

Sharing the Lifestyle of Northern Virginia

It's read all over!
Vol. 2, No. 3
March 2012

Zebra

ROBERT KNAPP:
**Making the Body/
Mind Connection**

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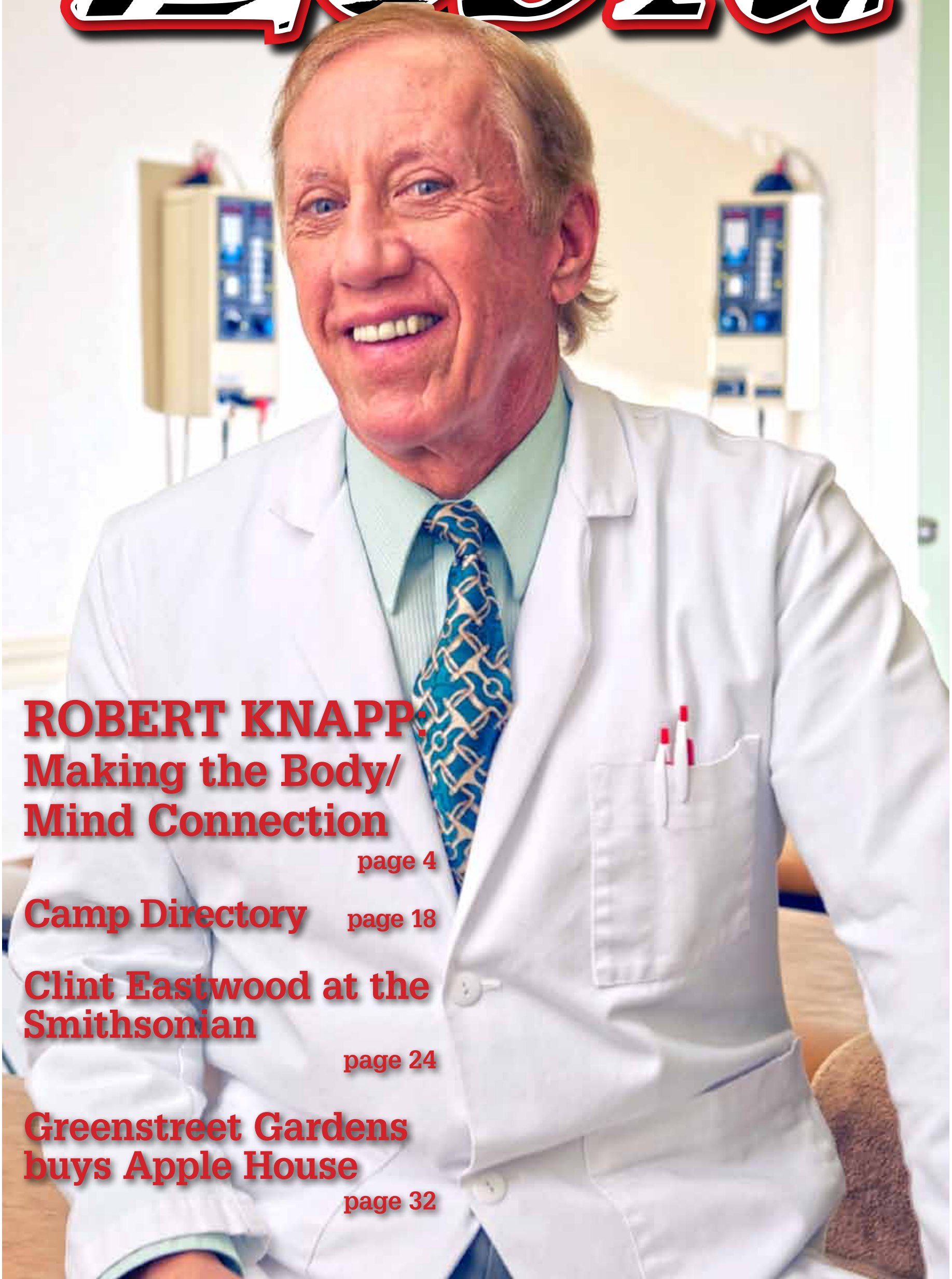
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**Clint Eastwood at the
Smithsonian**

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**Greenstreet Gardens
buys Apple House**

page 32





Christine Roland Garner

SPRING 2012 MARCH MADNESS

COMING SOON... Call For A Sneak Peak!

Old Town



\$2,300,000

Own a piece of history! This impressive 4 bedroom, 4.5 bath detached Federal home built in the late 1700's has been owned by some of the cities most distinguished residences. Situated on a large corner lot and surrounded by private gardens that were designed to create a seamless flow from the indoor-outdoor living spaces. The interior is impressive with floor to ceiling windows, original glass, and wood floors, 3 fireplaces, beautiful mouldings & soaring ceilings. Lower level efficiency and detached garage.

Old Town/ Fords Landing



\$1,749,000

One of a kind 3 bedroom, 3.5 bath home designed by architect Arthur Cotton Moore with over 3200 sq ft of luxurious in-town living. Gracious room sizes, formal living room with French doors to a roof top terrace & dining room with 8ft palladium window and domed ceiling. Gourmet kitchen with 42" cabinetry, granite counters & breakfast area. Two bedroom suites with luxury baths and walk in closets. Private patio, 2 rooftop terraces, steam shower & spa! Steps to the riverfront & blocks to shops & restaurants.

Belle Haven



COMING SOON

Stately 4 bedroom, 3.5 bath colonial with 4 finished levels and an attached garage on a 9,600 sq ft lot. Hallway entry, formal dining room and living room with a fireplace flanked by built-in bookcases and french door to a wonderful screened-in side porch. Spacious family room with fireplace, built-ins and access to the yard with a custom flagstone patio. Gourmet eat-in kitchen with 42" cherry cabinets, granite counters, SS appliances and a walk-in pantry. The upper level has 3 bedrooms and 2 baths including a large owner's suite and stairs lead to a 4th bedroom with full bath in the finished attic. Main level powder room and walk-out lower level with rec room and lots of storage.

Braddock Heights



COMING SOON

Beautifully updated 3/4 bedroom, 2.5 bath colonial with 3 finished levels and an attached garage on a huge 9,050 sq ft lot. Entry foyer, light filled living room with gas fireplace is open to the dining room. Renovated kitchen with 42" cherry cabinets, granite counters, SS appliances & table space. Three upper level bedrooms and a den over the garage with a full bath, ideal for a guest room. Finished lower level with tall ceilings, recessed lighting and a half bath. Gorgeous professionally landscaped yard with outdoor lighting, stacked stone walls, flagstone patio & walk ways. Freshly painted rooms, wood floors on 2 levels & PDS to attic storage.

Rosemont



COMING SOON

Lovely 4 bedroom, 2.5 bath colonial with 3 beautifully finished levels and an attached garage. Hallway entry with formal dining room, living room with fireplace and french door to a large screened-in side porch with access to the fenced back yard and patio. Upper level with 3 bedrooms and 2 baths including a Master suite with private bath. Finished walk-out lower level with large family room, fireplace, 4th bedroom, half bath and storage. Blocks to parks, Maury elementary school and METRO.

Del Ray



\$622,900

Enjoy Del Ray living in this expanded 3 bedroom, 2 bath, home built in 1900 on a large corner lot with off street parking. Wonderful open floor plan with tall ceilings, living room dining room combo and a large sundrenched kitchen with ample counter space, SS appliances, maple cabinets and a breakfast bar. Upper level with 3 bedrooms including a large Master bedroom with soaring ceiling and a walk-in closet. The spacious fenced yard is perfect for entertaining, gardening & pets. Steps to shops, restaurants & activities on "The Avenue".

Cameron Station



\$399,000

Wonderful 2 bedroom, 2 bath condo with 1,229 sq ft of living space with a desirable floor plan and 2 full size garage parking spaces. Open floor plan, large bay window, spacious kitchen with SS appliances granite counters & breakfast bar. Two split bedroom suites for maximum privacy, each with walk-in closets and one with a balcony. Lots of community amenities including a 24/7 gym in the building, community center, pool, tennis, walking/jogging trails, spa and shuttle to the METRO!

Weichert, Realtors®

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Assistant Lucy crashes on the publisher's desk as the files for March issue get sent to the printer.

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Cover photo by Greg Knott



INBOX

HOW TO GIVE US FEEDBACK
If you would like to send us a comment, send your mail to mary@thezebra.org or Zebra, PO Box 6504, Arlington, VA 22206. Submission of a letter constitutes permission to publish it. Letters may be edited for reasons of space and clarity.

Dear Mary (Owner and Editor of ZEBRA),

I am so grateful to you, the ZEBRA, and to For Pet's Sake for sponsoring that pet adoption page in your paper...and to all the wonderful volunteers @ AFH (A Forever Home) for making this adoption process go so smoothly. Now Hershey has his "A Forever Home" with me and has lots of attention from all of my friends and customers, who have become his new Fan Club @ The Nugget. We love the ZEBRA! Keep up all the great work!!!

Mary Ehlers
The Nugget

Distribution

25,000 copies delivered by hand each month to households and businesses in the following neighborhoods and high-traffic areas:

Arlington	Del Ray	Mount Vernon
Alexandria	Fairlington	Old Town Alexandria
Alexandria West	Front Royal	Park Fairfax
Ashburn	Great Falls	Reston
Beverly Hills	Leesburg	Rosemont
Braddock Heights	McLean	Seminary Hills
Crystal City	Middleburg	Shirlington

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For Advertising Information, call 703-224-8911

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Mary Wadland
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Adjusting The Body To Free The Spirit

BY CHUCK HAGEE

Worried about getting brain cancer from a cell phone? Forget it. Be more worried about a sedentary life style in front of the computer. This can really put a crick in the cranium — plus everything else down to the toes.

“Sitting in a chair all day hunched over a computer is bad for the back, neck, and spine,” said Dr. Robert M. Knapp, Chiropractic Physician, who has more than 30 years experience treating everything from osteoarthritis to migraine headaches.

“Sitting in chairs in general is bad for the back. The best way to sit is either in a squat position or cross legged. It tends to keep the back straight. People in many cultures who sit like that have far less spinal problems than we do in the western world,” Dr. Knapp explained sitting in his office at Advanced Alexandria Chiropractic, 2817 Duke Street.

“I was originally very suspicious of what a chiropractor could do until I experienced it myself when I was young,” he explained. “I had injured by back lifting something very heavy. I went to a chiropractor and he relieved the pain and enabled me to enjoy life again. That got me hooked.”

A native of Long Island, NY, Dr. Knapp was raised in Morris Plains, NJ, and graduated from Morristown High School. A 1970 graduate of Nebraska Wesleyan University with a Bachelor of Science, he went on to acquire his Doctor of Chiropractic at New York Chiropractic College.

“During my school years I was involved in politics, in the theater and served on the fencing and rifle teams. I also worked with the youngest escape artist in the country and put on performances to help pay my way through college,” he said.

But his education didn't cease with graduation from Chiropractic College. Since then he has taken over 1,000 post graduate hours and has received his C.C.S.T. certification. In addition he is licensed in seven states and is active on the medical lecture circuit, explaining the benefits and accomplishments of his profession in helping patients achieve and maintain not only a healthy but also a rewarding life style.

“Our clinic currently treats patients with migraine and tension headaches, low back pain, numbness and tingling into the arms and legs, slipped discs, sports injuries,

shoulder and joint problems, whip lash, pregnant women with back problems, scoliosis, arthritis, neck pain, and forward head posture just to name a few,” Dr. Knapp said.

“I have been most surprised at the results that I have achieved with my carpal tunnel syndrome patients. We actually get better results with the victims of this ailment than our low back patients. Some of these patients were unfortunate enough to have had surgery. But, this didn't matter. Our success rate is over 95 percent,” he exclaimed.

Dr. Knapp's range of patients cover the entire spectrum of age and gender. “During my career thus far I have treated infants to people over 100 years old. And, the careers of my patients is as wide. They include doctors, dentists, laborers, politicians and runner on the U.S.Olympic Team,” he noted.

Knapp has a wide variety of sports patients as might be expected. In 1979 and 1980 he served as the Clinic Director, in Vail Colorado treating people with skiing injuries. After that he served as the clinic director at Knapp Chiropractic Clinic in Marietta and Berman Georgia; and Chester, Virginia; and Assistant Clinic Director in Richmond, VA.

Probably the most physically fit

people come from two opposite ends of the spectrum, according to Knapp. “They are athletes and actors. Most athletes have well developed muscles which also serve to protect their bone structure. Actors, for the most part, keep themselves in excellent physical condition. They have to be ready to perform at all times, particularly if they are participating in live performances,” he explained.

He also revealed that he deals with more women patients than men. “Women tend to take better care of themselves. Men are too macho,” he stated.

Technology has not been kind to children, according to Knapp. “I am seeing more curvature of the spine in children due to bending over computers and being more sedentary. Technology is changing the shape of the spine. Young people today are very subject to problems related to the use of various instruments of technology,” Knapp stated.

The spine's natural shape is that of an “S,” he explained. As people perform tasks that require being hunched over for long periods of time that natural configuration changes and that's when problems begin to develop — particularly

with discs in the back.

"I have had patients come to me and say I have this pain in my neck or back that just started. After I examine them I tell many of them this didn't just start, it started 20 years ago. It's just that you are now feeling it," he said.

Dr. Knapp has co-authored a recent book with Dr. Peter G. Fernandez entitled: "Neck Pain, Neck Pain - You Don't Want It, You Don't Need It." He is also active in a wide range of professional affiliations furthering his profession.

Chiropractics can impact far more than relieving pain in the joints and muscles. There have been instances where chiropractic treatment has restored hearing and sight, according to Knapp.

"I had one patient who was very hard of hearing. In fact, I had to practically scream at him when he came in even though he was wearing hearing aids," he said.

"After, one visit

he came back and asked what I had done. I was concerned, naturally, thinking there was a problem. When I asked what the problem was he said that after he left the office and went to his car, he thought the window was open because he could hear all the noise on the street after he got in. Upon checking he said the window was closed and that his hearing had returned," Knapp stated.

"This is possible if the loss of hearing was triggered by a trauma. The chiropractic treatment can change that and restore the lost sense," he explained. It can also occur in sight if the loss was by a traumatic impact and the treatment is applied soon after, according to Knapp.

"Young people and senior citizens are the easiest patients to work with," Knapp revealed. "It's

the ones in the middle that are usually the worst patients. They are often too busy to take care of themselves."

There are also chiropractors that

work with animals, but Knapp is not one of them. "I had a friend who worked specifically with race horses and another who worked with dogs. The one who worked with dogs saved one owner from having to put his favorite Great Dane to sleep," Knapp said.

"All the veterinarians had concluded that the dog could not be saved because his back legs wouldn't work properly and he had great difficulty standing or walking. My friend told the owner to bring the dog in. He took one look. Went over to the dog. Straightened his pelvis and the dog immediately stood and was fine from then on," Knapp related.

Dr. Knapp came to Alexandria in 1989 because he wanted to be further north than Richmond where he was teaching at the Life Chiropractic College. "I like my patients here. They are very smart and fun to work with," he said.

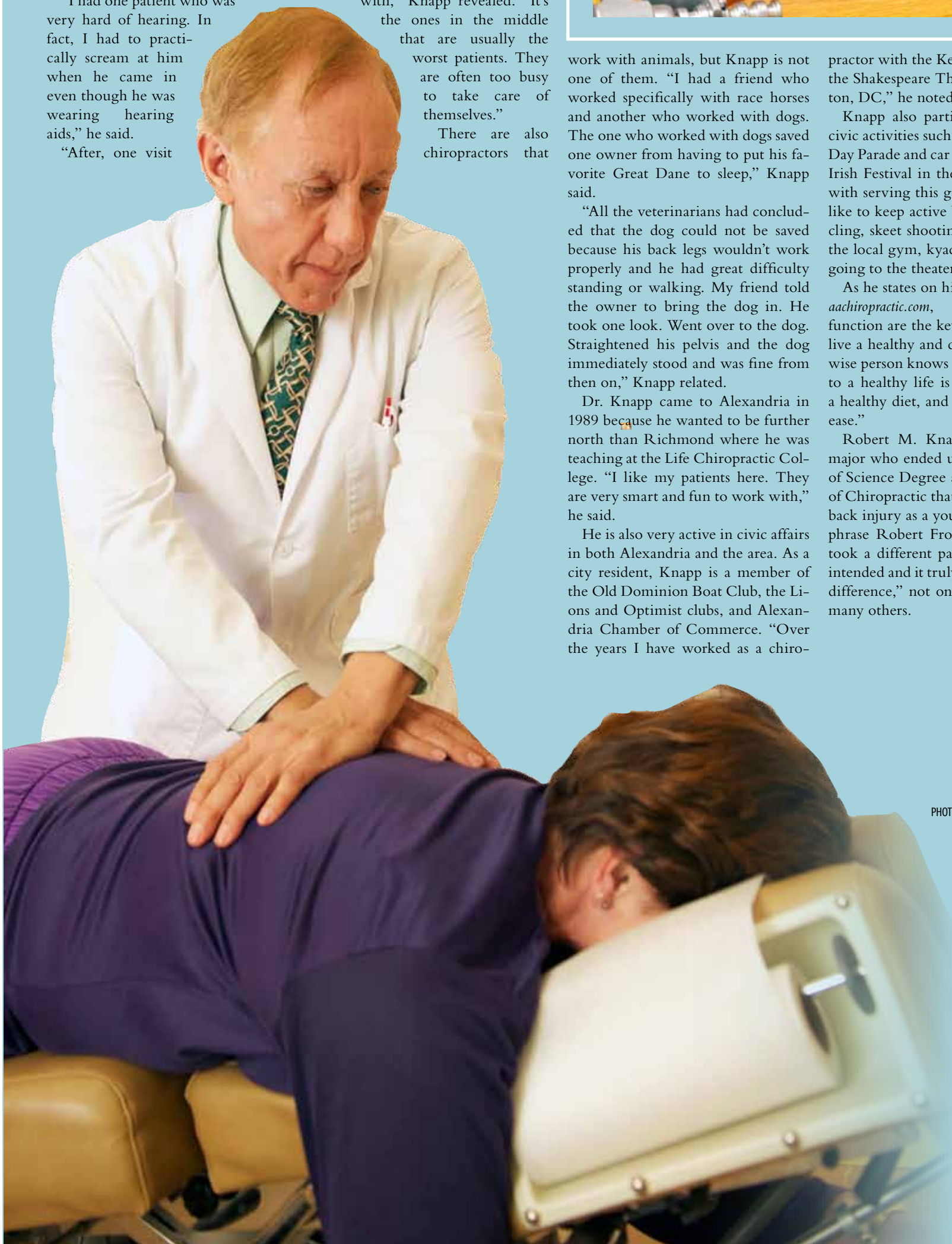
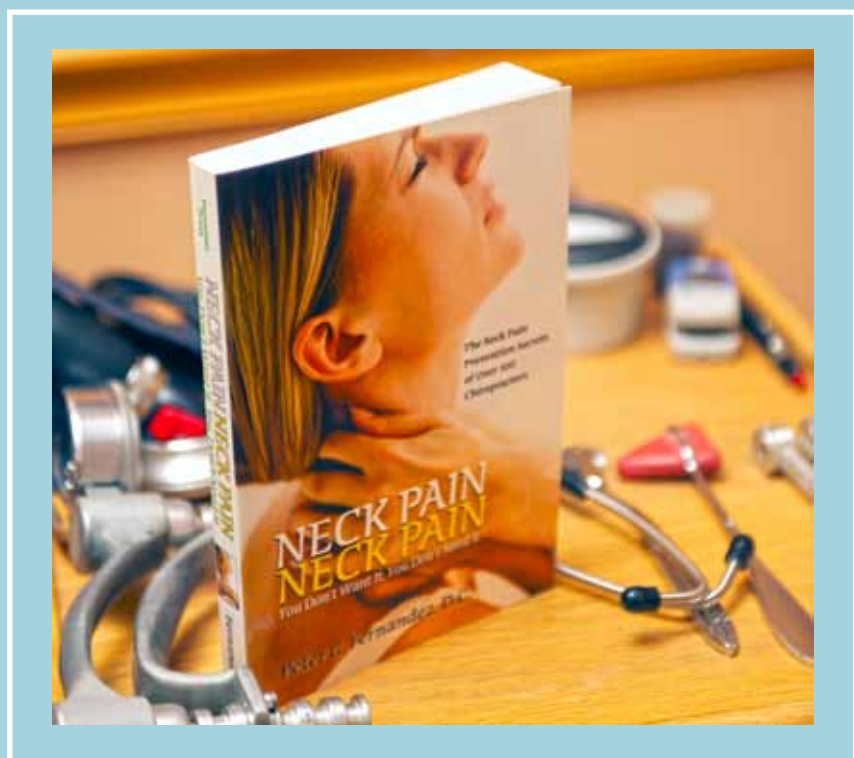
He is also very active in civic affairs in both Alexandria and the area. As a city resident, Knapp is a member of the Old Dominion Boat Club, the Lions and Optimist clubs, and Alexandria Chamber of Commerce. "Over the years I have worked as a chiro-

practor with the Kennedy Center and the Shakespeare Theater in Washington, DC," he noted.

Knapp also participates in various civic activities such as the St. Patrick's Day Parade and car show as well as the Irish Festival in the summer. "Along with serving this great city of ours, I like to keep active by traveling, bicycling, skeet shooting, working out at the local gym, kyacking, reading and going to the theater," Knapp related.

As he states on his web site at www.aachiropractic.com, "Movement and function are the keys to being able to live a healthy and comfortable life. A wise person knows that the surest way to a healthy life is care of the body, a healthy diet, and prevention of disease."

Robert M. Knapp was a history major who ended up with a Bachelor of Science Degree and then a Doctor of Chiropractic that was initiated by a back injury as a young man. To paraphrase Robert Frost, Robert Knapp took a different path than originally intended and it truly has made "all the difference," not only for him but for many others.

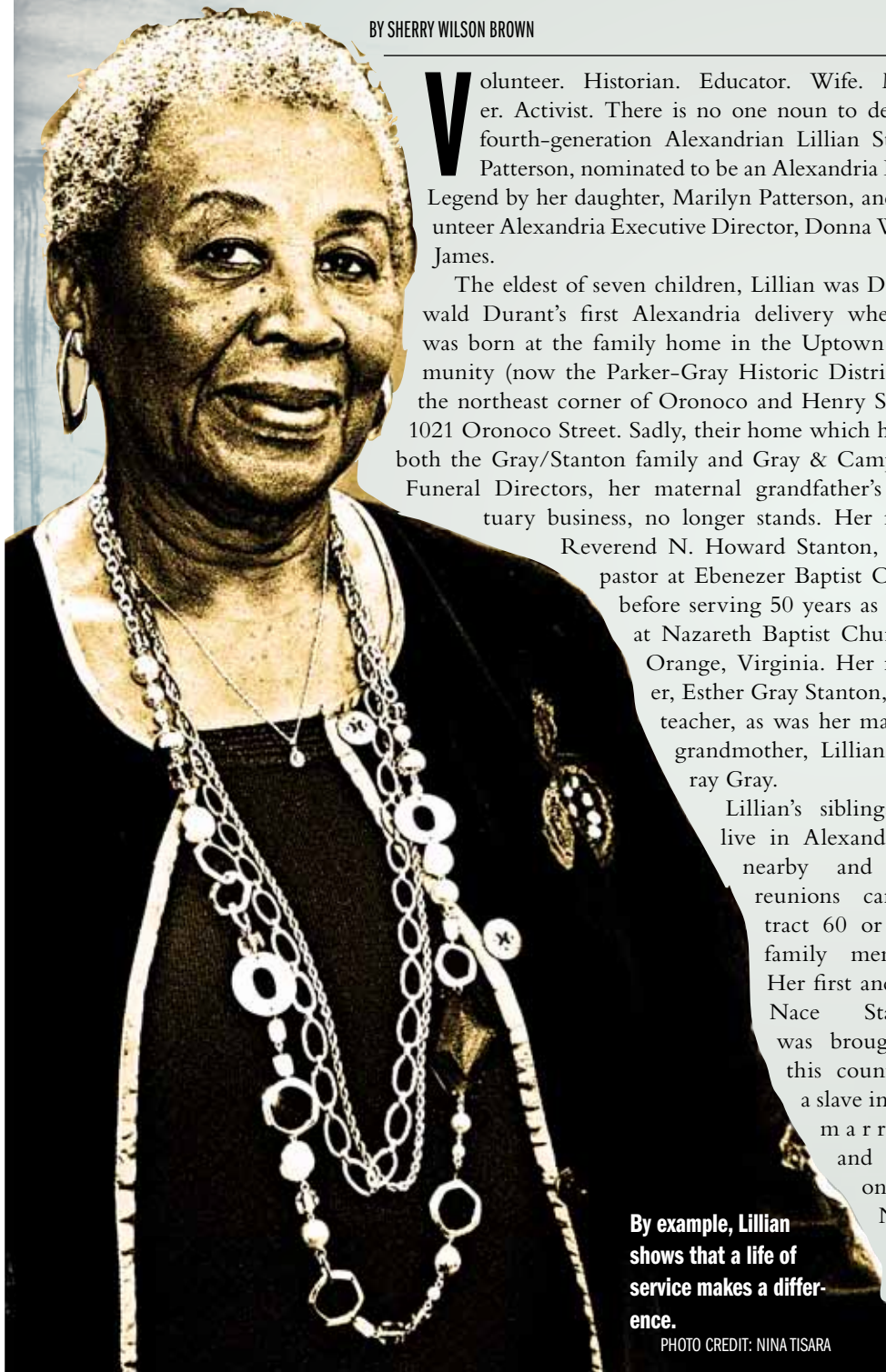


PHOTOS BY GREG KNOTT

Living Legend of Alexandria

LILLIAN PATTERSON

BY SHERRY WILSON BROWN



Volunteer. Historian. Educator. Wife. Mother. Activist. There is no one noun to describe fourth-generation Alexandrian Lillian Stanton Patterson, nominated to be an Alexandria Living Legend by her daughter, Marilyn Patterson, and Volunteer Alexandria Executive Director, Donna Walker James.

The eldest of seven children, Lillian was Dr. Oswald Durant's first Alexandria delivery when she was born at the family home in the Uptown community (now the Parker-Gray Historic District) on the northeast corner of Oronoco and Henry Streets, 1021 Oronoco Street. Sadly, their home which housed both the Gray/Stanton family and Gray & Campbell's Funeral Directors, her maternal grandfather's mortuary business, no longer stands. Her father,

Reverend N. Howard Stanton, was a pastor at Ebenezer Baptist Church before serving 50 years as Pastor at Nazareth Baptist Church in Orange, Virginia. Her mother, Esther Gray Stanton, was a teacher, as was her maternal grandmother, Lillian Cur-ray Gray.

Lillian's siblings still live in Alexandria or nearby and their reunions can attract 60 or more family members. Her first ancestor, Nace Stanton, was brought to this country as a slave in 1779, married, and had one son. Nace was sold

By example, Lillian shows that a life of service makes a difference.

PHOTO CREDIT: NINA TISARA

again, separating him from his wife and son. His son Garland's freedom was eventually purchased by his free wife. Lillian's great-grandmother, Annie Brannon Curray, had four brothers who were sold away. Unfortunately, they and their possible descendants have never been traced.

In the segregated years of Lillian's public education, when African American students never had the benefit of new school books, she did not allow that obstacle to deter her from graduating from Parker-Gray High School in 1944 and receiving a BA in Social Studies from Storer College in Harpers Ferry, WV in 1950. She also did graduate work in Sociology at American University and in Early Childhood Development at UVA's Northern Virginia extension.

Lillian met and married the late Edward Lloyd Patterson who was Music Teacher and Assistant Principal of Parker-Gray High School until it was dissolved, then Principal of Parker-Gray Middle School. He retired as Director of Staff Relations and Student Activities. Together they raised two daughters, Marilyn, who now owns Joyous Events, LLC, an Event Management business in Alexandria, (where Lillian often works) and Valerie Patterson Connors who lives in Owings Mills, Maryland. Marilyn has one son, who has made Lillian a great-grandmother, and Valerie has two sons.

She and her husband led a busy civic and social life, often attending several formal events a month. Lillian enjoyed sewing and often made her evening gowns for these occasions as well every day clothes. She made her sister's wedding dress and cotillion dresses for her daughters and several nieces. One cotillion dress was such a hit that a few years later another niece wanted a dress just like it. Lillian found similar material and made a copy to everyone's satisfaction.

Lillian started her years of service to this community at Shiloh Baptist Church as a young child. Her strong spiritual foundation was the springboard that opened the door to a history of over 50 years of impassioned involvement in the City of her birth. Lillian volunteered her time and sought opportunities to broaden her exposure. She did not just join organizations, she took an active role in them.

Despite the busy period while her daughters were growing up, she became a charter member, Treasurer, and then Vice President of the Alexandria-Mt. Vernon Chapter of Jack & Jill of America. She remained an active member, (1965 -1985) until her second daughter graduated from TC Williams High School. In addition, in the 1960s as Alexandria was learning to deal with the demands of desegregation, Lillian became a positive agent of change, serv-

▼ See PATTERSON on page 10

ACTION Alexandria to Award \$2,500 in for Green Ideas

ECO-CITY  ALEXANDRIA

Eco-City Alexandria, Alexandria Environmental Policy Commission, and ACTION Alexandria have teamed up to launch the **Alexandria Green Ideas Challenge**. Alexandria citizens are challenged to share their ideas for creating a greener, more sustainable community. Thanks to a \$2,500 gift from the Dominion Foundation, the best citizen ideas will win a total of \$500 in cash prizes and a chance at \$2,000 in grants to turn their Green Idea into a reality.

The Alexandria Green Ideas Challenge seeks to harness the talent, intelligence, and creativity of Alexandria residents to make our city more sustainable. By engaging more citizens in a process to generate and priori-

tize ideas for sustainability, the Alexandria Green Ideas Challenge will serve as a community catalyst to move the city closer to being a true eco-city.

The best ideas will take under \$1,000 to implement, be community- or neighborhood-focused, grassroots-oriented, and not require City resources to implement. Special consideration will be given to ideas that incorporate youth.

Grants & Prizes: The Alexandria Green Ideas Challenge is giving three cash prizes and up to \$2,000 in grants to turn the best ideas into action.

First Prize: \$275.00

Second Prize: \$150.00

Third Prize: \$75.00

Prizes will be awarded based on the number of votes received

on ACTION Alexandria and how relevant and actionable an idea is. **Winners will be announced on April 18, 2012.**

Up to an additional \$2,000 in grants will also be awarded to ideas that can be turned into community action. Alexandria Green Ideas judges will work with citizens who submitted actionable ideas to create an implementation plan. **Projects that receive grants must be completed by December 31, 2012.**

Anyone aged 18 and over is invited to share their idea in the Alexandria Green Ideas Challenge. For more information, visit: <http://www.actionalexandria.org/blog/announcing-alexandria-green-ideas-challenge>.

New Employment Resource for Senior Alexandrians

Alexandria seniors have gained new allies in their search for gainful employment. Senior Services of Alexandria (SSA) and Senior Employment Resources (SER) of Annandale have announced a partnership that will bring the Annandale-based senior employment counseling program to the City of Alexandria.

Appointments slots with SER employment counselors at the SSA office in Old Town are now available on Tuesday afternoons between 1:30 p.m. and 3:00 p.m. The schedule may adjust in the future if demand is great. There is no charge to Alexandria clients for the counseling session provided at SSA's office. Counselors provide help with resumes, interview skills, and guidance to further training.

"SSA receives so many calls from seniors looking for help

in finding employment. This new agreement with SER will give them local support and the tools they need for a successful job search," said Mary Lee Anderson, Director of the Senior Resource Center at SSA.

SER is a non-profit 501(c)(3) organization dedicated to providing job searching resources and placement services to senior job seekers, age 50 and older, who reside in Northern Virginia. Since its founding in 1983, SER has satisfied employer staffing needs by placing over 10,500 senior job seekers in jobs.

To make an appointment, please contact Lindsay Hemphill of SSA at admin@seniorservicesalex.org or (703) 836-4414, ext. 10. For more information about SSA, visit www.SeniorServicesAlex.org, or for SER, visit www.seniorjobs.org.



Runners on the National Mall at Mile 20 of the 26.2 mile MCM course during the 36th MCM on Oct. 30, 2011.

COMBAT VISUAL INFORMATION CENTER

Marine Corps Marathon Makes History: 30,000 Registrations Sold in Record Time!

On March 7, the Marine Corps Marathon (MCM) sold 30,000 available online entries in two hours, 41 minutes, marking the fastest sellout in the history of marathon events. The previous registration record was eight hours for the 2011 Boston Marathon. As the MCM opened registration today at 3 p.m. EST, runners registered in a fervent pace with more than 15,948 runners securing their spots in just the first hour.

According to *RunningUSA*, the registration sellout of the 37th MCM is historically the fastest among all U.S. marathons events. "For many months, runners around the world have been focused on today's registration thanks to tremendous

word-of-mouth and the opportunity to share this experience with the Marines," says Rick Nealis, MCM Director. "The MCM staff and U.S. Marine Corps sincerely thank each of the 30,000 participants for such an enthusiastic start to this year's event."

The 37th MCM will be held on Sunday, Oct. 28 in Arlington, VA and the Nation's Capital. For runners still interested in participating in the 2012 MCM, registration is available through MCM Charity Partners. Visit the charity page of www.marinemarathon.com.

Art League's Executive Director to Retire

The Board of Directors of The Art League has confirmed that Executive Director Linda Hafer will retire on October 1, 2012. In notifying Friends of the Art League, Board President *Nancy Pane Fortwengler* noted that in *Linda Hafer's 24 years of service*, "the Art League has prospered, programming has vastly expanded, a family of supportive colleagues and friends has blossomed, and we have moved into the realm of digital and social media. Linda has inspired a dedicated, committed, and hard working staff who excel in all their endeavors while keeping the focus on nurturing artists and giving back to the community."

The Board has begun a search for a successor committed to maintaining the quality of service offered by The Art League to members, students, community, and arts aficionados who enjoy and participate in current exhibitions and programs.



Mount Vernon commemorates enslaved African Americans.

As part of President's Day events, Mount Vernon's Regent Ann Bookout, and Fairfax County Supervisor Gerry Hyland, placed a wreath commemorating the enslaved African Americans buried at the Mount Vernon Estate.

PHOTO BY HARRY MERRITT.

Reese Witherspoon and Bill Clinton Fire Up the Passion at Gaylord National

BY JOHN ARUNDEL

NATIONAL HARBOR, MD. - There are probably no two human beings on Planet Earth today who can make men cheer and women swoon (and vice versa) more than the perky **Reese Witherspoon** and commander-of-all-crowds **Bill Clinton**.

And there they were on February 29 at **National Harbor**, the two modern legends of screen and politics in flesh and living color, putting a much-needed spotlight on battered women at the **World Conference of Women's Shelters** at the **Gaylord National Hotel & Convention Center**.

Witherspoon, an Oscar-winning actress and Avon Global Ambassador, spoke about the realities of domestic violence before presenting this year's Avon Communications Awards. "As a moth-



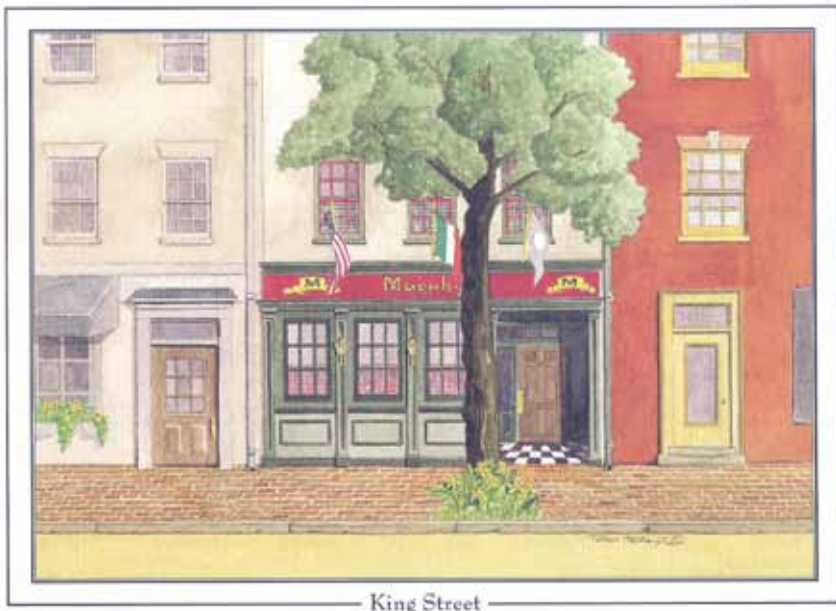
Bill Clinton and Sue Else, president of the National Network to End Domestic Violence,

Ava, 12, and Deacon, 8. Though she said that her kids were shocked to hear

er, daughter, and sister, I cannot accept the fact that one in three women will be a victim of violence in her lifetime," Witherspoon said.

She told the audience that she has even talked about domestic violence with her children

▼ See PATTERSON on page 13



ORIGINAL WATERCOLOR BY TODD HEALY

STROLLING BY HISTORY

Located at 713 King Street, Murphy's Grand Irish Pub opened in Old Town in 1979. Known for its active bar and nightly live music, the pub menu offers an excellent menu of burgers, sandwiches, steaks and fresh seafood, but also includes reliable and tasty standards such as fish and chips, corned beef and cabbage and meat and tomato pies. Join them on St. Patrick's Day or any other for a rollicking fine time.

Limited editions of this print are available at Todd Healy's Studio at 320 King Street in Alexandria, 703-549-7883. Todd is also available for private commissions.



German "bracket-style" mantel clock, with an 8-day mechanism, strike and chimes. Circa 1915.

The clockworks themselves, stamped "unghans".

PHOTOS BY PHIL WADLAND



BY PHIL WADLAND

Question: Mr. Wadland, should I even bother getting my clock fixed? How long do you think it will take?

Answer: Well, let's see. I can give you an example. I'm working on a large 8-Day German Westminster Chime clock that is in disrepair. I had to take the movement out of the case and disassemble the unit in order to repair worn bearings. The chime section of the unit would not run even a full week. The owner was having to wind the clock every three days. This was caused by a bad-

ly worn bearing. The old bearing holes had to be drilled out to a larger size so that a new bushing could be pressed into the new spot.

In a case like this, after all repairs have been made to the movement, it must then be reassembled and tested for a full week outside of the case. If the clock still has problems, I might have to take it apart again. Once I'm sure everything is working correctly, I will install it back in the case and run it for another full week before I'm ready to return it to its owner.

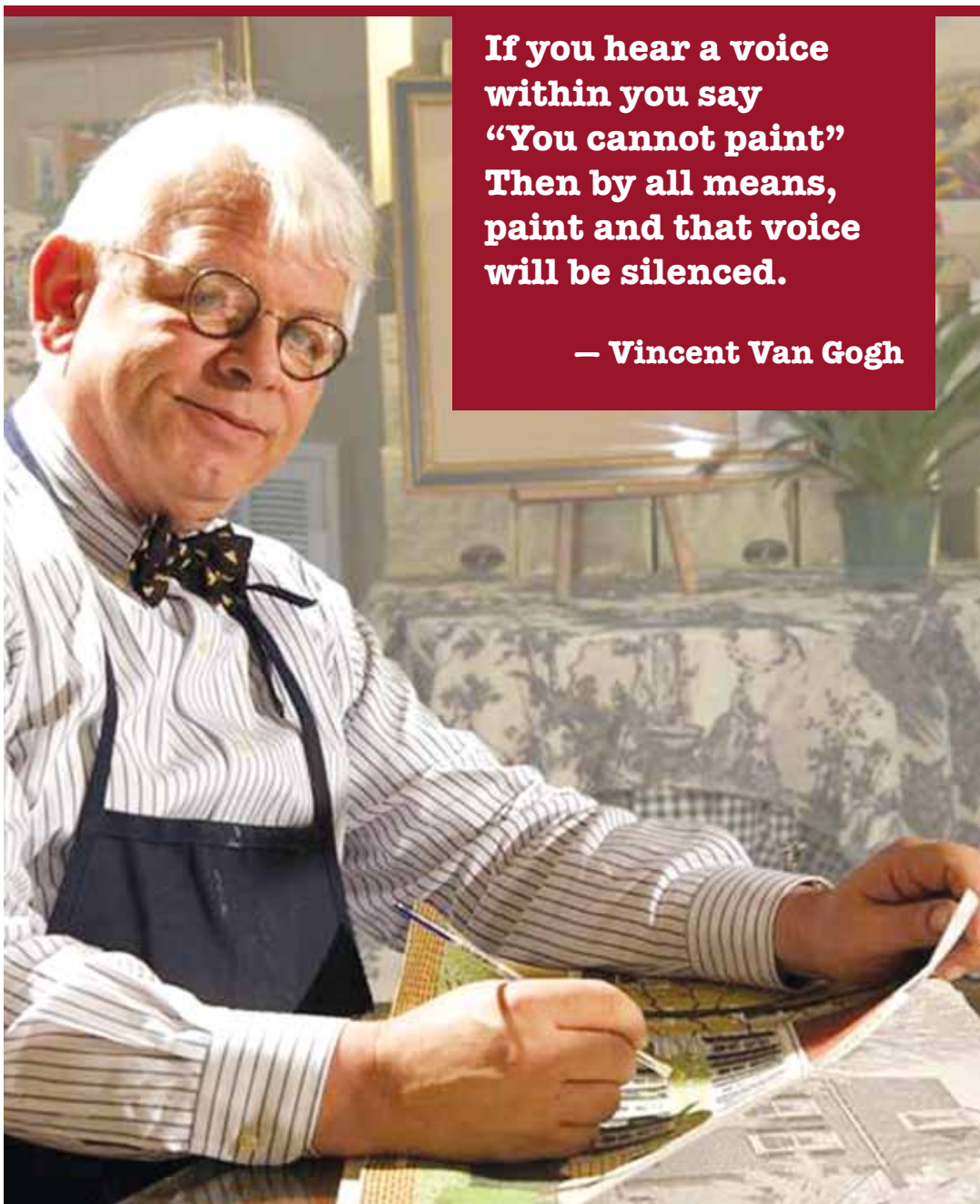
This clock was made by the Junghans clock company. It's pronounced "Younghans." People get confused by this name because stamped on the brass movement is "unghans" inside an 8-sided star. Just beneath the unghans there is a large "J" stamped. There is no other name anywhere on the clock. This clock was made be-

fore World War II and has an insurance value of about \$1500.

I often hear people say, "I have an old clock but I don't think it's worth fixing." Most of time these people are wrong and their clock is quite valuable. The repair charge for the Junghans clock was \$200. As of this writing, I have not yet sent the clock home.

Editor's note: Is the Clockman's column a bit brief this month? Mr. Wadland's been on special duty since a granddaughter was born on February 21. Mom and baby are staying with the Clockman for a while, so, as many of you know, sleep is caught in small patches. The Zebra sends all the best to all the Wadlands, new and older!

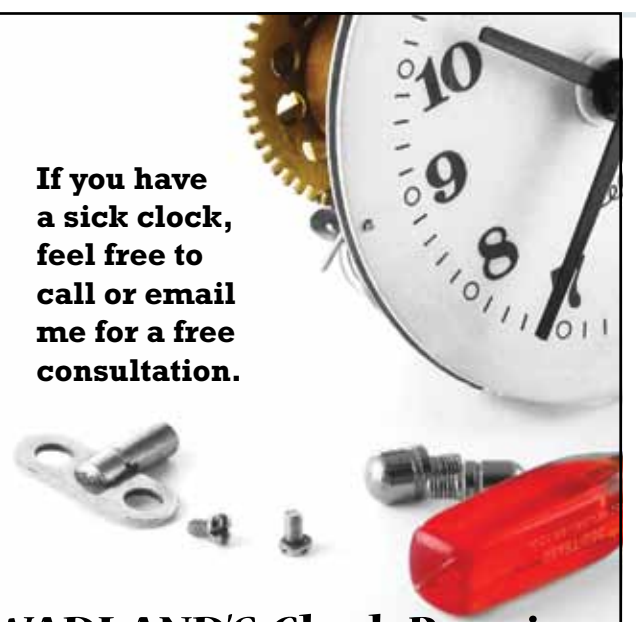
Phil Wadland is a third-generation clockmaker and horologist, residing in Manchester, New Hampshire. If you have questions for the Clockman, email clockman@thezebra.org



If you hear a voice within you say "You cannot paint" Then by all means, paint and that voice will be silenced.

— Vincent Van Gogh

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QUOTABLE:

“When I was a boy I was told that anybody could become President; I'm beginning to believe it.”

~Clarence Darrow



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▲ PATTERSON from page 6

ing on the Boards of the Human Relations Council (1965-1967) where she worked with Episcopal Theological Seminarians to develop a tutoring program and with the League of Women Voters (1965-1981) to plan legislative forums to inform voters on candidate issues.

Her interests then led Lillian to serve on the Board of Directors of the Alexandria Community Health Center (1975-1979) where she was Chairperson. While on the Board of Directors at the Alexandria Community Y, she was a Heather Chairperson. In 1977, Lillian was invited to join the Alexandria United Way Board and until 1983 served on the Membership and Allocation panels for the Washington Metro Area United Way. Twice between 1980 and 2009, she served as President of the Seminary Civic Association. This led to a 2004 invitation to join the Board of Directors of the Seminary Hills Association, a position she still occupies.

By example, Lillian shows that a life of service makes a difference. One example is her joining the Alexandria Volun-

teer Bureau (now Volunteer Alexandria) in 1990. The one office she did not want was Secretary but when the incumbent resigned mid-term, Lillian agreed to take the job until they could find a permanent replacement. She went on to serve in that capacity for nine years but her time on the Board was an opportunity to learn more about the importance of volunteer service and how to engage more people in volunteerism as a lifestyle choice.

In 1995, Lillian, joined the Project Discovery Board of Directors and used her talents, influence, and resources to help financially students that are the first in their families to go to college. Through her involvement with Project Discovery, she continues to encourage students to pursue the educational dreams that will positively impact their futures.

History has always interested Lillian and she serves as Historian for Shiloh Baptist Church where she spearheads a committee that is writing the rich history of this 150-year-old African-American congregation. Her professional life included

serving as a Curator at the Alexandria Black History Museum from which she retired in 2010 and where she continues to volunteer for special projects.

Lillian Patterson is a tireless leader. At a time in life when many of her contemporaries are just watching others work in the community, she continues to be active in shaping Alexandria's legacy. She is a guest host for Comcast Community focus segments produced by Hoop Academy and is a member of the Ad Hoc Naming Committee at Charles Houston Recreation Center formed to ensure that prominent African-American community leaders are properly remembered. Lillian also supports the Concerned Citizens Network Association by sharing Alexandria and local African-American history with Hammond Middle School students to encourage more interest in the city they call home. She is on the Board of Harnbee Community Development Corporation which created Beasley Square affordable housing for seniors.

Through the years she has been recognized by numerous

agencies for her tireless contributions with such awards as the Outstanding Community Service Award (United Way National Capital Area); Community Service Award (Hopkins House); Community Service Award (Alexandria NAACP); Women-to-Women Making a Difference Award (Alexandria Commission on Women); and Generation to Generation Award (Alexandria Senior Services).

She does occasionally treat herself to "down time." She just finished reading Condoleezza Rice's autobiography ("very interesting") and she enjoys listening to smooth jazz, easy listening, and gospel, but "not necessarily in that order." TV mysteries are a special treat with *Matlock*, *Murder She Wrote*, and *Perry Mason* reruns particular favorites.

Lillian Stanton Patterson, now an octogenarian, enjoys Alexandria and willingly works with those who are moving and shaping its policies. She demonstrates how to live in a way that makes a difference.

So while there is no one word to describe Lillian Patterson,

two words very accurately and deservedly do: Living Legend!

Living Legends: The Project

Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle Alexandria's Living Legends. The project was conceived by artist-photographer Nina Tisara to create an enduring record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria.

Platinum and Gold sponsors this year are the Alexandria Commission for the Arts, Club Managers Association of America, Dominion Foundation, Erkiletian Real Estate Development, John McEneaney in memory of Ginny, Renner & Company, CPA, P.C. and the Rotary Club of Alexandria

This is one of a series of 12 profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a Legend for 2013, visit www.AlexandriaLegends.com or contact Nina Tisara, AlexandriaLegends@ninatisara.com



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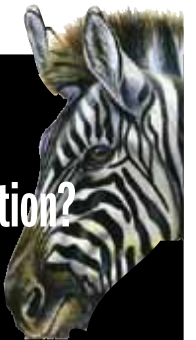


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QUOTABLE:

“Spring is nature's way of saying, "Let's party!"”

Robin Williams



Del Ray Biz: Squeaky Clean & Green

Mellenie Runion is a crafty and creative eco-entrepreneur. She's the mastermind behind Truly-Life. It's an eco-biz she cooked up in her Del Ray kitchen about four years ago. Using all natural ingredients – including herbs from her own backyard – she started out making homemade soaps with catchy names like Chocolate Spa and Romantic Rain. Today, she's expanded her product line to include all sorts of green goodies.

"People are amazed that we make their body lotion around the corner with herbs from our garden," says Runion. "Most people think loofahs grow in the ocean or that lavender only comes from France. We will have our first garden tour this summer to show what is possible in a small urban garden."

From perfumes to lip balms, Mellenie is passionate about keeping her products chemical-free, fresh and local. Even her packaging is biodegradable. And if you see a bicycle wheeling around Alexandria with a basket full of soaps, it's probably a Truly-Life delivery. No emissions, no chemicals. It's a much different approach than what you usually find at the super market or the mall.

"When you see the 'Made in China' stickers, you have no idea what ingredients are in that product or if they are safe. You have no idea how workers were treated to create that product," explained Runion. "One thing is for certain, a great deal of pollution was caused by shipping that product around the world for you to purchase it. Buying local supports our economy and reduces pollution."

ECO-BIZ 101

Mellenie makes running a planet-friendly operation look pretty easy. But it's not all flowers and rainbows.

"It is not always easy being green and sometimes it takes a long time to find the right package or ingredient that meets our eco-philosophy," says Runion.

Truly-Life uses plant oils instead of synthetic fragrances. Spices take the place of chemical-filled dyes. And home-grown herbs and flowers add a unique touch that's just not possible with mass produced skin care lines.

"Customers requested lip balm for months and although we had tested it and loved it, we needed a green container,"



An assortment of Mellenie Runion's products includes (from top left) the loofah, lip balm, bar soap, and lavender perfume. Above, Mellenie and Andy.

(COURTESY PHOTOS)

added Runion. "After a very long search, we found a paper tube. It was more expensive, but it was manufactured in the U.S. and we knew it was the best option for our business."

Mixing business and an eco-friendly sensibility is sometimes a tricky recipe. But it's one that Mellenie has perfected and is committed to.

"The Truly-Life goal is that if a box of our products fell into a river it would not cause harm to plants, animals, insects or our ground water," stated Runion. "Would the products be there for future generations to deal with? No. In fact they would be gone in a few weeks, without a trace."

TRULY-LIFE IS TRULY GREEN

Truly-Life's eco-concoctions are a local treasure and can be found all over the place. Mellenie is a frequent vendor at the farmers' markets in Old Town Alexandria and the Palisades market in Washington. Her products are also sold at the Carlyle House in Alexandria, the Freeman Store in Vienna, and the Green Cleaner in Arlington.

"Being active with the business association has significantly helped my business growth," says Runion. "We have also learned a tremendous amount

from other area small businesses and testing the market with various promotions."

Her online store at www.truly-life.com is also booming. And in a genius throwback to those old Tupperware parties, Mellenie is offering up Truly-Life parties for folks who want to sample the products and have a few cocktails...all at the same time. It's another local approach to getting her products into the hands of crunchy people who care about living green and buying green.

"We received the business seal of approval from Green America, which signifies our business practices are fair and green to the environment and to every worker from any ingredient source company we purchase from," noted Runion.

The endorsement is proof-positive that Truly-Life really is squeaky clean and TRULY green!

Scott Meeks lives in Old Town Alexandria and is a passionate... environmental journalist, eco-lifestyle stylist, producer and author. You can learn all about his crunchy efforts by visiting his website, www.easyGREENTV.com.



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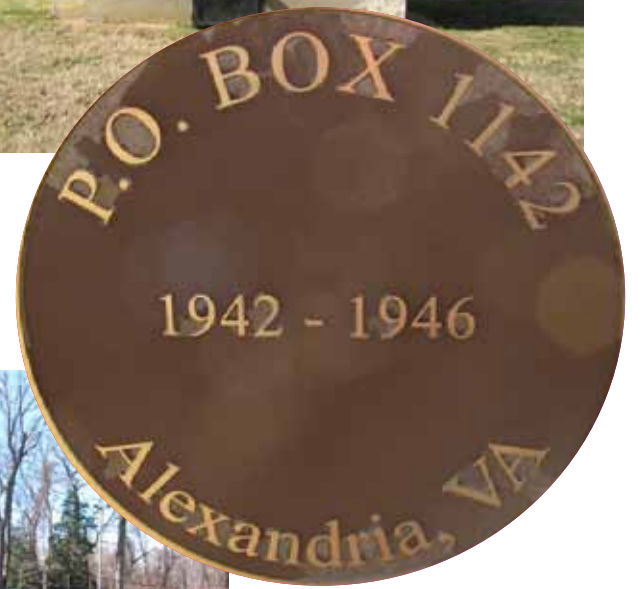
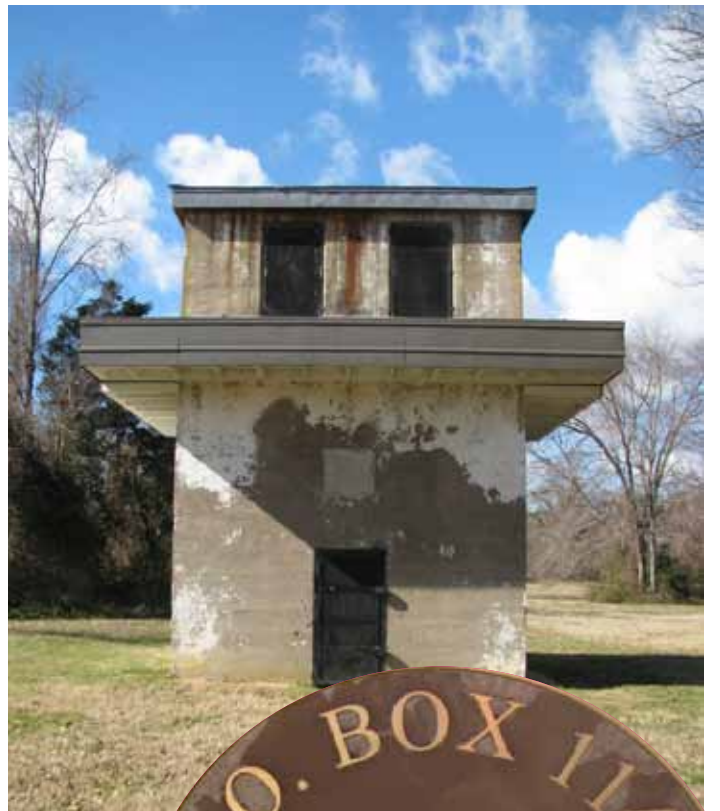
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On left, Battery Sater in Ft. Hunt Park, built in 1904, was used for three inch rapid fire guns and it's identifying marker, and at right, is the only remaining guard tower of P.O.Box 1142 now sits as a silent sentry to the World War II top secret POW camp.



A Silent Legacy – Silent No More

BY CHUCK HAGEE

Fort Hunt Park, just off the George Washington Memorial Parkway in Mount Vernon District of Fairfax County, is a place to enjoy picnicking, jogging, bicycling, nature walks, outdoor sports, and the comraderie of group gatherings. But, 70 years ago it was off limits to everyone except a very special cadre of U.S. Military Intelligence.

And, it wasn't today's Fort Hunt Park. It was P.O. Box 1142.

That clandestine designation shielded one of this nation's most secretive operations of World War II. P.O. Box 1142 served as a prisoner of war camp for captured high ranking officers and personnel of the Axis Powers who were under the interrogation of American military intelligence officers, primarily of the U.S. Navy.

The secrecy that shrouded the very existence of P.O. Box 1142 was not lifted until June 2007 when a Waymarker plaque was unveiled by the National Park Service noting the park's role in WW II. It was only then that those still alive who had served at P.O. Box 1142 could even tell their families of their cloak and dagger assignment during the war.

Four months later, October 2007, the NPS sponsored a reunion for the survivors of that unglorified assignment and dedicated a monument to them. At exactly 11:42 a.m. on Friday, October 5, a flag was raised on the new monument bringing the adventures of the men of P.O. Box 1142 into the morning sun at long last.

"These veterans are special because their purpose had to be kept secret for more than 60 years -- even from their families. Their satisfaction for the job they were doing had to



The flag pole and "Waymarker" plaque dedicated by the National Park Service to the men that served at P.O.Box 1142 during World War II.

come from within," said U.S. Navy Rear Admiral Ann DeBarts Gilbride that morning as she presented long overdue citations to the veterans and family members that morning. The first recipient was Lt.JG Angus Thuermer (Ret), then 92 years young.

During WW II Fort Hunt, although a national park, was the site for two "super top-secret" military intelligence programs. MIS-Y involved the systematic interrogation of Axis prisoners. MIS-X was an escape and evasion training program, for U.S. airman if they were downed over enemy territory.

But, military activities at the site were not limited to WW II. It was instrumental in the Cold War and the space race against the Soviets. The Fort Hunt site was also instrumental in the Spanish American War and other U.S. military engagements.

With its proximity to Washington, DC, and the new Pentagon, combined with its isolation, P.O. Box 1142 was the ideal spot to bring high ranking German and Japanese POW's for interrogation. At the outset most of the "guests" were German U-Boat officers and crew. As the conflict progressed the



Mt. Vernon Battery gun emplacement site in Ft. Hunt Park was built for the Spanish American War.

"guest list" expanded.

By the end of the war P.O. Box 1142 housed representatives from all branches of the German military, including some of the highest ranking officers, top scientists of their nuclear program, and a limited number of high ranking Japanese officials. Knowledge of Germany's advanced rocket technology as well as its initial experimentation with nuclear weaponry was uncovered by the men of P.O. Box 1142.

One of those soldiers was Private Dominic Marletto from western Pennsylvania. He served at P.O. Box 1142 for a little more than a year as a guard. He entered the U.S. Army at age 20.

"When I first entered the service I went to New Cumberland and Indiantown Gap in Pennsylvania for training. Then I was assigned here," he told the crowd gathered for the reunion.

"When you were off base you couldn't tell anyone where you were stationed or what you did. Those in my role hardly ever saw the prisoners. The camp was surrounded by two eight feet high fences," he related.

The actual intelligence gathering was done by Navy and

Army personnel. The information they collected was vital to the Allied success in both the European and Pacific theaters during WW II. As a Joint Interrogation Center members of the Office of Naval Intelligence (ONI) did most of the actual interrogating while Army personnel were primarily responsible for administration of the base and custody of the prisoners.

Those stationed there were legally sworn to absolute secrecy. That included their families, during and after the war. That veil was lifted from them after 60 years on that June day in 2007.

From 1942 to 1945 several hundred Navy and Army intelligence personnel at P.O. Box 1142 interrogated approximately 4,000 enemy POW's. Information gained not only helped win WW II but also gave the U.S. a strategic technological advantage during the Cold War and at the dawn of the Space Age.

Naval interrogators came from all walks of life. All uniformed personnel who took part in those interrogations were reservists. They were the first of their kind in U.S. Naval History.

Originally, there were 450 prospects interviewed by the Navy for the position of interrogator at P.O. Box 1142. Thirty five were chosen. The Navy used only officers as interrogators. The Army used both officers and enlisted personnel in that role.

Many of those assigned to P.O. Box 1142 had family connections to Germany and Austria. That made them very familiar with not only the language but also customs, places, and localisms with which the POW's could affiliate. It also enabled the interrogators to pick up on clandestine conversations among the prisoners.

As explained by former Army Sargeant Peter Weiss at the reunion, who had been born in Vienna, Austria, prior to the war, "My job was to listen and listen very carefully. Sometimes that listening occurred when the prisoners were not aware we were listening."

Most of those attending the reunion of P.O. Box 1142 that October day were in their 80's and 90's. They were and are a part of "The Greatest Generation."

As H.W. Longfellow stated in his Tales of a Wayside Inn, "All things come round to him who will but wait." It was just that the veterans of P.O. Box 1142 had to wait so long for the clouds of war to part and allow the glow of a nation's gratitude shine upon their faces.

ALL PHOTOS BY CHUCK HAGEE



ALL PHOTOS BY PROFIT

“Burn, Build, Breathe” – Just No Coasting at Alexandria's CYCLESTUDIO

BY CHUCK HAGEE

Alexandria prides itself on being bicycle friendly. But, CYCLESTUDIO at 1561 Potomac Green is a whole different peddle.

Built on the principle of personal perseverance, CYCLESTUDIO specializes in full body training through the unique combination of cycling and yoga. Participants move from intense cycle classes to relaxed yoga sessions within a compacted studio nestled in Alexandria's evolving growth community of Potomac Greens.

“What makes us different are our instructors. We focus on service and our members. Classes are limited to no more than 25,” said Richard C. Mandley, president, Professional Fitness Management (ProFIT), which operates this unique exercise facility.

“This is a brand new concept. This is our first site in the Washington Metropolitan Area combining cycling and yoga. In each case personal training is our focus,” he emphasized.

Opened in April 2011, CYCLESTUDIO's clientele has grown from 100 to 400 students a week. “We are seeing a big return to these types of classes that are personal. It's what the big box gyms don't offer. This is truly a neighborhood gym,” said Laurie Mambert, regional director, ProFIT.

Participants range in age from 18 to 70 with 60 percent being female, according to Matt Tourville, one of CYCLESTUDIO's leading instructors and a tri-athlete himself. “It is a big calorie burner while being a very efficient form of exercise at the same time. It really aids cardiovascular functions and greatly strengthens the muscle groups of the legs, hips and

core,” Tourville explained.

The prime asset of CYCLESTUDIO is its collection of 25 NXT bikes that are new as of a month ago, according to staff. These bikes allow each individual to set their own pace of exercise and development and can be adjusted to fit any size of participant.

Adding to the pleasure of the workout is music which changes depending on the demands of the exercise. “If we are working on more speed and demand the music might be more intense. If its a more relaxed session than the music reflects that,” explained Jose Ortiz-Steels, another instructor.

Most of those utilizing CYCLESTUDIO sign up on-line through CYCLESTUDIO's web site at info@cycle-studio.com. “We have structured our pricing to encourage cycling and yoga as a regular routine

for our members. Monthly and yearly passes give unlimited access to our cycling and yoga sessions for as little as \$3/day,” according to their promotion flyer.

Price break downs include the following: Unlimited Cycling and Yoga Training - One year paid in full \$1100; One month unlimited \$135; 10 classes - \$160; 5 classes - \$90; One class - \$20. For new students there is a special offer of three classes for \$20.

“Most of our patrons have gym memberships elsewhere. Basically, this is a supplement to their full workouts. And, we are seeing a steady increase. Right now we offer 24 classes a week but we are probably going to be adding at least five more because we have a growing waiting list,” said Senior Manager Daffney Parsons.

“Our hiring practice centers on professional individuals in

the Fitness Industry and this is not easy to do today. Instructors at CycleStudio are hand picked to give our clients a unique blend of personal attention, exciting presentation and a positive experience. This allows our instructors to be creative, while offering a results driven workout,” Mambert stated.

Many of those who come to CYCLESTUDIO are runners, according to Tourville. “This exercise enables them to run faster and is less stressful on the knees and joints,” he explained.

CYCLESTUDIO offers classes seven days a week beginning as early as 5:45 a.m. and as late as 7:45 p.m. There is ample parking with some of Alexandria best eateries located nearby. And this is one bike ride where participants don't have to share the road.

▲ REESE from page 7

how many women are abused in this country, Witherspoon said it was important for them to be aware of the problem, especially her daughter who is almost old enough date.

At a time when bullies are responding with violence, she said parents must educate their children and themselves about social media and “what constitutes harassment, what is acceptable, and what is not.”

Domestic violence is a topic in many songs, including



Attendees from around the world.

COURTESY PHOTO

Miranda Lambert's “Gunpowder and Lead,” where she sings about shooting an abusive husband.

“These songs create retaliation fantasies, which are a

very important part of our psychology,” she said. “But they don't replace the effectiveness of going public about domestic violence. Talking publicly creates empowerment among women and helps them feel they're not alone. It gives them the courage to go to a shelter or take legal action that could save their lives.”

Former President **Bill Clinton** was the conference's surprise guest last Wednesday. “What you're doing today, just remember this, every time you take in a woman

who's been beaten, you are striking a blow against one of the oldest problems in human kind,” Clinton said.

Also attending were actress **Natasha Bedingfield**, Avon chair and CEO **Andrea Jung**, **Sue Else**, president of the National Network to End Domestic Violence, **Carol Kurzig**, president of the Avon Foundation, **Henrique Duarte**, **Delta Goodrem**, **Lea Salonga**, **Theresa Balayon**, and **Lisa King**.

At the luncheon, Witherspoon presented awards to global leaders in the fight

against domestic violence at the first-ever Avon Communication Awards.

“I'm proud to be the honorary chairman of the Avon Foundation for Women, an organization that has the conscience and courage to tackle the quiet epidemic of violence against women around the world,” Witherspoon said. “**The Avon Communications Awards** I have the privilege to present demonstrate that violence against women is a global tragedy af-

▼ See REESE on page 14



Fairfax County Police Honor Guard



Dancing kids entertained the crowds.



Allan Ramos sported a green beard for the parade.



Gadsby's Tavern Museum Society is an annual participant in the parade.



Dogs were also dressed for St. Patrick's Day.

Alexandria Hosts 31st Annual SAINT PATRICK'S DAY PARADE

The City of Alexandria and the Ballyshanners (Gaelic for "Old Towners") hosted the 31st Annual St. Patrick's Day Parade. Along seven blocks of King street thousands of bystanders watched marching bands, fife and drum corps, dogs, old time cars, and young Irish dancers march in the parade.

(PHOTOS BY HARRY MERRITT)



Congressman Jim Moran and Alexandria Mayor Bill Euille watched the parade from the reviewing stand.



Pat Troy was Chairman and Master of Ceremonies for this year's parade.



Pipes & Drums Marching Band of Northern Virginia Firefighters Emerald Pipe Band

▲ REESE from page 13

fecting women of every class, race and ethnicity."

Winners of their respective categories were:

The Storytelling Award recognizes an organization's artful use of storytelling to increase knowledge and awareness about violence against women and to inspire action. The winner of the Storytelling Award is:

Women's Aid, United Kingdom, www.womensaid.org.uk

The Innovation Award recognizes innovative and unique approaches to communicating about violence against women. The winner of the Innovation Award is:

YWCA Canada, www.ywca-canada.ca

The Break The Silence Award recognizes communications materials that encourage individuals or communities to step in and speak out against violence against women. The winner of the Break the Silence Award is:

Rwanda Women's Network



Reese Witherspoon and Andrea Jung, Chairman and CEO of Avon.

COURTESY PHOTO

www.rwandawomennetwork.org

The Global Award For Excellence In Communication recognizes a campaign that is global, long-lasting, and employs communications strategies that can be easily replicated across the world to stop violence against women. The winner of the Global Award for Excellence in Communications is:

Breakthrough, Bell Bajao! (Ring the bell against Domestic Violence), India, breakthrough.tv/learn/campaign/bell-bajao-ring-the-bell

Read more about the winners at www.avonfoundation.org.

QUOTABLE:

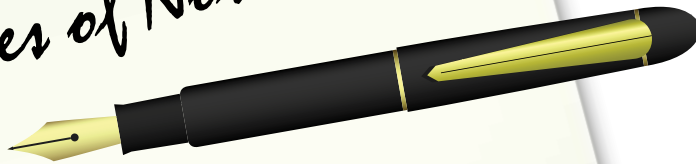
"A politician thinks of the next election. A statesman, of the next generation."

~James Freeman Clarke

BY HARRY COVERT



The Realities of Note Taking



Since I was a small child I've been an inveterate note taker and note keeper. I keep note paper, backs of envelopes at the ready all over the house just in case that idea for an entertaining story, a fabulous new concept for an eggbeater or a quote I can use from someone who borrowed it from someone.

Once in a meeting with a hotshot CEO who believed he had all the answers, I scribbled furiously with my Parker fountain pen and kept on until it unnerved him. No one else bothered to take notes as the "wizard" businessman gave us all the "answers." Finally, he asked my intentions. "I'm writing a how-to book from your silly monologue."

I was allowed to leave the meeting. I was a younger and inexperienced smart aleck in those days.

My notepads come in various sizes,

either Reporter's Notebooks or 3x5 spirals. They come in handy as you mature. I found some old handwritten notes recently, one read "getup at 3, write column, tigers, skunks, elected ..." Honestly, I don't know what that meant.

Probably we've all kept pages of things which are probably illegible years later when we find them tucked away in books, bank statements or receipts.

In the days of newspaper linotype machines and before the advent of computers and Publisher programs, the test line of lead type was "etoin shrldu." You could drive people nuts using this line. I've seen writers use the letters when they couldn't think of names or places or things as a reminder to update the text. Something like, "The Commonwealth's Attorney said *ETOIN SHRDLU*". When this appeared in print, problems arose.

Modern printing technique is awesome, especially with spell check.

I know an entrepreneur who said his mind worked so fast he didn't have time to use spell check. Finally, his board put the arm on him to make his notes and memos readable. He'd write, "Dearr Alk, neet meetng sedt for Thrusdau." An arrogant toot. Maybe arrogant tout sounds more reasonable.

Bedside notes can be fun, too, after tossing and turning all night. One of my brilliant scratches said, "call McNamara, fire test water. Deadline." Still confusing to me.

Not all of these things are nutty, though. From my notebook in green ink, I noted an Alexandria General District Court preliminary hearing. A witness was testifying what he saw at a murder scene. The judge interrupted the questioning, "Was the victim hurt when you saw him?" "No Your Honor, he warn't hurt at all, he was killed."

As I've seen the growth of new pub-

lications in Alexandria, one of my treasured old notes was a seven-page, double-spaced outline typed on an old Royal Safari manual typewriter in 1972. Do I have to explain here about typewriters? The outline was done on a nasty and rainy Sunday afternoon. I was daydreaming and wrote how to start a weekly newspaper. And on a "wing and a prayer" and \$3,000 bank loan, a newspaper was born and published for almost three years until the advertisements ran out. We had over 8,000 subscribers and in the notes I found letters from readers paying "their prescriptions."

The reminder here is simply to keep your notes, put them in big envelopes and one day, when you're tired of silly television programs and videos, just turn on your radio and think about those good old days of yonder. They are treasures if only for yourself.



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Born in March - Aren't You Lucky!

BY MARY EHLERS



The March birthstone is aquamarine, which is the gemstone symbolizing happiness and eternal youth. The first documented use of aquamarine as a gemstone was by the ancient Greeks between 480 and 300 B.C.

The gemstone's name, aquamarine, is derived from two Latin words, meaning «water» and «sea». The color of aquamarine varies from a greenish-blue to a blue-green and is generally a light tone and very translucent with few if any flaws visible to the naked eye.

Most aquamarine has been heated to change the greenish tint to a more saleable blue hue. Once heated, the color of the gemstone is stable and the hardness factor is 7-1/2 to 8 on the Mohs Scale of Hardness, with a diamond being a 10. The basic rule of thumb is, if a gemstone has inclusions, don't clean it in an ultra-sonic cleaner. Also, if having an aquamarine ring sized, make sure your repair person or jew-

eler doesn't heat the stone, as it may cause fracturing, breakage, fading, and color changes. (Note: most reputable jewelry stores are aware that you do *not* solder next to an aquamarine gemstone.)

If, and only if, your aquamarine has *no* inclusions, is it safe to clean it in an ultrasonic cleaner. The same rules apply to steam cleaning aquamarine, if included...do *not* use a steam cleaner. It is all right to clean your aquamarine in warm sudsy water, using a soft bristle toothbrush to remove any dirt particles from the stone's surface. Then rinse the aquamarine jewelry in warm water, and lay it on an absorbent towel to air dry. Do *not* scrub, as excessive cleaning can be harder on gemstones than no cleaning at all.

If you haven't ever owned an aquamarine, then it may be time to treat yourself, especially if your birthday is this month. This gem comes in a variety of sizes and shapes, and a gem quality stone in the one-carat size can range from \$100/carat in a paler color up to \$250+/carat, in a more intense top gem-quality color. These stones are generally eye clean (no inclusions to the na-

ked eye) in these price ranges. A fine deeper tint of blue that is inclusion free to the naked eye may command up to



The captivating aquamarine.

\$500/carat.

Enjoy your birthstone, and if you wish to view more aquamarine gemstones, please visit a local jeweler and compare the selection from store to store. Just remember, this gemstone symbolizes happiness and eternal youth...and that's a great thing to think about!

Mary I. Ehlers, Owner,
Designer, Goldsmith, Platinum-
smith, Gemologist
The Nugget
123 S. Fairfax Street
Alexandria, VA 22314
W#: 703-548-3010
Cell# 571-238-1519

Department of Recreation, Parks, and Cultural Activities'

Spring & Summer 2012 Program Guide Now Available

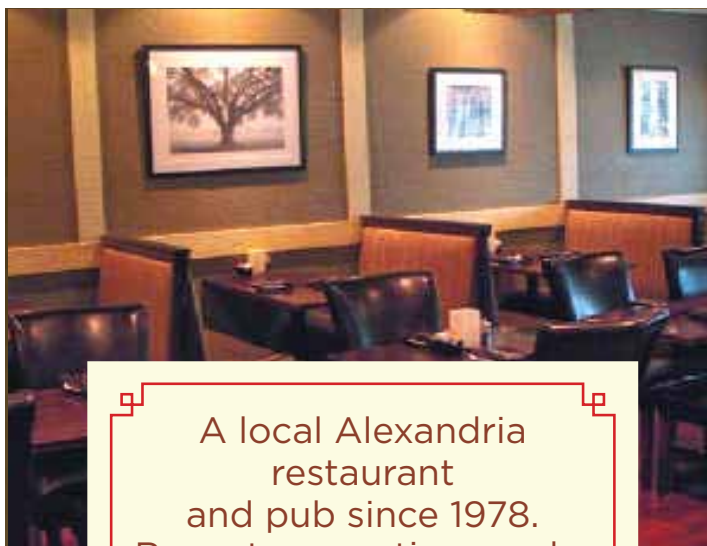
The Department of Recreation, Parks and Cultural Activities' Spring & Summer 2012 Program Guide is now available by visiting alexandriava.gov/recreation. The program guide highlights City classes, programs, activities and special events occurring April through August 2012. Registration for spring & summer classes and activities begins at 9 a.m. on Wednesday, March 28 for City residents, and Friday, March 30 for nonresidents. Individuals who subscribe to receive the program guide by mail will receive it the week of March 12.

Individuals who did not subscribe can download a free copy or pick up a printed copy at the following locations on Friday, March 9:

- Department of Communications & Public Information, City Hall, 301 King Street
- Charles Barrett Recreation Center, 1115 Martha Custis Drive.
- Charles Houston Recreation Center, 901 Wythe Street.
- Chinquapin Park Recreation Center, 3210 King Street
- Cora Kelly Recreation Center, 25 W. Reed

- Avenue
- Dr. Oswald Durant Memorial Recreation Center, 1605 Cameron Street
- Jerome "Buddie" Ford Nature Center, 5750 Sanger Avenue
- Mount Vernon Recreation Center, 2701 Commonwealth Avenue
- Nannie J. Lee Memorial Recreation Center, 1108 Jefferson Street
- Patrick Henry Recreation Center, 4643 Taney Avenue
- William Ramsay Recreation Center, 5650 Sanger Avenue
- Barrett Branch Library, 717 Queen Street
- Beatley Central Library, 5005 Duke Street
- Burke Branch Library, 4701 Seminary Rd.
- Duncan Branch Library, 2501 Commonwealth Avenue

Program guides are mailed to subscribers three times each year: Fall Programs (August); Winter Programs (December); and Spring and Summer Programs (March). To sign up for a free subscription to the Department of Recreation, Parks and Cultural Activities' Program Guide, visit alexandriava.gov/recreation or call 703.746.4343.



A local Alexandria restaurant and pub since 1978. Recent renovations make this neighborhood spot comfortably elegant with great lunch and dinner specials every day

RAMPARTS
TAVERN & GRILL

1700 Fern Street Alexandria
709-998-6616
rampartstavern.com

See why *Washingtonian* Magazine ranked HGS as one of the top five schools in the Washington DC area in the "Nurturing Community" category!



FALL ADMISSIONS
OPEN HOUSE

(there are a few late year openings in grades 6-10)

Monday, April 23
9:30-11:00 a.m.



The Howard Gardner School

To rsvp for an Open House, call Mary, our Admissions Assistant, at 703.822.9300 or email at mary@thehowardgardnerschool.org

4913 Franconia Road Alexandria, VA 22310
(703) 822-9300

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Carpentry and Painting
ALL House Work
ALL Garden Work

ALL ODD JOBS
202-497-2997

localKicks
get a kick out of your community
Catch the Zebra online at www.thezebra.org and also on LocalKicks.com

Kiwanis Happenings

February Membership Drive a Success!

Our February Membership Drive Event held at the Sheraton Suites brought us three wonderful new members, who were inducted at our March 1 meeting. We are excited that our new members will help with our fund raising efforts, which support 19 other nonprofit Alexandria charities helping children in our community. Our new members are Jason Fuchs, Financial Advisor with Wells Fargo; DeAnne Mullins, Clinical Director, Residential Youth Services; and Tamara Mitchell, VP and Branch Manager, Virginia Commerce Bank

NSO in Concert

In March we are promoting our major fundraiser of the year, titled The NSO in Concert. This year's concert will feature two principals of the National Symphony Orchestra and the John Adams ES Orff Ensemble under the direction of Wes McCune. This annual event provides a unique opportunity for the students and the attendees to interact directly with the members of the NSO. For more info, stay tuned to the Kiwanis website: alexandriakiwanis.org.

Raising Money for Sudan Relief

Our new member of the Del Ray Kiwanis Club, Monica Sheehy, is the school social worker at George Washington Middle School and faculty sponsor of the GW Builders Club (Kiwanis Club's name for a youth group in that age range). Last year, through bake sales and other grass roots efforts, she and her students raised 50 percent of the money needed to provide a well for clean water in the Sudan.

This project inspired many youths to increase their awareness of global issues, such as clean water. Kiwanis is a National and International Service Organization whose mission is to save one child at a time, one community at a time, all around the world.

Kiwanis is a National and an International Service Organization whose mission is to save one child at a time, one community at a time, all around the world. It crosses religious, political, ethnic and regional barriers; and its purpose is simply to foster good health, clean water, and support the needs of children all around the world.

WWW.TASTE OF ARLINGTON.COM



SAVOR THE DATE 12PM TO 5PM MAY 20

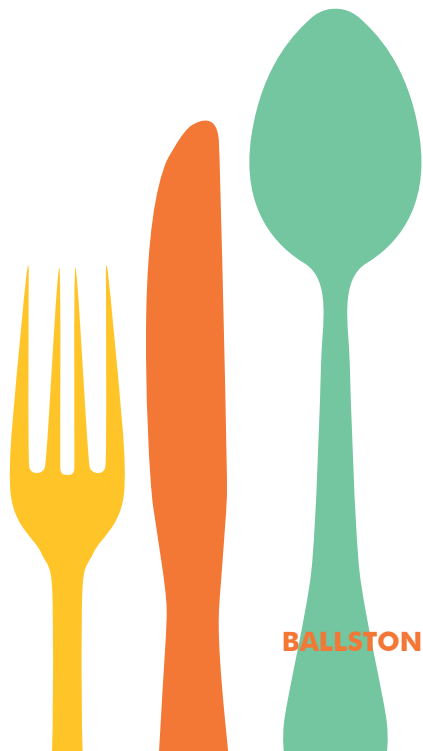
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BEER & WINE TASTING
KIDS ENTERTAINMENT
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\$25 ONLINE
\$30 DAY OF EVENT

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BALLSTON BUSINESS IMPROVEMENT DISTRICT



SAVE THE DATE! On the Boardwalk Gala 2012 • Saturday, April 21 • New Hope Housing

Help us prevent and end homelessness in Northern Virginia

It's time to rethink homelessness:
www.newhopehousing.org | 703-799-2293
8407-E Richmond Highway, Alexandria, VA 22309

Authentic Indian Cuisine.

Serving you since August 1994.

We look forward to welcoming you at Aroma Indian Restaurant!

Also available for in-house parties, banquets, weddings, and outdoor caterings for private and corporate functions.



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10:00 pm

Open Friday
and Saturday
until 10:30 pm

Shirlington | 4052 Campbell Avenue, Arlington, VA 22206 | 703-575-8800
DC | 1919 I Street Northwest, Washington, DC 20006 | 202-833-4700
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* Please bring this ad with you thru April 15, 2012.

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www.landmarkprinting.net
E-mail: richard@landmarkprinting.net
9-6 M-F; 10-2 Sat.; Closed Sunday



SUMMER CAMP DIRECTORY

ALEXANDRIA ARCHAEOLOGY CAMP

703-746-4399
 AlexandriaArchaeology.org
 Alexandria Archaeology
 Alexandria
 Ages 12 - 15
 Session I: 7/16 - 20
 Session II: 7/23 - 27
 \$400
 Scholarships available. Help Alexandria's City archaeologists excavate a real archaeological site! Learn professional excavating, recording, and artifact processing methods. Uncover Alexandria's buried past while protecting the City's valuable historic resources.

ANIMAL WELFARE LEAGUE OF ALEXANDRIA SUMMER CAMP

703-746-5656
 alexandrianimals.org
 Alexandria Animals Rising
 Alexandria
 3rd -8th graders
 1 week sessions: 6/25 - 8/27
 \$250/week
 The Animal Welfare League Summer Camp offers a unique opportunity to learn about animals that live in our homes and in our back yards. Campers will enjoy animal-themed games, activities and discussions focused on: animal welfare and sheltering; careers with animals; local wildlife; positive reinforcement training; and plenty of hands-on interaction with a variety of different shelter Animal Ambassadors.

ARCADIA FARM CAMP

847-989-2347
 arcadiafarmcamp.wordpress.com
 Alexandria
 Farming, Cooking
 Ages 6 - 10
 1 week sessions: 7/16-7/20; 7/23-7/27
 9am-3pm
 Extended day
 \$300.
 At Arcadia's first-ever Farm Camp, campers will joyfully discover where food comes from through hands-on farming, cooking, and eating experiences. Campers will spend

a week at our working farm on the grounds of Woodlawn, a National Trust Historic Site, in Alexandria. Your child will develop an understanding of food origins, seasonality, sustainable agriculture, historic preservation, land conservation, and culinary arts.

THE ART LEAGUE SUMMER ART CAMP

703-683-2323
 theartleague.org/school
 Alexandria
 Basic Art, Drawing, Cartooning, Painting, Ceramics, Sculpture, Jewelry, Fiber
 Ages 5 - 17
 1 week sessions: 6/18 - 8/24
 Half- and Full-Day: 9:30 - 3:30
 Basic Art: \$150 Half Day/ \$330 Full Day
 Specialty Camps vary.
 Art Camp provides a wonderful introduction to several forms of visual art. In Basic Art, each day's project is different: drawing, painting, printmaking, sculpture. In specialty camps the focus is on immersion in one media. Tuition for full-day camps includes a supervised lunch hour. Create a full-day session by combining Basic Art with a Specialty Camp (\$35 fee for supervised lunch hour). All full-day campers should bring a bag lunch.

BAROODY CAMPS

703-864-2318
 barodycamps.com
 Alexandria, McLean, Springfield
 Sports, ThinkFun!, Adventure, Martial Arts, Superstadiumtour
 Rising K - 8th graders
 Coed & Single Sex
 CIT - rising 8th & 9th graders
 1 week sessions: 6/18 - 8/17
 9am -3:30pm
 Extended Day Available
 Early Registration Discount
 We are home to camps and school year activities all over Northern Virginia. Our full day camps vary weekly and include an incredible assortment of themes as well as offerings in basketball, music, soccer,

gymnastics, martial arts, outdoor adventure, and more!

BEVERLEY HILLS CHURCH PRE-SCHOOL SUMMER CAMP

703- 549-7441
 www.bhcpnet.org
 Alexandria
 Session I Animals; Session II Dinosaurs; Session III Nature
 Ages 2.5 - 5
 (must be 2 by12/31/11)
 2 week sessions
 6/25 -8/3
 9 - Noon (2.5 - 3.5); 9 - 1 (3.5 - 5)
 Session 1: \$320 for 3hr; \$425 for 4hr
 Session 2/3: \$355 for 3hr; \$470 for 4hr
 Beverley Hills Church Preschool (BHCP) is pleased to sponsor a half-day summer camp program for children ages 2.5 - 5 years old. The children will enjoy BHCP's wooded playground and outdoor water play every day. The campers will also spend time inside the air conditioned classrooms creating art projects, singing songs, reading books, and playing with the materials offered during the regular school year.

BROWNE SUMMER CAMP

703-960-3000
 browneacademy.org/summer_camp
 Alexandria
 Traditional, Specialty, Summer Studies
 Ages 3 - 13
 CIT program for rising 9th -11th graders.
 6/18 - 8/24
 8am - 4pm
 Extended Day
 \$310-\$550
 Cost varies by session.
 5% sibling discount
 Summer camp is about new friends, new experiences, new skills, and most importantly, it's about plain, old fashioned fun! Our summer program offers an exciting array of age appropriate activities such as daily swim instruction, athletics, arts, technology, nature, and

more! Weekly themes and Specialty Camps add a unique twist to each camp day. Register online.

BURGUNDY FARM SUMMER DAY CAMP

703-216-2909
 burgundyfarm.org
 Alexandria
 Traditional
 Ages 3 - 15
 1 week sessions: 6/18 - 8/10
 8am - 3pm
 Extended Day & Transportation available
 \$350
 Burgundy Farm Summer Day Camp offers 5 acres of grassy hills, an amazing pond full of life and learning, a garden and a barn with awesome animals just waiting for campers to study and learn amazing facts about them. An amphitheater in the woods is the perfect site for daily camp meetings and performances. We also have a state -of-the-art gym and indoor stage facilities.

CAMP ARENA STAGE

202-554-9066
 arenastage.org/camp
 Georgetown Visitation, Wash, DC
 Multi-arts Ages 8 - 15
 (as of July 1, 2011)
 CIT Prog for rising 11th -12th graders & grads
 4 week: 6/25-7/20
 2 week: 7/23-8/3
 9am - 4pm
 Extended Day
 4-wk: \$1700
 2-wk: \$950
 Campers choose their own schedules from a host of theater, visual arts, music, dance and media activities. Staffed by professional artist-educators and supported by a team of highly trained counselors, Camp Arena Stage brings together campers from diverse backgrounds to explore, discover and create art. Guest artists, daily Noontime Shows.

CAMP COLUMBIA

703-534-5740
 columbiabaptist.org/daycamp

Falls Church
 Traditional Christian
 Rising 1st -7th graders
 6/18 - 8/17
 7:30am -6pm
 \$240/week

At Camp Columbia our goal is to provide children with a fun, safe camp experience where kids can learn of God's love, form lasting friendships, and enhance self esteem. Kids will enjoy a weekly splash in the pool, field trip and on-site adventure including: crafts, games, activities, bible studies, hang time with friends, lunch, snacks, and much more!

CAMP GREENWAY AT THE MADEIRA SCHOOL

703-556-8213
 madeira.org/summer
 McLean, VA
 Traditional
 Rising K - 9th graders
 Half day for 4 year olds.
 CIT Program for rising 10th graders
 1 week: 6/18 -6/22; 8/6 - 8/10
 2 week: 6/25 - 8/3; 8:15 - 3:45
 Transportation & Extended Day
 2 week: \$895.00
 1 week: \$450.00
 Half day: \$450.00
 For 35 years Camp Greenway has offered the ultimate day camp experience. On the 376-acre campus of The Madeira School, Camp Greenway provides a beautiful setting and encouraging atmosphere for kids to grow, create, experiment and explore. Activities include: archery, arts & craft, nature, mad science, sports and free swim (lessons for younger campers). Older campers take field trips and enjoy canoeing and the on campus challenge course! Each session culminates with a day of camp competitions and activities!

CAMP SHAKESPEARE

202-547-5688
 shakespearetheatre.org/education
 Alexandria, McLean, Washington, DC & Silver Spring

▼ See CAMPS on page 19

▲ CAMPS from page 18

Theatre, Acting Intensive
Ages 9 - 18
2 Week Sessions: 6/18 - 8/10
10am-5pm
\$725
\$25 sibling or multiple session discounts
Scholarships Available
Camp Shakespeare invites students to enhance their understanding of Shakespeare's plays through exploration of classical acting techniques. Participants will analyze and interpret the text, create dynamic characters and explore the art of stage combat. Camp in Alexandria (7/30 - 8/10) at the GW Masonic Memorial will culminate with a performance of Romeo & Juliet.

CAMPAGNA KIDS SUMMER CAMP & SUMMER SAFARI

703-549-0111
campagnacenter.org
Alexandria
Traditional
Rising K - 5th graders
Summer Camp 4-wk sessions: 7/2 & 7/30
Summer Safari -1 week sessions: 6/25 - 7/30
Summer Camp: sliding scale
Summer Safari: \$225/wk with multi-week discounts
"Around the World in 40 Days" summer camp is an enriching and educational 8-week adventure of activities and field trips concentrating on global culture. Hours are 7am - 6pm. "Summer Safari" can be enjoyed in weekly sessions (up to six) featuring a science-based curriculum focusing on habitats: desert, rainforest, ocean, arctic, for-est and prehistoric. Hours are 9am - 2pm with extended day available. Breakfast and snacks provided; campers bring lunch.

CHALLENGER SPORTS BRITISH SOCCER

877-439-9195
challengersports.com
Alexandria
Soccer Ages 2 - 16 1 wk in Spring & 7 in Summer
Extended Day
\$89 - 189 + \$25 for non-Alexandria residents
Challenger British Soccer Camps provide players of all abilities with the rare opportunity to receive instruction from international experts. Each day includes foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a tournament. The staff also provides lessons in respect, responsibility, integrity, sportsmanship and leadership. Register on-line 45 days prior to camp to receive a free ball & soccer jersey!

CITY OF ALEXANDRIA SUMMER CAMPS

703-746-5415
alexandriava.gov/recreation
Alexandria
Traditional, Field Trips
Ages 3 - 12
CIT Program:
Ages 13 - 17
1 week sessions: 6/25 - 8/31
Varies by program
Financial Aid available

At City of Alexandria Summer Camps, a lifetime of rewarding memories awaits each child. Activities include swimming, team sports, crafts, environmental activities, games and field trips. Children are supervised in a friendly, safe environment. Counselors create an atmosphere of enthusiasm, support and trust - actively participating in all activities. Every day is an adventure!

CIVIL WAR KIDS CAMP

703-746-4848
forward.org
Alexandria
Historical
Ages 8 - 12
6/25 - 6/29
9am - 1pm
\$200
Civil War enthusiasts will enjoy this fun and educational history camp! The program features drilling, games, arts & crafts, music, learning about Civil War forts and army life, and special guest reenactors. Space is limited to 24 campers, so enroll early.

DEL RAY ARTISANS ART CAMP

Del Ray Artisans
703-838-4827
TheDelRayArtisans.org
Alexandria
Art
Rising 3rd -9th graders
7/23 - 7/27
9am - 4pm
Gallery show 7/28
\$275
Scholarships available.
Campers will have the opportunity to experience art media through varied fun and creative art projects taught by experienced artists and teachers. Lunch is provided.

DEL RAY PERFORMING ARTS CENTER

703-548-2321
delrayperformingartscenter.com
Alexandria
Music; Drama and Performing Arts
Ages 3 - 17
1 week sessions
Some courses of shorter duration
\$595
Some course prices will vary.
DRPAC offers a variety of music (rock, jazz, songwriting) and drama (stage combat, Shakespeare, and improvisation) camps in contemporary settings and instructional approaches. Camp courses are conducted by experienced, trained, and accredited instructors. All classes culminate in a public performance. Child-care is available before and after classes.

EDUCATIONAL THEATRE COMPANY'S SUMMER CAMPS

703-271-0222
educationaltheatrecompany.org
Arlington
Theatre Arts, Creative Play, Playwriting, Film
Ages 3 - 18
CIT Program & teen volunteer options
1-3 week sessions: 6/25 - 8/24
Extended Day available
Price varies by camp
Since 1998, Educational Theatre Company has offered quality

programming where professional performing artists collaborate with students to inspire the next generation of theatre artists and patrons. Disciplines include: Musical Theater, Shakespeare, Playwriting, Creative Play, Comedy and Film Production. Campers benefit from a safe, supportive environment to explore their creative potential, take risks and develop life-long skills that reach far beyond the classroom.

E.NOPI MATH, READING, AND WRITING

703-535-3330
enopimathreading.com
Alexandria
Academic
Ages 3 - 15
Ongoing 1 or 2 times/week
Minicamps available
\$175/mo for 1x/week
\$300/mo for 2x/week
10% Sibling discount
We nurture healthy study habits and facilitate your child's fundamental skills, establishing self-confidence within his/her own capacity! E.nopi helps children strengthen math, reading, and writing skills in a fun, interactive environment. The E.nopi curriculum combines facts and memorization with application of skills through critical thinking, problem solving, and reading comprehension. The individualized program helps children master skills at their own pace, while building confidence at the same time!

FUN BOT LAB

202-709-6151
funbotlab.com
McLean VA
LEGO Star Wars Moviemaking, NXT Robotics, Digital Moviemaking, Music, Photography
Rising 1st -8th graders
1 week sessions: 6/25 - 8/10
9am - 3pm
Aftercare til 6pm
\$295/week
Early registration & sibling discounts available.
Fun Bot Lab is the place where the rhythms of your child's technical and creative potential will be harnessed for maximum growth in a technology camp experience they will never forget! We offer a great mix of programs in a safe, nurturing environment with an outstanding staff. Creative expression and problem solving has never been this fun!

JANE FRANKLIN DANCE

703-933-1111
janefranklin.com
Arlington
Dance
Ages 5 - 9
1 week sessions:
7/9 - 7/20
9am - 4pm
Extended Day
\$250/wk
\$50 Ext AM
\$75 Ext PM
Early Registration Discount
These engaging dance camps will spark imagination to explore basic dance concepts, visual arts and poetry. Books by Elizabeth Spire, "The Mouse of Amherst" and "The Big Meow" will come to life through movement, creative problem

solving and physical storytelling. You'll stretch your muscles, create and share a cat-like vocabulary of movement or the moving poetry of a mouse, be on stage, and be a star! Students create a role that is performed by the end of the week.

LANGUAGE STARS

571-970-2106
Languagestars.com/alexandria
Alexandria
Spanish, French, Mandarin, German Immersion
Ages 1 - 10
1 & 2 week sessions: dates vary by language
1x/week classes available
Varies by camp
Prepay and sibling discounts
Fun Foreign Language for Kids! Language Stars offers total immersion in Spanish, French, Mandarin and German. With our play-based curriculum, your child won't even realize he/she is learning another language! Camp options fit a variety of schedules including weeklong half day camps, weekly classes, and à la carte options. Indoor and outdoor options available.

MAD SCIENCE

703-536-9897
madsience.org/dc
Alexandria, Arlington and Fairfax
Science: Rockets, Robots, Spy, Mixed Topics
Rising 1st -6th grades
1 week sessions: 6/25 - 8/27
Full Day: \$315; Half Day: \$185
\$20 Fee for Robots
Kids explore science topics in a hands-on, inquiry-based environment. Learn the science behind crystals, physics, environmental science and much more! Kids can become Jr. Forensic Scientists, build their own robots, or even launch rockets!

MATHTREE®

877-MATH-987
mathtree.com
Alexandria, Arlington, Burke
Math
Ages 6 - 15
2-week sessions: 6/18 - 8/31
Extended Day
\$395 - \$465
Sibling discount at some locations
Plant a love of math in your child and watch it grow! MathTree® makes math fun! Small camps (staff to camper ratio 1:6); strong teachers who care about your child; great material presented in fun, exciting, interactive ways; two-week camp with half and full day options. Your child branches out, cultivates math skills, and grows self-confidence while having fun!

OAKWOOD SCHOOL SUMMER PROGRAM

703-941-5788
oakwoodschoo.com
Annandale
Learning Differences
Rising K - 8th graders
1 week sessions: 6/25 - 7/20
9am - 3pm
\$500 - \$625
All 4 Weeks:
\$2150
Academic AM: Elementary students receive instruction in reading, math, and writing using a variety of motivating and exciting themes. Middle School students work on research, note taking, writing, and presentation skills through project-based activities. Recreational PM: Students choose from a variety of activities such as team sports, art, swimming, drama, and cooking. In addition, the students will enjoy a

field trip every week.

SILVER KNIGHTS CHESS

703-574-2066
silverknightschess.com
Alexandria
Chess
Ages 5 - 13
1 week sessions: 6/25 - 8/31
9am - 4pm with ½ day options
\$300 for full day; \$175 for half day
Our coaches are highly-rated professional chess instructors. We taught the 2008 national 1st & 2nd grade champions and the 2009 national kindergarten champion. Campers are divided by skill level and each receives a T-shirt and tournament-style chess set. Learn openings, tactics, endgames and study master games. Full-day campers have lunch and recess.

SKYLINE SPORT AND HEALTH JUNIOR TENNIS CAMP

703-820-4100
Falls Church
Tennis
Ages 4 - 17
1 & 2 week session: 6/11 - 8/31
9am - 5pm; 9am - noon; 2pm - 5pm
Extended Day
Member: \$155 - \$485
Non Member: \$205 - \$585
Skyline Sport and Health offers an unforgettable tennis experience, no matter what age or skill level. Campers will hit tons of balls, meet new friends and enhance their tennis skills in a positive and enthusiastic environment! Our staff will build upon strengths, correct weaknesses, increase game knowledge and help players move to the next level. The camp includes 3 to 6 hours of movement drills, condition exercises, singles/doubles strategies, coupled with competitive match play and games.

SUMMERTIMES AT ST. STEPHEN'S & ST. AGNES SCHOOL

703-212-2777
sssas.org/summer
Alexandria
Day, Specialty, Sports, Academics
Rising JK -12th graders
1 week sessions: 6/18 - 8/17
\$300 - \$350/wk
Celebrating 40 years of summer fun! Choose from more than 100 different SummerTimes camp programs: Day, Sports, Specialty, Summer Studies and Academic Enrichment. Close proximity to DC on three beautiful campuses. Our programs are directed by experienced SSSAS faculty and staff members.

TINY DANCERS

703-385-5580
tinydancers.com
Alexandria
Dance
Ages 3 - 5
1 week sessions
10am - 12:30pm
No Extended Day
\$225/week
15% sibling & second week discount
All Tiny Dancers camp sessions include daily instruction in ballet, a light snack, fine motor exercise through a theme related craft and our exclusive story and dress-up dance interpretation. Each camp culminates with a recital and reception for family and friends on the last day of the camp.



▼ See CAMPS on page 20



▲ CAMPS from page 20

URBAN EVOLUTION: PARKOUR AND FREERUNNING SUMMER CAMP

571-215-8218
urbanevo.com
Alexandria
Tumbling Gymnastics
Ages 9 - 15
1 week sessions: Mid-June to Sept.
1pm - 6pm
Extended Day after 6pm
\$350/week
Sibling/friend discount: \$100 off each attendee
Parkour is an art of moving efficiently through your environment in an interesting way! Our 4,200sf facility emulating an urban setting is designed to offer a sense of adventure while training safely. Freerunning is Urban Acrobatics which incorporates Parkour movements. We spend four days learning in our facility and one day in Great Falls & other locations for outdoor training.

We strive to change how young people see fitness while emphasizing safety and discipline.

WASHINGTON SAILING MARINA
703-548-9027
washingtonsailingmarina.com/
Alexandria
Sailing, Windsurfing
Ages 9 - 15
1 week sessions: 6/4 - 8/17
\$360-\$425

Summer sailing camps at the Washington Sailing Marina: where kids can learn to sail in a fun, safe environment. Week long sessions for all different levels of sailors from beginners to advanced racers. Windsurfing too! Transportation is available from the Bethesda/ Chevy Chase area.

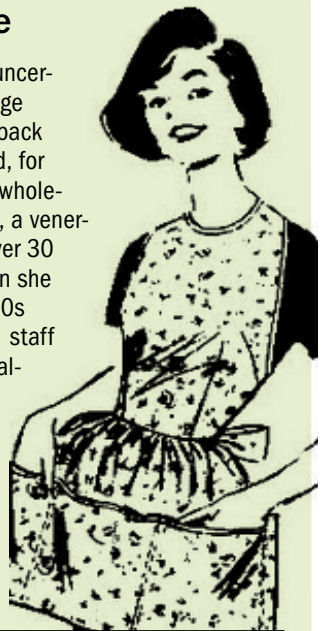


THE VINTAGE
RECIPE BOX

Ellen Corby's Apple Cake



In a world of so much uncertainty, watching a vintage television show brings back memories of youth, and, for some, a simpler, more wholesome time. Ellen Corby, a venerable cinematic character actress for over 30 years, gained national recognition when she was cast as Grandma on the popular 70s television series, *The Waltons*, a Zebra staff favorite. So journey back with us to Walton's Mountain and give her cake a try. Apples need not be in season.



- 4 slices dry white bread
- 2 cups applesauce
- 1 tablespoon brown sugar
- 1 tablespoon melted butter
- Whipped cream for topping

Tear up bread into small pieces and process in food processor to make crumbs. In a one-quart baking dish, make a layer with half the bread crumbs, then top with applesauce. Sprinkle with sugar and then remaining crumbs.

If you have a tried and trusted recipe that is quick and easy and gets rave reviews, please share it with us by emailing recipes@thezebra.org.

Press mixture together with spoon and pour butter over it. Bake for 30 minutes in a 350 degree oven. Serve lukewarm with ice-cold whipped cream.

Recipe reprinted from *The Dead Celebrity Cookbook* by Frank DeCaro. Available on amazon.com.

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George Washington Day Parade

People came from miles around to celebrate George Washington's 277th birthday, and take part and watch the parade in Old Town Alexandria.

PHOTOS BY GREG KNOTT



Is It a Felony or a Misdemeanor?

I have been asked a lot of questions about criminal law and criminal procedure in Virginia. So I felt I should sketch some of the basics here. Criminal cases are classified either as misdemeanors or as felonies. Misdemeanors are, of course, the less serious and they are divided into four classes:

Class 1 misdemeanors can result in not more than 12 months in jail and a fine of not more than \$2500.

Class 2 misdemeanors can result in not more than six months in jail and up to a \$1000 fine.

Class 3 and 4 misdemeanors do not include jail time and fines.

Note that I realize that my readers are certainly not subject to criminals; however this bit of education regarding criminal law is no doubt good.

Having said that, I will very briefly discuss felonies. They are classified on six categories.

Class 1 felonies carry the death penalty (not particularly relevant here). The rest carry varying degrees of penalties, through to Class 6, which carries a jail sentence of not more than 12 months and a fine of not more than \$2500, either or both. Note that if someone is



sentenced for a year or less, they will go to jail; if it is more than a year, they will go to prison under most circumstances. The main difference between jail and prison is that jail will most likely be local incarceration and prison could be anywhere in the state.

Someone charged with a felony would first appear in the Alexandria General District Court for what is called an "advisement." At that time and place, what is called a "preliminary hearing" will be scheduled. This hearing is also held in the General District Court. The burden on the Commonwealth at this hearing is basically one of probable cause.

If the General District Court Judge finds that there is reason to believe that the defendant is the one who committed the alleged crime, the judge will certify the case to the Grand Jury

where it will be presented by the prosecutors. Neither the defendant nor the defendant's attorney is permitted to be present before the Grand Jury when the government presents its case. Hence, the old expression that "you can indict a ham sandwich."

After indictment the case is set for trial and, as you all most likely know, here the government's burden of proof is "beyond a reasonable doubt." A felony case in Virginia will be tried in the Circuit Court; either side can demand a jury. If both sides waive the jury, it will be tried before only a judge.

Getting back to the ham sandwich mentioned above, note that even if at the preliminary hearing in General District Court the judge does not certify the case to the Grand Jury, the government may seek a "direct indictment" and in all probability the defendant (the ham sandwich) will be indicted anyway.

Returning to misdemeanors, be advised that the original jurisdiction is the General District Court, where these cases are tried to a judge and there is no jury. However, a defendant who is unhappy with the result can appeal the General District

Judge's ruling as to Guilt up to the Circuit Court within ten days. A new trial will be set and a jury can be demanded. This is what is called a trial *de novo*. It is a brand new trial and if it is to a judge, although he will know that the defendant was found guilty before, he is to ignore this and afford a completely new and fair trial to both the defendant and to the government. If the case is tried to a jury, they will not know about the result in the General District Court.

Of course I can go on but I

am limited to only so many words in this article. Any questions contact me and I will be responsive.

Christopher Paul Schewe is a former City of Alexandria attorney and has been practicing over 32 years change to specializing in personal injury, workman's compensation and DUI/DWI cases. If you have a question for Chris, please email him at cpschewe@verizon.net or call his office at 216 South Patrick Street, Alexandria at 703-684-8200.

Just Sayin'

There have been about 514 leap years since Caesar created it in 45 B.C. Without the extra day every four years, today we would be in late July/early August 2013 (depending on when you read this). Now here is the interesting part...you know how the Mayan Calendar has the world ending in 2012? Well, they did not account for leap year, so, according to the Mayans, the world should

have been over about 7 months ago. Just sayin'.

—Mary Wadland



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February 26 THE TUNES DATE MOVED TO APRIL 5! 7:30pm \$35.00	February 27 7:30pm \$35.00	Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$4.50 per ticket service charge will apply.	February 29 HOT TUNA (Acoustic) 7:30pm \$35.00	1 An Evening with Cowboy Junkies 7:30pm \$45.00	2 David Bromberg Big Band w/ Marye Lobb 7:30pm \$45.00	3 Gaelic Storm 7:30pm \$35.00
4 Gaelic Storm 7:30pm \$35.00	5 WHUR 98.3 Welcomes Boys & Men 7:30pm \$59.50	6 Travis Tritt (Solo) 7:30pm \$55.00	7 RUTHIE FOSTER PAUL THORN 7:30pm \$29.50	8 Kathleen Madigan 'Gone Madigan' 7:30pm \$49.50	9 Maura O'Connell w/ Buddy Mondlock 7:30pm \$29.50	
11 WATCH Awards 2012 7pm \$15.00	12 Jay Farrar, Will Johnson, Anders Parker, Yim Yames w/ Bobby Bare Jr. 7:30pm \$29.50	13 TBA	14 7:30pm \$25.00	15 Coco Montoya w/ special guest Patty Reese Band 7:30pm \$25.00	16 Average White Band 7:30pm \$35.00	17
18 NITTY GRITTY DIRT BAND w/ Jonathan & Nathan McEwen 7:30pm \$45.00	19 TBA	20 7:30pm \$25.00	21 ticketmaster Ticketmaster.com 800.745.3000 find a retail outlet near you Ticketmaster.com/outlets	22 Phil Perry 7:30pm \$35.00	23 Tom Rush 7:30pm \$35.00	
THOMAS HOLBY 25 TIME CAPSULE 2012 w/ Aaron Joseph Lewis & Ben Belcher 7:30pm \$35.00	26 7:30pm \$25.00	27 Rachael Yamagata w/ Madi Diaz 7:30pm \$25.00	28 7:30pm \$55.00	29 RAHSAAN PATTERSON 7:30pm \$45.00	30 Shawn Colvin w/ Carsie Blanton 7:30pm \$45.00	31 Leon Redbone w/ Eric Hemming (Cousin) 7:30pm \$35.00

Z P I C K
OF THE MONTH



An innovative new product is changing the way kids enjoy dessert by dipping their cookies into milk. Best of all, the local product may be one step

away from placement in WalMart stores across the country as part of the WalMart Get on the Shelf new product competition.

"My new product makes it fun to be a kid again," said Alexandria resident, David Kowlessar with Sip N Dip. "For more than 100 years kids and parents have been enjoying the treat of dipping their cookies in milk. The Sip N Dip is the cool new way to enjoy dipping cookies into milk without all of the soggy mess." The patented Sip N Dip product combines an oversized cookie dipping spoon with a handy straw to drink the milk. The hands free Sip N Dip ensures that kids don't have to deal with soggy cookie syndrome while enjoying a true American treat - dipping cookies into cool refreshing milk.

"Not only does it allow kids to enjoy dipping their cookies in milk, but it also encourages them to drink healthy milk which kids need for calcium," Kowlessar said. "So it's not only fun, but it also encourages a healthy habit - drinking more milk."

Kowlessar has entered the innovative Sip N Dip product in the WalMart 'Get on the Shelf' competition. The winner receives featured placement on WalMart.com, valuable marketing support, advice on scaling up and a valuable space on WalMart shelves across the country. The product that receives the most votes in the competition, which started on March 7, will advance to the second final round of competition. "I am really looking for support to take my product to the next level with a partnership with WalMart," Kowlessar said. "I need everyone to please vote for my product at www.getontheshelf.com/product/369/Cookie-Dipper."

The Sip N Dip cookie dipping product comes in a number of fun colors such as blue, green, orange, pink and red. It is available online at www.mycookiedipper.com for only \$4.95. For more information about the Sip N Dip cookie dipper, or to get a product for your favorite someone that's a kid or just a kid at heart, please check out their website at www.mycookiedipper.com.



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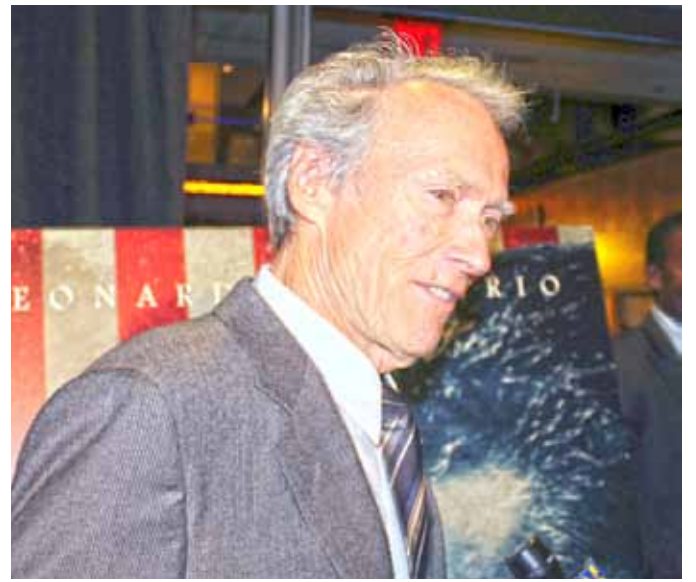
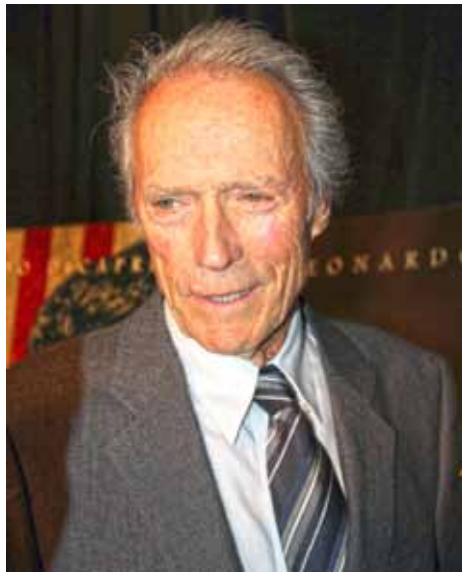
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PHOTOS BY JOHN ARUNDEL

Up Close with Clint Eastwood

BY JOHN ARUNDEL



Beginning with the 1971 thriller *Play Misty for Me*, I've seen just about every one of the 30 films **Clint Eastwood** has directed over his storied career. Perhaps twice, since they invented TiVo®.

Like most Eastwood fans, I relish how their unrushed narratives often merge with fast pacing and an extreme cool factor. From westerns to action films and dramas, it's hard to leave an Eastwood flick and not be high on his urbane and sophisticated sense of cool.

Then how cool was it to learn that that my favorite actor-director had signed up my other favorite cool actor **Leonardo DiCaprio** — the **James Dean** of our time — and would be shooting his new biopic *J. Edgar* in my hometown of Alexandria?

Last March, Eastwood brought DiCaprio in for some shooting on the steps of the Masonic Temple in Old Town, then for additional shoots at the old courthouse in my childhood home of Warrenton, VA, and at a farm in nearby The Plains (pop. 382), where I grew up. That was something for us Eastwood fans to get truly thrilled about.

When Warner Bros. rolled out the finished product in November and put out the call for journos to line the Red Carpet at The Newseum for the *J. Edgar* premiere, how could I say no to a light pixie dusting of cool from Hollywood's King of Cool?

At the appointed time, the air filled with the clicking of motor-drive cameras and requisite jockeying for position. Hey, why push? Weren't we

all promised at least four minutes with Eastwood and *J. Edgar*'s Oscar-winning screenwriter **Dustin Lance Black**? None of us left disappointed.

Both Black, who was dressed smartly in a pinstriped suit, and Eastwood, sporting a tweed jacket and that trademark grin and shock of white hair, spoke freely and lucidly about the legacy of legendary and controversial FBI Director **J. Edgar Hoover** (played by DiCaprio).

The movie delves into his complicated relationships with his doting but domineering mother **Anne Marie Hoover** (played by **Dame Judi Dench**) and longtime gay associate, **Clyde Tolson** (played by **Armie Hammer**, a.k.a. *The Social Network*'s Winklevoss twins). A strawberry blonde **Naomi Watts** takes on the role of Hoover's secretary, **Helen Gandy**.

"[Hoover's] still a mystery to me," Eastwood told me. "He was an idiosyncratic type of fellow...I think he did a great job developing the organization. Once he had the organization developed, he ran it with a small circle of associates that he trusted."

Eastwood admitted that he "liked developing him into a live character," but was conflicted as to whether he was a "hero" or "evil."

Screenwriter Black took a less sympathetic view toward Hoover. "I think he took a population very afraid and fanned the flames of fear," he said. "It's like today. People are giving up their personal liberties because we live in such a climate of fear."

"I ended up feeling for him in certain ways," Black added. "I feel like a lot of what happened to him in his youth was very wrong and hurtful, but in the end we all make choices and it's up to us...so I think he lost his way."

Black was even less sympathetic toward Hoover's mother. "There was a lot of research on his mother. She lived just a few streets from here, and she really wanted to be at events like this," he said. "But her husband



Actor **Armie Hammer** (L) and **Leonardo DiCaprio** shooting scenes for *J. Edgar* on the steps of the George Washington Masonic Temple in Old Town.

PHOTO COURTESY OF JUST JARED



Clint Eastwood cuts the ribbon at the Smithsonian's new Warner theatre.

PHOTO BY JOHN ARUNDEL



Sen. Chris Dodd, Chair of the Motion Picture Association of America, with **Dustin Lance Black**, screenwriter of *J. Edgar*, at the premiere.

PHOTO BY JOHN ARUNDEL

was mentally ill, so she would come with Edgar on her arm. Eventually she decided to make her youngest son her new man.

And that was easy because he didn't feel like loving anyone."

"Sadly," Black added, "instead of encouraging him to go

and find love, she took it all for herself. When a parent tells a child you will never love, never have a family, the child will turn to quite hurtful things, things that are fleeting and dangerous."

Black said that he returned to Washington, where he spent summers in college, to write the film. "As soon as I found out this got a green light, I moved back here and was staying with my mom in Virginia," he said. "I wanted to walk in all of his old footsteps, from his childhood neighborhood — sadly, his home is gone — to his adulthood home and, of course, the FBI."

I asked Eastwood his impressions on shooting in Alexandria and Fauquier County. "It was really great, everyone was really nice to us while we were shooting" he said. "I love Washington. Of course, we shot *In the Line of Fire* here and have run through its streets."

In Alexandria, multiple scenes were shot at the George Washington Masonic Temple, where DiCaprio as Hoover and Hammer as number-two man Clyde Tolson can be seen walking down the steps of the Temple.

In Warrenton, Eastwood directed repeated takes of a two-minute scene that deals with the announcement of the verdict for the New Jersey trial of **Bruno Hauptmann**, who was convicted of the kidnapping and murder of **Charles Lindbergh's** son, Charles Jr. Hauptmann got the electric chair in 1936.

The courthouse scene involved about 150 people, including 100 extras in period dress, a half-dozen vintage cars, a prop telephone pole, and fictional signs placed over current shop windows.

Because the trial took place during winter, Warner Bros. also hired a company to provide a truckload of ice, which the crew scattered on the courthouse steps and along portions of Court and Main Streets.

▼ See **EASTWOOD** on page 25



John Arundel and Clint Eastwood at Warner Bros. Theatre unveiling.



Film history artifacts on display at the new Warner Bros. Theater.

COURTESY PHOTO/THE SMITHSONIAN

▲ **EASTWOOD** from page 24

Black said that once shooting began, he spent time with DiCaprio at The Mayflower Hotel in Washington, where Hoover and Tolson dined daily.

The Red Carpet is largely a Hollywood phenomenon, but when a big premiere comes to Washington, political stars come out in force. Attending were Motion Picture Association of America head **Chris Dodd**, Fox News Channel's **Chris Wallace**, Attorney General **Eric Holder**, Secretary of

Defense **Leon Panetta**, D.C. Police Chief **Cathy Lanier** and Sen. **Patrick Leahy**.

Leahy, a movie buff who had a bit role in Christopher Nolan's *The Dark Knight*, said he went on the set during the filming of *J. Edgar* and had the chance to chat up Eastwood, but did not try to score a cameo for this one. "When I was a young prosecutor, I had a couple of meetings with J. Edgar Hoover, so it will be interesting to see how he's portrayed," Leahy said.

Chief Lanier said she was excited about the chance to meet Eastwood, who so famously played a San Francisco detective in the Dirty Harry films. "Yes, if I sat next to Clint Eastwood, I guess I could give him some tips on how to play Dirty Harry."

Eastwood Returns to DC

Clint Eastwood returned to DC last month to receive the James Smithson Bicentennial Medal. For wonky Washing-

ton, it could not have gotten any glitzier than an award ceremony combined with The Smithsonian's unveiling of the new Warner Bros. Theatre at the National Museum of American Art.

Huge spotlights sliced the early evening sky, crisscrossing the museum's entrance with shards of white light as VIPs valeted their cars and entered the museum with expectations of that possible handshake, iPhoto, or autograph with Clint Eastwood.

The 81-year-old screen legend was honored by Warner Bros. Chairman and CEO **Barry Meyer** (for "35 films over 35 years") and by Vermont **Sen. Patrick Leahy**, a member of the Smithsonian's Board of Regents, who presented Eastwood with the medal by telling his old pal that he was going to "make your day."

Flanked by Eastwood, Meyer, and Leahy, the Smithsonian Regents cut the ribbon on

▼ See **EASTWOOD** on page 29



The KAIZEN line of clothes was very popular.



Some 17 different designers showed their clothing line on the runway each night.



Designer Nan Nguyen comes on stage after his clothing line presentation.



After the runway event, models mingled with the audience so guests could get a better look at the clothing.

Crystal City's Crystal Couture Event

New York's Fashion Week has nothing on us. For five days in February, local fashion designers showed off their clothing lines in the Fourth Annual Crystal Couture Event. With a 50-foot long runway in the Crystal City Underground, models had a chance to "strut their stuff", highlighting designer clothes from more than 40 boutiques. This event was sponsored by the Crystal City Business Improvement District (BID). All clothes and many accessories were for sale. Food and drinks, along with free hair and make-up makeovers were also offered for guests.

PHOTOS BY HARRY MERRITT



Each night had a special guest emcee for the show. Here Sarah Fraser of "Hot 99.5" announces the next designer for the runway.



The runway event was very popular for photographers.



Clothes and accessories were discounted for the event.



Marci Cotten of "Make-up by Mauridi" works on Emily Wood's hair as part of the free make-over event.



Vola Lawson, Congressman Jim Moran and Nancy Perkins enjoyed the evening.



Vola Lawson (Queen) and Gordon Kromberg (King) of the Krewe of Barkus.



The dance floor was lively.



Marci Woolson sported a wonderful boa headpiece.

The Animal Welfare League of Alexandria sponsors

the Second Annual

Mardi Growl

With the Reagan Washington National Airport terminal 1 packed with beads and feathered boas the Animal Welfare League of Alexandria hosted their annual fund raiser "Mardi Growl". Raffles, silent auctions, dance music and fine foods made for a lively evening. Bourbon Street could not have done it better. This sold-out event is the primary fund raiser for Animal Welfare League.

CREDIT FOR ALL PHOTOS: HARRY MERRITT



DJ Rob of the Davis Event Group provided wonderful tunes for all to enjoy.



Alexandria Mayor Bill Euille pose with others and owners of Stone Soup Bakery, Jennifer Graybill and Johnny Connolly.



Alexandria Town crier Benjamin Fiore-Walker helped kickoff the celebration.



Johnathan Mota of Pork Barrel BBQ provided great sandwiches.



Katya Bennett (mask) and Jeff Snyder enjoyed the dancing.



Jane Wantrel of NBC4 News helped emcee the event



Laura Miller of Alexandria Cupcake had a tasty and delightful display.



Mary Beth Mount, Animal Welfare League Acting Executive Director welcomed all the guest.



Rachael Worsley and Jeffrey Allen of Bittersweet (Catering-Cafe & Bakery) provided goodies for the evening.



Mark Lohr showed true skills as he danced on stilts..



The Mardi Growl was a sold out event.



MVLA President James Rees at Mount Vernon

COURTESY PHOTO

Historic Mount Vernon's President to Retire

The Mount Vernon Ladies' Association (MVLA), the group that owns and operates George Washington's home, Mount Vernon, announced that James C. Rees IV will retire as president and chief executive officer on June 1, after a successful 29-year tenure at the historic home. Rees' is retiring due to health issues.

As president, Rees successfully oversaw fundraising of more than a quarter billion dollars for projects designed to bring George Washington back into the national spotlight. Rees' bold vision for Mount Vernon's future led to the development and opening of the cutting-edge \$60 million, 66,700-square-foot Ford Orientation and Donald W. Reynolds Museum & Education Center buildings

in 2006. He led the estate through projects such as restoring and reconstructing George Washington's Distillery & Gristmill, creating a new four-acre exhibition-area farm site, continued preservation of Washington's viewshed, and many other important restorations on the 500-acre estate.

"No one has done more for George Washington's legacy than Jim Rees," said Mount Vernon's Regent, Ann Bookout. "His dedication and drive echo the qualities of George Washington's leadership."

A national search for a new president will begin immediately. As Regent of the MVLA, Ann Bookout will share oversight of the Estate with Rees through the transition.



Winning starter: *Cherry Duck Sausage* from Virtue Feed & Grain



Winning dessert: *Cherry Cobbler* from King St. Blues Old Town

COURTESY PHOTOS

Cherry Challenge Winners Announced

In keeping with American folklore, George Washington's birthday celebration in Alexandria included the fourth annual "Cherry Challenge." It was just one of many events during the month of February.

The Cherry Challenge took place during from February 5-11th in 20 Alexandria restaurants, featuring creative, cherry-inspired dishes, drinks, and

desserts. While some restaurants were experienced competitors, several were new to the contest, in fact, new to Alexandria, including RedRocks Pizza Napoletana, T.J. Stone's, and Virtue Feed & Grain.

And the winners are:

Starters Category: *Cherry Duck Sausage* from Virtue Feed & Grain

Entree Category: *Duck a*

la Cherry from Murphy's Irish Pub and Restaurant (For the fourth year in a row, Murphy's placed in the finals with this three-time winning duck entrée.)

Drinks Category: *Fire-Roasted Cherry Blossom* from RedRocks Pizza Napoletana

Dessert Category: *Cherry Cobbler* from King St. Blues Old Town

Chamber of Commerce Giving Back Gala Garners \$6,500 for Local Charities



COURTESY PHOTO

Over 250 people attended the Alexandria Chamber of Commerce annual Chairman's Gala on February 11 at the Westin Hotel in Alexandria, VA.

The gala's theme this year was "Giving Back" in the form of donations to five local charities including the Campagna Center, Carpenter's Shelter, Rebuilding Together Alexandria, United Way of the National Capital Area and the Alexandria Animal Welfare League. Web-based voting enabled contributors to place votes for their favorite charity with each vote

equating to a \$10 donation.

Members of the Alexandria Chamber of Commerce serving on the Gala Committee volunteered hundreds of hours on this event, lead by Event Chairman, Adron Krekeler of Krekeler Brower Wealth Advisors. "It was gratifying to see the Alexandria business community's support for the Giving Back Gala and the five charities we honored," said Krekeler. "From the opening of the doors to the last dance the Gala was a grand party and a celebration of the charitable proclivity of the community."

Alexandria Chamber Welcomes New Executive



John T. Long III, Chamber President and CEO

COURTESY PHOTO

The Alexandria Chamber of Commerce has announced the imminent arrival of their new President and CEO, John T. Long III. Mr. Long comes to Alexandria with over 18 years of chamber management experience, having served as the President/CEO of the St. Petersburg, Florida, Kalamazoo, Michigan and Talbot County, Maryland Chambers of Commerce.

The Chamber Board of Director's search committee, which was lead by George Kostel and included Christine Candio, Marcy Anderson, John Renner, Mike Anderson and Andrew Palmieri, conducted an exhaustive, nationwide search and was very deliberative in its consideration of many fine candidates. In a letter to Chamber members, Board Chairman Andrew Palmieri wrote "the Chamber has been expanding in size and influence in recent years, and John Long is the right person at the right time to lead our organization into a new era of success."

Mr. Long's official start date is March 12, 2012. He can be reached at (703) 739-3808 and jlong@alexchamber.com.

Hadeed Carpet Cleaning Takes Over Richmond's Mercer Rug Cleaning



Joe Hadeed stands in front of newly-acquired Richmond plant.

COURTESY PHOTO

Hadeed Carpet Cleaning, the 55-year-old, family-owned carpet cleaning company based in Alexandria, has purchased and assumed day-to-day control of the landmark Richmond cleaning company, Mercer Rug Cleansing.

Mercer Rug Cleansing and Victory Rug Cleaning (a Richmond company owned by Mercer), have continuously served the Greater Richmond community for over 120 years. The two businesses, formerly owned by the late George Mercer, continued operating and survived recent bankruptcy proceedings due to the efforts of Joe Hadeed, CEO of Hadeed Carpet Cleaning, Inc.

"We're proud to add Mercer to the Hadeed family," said Joe Hadeed. "We recognize the many contributions Mercer has made to the Richmond community and economy over the years. We intend to not only continue those traditions, but to build on them. We intend to preserve all the jobs at Mercer, and hope to create new ones as our business expands."



Neighborhood Pharmacy of Del Ray owner Stacey Swartz with Del Ray Business Association officer Gayle Reuter and 2011 winner, realtor Bobi Bomar on Monday, Feb. 13, 2012.

PHOTO BY WAYNE HULEHAN

2012 Heart of Del Ray Award Winner

On February 13, the Neighborhood Pharmacy of Del Ray was presented with the Del Ray Business Association's Heart of Del Ray award.

Over 400 votes were cast to determine this year's winner of the award, given annually around Valentine's Day to the business that best demonstrates a warm and welcoming attitude to customers, shows generosity and commitment to the community and contributes to making Del Ray a great place to live, work and shop.

Other notable nominees included Greener Cleaner of Del Ray, Pork Barrel BBQ, St. Elmo's Coffee Pub and Taqueria Poblano.

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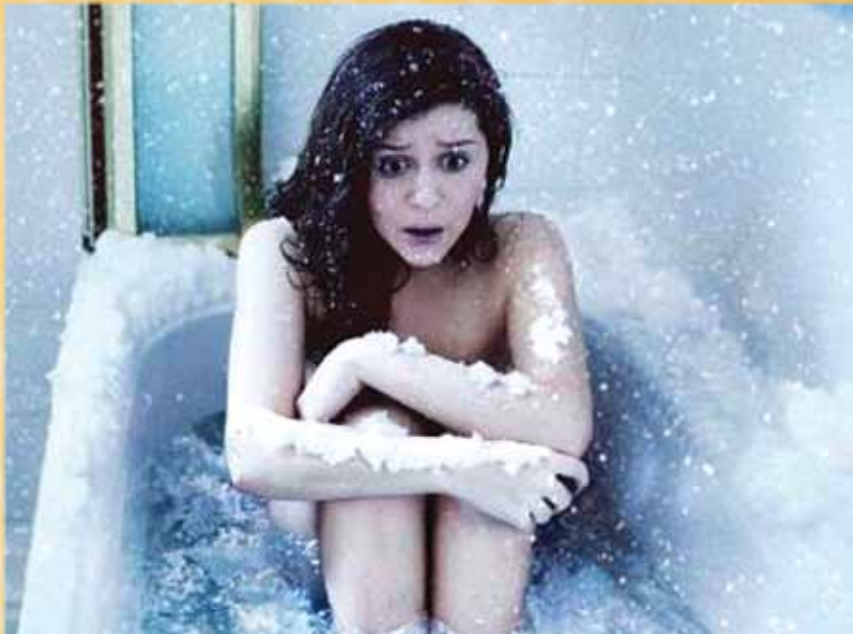
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Becky Arnold Joins Board of Living Legends of Alexandria

Living Legends of Alexandria, an ongoing, not-for-profit project to identify, honor and chronicle the people making current history in Alexandria, is proud to announce the addition of Becky Arnold to its Board of Directors.



A Virginia resident since 2002, Becky Arnold lives in Alexandria's Del Ray neighborhood. She is a member of the National and the Northern Virginia Associations of Realtors, is a former Advertising Director for the Alexandria Times, and was a Buyer for Woodward & Lothrop and The Hecht Co. department stores.

Currently, Becky is a member of the Del Ray Civic Association and supports the community in a variety of ways. She is an ACT Alexandria Tutor, an advisor to the ALIVE Housing Committee for Real Estate, a friend and benefactor to ALIVE House and provides contributions in kind to the Carpenter's Shelter. She advo-

cates for animals as a member of the Humane Society of the United States Legislative Fund.

Becky serves as the Art Curator for the Prudential office located at 300 N. Washington Street in Old Town, where the office has been transformed into a gallery to promote local artists. New artwork is exhibited every three months and the office holds an opening reception for each new show, introducing the artists and their work to clients, members of the Alexandria Chamber of Commerce and the local business community, as well as family and friends.



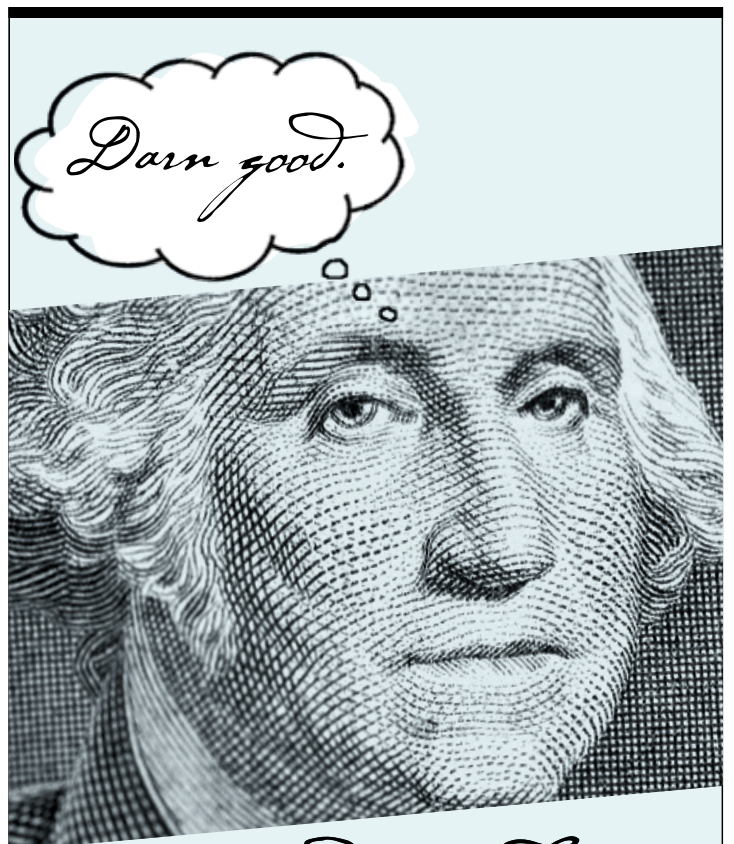
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▲ EASTWOOD from page 25

the Warner Bros. Theater in a special ceremony and cocktail reception, during which Eastwood joked, "It's very nice to be part of the Smithsonian as the recipient of a medal and not in one of the cabinets."

Of film's place in the museum, Eastwood said he was proud to help open a theater worthy of the Smithsonian. "People are treating it more as a part of our American heritage," he said.

The new theater is a state-of-the-art facility with cutting-edge audiovisual equipment including 3-D capability, made possible by a \$5 million donation by Warner Bros. Entertainment. The 264-seat theater will screen classic silent films as well as first-run flicks. The inaugural event was a three-day film festival in early February spotlighting Humphrey Bogart and the Golden Age of Hollywood, featuring *Casablanca*, *The Maltese Falcon*, *The Treasure of the Sierra Madre* and *The Big Sleep*. It was the first of four Smithsonian film festivals scheduled in 2012.

The Warner Bros. gift enables the museum to present new opportunities to celebrate the art of film not only to Washingtonians, but to global visitors as well, Meyer said. "Warner Bros. has a rich legacy of entertaining audiences for almost 90 years and truly realizes the importance and value of that history."

Visitors to the museum will also see objects representing Warner Bros. almost 90 years of studio history. The inaugural display showcases 20 feet of memorabilia, including costumes worn by Humphrey Bogart, Lauren Bacall, Ingrid Bergman and Eastwood; Harry Potter's robe; Jack Warner's silver telephone; and Bugs Bunny animation drawings.

"This partnership with the Smithsonian, whose very name signifies the gold standard for the preservation and presentation of all things with historic significance, is a great step toward reminding people that movies and television shows are an important part of our shared culture," Barry Meyer said.

The James Smithson Bicentennial Medal honored Eastwood's contribution to the American experience through film, recognizing his six decades of captivating national and international audiences through his work as an award-winning actor and director. The Medal was established in 1965 and is awarded under the Secretary's authority to persons who have made distinguished contributions to the advancement of areas of interest to the Smithsonian. Eastwood is the 69th recipient since 1990.

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CAT IN A BOX



"A friend told me about your magazine and "kitty in a box". I've attached 3 photos (could not decide - so I'll leave it up to you) of my kitty - Funnelcake! - Fun for short, in his favorite box. He loves to take a nap, play and try to hide in his box ...he is a character!

[Publisher's Note: Funnelcake took the "cake" with his box utilization techniques, and we couldn't decide which to use either!]

SUBMITTED BY JEANNIE TOWER FROM DEL RAY, ALEXANDRIA



Mount Vernon - Main House

PHOTO BY HARRY MERRITT

“Hoecakes & Hospitality: Cooking with Martha Washington” Mount Vernon's newest exhibit

In celebration of George Washington's 280th birthday, Mount Vernon has opened a new exhibit examining the culinary qualities of 18th century cooking. This exhibit looks at all the details needed to bring food to the table at Mount Vernon. For breakfast, we find George Washington liked a simple corn meal pancake with butter and syrup called a hoecake. The exhibit displays both a hoecake recipe and a typical farming hoe (traditionally used to cook the pancake over an open flame).

The exhibit looks at Martha Washington's oversight of the kitchen and the contribution of the enslaved persons necessary to support the traditional plantation fare. On display are over 125 artifacts like tin canisters, stone cooking pots found on site at Mount Vernon, and a dinner bell owned by George Washington's mother. The

exhibit also looks at Martha Washington as the first First Lady and her role in setting the tone for hospitality in a new nation.

We find she would make sure enough food was on hand and that recipes were properly followed for such items as a “Great Cake” that required 40 eggs, 4 pounds of sugar and 5 pounds of flour. A free copy of the original recipe is available for visitors, along with a modernized version.

The exhibit also looks at international foods on hand at Mount Vernon, including tea from China, coffee from Yemen, cocoa from the Amazon, and olives from France. The display is located in the Donald W. Reynolds Museum, F. M. Kirby Foundation Gallery and will be open through August 11, 2013. A Mount Vernon admission ticket is required.



Cal McWharter poses with his autographed cookbook from Emmy Award winning chef and host of PBS's “A Taste of History,” Walter Staib. In colonial costume assisting Chef Staib is Molly Yun.

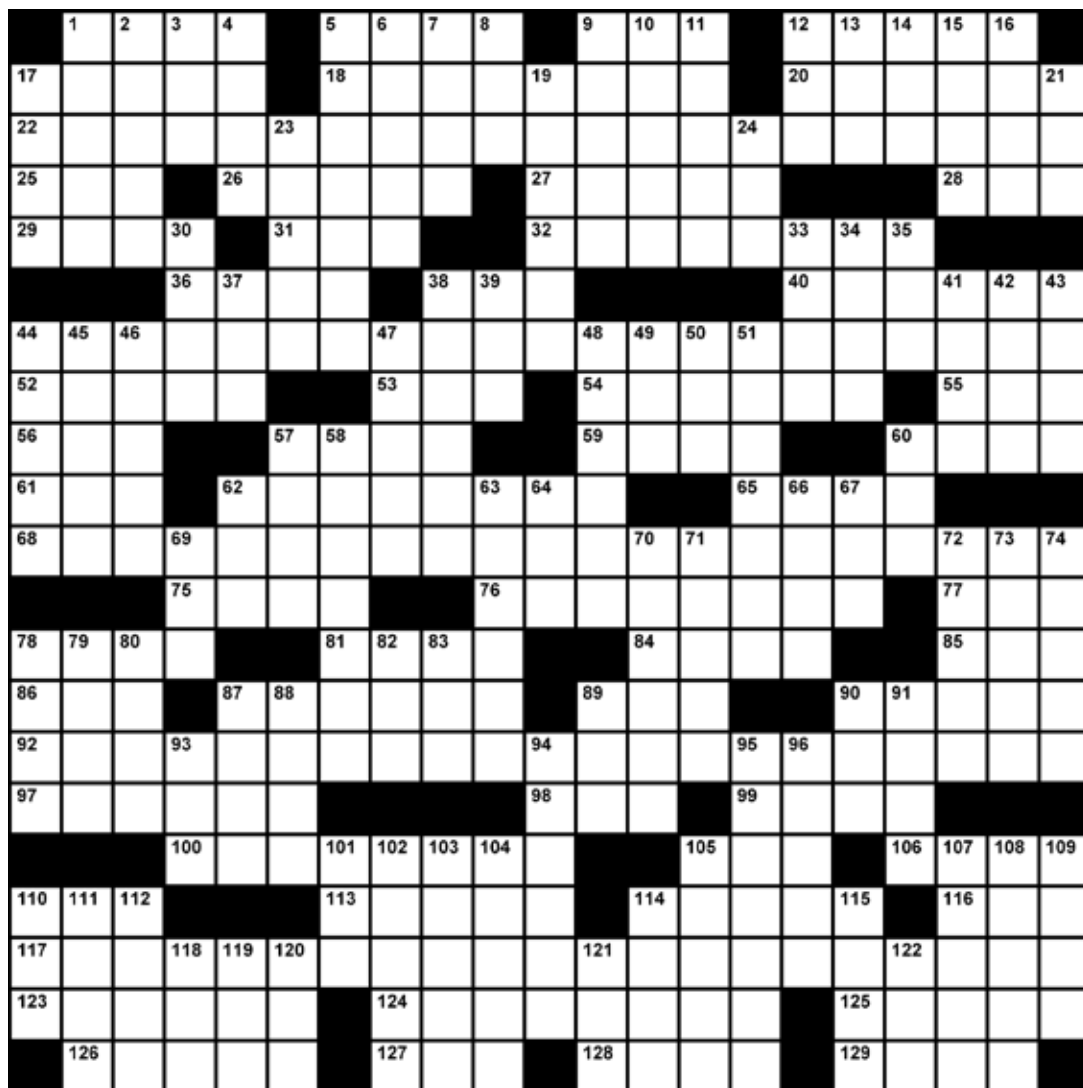


Curator Susan P. Schoelwer shows a tour group Martha Washington's “Booke of Cookery,” which was given to Martha Washington's youngest granddaughter, Eleanor Parke Custis Lewis, and is on loan from The Historical Society of Pennsylvania.



Presentation is always important in fine dining. Here curator Susan P. Schoelwer shows us George Washington's serving dishes, linens, and livery coat worn by waiters when serving dinner.

PHOTOS BY HARRY MERRITT



Across

1. Canape spread
5. Former Reds third baseman
9. Big shot
12. Not together
17. Slid (with “into”)
18. Sipping a pina colada, perhaps
20. Knight in shining armor
22. Farmers in Holland produce good crop despite mistakes?
25. “Peer Gynt” character
26. Foul moods
27. Food thickeners
28. “Fancy that!”
29. Gallic expanses
31. Essence of life?
32. Black's good ship
36. Adjoin
38. Alkaline liquid
40. Eyelike architectural ornament
44. Fellow sees shrink in the city?
52. Cast out
53. Be busy
54. Succulent plants
55. Watchman ____, Chinese Christian author
56. Brouhaha
57. Type of cook
59. “__-Pro,” Ferrell flick
60. Acad.
61. Tick off
62. Ancient Greek explorer
65. Highlander
68. Reid star of four-hour film, title unknown?
75. After-dinner selection
76. In open rebellion
77. Word connector
78. Stir
81. Hawaiian tuber
84. Challenge for a barber
85. Big galoot
86. African pygmy tribe
87. Kitchen gadget
89. __-Wan Kenobi
90. Abundance
92. Enraged ones receive good news?
97. Go acoustic
98. “__ alive!”
99. 1990's Senate majority leader
100. Basement nightmare
105. Balloon filler
106. “Cut it out!”
110. C.I.A. forerunner
113. Altercation
114. Diploma word
116. Amateur video subject, maybe
117. Roseanne's ex gets wound

up in Hawaii?

123. Bring out
124. Four-sided polygon
125. __ orange
126. Shopaholic watchword
127. Teen's bedroom, often
128. Like a busybody
129. Its motto is “Lux et veritas”

Down

1. Stop for a moment
2. Fall flower
3. P.I., e.g.
4. Old English letters
5. Runs really fast
6. Blood carrier
7. Word before and after “will be”
8. “__ Buttermilk Sky”
9. Sign of late summer
10. Archetype
11. Necklace item
12. Cleopatra biter
13. Bud
14. Fifth, e.g.: Abbr.
15. Echo
16. Bag
17. Mild cheese
19. Less fresh
21. Whiskey ingredient
23. Provide, as with a quality
24. Telekinesis, e.g.
30. Declines
33. Corn __
34. Wood sorrels
35. 1/100 of an afghani
37. Software program
38. Jewelers' gear
39. “Dee-lish!”
41. Boston suburb
42. Takes advantage of
43. “Let it stand”
44. Excellence
45. Ancient assembly area
46. Later
47. Ancient Anglo-Saxon aristocrat
48. Hound type
49. “Act your __!”
50. “China Beach” setting
51. Residence of Pope Clement V
57. Galileo's birthplace
58. Celebrate
60. 1969 Peace Prize grp.
62. Conk out
63. “Enough already!”
64. Australian runner
66. Chill
67. Dash lengths
69. Absorbed, as a cost
70. Periods of stasis
71. Elated, (with walking)
72. Guts
73. Accustom

74. Barely beat
78. Snake in Hindu mythology
79. Religious image: Var.
80. Arctic native
82. “Aladdin” prince
83. Gun, as an engine
87. The cute Beatle
88. Thus
89. Frequently, to a bard
90. __ Hulka (“Stripes” role)
91. Asian holidays
93. “Thank You (Falettinme Be Mice __ Agin)” (1970 hit)
94. Milano Mr.
95. The price of divorce?
96. Actress Shearer
101. “Catch-22” pilot
102. “Endless Love” and “I Got You, Babe,” e.g.
103. Atlas enlargement
104. __-gritty
105. Common carriers
107. Of an underground railway?
108. Old enough to vote
109. Dermatologist's concern
110. Carbohydrate ending
111. “Do the Right Thing” pizzeria
112. Bypass
114. Kind of palm
115. Call to a mate
118. __ T, rapper
119. Acquire
120. Common contraction
121. Dude
122. Chant by some Olympic spectators

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Solution





COURTESY PHOTO

Bishop Ireton Senior Drives Wounded Warrior Project

Bishop Ireton Senior Gabby Goddette is passionate about the Wounded Warrior Project. As the President of Bishop Ireton's Beta Club, a service organization, Gabby has spearheaded several fundraisers for the Project. She is a "military brat" whose military father retired last spring. As a military dependent, she travelled around the country a lot, and moved ten times throughout her childhood.

Gabby first heard of the Wounded Warrior Project through the Dewitt Army Hospital and National Naval Medical Center in Bethesda, where she has been a patient. While there, she heard about the Fisher House which provides free or low cost lodging to veterans and military families receiving treatment at military medical centers. The Fisher House supports the Wounded Warrior Project, which provides programs and services to severely injured service members during the time between active duty and transition to civilian life. She saw all the good work that both organizations were providing and she wanted to help.

This year, the Beta Club has held bake sales, done a cake walk, solicited money at a home basketball game, and sponsored the Bishop Ireton Coffeehouse on February 25. They have raised approximately \$3500. Gabby and the Beta Club are planning to do a toiletry drive for the last fundraiser for the Project this year.

The military has a tradition of giving "coins" when a member changes ranks or moves. The coin is like a business card, and has identifying information on it. The coin can also be given to honor someone else. At the coffeehouse this year, Kenneth Fisher, Chairman and CEO of the Fisher House in Washington, DC, gave Gabby a coin with the Fisher House emblem. He spoke to students about the organization and how much what they were doing would help them. Gabby gave the coin to Mr. Tim Hamer, so that Bishop Ireton could retain the honor.

Gabby plans to attend University of Rochester next fall and play soccer. She will continue to do what she can in support of the Wounded Warrior Project.

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Meet the audiologist...

Mark Gustina MS CCC-A



Mark Gustina graduated from the University of Hawaii with his masters degree in Audiology. After working with the U.S. Military's finest at Tripler Army Hospital, Mark moved to Pittsburgh. There he opened Cranberry Hearing and Balance Center. He has built a

team most recently recognized as the Best Hearing Aid Center in the region for four consecutive years. Mark's expertise with the smallest, most sophisticated hearing aids and his ability to customize solutions to each individual's lifestyle separates him from his peers. Now he brings his knowledge and commitment to helping people with hearing loss to northern Virginia. In that convenient location, people from the Washington, D.C. area can visit Cosmetic Hearing Solutions, meet Mark, and leave hearing better than they had in years!

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Z HOT SAUCE
PICK OF THE MONTH

Ron's Nuckin' Futs is one of the hottest sauces I have tried to date. As the label says "Too much will drive you nuts". This sauce has been recognized with the 2005 Fiery Food Challenge, 3rd Place in the Habanero Hot Sauce with Extract Category, the 2005 Fiery Food Challenge, won 2nd Place in the XXX Habanero Hot Sauce with Extract Category, and 1st Place and Overall Grand Champion at the National Fiery Foods Challenge.

Once you get past the heat from a blend of habanero and other peppers, and concentrated pepper extract, the sweet taste of vinegar, citrus juice, salt and spices will liven up any chili or stew. It was the perfect compliment to the perfect Bloody Mary. Too much will drive you nuts! This product contains the hottest known ingredients in the universe and includes a warning on the label that it is not to be used by people with heart or respiratory problems. Use Ron's Nuckin' Futs at your own risk!

By Mike Sade





Changing Face of West Braddock Road

The Applehouse Is Now Greenstreet Gardens

BY KRIS GILBERTSON

After 39 years at 1721 West Braddock Road (catty-corner from the Bradlee Shopping Center), the Applehouse Garden Center has been acquired by Greenstreet Growers of Lothian, MD. It is Greenstreet's second location, owned by Ray and Stacy Greenstreet. I spoke with Stacy recently about the changes coming to the old garden center.

The Applehouse property is much smaller (2.5 acres) than Greenstreet's farm in Lothian (65-acres, including a 14-acre Greenstreet Garden Center), but it's a prime location with a longstanding relationship with nearby residential neighborhoods. People living in Alexandria and Arlington are known for getting their hands in the dirt, from planting flowers in a few pots on a balcony all the way to heavy-duty gardening. (Parkfairfax and Fairlington both have active garden clubs.)

The Greenstreets plan to ex-



Stacy and Ray Greenstreet.

pand the variety of stock available, particularly of the bedding plants and herbs that are in such great demand in spring. "We grow 85 percent of our stock on the farm in Lothian," Stacy says, "which ensures that plants are healthy and are not pot bound."

Right now, the buildings and grounds are undergoing renovation, both structural and cosmetic, to increase convenience and improve their appearance for customers and for neighbors of the nursery.

Greenstreet Growers in Maryland employs from 50 to 85 staff throughout the year, with ongoing training programs that emphasize customer service. "We have wonderful, knowledgeable staff," says Stacy, "and we will be rotating them through both locations."

Greenstreet Garden will recruit more staff locally, including working with T.C. Williams High School's environmental educators to identify interested students. "Ray and I have kids and we know what it

can be like getting kids away from computers and out in the world," Stacy says. "Part-time work at Greenstreet Gardens can achieve that. Some of our student employees work with us for years and when they go to college, they come back in the summer."

The new Greenstreet Gardens' **Grand Opening** and ribbon cutting is scheduled for the morning of April 14. City officials have been invited.

On the weekend of April 28-29, **Tomatomania** will take place at both GG locations. Tomatomania (tomatomania.com) is a festival started in California and brought to Maryland four years ago. Tomato lovers can learn about and buy some 180 varieties of heirloom tomato seeds not found elsewhere. There will be classes and related products. **Mike McGrath**, Garden Editor for WTOP News Radio and host of the syndicated public radio show, *You Bet Your Garden*, will con-

duct a workshop at the Alexandria location on April 29.

Greenstreet Gardens' customer loyalty program will be in place within weeks to offer discounts to regular customers. The garden center gives a 1-year warranty on trees and shrubs, and will provide landscaping service either by their staff or working with local landscapers.

Stacy emphasized that they plan to take an active role in community events. "We've had a very nice reception so far in Alexandria," she says, "and we plan to interact with the community regularly." Greenstreet Gardens welcomes feedback from customers, both at the two locations and on Facebook, which they check daily to keep in touch with their customers.

Zebra encourages loyal Applehouse customers and all our gardening readers to explore this new chapter in the life of an old Alexandria business: **Greenstreet Gardens**.

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Fri & Sat: 5pm - 9:30pm

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CARPENTER'S SHELTER CELEBRATES

10TH ANNUAL COOK-OFF WITH WEEKEND EVENTS:

In celebration of the 10th year of the Cook-Off, Carpenter's is making a weekend of it. Join Carpenter's Shelter for a run and some culinary fun on Saturday, April 28, and Sunday, April 29, 2012. All proceeds benefit Carpenter's Shelter and its work on behalf of homeless individuals, children, and families.

The 10th anniversary celebration weekend begins on Saturday, April 28, 2012, at 8:00 AM, with the Run for Shelter 10K and One Mile Fun Run, -- the only race in Alexandria dedicated to the commitment to end homelessness. The out and back course, starting at Eisenhower Avenue and Swamp Fox Road in Alexandria, will have music and entertainment for the whole family. What a great way to work off some Cook-Off calories in advance! Run For Shelter 10K registration is \$40 and Fun Run registration is \$20. For race information and registration, go to www.runforshelter10k.com.

RUN FOR SHELTER



The 10th Anniversary Cook-Off Celebration will be held on Sunday, April 29, 2012, from Noon to 3:00 PM, at The Birchmere, 3701 Mt. Vernon Ave., Alexandria, Virginia. It promises to be bigger and better than ever with 30 of the area's best restaurants offering samples of their finest food, plus a live auction offering attendees the chance to bid on trips, tickets, meals and more. Tickets are \$40 for adults and \$10 for children under 12. For more information and ticket registration, visit www.carpenterscookoff.com.

For general inquiries, contact Alex Stevens at alexstevens@carpentersshelter.org, 703-548-7500, ext. 204, or on Twitter @cookoff2012.

Carpenter's Shelter provides shelter, guidance, education and advocacy for homeless individuals and families who seek sustainable independence and stability. Carpenter's Shelter opened its doors in Alexandria in 1988, and serves over 1,000 homeless and formerly homeless people every year, according to Lissette S. Bishin, Executive Director.

EVENTS

If you would like your event listed, please send an email to events@thezebra.org



“XX” Celebrating Del Ray Artisans’ 20 years on “The Avenue”

Thru April 1, 2012
Del Ray Artisans Gallery
2704 Mount Vernon Avenue
Alexandria
DelRayArtisans.org
703/407-6992
The Del Ray Artisans 20th Anniversary Committee invites the community to join in a celebration of 20 years on “The Avenue” with past and present masterpieces. This DRA member only show will be juried from outside our DRA family of members. FREE!



Elemental: Encaustic Paintings by Georgia Nassikas

Thru April 2
The Art League
105 N. Union Street
Alexandria
703/519-1741
theartleague.org
Using beeswax from her own hives, artist Georgia Nassikas creates intriguing textures and layered surfaces in her encaustic paintings. Her intricate, abstracted landscapes acutely capture the ephemeral quality of light flickering across the land. “Elemental,” a solo exhibition of her work. Nassikas uses a combination of beeswax, mineral pigments, and oil sticks to create her encaustic paintings. Encaustic, a method reaching back to ancient times, is by definition a technique consisting of layers of wax fused together with heat. “What I love about this medium is the energy involved – the process of scraping, layering, and scoring is active, engaging, and challenging,” says Nassikas. This additive and subtractive process is what gives Nassikas’ work its rich surface texture.

Calendar Entry Living Legends Reception March 2012
Living Legends Reception
March 22
US Patent and Trademark Office
600 Dulany Street
Madison Building, Lower Atrium
Alexandria
alexandrialegends.com
Honoring the 2012 Nominees:
Duncan Wardman Blair, Suzanne S. Brock, Bob Calhoun, Diane L. Charles, Elizabeth C. Chimento and Poul Hertel, Bernard S. Cohen, Brooke Curran, Allison Cryor

Dinardo, Al Grande, Michael M. Hadeed, Harry “Bud” Hart, James E. Henson, Sr., Wendy McGann John, William “Bill” Kehoe, Allen Lomax, Jimmie McCellan, Pat Miller, Patrick M. O’Brien, Mike Oliver, Lillian Stanton Patterson, William “Bill” Rivers, Joseph S. Shumard, Jim Singerling, Fay D. Slotnick and Joyce Woodson, The Steuerle Family, Dorothy Turner and Gwen Menefee-Smith. The Legends of 2012 are in bold. Special guest: Senator Mark Warner. Reservations: Received by March 15 - \$40/\$75 for two; after March 15 - \$50/\$95 for two. Complimentary Tastings and Beverages. Complimentary Valet Parking



Join the League of 25 Thru March 16

The Art League
105 N. Union Street
Alexandria
703/519-1741
theartleague.org

The Art League launches their latest arty fundraising initiative, a new society of 25 supporters who pitch in \$100 a piece to fund an Art League Gallery exhibit while having some fun. The inaugural exhibition sponsorship is for the environmentally conscious “Earth,” which opens on April 12 with a reception featuring a recycled art challenge, with teams of League of 25 members competing in a sculpture making relay race.



George Washington Drank Here! Eight Annual Rum Punch Challenge March 24

Gadsby’s Tavern Museum
134 North Royal Street
Alexandria
703/746-4242
gadsbystavern.org

If you came to visit Gadsby’s Tavern in 1785, most likely you came for good conversation, fresh food, and of course....alcoholic beverages. And of all the drinks to choose from, you would prefer the tavern’s special blend of Rum Punch, made of rum, water, citrus juices, sugar and spices. More than 200 years later, you are invited to experience – and taste – this unique beverage at the eighth annual Great Rum Punch Challenge on Saturday, March 24, from 7 p.m.

to 9:30 p.m. Enjoy different rum punch creations from local restaurants and distilleries and vote for your favorite, as Dogfish Head Spirits defends its title. The Alexandria Town Crier will announce the winner at the end of the evening. Rum Punch Challenge participants include reigning champ Dogfish Head, returning competitors Bacardi, Bittersweet, FireFlies, and Gadsby’s Tavern Restaurant, and first-time challenger Red Rocks. Guests will also enjoy food – both period and modern – as well as a silent auction full of great items. Beverages will be provided for “designated drivers” by the Gadsby’s Tavern Museum Society. Event tickets, which include admission (food and drink for the evening), are \$50 per person, or \$100 to include both admission and a special VIP pre-event tasting of Bacardi’s special rums.



March Madness Thru March 18

Torpedo Factory Art Center
Target Gallery
105 North Union Street
Alexandria
torpedofactory.org
703/838-4565

March Madness is an exhibition of approximately 200 10x10-inch works of art. Torpedo Factory and DC-area artists, as well as local high school students from TC Williams National Art Honor Society will create the artwork. All work will be for sale for \$150 with 10% of all sales being donated to the March of Dimes.



PLAY

Thru April 2
The Art League
105 N. Union Street
Alexandria
703/519-1741
theartleague.org

In honor of Minds Wide Open: Year of Children and the Arts, The Art League presents “Play,” a juried exhibit exploring whimsical, playful works, the activity or idea of fun and play, or actual interactive works which encourage visitors to become involved in artwork on an entirely new level. This juried exhibit will feature works of all media by Art League members.



Explore Alexandria’s Firefighting History This Spring

Walking Tours in April and May Cover 19th-Century Blazes, Historic Firehouses

This spring the Friendship Firehouse Museum is offering special tours exploring Alexandria’s firefighting history on Saturday, April 14, and again on Saturday, May 12. The walking tour, “Blazing a Trail: Alexandria’s Firefighting Past,” begins at 1 p.m. at the Friendship Firehouse, 107 South Alfred Street, in Old Town. As they walk through Old Town, participants will learn about volunteer firefighting in early Alexandria and stop at historic buildings that once served as fire stations. They will also

learn how three major fires devastated Alexandria and discover how the Union occupation during the Civil War affected local firefighting. The tour is scheduled to return to Friendship and end about 2:30 p.m. Advance reservations are required, as space is limited. Tickets are \$6 for adults and \$4 for youth ages 10 to 17. (This history tour will not interest small children, but may be of interest to kids 10 and older.) Tickets may be purchased online at www.friendshipfirehouse.net or by calling 703.746.4994.

Photo: Among Alexandria’s 19th-century firehouses is the Columbia Firehouse at 109 South St. Asaph Street. Built in 1883, this historic firehouse is now home to Columbia Firehouse restaurant. Photo Courtesy Library of Congress.



“Brother Russia”

Thru April 16
Signature Theatre
4200 Campbell Street
Arlington
703/820-9771
signature-theatre.org

A world premiere rock musical from the award-winning creators of The Fix and The Witches of Eastwick. In a desolate potato field north of Omsk, a comically fourth-rate Russian theatre troupe sets up its tents and wows the local farmers with rock-fueled adaptations of Tolstoy and Dostoevsky. Tonight, however, the company will toss classic literature aside to showcase the life story of their impresario and star, the seemingly immortal Brother Russia – more commonly known as Grigori Yefimovich Rasputin. Yes, that Rasputin: the hypnotic mystic who seduced and ruled the Tsar and Tsarina in the waning days of Imperial Russia. Ticket prices vary.

“Votary of Love” Lecture: George Washington’s relationship with Sally Fairfax

March 21
Gadsby’s Tavern Museum
134 North Royal Street
Alexandria
703/746-4242
gadsbystavern.org

Join Dr. Peter Henriques, Professor Emeritus of History from George Mason University, as he continues to explore the



many facets of the “Father of our Country” through his lectures. For Women’s History Month, Dr. Henriques will examine George Washington’s relationship with Sally Fairfax, one of the most fascinating, controversial, and revealing relationships of his life. In his lecture, “Votary of Love,” Dr. Henriques summarizes what we know, what we don’t know, and what we can reasonably surmise about our first President’s first, if not greatest, love. Lecture tickets cost \$12 per person and \$10 for members of Gadsby’s Tavern Museum Society and Gadsby’s Tavern Museum volunteers. Doors open at 7 p.m., and the lecture begins at 7:30 p.m.



10th Anniversary COOK OFF for Carpenter’s Shelter April 29

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The 10th Anniversary Cook-Off Celebration promises to be bigger and better than ever with 30 of the area’s best restaurants offering samples of their finest food, plus a live auction offering attendees the chance to bid on trips, tickets, meals and more. Tickets are \$40 for adults and \$10 for children under 12.

Ready to Sip the Wine of Kings and King of Wines?

BY MARI STULL



Enjoying wine is an evolutionary process. Really, it's no different from relishing good literature or art. You may begin your cultural journey reading Dick and Jane or admiring Dogs Playing Poker, but you will eventually evolve to more sophisticated endeavors. Most wine drinkers begin their oenophile journey with a simple Chardonnay or even White Zinfandel – then progress rapidly to more interesting varietals as their taste buds elevate.

Are Your Taste Buds Elevated?

Of course they are, darling. Your good taste is evident simply by your curiosity and interest in this article. You may have explored the intellectual nuances of ethereal Burgundy, or enjoyed the sultry sexiness of a sensual Sauterne. But, have you experienced the complexity and joy of a Barolo?

Nebbiolo, Barolo – Rolls off the Tongue-0

Like most European wines, the Barolo wine is named for the area in which it's produced. The Barolo zone (it's also a town) lies in the Piedmont area of Italy. The varietal used in Barolo is the Nebbiolo grape, which is a finicky and temperamental guy that grows best in the Piedmont region. Unlike some of the international grapes, such as Merlot or Cabernet Sauvignon that fairly easily adapt to many growing conditions, Nebbiolo thrives in the harsh conditions of her home region. Nebbiolo vines love the chalky, mineral-rich soil of Piedmont and her misty morning fog (Nebbiolo means "fog" or "cloud"). The vines thrive on the steep hillsides that dot the region. All of these conditions are unique to Piedmont, so happen to be factors that make a happy Nebbiolo vine. And all of this important to enjoying this wine because it means that only the conditions of Barolo can make Nebbiolo a "Barolo."

In other words, a great Cabernet Sauvignon can be produced anywhere from South America, North America, to Europe but, Nebbiolo is far too discerning and picky to give herself freely outside of Piedmont.

A Barolo Winemaker Speaks

"Barolo should reveal itself

little by little, rather than all at once." Danilo Drocco

In my quest to understand more about Barolo and why it is widely considered to be the most important wine of Italy, I sat down with Danilo Drocco, Lead Winemaker of Fontanafredda Estate and Winery and sipped about a dozen of his estate's Barolos (all to prove my love to you, dear reader).

Barolo is a snobby wine. Her grapes are finicky, admirers are strident, wine expensive – and downright complicated. To get past these Barolo barriers, you need an abundance of patience or her winemaker to guide you. I was fortunate to have the very gracious and debonair (a requisite for all Italian winemakers) Danilo to take me on my Barolo journey.

Barolo is a shy wine. And here is where the patience comes in. To really enjoy Barolo, it's a must to savor and slowly (very slowly) appreciate each sip. Because Barolo will change and confuse you each time she crosses your palate. My first sip of Fontanafredda's 1996 Vigna "La Villa" was razor sharp and acidic. I was confused – the wine was sixteen years old, but had the edginess of a baby bottle. And those tannins! A tannic wine will give you that powdery, dry feel on the back of your tongue – this wine had me screaming for a decanter to soften those aggressive tannins. But, Danilo refused the thought. "Wait for it," he said.

And with that adorable Italian accent, how could I not?

A Barolo Wine Sings

And then it happened. Acidity balanced, tannins softened. Nuances like fig, leather and crushed roses suddenly appeared. The wine was no longer juice in a glass, but now had a personality she was talking to me. And the more we talked, I mean sipped, the more she told me about herself (I do believe the term "open up" is apropos here). By the end of the second

glass we're talking violets and black coffee – her personality is really opening up now.

I asked Danilo why not decant from the get-go and capture this expression in the first glass? "Because", he said "the pleasure of a Barolo is in the slow reveal of her layers." And he's right. Like a good Burgundy, a Barolo is an intellectual pursuit of her taste. It's a journey, an experience that should be prolonged and savored.

Vino Vixen Value Barolos

Ha. None. Sorry, Barolos are inherently expensive. The '96 Vigna "La Villa" I sipped with Danilo is \$165 SRP. I also sipped a 1982 Riserva that was \$265. I have an option for you that's still a splurge, though more affordable:

2007 Serralunga d'Alba Barolo - \$45

Fontanafredda

Right out of the bottle, this Barolo releases heady floral notes of dried roses. Her acidity makes a nice food-friendly wine. Earthy textures like leather dominate, with a complement of blackberry. If you can resist opening it now, throw it in a cool linen closet for the next few years (10 would be better) and you will be awarded with an amazing wine that will be worth 4 times today's price. Because of her high acidity and aggressive tannins, Barolos are a natural for aging.

Mari Stull is the Vino Vixen™, syndicated wine columnist whose musings appear in over 25 magazines, newspapers, and online outlets monthly. After a successful career as an international lobbyist representing the food and beverage industry, in 2003 Stull turned to her true passion – wine – as a full-time career. Stull's initiation into the wine industry began as Vice President of SuperMarketing Promotions developing the Virtual Wine Selector.

Stull has judged numerous national and international wine competitions and is a regular speaker at corporate and consumer wine events.

Reach the Vixen on VinoVixen@VinoVixen.com



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Fontanafredda Estate and Winery

Fontanafredda has a noble history. It began in 1858, when Vittorio Emanuele II, the first king of Italy, purchased the Fontanafredda estate, a former hunting preserve, as a country home. Soon thereafter, he began to produce the estate's first wines. In 1878 King Vittorio II died and his first-born son, Count Emanuele Alberto di Mirafiori, inherited Fontanafredda. Count Mirafiori created the commercial business of wine from the estate and released the estate's first Nebbiolo labeled as Barolo with the vintage 1878. Beginning in 1932, the estate transferred to Monte dei Paschi di Siena, the world's oldest bank, which retained ownership of Fontanafredda for 76 years. In 2008, the grand estate was purchased by Oscar Farinetti and his partner Luca Baffigo Filangieri, founders of the EATALY concepts in Italy, Japan, and New York.

The Albeisa Bottle

The traditional bottle of Barolo is known as the Albeisa bottle. Similar to the Burgundy bottle with sloped shoulders, it was first produced in Alba (hence its name) in the 1700s, and was used exclusively for Barolos for centuries. However, many Barolo makers began using the Bordeaux style bottle (big shoulders) and that bottle became the most-used bottle. Now, interest in the Albeisa bottle has surfaced and we're seeing more Barolo produced with this traditional style. Look for the gorgeous embossing on the glass.



Tart on Tour

I'm not crazy about Prague.

I recently spent about a week there for work. Yes, it's beautiful. The architecture is gothic and fairy-tale like, the beer is delicious, the cuisine hearty and comforting, replete with goulash, pork dishes, and heavy servings of bread dumplings. (Um, yum.) The city's been home to any number of notable people: writer Franz Kafka, composer Antonin Dvorak, the mother of Marie Antoinette, a Holy Roman Emperor, and, not to be remiss, Good King Wenceslas, of English caroling fame. The city has seen golden ages and endured brutal foreign occupations. It's a noble and unpretentious city, Prague. Nothing to scoff at.

But I just wasn't bowled over by the "city of a hundred spires". Maybe it was the weather? Could I have better luck in summer, when beer gardens and sun take some of the chill off the stone?

Happily, I wasn't in Prague alone. I was with co-workers Harry and Matt, two Brits who certainly had no problem enjoying the city's natural beauty: statuesque Czech women in ridiculously stupid heels.

"How do they walk in those things?" Harry queried me one evening, as the three of us passed through cobble-stoned alleys towards the heart of Old Town. "And on cobble stones?"

Harry and Matt had been struck by the young blonde standing in line at a local deli. I could almost hear their necks



BY MELISSA NIX

turn. She wore skinny leggings tucked into five-inch booties. (Seemed like the height of Euro-trash fashion to me, but hot is hot to Harry and Matt. Never mind if the woman looks like she's been stuck in an Ace of Base video for 20 years. They saw the sign.)

"You maintain your balance by favoring the toe bed of the shoe," I explained. "And cobble stones take rare talent to navigate in heels. That blonde's got to be an expert."

Harry and Matt treat me like one of the boys. And often, I feel oddly privileged. They're also both Brits, so have no end of fun taking the piss out of me, the American woman.

The day before, we'd been treated to a special tour of the Prague palace. I took too many pictures, which I shared with Harry as I clicked away.

"Those pics for your "Tart on Tour" column?" asked Harry, eyes twinkling.

(He's actually a fan of this column, really. He just likes to take the piss.)

As western tourists, every now and then we were shocked

by the service we received, as not all vestiges of the former Soviet bloc have been swept out of Prague. Still, it's oddly refreshing not to be pandered to and sometimes even funny, as if you're party to some absurdist, black comedy set in the heart of Eastern Europe.

While visiting a museum shop, I snuck a peak at a book of laminated posters without asking and nearly had my hand slapped off. (I didn't want your dumb poster anyway! So there!)

At a grocery store, Harry tried to pay for a bottle of fizzy water with a 500 Czech Koruna bill that had the teeniest tear in the corner. I mean, it was really teeny, that tear. He was summarily chastised by the check-out girl:

"This?" asked the girl, eyebrow arched. "This is horrible. Take it to the bank and exchange it. Horrible!"

Really? Maybe she was just taking the piss out of us?

Regardless, work is work. And I credit the Prague citizens who served us without pandering. They're working, they'll serve you, but it's not a damn fairy tale to do so. For the fairy tale part, you have to look up to the city spires.

Melissa Nix grew up a military brat, living most of her childhood overseas. She worked in television and journalism for 15 years before her most recent stint, which requires her to travel. Usually in coach. She lives in Alexandria.



St. Vitus Cathedral in Prague.

PHOTO BY MELISSA NIX

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CIVIL WAR SERIES | PART 10

MARCH 1862 — AMERICA'S CIVIL WAR CHANGES GLOBAL WARFARE

BY CHUCK HAGEE

Throughout world history there has always been a strategic turning point in major wars. Not always apparent at the time, they emerge as the smoke and din of battle give way to postwar analysis. March 1862 was such a time in the U.S. Civil War.

Both from the standpoint of changing the history of battle on the high seas and from the standpoint of guidance of the war, the third month of the conflict's second year laid the foundation for its ultimate outcome. And, in the case of naval warfare the impact was global.

On March 8 and 9 the world witnessed the first "battle of the Ironclads." Formally known as the Battle of Hampton Roads in Virginia's Tidewater area off Norfolk, the C.S.S. Virginia and U.S.S. Monitor changed forever how naval warfare would be fought and brought to a close the era of wooden gunboats.

Although the two day bombardment, of one ship against the other, ended in a standoff, the battle and events leading up to it changed naval planning in Great Britain, Russia, France and all naval design commands worldwide. Without firing a shot, the day before the battle the C.S.S. Virginia had sunk two Union warships simply by ramming them as their cannon shots bounced off its iron shield, thereby delivering a fatal wound to their wooden hulls.

During the actual battle of the two ships the C.S.S. Virginia was the first to withdraw due to a lack of ammunition not from defeat. Neither ship could penetrate the iron shield of the other. The Virginia was destroyed on May 11, 1862 by its own crew to prevent it from being captured by the Union. The Monitor also sank within a year of the confrontation.

The battle lasted four hours. But, its impact has ricocheted down through history to this day.

Its genesis was the capture of the Union warship Merrimack by the Confederacy. They fitted it with iron plates and renamed it the C.S.S. Virginia. As a point of clarification the captured vessel was the "Merrimack" not the "Merrimac," which was another ship not involved in this historic confrontation.

Although the Confederacy began the war without any navy, they catapulted to supremacy with the capture of the scuttled Union steam frigate Merrimack when Union forces withdrew from Norfolk. Confederate engineers quickly began bolting together iron plates to create the most powerful warship on the seas at that time -- far above anything the Union possessed.

This metamorphosis of the Merrimack was far from chance. Confederate Secretary of the Navy Stephen R. Mallory, a former U.S. Senator from Florida, had previously served as chairman of the Commission on Naval Affairs in the U.S. Congress. He had been a strong advocate of iron ships which he saw as the future of naval warfare. When he took over his post in Jefferson Davis' Confederate cabinet he began to assemble a fleet of ironclads.

As word spread north of the new sea monster being created by the Confederate Navy, Washington turned to the one man capable of matching the South's feat -- Swedish born inventor John Ericsson. Eccentric and mad at the U.S. Navy for not paying previous bills he felt he was owed, he, nevertheless, agreed to meet the challenge put to him by U.S. Secretary of the Navy Gideon Wells. It was a straightforward plea -- design and build something to stop the Merrimack, as the C.S.S. Virginia was still called in the north.

As a result of the Confederacy's creation of this new naval warship, the Union reacted immediately creating its own ironclad, the "Monitor," in New York and dispatching it south to take on the Virginia. This led to both the North and South launching an ironclad construction boom that gave birth to the modern Navy.

Although the Virginia inflicted far more damage on the Union fleet than it suffered, it failed to accomplish its primary mission -- breaking the Union blockade of southern ports. The Monitor, on the other hand, proved to be better as a river warship than on the rough high seas due to its low profile. But, they both laid the foundation for a new world of naval warfare.

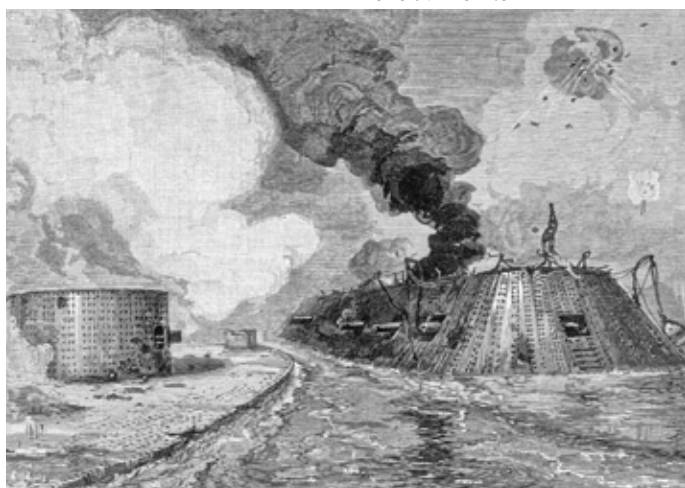
On land, March 1862 proved to be significant as well in what came to be known as "Gettysburg of the West" -- the Battle of



War--Confederate Secretary of the Navy Stephen R. Mallory.



Swedish-born inventor John Ericsson who engineered the Union's Ironclad Monitor.



The battle of the Ironclads.

Glorieta Pass. It was fought from March 26 to 28 in the Northern New Mexico Territory and was the decisive battle of that territory.

It was to be the Confederacy's trump card in the West and open the way for the South to take control of southern California and Arizona. Forces were evenly matched -- 1,300 U.S. troops to 1,100 Confederates. It was fought in Glorieta Pass in the Sangre de Cristo Mountains in what is now the state of New Mexico.

Union forces were led by Maj. Col. John P. Slough of the 1st Colorado Infantry with units under the command of Maj. John M. Chivington. Confederate forces were under Maj. Charles L. Pyron and Maj. William Read Scurry.

In the final analysis, it marked the end of the Confederacy's western campaign. Although the Confederates initially pushed the Union forces back through the pass, they themselves had to ultimately retreat due to the destruction of their supply train and most of their horses and mules. This led to their withdrawal to Confederate Arizona and then Texas. This

essentially ended the South's war in the west.

Back in Washington Lincoln was finally taking control of the war from his military General-in-Chief George McClellan. The President issued General War Order #3 requiring all military commanders to report to Secretary of War Edwin Stanton. This effectively removed McClellan as General-in-Chief of all armies and gave him no more excuses to finally begin the assault on Richmond which Lincoln had been seeking since the early days of the war.

However, once again Lincoln made a tactical error in dealing with his strong willed general, who resented War Order #3 and viewed it as a personal rebuke, opening the door for McClellan to fudge on the Richmond assault. Lincoln insisted that McClellan leave behind a contingent of troops to defend Washington. This afforded McClellan the opportunity to blame later setbacks in the Richmond/James River Campaign on that shortage of troops, and by implication, Lincoln.

March 1862 also provides an-

other example of Lincoln's political pragmatism when it came to emancipation of the slaves. He sent a message to Congress that month suggesting legislation "to compensate southern states willing to gradually abolish slavery" rather than issue a proclamation doing so.

His rationale was that a compensation offer "would not be half as onerous, (to the federal coffers) as would be an equal sum, raised now, for the indefinite prosecution of the war." Those controlling the flow of Congressional legislation did not agree.

Even when he finally issued the Emancipation Proclamation on September 22, 1862, which was to take effect on January 1, 1863, he used legalistic terminology in an attempt to offer a political carrot to end the war and bring the Confederate states back into the Union without further conflict.

In his famous proclamation he stated: "I, Abraham Lincoln, President of the United States of America, and Commander-in-Chief of the Army and Navy thereof, do hereby proclaim and declare that ... on the first day of January in the year of our Lord, one thousand eight hundred and sixty-three, all persons held as slaves within any state, or designated part of a state, the people whereof shall then be in rebellion against the United States shall be then, thenceforward, and forever free."

The careful wording, as would be expected from a trained attorney, seems to leave open the possibility of continued slavery or some compensatory settlement for renouncing slavery in those states comprising the Confederacy that returned to the Union in the time between September 22, 1862 and January 1, 1863. That window appears to be suggested in the phrase "the people whereof shall THEN be in rebellion against the United States."

From that wording, it could be suggested that only to those states, or any part of those states, still in rebellion on January 1, 1863 would the Emancipation Proclamation apply. As history played out, the careful wording had no more impact than his previous suggestion to Congress. Thus, Lincoln was saddled with three more years of blood-soaked battlefields and a severed nation.

“What’s the Secret to Getting Pet Urine out of Your Carpets Effectively?”

Brought to you by your rug cleaning experts at Hadeed Carpet

We see it time and time again. A beautifully crafted rug, overpowered with the scent of urine, or brand new wall to wall carpeting sporting some curious yellow stains. As pet lovers ourselves, we understand that this is the price you pay for owning your accident-prone little family member. And we want you to know that both carpet and pet can live in harmony together. So from our family to yours, here are some “old fashioned” tips on maintaining a fresh-smelling and clean home.

Immediately upon discovering the soiled area:

- You want to dilute as soon as possible. Attack the stain immediately with a wet sponge or white cloth, dabbing with light strokes. Move inward from the outside of the stain, so as not to expand it, using water or club soda.
- Soak it in a solution of one quart room temperature water, one-half teaspoon detergent, and one tablespoon of ammonia.
- Allow to sit for 30 minutes.
- Rinse with clean water. Dry.
- Apply alcohol with sponge to moisten it up. Dab thoroughly.
- Flush again with water.
- Allow to dry. Repeat steps if necessary.
- If stain is impenetrable, send the rug to your local specialists at Hadeed Carpet for a thorough soak and neutralizing wash.

A lot of the time homeowners don’t notice there’s even a problem with odor; especially in the winter months or when temperatures are kept cool in the home with central air condi-

tioning. So when the home is finally heated, that’s when the potent odor fills the air, and they become aware of the severe damage the idle

sionally cleaned may help...” Urine and pet stain removals are a much bigger challenge when dealing with wall-to-wall carpet.



urine has made to their carpets and pads.

Eliminating your pets’ accidents- even the best-behaved pet will impulsively mark its territory or establish its dominance through urination once in a while. Alan Fletcher, author and flooring expert, says, “Pet urine is very difficult to completely remove from carpet because it often soaks through the surface fibers into the carpet backing and may even become embedded into the padding and flooring below. Having the carpets profes-

When urine, which is categorized as a Group Six stain (along with hair dye, perspiration and candy), has been sitting stagnant for over a week, it’s usually a good time to call in professional cleaners to deep clean and neutralize your carpet, rugs, and upholstery. Places like Hadeed Carpet, experts in the cleaning business, follow a proven process that may revive and protect your carpets.

A good question to ask your carpet cleaning specialists is whether or not they can soak and neutralize your

area rug. If there is bacteria, due to urine and feces stains, we at Hadeed recommend going to a higher level of neutralizing processes dis-

3% moisture
2% miscellaneous

Coating the carpet with a product like Teflon Advanced for Natural Fibers helps form invisible shields



infect and specifically target odors in the carpet. But, remember, neutralizing does not remove stains.

Stains are unavoidable, and may even be tough to see. A good question to ask yourself if you haven’t gotten your carpets and rugs cleaned in a while is, “What else will a professional cleaning remove from my carpet?” According to a recent American research survey, soiled surfaces at homes typically consist of:

- 45% sand and clays
- 12% animal protein fibers (bingo!)
- 12% cellulose fibers
- 10% alcohol-soluble particles (like gums and fatty acids)
- 5% gypsum
- 5% limestone

around each carpet fiber, which provides extensive repellency to most of these contaminants.

However, it’s important to remember that sometimes pet stains and odors (especially those that have become soaked and dried into the pad) can cause irreversible damage, and no amount of scrubbing can eliminate the problem. Contact Hadeed Carpet and they’ll offer you a free inspection and estimate.

Our beloved rugs can be just as beloved as our pets. When Fido causes damage to our rug, we don’t shoot Fido and we don’t throw out the rug. Both need treasured attention, for they both truly add depth to the family setting.



BLACK & WHITE & READ ALL OVER!



Zebra spotted in Prague!

Matt O’Brien reads a February copy on the historic Charles Bridge in Prague.

Many of our readers say they like to take us on a trip with them to catch up and read the whole issue. If you find yourself out of town with a Zebra, snap a picture and we’ll publish it as soon as we are able. We’ll also send you a \$25 gift certificate to an area restaurant or retailer. Please submit photos to mary@thezebra.org.



Marine Corps Marathon Presents Healthy School Award to George Mason Elementary

On Thursday, March 1, the Marine Corps Marathon (MCM) presented the Healthy School Award to George Mason Elementary in Alexandria. Nearly 500 students and faculty attended the award program in the school gym located at 2601 Cameron Mills Road.

George Mason, a leader in Healthy Kids Fun Run participation, registered 243 students for the event, which was held in October. The Healthy School Award was presented by MCM Director Rick Nealis

and Miles the bulldog mascot with U.S. Marines from Marine Corps Base Quantico performing military-style exercises with the students.

As part of the Healthy School Award, Sodexo presented \$1,000 to George Mason Elementary and distributed healthy snacks to each of the students. The National Children's Museum, which is also an MCM partner, is coordinating its "Museum Without Walls" program focusing on student physical fitness and activity.

Schools interested in participating in the 2012 Healthy Kids Fun Run can contact Amy Beaulieu, MCM Communications Coordinator at amy.beaulieu@usmc.mil or 703-784-2357. The Healthy Kids Fun Run opens for online registration for all kids ages 5 to 12 on April 4 at www.marinemarathon.com.

The 37th MCM will be held on October 28, 2012 in Arlington, VA. No federal or Marine Corps endorsement is implied.

Bishop Ireton High School Announces VFW Contest Winner



Bishop Ireton Senior Matt Krause entered the VFW Voice of Democracy Audio Essay Contest last fall as a way to hone and showcase his writing and broadcasting skills. His entry placed third in Virginia. He also won both the local Alexandria VFW Post 609 award and the Northern Virginia Department 10 award.

The theme for this year's contest was, "Is there pride in serving in our military?" Matt's essay was inspired by his grandfather, a 25+ year Army veteran who had a tremendous sense of patriotism. Matt won first place out of an unknown number of entries at the post level, first place out of a pool of students from all over Northern Virginia at the district level, and third place in the state. With the local, district, and state awards all rolled into one, he received \$950 in scholarship money and a plaque.



St. Stephen's & St. Agnes Lower School celebrated the Chinese New Year on February 3 with an interactive presentation from Wong People of Washington, D.C. Students learned the cultural meanings of the Chinese New Year, and students and faculty were encouraged to wear red, symbolizing good luck.

St. Stephen's & St. Agnes School Places Second in National Environmental Challenge

Students, faculty, and staff at St. Stephen's & St. Agnes School in Alexandria greatly reduced their carbon footprint during the 2012 National Green Cup Challenge held January 18-February 15. Out of 116 participating schools nationwide, St. Stephen's & St. Agnes reduced its electricity use by the second-highest percentage (28%). SSSAS also won the Mid-Atlantic/Chesapeake regional division.

The Green Cup Challenge, sponsored by the Green Schools Alliance, empowers school communities to conserve electricity, raise environmental awareness, and decrease their impact on the environment.

The largest reduction was at St. Andrew's School in Florida (32%). Collectively, the challenge prevented 1,567,562 pounds of global warming carbon dioxide from being released into the atmosphere.

"This success involved the hard work of students, faculty, and staff at every division," said SSSAS JK-12 Sustainability Coordinator Jillian Joyce. "Students and adults committed to reducing electricity use and engaged their peers in conversations about energy, ways to save energy, and the good reasons for doing so."

For more information about the challenge, go to www.greenconduct.com.



Two Bishop Ireton High School Seniors Named National Merit Scholarship Finalists

Bishop Ireton High School seniors Jacob Ramey and Helena Barber have been named finalists in the 2012 National Merit Scholarship Program. As finalists, they are eligible to compete for the more than 8,300 merit scholarships, totaling more than \$34 million, which will be awarded this spring.

Finalists will be notified in the spring if they are selected to receive one of the National Merit post-secondary scholarships, which are supported and awarded by the National Merit Scholarship Corporation, businesses, and colleges and universities nationwide.



National Merit® Finalists awards were presented to Phillip Espinoza, Paloma Alcala, Andrew Dewhurst, Kathryn Alpin, and Joseph Powers.

PHOTOS BY WAYNE HULEHAN

T.C. Williams High School Students Win Scholarship Awards

Five Bishop Ireton High School seniors have been named finalists in the 2012 National Merit Scholarship Program: Phillip Espinoza, Paloma Alcala, Andrew Dewhurst, Kathryn Alpin, and Joseph Powers.

To become a Finalist, a Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by the high school principal, and earn SAT scores

that confirm the student's earlier performance on the qualifying test.

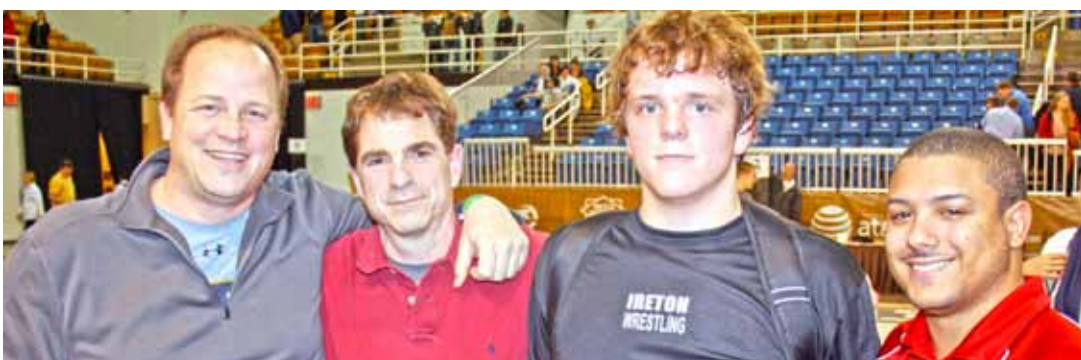
Achievement Scholar® Awards were presented to Saara Kaudeyr, Aduragbemi Jibodu, and Dexter Austin. Achievement Scholar® designees are selected based on their abilities, skills, and accomplishments - without consideration of financial circumstances or college choice.



Bottom Row: Andrew Lutterloh, Nick Womach. Middle Row: Chris Macey, Darcy Gomez. Standing: Coach Kwinten Brown, Coach Paul Dunstan, Andrew Bladen, Jeff Severini, Jimmy Keegan, Ben Nagao, Conor Reilly (holding trophy), Mike Rodriguez, Tommy Fessehaye, Andrew Baehre, Gibson Hawk, Head Coach Don Dight.

Bishop Ireton Wrestlers Take Honors

Bishop Ireton's Varsity Wrestling team finished 4th out of 32 at the Virginia Independent School Athletic Association Wrestling Championships. Led by senior Andrew Lutterloh, who won his 2nd state title and junior Jimmy Keegan, a finalist, the Cardinal grapplers placed the highest of any northern Virginia high school in the tournament. Bishop Ireton qualified four wrestlers, Nick Womach and Darcy Gomez (in addition to Lutterloh and Keegan) for the National Prep School Tournament at Lehigh University. Go Cardinals!



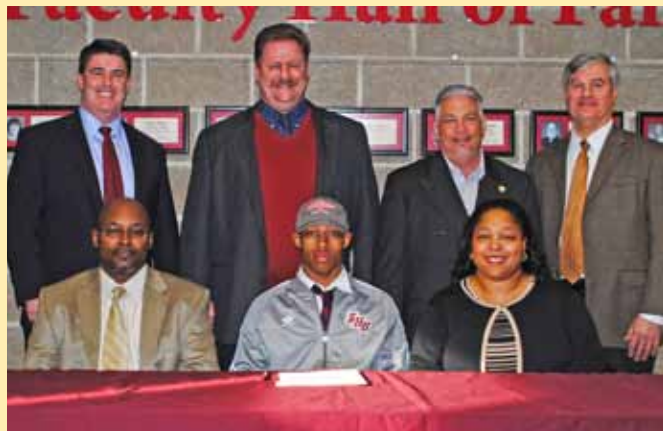
Coach Scott Racek, Head Coach Don Dight, Senior Andrew Lutterloh, Coach Kwinten Brown

Bishop Ireton Seniors Sign Letters of Intent

Five Bishop Ireton seniors signed national letters of intent to play college sports: two for football and three for woman's soccer.

Their coaches, families, teammates, teachers, and staff are very proud of these fine student-athletes.

The national letter of intent (NLI) is a binding agreement between the athlete and college. For more information on eligibility and the NCAA, go their website and visit the Eligibility Center.



Moses Webb, son of Mr. and Mrs. Moses Webb of Manassas, VA signed his national letter of intent to head to Division I Sacred Heart University in Fairfield, CT. At Ireton, Moses Webb established the single season touchdown record (16), and was named a MVP of the 2011 Football squad.



Eddie D'Antuono, will become a Virginia Tech Hokie in Blacksburg. He is a preferred walk-on as a football long snapper. He won the Cardinal Award in the 2011 season.



Anna Wissler will head to Lafayette College in Easton, PA to play soccer. Wissler was a Washington Catholic Athletic Conference Honorable Mention selection and was awarded the women's soccer Cardinal Award. She is a member of the National Honor Society.



Katarina Guillou will become a UNC Wilmington Seahawk. At Ireton, Katarina was selected to the prestigious WCAC first team. The highlight of the 2011 season, the upsetting of #1 ranked Good Counsel, was because of the two incredible goals scored by Guillou.



Hannah Thomas will become a Lady Buccaneer at Charleston Southern University in South Carolina. Hannah was a second team WCAC defender.



PHOTO BY GINGER RODRIGUEZ

Can't Wait 'til Spring? Don't!



BY GINGER RODRIGUEZ

This time of year we're anxious for spring, but it isn't quite here yet. We want to be seeing green: on the trees, the lawn, anything is a help to assure us that spring will come - and soon. March feels like the first month we can assume that winter is over. Handy that it's St. Patrick's Day month, which seems to validate being "keen for green." Most days, it will still be too soon for picnics, evenings by the fire pit and patio events, but it's good for the soul to go ahead and *fake it until Spring makes it*.

Bring living green things into your home. Fortunately, the hardware and garden stores know that we're all eager for spring, and you'll find a great selection of plants for inside the home right now.

One of the easiest things you can do to warm up a room is to add plants IF you have the guts to go BIG! It's one of those things that you don't realize is missing until you bring it in. Then it makes the space look so finished and professional and glamorous. All this, but plants really take up hardly any space at all.

There's a reason that classic estates and homes have sported potted palms for centuries. They add so much but are happy to occupy just the unused space behind a chair or table. They are small at the bottom with gorgeous, arching fronds at the top.

Don't wimp out! Get two or more that are 6- to 8-feet tall! If they're on the shorter side, also grab a 2-foot-tall plant stand to boost them. Also select a nice planter (resin is fine) to put each one in. Do it all at once because it's trickier than it seems to find a planter big enough.

Make one more stop in the store to the lighting department. Not for a grow light, but for up-lights! A simple "can light" or a spotlight on a clamp. These will not be seen, so ugly is OK. Do not get halogen lights; they're too hot for this.

You will instantly see why I suggested lights. They add so much it's incredible. Come evening, you'll be stunned by the drama of the sweeping shadow-play from the up-lights.

Take the kids out for a woody adventure and gather a collection of mosses. Creating a small moss farm or terrarium is not only a great feature for the home, but also educational for the kids.

No home should be without a significant presence of green. Not your thing? Give it a re-think, we're not just talking kelly green.

The most relaxing influences are silvery, sagey, mossy greens. And when you're in this color region, you are basically working with a neutral. It can be nudged into most any color scheme.

As always, the Keyword for adding an accent color is:

P-A-R-T-S

P-illows

A-rt (Your moss garden or terrarium can count as art - present it beauti-

fully, in a central location.)

R-u-gs (Not a full commitment - just an area rug, scatter rugs, or an outdoor rug used indoors is a great and washable idea, especially for a home with pets.)

T-hrows (Afghans or any kind of cuddly small comforter/throw thing.)

S-torage (Baskets, band boxes, apothecary jars ... most every room needs storage; while you're adding your green, do it in the form of attractive things that can also offer storage.)

Something in our souls recognizes the color green. City dwellers and suburbanites sometimes forget that the planet on which we live is not a place of concrete and asphalt; it is a place of soil and plants, rocks and creatures. When we remember what is our natural environment, it calms us and rejuvenates us.

Ginger Rodriguez
Our Blog, *Coffee with Ginger*
(www.coffeewithginger.com), has
free giveaways each month.
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QUOTABLE:

“Spring is nature's way of saying, “Let's party!””
~Robin Williams

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D I D Y O U K N O W ?



Did you know the Oreo cookie celebrated its 100th birthday on March 6?

It is estimated almost 400 billion Oreos have been consumed since Nabisco started making them in 1912, a stack high enough to reach to the moon and back five times.

There are now more than 11 different varieties of Oreos, not including the seasonal offerings with orange, red or yellow cream



The evolution of the Oreo emboss, from 1912, to 1924, to today.

PHOTO COURTESY OF NABISCO.

filling, the reduced fat variety and the football shaped Oreos. They have become a world-wide phenomenon as different countries put their own taste spin on the chocolate cookie sandwiches: Japan has a green tea cream filled Oreo and China has a double cream filled, half orange and half mango variety.

Everybody debates as to the best way to eat an Oreo cookie too. Are you a dunker? Do you screw off one half and lick out the cream first? Do you eat it whole? Which part do you give the dog? Trust me, ask anybody and they'll quickly tell you their personal Oreo-eating method.

The embossed design has changed only three times over the years, and no one seems to know. Some believe that the cookie's name was taken from the French word for gold, "or" (the main color on early Oreo packages). Others claim the name stemmed from the shape of a hill-shaped test version; thus naming the cookie in Greek for mountain, "oreo." Still others believe the name is a combination of taking the "re" from "cream" and placing it between the two "o"s in "chocolate" - making "o-re-o." And still others believe that the cookie was named Oreo because it was short and easy to pronounce.

No matter how it got named, it is America's best-selling cookie of the 20th century. Happy Birthday Oreo!

—Mary Wadland



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Welcome to newest gallery in Old Town!

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QUOTABLE:

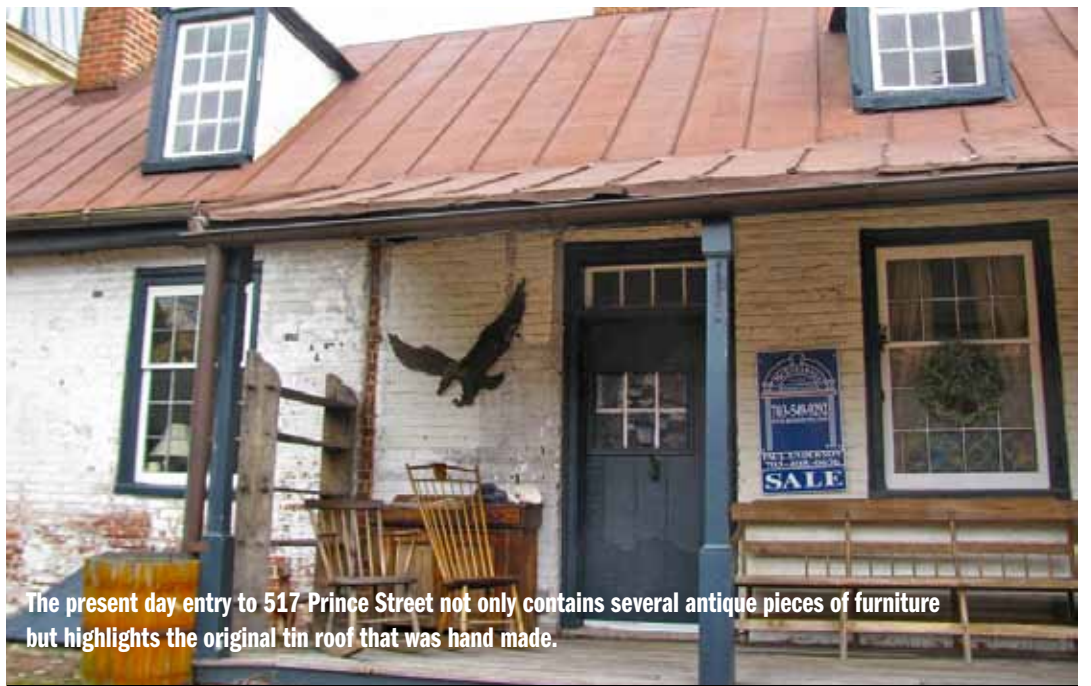
“Spring is sooner recognized by plants than by men.”
Chinese Proverb



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The present day entry to 517 Prince Street not only contains several antique pieces of furniture but highlights the original tin roof that was hand made.

Z H O U S E P I C K O F T H E M O N T H

One Man's Dream – A City Jewel

BY CHUCK HAGEE

George Washington was an officer in the British Army, Alexandria stretched no farther west than Royal Street, and the Potomac River lapped at what is now known as Lee Street. Just beyond the city's border was a small two room house built on a high point of land overlooking the river.

The year was 1772 and Alexandria had been incorporated just 23 years before. Patrick Murray decided to build his home consisting of a living room and bedroom with out-buildings for cooking and “the necessary,” as the outhouse was often known.

Today that modest house has evolved into one of the most historic structures in the city and stands as a living testament to both the city's and nation's evolution from revolution. Its address is 517 Prince St. and is located on the northeast corner of Prince and South St. Asaph streets.

It has been added to and altered by a series of occupants who have each contributed to its history. But, none has so painstakingly sought to preserve its heritage and genealogy as present owner/occupant Joe Reeder, who purchased it in 2001 for \$850,000. It is now on the market again for \$1.8 million.

A preservationist's dream, the house is virtually a functioning museum of American ingenuity, imagination, adaptability, and functionality. Within its walls are also the trials and tribulations, hopes and experiments of a young nation trying to find its way along a path never before trod in human history.

“When this house came on the market in 2001 I was living in the 100 block of South Lee Street,” Reeder said, sitting in an antique Queen Anne chair in the now formal living room which was the bedroom of the



The fireplace in the formal living room was the prime focus of a multi-page spread in Historic American Buildings magazine about 517 Prince Street.

ALL PHOTOS: CHUCK HAGEE

original two-room house. “I walked through and within 20 minutes I knew I wanted this house.”

Reeder went home drafted a contract and had it in the then owner's hand the next day. “He refused it because he wanted \$200,000 more than my offer. I came up \$100,000. He came down \$100,000. And, we had a deal,” Reeder explained.

Since then, this 85 year old U.S. Marine World War II veteran, with an absolute dedication to historic preservation and authenticity has spent more than \$500,000 bringing a host of features within the house back to their colonial roots. “There has been very little actual change to the house since 1772 except for the various add-ons over the years,” Reeder said.

One of the most extensive of those add-ons was in 1784 when the “salt box” addition enlarged the house by adding what is now a formal dining room, another main floor bedroom, an overseer's room, and what could now be called the “Joe Reeder Room” just off the relocated main entrance. The latter is where Joe holds court sitting in his favorite rocker facing the large fireplace and explaining the various meticu-

lously detailed restorations he has undertaken to his beloved domicile. The outline of that salt box addition is visible on the outside wall facing South St. Asaph Street.

“This fireplace always has a fire going from Thanksgiving to Easter,” he said, pointing to the burning log in the hearth over which hung a large lighted candle suspended from a black cast iron cradle. The room is an eclectic conglomerate of prize antiques and modern technology highlighted by a large flat screen television attuned to CNN News.

In the colonial era kitchens were usually in a separate building adjacent to the main house. This was done to reduce the possibility of fire and to keep the cooking smells out of the main dwelling. The other facility separated from the main structure in that era was the “outhouse.” Both have been preserved by Reeder.

The outhouse is enclosed in a structure to the rear of the house just off what is now a small rear patio. “It was quite large for the time. There is a two-holer for white males, a two holer for white females, and a two holer for slaves,” Reeder explained.

▼ See Z HOUSE on page 44



Waking Up To The Importance Of Sleep

A good night's sleep is vital to our health and well-being. Studies have shown that sleep deprivation strongly impairs your body's functioning, and that even a partial night of sleep deprivation can reduce cellular immune responses in humans, allowing us to get sick more readily.

One of the biggest misconceptions about sleep is that sleep is just a matter of our bodies "turning off" for several hours, followed by our bodies "turning back on" when we awake. Sleep is not a simple passive activity. Sleep is in-fact a very active activity. And as psychologists already know, during sleep our brain activity is even more varied than it is during the normal waking hours.

There are 4 major sleep stages:

Stage 1: Sleep, or drowsiness, is often described as first sleep stage. Your eyes are closed during stage 1 sleep, but if you are awakened, it's likely that you may feel as though you have not slept. This stage lasts for approximately 5 to 10 minutes.

Stage 2: A period of light sleep during which there are spontaneous periods of muscle contractions mixed with periods of muscle relaxation is stage 2. It is during this time that your heart rate slows down some, and your body temperature decreases. At this point, your body is preparing to enter a deep sleep.

Stage 3: Deep sleep, this stage is known as slow-wave, or delta sleep.

Stage 4: This is also called REM sleep. REM sleep is distinguishable from the other stages because of its characteristic rapid eye movements. In normal sleep, heart rate and respiration speed up

BY ROBERT KNAPP



and become erratic while the face, fingers and legs may twitch. Intense dreaming occurs during REM sleep as a result of heightened cerebral activity.

Everyone wants better sleep. So how do you know if you aren't getting enough of the deep restful sleep that your body craves? Here are a couple of tell-tale signs:

Do you find it hard to wake up each morning? When you do awaken, do you feel rested? Are you constantly hitting the snooze alarm again, and again, and again? Are you awakened easily with every small noise? Are you finding it hard to stay awake during the day?

This Month's Action Steps: All of the above are signs that you aren't giving your body the deep, restful sleep it so desperately needs. If you find these symptoms keep appearing, your body is at risk for illness. Here are a couple of helpful sleeping hints that you can employ over the next month to aid your sleep:

1. Stay out of your bedroom until you are ready to go to sleep.
2. Remember counting sheep? It's antiquated, but it does work.
3. Have you ever watched a baby fall asleep? Their eyes get heavy, then they open, then they close for a bit longer and then again and again? Try faking your

sleep by opening and closing your eyes like a sleepy baby who's trying to stay away. *This is our favorite trick!*

4. Avoid naps during the day, or when you first get home from school or work.
5. Avoid caffeinated beverages and foods (like chocolate) at least 5 hours before you plan to go to sleep.

If you find that you've exhausted all of these little tricks and you're still having trouble getting a restful night's sleep, there may be another reason. Make an appointment with your chiropractic or medical professional for some additional guidance.

Dr. Robert Knapp constantly strives to improve and update his knowledge in the field of chiropractic medicine; he participates in advanced orthopedic post-graduate courses and numerous seminars across the country. If you have a question for Dr. Knapp, please email him at dr.knapp@aachiropractic.com or call his Alexandria office at 703-823-2201.

QUOTABLE:

“In the spring, at the end of the day, you should smell like dirt.”
~Margaret Atwood

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Make an appointment for the HEALTH of it!

Catch Our Mistakes

George Richardson of Falls Church, VA noticed italics were not used properly in the Publisher's Notes. And, we mislabeled the photographer for the Living Legends Bob Calhoun portrait. That photo was taken by Nina Tisara. Congratulations Laura who wins a \$25 gift certificate to Target. We know we make mistakes, and to make a game of it, we welcome your catches. Please send them to info@thezebra.org for a chance to win a \$25 gift certificate from an area retailer, restaurant or cruise line!



Joe Reeder expounds upon his treasured home at 517 Prince St. as he sits in his favorite rocker in his favorite room in front of his favorite fireplace.



The fireplace in The Joe Reeder Room is in constant use throughout the fall and winter months with its perpetual candle burning above the hearth.



An antique Japanese mural covers one complete wall in the dining room.



An antique hutch in the dining room holds a display of collector dishes.

▲ Z HOUSE from page 42

The entire brick outhouse sat over a large stone walled depository.

The house itself rests on a large foundation of dry laid black stone without mortar between them. "The foundation is so strong that I suspect there was something else on this site before the house was built. Perhaps a warehouse of some kind since this was farm area at that time," he said.

When Joe bought the house he discovered that in one corner of the basement there was a large pile of coal. Although the property had long since been converted to gas heating and air conditioning, no one had both-

ered to remove the coal.

With his "waste not, want not" philosophy, Joe decided, rather than go through the expense and hassle of having the coal hauled away he would use it as a subsurface to constructing a new brick cellar floor. "I had the coal spread out as a natural drain and then laid the bricks over it. It got rid of the coal and served a useful purpose at the same time," he stated.

Throughout the house are random width wooden floors that were painted black when he acquired the house. William Seal, the historian, asked Joe to please not have the floors sanded in that it would detract from their authenticity. Instead

Reeder went to the time and expense of having the entire floor area hand stripped of the paint and hand restored to their original wood finish.

This same dedication to detail applies to the house's overhead lighting. He had all wall light switches removed and their installation areas filled in so that the ceiling lights are now turned off and on, dimmed and brightened, by hand held remote control switches.

When it came to the second floor of the add-on, the colonial owners were no dummies. "In those days houses were taxed according to living space. And, living space was determined by the height of the ceiling in a giv-

en room. Anything under seven and one-half feet was not considered "living space," Reeder explained. Therefore, the bedroom and bath on the second floor are only seven feet, two inches high.

Getting to that second floor however is a bit of a test of fortitude. Originally, the stairway entered into what is now the formal living room. It was changed to open into the center hallway with the opening into the living room being walled over.

Four new steps were added at the new stairway entrance. They were installed at the modern standard height of seven and one half inches. The remaining steps to the second floor are approximately 10 and a half inches in height. Climbing those steps is a good way to stay in shape.

Another Reeder addition is the kitchen. He went to great lengths to make it appear as a colonial kitchen -- except for modern appliances. Even then the new is old again, to paraphrase.

The kitchen fireplace has a crossbeam that Joe had in storage for 40 years that he acquired from an old farm house. And the stove was his mother's coal burning stove from the family home in Carthage, NY. The top has been converted to gas fired

burners but the basic structure remains original.

The sink/counter area was hand crafted by Amish craftsmen, who also created an antique looking skylight and connecting window to "Joe's room." Windows throughout the house that have been added for various reasons contain imperfect antique glass panes, acquired from other buildings being demolished. Any added window has been built to strict measurements of the home's originals. All are double hung.

The original smoke room has been maintained with hooks in the ceiling where hams and other meats were treated and aged. The original living room adjacent to the former covered entryway has been converted to a small parlor with built-in bookcases on each side of a window looking out onto Prince Street.

Bowing to modern convenience, Reeder has installed an eight area zoned heating/cooling system that is located in the basement. "I can control the heating and air condition on a room by room basis," he stated.

Complimenting this jewel of Alexandria history are furnishings of equal splendor throughout. Everything from an antique upright piano, spindle back din-

▼ See Z HOUSE on page 45



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MONTHLY HOME SALES RECAP

Thru Feb. 25, 2012

What's happening with home sales in your neighborhood?

Be in the know: watch for this column every month and stay informed of recent home sales in your community. With interest rates still at historic lows, now is a great time to buy or sell!

Home listings courtesy of Becky Arnold, REALTOR®

ADDRESS	LISTPRICE	CLOSEPRICE	CLOSEDATE	BR	FB	HB	# GAR	LVLS	BSMT	DOMM	ADV	SUBDIVISION	STYLE
OLD TOWN													
6 WOLFE ST #22	\$2,550,000	\$2,375,000	27-Feb-12	4	4	2	2	5	No	277		HARBORSIDE	Traditional
400 MADISON ST #201	\$465,500	\$460,000	27-Feb-12	2	2	1	1	1	No	273		ALEXANDRIA HOUSE	Contemporary
309 HOLLAND LN #204	\$379,000	\$380,000	23-Feb-12	2	2	0	1	1	No	94		ROYALTON	Contemporary
1016 PENDLETON ST	\$545,000	\$530,000	24-Feb-12	2	1	1		2	No	133		OLD TOWN	Colonial
330 WEST ST S #302	\$429,900	\$420,000	17-Feb-12	2	2	1		2	No	76		OLD TOWN VILLAGE	Colonial
906 WASHINGTON ST S #108	\$149,900	\$145,000	21-Feb-12	0	1	0		1	No	145		BEARINGS SOUTH	Colonial
1405 ROUNDHOUSE LN #303	\$498,000	\$478,000	2-Mar-12	2	2	1		2	No	68		OLD TOWN VILLAGE	Colonial
1200 BRADDOCK PL #616	\$435,000	\$415,000	29-Feb-12	2	2	0	1	1	No	89		BRADDOCK PLACE	Colonial
629 FAYETTE ST S	\$425,000	\$400,000	28-Feb-12	3	1	1		3	Yes	72		JEFFERSON HOMES	Colonial
411 PITT ST N	\$724,900	\$700,000	1-Mar-12	3	2	1	2	3	No	67		CHATHAM SQUARE	Colonial
1228 ROUNDHOUSE LN	\$835,000	\$821,500	15-Feb-12	3	3	1	2	4	No	31		OLD TOWN VILLAGE	Federal
607 BASHFORD LN #2	\$360,000	\$335,000	27-Feb-12	2	2	0		2	No	45		HARBOR TERRACE	Colonial
507 PENDLETON ST	\$849,900	\$840,000	16-Feb-12	3	3	1	2	4	No	32		PORTNERS LANDING	Colonial
706 FORDS LANDING WAY	\$1,375,000	\$1,333,000	24-Feb-12	4	3	2	2	4	No	35		FORDS LANDING	Colonial
951 PITT ST N #951	\$489,900	\$475,000	15-Feb-12	2	2	1		2	No	30		WATERGATE OF ALEXANDRIA	Colonial
125 LEE ST N #DH-408	\$650,000	\$650,000	15-Feb-12	2	2	0	1	2	No	3		TORPEDO FACTORY	Colonial
519 FAYETTE ST S	\$435,000	\$432,000	28-Feb-12	2	2	0		3	Yes	26		CAVALIER HOMES	Colonial
513 PATRICK ST	\$539,000	\$525,000	29-Feb-12	3	2	1		3	Yes	13		OLD TOWN	Colonial
711 DAY LN	\$774,000	\$737,000	29-Feb-12	4	4	1	2	4	Yes	26		POTOMAC GREENS	Colonial
606 COLUMBUS ST N	\$475,000	\$475,000	24-Feb-12	3	2	0		3	Yes	7		PARKER GRAY	Traditional
501 SLATERS LN #610	\$353,000	\$320,000	21-Feb-12	2	2	0		1	No	29		MARINA TOWERS	Contemporary
202 TAYLOR RUN PKWY E	\$369,900	\$381,000	1-Mar-12	3	1	1		3	Yes	9		TAYLOR RUN	Colonial
114 ROBERTS LN #101	\$299,900	\$296,500	2-Mar-12	2	1	0		2	No	7		FORT ELLSWORTH	Contemporary
531 SAINT ASAPH ST	\$655,000	\$655,000	23-Feb-12	3	2	1		3	No	5		TANNERY YARD	Colonial
713 ROYAL ST S	\$975,000	\$1,002,500	28-Feb-12	3	2	1		3	Yes	8		YATES GARDENS	Colonial
1020 ORONOCO ST	\$769,000	\$747,500	28-Feb-12	4	3	1		3	No	0		OLD TOWN	Colonial
1224 ORONOCO ST	\$499,900	\$490,000	24-Feb-12	3	1	0		3	Yes	2		OLD TOWN	Traditional
910 POWHATAN ST #302N	\$399,900	\$389,900	28-Feb-12	1	1	1	1	1	No	0		900 N. WASHINGTON ST CONDS	Traditional
910 POWHATAN ST #102N	\$379,900	\$379,900	2-Mar-12	1	1	1	1	1	No	0		900 N. WASHINGTON ST CONDS	Traditional
910 POWHATAN ST #201N	\$519,900	\$531,900	24-Feb-12	2	2	0	1	1	No	0		900 N. WASHINGTON ST CONDS	Traditional
1020 PRINCE ST	\$2,200,000	\$2,200,000	29-Feb-12	4	3	1	2	4	Yes	0		OLD TOWN	Federal
UPPER BRADDOCK													
1010 WOODS PL	\$379,999	\$370,000	29-Feb-12	3	3	0		2	Yes	71		WOODS	Raised Rambler
1432 DOGWOOD DR	\$364,500	\$360,000	2-Mar-12	3	1	1		2	No	66		KENWOOD TOWERS	Traditional
3101 HAMPTON DR N #1607	\$250,000	\$228,000	16-Feb-12	1	1	0	1	1	No	12		NORTHAMPTON PLACE	Contemporary
3220 28TH ST S #301	\$112,000	\$112,000	24-Feb-12	1	1	0		1	No	32		BOLLING BROOK	Contemporary
4520 KING ST #307	\$105,000	\$105,000	21-Feb-12	1	1	0		1	No	71		BOLLING BROOK TOWERS	Contemporary
3126 WELLINGTON RD #109-31	\$334,999	\$334,999	15-Feb-12	2	1	0		2	No	4		PARKFAIRFAX	Colonial
1770 DOGWOOD DR #C	\$150,000	\$186,000	28-Feb-12	2	2	0		1	No	4		BEVERLY HILLS	Colonial
3013 KING ST	\$725,500	\$710,000	22-Feb-12	4	3	0		3	Yes	127		OVERLOOK TERRACE	Cape Cod
DEL RAY/ ROSEMONT													
3 MYRTLE ST	\$392,500	\$390,000	24-Feb-12	2	1	0	1	1	No	169		TEMPLE PARK	Rambler
208 WALNUT ST W	\$1,400,000	\$1,250,000	24-Feb-12	3	2	1	1	4	Yes	107		ROSEMONT	Federal
804 COMMONWEALTH AVE	\$689,000	\$670,000	29-Feb-12	4	2	0		3	Yes	5		TEMPLE PARK	Cape Cod
219 MASON AVE E	\$934,000	\$935,025	28-Feb-12	3	3	1	2	3	Yes	4		DEL RAY	Tudor
539 E. LURAY AVE	\$489,900	\$495,000	1-Mar-12	3	2	0		3	Yes	6		DEL RAY/BRENTON	Federal
ARLINGTON													
2268 S. GARFIELD ST S	\$504,900	\$495,000	17-Feb-12	4	4	1	2	4	No	243		THE TOWNES OF SHIRLINGTON	Federal
2823 WAKEFIELD ST S #7-13	\$209,900	\$209,900	24-Feb-12	1	1	0		1	No	121		HEATHERLEA	Colonial
2635 WALTER REED DR S #D	\$249,900	\$249,900	28-Feb-12	2	1	0		1	No	110		THE ARLINGTON	Colonial
4659B 28TH RD S #B	\$299,900	\$292,000	28-Feb-12	2	1	0		2	No	92		THE ARLINGTON	Colonial
3600 25TH ST	\$449,990	\$449,990	16-Feb-12	3	2	0		3	Yes	100		FORT BARNARD HEIGHTS	Traditional
4878 28TH ST S #C1	\$245,000	\$247,500	27-Feb-12	1	1	0		1	No	23		FAIRLINGTON VIL	Traditional
3615 TAYLOR ST S	\$390,000	\$390,000	1-Mar-12	2	2	0		3	No	97		FAIRLINGTON GLEN	Colonial
3439 KEMPER RD	\$699,990	\$693,085	17-Feb-12	3	3	1	2	3	Yes	63		SHIRLINGTON CREST	Traditional
3014 BUCHANAN ST #3053	\$399,900	\$400,000	15-Feb-12	2	2	0		3	Yes	61		FAIRLINGTON VIL	Traditional
2526 WALTER REED DR S #A	\$429,900	\$425,000	24-Feb-12	2	2	1		3	Yes	53		WINDGATE OF ARL	Colonial
3567 STAFFORD ST S	\$415,000	\$415,000	21-Feb-12	2	2	0		3	Yes	50		FAIRLINGTON GLEN	Colonial
2720 ARLINGTON MILL DR S #702	\$512,000	\$500,000	27-Feb-12	2	2	0	2	1	No	36		SHIRLINGTON VILLAGE	Contemporary
3043 ABINGDON ST	\$391,000	\$391,000	2-Mar-12	2	2	0		3	Yes	36		FAIRLINGTON VIL	Colonial
4608B 28TH RD S #B	\$277,900	\$265,000	27-Feb-12	2	1	0		1	No	24		THE ARLINGTON	Colonial
3511 S. FOUR MILE RUN DR	\$694,990	\$671,990	28-Feb-12	3	3	1	2	3	Yes	14		SHIRLINGTON CREST	Contemporary
5008 25TH ST S	\$488,000	\$478,000	28-Feb-12	3	2	0		3	Yes	9		CLAREMONT	Colonial
2810C WAKEFIELD ST S #C	\$289,000	\$277,500	21-Feb-12	2	1	0		2	No	18		THE ARLINGTON	Colonial
3521 S. FOUR MILE RUN DR	\$775,770	\$740,770	28-Feb-12	3	3	1	2	3	Yes	27		SHIRLINGTON CREST	Traditional
CRYSTAL CITY													
3650 GLEBE RD S #667	\$310,000	\$290,000	29-Feb-12	1	1	0		1	No	9		ECLIPSE ON CENTER PARK	Contemporary
1300 CRYSTAL DR #403	\$374,900	\$349,000	27-Feb-12	1	1	1	1	1	No	117		CRYSTAL GATEWAY	Traditional
1211 EADS ST S #1702	\$467,900	\$460,000	28-Feb-12	2	2	0		1	No	60		BELLA VISTA	International
1300 ARMY NAVY DR #1024	\$250,000	\$239,000	29-Feb-12	1	1	0		1	No	9		HORIZON HOUSE	Traditional

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Reeder's mother's stove is the central feature in the "colonial" kitchen created by Reeder at 517 Prince Street.

▲ Z HOUSE from page 44

ing room chairs, a spool crib, dry sinks in various locations, vintage pots and pans in the kitchen, and antler candle holders on the window sills -- it's a feast for not only the eyes but also the senses of any antique aficionado.

Outside, running parallel to South St. Asaph Street, is a yard that Reeder created to hold a tent for entertaining. And, the separate brick garage houses his 1960's Chevrolet Corvette

-- the first to employ a fuel injection system, according to Reeder. He also owns a classic Packard garaged elsewhere in Old Town.

A true renaissance man, Reeder would prefer not to leave the house. "I would hope that either an historic preservation or other non-profit organization would be interested in buying it. I'm willing to sell for less to someone like that if they will allow me to continue to live here," he said. "I can oversee its upkeep as well."

The home at 517 Prince is not his only colonial residence. He owns another, even older, near the Fair Oaks Mall. "If this sells and I need to move that's where I'll probably go," he said.

This house would not on the market if it were not for the fact that the restoration and upkeep have become a financial hardship for Reeder. The economic situation has impacted him the same as most others. But, it has not dampened his enthusiasm for historic preservation and restoration.

The City has appraised the property at approximately \$2 million. "The land itself is extremely valuable. The side yard was once filled with commercial enterprises. And the land the court house occupies was once part of this property," Reeder said.

Joe Reeder and 517 Prince Street give proof to the words of Oliver Goldsmith in his 1764 treatise The Traveler: "Such is the patriot's boast, where're we roam, His first, best country ever is, at home."

ASK THE PLUMBER

BY DAN RYAL



most conventional water heaters, a tankless needs to be directly vented outside the house, rather than to the chimney.

It is important to take care of your tankless water heater through annual maintenance. Minerals from water will build up in the heater over time, preventing it from functioning effectively. Manufacturers recommend that you “de-lime” tankless water heaters once a year.

Also, be sure to consult a plumbing professional about switching to tankless. You may be tempted to go to a big box retailer to purchase your tankless water heater, but it is best to seek the advice of a business that installs and services them. Many plumbing companies can visit your house for a free estimate.

Tankless water heaters are great machines, in that they are highly efficient and provide an endless supply of hot water. Unfortunately, the cost and hassle of installation and maintenance take away from the benefits, but there is another option.

I recommend looking into a hybrid hot water heater, manufactured by Eternal. Combining the best of tank and tankless technologies, it provides endless hot water, 96% thermal efficiency, a maintenance-free design, and a 15-year residential warranty. Eternal even makes a model that you do not have to change your gas line to accommodate, meaning same day installation in many cases. The unit sticker price is about the same as a tankless, but an easier installation and zero required maintenance makes it a better buy.

Dan Ryal is part of the business development team at Caffi Contracting Services. If you have any questions, email dan.ryal@cafficontracting.com.



Dear Dan,

My current water heater is about 13 years old and I would like to replace it with a tankless water heater. What should I be aware of when considering this choice?

Lynn
Arlington

Dear Lynn,

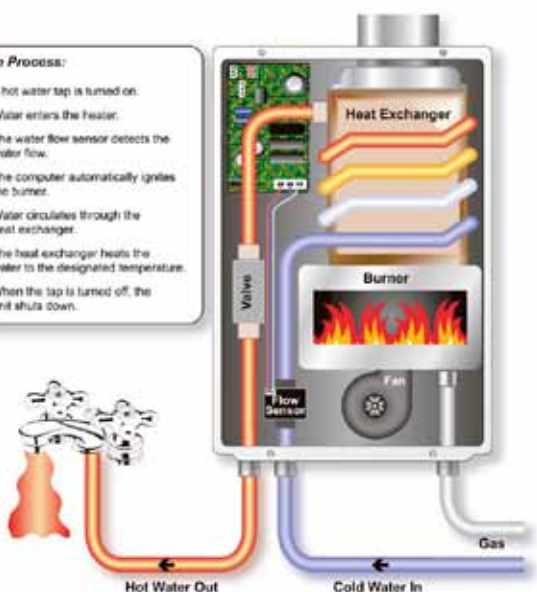
This is a great question, and you are asking it at the right time. Conventional water heaters last 12 years on average, and when your existing water heater finally bites the dust, there will not be enough time to make the switch to tankless. A new tankless water heater installation requires a bit more time for planning and preparation than a conventional water heater.

Tankless water heater installations are different, because most cases require installing new gas and vent lines. Even if installing near an existing gas line, you will most likely need to upgrade the line from a half-inch to a three-quarters-inch size. In this case, the gas company also needs to upgrade your meter to handle the higher capacity. You will likely need a new vent line because unlike

How Does a Tankless Water Heater Work?

The Process:

1. A hot water tap is turned on.
2. Water enters the heater.
3. The water flow sensor detects the water flow.
4. The computer automatically ignites the burner.
5. Water circulates through the heat exchanger.
6. The heat exchanger heats the water to the designated temperature.
7. When the tap is turned off, the unit shuts down.



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These furry friends (and many others) are looking for loving homes ...



Abner - (Male) - Available

Breed: Lhasa Apso Mix
Age: 5 Years
History: Shelter
Description: I'm Abner, a Lhasa Apso mix. I was dropped off at a shelter in Cumberland, Maryland in the middle of the night on Tuesday, January 31, 2012, along with other dogs and poodle puppies. I was on the news! A Forever Home rescued me! Let me tell you - it's the BEST thing that's ever happened to me. In my 5 years of life, I have not known what I feel now at my new foster's home. I just want someone who will understand where I came from, and that, with my bad back legs, I can't do a lot of steps or run - just let me be me. Make me feel good every day, scratch me, feed me, and want to be close to me. Oh, and it would help NOT to have cats or young children. Do you need companionship? Can you dedicate yourself to me? I might be the one for you.

Becks/ABC Chi-Yorkie - (Malw) - Available

Breed: Chihuahua / Yorkshire Terrier Yorkie Mix

Age: 11 Weeks
History: Shelter
Description: This little one just arrived, along with his two siblings.

We are told they are Chi-Yorkies but so far we can only see the Chi side of the family. Becks is the only one available.



Belle the Beagle - (Female) - Available

Breed: Beagle / Dachshund Mix
Age: 11 Years
History: Owner Release
Description: Belle is a sweet dog in search of friendship, love and comfort. She tends to enjoy being a super loyal friend to mainly one person and doesn't want to have you out of her sight. Belle warms up quickly to women and those who are soft spoken. Hanging out in the yard, going for car rides, or just loafing around the house are all things Belle has a good time doing if she is in your company. She would do well as an only dog or as a part of a dog pack. Belle is fully housetrained and crate trained. She is a very smart lady dog and can do several fun tricks, including "What up dog?" (fancy shake), "Roll Over", and even balance a treat on her nose.

Bonnie and Clyde - (Mixed Gender) - Available

Breed: English Bulldog / Chihuahua Mix
Age: 11 Weeks
History: Owner Release to Shelter

Description: The puppies are doing well in their foster home. Bonnie is the smaller of the two, but is definitely the adventurous one. Clyde would much rather stick close and sit in someone's lap than go exploring. They love rough housing with each other then cuddling together in their bed to fall asleep. We're working on potty training, walking on a leash, and not being afraid of outside. We are told they are bulldog/chi mixes.



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This SPRING

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Cobi/Bijan - (Male) - Available

Breed: Basset Hound / Collie Mix
Age: 23 Months
Weight: 55 Pounds
History: Owner Release
Description: Cobi/Bijan is a basset hound/collie mix. He is

housebroken. He is looking for a new home due to a new baby in the house and his family getting a divorce.



Little Lady - (Female) - Available

Breed: Shih Tzu Mix

Age: ? Years

History: Shelter

Description: Hi! AFH calls me "Little Lady" and that I am! My foster parents tell me I'm the best and are always saying "You is Kind, You is Smart, and You is Important", and they're right! I'm housebroken, have a great personality, love to go for walks, spend time with and on the laps of my foster folks, give and get hugs and kisses, and I could go on and on but I'll let you sing my praises when you meet me! Once my pups have their new families, and I get a haircut, gain a bit of weight, and get my shots, I'll be ready to meet you and you can fall in love with me!



Marlee - (Male) - Available

Breed: Terrier Mix

Age: 2 Years

History: Shelter

Description: Marlee is a wire-haired Terrier mix. He is very sweet.



Patsy - (Female) - Available

Breed: Yellow Labrador Retriever Mix

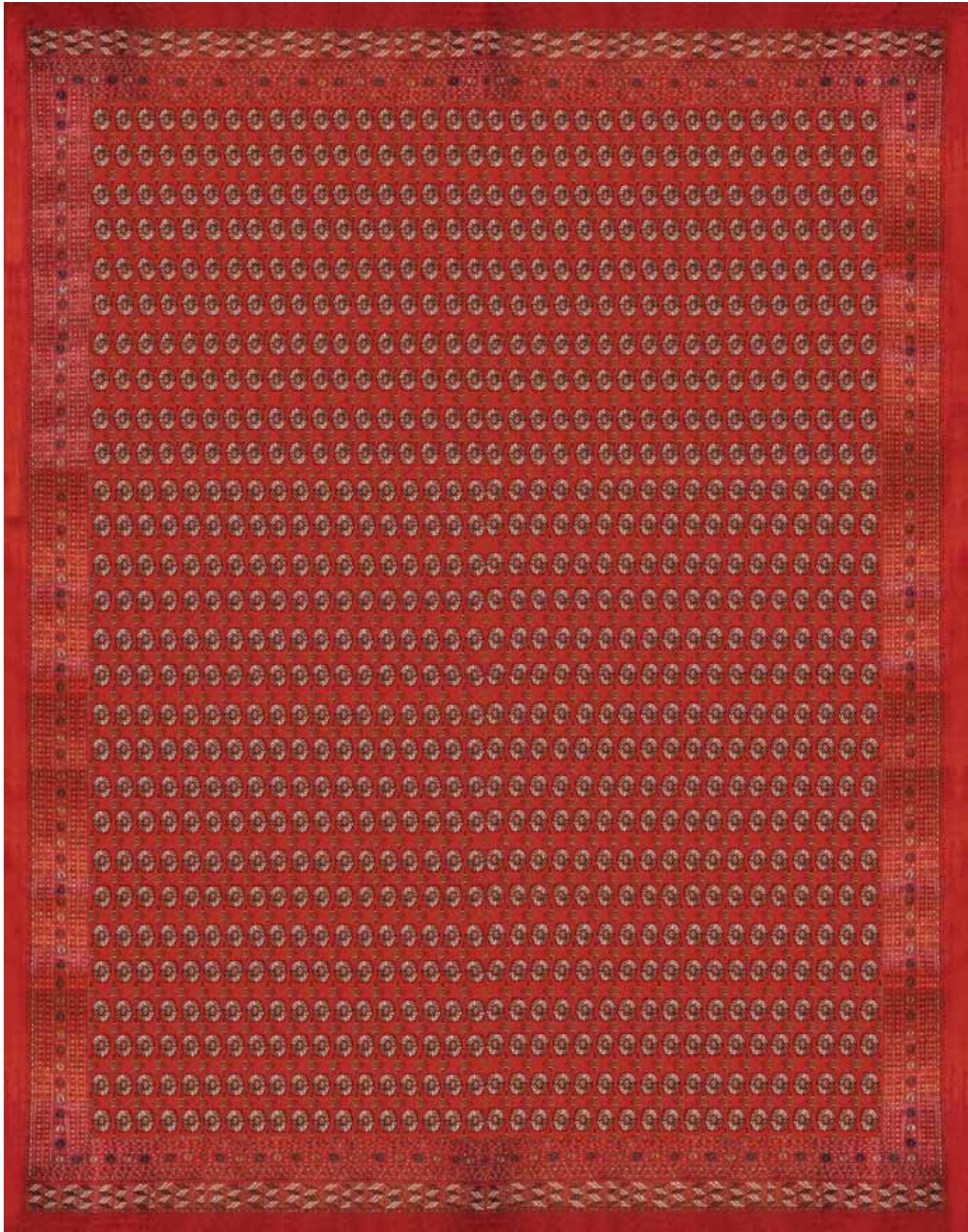
Age: 10 Months

History: Owner Release to Shelter

Description: Patsy was originally owned by a lady whose husband gave her Patsy to her as a gift when she was a young pup. When the husband became seriously ill, the lady gave her up because she could no longer care for her. She is very sweet and loves affection and is crate trained.

Hadeed

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