded next year as a result.

Other event attractions included live bands, virtual statues and activity areas for dogs and children.

Three awards were handed out to participating restaurants. Rustico (4075 Wilson Blvd) won for

best appetizer, Willow (4301 Fairfax Drive) won for best entree, and Mac's Donuts, a food cart, won for best dessert.

Charitable proceeds from the event went to the Arlington Food Assistance Center.



News Channel 8 interview with Ballston BID CEO Tina Leone and Taste of Arlington chefs from (left to right) Arlington Rooftop Bar & Grill, Mac's Donuts, Delhi Dhaba and the Westin Arlington Gateway's Pinzimini restaurant.

Photo credit: Steven Halperson of Tisara Photography

“It appeared as if I had invited the audience into the water with me, and it conveyed the sensation that being in there was absolutely delicious.”

— Esther Williams

ARTIST PHOTOGRAPHER GREG KNOTT



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Vola and Willy, a Love Story

BY JEFF WINTER

For Vola Lawson, former long-time city manager and another of Alexandria's living legends, dogs have indeed become one of her little "miracles" in her life. Her dog "Willy," a Jack Russell terrier, named after one of her favorite southern writers, William Morris, can be seen with Lawson virtually all over the City of Alexandria. "Willy is the first to greet me in the morning and the last one I see before I go to sleep." Willy has also become a loving member of her extended family, spending many hours with her son Peter Lawson and his family of four at their Del Ray home.

Peter, Marian, his wife, and their two children Josie, seven, and Ellie, five, have great fun with Willy who loves to fetch tennis balls, and he does so with relentless speed, agility and attention. Willy has been known to jump over three feet in the air to grab a held ball. "Willy is one of the most athletic dogs I have ever seen, he'll chase balls for hours in my son's backyard without showing any signs of exhaustion," Lawson said, "he is a relentless ball fetcher." As good a ball chaser as he is, Willy is also one of the most loyal and loving dogs you could have. Two of his favorite loves are Josie and Ellie. When Willy comes to visit, Josie takes over and fills his water and food bowls. Josie commented, "Willy is like my own dog, and I love it when he comes to play." Ellie feels the same way, "I really like it when he sticks his tongue out and tries to lick me." Perhaps this is because he was a rescue dog and as many say, after sometimes living months in a small cage, rescued dogs instinctively know that their new owner has saved them from a sad and lonely existence.

After an enormously successful 15

year career leading the city of Alexandria, whose accomplishments and impact on the city Lawson still calls home run deep, her footprints will be felt for generations to come. Prior to her retirement, she found her first dog, a Jack Russell terrier she aptly named "Jack." This was the beginning of not only a long and loving relationship between the two that lasted over 17 years, but the genesis of an idea for Lawson to help create a larger, "best-practice" animal shelter for the citizens of Alexandria.

A compassionate person with a long-held love for animals since her childhood, beginning with her family's first dog, a German Shepherd named "Fritz," Lawson wanted to improve the city's run-down animal shelter located on Payne Street. Lawson, highly respected for her ability to make things happen, spearheaded a fundraising drive for the creation of a new facility. As the fundraising effort was quickly becoming a reality, in a 1999 City Council meeting, just prior to her retirement, the Council voted unanimously to name the new animal shelter after her, much to her surprise and delight. In 2002, "The Vola Lawson Animal Shelter" would eventually open on Eisenhower Avenue. "I've always loved dogs and cats," said Lawson, "and I'm so honored and pleased that the facility has my name on it."

Lawson continues to serve on the board of directors for the Animal Welfare League of Alexandria, and it was on a trip to Richmond with three other League members to study the workings of a state-of-the-art facility, and then a visit to a municipal shelter where she discovered Willy, or more accurately, where Willy discovered her. The municipal shelter was a far cry from the highly funded and almost extravagant shelter they had just visited. "There

were crates of dogs in small cages stacked on top of each other almost from floor to ceiling," Lawson commented. "It was so sad. Many of these dogs will not have a bright future." The manager of the municipal shelter asked the group if any

was called, was taken out of his crate to visit with the group. He is the spitting image of the famous acting dog. "I had no plans to get another dog, in particular from a shelter other than our city shelter," said Lawson. "But the moment I met him, it was like kismet, we fell in love immediately. He clearly wanted to be with me." After the paperwork was filled out, the only thing Lawson had to do was change his name, "I was too old to have a dog named after a music rapper," Lawson said.

Today, they are as happy together as any dog and owner can be. They are inseparable and Willy has made friends with people from all over the dog friendly City of Alexandria. Every once and a while, Willy gets a special treat, a McDonald's burger. Not too bad for a dog once sitting anxiously in a small, stacked crate in a crowded room full of lost dogs. William Faulkner, another of her favorite writers and the namesake of her cat, "Faulkner," once wrote, "Time is dead as long as it is being clicked off by little wheels; only when the clock stops does time come to life." The clock has indeed stopped for Willy and Lawson, and unconditional love is their only measure. "I am just one person with a love and an open heart for dogs and cats in need of a home," said Lawson. "My hope is that "The Vola Lawson Animal Shelter" will continue to be just a brief, comfortable home for these rescued animals before they are adopted by loving and caring individuals and families." Willy and everyone that has come to love him feel the same way.

This column was written by Jeff Winter, an Alexandria native who now resides in Arlington, VA.



**"DOGS ARE MIRACLES
WITH PAWS"**

SUSAN ARIEL RAINBOW KENNEDY

of them knew who "Uggie" is. Lawson immediately remarked, "Uggie" is the Jack Russell from the movie "The Artist." "Uggie," or "Little Uggie" as he

Arlington Food Gardens Open House Tour



The Arlington Food Assistance Center (AFAC) Plot Against Hunger program will host open houses at seven local vegetable gardens Saturday, June 22, 2013 between 9:00 am and 12:00 noon. These gardens demonstrate the kinds of produce that can be grown in Northern Virginia as well as a variety of growing methods.

Gardeners will be on hand to discuss how these gardens have been planned,

what kind of work goes into them, structures that are being used to grow specific plants, the range of the growing season in Arlington, various ways to protect the garden from pests and wildlife, how to garden in large and small spaces, containers, raised beds and tilled soil, and to answer questions from visitors.

Gardens participating in AFAC's Plot Against Hunger, including many local

backyard gardens, provide produce to the AFAC. These garden open houses also will allow visitors to learn about how area gardeners help AFAC provide fresh vegetables for food pantry clients.

AFAC is an independent, community-based non-profit food pantry that provides dignified access to nutritious supplemental groceries to all our Arlington neighbors in need. We serve approximately 1,500 client families on a weekly basis at sixteen distribution sites throughout Arlington County. To learn more, visit www.afac.org or call 703-845-8486.

AFAC is an incorporated 501(c)(3) non-profit organization dedicated to providing supplemental groceries to Arlington residents who cannot afford to purchase sufficient food to meet their basic needs.

Garden Open Houses will be held at the following sites:

- American Legion Post 139, 3445 Washington Boulevard, Arlington, VA 22201
- Arlington Central Library, 1015 N. Quincy Street, Arlington, VA 22201
- Ball Sellers House, 5620 3rd Street South, Arlington, VA 22204
- Hensgens' residence, 1327 N. Vernon Street, Arlington, VA 22207
- Rock Spring U.C.C., 5010 Little Falls Road, Arlington, VA 22207
- St. Andrews, 4000 Lorcom Lane., Arlington, VA 22207
- Thomas Jefferson Middle School, 125 S. Old Glebe Road, Arlington, VA 22204 (behind the Community Center)

New Del Ray Sushi Bar Draws National Attention

The Sushi Bar, a just-opened restaurant in the Del Ray neighborhood of Alexandria got ample press, even before it opened. There's no hotshot chef in the kitchen or gimmicky menu items that are getting the public talking, though. Instead, The Sushi Bar is igniting a fierce debate on the always contentious topic of children in restaurants. The restaurant has banned all kids under age 18.

Reported by *The Huffington Post*, owner Mike Anderson, who has three children himself, told Today.com that

the policy was meant to offer a break for "helicopter parents." The restaurant plans to enforce the ban through a small sign on the front door, and the front of the house staff will also inform unaware parties. He's not going to go crazy with enforcement, though. "We're not going to call the police," he said.

While other restaurants have banned children in the past, or specifically crying kids, it is fairly uncommon to exclude teenagers, and Anderson's decision has brought on a slew of opinions. The res-

taurant's Facebook page is filled with comments from patrons that support his move and people who vehemently disagree with the ban.



Screenshot of Channel 9's interview with owner Mike Anderson. Courtesy Photo

"A lot of parents pack up their troubles and send them off to summer camp."

— Raymond Duncan

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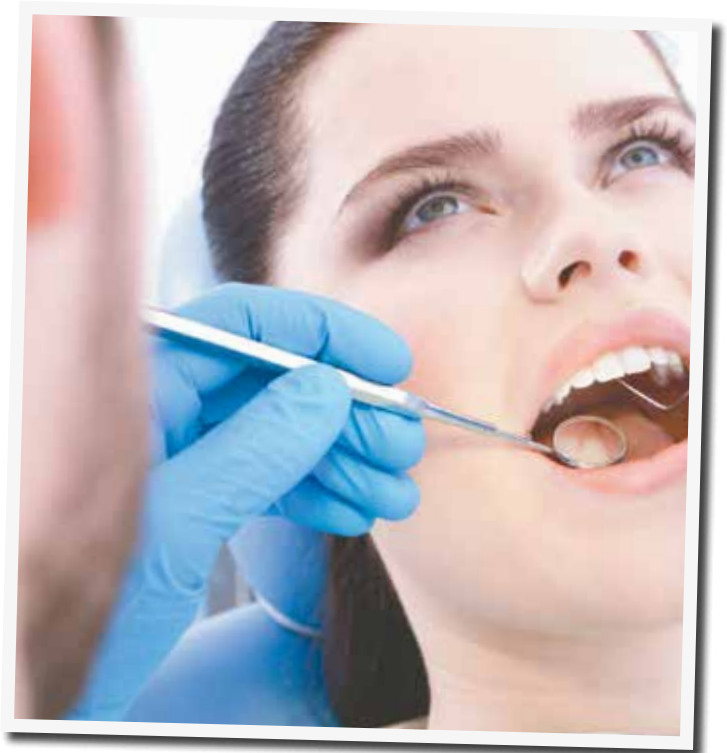
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What You Should Know about Your “Silver Fillings”

BY DANIEL F. BABIEC, DMD, MAGD, FICOI

Dental amalgams, more commonly known as “silver fillings”, a mixture of the organo-metallic toxin mercury and several metals, have been used in dentistry for about 150 years. A cheaper alternative to the more commonly used gold-based fillings used at that time, they became widely embraced by the dental profession because of its cheap cost as a filling material after decay had been removed from a tooth. There is no question that its implementation has been successful.

However, there has been controversy in its use since its beginning. Many have warned of the potential side effects over the years. Many of the earlier studies were anecdotal or used disputed scientific methods. However, the body of evidence was growing, both for the use of amalgam and against its use. Though there was no overwhelming evidence one way or the other, panels testifying in front of the Food and Drug Administration were able to make their arguments be heard. Several years ago the FDA downgraded its classification from universal to general use, with restrictions (Class one to Class two). It is no longer regarded as safe for young children and pregnant women.

In recent years the level of scientific research has improved dramatically as we are now able to do detailed studies at the cellular and molecular levels. The amalgam issues have not gone away and now they are looking at the controversy with “new eyes”. Last year a peer-reviewed paper was published that stated that inflammatory markers were found in the immune-systems of people with dental amalgams that was significantly higher than in those without.

This month, in the journal of Human and Experimental Toxicology, a peer-reviewed paper was published that states that kidney damage is found in people with dental amalgams that is significant compared to those people without dental amalgams.

Inside your kidney is a series of

tubes lined by cells that help to filter wastes out of the blood to be eliminated by the urine. Damage was found in the part of the tube called the proximal tubule. The damage was dose-dependent, meaning the more dental amalgams that a person had, the more damage was found.

This author is not jumping on the band wagon stating that “if you don’t get your silver fillings replaced you’re going to die”. What we are doing is giving you the information, that’s readily available, for you to make a decision about your health.

There is always some risk in replacing dental amalgams since mercury release is highest at placement and removal, and tooth damage during removal is always a possibility. No man-made material is as safe as that you were born with. However, the chronic issues may be of far more importance to your well-being. The use of dental amalgams will remain controversial for some time. Insurance companies tie their benefits to the use of dental amalgam and will be slow to raise the benefits to the more expensive options available today.

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

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Statistics of Home Sales in Alexandria City April 2012 vs. 2013



Statistics of Home Sales in Arlington County April 2012 vs. 2013



DO I REALLY NEED A BUYER'S AGENT?

Congratulations, you have decided to buy a property and make it your home. Now what?

Well, you can sift through listing after listing on the internet, and go to every open house until you can't think straight, or you can speak with a local buyer's agent and have them do all of the leg work for you. They will preview properties, narrow down your search and actually find you a property that you would want to call home.

What you need to consider when buying a new home is that you are most likely about to make one of the biggest investment decisions of your life. Is it important to do your own research and diligence? Absolutely. Does it also make sense to have a professional who can guide you through this huge decision, help protect your best interests, your investment dollars and your sanity? Absolutely.

We are in an extremely competitive housing market at the moment. Inventory is extremely low and demand continues to be red hot and strong. Buyer's agents can streamline the buying process and negotiate effectively, all while keeping your interests first. Contracts can be confusing and overwhelming, and permanent. The sellers most likely will have a professional on their side fighting for their best interests, so why shouldn't you have the same comfort?

We ask for help on a daily basis on so many routine things. For instance, when we visit a department store, how many times do we ask the sales staff helping us if this pair of pants looks good, do they fit me right, should I shorten them? We have no problem reaching out and asking for support when we are about to spend \$100. So why wouldn't we ask for that same help when we are most likely about to make one of the largest purchases to date? Oh and best of all, it doesn't cost the buyer a dime, *the seller pays for you to have this service*, so take advantage of it, they might not be as giving once you start to negotiate on the house.

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Color with Perennials All Season Long

Combining Perennials

For reliable beauty that returns year after year, count on perennials. You can add perennials to the landscape during any season, but spring and fall are fantastic for planting. Both seasons give plants ample time to establish roots before enduring the stressful seasons of summer and winter.

For many gardeners, determining which plants to place together is challenging. to create eye-catching combinations with little effort, focus on three key characteristics: flower or foliage color, bloom time, and plant height.



Color

Mix and match colors according to your eye. You might choose shades that complement your home’s exterior or patio furniture cushions. Or build a combination around a favorite hue. For instance, if blue is your color of choice, select plants with blossoms in shades of blue and purple. Include perennials or shrubs with foliage that has blue overtones. Monochromatic plantings always hit a homerun.



Count on white, gray, and silver to add gentle contrast in monochromatic plantings and to blend contrasting colors. For example, to subdue the clash of bright pink garden phlox with orange blanket flower, add a daisy or silver-leaved Artemisia between the pink and orange for a stunning combination.



Bloom Time

Choose plants that flower at different points in the season. Avoid buying only plants that are flowering during your trip to Greenstreet Gardens. Instead buy one perennial that’s in bloom, along with one that flowers in a different season.

Include a long-season bloomer, such as Goldsturm black-eyed susan or catmint, to savor steady color all season long. Don’t overlook fall flowers, like asters, monks-hood, and garden mums.

Plant Height

Arrange perennial combinations to include plants with different heights. Stair-step plantings, from short to tall, or skirt a mid-range perennial with an ankle-high bloomer. By including plants that grow to different heights, you create a full scene that offers interest at every level.

Perennial Color Tips

- Build perennial combinations around a favorite hue, or select a color that coordinates with your outdoor furnishings.
- Use plants with white, gray, or silver blooms or leaves to soften strong color contrasts.
- When buying plants, choose ones that flower at different points in the growing season.
- Blend plants with different heights to create a scene packed with interest.
- Include a long-season bloomer, like black-eyed susan, to keep a combination lively and colorful.

Drought-Tolerant Perennials

Summer heat can cook even the hardiest perennials. Give your garden some flower power

▼ See DIRT on page 15



Mulch drought-tolerant plantings. If you select a stone mulch, realize that stones absorb sunlight and radiate heat. If foliage doesn't blanket stones, they'll release enough heat to shift the growing environs. This means that plants will pop out of soil earlier in spring and may even emerge during winter thaws. Cover plants with a loose, airy mulch (straw, chopped leaves, evergreen branches) after the ground freezes to protect perennials.

With pink blooms
Garden phlox (*Phlox paniculata*)
Purple coneflower (*Echinacea
purpurea*)
Beard-tongue (*Penstemon*)
Autumn Joy sedum (*Sedum* 'Au-
tumn Joy')

Catmint (*Nepeta*)
Lavender (*Lavandula*)
Russian sage (*Perovskia*)
Globe thistle (*Echinops*)
Stoke's aster (*Stokesia*)
False indigo (*Baptisia australis*)

Yarrow (*Achillea*)
 Tickseed (*Coreopsis*)
 False sunflower (*Heliopsis*)
 Goldenrod (*Solidago*)
 Black-eyed susan (*Rudbeckia*
fulgida 'Goldsturm')

Blanket flower (*Gaillardia*)
Butterfly weed (*Asclepias*)
Sneezeweed (*Helenium*)
Red hot poker (*Kniphofia*)
Autumn sage (*Salvia greggii*)

- Drought-tolerant perennials flower consistently during seasonal episodes of drought.
- Help drought-tolerant perennials establish deep roots by providing deep watering during the first growing season.
- Mulch perennials to slow water evaporation from soil
- Stone mulch absorbs sunlight and warms soil, which may cause perennials to sprout sooner in spring.

Ray Greenstreet is president of Greenstreet Gardens of Virginia, www.greenstreetgardens.com. Facebook Greenstreet Gardens - Alexandria, VA.

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— Norman Lear



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<p style="text-align: center; font-size: small;">16</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$45.00</p>	<p style="text-align: center; font-size: small;">17</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$55.00</p>	<p style="text-align: center; font-size: small;">18</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$69.50</p>	<p style="text-align: center; font-size: small;">19</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$45.00</p>	<p style="text-align: center; font-size: small;">20</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$55.00</p>	<p style="text-align: center; font-size: small;">21</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$69.50</p>	<p style="text-align: center; font-size: small;">22</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$45.00</p>
<p style="text-align: center; font-size: small;">23</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">24</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$55.00</p>	<p style="text-align: center; font-size: small;">25</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">26</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">27</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$69.50</p>	<p style="text-align: center; font-size: small;">28</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$69.50</p>	<p style="text-align: center; font-size: small;">29</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$45.00</p>
<p style="text-align: center; font-size: small;">30</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 1</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 2</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 3</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 4</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 5</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>	<p style="text-align: center; font-size: small;">July 6</p> <p style="text-align: center; font-size: x-small;">7:30pm</p> <p style="text-align: center; font-size: x-small;">\$25.00</p>

T.C. Williams’ Grosser Signs with Braves



Natalia Barrow

Bishop Ireton High School Announces Natalia Barrow ’14 attending US Naval Academy Summer Seminar

Natalia Barrow ’14 was one of 2,550 rising seniors invited to Naval Academy Summer Seminar program this year. Summer Seminar is a fast-paced leadership experience for rising seniors in high school. This program helps educate, motivate and prepare selected students who are considering applying for admission to USNA.

Summer Seminar teaches prospective applicants about life at the Naval Academy. Each student will attend a six-day session and experience a glimpse of USNA life. They will experience first-hand what the Naval Academy has to offer through its exceptional academic, athletic, extracurricular activities, and leadership training programs.

Summer Seminar has an academic focus, with each student attending eight 90-minute workshops, covering subjects from information technology, naval architecture and mechanical engineering, to oceanography, mathematics, history and meteorology. Students will also participate in seamanship and navigation classes and will take a cruise aboard a Navy Yard Patrol (YP) Craft to apply what they will learn in class. Naval Academy Midshipmen lead Summer Seminar with oversight by active-duty Navy and Marine Corps officers.

The Braves were happy to grab T.C. Williams (Va.) High right-hander Alec Grosser, a George Mason commit who has spent the past few months as one of the most sought-after prep arms in the country, with their first pick of Day 3, in the 11th round.

“Yesterday, we didn’t think he could be signed, and we were able to work something out,” DeMacio said on Saturday. “He’s a big tall high school right-hander that all of our scouts who saw him liked. So I would say he’s probably the highest-profile guy that we took that we didn’t expect to have a chance at signing.”

With the new rules governing the budget each team is allotted for signing Draft picks,

the Braves were even more careful in considering whether a high school player would sign.

“Signability becomes much bigger after the 10th round because you only have a certain amount of money to work with,” DeMacio said. “If you don’t have any money left over from those top 10 rounds, signability becomes even more important. We felt like we were able to take guys that wanted to go out, first of all, that had good arms, and that our scouts like. We have certain guys that are targeted by our scouts, the guys they would like to have in the Draft, and that’s who we try to draft.”



Alec Grosser

Local Grads March Off to U.S. Service Academies

Naval Academy:

C.J. Fennell, Yorktown, Arlington
 Julia Arthur, Thomas Jefferson High School, Arlington
 Thomas Doughty, Woodberry Forest, Arlington (not at reception)
 John Victoria, Mt. Vernon High School, Alexandria
 Chelsea Pixa, Hayfield High School, Alexandria
 Alexis Brown, Herndon High School, Herndon
 Max Smith, Charles E. Smith Jewish Day School, Arlington (not at reception)

West Point:

James Hickey, George Mason High School, Falls Church
 Ian Reddy, Hayfield High School, Alexandria
 Summer Thomas, Episcopal High School, Reston

Air Force Academy:

Mary Weidman, Thomas Jefferson, Reston
 Quincy Smith, Bishop O’Connell, Vienna
 James Campbell, Thomas Edison, Alexandria
 Megan Marriott, Home Schooled, Alexandria
 Ben Lynch, South Lakes High School, Reston



Congressman Jim Moran congratulates the 15 students from the 8th District he nominated to attend U.S. service academies in the fall.
 Back Row: Ben Lynch, James Campbell, Ian Reddy, Rep. Moran, C.J. Fennell, James Hickey
 Front Row: Megan Marriott, Quincy Smith, Mary Weidman, Chelsea Pixa, Julia Arthur, Summer Thomas
 Courtesy Photo

“Congratulations to the 15 students from the 8th District heading to our military service academies this summer. A very impressive group I am counting on to be leaders in an increasingly complex and challenging world,” Moran said.

SSSAS Senior Named Presidential Scholar



Douglas Maggs, a senior at St. Stephen’s & St. Agnes School, was named a 2013 U.S. Presidential Scholar on May 6 by the White House and the U.S. Department of Education. He is one of only two students from Virginia and five in Virginia-Maryland-D.C. to receive the honor this year. The award recognizes 141 outstanding American high school seniors who have demonstrated academic achievement, artistic excellence, leadership, citizenship, service, and contribution to school and community. Douglas will be attending Harvard University in the fall.

The U.S. Presidential Scholars will be honored for their accomplishments in Washington D.C., from

June 15-18. The 2013 ceremony will be held June 16, when each honoree will receive a Presidential Scholar Medallion. Each Presidential Scholar is offered the opportunity to name his or her most influential teacher. Douglas chose to recognize Upper School French Teacher Vonnique Van Way, who will be honored with a personal letter from U.S. Secretary of Education Arne Duncan.

Created in 1964, the U.S. Presidential Scholars Program has honored more than 6,000 of the nation’s top-performing students with the prestigious award given to honorees during the annual ceremony in D.C. The program was expanded in 1979 to recognize students who demonstrate exceptional talent in the visual, literary, and performing arts. The 2013 Presidential Scholars are comprised of one young man and one young woman from each state, the District of Columbia, and Puerto Rico, and from U.S. families living abroad, as well as 15 chosen at-large and 20 Presidential Scholars in the Arts.

Varsity Baseball Coach Mike Gallagher steps down, effective June 1, 2013

Bishop Ireton Athletic Director Bill Simmons has announced that varsity baseball coach Mike Gallagher will step down, effective June 1st, to pursue some long-standing personal goals.

Simmons lauded the efforts of the Hayfield High School graduate and one of the most successful baseball coaches in the school’s history. “Coach Gallagher is a baseball guy. He is 100% committed to the Cardinals, to baseball, and to developing baseball players. I am sorry to see him go, but I understand and respect what he is doing and why he is doing it. He leaves on great terms with us and we are wishing him well.”

Gallagher spent seven seasons at Bishop Ireton. He came to the school in 2007 as a varsity assistant coach after spending the 2006 season as the head coach at Hayfield High School in Alexandria, where he was the Patriot District Coach of the Year.

In 2008, Mike Gallagher was named the head coach of the Cardinals. During his six years leading the Redbirds, the Cardinals amassed 65

wins. They had four winning seasons, four trips to the VISAA State Playoffs,



and two trips to the WCAC finals in 2008 and 2009. Coach Gallagher was named WCAC Coach of the Year in 2008. The Cardinals have sent several players on to the next level to play college baseball, including five in this year’s senior class. Simmons indicated the search for a replacement will begin immediately, but no time table has been set regarding the hiring of a new varsity head coach.



SSSAS: 32 Saints to Play In College

32 members of the St. Stephen's & St. Agnes School Class of 2013 (29% of the class) will be continuing on with their sports at college or university this fall (17 boys and 15 girls). They will be playing at NCAA Division I and III schools.

Kelin Baldrige	Crew	University of Pennsylvania
Samuel Beazell	Lacrosse	Loyola University of Maryland
James Boden	Lacrosse	Denison University
James Bull	Lacrosse	U. Maryland-Baltimore County
Isaiah Davis-Allen	Lacrosse	University of Maryland
Elizabeth Dyson	Lacrosse	University of Virginia
Patrick Erickson	Soccer	Birmingham Southern College
Margaret Tucker Fogarty	Lacrosse	James Madison University
Catherine Fonvielle	Track	Washington & Lee University
Lindsay Gess	Lacrosse	Rhodes College
John Bennet Habliston	Football	Washington & Lee University
Taylor Jackson	Soccer	James Madison University
Leah Joseph	Volleyball	Georgia Southern University
Matthew Kelley	Cross Country	Elizabethtown College
Joe King	Lacrosse	Roanoke College
Mollie Lane	Lacrosse	Brown University
Darius Manora	Football	Yale University
Seth Miller	Lacrosse	Hofstra University
Meghan Moloney	Lacrosse	United States Naval Academy
Andrew Nirenberg	Baseball	Washington & Lee University
Isabella Norton	Riding	Texas A&M University
Devante Phillips	Football	St. Vincent College
Blake Pohanka	Lacrosse	High Point University
Aires Reyes	Track	Virginia Wesleyan College
Carly Reed	Lacrosse	University of North Carolina
Alexis Sargent	Softball	University of Pennsylvania
Hannah Thomas	Lacrosse	Franklin & Marshall College
Layne Voorhees	Lacrosse	University of Denver
Wyatt Whitley	Lacrosse	University of Virginia
Khaamal Whitaker	Football	Dean College
Jonathan Winbush	Football	McDaniel College
James Wyrick	Lacrosse	Syracuse University



Bishop Ireton Drama Students Garner 13 Cappies Nominations and Two Awards

Bishop Ireton proudly announces that the fall musical production of Something's Afoot garnered an unprecedented 13 Cappies Nominations and two Awards. The final awards were for Props and Special Effects.

Nominations were: Sound: Samantha Christoff ; Lighting: Paul Reisch; Sets: Megan Brusnahan, Mary Bukoski, Andy Santalla, Annalin Woo; Costumes: Charlotte Kihn, Becky Littlefield, Charlotte Rodser, Meg Webster; Props: Abby Giuseppe and BI Props Team; Special Effects: BI Sound Effects Crew; Stage Crew: BI Stage Crew; Choreography: Caroline Mea, Sarah Robertson; Featured Actress: Catherine Sch-

reiber; Female Vocalist: Brenna Carroll; Lead Actress in a Musical: Sarah Moffitt; Song: Suspicious; Musical: Something's Afoot

Student actors entertained the entire Gala audience with their nominated song, Suspicious, on the stage at the John F. Kennedy Center for the Performing Arts on Sunday, June 9.

The Cappies, "Critics and Awards Program," is a program through which high school theatre and journalism students are trained as critics, attend shows at other schools, write reviews, and publish those reviews in local newspapers like *The Washington Post*.

“Success is a state of mind. If you want success, start thinking of yourself as a success.”

— Dr. Joyce Brothers

Alexandria Country Day School Third Graders Read Poetry at St. Elmo's Coffee Pub



It was standing room only at St. Elmo's Coffee Pub for a poetry reading by the third graders at Alexandria Country Day School. In addition to his or her favorite poem, each student read two original pieces. Written during their study of poetry this year, the poems took many different forms, from cinquains and limericks to haikus and color poems. "We were very proud of how well our students showcased their knowledge of different poetry forms and the creativity displayed in their original works" said teachers Mimi Worrell and Liz Holland.

Alexandria Country Day School third grader Alani Davila reads a poem at St. Elmo's Coffee Pub.

PHOTO COURTESY OF ACDS.



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HARRY is a happy, healthy guinea pig in need of a good home. He is about 1 year, 8 months old and has been at the shelter since December. Harry is hoping to find his forever home in March, which is Adopt-a-Guinea Pig Month. The AWLA staff will be happy to teach you more about guinea pigs and set you and Harry up for success.



SAMMY is friendly and handsome. He enjoys being held and petted, and loves to spend time outside of his cage. His favorite treats are fresh veggies and Timothy hay. Sammy is 2 years old and ready to be your best bud. Stop by the shelter during Adopt-a-Guinea Pig Month to meet Sammy.



PUFF is a 4-year-old short-haired rabbit who loves to make new friends around your home providing friendship. Rabbits, like other small animals, need human interaction to thrive and they should spend time with you each day. Ask an AWLA staff member for hints and tips on caring for rabbits.

LUCKY YOU! PETS



TRUFFLE is a 5-month-old Pit Bull Terrier mix who is ready to explore the world. She needs some guidance and a loving adopter to show her the ropes. Truffle aims to please and you can start building your bond with her by taking advantage of 4 free Charm School classes at the shelter after you adopt. How can you resist such a sweet face?



PAKA is a beautiful brown patch tabby looking for love. She is 4 years old and very friendly and outgoing. She's got spunk and enjoys playing with toys and exploring. Paka loves to talk but she's also a great listener. Who wouldn't want to come home to this loving, affectionate lady every day?



CLEOPATRA is a luxurious black cat looking for the love of her life. She loves chasing a laser pointer, snoozing in a warm bed. Cleopatra is more than a family to love, she's a nice perch by a window and fall in love.



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QUIMBY is a Toy Fox Terrier/Chihuahua mix who is ready to hop in your lap for some cuddle time. She is 3 years old and although she can be shy at first, she definitely loves to be around people. Meet Quimby and see if she is the gal for you.



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NEWPORT is a sweet girl who's still getting adjusted to her new surroundings at the shelter. She is 4 years old and although it can take her time to warm up to new people, she is worth the wait. Newport loves to stretch her long legs and watch the birds and squirrels from a warm windowsill.



MIMI is a 9-year-old cat that reminds us that older animals can be some of the best companions we'll ever spend our lives with. She is pretty and sweet and won't cause a fuss like a kitten might. Mimi likes to watch over people and be a guardian. She'll keep your secrets and never pass judgment. Mimi is a true friend looking for a happy home.

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now...that’s the deal.”**

— Debra Winder as Joy Gresham. Shadowlands, 1993

2013 Living Legend of Alexandria Joe Guiffre

By AlexandriaNews.org staff

For more than six decades Joe Guiffre has been involved in the business, civic and religious life of his community. That’s why he is a 2013 Living Legend of Alexandria.

Guiffre still calls Alexandria home but he chooses to spend winters in Florida. “I’m not nearly as involved in activities in Alexandria as I used to be,” Guiffre said, speaking by telephone from there. “I’m nearly 80, so I am slowing down. Right now I am sitting with my back to the Gulf of Mexico and sun shining over my shoulder. I am enjoying spending time with my wife, having family visit in Florida and just taking it easy.”

Everyone who knows him acknowledges that Guiffre’s relaxation is well-deserved. “If you live and work in a community it is your responsibility to take an active role in the life of that community,” he said. “I did as much as I could for many years and I sacrificed a lot of family time. I regret that to some extent, and now I’m enjoying the time I have with my wife, my children and my grandchildren. I’m still involved, and Alexandria is still home.”

“I will be back, though. Bishop Loverde has approved the formation of a new foundation for the Catholic Diocese of Arlington and I have agreed to chair that foundation. A major feature is that it serves as an “umbrella” for donor advised funds,” Guiffre said.

Born in Brooklyn, NY, on June 18, 1933, Guiffre moved to the Washington area in 1946. During high school and college he worked in the family business, the Guiffre Distributing Company, which was located on North Henry Street in Alexandria.

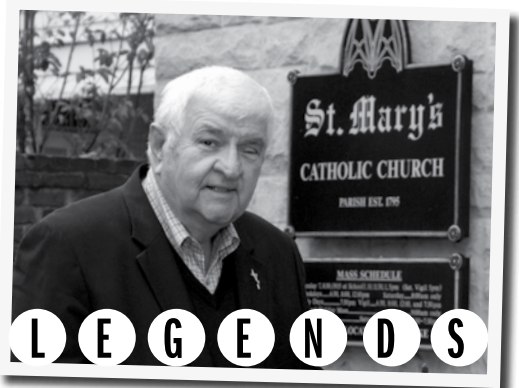
“Like every small, family-owned business, I started at the bottom for very little pay and worked my way up,” Guiffre said. “I cleaned offices and bathrooms and unloaded box cars. My father wanted me to have a very clear understanding of every aspect of the company before I assumed any supervisory role and I did.”

Guiffre earned a bachelor’s degree in English from Georgetown University. In 1954 he married Ann McWilliams of Alexandria. They have four children: Teresa, Julie, Michael and Susan. In 1957 Guiffre accepted a full-time job with his family’s company. He became president and general manager of that business just six years later in 1963.

“My father died very young and there was no one else to run the business,” Guiffre said.

The Guiffres lived in Falls Church until 1965. “One day my wife and I were talking about how nice it would be to live in Alexandria near where I worked,” Guiffre said. “There wasn’t much traffic between Alexandria and Falls Church at that time. But when we moved to our house on Russell Road I was four minutes from my office. That was even better.”

Over the years Guiffre has served as an appointed member of several state and local boards and commissions. Governors Mills Godwin and John Dalton appointed him to the Virginia Solid Waste Commission. Governor Charles Robb appointed him as Northern Virginia’s representative to the Virginia Department of Highways Commission. The Alexandria City Council appointed him to serve on the Alexandria Economic Development Authority. The city council also asked Guiffre to lead two ad hoc efforts: Operation Bailout was a flood relief program that collected and stored furniture and other household items for distribution to flood victims in



“I am most proud and edified by the work I have done with St. Mary’s Church in Old Town....” said Guiffre.

Photo by Steven Halperson/Tisara Photography

Del Ray and Arlandria. Zero Litter collected anything that households wanted to discard, refrigerators to trash. The city now collects those kinds of things twice a year. A third activity he chaired, Alexandrians for a Better Community, was conceived at an Alexandria Chamber of Commerce meeting. The Chamber was responding to President Reagan’s suggestion that basic needs were best met at the local level. The resulting study demonstrated that Alexandria, through local charities and city efforts met the basic needs for food, shelter and clothing for the poor.

Guiffre also served as chair on the boards of many nonprofit organizations including the Alexandria Chamber of Commerce, the Alexandria-Olympic Boys & Girls Club, Optimist Club of Alexandria Foundation and as a board member of Alexandria Center for Employment, a sheltered workshop to help those with disabilities find employment. He chaired the local American Cancer Society’s “buckboard” fundraising effort and was involved with other efforts. He is past president of the Virginia Beer Wholesaler’s Association and served Alexandria well by bringing the National Beer Wholesaler’s Association there. “This made my commute easy when I served on their Board, Guiffre said.

“I am most proud and edified by the work I have done with St. Mary’s Church in Old Town where I have served as an extraordinary minister of Holy Communion and in many other capacities. I have supported St. Mary’s School and Bishop Ireton High School because I believe strongly in Catholic education,” Guiffre said.

He has received many personal and professional awards: the Jaycees Alexandrian of the Year in 1975, the Alexandria Chamber of Commerce George Washington Leadership Medal, the United Indians of America Outstanding Citizen Award for his efforts to restore Jim Thorpe’s gold medals, two beautification awards from the City of Alexandria, the Boys Club Medal for Service; the Generations of Giving Award from ACT for Alexandria, the St. Mary’s Grammar School Distinguished Alumni Award, the Brent Society recognition for Catholic Schools Activities and Alexandria Optimist of the Year.

Guiffre retired from Guiffre Distributing Company in 1993. His son, Michael, is now the president of the company and Guiffre remained chairman of the board of directors until last year. His daughter Julie, who lives in Old Town, heads up a bible study group of 150 women at St. Mary’s Church called “Walking With Purpose.”

“I am proud of all of my children, particularly the way they are raising their own children,” Guiffre said. “Two of my children, Teresa and Susan, have adopted two children each in addition to having their own. There is no greater gift we can give than to adopt a child who was born into difficult circumstances and give that child the love and opportunities he or she might not have had otherwise.”

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Submitted by Gary Holmes.

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— George Jones

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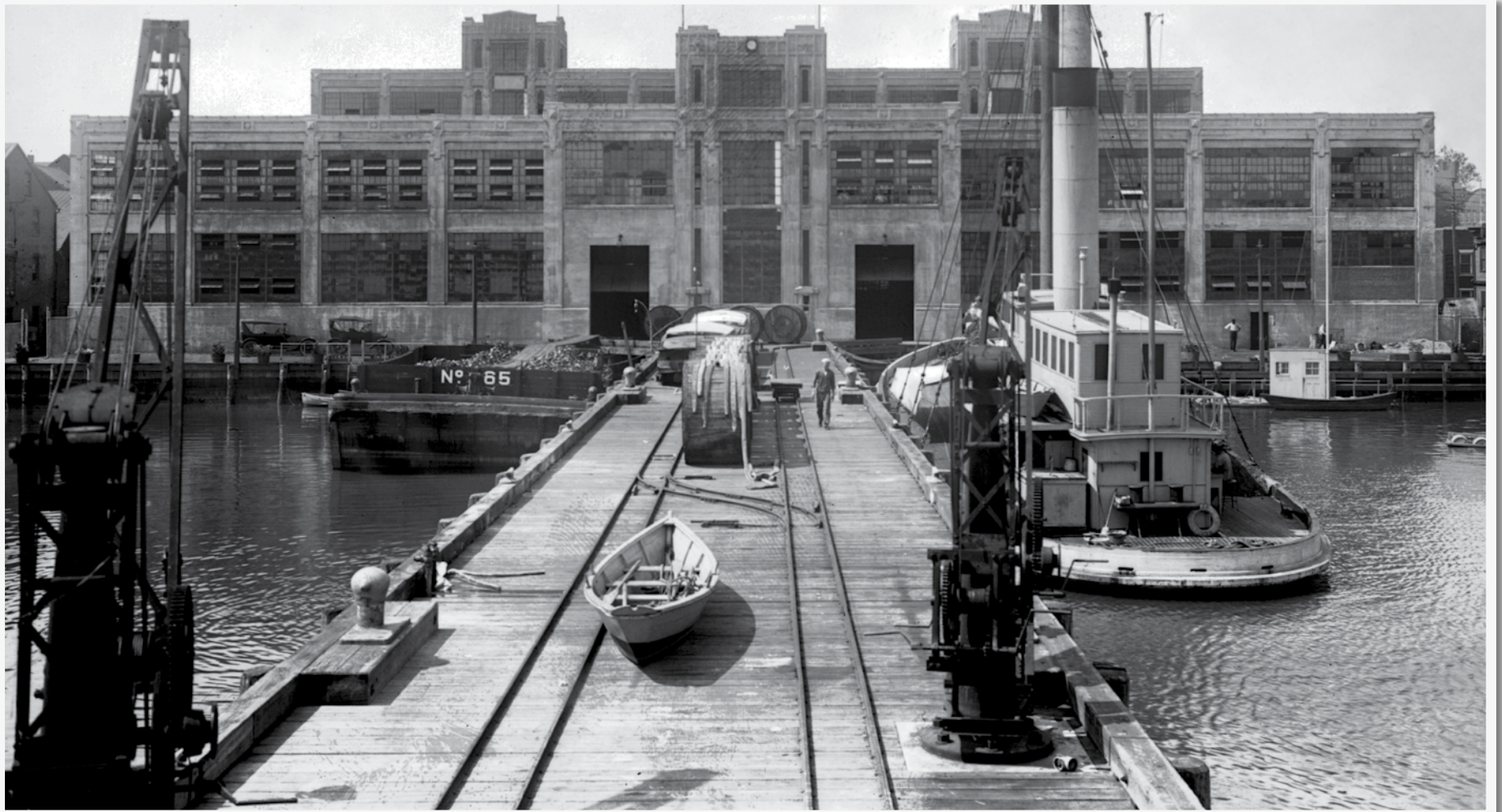
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Van Landingham’s Legacy Anchors Waterfront

“If our country is worth dying for in time of war let us resolve that it is truly worth living for in time of peace.”

— Hamilton Fish

BY JEFF WINTER

In a city like Alexandria, full of American history and historic sites, it is not often that you find something as special and as unique as the Torpedo Factory Arts Center. It is the only place that combines both a long historic past with a growing and highly respected contemporary timeframe. The Torpedo Factory, and its 1974 renovation from a federal government-owned munitions factory to a state-of-the-art community arts center, has become one of Old Town Alexandria’s most visible and distinct focal points.

For many years, native Alexandrians remember the old buildings located on Union Street in the heart of Old Town as not only an eye sore, but a place where vandals, vagrants and teenagers would wonder its lonely, eerie long ramps and large open spaces. It was a place to look away from, not a place to look at, and certainly not a place to honor or revere. It finally took one of Alexandria’s most prominent citizens, Marian Van Landingham, with a strong vision and an extraordinary imagination to take the first steps to alter the old torpedo factory and mark its prominence forever. Not only to restore the old building into a place where artists of all kinds could work and display their hearts passions, but to remind us all of what the building was actually constructed for, and the thousands of people that worked there tirelessly beginning after the end of World War I.

The U.S. Navy began construction on the original building on November 12, 1918, ultimately becoming the U.S. Naval Torpedo Station, ironically the day after Armistice Day. For the next five years it was responsible for the manufacture and maintenance of torpedoes. When work stopped, the facility served as a munitions storage area until World War II. Production of a submarine borne torpedo called the Mark XIV, and the Mark III aircraft torpedo then resumed at an astounding rate. It is said that men and women worked around the clock and were given only two days off a year. As production needs increased, ten additional buildings were added to the complex.

According to the Torpedo Factory’s historic documents, the green torpedo currently displayed in the main hall was actually made here in 1945. This Mark XIV torpedo is painted bright green so that the Navy could find it in the water when it was tested. Its log book, in the exhibit case, tells its history and lists the submarines on which it traveled.

At the end of World War II, work at the torpedo factory to construct war munitions stopped forever. After some time, the U.S. government decided to use the buildings for storage space. The military kept German war films and records in sealed vaults, Congress stored documents, and the Smithsonian stored art objects, and valuable dinosaur bones.

Marian Van Landingham proposed a project that would renovate the building into working studio spaces for artists, several years after the City of Alexandria bought the complex from the federal government in 1969. Van Landingham was President of the Art League at the time, and her proposal was unanimously endorsed by the Commission. With Van Landingham’s experience in the arts, she was the obvious choice to become the first city-employed Director of the Art Center and the Torpedo Factory Artists’ Association. In 1974, work began on the building with artist volunteers and City personnel working together to remove 40 truckloads of debris, and studio walls were built, and electricity and plumbing were installed and the entire exterior was repaired and repainted. By July, the artists had converted the huge space into a complex of beautiful, bright beaming studios. On September 15, 1974, the Torpedo Factory Art Center opened to the public.

The building underwent a major renovation from 1982 to 1983, as part of the City’s waterfront development plan. According to the Torpedo Factory Art Center, today, it is home to over 160 professional artists who work, exhibit, and sell their art. Along with over 1,000 cooperative gallery members and some 2,000 art students, the Torpedo Factory Art Center draws artists from across the region, and attracts visitors from around the world who are welcome to visit with no admission fee. “It’s like coming into a museum in some ways,” said Dejan Jovanovic, a jewelry artist. “In our case, you not only get to see the fine, high quality art work, but you can walk in on say a Saturday and get to watch artists working on their latest piece and talk with them. There aren’t that many places in the world that you can do that.” Another artist, Lisa Schumaier, commented, “everyone here recognizes what a unique opportunity we have here at the Torpedo Factory and I think with that knowledge, we all push ourselves to do our best work, to really stretch our imagination.”

The Torpedo Factory Art Center has indeed become something truly stunning to look at, not to look away from, and a wonderful place to venture in and walk its now vibrant hallways and visit its culturally diverse artist studios. As the Torpedo Factory Arts Center promotes, it is truly “a working example of how the arts can revitalize a community and serves as a prototype for visual arts facilities throughout the world,” and it also embraces its long historical past, never letting us forget the thousands of men and women that worked there to help do their part during one of the most difficult periods in history.



The Torpedo Factory today. A torpedo painted green that was used by the Navy in practice exercises.



PHOTOS COURTESY OF THE TORPEDO FACTORY.

Alexandria’s American Horticultural Society Receives 2013 Award of Excellence

Alexandria’s American Horticultural Society Re- ceives 2013 Award of Excellence

The American Horticultural Society (AHS), one of the oldest member-based national gardening organizations in North America, has received a 2013 Award of Excellence from National Garden Clubs Inc. (NGC). AHS Executive Director Tom Underwood accepted the award at the NGC’s annual convention, held May 25 in Seattle, Washington. “It’s a tremendous honor to receive this prestigious award from the National Garden Clubs,” said Underwood. “We sincerely appreciate NGC’s recognition of the American Horticultural Society’s 90 years of contributions to American gardening and horticulture.”

The Award of Excellence, NGC’s highest honor, is awarded to an individual, organization, or institution that has made a significant contribution toward the advancement of goals and purposes of National Garden Clubs Inc. The AHS was nominated for the award by the National Capital Area Garden Clubs.

The AHS was selected to receive the award because of its long-running national outreach and education programs. Founded in 1922, the AHS advocates earth-friendly gardening practices, promotes

gardening education for children, and recognizes leaders in American gardening. Since 1973, the AHS has developed its River Farm headquarters in Alexandria, Virginia to showcase the art and science of horticulture. The Society extends its outreach by partnering with numerous regional and national organizations and encouraging visitation to public gardens. The nearly 20,000 members of the AHS include home gardeners, professional horticulturists, educators, and Master Gardeners.

The 25-acre River Farm property was originally part of first U.S. President George Washington’s farm holdings. In keeping with its mission, the AHS maintains the natural beauty of this historic site overlooking the Potomac River using environmentally responsible gardening practices. The grounds, which are open to the public year-round, feature a blend of formal and naturalistic gardens, including woodlands, a four-acre meadow, a vegetable demonstration garden, and an award-winning children’s garden. In 2004, River Farm was designated a horticultural landmark by the American Society for Horticultural Science.



The AHS publishes *The American Gardener*, an award-winning bimonthly membership magazine that offers authoritative information on gardening, landscape design, and environmental stewardship. Courtesy Photo



Evening Star Café and Taqueria Pablano win Judge’s Choice and People’s Choice at the 5th Annual Taste of Del Ray

The **Evening Star Café** and **Taqueria Pablano** were named the Judge’s Choice and People’s Choice at the Del Ray Business Association’s (DRBA) 5th annual Taste of Del Ray on Sunday, June 9th.



Sheriff Lawhorn Gayle (far left) presents the People’s Choice for First Place in the The Taste of Del Ray to Taqueria Pablano. PHOTO BY JUDD O’BRIEN

This year’s celebrity judge was acclaimed food writer, author and former chef, Jordan Wright. Ms. Wright’s reviews and musings can be found in a number of local and national publications including the San Francisco Examiner and the Washingtonian Magazine.



Chef Jim Jeffords of the Evening Star accepts the Judge’s Choice for first place. PHOTO BY JUDD O’BRIEN

It was Evening Star’s tomato sorbet with basil vinaigrette and candied ginger, that won the judge over. Taqueria Pablano won the people’s

hearts and stomachs with their popular fish taco. Nearly a dozen neighborhood restaurants participated in the outdoor competition,



Celebrity judge Jordan Wright (far left) announces the second place winners from The Happy Tart.

PHOTO BY JUDD O’BRIEN

which included many of the Washington, DC area’s most popular restaurants including Artfully Chocolate, Cheesetique, the Del Ray Café, Del Ray Pizzeria, Evening Star Café, Taqueria Pablano, and The Happy Tart. Newcomers to the competition were Holy Cow, Rosemarino d’Italia, Swing’s Coffee, and the Del Ray Cakery.

Organizer’s estimate that approximately 700 area residents attended the DRBA’s annual event, many of whom enjoyed multiple tastes from their favorite restaurants!



Judge’s Choice for first prize - The Evening Star Café.

PHOTO BY JORDAN WRIGHT




Restaurant Eve’s Birthday Cake

BY HOLLY BURNETT

When I turned seven, my parents were on a trip and had left me with my Grandma Bennie and Grandpa Henry in St. Petersburg, Florida. I was surprised with balloons strategically placed all over their house containing dollar bills, a trip to the dime store to spend my loot, and a round layer cake with pink butter cream frosting that my Statesboro, Georgia-born grandmother had baked from scratch. Not since then has a birthday cake tasted so moist, buttery and nostalgic until last

week. A friend presented me with a tiny white bakery box, the size of an original Slinky. Inside was a magnificent miniature round layer cake with pink icing from Alexandria’s own Restaurant Eve. In about five bites, Chef Cathal Armstrong drew me back to that one May afternoon in which I twirled around in my rhinestone tiara, magic wand and feather boa from McCrory ‘s. So much happiness in such a small package. For birthday cake availability/ ordering information, telephone 703/706-0450 or visit restauranteve.com.

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O N M O N E Y



Is Your Broker Going Crazy?

"It's no wonder we have infants on TV thinking they can do better from their playpen."

A recent article in the Wall Street Journal reported that, "in the months and perhaps years following the 2008 financial crisis" as many as "93% of advisers and planners surveyed wrestled with post-traumatic stress disorder." According to the study published in the Journal of Financial Therapy another 40% of planners reported severe symptoms of PTSD, which manifest itself in behavior ranging from avoidance to risk-taking, aggression and an inability to sleep.

Upon hearing this some may feel a sense of relief. After all, it's nice to know that it wasn't just the average investor losing sleep over the declines in their life savings. Perhaps financial advisers aren't the cold-hearted reptiles that popular media has often portrayed. Others may even take it with a dose of schadenfreude, deciding it "serves them right." Especially if they are in the middle of watching a re-run of the movie Wall Street interspersed with commercials about investment "brokers" doing business from the decks of their yachts.

A few of us may actually get worried. After all, these are the "experts." They were supposed to know what to do with the \$50 trillion we had invested in the US market in 2008. Now we find out that 93% of them were so shell-shocked they had trouble getting out of bed in the morning. It's no wonder we have infants on TV thinking they can do better from their playpen.

The fact is, we really shouldn't be too hard on these "advisors." After all, since the mid 1990's brokerage firms, which historically are responsible for most advisor education, began to move away from training their advisors to make investment decisions and instead sought to train "relationship managers".

No longer would your advisor be expected to have an opinion about the direction of the market or the prospects of a company. Didn't Dr. Markowitz render all that moot with Modern Portfolio Theory? These new advisors would be taught instead that investors need someone to be their "personal CFO", their "financial quarterback", to help them choose from the ever-increasing number of mutual funds and third party money managers.

Most of all, today's financial advisers are taught to "sit on the same side of the table" as their client. Is it any wonder then, that as they sat there, they were just as dumbstruck by catastrophic events as their



STEPHEN MEMERY

clients were?

We used to have other names for people whose job it was to put consumers together with service providers. We called them "middle-men". So what's the difference between a middle-man and a relationship manager? A middle-man doesn't get PTSD. He gets a different job.

Perhaps then we should really be looking at why there were 7% of advisors not afflicted with PTSD during a period that saw a 50% decline in the Dow Jones Industrial Average in just 18 months. Were they all middle-men who left the business, or had some in fact been preparing for difficult times? Are they Hollywood's cold blooded reptilians walking among us, or did they have opinions about the credit bubble? Could it possibly be that they saw the uncertainty to come?

The truth is, to a greater or lesser extent, we all saw it. We had to. It was unavoidable. It was there when housing prices started their decline and again when the Fed cut rates to ease credit in the summer of 2007. It was there when Bear Stearns folded into JP Morgan. It was there when we turned on CNBC Squawk Box. It was in every client's voice. It was with us every day. The question is not "could anyone have seen it coming?" The question is "how did you protect your clients?"

Unfortunately for so many investors, you cannot manage a relationship fast enough to protect against a market crash. While I may not fault an advisor for losing sleep, it's no excuse for doing nothing. Protecting client investments takes more than investment advice, it takes an Investment philosophy. It takes more than an asset allocation, it takes an Allocation Strategy. It takes more than a relationship manager, it takes an Investment Manager. And it takes more than a plan to invest, it takes a "Plan to Succeed."

Stephen D. Memery is a Chartered Portfolio Manager tm and Chartered Market Analyst tm with more than 20 years of experience in the financial industry, and a veteran of the "Flash Crash" of 2010, the "Great Recession" of 2008, the "Internet Bubble" of 2001, the "Asian Flu" of 1997 and the Bond Market Crash of 1994. He remains PTSD free. He is a Founding Partner of OV Capital, located in Old Town Alexandria, and on the web at www.OVCapital.Net.

centuries ago, that walked this very market, would have any problem with natural flower and herb infused soap. I do think, however, that his good friend Thomas Jefferson would have been jealous that he didn't invent this himself. So, if you close your eyes and can't visualize the horses and carriages surrounding the market when you visit, saunter up to Mellenie's stall, close your eyes and see if you can pick out the different flowers used in their soaps. I think you'll find this just as enjoyable.

Market Square, 301 King Street.
Hours: Saturday's, 7:00 a.m. to 12:00 p.m., year round. Free parking in the Market Square garage during Saturday hours of the Farmers' Market

The Del Ray Farmers' Market

The Del Ray Farmer's Market, founded in 1994, may not have the history and tradition of the Old Town Farmer's Market, but looks, size and spirit can be deceiving. The key to every farmers' market is to know your customers and its community, and the Del Ray Farmers' Market has without question carved out a special niche in one of Alexandria's most popular places to live. In a neighborhood that prides itself on being Alexandria's most family friendly sections of town, where its main drag, Mount Vernon Avenue, closes down for the popular Arts on the Avenue arts and crafts showcase and for its annual Halloween parade, it should not surprise anyone that their farmers' market is quickly becoming one of the most popular and creative markets in the City.

With 20 vendors, the Del Ray Farmers' Market truly caters to its neighborhood



Helen of Helen's Originals and Nancy Bayerle of Hollin Hall Pastry Shop

PHOTOS BY HARRY MERRITT



residents, many who ride their bikes to the market with their kids in tow, has something special for every one of its patrons of all age groups. Market Manager, Pat Miller, has done an amazing job of assembling both a group of exceptional outside vendors with some of Alexandria's own local merchants, with a diabolically delicious array of produce, eggs, meats, cheeses, pastries, treats and snacks and a few other edible delights.

One thing is very clear, the Del Ray Farmer's Market is not trying to compete with any other market, it knows what it is, where it is, and what its patrons want and need. If you're an early riser on Saturday morning and you live in Del Ray, chances are you'll find yourself at the market with the rest of your friends and neighbors.

Tom's Amish Dairy Products from Peach Bottom, Pennsylvania, sells mold ripened cave aged cheese, and is one of the patrons' favorite vendors. "The main goal of our group is to produce quality cheeses that are savory to the palate." It is truly a unique cheese making process.

With the burgeoning interest in health foods, cove or artisan cheese has steadily been receiving the recognition that it deserves. Until recent years, the only cave cheeses on the market were imported from Europe. Now, enterprising farmers have traveled to Europe and learned the secrets from master cheese makers. These Artisan-Style cheeses are made from raw (unpasteurized milk) obtained from animals located on the farm where the cheese is made. The cows are pastured on organic,

chemical-free grasses and receive no hormones or antibiotics, only homeopathic remedies, if necessary. Raw milk can be safely used in the cheese making process. The FDA requires that all raw milk cheese produced and sold in the United States be aged for a minimum of 60 days, the time deemed necessary to destroy any or most harmful bacteria.

Cheese made from raw milk or whole milk is superior in taste to those made from pasteurized milk. Most pasteurized milk is from a collection of dairies and is generally tainted with chemicals. The heating process used to pasteurize milk destroys many natural enzymes in the milk that affects the cheese making process. Pasteurization also results in the loss of many delicate flavors and retards the ripening of the cheese. Artisan cheeses are handcrafted and a work of art in the world of cheese-making. The milk is chilled and transferred directly into the cheese vat and heated. The original culture from France (kept from batch to batch) is added once the milk reaches the correct temperature. S Soon vegetable rennet is added and the cheese making process begins.

If you're afraid of your sweet tooth, you may be advised to stay away from the Del Ray market's amazing handmade donuts. The same can be said for other local vendors who sell creative flavored nuts, Pralines, marshmallow deserts, and yogurts, all of which have become a true culinary delight for "kids" of all ages.

One regular, MacRae, commented, "The market got back into full-swing a couple weeks ago with the produce vendors returning, and boy, the market is better than ever! There's now a gentlemen

▼ See MARKET on page 29

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Jim Cummins with the Interstate Commission on the Potomac River Basin and an American shad from the Potomac River.

PHOTOS BY GLENDA BOOTH

SPRING IN THE POTOMAC

PISCINE PROCREATION

In the spring, a young's man's fancy turns to thoughts of love, Alfred Lord Tennyson poeticized. But it's not just human love that flowers in the spring. There's a feverish love fest underway in the Potomac River.

Two species of fish in "the nation's river" have been under the spotlight in recent years. One has been considered desirable for millennia and needed help; the other, something of a scoundrel, is flourishing without human intervention.



Shad cooking next to wood fires on oak boards at the Wakefield Ruritan Club's annual shad planking.

The Shad Success

The American shad (*Alosa sapidissima*) has rebounded, thanks to dedicated scientists who launched a restoration project. Anadromous fish, shad travel in large schools along ocean coastal areas for four or five years. When water temperatures reach the mid-50 degrees, the sexually mature shad swim up rivers to freshwater to spawn. An example of nature's synchronicity, birds like bald eagles and ospreys feeding their nestlings, thrive on these fish zipping up rivers hellbent on reproducing.

People have welcomed spring shad runs for centuries. Dubbed "the founding Fish" by writer John McPhee, shad could mean life or death after a long winter in earlier times. Shad saved the Continental Army at Valley Forge when George Washington ordered militiamen to catch shad. They delivered thousands of barrels to hungry troops. Later, Washington caught around one million shad and herring a year in the Potomac. Fans stage shad festi-

vals, nail the bony fish to boards to smoke by woodfires and feast.



John Odenkirk, Fish Biologist with the Virginia Department of Game and Inland Fisheries, shows off a snakehead's mouth.

The Snakehead Story

The Northern snakehead (*Channa argus*) is another story. Disadvantaged from the get-go by its name (Remember Eve's temptation?), the snakehead has not figured prominently in American history and its procreative powers are not celebrated.

The Northern snakehead is from China. With a snakeskin-patterned skin, snakeheads can stretch to three feet and weigh up to 18 pounds. They typically lurk in flotsam and dense vegetation of slow-moving water, waiting to ambush and gulp down any oblivious creature that happens by. They don't chew their prey; they inhale it. John Odenkirk, a fisheries biologist with Virginia's Department of Game and Inland Fisheries (DGIF), has found 16 species of fish, crayfish and frogs in snakeheads' stomachs. Prolific breeders, some females have up to 100,000 eggs and they may have repeat spawnings each year.

"They are incredible fish that can live in very poor water," said Odenkirk. He explains that they don't breathe by forcing water over their gills like most fish. They surface and gulp air like a turtle. An angler's dream? Snakeheads fight like bulldogs when caught. The northern snakehead is now at home in the Potomac and several area streams, says Odenkirk.

When the snakehead was first seen locally in 2004, rumors swirled of large slimy, toothy creatures, fish with canine fangs that could walk on land. (They cannot.) They were labeled "Frankenfish." Some speculate that aquarium hobbyists tired of the fish and dumped some in local waters. Others theorize that snakeheads were intentionally introduced for food. Odenkirk, in his eighth year studying this fish, confirms that numbers are increasing. His catch rate in 2004 was .2 fish per hour; in 2011, 7.5 fish per hour; in 2012, 10.8 per hour. He cannot estimate the total population.



Cummins extrudes milt or sperm from a male shad and mixes it with the female's eggs to fertilize the eggs.

Revival and a Rogue

American shad were once so abundant they created silver waves, as millions of what colonials called "seafish" swam up the rivers. In the 1800s, there were over 100 million shad in the Potomac. By the 1970s, shad were rare because of overfishing, pollution and dams blocking their migration. A moratorium was put on recreational shad fishing.

Jim Cummins, Director of the Living Resources of the Interstate Commission on the Potomac River Basin (ICPRB), started restocking shad in the Potomac in 1995, hoping to imprint them to their historic spawning and nursery waters near Great Falls. Every April and May, he and Mason Neck waterman Louis Harley went "shadding" and working with the U.S. Fish and Wildlife Service, they

stocked over 22 million shad fry.

Cummins has very good news: The population has rebounded. The number of adult shad returning to the Potomac to spawn has increased tenfold. In 2012, the Atlantic States Marine Fisheries Commission declared the river a sustainable shad fishery once again. The Potomac is doing so well that it is the source of eggs for shad restoration in other rivers, including Virginia's Rappahannock.

Cummins credits many volunteers who ventured out on the water on "pretty chilly nights." "I am particularly proud of the thousands of students in the Washington metropolitan area, including those from 17 schools in Virginia, who have miniature hatcheries in their classrooms where they hatch shad eggs and release them in the river," he says. Starting with three schools in 1996, there are now over 50.

How did scientists restore the shad? Since shad spawn at night, teams went out in the early evening, lowered a 300-foot long drift gill net 28 to 38 feet and pulled the snared shad from the net. Then they collected eggs or roe in an aluminum bowl by massaging the female's belly, added water, extruded milt or sperm from males and mixed it with the eggs to fertilize them. (A female shad has 300,000 to 600,000 eggs and lays 30,000 to 40,000 a day.) In an hour, eggs swell to two or three times their original size. Team members took the fertilized eggs to a hatchery in oxygen-filled bags. Some of the fertilized eggs went to elementary schools, including Fort Hunt in Mount Vernon. Youngsters watched the fry develop into two-inch "two eyes and a wiggle," says Cummins.

Several factors make the Potomac a shad success story. "The most important one is the improved river water quality since the 1970s," says Cummins. "They wouldn't survive without that. Cleaner water also brought back submerged grasses, a place for the shad fry to hide from

▼ See EXPLORE on page 27

predators.” He also credits modifying a dam near Chain Bridge to allow passage to the natural barrier at Great Falls, increasing spawning and nursery habitat.”

The Snakehead Invasion

Odenkirk’s team has plied the Potomac and its tributaries

also studying the fish’s fecundity, weight and diet.

His conclusions so far? There’s been a significant increase in the numbers, but he has not documented their impact, positive or negative. Ultimately, this work may guide DGIF management. He explains, “We must understand their biology. We’re learning a lot from scratch.”

Ecologists often decry inva-



Mike Isel, fish biologist with Virginia’s Department of Game and Inland Fisheries, and the Northern Snakehead

since 2004, searching for snakeheads. From a 17-foot johnboat, they “electro-fish” by dangling charged, metal, spider-like “tentacles” in the water that temporarily stun all fish within a six-foot radius and then try to scoop up snakeheads with a net. Snaring a

sive species because they usually outcompete native species and have no natural predators. Maryland’s website describes the snakehead’s risk: “Because of their feeding style, they could outcompete popular sport fish such as largemouth bass. Biologists are

Visit www.thezebra.org for a video of Odenkirk and his pals fishing for Snakeheads in Dogue Creek.

snakehead lurking in the muddy bottom can suddenly erupt into an “Animal Planet,” man-versus-beast scene. “These fish are really

also concerned that they could introduce parasites and diseases that could harm native species.” Both Here to Stay?

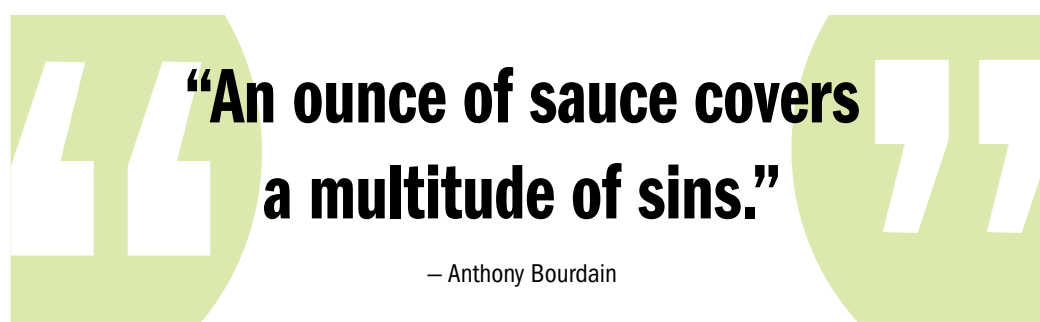


Steve Owens with the Virginia Department of Game and Inland Fisheries electro-fishes for snakeheads in Little Hunting Creek, a Mount Vernon-area tributary of the Potomac River

tough,” Odenkirk commented recently while scouring the water for the muddy clouds that snakeheads stir up when they sense danger. “They are bad-ass fish,” he quipped.

In tagging and recapturing the fish, they estimate lifespan and growth increment. They are

“The Potomac River is a fish factory,” Odenkirk told attendees at an October conference. “The Potomac River is amazing.” Snakeheads? “We’re stuck with them,” he lamented. As for shad, “The future looks bright for American shad in the Potomac,” maintains Cummins.



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PRINCIPAL TIM HAMER '78 AND THE BISHOP IRETON FACULTY AND STAFF

▲ MARKET from page 25

selling mostly greens (nettles, spinach, kale, watercress), and a fishmonger, and as always, St. Elmo's coffeehouse is there selling their much-needed java at 8 am."

"The Del Ray Farmers' Market is the cornerstone of my Saturday experience," said Jasen, another regular patron. "It has the plum

the sale of fine fresh vegetables, meats, fruits, herbs and the like. In many ways, the West End Farmers' Market is more like the Old Town Farmers' Market with regard to size and scope, and if you're a dog lover, this market may be just for you. Dogs are welcome to enjoy the market right along by your side. What dog doesn't love a



Russell of Dunham's Produce

Billy of Billy's Farm Flower

PHOTOS BY HARRY MERRITT

role of the gooey middle to my family-friendly chocolate wafer cookie sandwich experience; sitting in between me getting out of bed, dressed, grabbing my daughter, loading up the bike, and cruising down Mt. Vernon Ave to Oxford Street. There, we taste cucumbers, salsa, apple cider, apple slices, and bread samples."

There is no question that the Del Ray Farmer's Market has captured the attention and hearts of Del Ray residents, and with its imaginative Market Manager, Pat Miller, at its helm, it will continue to be another one of Del Ray's classic traditions. No outside residents required.

The West End Farmers' Market

Alexandria's West End farmers' Market, opened in 2006, is a nice compliment to the City's other farmers' markets. Like the other two, this market has established its own unique niche in its community, and its Director, Susan Birchler, has taken the fundamentals of the farmers' market culture to a higher level by combining fun and exciting activities along with

good farmers' market and a sample of fresh made bakery goods?

What makes this market different as well is that it is open on Sundays, and for some late sleepers, it is a nice option as it opens at 8:30 a.m. and stays open until 1:00 p.m. You will find some of the same vendors from the Del Ray Farmer's Market, and it has ample space to move through the stalls when there is a big crowd. So if you're busy doing early morning chores on Saturday morning, you always have this market as a wonderful option.

As mentioned, this market also schedules activities for the whole family to enjoy after you have finished your shopping. On opening day they were giving away bubbles and whirly gigs to the kids, and it was also "Bike Day," where Kevin O'Hara, an ardent biker, was performing minor repairs and spring cleaning for a small fee. Kevin is collecting donations to go on a charitable bike ride across the USA, stopping in certain cities to help build low-income housing.

Market Information:

Old Town Farmers' Market
Market Square, 301 King Street.
Hours: Saturday's, 7:00 a.m. to 12:00 p.m., year round.
Free parking in the Market Square garage during Saturday hours of the Farmers' Market

The Del Ray Farmers' Market
Oxford Street and Mt. Vernon Avenue
Hours: Saturday's, 8:00 a.m. to 12:00 p.m., year round
Parking: Free lot (across the street)

The West End Farmers' Market
4800 Brenman Park Dr, Ben Brenman Park
Hours: Sunday's 8:30 a.m. to 12:00 p.m., May through November
Parking: Free




815 1/2 King Street
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www.OldtownTheater1914.com

JUST ANNOUNCED	
Date	Event
6/8	Jonathon Kite
6/13	Live Jazz
6/14	Chris Barnes
6/15	Dana Fuchs
6/20	Live Jazz
6/21	Devon Allman Band
6/22	The Drifters
6/27	Live Jazz
6/28	Claude Stuart
6/29	Billy Hancock
7/5	50 Shades of Comedy
7/6	Gary U.S. Bonds
7/7	50 Shades of Comedy






6/8
Jonathan Kite, Oleg on "Two Broke Girls"
You've seen him as "Oleg" on "Two Broke Girls," now see him live! Old Town Theater welcomes the hilarious Jonathan Kite to Alexandria for two nights of comedy and spot-on impressions that will have you falling out of your seats!




6/13, 6/20, 6/27
Brencore Entertainment Presents Live Jazz
Every week a new artist exploring the soul of Jazz Music



6/14
An Evening of Laughter with Chris Barnes
Barnes can be best described as a high-energy comic that will take an audience and keep them laughing as he interprets his experiences of life. Barnes is also the man of many faces; his personality and facial expressions will bring an audience to life. Barnes has worked and laughed with such people as John Mendoza, JJ Jimmy Walker, Andrew Dice Clay, Sinbad, Bill Cosby, and many others.



6/15
Dana Fuchs
The Dana Fuchs Band put out a CD, Lonely For A Lifetime in 2003. Fuchs has claimed that she "wanted to capture a soulful and rocking vibe... but with an earthiness to it." Her second album, Live in NYC, was issued on April 1, 2008 by Antler King Records. On April 13, 2011, the DFB released their second studio album, Love to Beg.




6/21
Devon Allman band
After spending more than a decade with honeytribe and royal southern brotherhood, the vocalist/guitarist (gregg's son) has stepped out with a solo album that tells his personal stories. Turquoise is well-crafted, more reflective than fiery, and soulful. — Jerry shriver



6/22
The Drifters
Founded in 1953 The Drifters Brand is in its 60th year. The Drifters have seen massive chart success across the World with over 114 million album sales and 214 million single sales, with a vast catalogue of hits, the most recent in 2011 with Sony Music. With over 65 members in 60 years the brand has gone from strength to strength, many of the members performed as live performers and a select few became recognized within the music industry as the recording artists of the brand.



6/28
Claude Stuart
Claude Stuart has come a long way from his down home southern roots. By his own admission, he was "paddled on more than one occasion for being the class clown." Claude's explosive, in-your-face, rapid-fire, madman stage style is truly an exhilarating assault on the senses and has evoked comparisons to golden era physical comedians such as Steve Martin, Robin Williams and Jim Carrey.



6/29
Billy Hancock
Throughout his career, Hancock has played in backing bands for prominent musicians, including Fats Domino, Gene Vincent, blues guitarist Roy Buchanan, rockabilly Charlie Feathers, the Clovers, Amos Milburn, and country stars Dottie West and Jean Shepard.

No Smoking at Starbucks

Do you like to have a cigarette while sipping your Starbucks coffee at one of their outside cafes? Those days are over. On June 1, the chain banned smoking in Starbucks coffee shops, the outdoor patios and within 25 feet of the doors, according to a company statement. The company's transition to a completely smoke-free environment could be a radical change for some regulars who are used to sitting at the outdoor cafe tables to smoke, drink coffee, work on laptops and socialize.



Photo: (l-r) Scott Brice Stephens, Chief Deputy Clarke Stearns, Deputy Ernesto Arroyo, Lieutenant Melissa Josiah, Paul Wagoner, and Michael Elston at the George Washington Chapter's presentation of Law Enforcement Commendation Medals to Lieutenant Josiah and Deputy Arroyo. Courtesy Photo

Deputies Honored by Sons of the American Revolution

The George Washington Chapter of the Sons of the American Revolution honored two Alexandria deputy sheriffs with Law Enforcement Commendation Medals at a luncheon on Saturday, May 11. Scott Brice Stephens, co-chair of the Public Service and Heroism Awards, and Paul Wagoner, who chairs the ROTC Awards but was assisting Mr. Stephens, presented Lieutenant Melissa Josiah and Deputy Ernesto Arroyo with certificates and medals during the Chapter's lunch meeting at Belle Haven Country Club.

Lieutenant Josiah, who was very recently promoted to her current rank, was honored for her work ethic, commitment to excellence and collaborative spirit. Since joining the Sheriff's Office in 1994, she has been assigned to the William G. Truesdale Adult Detention Center where she served as the Special Management Sergeant since 2010. She has also organized the Sheriff's

Office Helping Hands team for Spring for Alexandria's Community Service Day for the past three years. This week she began her new assignment as the Watch Commander for Team 2B at the Detention Center.

Deputy Arroyo, who has served with the Sheriff's Office since 1995, was recognized for his dedication to the Office, commitment to his colleagues and outstanding leadership with the Honor Guard. Deputy Arroyo has served at the William G. Truesdale Adult Detention Center throughout his career and is a long-standing member of the Honor Guard, where he is assigned as a Team Leader. He takes great pride in his uniform and appearance, and his expertise and instruction have been integral parts of Honor Guard training, which paid off with the team's first place finish in a regional drill competition earlier this month.

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LETSTALK CARS

Are You Taking Care of Your Car's Battery?

Of all the components under the hood of any vehicle one of the most important is the battery. Without it being in good working order all else is for naught. And, more and more battery power is becoming the life blood of nearly everything these days.

There are four important things to know for an automotive battery to function properly:

1. The battery itself has to be of good quality, the proper size, and have no defects.
2. The charging system needs to be operating properly and be in good working order.
3. There should be no parasitic draw on the power that would drain energy while the vehicle is not operating.
4. Battery terminal connections need to be secure and void of corrosion or any other foreign matter.

If these four elements exist there should be no issues with the battery in any vehicle.

A good battery is built to last approximately five to six years. If it is the proper size for the vehicle in which it is installed and has the proper amperage capability for that vehicle it should have no trouble meeting that life span.

However, due to other factors it can go bad sooner. And, it can die without warning. If it does not have the proper amperage for the vehicle it is serving it can not only shorten the life of the battery but also cause other electrical issues throughout the vehicle's entire system.

There are times when a vehicle, parked for several days experiences a dead battery when the driver attempts to start it. This usually results from one of two factors: The battery is defective; or there is a parasitic draw somewhere in the electrical system that is robbing power from the battery while the vehicle is turned off.

In either event such an occurrence mandates the need for an electrical system diagnosis. This includes testing the battery itself, checking the overall charging system, and checking for any parasitic drawdown of power. Included in this process is a thorough check of the battery's terminal connections and cables.

With the growing number of electric-powered or hybrid vehicles on the roads these simple rules about batteries are essentially the same. The only difference is that their batteries are larger and many times more powerful. Batteries in hybrid vehicles

are typically designed to last an estimate 10 years or 100,000 miles.

The other factor that impacts the functioning of automotive batteries is weather. In mild weather even a marginal battery can hold up and continue to function.

However, in extreme heat or cold, especially under the latter conditions, automotive batteries need to be in excellent condition and not subjected to any of the aforementioned stresses. If that is not the case, the vehicle can lose power even when it is being driven.

If such an occurrence takes place try to get out of the driving lanes as soon as safety permits. This is particularly true if driving at night. Without the power system it is doubtful the vehicle has any lighting to warn other drivers of its presence.

Once in a relatively safe area, the first things to check are the battery cable connections and charging system to make sure the latter is functioning properly.

Usually, the first reaction of most drivers when faced with a dead battery is to seek a jump start from another vehicle. However, it is extremely important that this be done properly to avoid a potential catastrophe.

How you should jump your car if you must

Always connect the jumper cables to the dead battery first, then to the power donor vehicle. Also, connect the negative cable, usually black in color, to the donor vehicle's battery last. And, double check that the positive cable, usually red, is attached to the positive terminals and the negative cable to the negative terminals before attempting to start the disabled vehicle. Incorrect attachment can lead to an explosion.

With the spring and summer driving seasons now upon us it is imperative that all precautions be taken to ensure a safe and, hopefully, uneventful road trip. The time to make sure that everything about your vehicle is working properly is before rather than during the excursion.

If you have questions about your vehicle or vehicles in general please send that request to Zebra with your name and phone number and it will be forwarded to Dennis Whitestone at Automotive Service Garage & Olde Towne Auto Body & Paint in Alexandria.


Dennis Whitestone is the owner of Olde Towne Auto Body, at 510 N. Fayette Street in Alexandria.



“Summer afternoon, summer afternoon; to me, those have always been the two most beautiful words in the English language.”

— Henry James

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Z Art World: A Short Intro

BY RM

Again we meet upon the field of the visual arts to play the game. The teams are forming in their defining uniforms to defend their positions or launch new plays for their on-lookers. Arranged in the familiar gallery neighborhoods, the assorted lovers of the art are limbering up for the new art seasons ahead, tossing around all manners of styles and mediums. The phalanxes of critics and gallery-goers are about to engage in their opinions and reveal their preferences, the galleries and art venues are bracing to open their doors and all around art lovers of the art game... await.

For the active gallery owner, the working artist, the public and their legislators, the common rules of the game must be observed. I believe, however, that what can best be observed is in the light of the ancient Art Philosophical Notion # 1117: “We humans consider our rights to be absolute, our responsibilities—merely relative.”

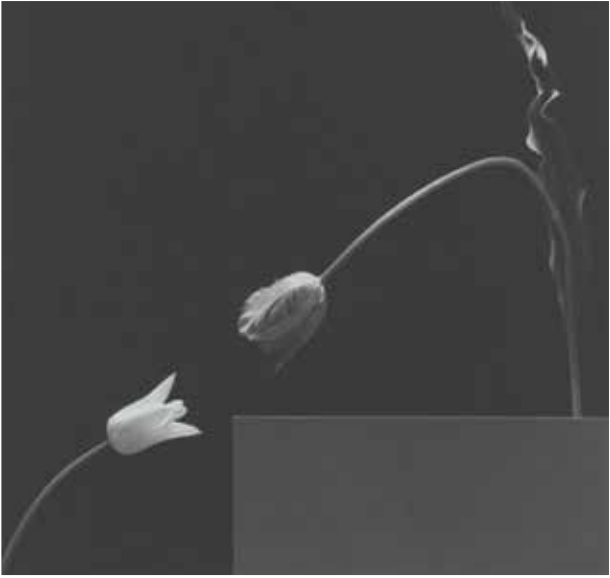
Since we began keeping records of art critiques their opinions have been accepted as a part of our polite society, some not so polite. It is also useful to recall that whichever the varied forms of art criticism may take, the most difficult to admit to or submit to or accept is that of self-criticism. We look to “let them” provide opinions although we ache to do it ourselves. Who of us has not done the tour of arts venues – galleries, museums,

churches, storefronts and parks, to wish we have not taken on the role of the active censor or critique? There is so much to see and take in and so little time.

All types of galleries and art venues in Arlington and Alexandria are brushed by the Beltway. What art is not consumed here is often carried across the river to D.C. or Maryland for another show, another day in the light of other art lovers. Af-

considered in the judgment of all art, I believe. All art deserves to be set aside from all else to be seen for what it is. That is the matter of discernment at a moment.

I choose to think that the Moment of Art is far more important to us than is the Art of the Moment. The controversial Mapplethorpe photograph of two tulips of different ages is a case in point – one tulip is a lush



Robert Mapplethorpe's Tulips is a moment of art. Courtesy Photo.

ter a decent run, much of the art, I suspect, goes back to the artist's studios. Often to be sent out to a broader audience across the electronic airways in search of appreciative takers.

Ancient Art Philosophical Notion # 1735 states: “When a person sets out to construct a fence, he must pause, then discover that he has a duel task – to determine what is to be fenced out? Notion #1735 should be

frowsty one, a bawd in frills and stripes, bent down to tell the new kid on the block all about “life.”

Let personal expression reign supreme after spending time in our active local galleries. At the end of a gallery safari, an art lover and collector sees what they like, needs to go back to it and acquires it for all that it means to them regardless of what anyone thinks.

ART EVENTS

ELEGANCE OF SPRING ART RECEPTION

June 15
10 am – Noon
River Farm Gardens
7931 East Boulevard Drive
Alexandria
703/798-8686
ahs.org
Artists: Armen Kankanian, Nancy Ziegler, Bettina Gehring and Nathan Leibowitz. Show runs until June 25.

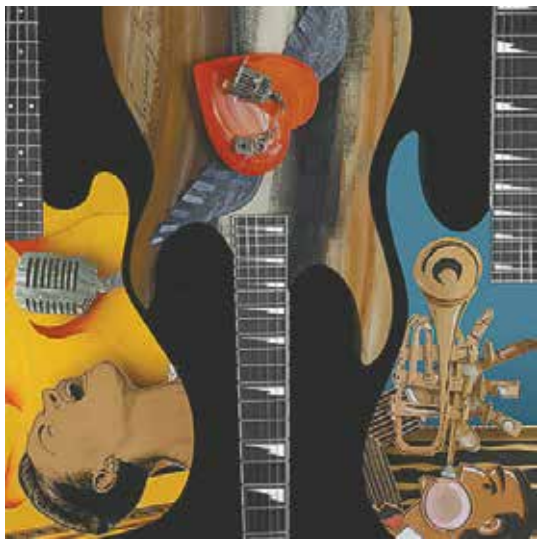


ANNYA KAI EXHIBIT

Thru June 28
Revel Boutique
1026 King Street, 2nd floor
Alexandria
revelstyle.com
Originally from Russia, Anya Kai is a freelance artist/illustrator currently living in Washington, D.C. Kai is classically trained by the Moscow Academy of Fine Arts. Inspired by nature, wildlife, vibrant colors, fairy tales, and fashion, she loves to make bright beautiful pieces for others to enjoy. Her work can be found in homes and private collections in all 50 States, Europe, Australia, and Asia.

FOOD: FRIEND OR FOE EXHIBIT

Now thru June 30
Target Gallery
Torpedo Factory Art Center
105 N. Union Street
Alexandria, VA
torpedofactory.org/target
Target Gallery presents Food: Friend or Foe, an exhibition that asked artists to examine the complex relationships we have with food. This all-media exhibition will show nineteen works by artists from all over the country, including three local artists and one international artist.



MUSIC IN ART

Thru June 30
Del Ray Artisans
2704 Mount Vernon Avenue
Alexandria
TheDelRayArtisans.org
Music and art have gone hand in hand for centuries. This all-member exhibit explores the relationship between music and art by showcasing artists' interpretations of music in art in a variety of media. Come celebrate Music in Art and find out what songs, musical artists, and musical genres have influenced DRA members' artwork!

HAIR APPARENT EXHIBIT

Now thru July 14
Athenaeum
201 Prince Street
Alexandria

703/548-0035
nvfaa.org
Hair Apparent explores artists' relationships with hair referencing cultural perception, myth, ritual, and memory. From a piece where a small girl's hand mindlessly twirls hair around a finger to the sounds of childish sing-song; to an eerie photograph where two girls seems to share the same head of lustrous, red hair; to an artfully laid out chart of heads and the products and tools used to create the hair - Hair Apparent is about considering a private asset a public statement.

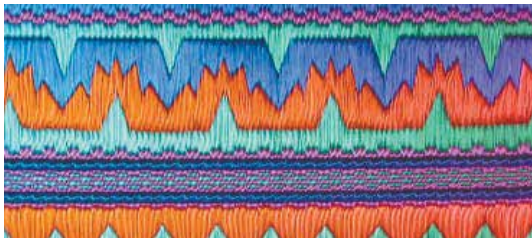


WWII MEMORIAL: A MEMORIAL COMES TO LIFE

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

GROWN-UPS ART CAMP

July 1-12
Del Ray Artisans
2704 Mount Vernon Avenue
Alexandria
TheDelRayArtisans.org/GUAC
22 exciting workshops over 11 days! Tapestry weaving; playing with resin; creating masterpieces out of mosaics, glass or paper; learning how to conquer (or at least control) social media; and many more. Sign up for as many workshops as you want and share with your friends!



RUTH GOWELL: OPTICAL STUDIES EXHIBIT

July 6 – 28
Target Gallery
Torpedo Factory Art Center
105 N. Union Street
Alexandria
torpedofactory.org/target
The exhibition features new work in woven fiber, kiln-formed glass, and glass and fiber combined, exploring the distortion of pattern using bubbles created in the glass. Gowell is the winner of the 2013 Artist of the Year Competition sponsored by the Friends of the Torpedo Factory Art Center.

ART CAMP FOR KIDS

July 15-19, July 22-26
Del Ray Artisans
2704 Mount Vernon Avenue
Alexandria
TheDelRayArtisans.org/ArtCamp
Artists Through the Ages. Art exploration through art history, historic time periods and themes, and influential artists. Kids (ages 8-14) will enjoy a multitude of art media: drawing, painting, sculpture. Time allotted for games and individual pursuits. All supplies and healthy lunches/snacks provided. Fee: \$300/child. Scholarships may be available upon request. Monday-Friday 9am-4pm; Saturday gallery show 1-3pm.

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Painting of General Lee at Cashton, June 30, 1863.
COURTESY OF METROPOLITAN MUSEUM OF ART.



Union General Joseph Hooker was another of Lincoln's disappointments.

COURTESY OF LIBRARY OF CONGRESS.

CIVIL WAR SERIES NO.19 • JUNE 1863

June 1863: Major Events Lead to Gettysburg

BY MARY WADLAND

June 1863 saw a repetition of what had occurred earlier -- President Lincoln involving himself in military matters in the field and trying to override his generals. In this case Lincoln wanted the Army of the Potomac to pursue the army of Robert E Lee who was seemingly fleeing Richmond. The Union's General Joseph Hooker wanted to press home his attack against Richmond, much to the annoyance of Lincoln.

On June 2nd, General Lee decided to move north his Army of Northern Virginia. His hope was to draw General Hooker's Army of the Potomac after him and away from Virginia. Lee did not want a battle with Hooker as his motives were entirely defensive but he also realized that a further defeat for the Army of the Potomac would be a serious blow to the Union. So while Lee wished to be defensive, he also prepared to be offensive.

The next day, The Army of Northern Virginia left Fredericksburg and moved north -- 70,000 men with 300 artillery guns. Hooker's Army of the Potomac was 120,000 strong. Hooker also had the advantage of intelligence as two Confederate deserters had given themselves up to Union forces and had told them about the planned movements of Lee's army.

President Lincoln and General Hooker clashed over what to do with Lee's Army of Northern Virginia. Lincoln wanted Hooker to pursue Lee (as Lee himself had hoped for) while Hooker wanted to take the opportunity to attack what was now a poorly defended Richmond. Not for the first time did the President, as Commander-in-Chief, clash with his generals. In this case, Hooker's desire was warranted

as Lee had already decided that if Richmond, at any time, was threatened he would call off his march north and return to the Confederate's capital. This was the one opportunity when Hooker could have attacked Richmond when it was poorly defended. Lincoln wanted a more aggressive campaign.

Also in early June, the Union cavalry attacked General Stuart's cavalry force near Brandy Station. Some 22,000 men fought there -- the largest cavalry clash of the war. Both sides were evenly matched and the Union force, commanded by Pemberton, nearly defeated Stuart's men but news of advancing Confederate infantry convinced Pemberton that withdrawal was his best option rather than continuing the fight. Stuart's men had a high reputation among Pemberton's men, so this near victory did a great deal to boost Union morale, especially among the cavalry.

Two 10-inch artillery guns arrived at Vicksburg for Grant's army. They greatly boost the Union's ability to destroy the defenses there. Citizens in Vicksburg took to living in caves to ensure their safety from the artillery bombardment. Soon rumors of an invasion by Lee's men led to many fleeing their homes in Union areas near to the 'border' with the South. Few responded to a call by the Pennsylvania governor for volunteers for a state militia.

A Unionist force tried to end the siege at Port Hudson. While Northern troops were doing the besieging, they were suffering acute medical casualties as a result of the dire environment they were in. The attack was an attempt to end all this. It failed and the Confederate defenders held out. The Union lost 4000 men in the attack. Then the Confederates captured Winchester. They took 4,500 men prisoner along with 200,000 rounds of ammunition, 300

wagons and 300 horses.

During the same month, the South lost one of its ironclads, 'CSS Atlanta'. And the citizens of Baltimore started to build defenses around their city fearing an attack by Lee's Army of Northern Virginia. Cavalry units from both Lee's and Hooker's armies clashed almost on a daily basis.

Much to Lincoln's delight, Hooker resigned as commander of the Army of the Potomac on June 27, after one argument too many with his superior General Halleck. Hooker believed that Halleck was deliberately undermining his authority by refusing to allow him to do as he wished with the men under his command. Hooker's resignation was accepted and General George Meade replaced him.

Meade immediately ordered the Army of the Potomac to hunt down the Army of Northern Virginia. Whereas Hooker wanted to wait and see what Lee intended, Meade wanted to engage him as soon as was feasible.

Lee's scouts kept him well informed as to where the Army of the Potomac was. On June 30, he ordered his men to march on Cashtown. A unit of Confederate troops was sent to Gettysburg where it was believed a stash of military boots was kept. The men, from III Corps, came across Unionist troops from Brigadier-General Buford's cavalry division and withdrew.

One day later, July 1, would begin the turning point with the Civil War's largest battle with the most casualties on both sides -- Gettysburg.



"Studying the Art of War, Fairfax Court-House, [Virginia]," June 1863. Albumen silver print.

PHOTO BY ALEXANDER GARDNER. COURTESY OF THE METROPOLITAN MUSEUM OF ART

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D I N I N G F I N D S



France is Just Around the Corner at Chez Andrée

By Holly Burnett

At 10 East Glebe Road in Alexandria sits a tradition from another time – French time that is. As if walking into a Paris bistro or sipping espresso under the awning of the outdoor cafe, Chez Andrée harkens back to the days when a young Julia Child lived in Paris with her husband, honing her culinary skills. She would have frequented Chez Andrée weekly, if not nightly, dining on such French classics as Oysters Rockefeller, Sweetbreads, Duck a L’Orange and Trout Almondine. These are some of the dishes that defined France for the American palate, solidly prepared here with fresh ingredients, modestly offered and generously portioned.



Chef Syed Sohail Ahmed, known to the staff and regulars as “Zorro,” adds to the tradition, having learned his craft from and following in the footsteps of his father, the original chef of Chez Andrée when it was first opened in 1964 by Stanley and Andrée Lecureux. The building was originally a “railroad bar” that serviced the nearby Potomac Yards. A family-operated business still, today it is run by son Steve and daughter

Laurence, and very little has changed in the restaurant – attentive and knowledgeable wait staff; a warm, unassuming atmosphere; and magnificent, classically made and presented dishes as they were originally intended.

You will not find stark white, odd-shaped plates pretentiously dotted with green foam here. Chez Andrée proudly stands on its roots and its heritage. This neighborhood favorite is the place your parents have patronized for 20 years and your grandparents for 40. Now it’s your turn.

Do not miss the Seafood Crepes, Clams Casino, Veal Français in lemon butter or London Broil with Béarnaise sauce and Frites (the absolute best French fries I’ve ever eaten – thin, crispy and well-seasoned). Desserts are by far the most authentic French offerings in town – sumptuous Chocolate Mousse, puffy Profiteroles fresh from the oven and oozing with pastry cream, parfaits with your choice of liqueur, and various cake specials of the day. Monday and Tuesday evenings boast the best dinner special in town – two entrees and a bottle of wine for \$29.95, the ideal date night!

Dining inside or out, for lunch, dinner or Sunday brunch, this is your France, just around the corner, from another time – French time that is, a place you and your family will call home.

For further information, visit chezandree.com or telephone 703/836-1404.





Reading a Wine By the Bottle

Take the labels off a German Riesling and a Chardonnay – two white wines. Put them across the room 50 feet away and I can tell you with 99% certainty which one is the Riesling. From there, I can even tell you if that Riesling was from the Mosel or Rhine. It’s an easy parlor trick. Here’s the secret...

BOTTLES AND THEIR BOUNTY

Back in the day (really long time ago – before mass production, WalMart and box wines), European winemakers would use only bottles produced in their region. Regional bottle makers had no uniform bottling standards, so their designs often showcased their personal uniqueness and style. These shapes and style became ubiquitous and the signature of that region’s wine. So, the bottles were an easy and consumer friendly way to identify that region’s unique wine.

BIG FOUR

Even today, most New World wineries and winemakers still stick to the most common European regional wine bottles from which their grape varieties hail. The most common ones are:

Bourgogne (Burgundy) – Look for the slightly sloping shoulders. You’ll find Chardonnay and Pinot Noir in these bottles.

Bordeaux – Easily identified by the big shoulders. The Bordeaux grapes will typically be bottled in this shape – Most common of these are Merlot, Cabernet Sauvignon, Cabernet Franc, Malbec, Semillon and Sauvignon Blanc



Champagne – You know this one anywhere. Any sparkling wine can be found in this shape.

Hoch – Sloping shoulders like Burgundy, but taller and slender neck. Look for Rieslings in this shape. The Germans bottle wines from the Mosel region in green bottles, Rhine regions go in brown bottles.



MORE FUN WITH WINE BOTTLES

Some unique wines and sub-regions still bottle in very particular vessels.


Châteauneuf-du-Pape still use a bottle shape similar to the Burgundy bottle, but thicker and heavier glass. Their most striking feature is the embossed Papal seal, honoring the Papacy and their Avignon legacy which made the wine so famous.

The Barolo bottle, called the “Albeisa Bottle.” It was first produced in Alba (hence it’s name) in the 1700s, and was used exclusives for Barolos for centuries. Look for the gorgeous embossing on the glass.

And who could forget that iconic Fiasco bottle used by many traditional Chianti producers? You know the one, big and fat with a cute straw basket. The story goes that the glass wasn’t too sturdy and often broke – giving us our meaning of the word “fiasco” (and broken bottles of wine truly are fiascos). Straw was placed around the bottom to help avoid those situations.

Cheers,
VV

The Vino Vixen™ is a syndicated wine writer whose musings appear in over 25 publications nationwide. She’s also a correspondent on Wine Taste TV (WineTasteTV.com), national and international wine judge, and Wine Critic to WinesTilSoldOut.com – one of the Internet’s largest (and cheapest) source of fabulous wines. Have a question or wine tip for The Vixen? Email her on VinoVixen@VinoVixen.com.



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The Magic Carpet



Subtle patterns and geometric designs can provide a solid foundation of style. Courtesy photos.

Getting right “down to it” the floor is the second most visible thing in your room. Your walls are first! What you put on the floor really sets the tone for everything. And it’s a very good place to start, primarily, because you don’t have as much flexibility with the carpet/rug as we do with most other surfaces in a room. Furniture can be upholstered to just about any look imaginable, paint colors are infinite, but, when it comes to the flooring, we have to choose from what’s available. So, it’s a good “foundation”; Let other details revolve around it.

And, let’s not be dull about it. I often lean toward a patterned carpet with subtle color, especially for clients who have a life! If you have a real life and real home, we’re talking kids, pets, activities, crafts, who knows what. That means Stains, spots and discoloration. Any shade of solid carpet will be shot in a week, or will require constant touch-ups. Tolerable for once in a while, but really a drag when it has to be a daily thing. Even a subtle pattern or figure will mask a multitude of accidents... like Magic! Until you can get to them, and will make the forever stain that you’ll never get out... not ruin your room.

Think of a patterned carpet/ rug/area rug almost as you would think of an equally-large piece of art on your wall. It will set the tone for the room... so make it count and make it work toward the overall look you want.

Patterns don’t have to match, they just need to coordinate. Put geometric patterns with florals. Mix modern designs with traditional. Oriental

style carpets have been such a mainstay for so many centuries; they are almost a “neutral.” Most any look having to do with European, certainly English, Tuscan, French Country, anywhere you’re going for the feel of a study, reading room or cozy library... an Oriental figured carpet, of the right colors, can set the mood you’re after.

A trick for the well-lived-in home is the totally wonderful “outdoor carpet”... used indoors! OMG what a wonderful invention! And, mostly because they come in SO many colors and patterns. I think I could safely say that there is no room or look for which there isn’t a perfect pattern, color and size of outdoor carpet. The benefits are obvious... they are made of materials that can withstand an enormous amount of wear and, when dirty, get rolled up , taken outside , hosed-off, (use a mild detergent too, if needed), left in the sun to dry and then back in the house.

I love the feeling of knowing that it’s a carpet that really, truly can get totally clean and disinfected (I’m thinking of dealing with pet accidents in particular, and don’t pretend I’m the only one!)

They are even eco-friendly and some made of recycled materials. All sizes you could ever want, most all colors, patterns from modern to Classical.

So, when it comes to decorating decisions: Start with carpet. Patterned is good. Patterned Outdoor-used-Indoors, even better!

You can contact Ginger directly thru her popular blog, coffeewithginger.com or her Interior Design company, West Bay Interiors.



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BY JASON LINETT, BCH, CI

Fears can hold a person back from experiencing a productive, happy life. In this month's column, I'm going to share some interesting tactics we've found to be helpful in overcoming fears that may benefit you or someone with whom you share this information.

Whether it's a fear of flying, fear of public speaking, fear of medical procedures, or any other fear, we're talking about the same concept: an irrational use of the subconscious mind and the imagination. You know one thing, and yet you're feeling something else. Consider a person that has a fear of flying. They likely know that they may be safer 30,000 feet up in the air than they were driving to the airport, and yet they are feeling symptoms of fear and anxiousness.

That phrase, **"and yet,"** can be best one to understand how to begin to release the fear.

We define hypnosis as a "bypass of the critical factors of the conscious mind." The following examples will help explain this. You're driving in your car thinking of everything other than driving, and you miss your exit. You're working on something in a very focused state of mind, you lose track of time, and realize it's a few hours later. These are naturally occurring "bypasses" of the conscious mind, something people do nearly every day. People often call me with the question of whether they can be hypnotized or not, and perhaps now you'd understand why I may respond, "You're already doing it, and I'm just going to help you do it in a more beneficial way." We use the process to then program in the right thoughts and eliminate negative beliefs. Here are some helpful tips and mindsets to begin to release your fear.

Understand the strength of your own mind.

There are two statements we can make about any fear. First of all, it's a part of your mind that's working really hard to protect you. Therefore, the process to change it may be very simple: give it better information. The second statement is that it only took a few moments to learn the fear. As your mind is so gifted



that it can learn quickly, you may be able to unlearn it just as quickly.

Dial the sensation up and down.

When you experience the sensation of fear, it may be the most important thing about you. On the other hand, a team of surgeons couldn't track down that "feeling" and remove it from you. On one side, it's important and demands your attention, yet on the other side it doesn't exist. By understanding this balance, you may perhaps begin to "play" with that fearful sensation. Try dialing it as well as dimming it down, simply by thought.

Disconnect it from your identity.

Become aware of the words you use to describe it. Is it always "my fear" or similar phrases? The more your words own it, chances are the more you may be reinforcing it. Consider what new patterns of thought you'll reinforce within the brain by referring to it as "that fear" rather than "this fear."

Interrupt the pattern.

The next time you encounter the stimulus, find a good reason to laugh. Remember something you recently laughed at and you can "short circuit" the negative mental pattern.

As a final thought, fears don't have to be a permanent problem. Just the awareness that you'd like to change something is the first step forward.

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

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**Harley, 6yr, Female,
Beagle/Pug**

She is a confident, spunky little dog who loves to play, loves toys, loves food. And she is really smart - she knows sit, down, stay, come, and she will even stand on her hind legs and twirl in a circle. Her previous owner reports that she is also fully housetrained. She may be a good choice for someone

in an apartment or condo as she is quiet when she is left alone.



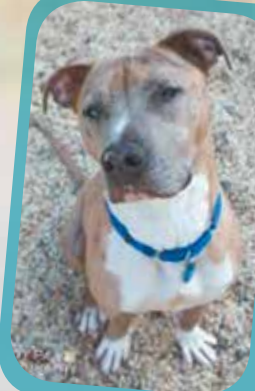
**Porgy, 5yr, Female,
Domestic Shorthair**

Porgy was surrendered due to her owner's allergies. She enjoys quiet time, climbing, hiding and being alone. She is afraid of water, loud noises/ thunder and the vacuum. She tolerates other cats, but has minimal interaction with them.



**Jewels, 5yrs, Female,
Domestic Shorthair**

Jewels is a beautiful cat with lots of personality. The previous owner noted that she was not a huge fan of lots of handling or being picked up as she could get over stimulated and she liked her alone time. Jewels is playful and even fetches items.



**Frankie, 2yr, Male,
Catahoula Leopard
Dog/Terrier**

Frankie is a big, affectionate snuggle bug, looking for a lap to call his own! He'd make a great running partner, but also loves to curl up and have a nice snooze. Frankie has that perfect mix of energy while still being able to relax at home with his family.



**Cassi, 10yrs, Female,
Domestic Shorthair**

Cassi was surrendered to the League because her owner was moving and no pets were allowed at their new home. She has lived with adults and is friendly also with toddlers. Cassi is easygoing, quiet, shy, friendly, playful, active, affectionate, cuddly, independent and curious.



Shimmy, 2yr, Boxer

has that Boxer wiggle that you just can't resist. He is a real charmer with that face. Shimmy came to us as a stray. He is an active and playful guy who likes other dogs. While this is a very athletic breed who thrives with exercise, his energy level is somewhat moderate especially considering

his age. If you're looking for a second dog, Shimmy might be the one. His ideal mate would probably be a dog who has a similar play style - not too rough.



**Chibi, 2yr, Male, Domestic
Shorthair**

The person who brought us this stray cat had been feeding him for the last 6 months. They brought him to us after 6 months of feeding him because they were worried about him in the cold weather. They described him as easygoing and playful.



**Paris, 9yr, Female,
Domestic Longhair**

Paris was brought to the shelter by her previous owners who had to give her up due to allergies. Paris must not know that she's nearly nine years old because she still plays like a kitten! She likes toys of all kinds and curling up for cuddles.



**Bailey, 8yr, Male,
Labrador Retriever/
German Shepherd**

Bailey was in his previous home for about 8 years. So adjusting to shelter life has been tough for him. His previous owner could no longer care for him. He is a sensitive fella, but will bond strongly to his new family and enjoys a nice walk through the neighborhood.

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June 23, 2013 · Animal Spa Day · 10 a.m.-2p.m.

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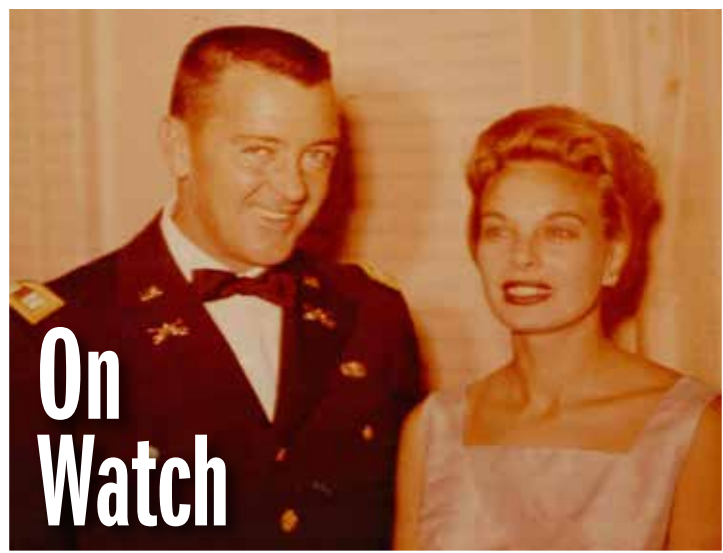
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Captain Stan Fisk (Dad) and Trudy Fisk (Mom) – 1964

As the Army Goes Rolling Along

BY MARCUS FISK

June is the birth of the U.S. Army and it reminded me that my mother was an Army wife. Sure, we all have mothers. Some of us have mothers that were better than most. Mine, I can say with conviction, was the best mother a guy could have ever wished for.

My mother was an Army wife for 24 years and long before that vacuous television program which pales in comparison to the real deal. She endured my father's two combat tours to Laos and Vietnam. She managed our family moves from Kentucky to Ohio, Colorado, North Carolina, Ohio (again), Germany, North Carolina (again), Thailand, Ohio (again), Virginia, and Colorado (again).

In addition to supervising the daily lives of four children spanning a ten-year period, she also was required, as was the custom of the time, to be an active member of the Officer's Wives Club. She attended countless coffees, teas, hails and farewells, formal balls, cocktail receptions and raffles. She volunteered time at the Thrift Shop, kept and typed the minutes of the Wives Club, and made sure that all of us had clean and neat clothes, were well fed, and shuttled us to our various clubs, sports, and school activities.

Back then an officer's wife was as important to the officer's career as much as how that officer performed his duties. I remember reading several sentences about my mother in my father's Officer Efficiency Report (OER), a report card if you will, of my father's professional performance.

I remember how she would pack us into the family car and drive us 'on Post' to the Fort Bragg Officer's Club pool. We'd spend the entire day swimming in the muggy North Carolina summer afternoons, savor our hard-begged hot-dogs and chips from the snack bar until she dragged us reluctantly back home, just before we started to sunburn.

When we were stationed in Thailand in the mid-1960s, my mother was elected president of the Officer's Wives Club, a big deal for a major's wife. She ran the club with efficiency, clarity, and with the right mixture of protocol and fun. The wives could be as junior as a lieutenant's wife or as senior as a four star general's wife but that didn't matter to Trudy Fisk. It was an organization to get things done, raise money for good causes, and to help keep a bond of friendship and

'home' between all the families stationed 8,000 miles away from the USA. Mom's creativity came to the fore when she set-up a fashion show featuring haute couture Thai-designed women's clothes, an effort that wound up making the major newspapers and television stations in Bangkok.

A testament to her utter selflessness was being my shooting partner in the Father-Son Rifle Match in Thailand. Many of the shooters had fathers stationed in Vietnam so the coach mixed the competition up with a blend of parents filling in for absent fathers. That meant that my mom would shoot as a 'Father' – me being the 'Son.' I had shot small bore rifle competitively for two years and Mom was a neophyte with weapons. So, I took her to the range the weekend before the match and essentially taught her to shoot. The next weekend Mom, who only the weekend before learned to fire a rifle, fired off a score of 394 out of 400 in the competition. The 'Father-Son First Place' trophy is still in their home.

This woman who bore a striking resemblance to Grace Kelly continued to turn heads long after many others' candles had gone out. But her beauty was also the result of steadfastness, strength, common sense and forbearance. She could salve life's emotional wounds with just the right phrase. Sometimes, in the midst of a defeat, a Coke would appear in your hands, or she would simply look at you with her bright eyes and say, "How do you like that?" over some baffling event or circumstance – and that would land any of us kids convulsed in laughter.

I often said that my mother is a large reason I graduated from the Naval Academy. While my dad was in Vietnam it was Mom who drove me to the Academy Candidate Guidance Office for my appointments, it was she who made sure I made it to my SAT Tests, my physical exam, and it was Mom, the former legal secretary who was the primary clerk typist for my formal application to the Academy. Finally, during the sometimes bleak days of my incarceration at the Naval Academy Annapolis, it was Mom's letters with odds and ends news from home that kept me going.

During their Army career Mom had very few requests. She did however, love Venice and she and Dad made two trips there while we were stationed in Eu-

rope. And she did fancy San Francisco so when Dad came home from Vietnam she flew out to San Francisco and spent a week with Dad before they returned to Virginia.

The military life is not for everyone. The demands are many for not only the service member

but also the family. For a young girl of 19 from Cleveland who married a young Army Lieutenant, Mom did okay. Looking back at the photo albums of our vagabond days in the Army, I often wonder how she did it. I can almost hear her voice in response, "Well, you just do one

thing, then you do another, and pretty soon -- you're all done!"

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



Trudy Fisk (Mom), LT COL Stan Fisk (Dad), Chris Fisk (sister), and Nelson Fisk (brother) – Dad's departure day to Vietnam May 1970



Trudy Fisk (Mom) and me as Midshipman – Parent's Weekend US Naval Academy, August 1974



Me, Stan Fisk (Dad), Trudy Fisk (Mom), Emily (Dee Dee) Fisk – circa 1957

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

BIOGRAPHY

Now thru June 29
American Century Theatre
Gunston Performing Arts Center, Theatre II
2700 South Lang Street
Arlington
americacentury.org
Renowned portraitist Marion Froude struggles with living in the manner to which she has become accustomed. Best known for painting the images of celebrated subjects, she accepts a lucrative advance from an editor in exchange for her writing her potentially sensational memoirs. This news inspires a parade of anxious friends and lovers who seek to influence Marion’s depiction of them in her autobiography. Ticket times and prices vary.

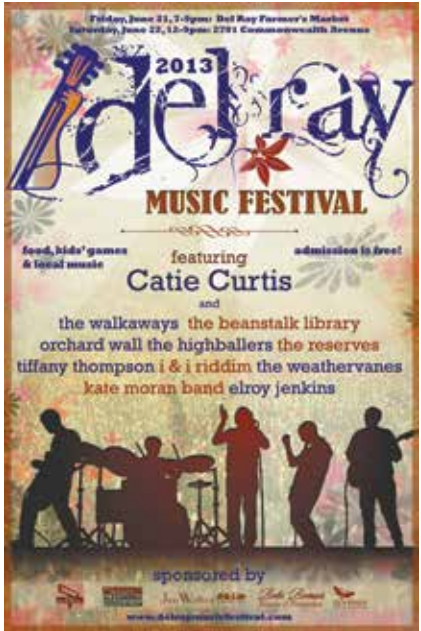
2ND THURSDAY OLD TOWN: PARLEZ VOUS JAZZ?

June 13
6 – 9 pm
Old Town Venues
Torpedo Factory Headquarters
105 N. Union Street
Alexandria
703/838-4565 x 2
torpedofactory.org/thursday
Grab your beret for a jazzy evening! Think sultry Parisian summer nights and cool hip sounds as inspiration for the evening, with interactive art activities bubbling up at venues in the lower King Street area near the waterfront. The Torpedo Factory Art Center is Parlez Vous Jazz? headquarters, with make your own mustache, live music, and art receptions. You will also catch live music at The Athenaeum (\$10) and in the garden of the Alexandria Visitors Center. Many boutiques are open until 8pm. Stop by on your way to dinner or make an evening of it. Some locations are free.



PAWS TO READ

June 20
5:30 – 6:30 pm
Charles E. Beatley, Jr. Central Library
5005 Duke Street
703/746-1702
alexandria.lib.va.us
Sign up to read to a dog! Some friendly dogs are coming to the Beatley Central Library to listen to their human buddies read to them. Pre-registration required for a 15 minute slot. Grades 1 to 6.



7TH ANNUAL DEL RAY MUSIC FESTIVAL

June 21 – 22
Mount Vernon Recreational Fields
2701 Commonwealth Avenue
Alexandria
Delraymusicfestival.org
The festival features a variety of music including jazz, blues, folk, country, Reggae, pop and rock. The majority of the musicians who take the stage are local DC, Maryland and Virginian musicians, many being residents of Del Ray—something that makes this an extra special show for the performers. This year’s festival is headlined by Catie Curtis, and also features local favorites like TiffanyThompson, The Weathervanes, The Highballers and more! In addition to music the festival offers fun activities for the kids, food, and fun all around for everyone!

ACOUSTIC EIDOLON IN CONCERT

June 21
7 pm
St. Aidan’s Church
8531 Riverside Drive
Alexandria
herb@focusmusic.org
Acoustic Eidolon’s original sound is created by the mixing of their diverse musical backgrounds and their unusual instrumentation including the one-of-a-kind double neck guitjo, an instrument of Scott’s own design praised by USA Today as a “beautiful harp-like sounding instrument ... like nothing we’ve ever heard before.” The double-neck guitjo has 14 strings and Scott has developed his own style and technique, playing both necks simultaneously. Classically trained cellist Alkire is recognized internationally for her stunning tone and emotional, impeccable playing and for taking the cello places it’s never been before. Tickets \$18.



2ND ANNUAL ALEXANDRIA WINE AND FOOD FESTIVAL

June 22
12 – 7pm
John Carlyle Square
300 John Carlyle Street
Alexandria
alexandriafoodandwine.com
This is a FREE event to attend; however tickets are needed to sample food and beverages. Food samples: \$15 for 8 taste tickets. Wine Garden is \$10 per person. This gives access to the wine garden with tasting samples from the wineries.



BLOCKBUSTER THURSDAYS: JACK REACHER THE MOVIE

June 27
6:30 pm
Charles E. Beatley, Jr. Central Library
5005 Duke Street
703/746-1702
alexandria.lib.va.us
Join us for a screening of this hit Paramount movie. Located in the Large Meeting Room.

10TH ANNIVERSARY FOSTERING THE FUTURE CRUISE

June 27
7 – 10pm
Cherry Blossom
City Marina
Cameron and Union Streets
703/746-5663
alexandriava.gov/thefundforalexchild
The dockside reception begins at 7 p.m., with departure at 8:30 and full buffet and drinks from Mango Mike’s, and dancing and the scenic monument cruise until 10 p.m. Entertainment is by the Tower House Band (formerly known at Who’s Ya Daddy) famous for their jazz and contemporary playlist. Attire is 1920s jazzy casual. Tickets are available at the early-bird rate of \$75/ person until June 1. After that, tickets are \$85/ person (for adults only, please).

NEW DOG TOUR AT MOUNT VERNON ESTATE

Saturdays Only thru June 29
10 am
Mount Vernon Estate
End of GW Parkway
Alexandria
mountvernon.org
This special walking tour covers 1.25 miles of Mount Vernon terrain stopping at five historic locations, including the West Gate. Learn about canine life at Mount Vernon, from the first president’s dogs to the dogs that live at Mount Vernon today.



“ALEXANDRIA’S FIRST FAMILY OF BEER – THEN AND NOW”

July 2
6 – 8 pm
Morrison House
116 South Alfred Street
Alexandria
703/838-8000
morrisonhouse.com
Morrison Presents: Catherine and Margaret Portner, Co-Founders of Portner Brewhouse Join an engaging evening with the Portner sisters as they share details about their great-great grandfather’s company and how it is influencing their own. Learn how you can get involved in the development of a new Alexandria landmark and opportunities to sample recreations of Robert Portner Brewing Company beers available now. Free admission (Food and drink available for purchase).

If you want to have an event listed, please send an email to mary@thezebra.org

AFH is always in need of foster homes!

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



ABBY

Breed: Chihuahua
Age: 1 years and 2 months
Gender: Female

There is a reason that little Miss Abby is at the top of our 'Available Dogs' list...she is simply A-Mahhhhzing! Picture a 4.2 lb cutie, shining in a gorgeous black coat with white splashes on her chest and tiny toes. Already full-grown, she will perpetually be perfectly puppy-sized! Because she is so small she would do best in a home with older children.

ASHLEY



Breed: Maltese
Age: 7 years and 8 months
Gender: Male

Ashley came from the Valentine Breeder Dogs Rescue effort. He is a very curious and brave maltese. He is blind but that doesn't seem to be an issue with him. He just puts his head down and keeps mapping out the territory. The outdoors don't seem to bother him either. He stays close to you, but if you walk away and keep talking to him he just follows your voice until he gets to you.

BARBIE



Breed: Beagle
Age: 2 years and 4 months
Gender: Female

Barbie is a lovely, beagle who never met a stranger. This friendly pup just gave birth to 4 pups herself. She walks well on a leash after getting used to the person walking her, cuddles teddy bears (and absconds with them), cuddles up to you if you'll let her, is crate trained, and doesn't beg at the table. She'd love to go for a run with you and is generally an all-around great girl.

A FOREVER-HOME RESCUE FOUNDATION

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

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



For more information about adoption, call
703-961-8690
or visit us online at www.aforeverhome.com

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ASPEN

Breed: Bichon Frise
Age: 5 years and 9 months
Gender: Male

Aspen is a very lovable and friendly dog. While still a little nervous with spontaneous noises he is becoming more and more comfortable with the noise level in our home. We have 3 children (one being a toddler), a dog and a cat. Aspen enjoys being petted and cuddled. As he gains trust, we notice that he really likes to be where we are; although he is perfectly fine most days sitting in the window, soaking up the sunlight. Aspen has found a new friend in our dog Punchy. He loves running around the yard with punchy (he still has not yet gotten comfortable with a leash). Aspen is fully house trained and barks to let us know when he has to go, or when he wants to play (with Punchy, not yet with people).



TAYLOR

Breed: Shepherd/Labrador Retriever
Age: 12 weeks
Gender: Male

Hi! My name is Taylor and I am a German Shepherd/Lab mix. My "official" birthday is March 15th, but my foster mom thinks I may be a week or two older than that. I already weigh about 25 lbs.! I am very lucky to be a mixed-breed puppy because I got the best of both worlds -- the beautiful coloration of a German Shepherd, with the blunter muzzle, softer fur, and the soft mouth and gentle soul of a Lab. I couldn't be more perfect! I am a very happy boy, still think I am a lap dog, and love to have my tummy rubbed while I wash your face for you. I am going to be a big boy -- maybe 70 lbs? -- when I grow up. I like to "pat" you with my paws.

GIZMO



Breed: Shih Tzu
Age: 8 years and 1 months
Gender: Male

Gizmo is a lovable, cute little boy. He is surprisingly well behaved and almost housebroken (hasn't has any accidents in the house but occasionally tries to lift his leg). He seems to pick up on the household routines fast. He is good with my other Shih Tzu who is very shy and friendly with people and other dogs in the neighborhood. He likes being around me - laying and sleeping where I happen to be working. He loves going for walks and seems to listen well. Gizmo will make a great addition to some family. He weighs about 15 lbs.



ERWIN

Breed: Shepherd/Labrador Retriever
Age: 5 years and 3 months
Gender: Female

Eirwin is a very affectionate and loving companion. She loves to be around her people. Her favorite thing to do is play outside - she enjoys watching the squirrels and birds! She nudges and curls up just to show her love! She was a great Mom and now her pups are in their own forever homes! Eirwin is fully house trained and knows some basic commands.



BARON

Breed: Beagle/Shetland Sheepdog Sheltie
Age: 11 weeks
Gender: Male

Baron is a Beagle Sheltie. He is good with other dogs and is very playful. This adorable boy is ready for adoption. Feel free to e-mail to find out how you can meet him.



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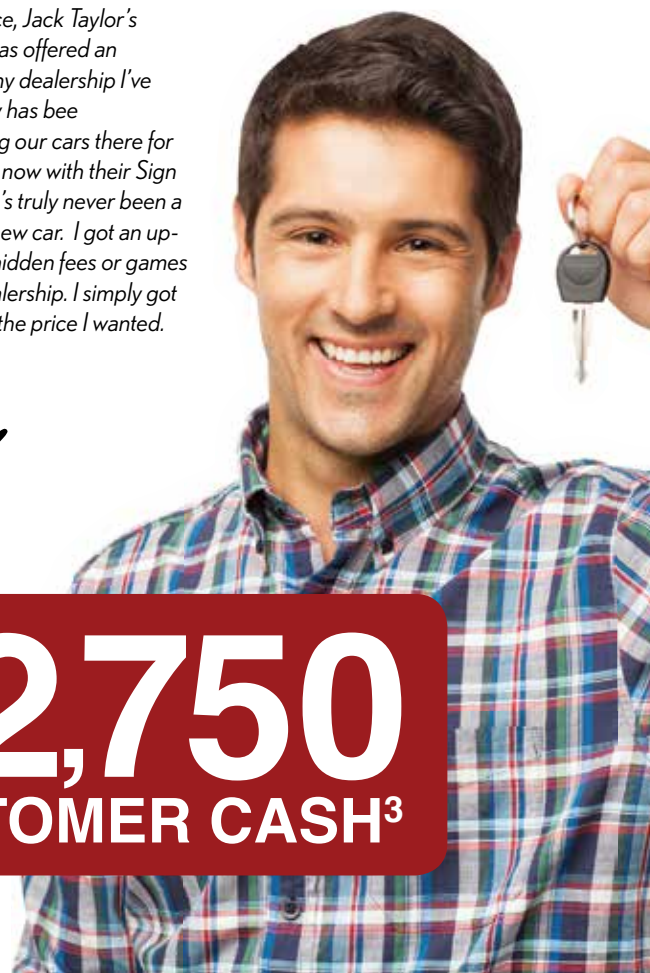
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