**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.

**Rivergate - $1,500,000**

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

**Rosemont - $1,050,000**

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.

**Belle Haven - $1,799,000**

Fabulous 6 bedroom, 3.5 bath center hall colonial with attached 2 car garage on a quiet cul-de-sac. Elegant entry with tall ceilings and exquisite moldings 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.

**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 gas fireplace and adjacent year round sunroom. Formal dining room, gourmet kitchen with granite counters and breakfast bar, SS appliances and Cherry cabinets. Three main level bedrooms and 2 full baths including the 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.
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’ve done it 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 restaurants. Good restaurants. And if I want a steak, I’ll order one. 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’ve done it 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.

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.

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 from an area restaurant or retailer.

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Arrgh! Catch our mistakes.
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 bustling 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 stone 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, vegetables, 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 artists 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 purses.
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 1960. 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 are one of the few 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 really fantastic.” They are one of the few vendors that have a Community Support Agriculture (CSA) or farm subscription program where you can become a share holder 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 1860. Tobacco was still king, they worked hard, the rewards were small, but sufficient. 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.

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 22 weeks of vegetables. 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. Countwell 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 truly 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 urban farmer.” But they don’t sell fruits and vegetables. Owner Mellene 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
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 Communications 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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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 Rex, Sergeant Lynn Oliver and Deputy Valerie 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.

Miles’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.

“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 $37,099 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.
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 entrée, and Mac’s Donuts, a food cart, won for best dessert.

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

“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

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 Halpern of Tisara Photography

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Vola and Willy, a Love Story

For Vola Lawson, former longtime 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 a good ball chaser as he is, Willy is also one of the most loyal and loving dogs you could ever 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 lifelong 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 of them know who “Uggie” is. Lawson immediately remarked, “Uggie” is the Jack Russell from the movie “The Artist.” “Uggie,” or “Little Uggie” as he 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, Willy is 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.

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

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

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

— Raymond Duncan

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www.greenstreetgardens.com
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 in one way or the other, panels testifying in front of the Food and Drug Administration were able to make their arguments 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 bandwagon 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, 3693 King Street, Suite 202, in the Bradlee Shopping Center in Alexandria. For the full abstract go to: bradledentalcare.com/articles/01-article.html

Or scan:
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.
“Too many young performers have forgotten that the most important part of show business is not the second word, it’s the first. Without the show, there’s no business.”
— Liberace

Dine Out to Help Homeless Pets
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Tuesday, June 25
All Day — Dine-in only
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Support the homeless animals of Arlington by dining out at Hard Times Café!
Present this ad when ordering and 20% of your bill (food only, tax and alcohol excluded) will be donated to AWLA.
Thank you for your support!

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 subordinate 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, monkshood, 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

Color with Perennials All Season Long
by choosing plants that open blossom after blossom—no matter how little rain falls. Drought-tolerant perennials survive annual, seasonal episodes of low to no rainfall without missing a blooming beat.

The secret to success with low water-use plants is to help them establish root systems that can find water located deep in soil. During the first growing season, deep-water drought-tolerant perennials weekly to encourage roots to strike deep in soil. Don’t water on a set schedule; check soil to make sure it’s dry. Deep watering means soaking soil 6–12 inches deep.

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 environ. 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.

**Drought-Tolerant Perennials**

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

- **With blue-purple blooms** Campanula (Campanula)
- **Lavender** (Lavandula)
- **Russian sage** (Perovskia) Globe thistle (Echinops)
- **Stoke’s aster** (Stokesia) False indigo (Baptisia atriplicifolia)

- **With yellow blooms** Yarrow (Achillea)
- **Tickseed** (Coreopsis)
- **False sunflower** (Helianthus) Goldsturm (Sunnuli)

- **Black-eyed susan** (Rudbeckia fulgida ‘Goldsturm’)

- **With orange or red blooms** Blanket flower (Gaillardia)
- **Butterfly weed** (Asclepias)
- **Sneezeweed** (Helenium)
- **Red hot poker** (Kniphofia)
- **Autumn sage** (Salvia greggii)

**Drought Tips**

- Drought-tolerant perennials flower consistently during seasonal episodes of drought.
- Mulch 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.


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**“No one gave more profound ‘How to Be a Human Being’ lessons than Jean Stapleton. Goodbye Edith, darling.”**

— Norman Lear

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**For more information, please visit** www.alexchamber.com. **Sponsorships are still available:** email jay@alexchamber.com
The Braves were happy to grab T.C. Williams (Va.'s) High right-hander Ale 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.”

Local Grad 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
— Chelseia Pita, Hayfield High School, Alexandria
— Alexis Brown, Herrndon High School, Herrndon
— 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
— (not at reception)

Air Force Academy:
— Mary Weidman, Thomas Jefferson, Reston
— Quincy Smith, Bishop O’Connell, Vienna
— Megan Marrion, Home Schooled, Alexandria
— Ben Lynch, South Lakes High School, Reston

SSSAS Senior Named Presidential Scholar

Douglas Maggs, a senior at St. Stephen’s & St. Agton 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 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.

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 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 one or her most influential teacher. Douglass 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.

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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 Baldridge Crew University of Pennsylvania
Samuel Beazell Lacrosse Loyola University of Maryland
James Boden Lacrosse Denison University
James Bulf Lacrosse U. Maryland–St. Mary’s County
Niall Davis-Allen Lacrosse University of Maryland
Elizabeth Draxton Lacrosse University of Virginia
Patrick Erickson Soccer Birmingham Southern College
Margaret Fialko-Fogarty Lacrosse James Madison University
Catherine Fonville Track Washington & Lee University
Lindsay Geis Lacrosse Rhodes College
John Kenneth Hablitzel Football Washington & Lee University
Taylor Jackson Soccer James Madison University
Leah Joseph Volleyball Georgia Southern University
Matthew Kerley Cross Country Eckerd College
Joe King Lacrosse Rowan College
Niles Lehr Lacrosse Barnard University
Venus Mahone Football Yale University
Seth Miller Lacrosse Hofstra University
Meghan McCooey Lacrosse United States Naval Academy
Andrew Meinhold Baseball Washington & Lee University
Sabella Neffin Swimming Texas A&M University
Owani Phillips Football St. Vincent College
Blake Pohanka Lacrosse High Point University
Aires Reyes Track Virginia Wesleyan College
Cathy Reid Lacrosse University of North Carolina
Alexis Sargent Softball University of Pennsylvania
Jonathan Thomas Lacrosse Franklin & Marshall College
Lecy Scovell Soccer University of Denver
Wyatt Whiteley Lacrosse University of Virginia
Kevin Wilkes Lacrosse U. Maryland–Baltimore County
Jonathan Winkel Softball McDaniel College
James Wyrick Lacrosse Syracuse University

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.

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

— Dr. Joyce Brothers

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 Resch; Sets: Megan Brunishan, Mary Bukowski, Andy Santalla, Annalin Woo; Costumes: Charlotte Kilin, Becky Littlefield, Charlotte Resch, 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 Schreiber; 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.

Transform any piece of furniture to include dying fabric, distressing and waxing techniques. Classes are every Wednesday evening from 6:30 to 8:30. Registration required and no materials are needed.

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LUCKY YOU! PETS FOR ADOPTION

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.

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 4-year-old cat waiting for the love of her life. After 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?

We support animal rescue—adopt a friend today!

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Newport loves to stretch her long legs and watch the birds and squirrels from a warm windowsill. Newport loves to stretch her long legs and watch the birds and squirrels from a warm windowsill. Newport loves to stretch her long legs and watch the birds and squirrels from a warm windowsill. Stop by the shelter today! Who wouldn’t want to come home to this loving, affectionate lady every day?

QUIMBY is a Toy Fox Terrier/Chihuahua mix who is ready to hop in your lap for some cuddle time. Quimby is a Toy Fox Terrier/Chihuahua mix who is ready to hop in your lap for some cuddle time. Quimby is a Toy Fox Terrier/Chihuahua mix who is ready to hop in your lap for some cuddle time. Stop by the shelter today! Who wouldn’t want to come home to this loving, affectionate lady every day?

DALLAS is a Terrier mix. He is a loyal dog ready to fulfill his dreams and provide for his family with love and devotion. Dallas is a Terrier mix. He is a loyal dog ready to fulfill his dreams and provide for his family with love and devotion. Dallas is a Terrier mix. He is a loyal dog ready to fulfill his dreams and provide for his family with love and devotion. Stop by the shelter today! Who wouldn’t want to come home to this loving, affectionate lady every day?

MIMI is a true friend looking for a family to love her—that and maybe pass judgment. Mimi is a true friend looking for a family to love her—that and maybe pass judgment. Mimi is a true friend looking for a family to love her—that and maybe pass judgment. Stop by the shelter today! Who wouldn’t want to come home to this loving, affectionate lady every day?

Puff is a 4-year-old she loves to make new friends around your home providing friendship. Rabbits, like other animals, need human interaction to thrive and they should spend time with you each day. Ask an AWLA staff member for helpful hints and tips on caring for Puff.
meet your new best friend. If you are looking for a companion to help you through the winter months and into the spring, the AWLA is here to help. We have a variety of animals available for adoption, including dogs, cats, and small animals. Our staff will be happy to help you find the perfect pet to bring home. The AWLA is a no-kill shelter, and we offer a variety of services to help you care for your new pet. We also have a special adoption event happening now, called "Adopt-a-Guinea Pig Month." This month, we are offering four free Charm School classes at the shelter to help you care for your new pet. If you are interested in adopting a guinea pig, be sure to stop by the shelter and meet Sammy. Sammy is a 2-year-old guinea pig who is friendly and handsome. He enjoys veggies and Timothy hay. He is ready to be your best bud. Stop by the shelter and meet Sammy today! He is waiting for you to give him a second chance.}

Meet Quimby and see if she is the gal for you. Quimby is a 4-year-old cat 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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2013 Living Legend of Alexandria
Joe Guiffre

By AlexandriaNews.org stuff

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 I am shining over an automaker. 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 Loperde 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.

“Walking With Purpose.”

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 North- ern 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 relief food program that collected and stored furniture and other household items for distribution to flood victims in 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, Alexandria 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 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 “backboard” fundraising effort and was involved with other efforts. He is past president of the Virginia Beer Wholesaler’s Association and served Alexandria well by being a member of the National Beer Wholesaler’s Association there.

“This made my commute easy when I served on that 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 to a child who was born into difficult circumstances and give that child the love and opportunities he or she might not have had otherwise.”

“By way of nourishment, not by way of knowledge.” —Rabbi Isaac the Blind

Anne Alden
Kabbalistic Healer

Kabbalistic Healing is an alternative to psychotherapy that uses a model of the human psyche that is derived from Kabbalah, Jewish Mysticism that has been used for centuries for self-improvement.

It is a transformational process that teaches us that we are whole in our brokenness and allows us to love and respect our true self.

It is appropriate to issues that would bring one to counseling, including relationship difficulties and self-esteem issues. It also addresses the mind body connection.

Sessions can be in person or over the phone. Call 703 521 4898.

“The pain then is part of the happiness now...that’s the deal.”
—Debra Winter as Joy Gresham. Shadowlands, 1993
She might not be in a box, but Shanti wanted to show off her summer “lion's cut”, styled by For Pets' Sake. She wanted us to see she also uses her Zebra pet bowls everyday. Thanks Shanti!

Submitted by Gary Holmes.

Send your Cat in A Box photos to mary@thezebra.org and we'll get them published as soon as we can.

“There are questions I’m still not wise enough to answer, just wise enough to no longer ask.”

— George Jones

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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

The Torpedo Factory Art Center 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

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 American Horticultural Society, one of the oldest member-based national organizations in North America, has received a 2013 Award of Excellence from 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 visitors 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.

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.

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.

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

PHOTO BY JUDD O’BRIEN

Sherill Lashuk, Café owner, presents the People’s Choice for First Place in the Taste of Del Ray to Taqueria Pablano.

PHOTO BY JUDD O’BRIEN

It was Evening Star’s tomato sorbet with basil vinaigrette and candied giner, that won the judge over Taqueria Pablano won the people’s hearts and stomachs with their popular fish tacos. Nearly a dozen neighborhood restaurants participated in the outdoor competition, which included many of the Washington, DC area’s most popular restaurants including Artfully Chocolate, Chesapectre, the Del Ray Café, Del Ray Pizza, 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!

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.
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 a 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 advisors 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 rerun 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 $5 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 advisors 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 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 affected 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 J P 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 25 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, scurry 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 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, cave or artisan cheese has steadily traveled to Europe and learned the secrets from master cheese makers. These Artisan-Style cheeses are made from raw unpasteurized milk, 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. 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. 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 Mallet 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. Market truly caters to its neighborhood 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 Mallet 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.

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

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 and ospreys feeding their nestlings, thrive on these fish zipping up rivers hellbent on reproducing.

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 moratorium was put on recreational shad fishing.

The Northern snakehead (Channa argus) is another story. Disadvantaged from the get-go by its name (Remember five-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 snakekin-patterned skin, snakeheads can stretch to three feet and weigh up to 18 pounds. They typically lurk in lotus 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. Profligate breeders, some females have up to 100 million shad fry. By the 1970s, shad were rare because of overfishing, pollution and dams blocking their migration. A moratorium was put on recreational shad fishing.

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

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 can't.) 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.

A moratorium was put on recreational shad fishing.

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冒牌 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 wriggle," 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

SPRING IN THE POTOMAC

PISCINE PROCREATION

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

The Wakefield Ruritan Club's annual shad planking.

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

The Snakehead Story

The Northern snakehead, a three-foot fish with a mind of its own, was introduced into the Potomac River. It now enjoys a 10.8 per hour catch rate, but its numbers are increasing.

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 can't.) 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.

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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 snakehead lurking in the muddy bottom can suddenly erupt into an “Animal Planet,” man-versus-beast scene. “These fish are really tough,” Odenkirk commented recently while savoring 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 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 invasive species because they usually outcompete native species and have no natural predators. Maryland’s website describes the snakehead risk: “Because of their feeding style, they could outcompete popular sport fish such as largemouth bass. Biologists are also concerned that they could introduce parasites and diseases that could harm native species.”

Both here to stay?

You leave behind a rich legacy of accomplishments in academics, community service, performing arts, and athletics. The 213 members of your class have been awarded over $9.5 million in scholarships!

We are very proud of you. We pray that you continue to “Live Jesus” throughout your lives.

Principal Tim Hamer ’78 and the Bishop Ireton Faculty and Staff
sells plenty of greens (arugula, spinach, kale, watercress), and a fishmonger, and as always, it’s free. As a complement to the City’s other market, opened in 2006, is a nice and exciting activities along with

tals of the farmers’ market culture.

Birchler, has taken the fundamental community, and its Director, Susan of Del Ray’s classic traditions.

will continue to be another one

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:

- sale of fresh, locally grown vegetables, meats, fruits, herbs and the like.
- In many ways, the West End Farmers’ Market is more like the Old West End 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 good farmers’ market and a sample of fresh made bakery products?
- 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 Farmers’ 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 Market’s Market

The Del Ray Farmers’ Market

Oxford Street and Mt. Vernon Avenue.

Hours: 8:00 a.m. to 12:00 p.m., year round.

Parking: Free (lot across the street)

The West End Farmers’ Market

4800 Breman Park Dr, Ben Breman Park.

Hours: Sunday’s 8:30 a.m. to 12:00 p.m., May through November.

Parking: Free
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 Bruce 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 luncheon 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.

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.
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 cold 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 excursión.

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

— Henry James
The Zebra  June 2013

ARTS

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 onlookers. 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 critic? 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. After 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 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 the tulips of different ages is a case in point— one tulip is a bashy one, a bawl 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.
ELEGANCE OF SPRING ART RECEPTION
June 15
10 am – Noon
River Farm Gardens
7931 East Boulevard Drive
Alexandria
703/798-8686
ahs.org

ANNYA KAI EXHIBIT
Thru June 28
Revel Boutique
11026 King Street, 2nd floor
Alexandria
revstyle.com
Originally from Russia, Annya 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
Toledo 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
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 twists hair around a finger to the sounds of childish sing-song; to an eerie photograph where two girls seem 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.

WWI MEMORIAL: A MEMORIAL COMES TO LIFE
Photography Exhibition
Now thru Dec 31
8 am – 5 pm Daily
WWI Memorial
Arlington National Cemetery
703/539-1165
Acclaimed photographer Stephen R. Brown features more than 90 images of the WWI 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
Toledo 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 Toledo 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. An 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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“I love the idea of getting married, but then they want to come in the house.”
— Shelley Winters

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June 1863: Major Events Lead to Gettysburg

BY MARY WALDON

J

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 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 had already decided that if Richmond, at any time, was threatened he would call off his march north and return to the Confederate 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 Pemberton's men. 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 Pemberton's men.

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 prisoners 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.
We salute the 111 members of the Class of 2013, who graduated on June 8. They have distinguished themselves in all areas of school life and in our community. We know they will use their talents to become respected citizens of the global community that awaits them. Best wishes and congratulations to them as they leave us to attend some of the world’s finest colleges and universities.

COLLEGES AND UNIVERSITIES ENTERED BY THE CLASS OF 2013

University of Alabama • American University • Birmingham-Southern College • Boston University • Brown University
University of California - Los Angeles • University of California - Santa Barbara • Chapman University • Clemson University
Colgate University • University of Colorado - Boulder • Cornell University • Dartmouth College • Dean College
University of Delaware • Denison University • University of Denver • Drexel University • Elizabethtown College
Elon University • Franklin & Marshall College • Furman University • George Mason University • Georgetown University
University of Georgia • Georgia Southern University • Harvard University • High Point University
Hobart & William Smith Colleges • Hofstra University • Howard University • Humboldt State University
James Madison University • Lafayette College • Loyola University - New Orleans • Loyola University of Maryland
University of Maryland - Baltimore County • University of Maryland - College Park • University of Mary Washington
McDaniel College • Mercer University • University of Miami - Florida • Miami University - Ohio • University of Michigan
University of North Carolina - Chapel Hill • Northwestern University • Old Dominion University • University of Pennsylvania
Princeton University • Providence College • Rhodes College • Roanoke College • Savannah College of Art & Design
University of South Carolina • Southern Methodist University • Spelman College • St. John’s University - New York
St. Vincent’s College • Sweet Briar College • Syracuse University • Texas A&M University • Tufts University • Tulane University
United States Naval Academy • University of Virginia • Virginia Wesleyan College • Wake Forest University
Washington & Lee University • College of William & Mary • Wofford College • Yale University
“My doctor told me I had to stop throwing intimate dinners for four unless there are three other people.”
— Orson Welles

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France is Just Around the Corner at Chez Andréé

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 Andréé harkens back to the days when a young Julia Child lived in Paris with her husband, honing her culinary skills. She would have frequent ed Chez Andréé weekly, if not nightly, dining on such French classics as Oysters Rockefeller, Sweetbreads, Duck à 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 Andréé when it was first opened in 1964 by Stanley and Andréé 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 Andréé 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 Francais in lemon butter or London Broil with Bearnaise 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.

My doctor told me I had to stop throwing intimate dinners for four unless there are three other people.”
— Orson Welles

DINING FINDS

“My doctor told me I had to stop throwing intimate dinners for four unless there are three other people.”
— Orson Welles

France is Just Around the Corner at Chez Andréé

Chez Andréé

10 East Glebe Rd
Alexandria, VA 22314
703.836.1404
chezandree.com

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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 used 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.
- Hoch - Sloping shoulders like Burgundy but taller and slender neck. Look for Rieslings in this shape. The German 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 exclusively 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 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.
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 run 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 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 Outdoors-Indoors, even better!

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

**June 17-21 - Pop Scrub at the Muddy Mutt • Ba.n. 8p.m.**

The Muddy Mutt - (703) 888-2303
2650 S Oxford St, Arlington, VA, 22206

Bring your dog to THE Muddy Mutt (2650 S Oxford St) for a SELF-SERVE bath & 20 percent of your bill will be donated to AWLA! Just print this flier and bring it with you.

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

2650 S. Arlington Mill Drive, Arlington, VA, 22206

**Jeweis, 5yr, Female, Domestic Shorthair**

Jeweis is a beautiful cat with lots of personality. The previous owner noted that she was a huge fan of lots of handling or being picked up as she could get over stimulated and she liked her alone time. Jeweis is playful and even fetches items.

**Shimmie, 2yr, Boxer**

Shimmie has this boxer waggle that you just can’t resist. He is a real charmer with that face. Shimmie came to us as a stray, he is an active and playful boy who plays with other dogs.

**Frankle, 3yr, Male, Catahoula Leopard Dog/Terrier**

Frankle is a big, affectionate snuggle bug, looking for a lap to curl up in. 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.

**Chibi, 2yr, Male, Domestic Short Hair**

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

**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 fellow, but will bond strongly to his new family and enjoys a nice walk through the neighborhood.

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

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

**Cassi, 10yr, Female, Domestic Longhair**

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 with toddlers. Cassi is inquisitive, quiet, shy, friendly, playful, active, affectionate, cuddly, independent and curious.

**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.

**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.

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

**Frankle, 3yr, Male, Catahoula Leopard Dog/Terrier**

Frankle is a big, affectionate snuggle bug, looking for a lap to curl up in. 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.

**Chibi, 2yr, Male, Domestic Short Hair**

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

**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 fellow, but will bond strongly to his new family and enjoys a nice walk through the neighborhood.

**Shimmie, 2yr, Boxer**

Shimmie has this boxer waggle that you just can’t resist. He is a real charmer with that face. Shimmie came to us as a stray, he is an active and playful boy who plays with other dogs.

**Frankle, 3yr, Male, Catahoula Leopard Dog/Terrier**

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

On Watch

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 ever wish 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, balls and farewell, 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 murky North Carolina summer afternoon, suffer our hard-bagged 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 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 shipping 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 eventually taught her to shoot. That same 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 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 confounded 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 check and 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 Europe. 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.
Some locations are free.
Your way to dinner or make an evening of it. Boutiques are open until 8pm. Stop by on of the Alexandria Visitors Center. Many receptions. You will also catch live music at Parlez Vous Jazz? headquarters, with make hip sounds as inspiration for the evening, sultry Parisian summer nights and cool
Grab your beret for a jazzy evening! Think torpedofactory.org/thursday 703/838-4565 x 2
Alexandria 105 N. Union Street Torpedo Factory Headquarters Old Town Venues 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 beer for a jazzzy evening! Think sultry Parisian summer nights and cool

BIOGRAPHY
Now thru June 29 American Century Theatre Gunston Performing Arts Center, Theatre II 2700 South Lang Street Arlington americancentury.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 for painting the images of celebrated

2ND THURSDAY OLD TOWN: PARLEZ VOUS JAZZ?
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 are needed to sample food and

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 herboficmusic.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 guitar, 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 guitar has 14 strings and Scott has developed his own style and technique, playing both necks simultaneously. Classically trained cellist Akive is recognized internationally for her stirring 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
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.

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 as 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
Saturday Only thru June 29 10 am
Mount Vernon Estate End of GW Parkway Alexandria murrinvernon.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 Porter, Co-Founders of Porter Brewing Company Join an engaging evening with the Porter 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 Porter 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

GHOST WRITER
Now thru June 16 MeBudStage 1201 N Royal Street Alexandria metrostage.org
By Michael Hollinger. DC premieres. 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.

TICKETS TO READ
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Alexandria 105 N. Union Street

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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 not to 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.

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, filling 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.

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.

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 (br�ly) with others and allows 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.

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 had any accidents in the house but occasionally likes to lift his leg). 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 likes going for walks and seems to listen well. Gizmo will make a great addition to some family. He weighs about 15 lbs.

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 get the best of both worlds – the beautiful coloring of a German Shepherd, with the blinder 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.

Breed: Shepherd/Labrador Retriever
Age: 5 years and 3 months
Gender: Female
Erwin 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! Erwin is fully house trained and knows some basic commands.

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.

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).
From Sales to Service, Jack Taylor’s Alexandria Toyota has offered an experience unlike any dealership I’ve ever seen. My family has been buying and servicing our cars there for over 20 years. And now with their Sign & Drive offers, there’s truly never been a better way to get a new car. I got an upfront price, with no hidden fees or games once I got to the dealership. I simply got the car I wanted, at the price I wanted.

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<tr>
<th>OFFER</th>
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**BRAND NEW 2013 TOYOTA COROLLA LE**
- 4 DR, SEDAN, 4-SPD. AUTO LEASE FOR $169 PER MO.
- 36 MOS. $1,999 DUE AT SIGNING
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- JUST ANNOUNCED: $500 CUSTOMER CASH

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- 4 DR, SEDAN, 6-SPD. AUTO LEASE FOR $199 PER MO.
- 24 MOS. $2,499 DUE AT SIGNING
- OR 0% APR FINANCING FOR UP TO 60 MO.
- JUST ANNOUNCED: $500 CUSTOMER CASH

**BRAND NEW 2013 TOYOTA RAV4**
- 2WD 4 CYLINDER AUTO. LEASE FOR $209 PER MO.
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- Featuring the 2013 Scion iQ
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**Prius Family In-Stock Now**
- 0% APR FINANCING AVAILABLE
- PRIUS FAMILY IN-STOCK NOW

**ToyotaCare**
- Coverage includes:
  - 24/7 Roadside Assistance
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  - 12 mos./12k mi Comprehensive Warranty
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**$500 Military Rebate Incentive for Active Military Personnel**
- For qualified buyers.

**$500 Customer Cash**
- For recent college graduates.

**$500 Customer Cash**
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**Up to 2,750 Customer Cash**
- With approved credit.

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**Toyota Time Sales Event**
- September 2013 Sales Event
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**Features**
- 0% APR Financing on Select New Models for Up to 60 Months
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**Accessories**
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**Prius**
- 0% APR Financing Available
- PRIUS FAMILY IN-STOCK NOW

**Corolla**
- $169 PER MO.
- FOR 36 MONTHS
- $1,999 due at signing

**Camry**
- $199 PER MO.
- FOR 24 MONTHS
- $2,499 due at signing

**RAV4**
- $209 PER MO.
- FOR 36 MONTHS
- $2,999 due at signing

**Just Announced**
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