ROBERT KNAPP
Making the Body/Mind Connection

page 4

Camp Directory

page 18

Clint Eastwood at the Smithsonian

page 24

Greenstreet Gardens buys Apple House

page 32
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 city’s 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 moldings & 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
$1,749,000
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, stainless 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
$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 sun-drenched 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”.

Rosemont
$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, maples to attic storage.

Del Ray
$622,900
Enter 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 sun-drenched 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
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!
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

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

Dr. Bob Knapp: The Body/Mind Connection
Living Legend Lillian Patterson
Ask the Clockman
Crunchy Scott
Backyard History
Getting Fit at Alexandria's CycleStudio
The Covert Letter
Gemstones: The Aquamarine
Vintage Recipe
Ask the Attorney
Z Pick: My Cookie Dipper
Meanderings: Up Close with Clint Eastwood
Cat in a Box
Crossword
Z-Hot Sauce of the Month
Events
Vino Vixen
Letters From A Broad
Civil War Series: Part 10
School News
Coffee with Ginger
Z-House of the Month
Ask Dr. Knapp
Home Sales
Ask the Plumber
Adoptable Pets

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A native of Long Island, NY, Dr. Knapp was raised in Morris Plains, NJ, and graduated from Morris-town 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 lifestyle.

“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, whiplash, 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 chiropractor 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, kayaking, 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.
ACTion Alexandria to Award $2,500 in for Green Ideas

Volunteer. Historian. Educator. Wife. Mother. Activist. There is no one noun to describe fourth-generation Alexandria 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. Osvald Dunant’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 30 years as Pastor at Nazareth Baptist Church in Orange, Virginia. Her mother, Esther Gray Stanton, was a teacher, as was her maternal grandfather, Lillian Curay 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, had one son. Nace was sold.

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

New Employment Resource for Senior Alexandrians

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 green-city.

The best ideas will 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 up to $2,000 in grants to turn the Green Ideas into a reality.

First Prize: $275.00
Second Prize: $150.00
Third Prize: $75.00

Grants & Prizes will be awarded based on the number of votes received on ACTion Alexandria and how relevant and actionable the idea is. Winners will be announced on April 18, 2012.

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

SSA’s Senior Employment Resource (SER) was founded in 1983. SSR’s mission is to give seniors access to effective job-seeking help. Through its founding in 1983, SER has satisfied employer staffing needs by placing over 3,000 senior job seekers in jobs.

To make an appointment, please contact Lindsay Hemp- hill of SSA at admin@seniorresourcealex.org or (703) 836-4414, ext. 10. For more information or to schedule an appointment, visit www.SeniorResourceAlex.org. See PATTERSON on page 10

Volunteer Alexandria Executive Director, Donna Walker James.

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Anyone aged 18 and over is invited to share their idea in the Alexandria Green Ideas Challenge. For more information, visit www.alexandria-green-ideas-challenge.org.
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.

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.

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 mother, 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.

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
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 badly 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 before World War II and has an insurance value of about $1500.

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

If you have a sick clock, feel free to call or email me for a free consultation.

WADLAND’S Clock Repair
Est. 1912
Manchester NH (603) 668-8860
philwadland@gmail.com

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

—Vincent Van Gogh

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

The clockworks themselves, stamped “unghans”. (Photo by Phil Wadland)

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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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where she worked with Epis-

erations Council (1965-1967)

Association, a position she still

1980 and 2009, she served as

Directors and used her talents,

more people in volunteerism as

Her professional life included

serving as a Curator at the Al-

and contributions with such awards as the

Community Service Award (United Way Na-

This led to a 2004

munity Commission on Women); and

served on the Mem-

Community, she continues

continues to encourage stu-

Community Health Center (1975-1979)

Directors of the Alexandria Com-

in 1980 and 2009, she served as

President of the Seminary Civic

This allowed her to develop a

and her talents, influence,

through her involve-

and local African-American history with

the city they call home. She is on the Board of Hara-

shaping its policies. She dem-

of the rich

Her interests then led Lillian

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spearheads a com-

about the importance of volun-

Her interests then led Lillian

family leaders are

in 1977, Lillian was invited to join the Alex-

until 1983 served on the Mem-

and Allocation panels

Lillian Patterson is a tireless

At a time in life when many of her contemporaries are

on the Boards of the Human

▲

ly care.

Her interests then led Lillian

the Alexandria Community

she was a Heather Chairperson. In 1977, Lillian

Alexandria United Way Board and

interests

and the League of Women

to develop a tutoring program

the Alexandria Community Health

while on the Board served in

As long as you think about the

As Lillian Patterson, she demonstrates how to live in a way

the League of Women Voters that is writing the rich

In 1999, Lillian, joined the

she was invited to join the Alex-

Centres (now Volunteer Centers) and the Alexandria United Way. Twice between

Chairperson. In 1977, Lillian

interests

where she was Chairperson.

While on the Board of Direc-

she was a member of the Ad Hoc Naming Commit-

Chair at Charles Houston Recreation Center formed to ensure that prominent African-American

community leaders are

she continues to encourage more inter-

she spearheads a com-

in Alexandria. The one

and the name and address to

she continues to encourage more inter-

she was a Heather Chair person. In 1977, Lillian

Until 1983 served on the Mem-

her time on the Board was an

In 1995, Lillian, joined the Project Discovery Board of Directors and used her talents, influence, resources to help financially students that are the first in their families to go to college. Through her involve-

ment of the Alexandria Young Women’s Program (United Way), the Alexandria Commission on Women (now known as the Alexandria Commission on Women to Women) and the Alexandria Commission on Women; and 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 Condoleeza 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 Write, and Perry Mason remains particu-

lar favorites.

Lillian Stanton Patterson, now an octogenarian, enjoys Alexandria and willingly works with those who are moving and shaping its policies. She demon-

strates 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 of Alexan-

dria 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 Ti-

za to create an enduring re-

cord of the people whose vision and dedication make a positive, tangible difference to the qual-

ity of life in Alexandria.

Platinum and Gold sponsors this year are the Alexandria Commission for the Arts, Club Managers Association of Amer-

ica, Dominion Foundation, Ekdelen Real Estate Develop-

ment, John McEnearney in memory of Ginny, Renner & Company, CPA, P.C. and the Rotary Club of Alexandria

This is one of a series of 12 pro-

files that will appear this year. For information, to volunteer, become a sponsor or nominate a Legend for 2013, visit www.AlexandriaLeg-

dens.com or contact Nina Tiara,

AlexandriaLegends@ninatisara.

com

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YOU HAVE YOUR OWN QR CODE yET?

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-physics,” 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,” 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!

An assortment of Mellenie Runion’s products includes (from top left) the loofah, lip balm, bar soap, and lavender perfume. Above, Mellenie and Andy.
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 Waymaker plaque was unveiled by the National Park Service noting the park’s role in W.W. 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. At exactly 11:42 a.m. on Friday, October 5, a flag was raised on the new monument marking 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 W.W. 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 W.W. II but also gave the U.S. a strategic technological advantage during the Cold War and at the dawn of the Space Age.

Navy 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.

On left, Battery Satter 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 H Agee

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 Sergeant 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.
A lexandria 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. Mandle, 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. It really aids in our focus,” he emphasized.

In each case personal training is a big return to these types of classes that are personal. “If we are working on more speed and demand the music might be more intense. If it’s a more relaxed session than the music reflects that,” explained Jose Ortiz-Steele, another instructor.

Most of those utilizing CYCLESTUDIO sign up on-line through CYCLESTUDIO’s web site at info@cyclestudio.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 breaks down 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 Dafney 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 presentations 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.

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

Attendees from around the world.

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 actresses Natasha Bedingfield, Avon chair and CEO Andrea Jung, Sue Bird, president of the National Network to End Domestic Violence, Carol Kurzick, 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 Communications 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-
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.

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.

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

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

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)

Alexandria
Hosts 31st Annual
SAINT PATRICK’S
DAY PARADE

Winners of their respective categories were:
The Storytelling Award recognizes an organization’s artful use of storytelling to increase 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, www.rwandawomennetwork.org

The Global Award for Excellence in Communications 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.te/learn/campaign/bell-bajao-ring-the-bell

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

▲ REESE from page 13

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

~James Freeman Clarke

QUOTABLE:
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 “get up at 3, write column, tigers, skunks, elected …” Honesty, 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 shrdlu.” 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 arms on him to make his notes and memos readable. He’d write, “Dear Alk, next meeting set for Thrusday.” An arrogant note. 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 publications 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 typewriter? The outline was done on a rainy 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.
The March birthstone is aquamarine, which is the gemstone symbolizing happiness and eternal youth. This 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 and 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 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 $300/carat in a pale color up to $2500/carat, in a more intense top gem-quality color. These stones are generally eye clean (no inclusions to the naked eye) in these price ranges. A fine deeper tint of blue that is inclusion free to the naked eye may command up to $500/carat.

Enjoy your birthstone, and if you wish to view more aquamarine gemstones, please visit www.thehowardgardnerschool.org.

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 alexandriavirginia.gov/news or call 703.746.4243.
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: alexandria-kiwanis.org.

Raising Money for Sudan Relief

Our new member of the Del Ray Kiwanis Club, Monica Shereh, 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.
SUMMER CAMP DIRECTORY

ALEXANDRIA ARCHAEOLOGY CAMP
703-746-4399
alexandriaarchaeology.org
Alexandria Archaeology
Ages 12 - 15
1 week: 7/23 - 7/27
$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
alexandriawalamals.org
Alexandria Animals Rising
Alexandria
3rd - 8th graders
1 week sessions: 6/25 – 8/27
$300.
Extended day ($35 fee for supervised lunch hour). All full-day campers should bring a bag lunch.

ARCADIA FARM CAMP
847-989-2347
arcadiacampcamp.wordpress.com
Alexandria
Farm, 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, seasonal- ity, sustainable agriculture, historic preservation, land conservation, and culinary arts.

THE ART LEAGUE SUMMER ART CAMP
703-883-2333
theartleague.org/school
Alexandria
Basic Art, Drawing, Cartooning, Painting, Ceramics, Sculpture, Jewelry, Fiber
Ages 9 - 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 summer camp includes a supervised lunch hour. A full-day campers should bring a bag lunch.

BAROODY CAMPS
703-864-2318
baroodycamps.com
Alexandria, McLean, Springfield
Traditional, Specialty, Summer
Ages 3 - 13
Extended Day Available
Early Registration Discount
Baroody Camps are offered the ultimate day camp experience. On the 376-acre campus of The Madeira School, Camp Gre- enway provides a beautiful setting and encouraging atmosphere for children to grow, create, 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!

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
1 week: 6/18 - 6/24
8am - 4pm
Extended Day $350 $500
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 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 Camp offers 5 acres of grassy hills, an amazing pond full of life and learn- ing, a garden and a barn with awe-some animals just waiting for camp- ers 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
202-564-0966
arenastage.org/camp
Georgetown Visitation, Wash, DC
Multi-arts Ages 8 - 15
1 week: 6/25 - 7/20
2 week: 7/23-8/3
9am - 4pm
Extended Day
CIT Program for rising 10th graders. Offered the ultimate day camp experience. On the 376 acre campus of The Madeira School, Camp Gre- enway 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 COLUMBIA
703-564-5740
columbiabaptist.org/daycamp
Falls Church
Traditional Christian
Rising 1st - 7th graders
1 week: 6/14 - 6/17
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 trips 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
madeora.org/summer
Alexandria, VA
Traditional
Rising K - 9th graders
Half day for 4 year olds.
CIT Program for rising 10th graders. Week 1: 6/18 - 6/22; Week 2: 6/25 - 6/29; 8/6 - 8/10
Transportation & Extended Day $200
Week 1: $350.00
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 Gre- enway 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
At City of Alexandria Summer Camps, we believe in the power ofrewiring memories with 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.

CAMPAGNA KIDS SUMMER CAMP & SUMMER SAFARI
703-549-0111 campagnacenter.org
Alexandria
Traditional
Rising K - 5th grades
Summed day
4-4 sessions: 7/2 - 6/30
Summer Safari - 1 week sessions: 6/25 - 7/30
Summer Camp: sliding scale
6/25 – 7/30
Summer Safari – 1 week sessions:
Rising K – 5th graders
7/23 - 7/27

DEl rAy ARTISANS ArT CAmP
703-271-0222
delrayperformingartscenter.com
Alexandria
Music; Drama and Performing Arts Ages 3 - 17
1 week sessions Some courses of shorter duration $85
Some course prices will vary.
DRPAC offers a variety of music (rock, jazz, swing, and gospel) and drama classes (drama, Shakespeare, and improvisation) camps in contemporary settings and instructional day. Sports, tennis, and dance classes are conducted by experienced, trained, and accredited instructors. All classes harvested in a public performance.
Child-care is available before and after classes.

EDUCATIONAL THEATRE COM-
PANY’S SUMMER CAMPS
703-271-0222 educationaltheatrecamp.org
Arlington
Theatre, Creative Play, Playwrit-
ging, Film
Ages 3 - 18
CIF Program & teen volunteer op-
tions
3-week sessions: 6/25 - 8/24
Extended Day
Price varies by camp
Since 1998, Civic Players Educational Theatre Company has offered quality programming where professional performers collaborate with students to inspire the next generation of theatre artists and patrons. Disciplines include: Musical Theatre; Shakespeare, Playwriting, Creative Play, Comedy and Film Production.
Campers come from a supportive, environment to explore their creative potential, take risks and develop life-long skills that reach beyond the classroom.

E.NOPi MATH, READING, AND-
WRITING
530-333-3300
enopimath.com
Alexandria
Ages 3 - 15
Ongoing 1 or 2 times/week
Early Registration Discount
$150 for 1/week $300 for 2/week

FUn Bot Lab
702-209-6151
furbotlab.com
McLean, VA
Ages 4 - 16
1 week sessions: 6/25 - 8/10
Full-day campers have lunch and share a cat-like vocabulary of instructions.
Bots can be driven with the help of a personal robot programmer. Campers benefit from a safe, supportive environment to explore their programming skills, and take there own robot home!

JANE FRANKLIN DANCE
970-787-1311
janefranklindance.com
Alexandria
Dance
Ages 5 - 9
1 week sessions: 9/17 - 9/20
9am - 4pm
Extended Day
$250 per week
$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. Booked by Elizabeth Sprenz, “The Mouse of Amherst” and “The Big Mouse” will come to life through movement, creative problem solving and physical storytelling.
You’ll strategize in circles, create and share a cat-like vocabulary of movement or the moving poetry of a mouse in a maze, and be a star! Students create a role that is performed by the end of the week.

LAngUAgE STars
571-970-2106
summerstars.com/alexandria
Alexandria
Spanish, French, Mandarin, German
Ages 1 - 10
1 & 2 week sessions: dates vary by language
1/2 week classes available
Prepay and sibling discounts

MAD SCiENCE
703-814-4670
madscience.com/dc
Alexandria, Arlington and Fairfax Counties
Ages 4 - 11
1 week sessions: 6/25 - 7/25
Full Day: $155 Member: $125
Extended Day:
$185 Member: $145

MATh DIs-covered
800-255-5855
mathdiscovered.com
Arlington, McLean, Reston, Manassas
Prepay and sibling discounts

OAKWOOD SCHOOL SUMMER PRo-
GRAM
703-958-0008
oakwoodschooldc.com
Annandale
Learning Discount
Rising K – 8th graders
2 weeks: 6/25 - 7/20
$500 - $625
All 4 Weeks: $1950

OAKWOOD SCHOOL SUMMER PRo-
GRAM
703-958-0008
oakwoodschooldc.com
Annandale
Learning Discount
Rising K – 8th graders
2 weeks: 6/25 - 7/20
$500 - $625
All 4 Weeks: $1950

SKyline SPORtS AND HeAlTh JUNIOR TEnNIS CAmP
703-820-4101
SkylineSports.com
Alexandria
Tennis
Ages 4 - 11
1 & 2 week sessions: 6/11 - 8/31
9am - 3pm; 9am – noon; 2pm – 5pm

SKyline SPORtS AND HeAlTh JUNIOR TEnNIS CAmP
703-820-4101
SkylineSports.com
Alexandria
Tennis
Ages 4 - 11
1 & 2 week sessions: 6/11 - 8/31
9am - 3pm; 9am – noon; 2pm – 5pm

SUMMeRTiMES AT S.T. STEPHEn’S SChOoL
703-212-2777
StStephensSchool.org
Alexandria
Summer
Day, Specialty, Sports
Ages 4 - 17
3-week sessions: 6/18 - 8/3
$350 - $395

SUMMeRTiMES AT S.T. STEPHEn’S SChOoL
703-212-2777
StStephensSchool.org
Alexandria
Summer
Day, Specialty, Sports
Ages 4 - 17
3-week sessions: 6/18 - 8/3
$350 - $395

THe Zebra
March 2012
We strive to change how young people see fitness while emphasizing safety and discipline. 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.

Parkour is an art of moving efficiently through your environment. Freerunning is a sport that incorporates Parkour movements. We strive to change how young people see fitness while emphasizing safety and discipline.

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Whole Lobster Flashed in Cognac
$19

**Thursday Date Night Specials**

March 8th
Quail stuffed with Chicken and Truffle Mousse
March 15th
Duo of Lamb - 2 Lamb Chops and a Loin of Lamb with Rosemary Sauce
March 22nd
Shad Roe with Capell Anchovy Sauce

**Wednesday**

Roulades with Lemon Bistec
750ml bottles of wine under $100 are discounted 40%

**Tuesday**

Every Monday Night Whole Lobster Flashed in Cognac $19

750ml bottles of wine under $100 are discounted 40%

**Friday**

March 1st
Quail stuffed with Chicken and Truffle Mousse

March 8th
Cardina Woodroofs wrapped in Sesame Seed on a White Rose Bague

March 15th
Duo of Lamb - 2 Lamb Chops and a Loin of Lamb with Rosemary Sauce

March 22nd
Shad Roe with Capell Anchovy Sauce

**March 29th**

Roast Beef with Lemon Bistec
750ml bottles of wine under $100 are discounted 40%

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**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.**

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 wholeomain 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 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. 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.

**La Bergerie** is renowned for its charming atmosphere and Old World setting. Among the house specialties are lobster bisque, fresh fole gras, Dover sole, venison chops and dessert soufflés.
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 criminal law, however, this bit of education regarding criminal law is not dumb good.

Having said that, I will very briefly discuss felonies. They are classified on six categories. The rest carry varying degrees of penalties, relevant here). The rest carry varying degrees of penalties.

Returning to misdemeanors, 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.

Hence, the old expression that the government presents its case. Hence, the old expression that ‘you can indict a ham sandwich for anything you want’ is true.

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 this, the world should have been over about 7 months ago. Just sayin’.

Mary Wadland

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.
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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.
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 unbrushed 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 my favorite actor-director had signed up my other favorite cool actor Leonardo DiCaprio shooting scenes for J. Edgar? No one would have imagined the 1970s-era journos to line the Red Carpet and Eastwood, sporting a tweed jacket and that trademark grin, would be so cool.

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 funned 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 her. She lived just a few streets from here, and she really wanted to be at events like Court and Main Streets."

Eventually she decided to make her youngest son her new man. And that was easy because he didn't feel like loving anyone."

Black added, "instead of encouraging him to go and find love, she took it all for herself. When a parent tells a child you'll 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
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
With the Reagan Washington National Airport terminal 1 packed with beads and feathered boa 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.

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

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

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

The Mardi Growl was a sold out event.

Mark Lahr showed true skills has he danced on stilts.

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

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

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 cryer Benjamin Fiore-Walker helped kickoff the celebration.

Johnathan Mota of Pork Barrel BBQ provided great sandwiches.

Jane Wantrel of NBC4 News helped emcee the event.

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

Over 250 people attended the Alexandria Chamber of Commerce Giving Back 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 served on the Gala Committee volunteered hundreds of hours on this event, lead by Event Chairman, Adam Krekeler. “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 productivity of the community.”

Hadeed Carpet Cleaning Takes Over Richmond’s Mercer Rug Cleaning

Hadeed Carpet Cleaning, the 55-year-old, family-owned carpet cleaning company based in Alexandria, VA, has purchased the long-owned day-to-day control of the landmark Richmond cleaning company, Mercer Rug Cleaning 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 add new ones as the business expands.”

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 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. The winners are 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 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. The winners are:

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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 Trustee, 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 advocates 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.

Becky Arnold Joins Board of Living Legends of Alexandria

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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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Administer nursing care to individuals who are ill, injured, immobilized, or in recovery. Excludes enterostomal, infusion therapy, and mental health.

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Help with homemaking activities such as making beds, doing laundry, washing dishes and preparing meals.

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Assist in alleviating pain, improving balance, mobility and strength, and impeding deformity caused by injury or illness.

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Help restore independence through daily living skills at work and/or home.

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Provide advise, counselling, educational materials and referrals to help individuals cope with incurable illnesses.

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ASAP is proud to be a quality provider of health care to those in need of home health care, physical therapy, hospice and private health care.

ASAP SERVICES CORPORATION
Home Health Division

ASAP HOME HEALTH CARE

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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 DELRAY, ALEXANDRIA

MARCH 2012
THE ZEBA

29
“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 contributions of the enslaved personnel necessary to support the traditional plantation fare. On display are over 125 artifacts like tin caissons, 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.
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 tulip dye 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.

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 then they had in years!
Changing Face of West Braddock Road

The Applehouse Is Now Greenstreet Gardens

BY KRS GILBERTS

A
fter 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 Faiflington both have active garden clubs.)

The Greenstreets plan to expand 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 services the community regularly. “Part-time environmental educators to identify 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.

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

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.

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. Bishins, Executive Director.
Elemental: Encaustic Paintings by Georgia Nassikas

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

The Art League launches their latest arts fundraising initiative, a new sale of contemporary works (paintings and sculpture) to benefit the League. The inaugural exhibit features 35 artists, 25 from outside the DC area. Works will be on display March 13 through April 2. A portion of the proceeds will be donated to the March of Dimes.

Enjoy a live auction, as well as performances, a silent auction, and an open studio exhibit of encaustic paintings. Encaustic, a method reaching back to ancient times, is the process of combining beeswax, mineral pigments, and oil sticks to create paintings that layer and fuse together with heat. Join the League of 25 members who are in the process of creating a special exhibit of the surreal and surrealistic world of encaustic as they introduce the art form at the Alexandria Black Tie Country Club on April 1. This juried exhibit will feature works of all media by Art League members.

The Del Ray Artisans 20th Anniversary

Alexandria DelRayArtisans.org

Alexandria's annual juried exhibition of members. FREE! This DRA member only show will be juried from outside our DRA family. Thru April 1, 2012.

Explore Alexandria's Firefighting History

This Spring

Walking Tours in April and May

Cover 19th-Century Blazes, Historic Firehouses

The spring the Firehouse Museum is offering special tours exploring Alexandria's firefighting history on Saturday, April 21, 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 the 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 appropriate for families and kids of all ages. Advance reservations are required, as space is limited. Tickets are $46 for adults and $4 for youths 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.

Del Ray Artisans' 20th Anniversary Show

Del Ray Artisans Gallery

2704 Mount Vernon Avenue Alexandria

This juried exhibition of local artists will be juried from outside our DRA family. Thru April 1, 2012.

Eight Annual Rum Punch Challenge

March 24

Gadby's Tavern Museum

134 North Royal Street Alexandria

703/746-4242 gadbystavern.org

If you’d like to visit Gadby’s Tavern in 1785, most likely you came for good conversation, fresh food, and of course... alcohol. Yes, alcohol. 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 spicery. More than 200 years later, you are invited to experience – 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 restaurateurs 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, reigning champions Bacardi, Bittersweet, FireFlies, and Gadby’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 Gadby’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

March 18

Torpedo Factory Art Center

Target Gallery

105 North Union Street Alexandria

torpedofactories.org

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 70% of all sales being donated to the March of Dimes.

“Brother Russia” Lecture

Brother Russia

Thursday, April 18

Gadsby’s Tavern Museum

134 North Royal Street Alexandria

703/920-9771 signature-theatre.org

A world premiere rock musical from the award-winning creators of The Fix and The Witches of Eastwick. A desolate potato field north of Omok, 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 tussle classic literature aside to showcase the life story of its 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

Georges M. Hamel and His relationship with Sally Fairfax

March 21

Gadby’s Tavern Museum

134 North Royal Street Alexandria

703/746-4242 gadbystavern.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 active 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.

Calendar Entry

Living Legends Reception March 12

The Art League

105 N. Union Street

Alexandria

703/519-1741

The Art League members.

Join the League of 25

Thursday, March 16

The Art League

105 N. Union Street

Alexandria

703/519-1741

The Art League presents "Play," a juried exhibit exploring whimsical, playful works, the activity or idea of fun and active 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.

Living Legends Reception: "Votary of Love" Lecture:

Dr. Henriques, Professor Emeritus of Russian, who seduced and ruled the Tsar 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.

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If you would like your event listed, please send an email to events@thezebra.org
Ready to Sip the Wine of Kings and King of Wines?

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 grape 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 its home region. Nebbiolo wine has a characteristic mineral-sweetness of Piedmont and its Rusty morning fog (Nebbiolo means “fog” or “cloud”). The wines 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 wine. 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 and it’s 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, ad- mires are strident, wine expensive – and downright complicated. To get past these Barolo barriers, you need an abundance of pa-tience 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 jour- ney. Barolo is a shy wine. And here is where the patience comes in. To truly enjoy Barolo, it’s a must to savor and slowly (very slowly) appreciate each sip. Because Barolos will change and confuse you each time you cross your palate. My first sip of Fontanafredda’s 1996 Vigna “La Villa” was scor-zar sharp and acidic. I was confused – the wine was sixteen years old, but had the edginess of a baby bot-tle. And those tannins! A tan tic wine will give you that powder, dry feel on the back of your tongue – this wine had me screaming for a decanter to soften those ag-gressive tannins. But, Danilo refused the thought. “Wait for it,” he said.

And with that admirable Ital ian accent, how could I not! A Barolo Winegrowing

And then it happened. Acidity balanced, tannins softened. Nuances like fig, leather and crushed roses suddenly ap-peared. 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 de-cant from the get-go and cap-ture 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 Burgun-dy, a Barolo is an intellectual pursuit of her taste. It’s a jour- ney, 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 S.R.P. 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 acrid ity makes a nice food-friendly wine. Earthy textures like leather dominate, with a com plement 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.

Mar 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 bever age industry, in 2003 Stull turned to her true passion – wine – as a full-time career. Stull’s initiative into the wine industry began as Vice President of SuperMarketing Promotions developing the Virtual Wine Selector. Stull has judged numerous na tional and international wine com petitions and is a regular speaker at corporate and consumer wine events.

Reach the Vixen on: www.VinoVixen.com

Very much in line with this traditional style, the Albera Bottle

The traditional bottle of Barolo is known as the Albera 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. How ever, many Barolo makers began using the Bordeaux style bottle (big shoulders) and that bottle became the most-used bottle. Now, interest in the Albera bottle has surfaced and we’re see ing more Barolo produced with this traditional style. Look for the gorgeous em bossing on the glass.
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, 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 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 checkout girl: “This?” asked the girl, eye-brow 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.

Tart on Tour
I’m not crazy about Prague.

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.
CIVIL WAR SERIES  | PART 10

MARCH 1862 — AMERICA'S CIVIL WAR CHANGES GLOBAL WARFARE

By Chuck Malé

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 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 as 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 sunk within a year of the confrontation.

The battle lasted four hours. But, its impact has receded 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.

The 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 his peer 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 Confederacy, 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 Welles. 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 a ironclad construction boom that gave birth to the modern Navy.

Although the Virginia inflicted far more damage on the Monitor 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 a better 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 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. Skough 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 Scarey.

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.

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.

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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 resigned 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 provided another example of Lincoln's political pragmatism when it came to emancipation. 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 do so on the first day of January to not 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 January 1st, 1863, as a day of unconditional freedom for all 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. Dab 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 a sponge to moisten it up. Dab thoroughly.
- Flush again with water.
- Allow to dry. Repeat steps if necessary.
- If stain is impenetrable, 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 professionally cleaned may help...

Urine and pet stain removals are a much bigger challenge when dealing with wall-to-wall carpet.

When urine, which is categorized as a Group Six stain (along with hair dye, perspiration and candy), has been sitting stagnant for a week, it’s usually a good time to call in professional cleaners to deep clean your area rug. If there is bacteria, due to urine and feces stains, we at Hadeed recommend going to a higher level of odor removal. Soaking and neutralizing processes distinguish 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

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.

Matt O’Brien reads a February copy on the historic Charles Bridge in Prague.
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 Brailieu, MCM Communications Coordinator at amy.brailieu@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.marinecorss.com. The 37th MCM will be held on October 28, 2012 in Arlington, VA. No federal or Marine Corps endorsement is implied.

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 Barner 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.
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.

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!

Five Bishop Ireton 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 Kaudery, 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.

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Five Bishop Ireton seniors have signed national letters of intent to play college sports: two for football and three for women’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 to 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.

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

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 tower 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 woodsy 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 rethink. 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-et (Your moss garden or terrarium can count as art - present it beautifully, in a central location.)
R-ugs (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-highs (Afghans or any kind of cuddly small comforter/throw thing.)
S-torage (Baskets, hand 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. Leave a comment and you're automatically entered.

QUOTABLE:
"Spring is nature's way of saying, "Let's party!"
" -Robin Williams
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 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 the name is 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
HELP WANTED

FOR SALE
1960’s Schwinn Tank bike (girls model). Original turquoiuse paint and seat. Been left outside under cover, but needs restoration. 203-919-7533.

SERVICES
Computer Help. Fairfax resident will help resolve prob- lems with computers and other electronic equipment. Mention you saw this ad in Zebra. Jim, 703-820-8767 or jandgonline.com.


Home Alone Felines. Loving, professional in-home care of your special feline. 203-671-5504 or homealonefeliner@gmail.com.

Let me help you with your Avon needs.
Give me a call, email, go to my website.
703-683-1387
debbye@inname.com
www.youravon/lentichley

“Need an Extra $50 or more? Host a Gold Party. It’s fun and easy! To learn more, call 361-445-GOLD (4653) or email dc-gold-party@comcast.net. Include the word “Zebra” for a 445-GOLD (4653) or e-mail Host a Gold Party. It’s fun and easy.

ADVERTISING SALES OPPORTUNITY.
Part or full-time. Contact Mary Widland, Zebra, 203-234-9913, or email mary@thezebra.org.

Temporary Rental Available: 1 furnished bedroom, shared bath. 6 mos—1 year. Seeking professional/hospitality room- mate. Laid back, easy-going, honest, neat. No pets. No lease required. $950/month includes utilities, broadband internet, basic cable TV. Located near King Street/395 (Alexandria/Arlington). On direct bus routes to Pentagon (3 miles), Fort Myer (5 miles). Contact Don at 703-920-9740/ dskg2@mac.com.

Veteran teacher has openings after school tutoring pre- elementary to read and write, test prep, organizational skills, and elementary math. Contact: Kathy Shuai, kmkm_kidsccat@yahoo.com.


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HELP WANTED

One Man’s Dream — A City Jewel

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 borders was a small two room house built on a high point of land overlooking the river.

The year was 1772 and Alexandria had been incorpo- rated just 23 years before. Patrick Murray decided to build his house consisting of a living room and bedroom with outbuildings 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. Aspah 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 pre- serve 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 trib- ulations, 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 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 vet- eran, with an absolute dedica- tion to historic preservation and authenticity has spent more than $500,000 bringing a host of fea- tures 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 these 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 bed- room, an oversiren’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 in the outside wall facing South St. Aspah 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 technol- ogy highlighted by a large flat screen television attuned to CNN News.

In the colonial era kitchens were usually in a separate build- ing 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 fa- cility 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 box addition is visible in the wall over looking the river.

“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 in the outside wall facing South St. Aspah Street.

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“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-
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 wake. 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 during which there are spontaneous periods of muscle contractions mixed with periods of muscle relaxation is stage 1. 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 2: Deep sleep, this stage is known as slow-wave, or delta sleep. It is during this period 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. It is during this period 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 4: This is also called delta sleep. REM sleep is distinguished from other stages of sleep by rapid eye movements (REM). In normal sleep, heart rate and respiration speed up 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:

1. 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?

2. 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.
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 current 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 looking out onto Prince Street. Cases on each side of a window line a small parlor with built-in bookshelves. The ceiling where hams and other meats were treated and aged is a good way to stay in shape. 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. The original smoke room 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 living room area has been maintained with hooks in the ceiling where hams and other meats were treated and aged. The original living room adjoining 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 the house. Everything from an antique upright piano, spindle back din-

Joe 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 finishes.

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, 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 given 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.

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 bothered 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 Joe 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 finishes.

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Reeder’s mother’s stove is the central feature in the “colonial” kitchen created by Reeder at 517 Prince Street. -- the first to employ a fuel injection system, according to Reeder. He also owns a classic Packard garageed elsewhere in Old Town. A true renaissance man, Reeder would allow me to continue to live here," he said. “I can oversee its upkeep as well.”

Here’s where we are... His only colonial residence. He owns another, even older, near the Fair Oaks Mall. “If this sells, I’ll probably go,” he said. The economic situation has impacted him the most. Joe Reeder and 517 Prince St. is to say, according to Reeder, that either an historic preservation or other non-profit organization would be interested in buying it. Joe Reeder is the first to employ a fuel injection system, according to Reeder. He also owns a classic Packard garageed elsewhere in Old Town. A true renaissance man, Reeder would allow me to continue to live here," he said. “I can oversee its upkeep as well.”

Home listings courtesy of Becky Arnold, REALTOR®

Sales in your community. With interest rates still at historic lows, now is a great time to buy or sell!

**OLD TOWN**

### ADDRESS

- 6 WOLFE ST #22
  - $2,550,000
- 400 MADISON ST #201
  - $465,500
- 590 BOLDEN LN #140
  - $350,000
- 510 PENDELTON ST
  - $505,000
- 330 WEST ST #3102
  - $429,900
- 1405 ROUNDHOUSE LN #303
  - $480,000
- 1210 BRADDOCK PL #106
  - $435,000
- 629 28TH ST #A
  - $429,000
- 411 7TH ST
  - $728,400
- 607 BASHFORD LN #5
  - $380,000
- 570 PENDELTON ST
  - $490,000
- 115 13TH ST
  - $600,000
- 510 SALTERS LN #103
  - $160,000
- 519 PHYTUS ST
  - $435,000
- 515 PATRICK ST
  - $539,000
- 710 S. TONKAWA DR
  - $731,000
- 606 COLUMBUS ST N
  - $475,000
- 300 N. WASHINGTON ST, SUITE 100
  - $250,000
- 1300 ARMY NAVY DR #1024
  - $250,000
- 607 BASHFORD LN #5
  - $380,000
- 510 SALTERS LN #103
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- 519 PHYTUS ST
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- 1300 ARMY NAVY DR #1024
  - $250,000

**UPPER BRADDOCK**

- 1007 PENNEFARMENT PL
  - $397,899
- 1402 WOLFE ST
  - $203,320
- 3100 HAMPDEN DR N 60317
  - $350,022
- 3220 28TH ST #410
  - $312,000
- 4570 26TH RD W
  - $210,000
- 5106 WILLOW RD N 21035
  - $210,000
- 2101 KING ST
  - $725,000
- 3 MYRTLE ST
  - $392,500
- 208 WALNUT ST
  - $1,400,000
- 2811 COMMONWEALTH AVE
  - $665,000
- 211 MASON AVE E
  - $934,000
- 539 E. LURAY AVE
  - $489,900
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  - $665,000
- 211 MASON AVE E
  - $934,000
- 539 E. LURAY AVE
  - $489,900

**ARLINGTON**

- 202 TAYLOR RUN PKWY E
  - $369,900
- 1770 DOGWOOD DR #C
  - $150,000
- 3 MYRTLE ST
  - $392,500
- 202 TAYLOR RUN PKWY E
  - $369,900
- 1770 DOGWOOD DR #C
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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 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.

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BY DAN RYAL
ASK THE PLUMBER

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ALEXANDRIA CHAMBER OF COMMERCE
26TH ANNUAL PUBLIC SAFETY VALOR AWARDS

APRIL 26, 11:30 A.M - 1:00 P.M.
CROWNE PLAZA, OLD TOWN ALEXANDRIA
901 N. FAIRFAX STREET, ALEXANDRIA, VA 22314

Attend the event to honor the men and women of the three public safety departments that keep us safe every day of the year. Please visit http://www.alexchamber.com for more information.
These furry friends (and many others) are looking for loving homes ...
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ORIENTAL RUG CLEANING

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FREE PICK UP AND DELIVERY IN DC, MD, & VA

New Hadeed drop-off location at 4918 Wisconsin Avenue, Chevy Chase
A trusted resource since 1955 for cleaning, repair, and restoration of the region’s finest carpets and rugs.
If you stand on it, Joe Hadeed stands behind it