

**ZEBRA PRESS**

# THE Online DATING GAME

**MARCH '15**



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RELAX. NO ZOMBIES IN  
ALEXANDRIA





# Christine Garner

## Happy St. Patrick's Day

### OLD TOWN

**\$2,200,000**

Historic 4 bedroom, 3.5 bath home on "Captain's Row" 1 block off King Street and 2 blocks from the river. Extensive restoration with nearly 3,000 sq. ft. of living space featuring spacious light filled rooms with 10' ceilings, beautiful moldings, random width wood floors and 2 fireplaces. Eat-in kitchen with exposed beams and rear stairs to upper level. Main level bedroom with full bath plus half bath for guests. Upper level with 3 bedrooms and 2 baths including the Master suite with en suite bath. Unfinished lower level with tall ceilings and heat, back porch, roof-top deck and fenced yard with pergola and Koi pond.



### OLD TOWN

**\$2,175,000**

One of Old Town's more distinctive residences located in the Heart of Old Town with a DETACHED GARAGE & ELEVATOR. This detached 4 bedroom, 3 bath brick Victorian sits back from the street behind an ornamental iron fence surrounded by walled gardens. Notable architectural features include a turret, unique stained glass panels over the front windows, curved staircase with hand carved balusters, 10' ceilings with generous mouldings and gorgeous hardwood floors throughout. A vestibule entry opens to the foyer and welcomes you to the living room with adjoining study and library with a 2 sided fireplace that can be enjoyed in the living room as well. Formal dining room and sunroom with glass doors that open to the gardens. Back stairs take you to the 4th bedroom in the carriage house with full bath. Three upper level bedroom including the Master suite with en suite bath and dressing room. Spiral stairs take you to the finished upper level with turret room!



### QUAKER RIDGE

**\$1,195,000**

Elegant 4 bedroom, 3.5 bath brick colonial with an attached 2 car garage was designed for graceful entertaining and comfortable living. Two story center hall entry, formal dining room and living room with French doors to the study. Fabulous great room boasts a gourmet kitchen with granite center island and adjacent Butler's Pantry with wet bar, casual dining area and family room with gas fireplace. Upper level with 4 bedrooms and 2 baths including the Master suite with luxury bath and 2 walk-in closets. Unfinished lower level with 1,600 sq. ft. has 9'+ ceilings, rough-in bath and walk out stairs, ideal for future expansion. Professionally landscaped fenced yard with stone retaining walls, large patio and brick walk-ways.



### DEL RAY

**\$869,000**

Totally renovated and expanded 3 bedroom, 3 bath bungalow with garage ideally located just a few blocks from METRO, shops & restaurants in Del Ray and Old Town. Over 2400 sq. ft. of well designed living space with tall ceilings, light filled rooms, gleaming hardwood floors and quality finishes throughout. Living/dining room with gas fireplace. Fabulous Great Room with gourmet kitchen, breakfast area and family room with french doors to a large deck, yard and spacious detached garage with workshop/storage space. Two main level bedrooms and 2 full baths including the Master suite with 2 large walk-in closets and a luxury bath with double vanities and oversize shower. Lower level with access to the driveway features a spacious 3rd bedroom, full bath, storage & laundry room.



### DEL RAY

**\$624,000**

Spacious all brick 3 bedroom, 2.5 bath townhouse with 3 finished level and attached garage. Foyer entry welcomes you to the main level with light filled dining room that opens to the living room with fireplace and French doors to the deck and fenced yard. Large kitchen with table space, granite counters and SS appliances. Upper level with 3 bedrooms and 2 full baths including the Master suite with en suite bath. Main level 1/2 bath and lower level family room, laundry and storage. Blocks to shops & restaurants on "the Avenue" !



### POTOMAC GREENS

**\$924,900**

Spectacular 3 bedroom, 3.55 bath townhouse with attached 2 car garage with over 3,400 sq. ft. of luxury living. Desirable open floor plan featuring 9' ceilings, crown moulding and wainscoting, 2 sided fireplace and gleaming hardwood floors on main and lower levels. Chef's kitchen with granite center island and breakfast area. Upper level with 3 bedrooms and 2 full baths including the Master suite with 2 walk-in closets and luxury en suite bath. The 4th level has a spacious family room with full bath and access to a roof top deck! Entry level with foyer, recreation room and study. Convenient to parks and playground, shops and restaurants. 2 lights to D.C.!



### BRIGHTON SQUARE

**\$524,900**

Updated 3 bedroom, 2.55 bath brick townhouse with 3 finished levels convenient to Del Ray and Shirlington. Foyer entry steps up to the living room and dining room. Adjacent kitchen with table space and large pantry. Upper level with 3 bedrooms and 2 full baths including Master suite with en suite bath. Main level 1/2 bath and walk-out lower level with tall ceilings featuring a family room with fireplace, 3rd bedroom and 1/2 bath. Fenced yard with patio & deck.



### OLD TOWN/BEARINGS SOUTH

**\$259,000**

Beautifully updated 1 bedroom, 1 bath condo in great location just a couple of blocks from south side shops, restaurants and the riverfront biking/jogging trail! Living room and separate dining room with adjacent kitchen featuring granite counters, SS appliances including a wine fridge. Updated bath with vessel sink and bedroom with 2 closets plus a large walk-in in the hallway. Hardwood floors throughout, assigned parking and 1 Year Warranty.



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## LETTERS TO THE EDITOR

### Safety First

I liked your comments about two-hour delays, but as a retired school administrator I am not persuaded we have many alternatives. Ultimately, safety for teachers and students and all school workers is of paramount concern, but the luxury of making calls for snow days too far in advance runs further risks of complicating the school schedule at the end of term. However, your comments are echoed by many and your opinion is not a singular one. Keep up the good work

in Zebra. We recently retired here from Maine and love the area and your paper!

— John Dickerson

### Where are the Zebras in Northeast?

I recently picked up a copy of Zebra and noticed you hand deliver copies to many Alexandria neighborhoods but apparently not the Northeast neighborhood. As a former President of the Northeast Citizens Association, I am not surprised, since our neighborhood often gets ignored since it's kind of a pocket neighborhood that most folks drive around rather than through. But the Northeast townhouses were built in 1939 and so have been part of Alexandria life for a long time. Vasos Greek restaurant (with the silly Dixie Pig atop) at one end and Buzz bakery and Rustico restaurant at the other end may be familiar to you.

So I am speaking of the Powhatan Street to Bashford Lane, to Michigan Ave to Slaters Lane area. I would love to get your Zebra delivered. I had thought it was just a touristy pub at first but then I looked inside and found some solid local reporting of Alexandria.

— Bob Maslyn

*[Editor's Note: Beginning with the February 2015 issue, the Zebra has increased its circulation by 663 issues to accommodate the Northeast pocket. Should your street or neighborhood desire special delivery, please contact us and we will do our best to add you to the delivery routes.]*

*You are encouraged to write to us with whatever is on your mind. As space permits, we will print your letters. Please send to editor@thezebrapress.com or by mail to Zebra Press, 2331 Mill Road, Suite 100, Alexandria, VA 22314.*

## PUBLISHER'S NOTE

I almost forgot to write these notes this month. Hours before we were ready to send it to press I nearly slapped myself worrying... "Yikes... The Publisher's Notes!" So here we go – on the fly. I want to welcome two new additions to the Zebra staff this month: Rowan Cech, who will be interning and using her journalistic and photographic talents in all ways possible; and it's really a welcome back to Kris Gilbertson, as Business Editor who will be visiting and interviewing you in your shops and offices when your business gets the Zebra spotlight.

Please enjoy this jam-packed issue and we continue to solicit your advice and counsel for upcoming topics and stories you'd like to see.

Cheers,  
Mary Wadland



### Zebra Spotted on the Rocky Mountains in Utah

We are not sure from which planet or festival these guys came, but somehow they have an older copy of our Zebra and sent us this snapshot.

Send photos of Zebra read around the world, and we'll publish them as well as send you a gift certificate from an area restaurant or retailer. Submit to editor@thezebrapress.com with a caption.

**These guys just picked up a \$25 gift certificate from Del Ray Variety!**



MARCH '15

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### DISTRIBUTION

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

Arlington	Crystal City	Alexandria
Alexandria	Del Ray	Park Fairfax
Alexandria West	Fairlington	The Pentagon
Beverly Hills	Great Falls	Rosemont
Braddock	Mount Vernon	Seminary Hills
Heights	Old Town	Shirlington

### PUBLICATION DATES

Zebra is printed monthly.

### DEADLINES

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

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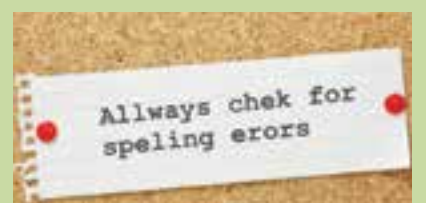
For advertising information call 703-919-7533

### CATCH OUR MISTAKES

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

If you have a keen eye and a sharp pencil, send your catches to editor@thezebrapress.com.

**ADRIENNE HERGEN**, DVM, caught just one and she was first on the scene to point it out. The email address for our own publisher was incorrectly printed in the February issue. Adrienne wins a \$25 gift certificate from Greenstreet Gardens!







## ONLINE DATING CAN BE THE PLACE FOR FINDING “THE ONE”

With all the bars, restaurants, sporting events and social spots where singles can meet in Arlington and Alexandria, online dating is now more popular than ever. In fact, 31 percent of singles in this country met their last first date online while 25 percent met through a friend and only six percent met their last first date at a bar or club, according to a study by Match.com called “Singles in America: Match Releases Its Fifth Annual Comprehensive Study on the Single Population.”

For Arlington resident Melissa Nix, it took about 20 online dates before she found the guy she’s currently dating, and it took a chance meeting at a bar to rekindle a relationship that started as an online date five years ago. Love has strange ways of finding people. When they first met, “I actually thought one of his friends was cute,” she said, before getting a message through her account on the dating site OK Cupid. “We’ve been dating ever since,” she said.



Alexandria resident Melissa Nix candidly shared with us some of her adventures within the world of online dating.  
Photo by Mike Salmon

OK Cupid and Match.com are joined by other dating sites such as eHarmony, Zoosk, OurTime.com, ChristianMingle, JDate, BlackPeopleMeet and Plenty of Fish as places to find “The One.” Sites like this

may provide a chance to meet a wider variety of people. Dr. Jay Browne, author of *Dating for Dummies*, noted that “computers dramatically increase the pool of potential dates, giving people an opportunity to meet people from different social circles,” he wrote.

The Washington D.C. area is the metro area with the 4th largest number of searchable users in the U.S. on Match. Although some of the online dating services are nationwide with local chapters, DC Singles is exclusively for the Washington, D.C. area. It’s seven step romance system includes in-person screening and personal assessment compatibility to name a few.

Online dating has its share of success stories too, as Nix has seen through the years. One friend of hers met a man years ago Match, and “they have two kids now.” Another friend met a guy that Nix says is “potential marriage material,” and her friend just moved in with him. EHarmony claims “438 people get married every day as a result of EHarmony’s compatible matching,” their website stated.

### Casting a Line

Sometimes though, it does take a lot of time, energy and courage before something happens with online dating. “You get rejected a lot,” Nix said. It wasn’t always the hotty that caught her eye. “I’ll try and always give people a chance,” she said. Recalling some of her more interesting dates did bring a smile to her face nonetheless although some of her online dates “aren’t worth remembering,” she said. Be careful of what you say though, the Match study shows that 73% consider airing emotional drama in posts as a turn-off.

Pictures are “very important,” she said. “Don’t write me if you don’t have the balls to put a picture up.” There were guys who sent pictures of their torsos, showing off muscles, and others that took selfies, which Nix says is a turn off for her.

Using a dated picture may be a trick used by real estate agents for their business cards but Herndon resident

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### Creating Your Online Dating Profile

#### Questions to ask yourself before you write your profile:

- What is special, unique, distinctive, or impressive about you or your life story?
- What details of your life, personal or family challenges, history, people or events have shaped you or influenced your life goals?
- What have you learned about past relationships, in terms of yourself?
- What are your relationship goals?
- Have you had to overcome any unusual obstacles or hardships (for example, economic, familial

or physical) in your life?

- What personal characteristics (for example, integrity, compassion, persistence) do you possess, and how can you demonstrate that you have these characteristics?
- Why might you be a stronger candidate than others?
- What is the single most compelling reason you can give a person to be interested in you?

#### How to Get Great Results

- Do include a photo. People who’ve uploaded a photo get 15 times more attention than people who don’t have a photo.
- Make sure you smile in your photos. That sexy face you’re making? It may come across to some people like your scary

face.

- Don’t hide your face behind a pair of sunglasses or a hat. Potential love interests will want to be able to see your beautiful face.
- Don’t show too much skin. Nobody wants to see you pose seductively in your kitchen in your tighty whities.
- Do make your headline a grabber. Think of all the great advertising slogans you’ve ever heard. They’re imprinted in people’s minds. You want to do the same thing with your profile.
- Consult your friends and family for help in writing your online profile. There are things that they love about you that you might not otherwise think about for yourself.
- Don’t use clichés. You may love long walks on the beach, but

who doesn’t? Say something interesting about yourself that is unique to you.

- Don’t forget to run spell-check. If you have misspelled words in your profile, it tells the world that you just don’t care about what you’re doing.
- Do respond to every e-mail that you get. If you were walking down the street and someone said hello, you’d probably say hello back. It’s the same protocol online. Respond, even if the answer is a simple, “No, thanks.”
- Keep it light. Your first e-mail should not be a rant about how expensive gas prices are. Keep it lighthearted in tone and keep it simple.
- Don’t reveal confidential information in your e-mail exchanges.



# THE DATING GAME

CONTINUED FROM PAGE 4

“Susan” found that online daters did this also. “One guy I had agreed to meet for coffee looked very young in the picture he had posted. When I mentioned that to him, he said he did look young for his age.” However, when the two met up for their date, she hardly recognized the man walking toward her calling her by name. “He looked much older in person! He finally admitted his profile picture had been taken about 10 years ago!” she said.

Being in shape is a factor for some too. According to Match.com, 50 percent of singles that exercise at least twice a week went on a first date in 2014 compared with 29 percent of singles that didn’t exercise. Although Nix is open minded, “everybody wants someone who takes care of themselves,” she said. A Match spokesperson said that 94% of singles have not sent a misleading picture, but that still leaves a small percentage that have done that trick, for one reason or another. The picture is pretty important according to internal Match data. Similarly-active users with photos get eleven times the views than users without photos.

A good sense of humor is important to both women and men. For women, 97 percent found that having a good sense of humor is just as important as being physically attractive, while 90 percent of the men believe a sense of humor is important.

## Meeting In Person

Okay, once matched up online and initial contact has been made, meeting up in person is where the sparks either fly or they don’t. On Match and EHarmony, there are tips for dates and first impressions. “Pay attention, be pleasant, be positive, be agreeable, be specific and admit your flaws,” were first impression tips on Match.com. Nix said its best to initially meet at bars, coffee shops and cafes, noting that she “would never go someplace where I would be alone with someone new,” she said. Some of her first dates were shopping or playing Scrabble at a coffee shop. “That was fun,” she said, remembering other dates swing dancing or at a museum. To start getting to know someone “you’ve got to have a conversation,” which might be a problem at a movie or concert, she said.

In the United Kingdom, the Online Dating Association was formed in 2013 by a number of industry players who saw the need to step up and take responsibility for setting and maintaining standards. The Association is striving for a roll as a trade body like associations do, ensuring the sector is properly represented so that it has a stronger voice with Government, regulators, the media, financial service providers, social networks and others.

Ultimately, people are people though. “The computer definitely plays a role, but in the end, it does boil down to human desire,” according to Match’s Chief Scientific Advisor Dr. Helen Fisher. “Technology is dramatically changing how we court, but it can’t change the brain systems for romance and attachment,” she said.

# DIFFERENT SITES FOR DIFFERENT TYPES

It doesn’t take long to find literally 100’s of different online dating sites on the web. Here are 10 of Zebra’s favorites, selected for different audiences they cater to. Note: Prices listed below are based on a one month membership. Monthly fees drop for longer commitments.



## BlackPeopleMeet.com

A fantastic site for African American people to connect.

BlackPeopleMeet.com holds a specialty in matchmaking to bring together black people with people of any nationality to find their special love. Their sophisticated search functionality allows the process of looking for the perfect match to become completely enjoyable. At BlackPeopleMeet.com, they believe that part of finding the perfect someone is by bringing together people of diverse backgrounds. The perfect someone may even be at the other end of the earth, and the people at BlackPeopleMeet.com understand that. With the option to specify relocation and translation features, connecting with that special someone, of any background, is made easy.

\$29.95/mo.



## ChristianMingle.com

For Christians seeking singles with similar values.

ChristianMingle.com is an online dating website for those who wish to find a lasting connection in a safe and secure Christian environment. The site attempts to match singles with like religious backgrounds to create a relationship based on shared faith and mutual respect. More than just a dating website, ChristianMingle.com also provides prayer requests, ministries and a worship center to its members.

\$29.99/mo.



## eHarmony.com

Emphasizes creating long-lasting relationships.

eHarmony is a highly successful, sophisticated online dating site, ideal for singles seeking long-term, compatible and meaningful relationships. The site claims to screen each possible compatible match via 29 dimensions before officially declaring the pair as a compatible. This is quite thorough and as a result, compatible pool sizes are likely to be much smaller on eHarmony than on other dating websites. At the same time, the likelihood of that potential lifelong partner being within that small pool is fairly high which is an exciting prospect. However, this can be very limiting and requires members to completely buy-in and trust the matching technology. Nonetheless, for those really looking for a soul-mate, who want to steer away from searching for other singles on basic criteria such as hobbies and interests, this is an ideal dating website.

\$59.95/mo.



## JDate.com

The #1 site for Jewish Singles

JDate is the leading dating website and online dating service for Jewish singles of all sects from Orthodox to Reform. With over 300,000 members registered to the U.S site, this is the most popular dating website for the Jewish community, backed up by impressive success stories.

\$39.99/mo.



## JustSeniorSingles.com

Tailor-made online dating experience for 40+ singles.

JustSeniorSingles is more than your average 40+ dating website. With unique options for online dating such as a dating diary within an inbuilt blogging tool, full mobile functionality for browsing and dating on the go, and even the option to include a video message in your profile, you won’t be surprised that the website has over 2 million members. Search by extensive filters including location, and get started finding your ideal match today. Singles 35+ looking to work 1-on-1 with expert matchmakers.

\$24.99/mo.



## Match.com

Offers the most matches and best search tools.

Match.com is one of the most popular and trusted dating websites worldwide. Hundreds of thousands of people have found love on match.com since the site’s launch. Did you know that according recent researches, singles that join match.com are 3 times more likely to find a partner than those who try other platforms? It’s no wonder it’s our Top Pick for the best dating site online! But don’t just take our word for it – visit match.com before you sign up and read some of the inspiring success stories written by match users from all across the US. Emphasizes creating long-lasting relationships

\$39.99/mo.



## Ourtime.com

Fantastic Place for Serious Daters over 50.

Ourtime.com is an exciting new dating site tailored to mature singles over 50 looking for love. Brought to you by the creators of match.com, OurTime is well-designed, user-friendly and dedicated to providing the highest level of service. It’s partnership with SeniorPeopleMeet.

com has boosted membership to well over 1 million, fortifying a strong and active community of singles. If, you are looking for an online dating site that caters to mature daters who are looking for long-term relationships and marriage, we think OurTime is a great choice. For Christians seeking singles with similar values.

\$29.99/mo.



## PlentyOfFish.com

Daters worldwide use POF’s matchmaking technology

Offering 100% free online dating options and great features, it’s no wonder why POF has attracted over 80 million users worldwide. POF is an online dating site that offers an advanced matchmaking service which helps connect compatible singles. The unique Chemistry Predictor will help determine important personality traits and then those traits will be used to find compatible matches. Another great feature at POF is MeetMe, which automatically searches for compatible matches in a specific geographic area.

Free



## ProfessionalMatch.com

Singles 35+ looking to work 1-on-1 with expert matchmakers

Wouldn’t it be great if there were a site that found professional matches for you during your busy workday? Professionalmatch.com is the dating service that caters to thousands of professional and business individuals all over the U.S.

\$31.99/mo.



## Zoosk.com

Simple sign up combined with fantastic features

Zoosk boasts one of the largest member bases of all dating sites in North America and yet it manages to create a personalized, unique dating experience for each and every one of its members. Zoosk’s secret to online dating success has two main components - a fresh, intuitive dating site, fully integrated with social media and Zoosk’s Behavioral Matchmaking™ system, which updates users’ matches based on their constantly evolving preferences. Zoosk strives to constantly send all of their online daters compatible matches because they believe that no online dater should be stuck sifting through millions of irrelevant dating profiles.

\$29.95/mo.



# COMMUNITY news

## BRIEFS ...

### Hawkins Leaves ADP

As reported recently in the *Washington Business Journal*, Val Hawkins, president and CEO of the Alexandria Economic Development Partnership, will retire effective March 15, according to the partnership. He will be replaced in an acting capacity by Stephanie Landrum, the organization's chief operating officer.

Under his leadership of the past six years, Hawkins, 73, marketed Alexandria to prospective businesses, located available real estate and nailed down tax and other financial incentives.

"It was my decision and my decision alone," Hawkins told the *Journal*. "I've lived in Alexandria for 37 years. This is a really special city, and I'm really proud of what we've done over the last six years. It's time for me to leave on a high note."

"Val has been the cornerstone of the Partnership's efforts in the community, and, we are thankful to him for his leadership," Christopher Hartman, chairman of the AEDP's board of directors, said in a statement. "While he will be greatly missed, we know he will continue to make meaningful contributions to the city and be successful in all that he does moving forward."



Pictured here with Stephanie Landrum, Frank Fannon and Melissa Sasser, Val Hawkins will retire as president of the Alexandria Economic Development Partnership on March 15.

Photo by Melinda Sigal.

### Moritz Named Director of Planning and Zoning

Acting City Manager Mark B. Jinks has announced the appointment of Karl W. Moritz as Director of Planning and Zoning for the City of Alexandria. Moritz has served as Acting Director since July 2014.

"Karl's three decades of experience helped distinguish him during a rigorous selection process," said Jinks. "He knows Alexandria, and I know he'll fully engage with residents and businesses to pursue our community's vision of a livable, green, and prospering city."

Moritz joined the City of Alexandria in 2008 as Deputy Director for Long Range and Strategic Planning. In that position, Moritz was responsible for neighborhood planning, community development, demographics and forecasting, and geographic information systems. In 2013, he became Deputy



Karl W. Moritz

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## CITY ANNOUNCES 2015 REAL ESTATE ASSESSMENTS

The City of Alexandria has mailed real estate assessment notices to all property owners, representing the fair market value of properties as of January 1, 2015.

"This year's assessments are consistent with a sluggish regional economy," said Acting City Manager Mark B. Jinks. "Although there is modest growth across homes and businesses, the commercial sector assessments are near flat."

The overall value of Alexandria's tax base increased 3.5 percent compared to January 2014, although each individual property's value may have increased or decreased. Growth in the residential tax base was largely due to appreciation of existing properties, while commercial tax base was strengthened by new construction of multi-family apartment buildings. Existing commercial properties have been subject to same weak market conditions that are currently being experienced throughout the region.

Residential assessments grew consistently

across all classifications of property. The average single family home value has increased by 2.92 percent, to \$702,098. The average condominium value, which saw the most significant loss during recession years, has increased 3.51 percent, to \$302,843. The average assessment for all residential property types, including single family homes, townhomes, and condominiums, has increased 3.08 percent, to \$509,853.

As required by state law, the City assesses all properties at 100 percent of their fair market value as of January 1 of each year. The assessments released will be used to apply the real estate tax rate to be set by City Council on May 7, with payments due on June 15 and November 15. Residential assessments are based primarily on neighborhood sales of comparable properties in 2014. Commercial assessments are based on the highest and best use of the property, income and expense data related to the business occupying the property, and other economic factors.

## THE GREEN IDEAS CHALLENGE RETURNS

Between now and April 3, ACTION Alexandria, an initiative of ACT for Alexandria, is asking for your ideas for making Alexandria an even greener, more sustainable community during the 2015 Green Ideas Challenge. A panel of judges will review each submitted idea, and winning ideas will receive up to \$2,000 to be put into ACTION! Thanks to a generous grant from The Dominion Foundation, a total of \$5,000 will be awarded.

### Get Started:

1. Review the challenge rules at: Green Ideas Challenge | ACTION Alexandria
2. Click on 'Add Your Idea' and tell us about your project
3. Tell your friends, family and coworkers to support your idea
4. A panel of judges will review ideas and select the winners
5. Those selected will receive up to \$2,000 to be put into ACTION!

Last June, ACTION Alexandria announced the winners of the Green Ideas Challenge, and thanks to a generous sponsorship from The Dominion Foundation, ACTION was able to fund four projects benefiting Alexandria. Six months into the projects, ACTION went back to check in with the 2014 grantees.

### Here are some of the highlights:

Four Mile Run Community Fall Tree Planting, Community Member: Kevin B.

With \$1,000 of initial funding from the Four Mile Run Farmers & Artisan Market matched by a \$1,000 grant from ACTION Alexandria, the community launched the Four Mile Run Park Master Plan and Four Mile Run Restoration Project to revive the park. Almost two dozen



Newly planted trees at Four Mile Run.

Photo provided by ACT

trees were planted in early November and volunteers came together for a community mulching. Additional funds from individuals through the website Citizeninvestor as well as from Alexandria's Living Landscape Fund helped to supplement the project. In the spring, volunteers will start to water the new trees.

Art and Nature Series, Community Member: Margaret W.

With the group, Friends of Huntley Meadows Park, Margaret W. teaches art and nature classes to encourage young students to learn about the outdoors through drawing and journaling. The \$1,000 grant from ACTION purchased field art kits and art supplies to provide drawing and natural history instruction to 83 children so far with more winter programming yet to come. Margaret says, "Journaling enhances observational skills, patience, scientific understanding and empathy with natural ecosystems."

School Wetland Garden Initiative, Community Member: Ana H.

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## Plan Ahead. Pay it Forward.



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# Alexandria Chamber Professional Networking Breakfast at Tempo, February 10

Photos by Melinda Sigal



Tempo's Wendy Albert welcomes Chamber members and guests to Tempo and the Alexandria Chamber's Professional Networking Breakfast



(Left to Right) Martin Lowe - On The Move Fitness LLC, Nina Tisara - Living Legends, Jeff Peterson - Minuteman Press of Alexandria, and Jay Brach - Alexandria Chamber



Steve Nearman - Woodrow Wilson Bridge Half Marathon & 6K (October 4, 2015 Race this year) holds up T-Shirt Door Prize. (Left to Right): Seated: Kevin McCormack - PSBusinessParks, Gin Kinneman - Kinneman Insurance, Cam Huynh - Mynt Medical Massage & Spa, and Steve Cofenke - Hibu



Gale Nemec - Nemec Productions with Zeev Wexler - Wexler Consulting, LLC



(Left to Right) Alison Grant and Judy Burke - Potomac River Boat Company with Shekiba Azamy - United Bank



## Avon

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



Anne Alden  
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# HAVE YOU CONSIDERED RUNNING FOR LOCAL OFFICE?

Alexandria will elect its City Council, Mayor and School Board on November 3, 2015. The process for getting on the November ballot varies depending on the selected office (Council, Mayor or School Board) and political party (Democrat, Republican or Independent).

The Virginia Department of Elections website includes local candidate informational bulletins and all the required filing forms. Here is a summary of what gets filed where, and when.

## Democratic Party Candidates for City Council and Mayor

The Democratic Party will nominate its candidates for Alexandria City Council and Mayor by primary, which will be held on June 9. Candidate petitions, a receipt for the primary filing fee (2% of the salary of the office sought; \$550 for Council, \$610 for Mayor) and several other forms must be filed by 5pm on March 26, 2015.

The petitions (with 125 signatures of qualified Alexandria voters) and primary filing fee receipt go to the Alexandria Democratic Committee Party Chair; the rest of the paperwork goes to the Alexandria Office of Voter Registration and Elections.

## Republican Party Candidates for City Council and Mayor

The Republican Party has chosen to nominate its candidates for Alexandria City Council and Mayor by party canvass. For more information on the Republican Party's rules and requirements, please contact the Republican Party directly.

In addition, candidates must file several forms with the Alexandria Office of Voter Registration and Elections, and these forms are due no later than 7 p.m. on June 9.

## Independent Candidates for City Council and Mayor

Alexandrians who wish to run for City Council or Mayor as independent candidates



must file their petitions (with 125 signatures of qualified Alexandria voters) and all other paperwork with the Alexandria Office of Voter Registration and Elections no later than 7 p.m. on June 9, 2015. There is no filing fee.

## Candidates for School Board

School Board elections in Alexandria are non-partisan. All candidates run as independents by district and must file their petitions (with 125 signatures of qualified voters from their district) and all other paperwork with the Alexandria Office of Voter Registration and Elections no later than 7 p.m. on June 9. There is no filing fee.


## Candidates for Virginia State Senate and House of Delegates

The November 3, 2015 ballot in Alexandria will also include Virginia State Senate (30<sup>th</sup>, 35<sup>th</sup> and 39<sup>th</sup> Districts) and House of Delegates (45<sup>th</sup> and 46<sup>th</sup> Districts). Alexandrians wishing to run for these offices should contact the Voter Registration Office for more information. Filing deadlines vary depending on the selected office (House or Senate), District, and political party (Democrat, Republican or Independent). Some deadlines are as early as 5pm on March 26, 2015.


## Campaign Finance Requirements for All Offices

In addition to all of these candidate filing deadlines, there are also deadlines for submitting campaign finance reports, including the campaign's Statement of Organization which must be filed within 10 days of beginning certain campaign activity. For more information on campaign finance, please review the Virginia Department of Elections website or contact the Alexandria Voter Registration Office.


## ARTIST PHOTOGRAPHER GREG KNOTT



AM WITH THE KIDS & PM WITH THE KIDS



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Biz Breakfast Features Social Media Trends and Strategies

Social media marketing is a must for business and the Mount Vernon Lee Chamber's February Business Breakfast informed members and guests how to update their social media strategy, stay current with new trends, and prepare their business for 2015.



Presenters included local leading thinkers in the social media arena. (Seated) Jeff Crites - Brick & Click, (Standing - Left to Right) Carole Hayward - Clear Message Media, Ray Sidney-Smith - W3C inc., and Kari Cannistraro - Video Magic



New Member Joel Jackson, Boy Scouts of America, introduced himself to the Chamber.



Nichelle Mitchum is the new executive director at United Community Ministries.



Sharon Eddy, State Farm Insurance, is a new Chamber business.

Photos by Melinda Sigal

NOMINEES SOUGHT FOR 2015 SEVENTH ANNUAL ELLEN PICKERING ENVIRONMENTAL EXCELLENCE AWARD

Award Honors Legacy of Distinguished Alexandria Environmental Steward

The Alexandria Environmental Policy Commission and Alexandria Renew Enterprises are seeking nominees for the 2015 Seventh Annual Ellen Pickering Environmental Excellence Award to honor and recognize those who demonstrate a commitment to protecting the natural environment and keeping the City green.

The award will be presented during the Alexandria Earth Day celebration at Ben Brenman Park on Saturday, April 25, 2015. A tree will also be planted in the honor of the recipient of the 2015 Ellen Pickering Environmental Excellence Award.

The Ellen Pickering Environmental Excellence Award is named in honor of Ellen Pickering, a former Board member of the Alexandria Sanitation Authority, who was dedicated to preservation and conservation in the City throughout her life.

Pickering served on a number of City boards and commissions, and was elected to City



Last year's Pickering Award was presented to Upcycle co-founders Kelly Organeck and Susan Miranda shown here collecting the prize from AlexRenew Chair John B. Hill.

Photo courtesy of AlexRenew

Council as an independent for one term between 1976 and 1979.

For more information about the Pickering award, visit [survey.alexandriava.gov/s3/Ellen-PickeringAward](http://survey.alexandriava.gov/s3/Ellen-PickeringAward).

Nominations must be received by March 27, 2015.

GREENSTREET GARDENS EXPANDS MANAGEMENT TEAM

Greenstreet Growers announced the latest addition to its leadership team to meet the needs of its recent expansion and future growth strategies. Tracey Gatdula was appointed to the newly-created position of Director of Retail Operations and Maggie Taylor has accepted the position of Director of Marketing and Special Events.



Tracey Gatdula



Maggie Taylor

Tracey Gatdula has nearly thirty years of experience in retail operations, having managed national chain properties as well as multi-location local operations. Tracey has extensive experience in the garden industry, having managed several local garden centers with an emphasis on the total customer experience while maintaining the highest standard for quality products. Tracey will be overseeing all retail operations at Greenstreet Gardens' three current locations in Maryland and Virginia.

Maggie Taylor has over twenty years of experience in marketing, branding, and events management. Maggie has been employed as Director of Marketing & Promotions at several radio stations in some of the country's largest markets, developing and cultivating

their brand recognition, with an emphasis on large-scale promotional events. Maggie will be instrumental in conceptualizing the voice of Greenstreet Gardens' message to new and existing customers, while continuing to grow the size and scope of their special events throughout the year.

Greenstreet Gardens is one of the country's premier retailer and growing garden centers. The two Virginia locations are located at 1721 West Braddock Road and 1503 Mt. Vernon Avenue, both in Alexandria.

BRIEFS

CONTINUED FROM PAGE 6

Director for Current Planning and assumed oversight of development, land use and zoning, and historic preservation, as well as staff support for the Planning Commission, the Boards of Architectural Review, and the Board of Zoning Appeals.

Eleven to be Honored at Salute to Women Awards

Alexandria's Commission for Women has announced the names of the honorees for its 35th Annual Salute to Women Awards. Eleven women will be recognized for their accomplishments in civic life and for the improvements they have brought to the well-being of Alexandria's women.

The 2015 Awardees, who were selected by an independent committee appointed by the Commission, are: LaDonna Sanders (Rising Star Award), Ginny Hill-Obranovich (Making a Difference Award), Valarie Wright (Women's Health and Safety Advocate Award), Brooksie Koopman (Susan Lowell Butler Lifetime Achievement Award), Cynthia Anderson (Maguerite Payez Leadership Award), Lorraine Friedman (Youth Community Services Award-Adult), Zauhirah Tipu (Youth Community Services Award-Youth), Suzanne Maxey (Marian Van Landingham Legislation and Public Policy Award), Joan Singer (Donna Bergheim Cultural Affairs Award), Ashley McNeff Behrens (Leadership in Business and Career Development Award) and the late Laurie Meyer (Vola Lawson Award).

The Salute to Women Awards ceremony will be held on Thursday, March 26, at the Patent and Trade Office, 600 Dulany Street, Alexandria. Tickets are \$65 per person.

Alexandria Chamber of Commerce Names Vice Presidents

The Alexandria Chamber of Commerce announced the promotion of Shari Bolouri & Maria Ciarrocchi to the offices of Vice President. Ms. Bolouri will assume the Vice President, Marketing & Events position and Ms. Ciarrocchi will become Vice President, Public Policy & Programing.



Maria Ciarrocchi



Shari Bolouri

Ms. Bolouri has been the Director of Events & Communications and has led the team through a successful re-branding campaign, earning an Award of Excellence from the Association of Chamber of Commerce Executives. With a background in events and program management, she instituted better effectual management practices in order to produce more cost-effective events and programs.

Ms. Ciarrocchi, the Government & Promotion Director,

CONTINUED ON PAGE 9

JACK POWERS APPOINTED TO THE ALEXANDRIA ELECTORAL BOARD

John F. "Jack" Powers, a former City of Alexandria employee and member of the Alexandria Democratic Committee, was sworn in by Clerk of the Circuit Court Ed Semonian for a three-year term on the Alexandria Electoral Board that began on March 1.

Powers has a long history of service in Alexandria. He was the Director of Community Programs at the City's Department of Human Services before retiring in 2007 after a 30-year career. His division included the Office of Aging



Jack Powers

and Adult Services, the Office of Community Services, the Alexandria Multicultural Services Initiative and the Office of Early Childhood Development.

Powers was also a founding member and Chair of the Northern Virginia Coalition for the Homeless, a founding member of the Virginia Coalition for the Homeless, a founding member and President of Virginia CARES, and a founding member and President of Project Discovery of Virginia.

2015 SPRING & SUMMER PROGRAM GUIDE NOW AVAILABLE ONLINE

The Department of Recreation, Parks and Cultural Activities' 2015 Spring & Summer Program Guide is now available online. The Program Guide highlights City camps, classes, programs, activities, and special events occurring April through August 2015 as well as park and facility information.

Registration for Spring & Summer classes and activities begins at 9 a.m. on Wednesday,

March 18 for City residents, and Friday, March 20 for nonresidents. Register online, in-person or by phone at the new Registration & Reservation Office located at the Lee Center at 1108 Jefferson St.

For additional information, call the Department of Recreation, Parks and Cultural Activities at 703.746.4343 or visit the Department's website at [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation).



SPRING CLEAN-UP SCHEDULE

Residents that receive City refuse collection services are eligible to receive Spring Clean-Up on a Saturday in March or April. Residents are encouraged to clear out household clutter and place unwanted bulky trash and metal items at the curb on your neighborhood collection date. The City is divided into four collection areas and each area is assigned a specific Saturday. Metals and electronics should be separated from other collection items, as they will be picked up during a separate collection. To view a map of your neighborhood collection date visit: alexandriava.gov/ResourceRecovery

- Area 1 – Saturday, April 18
- Area 2 – Saturday, April 25
- Area 3 – Saturday, May 2
- Area 4 – Saturday, May 9

Mulch Delivery – Place Orders Starting March 9

Starting Monday, March 9, orders can be placed for delivery of mulch throughout April and May. Delivery dates and times are limited, and appointments are on a first come first served basis. Remember, mulch is free to residents and available for pick up 7:00 a.m. – 3:30 p.m., Mon. through Sat., 4215 Eisenhower Ave. There is a \$50 deliv-

GREEN IDEAS CHALLENGE

CONTINUED FROM PAGE 6

Local student, Ana H. transformed her award-winning science experiment into a service-learning project for elementary students across Alexandria. After studying wetland plants and local waterways, Ana formed partnerships with Maury Elementary School and Alexandria Sea-port Foundation to work with Alexandria City Public School 5th graders to grow wetland plants to be transplanted into local waterways. Funding from ACTion will be used to imple-

ery charge for either a half truck load (3 CY) or a full load (6 CY). For more information visit: alexandriava.gov/YardWaste.

Yard Waste Collection

Just a reminder that yard waste is collected separately from your trash and recycling. Yard waste typically includes sticks, twigs, grass, leaves, and dead plants, which should be placed in a re-usable, hard-sided container or paper yard waste bags and placed at your regular collection point. ‘Yard Waste Only’ decals are available upon request through the website listed below. Yard waste is either composted or mulched to make a natural alternative to chemical fertilizer. For more information visit: alexandriava.gov/YardWaste.

Street Sweeping & Spring Cleaning Begins March 23

Each year at the beginning of spring, crews from the Resource Recovery Division increase efforts to clean city streets, helping to keep our neighborhoods and commercial corridors clean and protect our waterways. Litter, debris, and left-over grit from winter road maintenance can clog storm sewers and pollute our lakes and rivers. This year’s clean-up effort begins Monday, March 23 and will take approximately 12 weeks to complete at least one pass of cleaning the City’s 560 lane miles of streets.

ment the first project starting in March with Maury Elementary Students. Ana is working with other local schools to expand the program further.

Recycling Bin at Ben Brenman Park, Community Member: Debbi K.

After noticing cans and bottles overflowing from trash bins while watching her son’s baseball games, Debbi K. decided to take action. Through Green Ideas Challenge funding, Debbi helped arrange for a recycling bin to be placed in Ben Brenman Park starting in spring 2015.

BRIEFS

CONTINUED FROM PAGE 8

has been instrumental in the refocusing of the Chamber’s advocacy arm and recently led its data conversion and new website implementation. She has a background in national political campaigns & fundraising, along with event management and sponsorships.

Alexandria Named a Best Downtown in America

Alexandria makes a top 10 list of the “Best Downtowns in America” from Livability.com.

It ranks Alexandria No. 6 on its list. Livability.com says it considered a number of factors in compiling its list, including increasing housing values and populations, new construction, vibrant arts scenes and walkable streets.

According to *The Washington Post*, the site found much to praise in Alexandria, from a booming restaurant scene, to the free trolley from the Metro to the waterfront, to a positive outlook for household incomes. It deemed Old Town “as hip as it is historic.”

Make A Splash: City Presents Family Fun Nights

Department of Recreation, Parks and Cultural Activities to host monthly Family Fun Nights at Chinquapin Park Recreation Center & Aquatics Facility, 3210 King St.

Bring the whole family to Family Fun Nights for swimming and fun for all ages on Friday evenings. Pool games include beach ball relays, water basketball, diving for prizes and fun on the ‘Aqua Challenge’ floating obstacle course. Participate in swimming skill assessments for youth, learn pool safety tips and more. Cost of admission to each event is \$4 per person. For more information, visit [www.alexandriava.gov/c/10280](http://www.alexandriava.gov/c/10280).

Spring Family Fun Night Schedule:

- Friday, March 13, 6–9 p.m.
- Friday, April 24, 6–9 p.m.
- Friday, May 22, 6–9 p.m.



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West End Business Association (WEBA) Happy Hour at Savio’s

Photos by Melinda Sigal



(Left to Right) Katy Gilchrist (Board Member) - Maid Brigade, Mellenie Runion (Board Member) - Truly-Life, Mike Drobnis - Opfinity LLC



(Left to Right) Maureen Pendergast - Comfort Inn, Emily Selke and Mary Leslie Keena - Carr Workplaces, plus Scott McCewan and Kate Eucare - also from Comfort Inn



(Left to Right) Phil Sigal - Centennial Technologies, Inc., Marcus Henderson (Board Member/Chair: Government Relations Committee) - Alexandria Campus of NOVA Community College, and Stu Howard (Board Member/Membership Chair and VP) - Ware & Associates/ LegalShield



(Left to Right) Jeff Peterson (Board Member/Secretary) - Minuteman Press of Alexandria, Lynn Bostain (Board Member/President) - Dulles Area Transportation Association, Desiree Jessimy - The Palate Pleasers, Barbara Barton - Barton & Barton Travel Consultants, and Peter Baldwin (Board Member) - MarketForce Strategies



(Left to Right) Richard Stone - Wine on the Barrelhead National Wine Review, Gin Kinneman - Kinneman Insurance, and Dorathe Peters, Esq. (Board Member & Parliamentarian) - retired



Mercedes-Benz Team: (Left to Right) Jim Gill - Commercial Vehicle Manager, Daniel Opsut - Comptroller/CFO, and Sharon Stepp - Sales Representative



How Did the Cookie Fundraising tradition Begin?

Girl Scout Cookies had their earliest beginnings in the kitchens and ovens of our girl members, with moms volunteering as technical advisers. The sale of cookies as a way to finance troop activities began as early as 1917, five years after Juliette Gordon Low started Girl Scouting in the United States, when the Mistletoe Troop in Muskogee, Oklahoma, baked cookies and sold them in its high school cafeteria as a service project.

In July 1922, The American Girl magazine, published by Girl Scout national headquarters, featured an article by Florence E. Neil, a local director in Chicago, Illinois. Miss Neil provided a cookie recipe that had been given to the council’s 2,000 Girl Scouts. She estimated the approximate cost of ingredients for six- to seven-dozen cookies to be 26 to 36 cents. The cookies, she suggested, could be sold by troops for 25 or 30 cents per dozen.

In the 1920s and 1930s, Girl Scouts in different parts of the country continued to bake their own simple sugar cookies with their mothers. These cookies were packaged in wax paper bags, sealed with a sticker, and sold door to door for 25 to 35 cents per dozen.

Girl Scout Cookie, circa 1922

- 1 cup butter
- 1 cup sugar
- additional sugar for topping (optional)
- 2 eggs
- 2 tablespoons milk
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder

Cream butter and the cup of sugar; add well-beaten eggs, then milk, vanilla, flour, salt, and baking powder. Refrigerate for at least 1 hour. Roll dough, cut into trefoil shapes, and sprinkle sugar on top, if desired.

Bake in a quick oven (375°) for approximately 8 to 10 minutes or until the edges begin to brown. Makes six- to seven-dozen cookies.

Just who did start the girl scouts?

Juliette Gordon Low, founder of Girl Scouts of the USA, was born Juliette Magill Kinzie Gordon on October 31, 1860, in Savannah, Georgia.

“Daisy,” as she was affectionately called by family and friends, was the second of six children. A sensitive and talented youngster, Daisy Gordon spent a happy childhood in her large Savannah home, which was purchased and restored by Girl Scouts of the USA in 1953. Now known as the Juliette Gordon Low Girl Scout National Center, or often referred to as the Birthplace, the handsome English Regency house was designated a registered National Historic Landmark in 1965.

Young Daisy Gordon developed what was to become a lifetime interest in the arts. She wrote poems; sketched, wrote and acted in plays; and later became a skilled painter and sculptor. She had many pets throughout her life and was particularly fond of exotic birds, Georgia mockingbirds, and dogs. Daisy was also known for her great sense of humor.

Juliette Low was very athletic. From her childhood on, Daisy was a strong



swimmer. She was Captain of a rowing team as a girl and learned to canoe as an adult. She was also an avid tennis player. One of her special skills was standing on her head. She stood on her head every year on her birthday to prove she still could do it, and also celebrated nieces’ and nephews’ birthdays by standing on her head. Once, she even stood on her head in the board room at National Headquarters to show off the new Girl Scout shoes.

In her teens, Daisy attended boarding school at Virginia Female Institute (now Stuart Hall School) in Staunton, Virginia, and later attended Mesdemoiselles Charbonniers, a French finishing school in New York City.

Following her school years, Juliette Gordon traveled extensively in the United States and Europe.

On December 21, 1886, her parents’ 29th wedding anniversary, Juliette married William Mackay Low, a wealthy Englishman, at Christ Church in Savannah, Georgia. Although the couple moved to England, Juliette continued her travels and divided her time between the British Isles and America.

Before her marriage, Juliette had suffered from chronic ear infections. She had lost most of her hearing in one ear because of improper treatment. At her wedding, when she was 26, she lost hearing in her other ear after a

grain of good-luck rice thrown at the event lodged in her ear, puncturing the eardrum and resulting in an infection and total loss of hearing in that ear.

During the Spanish-American War, Juliette came back to America to aid in the war effort. She helped her mother organize a convalescent hospital for wounded soldiers returning from Cuba. Her father, who had been a captain in the Confederate army, was commissioned as a general in the U.S. Army and served on the Puerto Rican Peace Commission. At the end of the war, Juliette returned to England and to a disintegrating marriage. The Lows were separated at the time of her husband’s death in 1905.

Juliette Gordon Low spent several years searching for something useful to do with her life. Her search ended in 1911, when she met Sir Robert Baden-Powell, founder of the Boy Scouts and Girl Guides, and became interested in the new youth movement. Afterward, she channeled all her considerable energies into the fledgling movement.

Less than a year later, she returned to the United States and made her historic telephone call to a friend (a distant cousin), saying, “I’ve got something for the girls of Savannah, and all of America, and all the world, and we’re going to start it tonight!” On March 12, 1912, Juliette Low gathered 18 girls to register the first troop of American

Girl Guides. Margaret “Daisy Doots” Gordon, her niece and namesake, was the first registered member. The name of the organization was changed to Girl Scouts the following year.

In developing the Girl Scout movement in the United States, Juliette brought girls of all backgrounds into the out-of-doors, giving them the opportunity to develop self-reliance and resourcefulness. She encouraged girls to prepare not only for traditional homemaking, but also for possible future roles as professional women—in the arts, sciences and business—and for active citizenship outside the home. Girl scouting welcomed girls with disabilities at a time when they were excluded from many other activities. This idea seemed quite natural to Juliette, who never let deafness, back problems or cancer keep her from full participation in life.

From the original 18 girls, Girl Scouting has grown to 2.8 million members. Girl Scouts is the largest educational organization for girls in the world and has influenced the more than 59 million girls, women, and men who have belonged to it.

Juliette Gordon Low accumulated admirers and friends of all ages, nationalities and walks of life. By maintaining contact with overseas Girl Guides and Girl Scouts during World War I, she helped lay the foundation for the World Association of Girl Guides and Girl Scouts. After her death from breast cancer in 1927, her friends honored her by establishing the Juliette Low World Friendship Fund, which finances international projects for Girl Scouts and Girl Guides around the world. Juliette Gordon Low died at her Savannah, Georgia, home on Lafayette Square January 17, 1927. She is buried at Laurel Grove Cemetery in Savannah.

On July 3, 1948, President Harry S. Truman signed a bill authorizing a stamp in honor of Juliette Gordon Low. The stamp was one of the few dedicated to women.

During World War II, she had a “Liberty Ship” named in her honor.

In 1954, in Georgia, the city of Savannah honored her by naming a school for her. A Juliette Low School also exists in Anaheim, California.

On October 28, 1979, Juliette Low was inducted into the National Women’s Hall of Fame in Seneca Falls, New York.

On December 2, 1983, President

CONTINUED ON PAGE 12

Where are the cookies?

Giant Food

3131 Duke Street  
Alexandria, VA 22314  
Friday, March 13  
4:00 PM-8:00 PM  
Saturday, March 15  
9:00 AM-5:00 PM  
Friday, March 20  
4:00 PM-8:00 PM  
Saturday, March 21  
9:00 AM-5:00 PM

SunTrust

515 King Street  
Alexandria, VA 22314  
Friday, March 13  
4:00 PM-7:00 PM  
Saturday, March 14  
9:00 AM-2:00 PM  
Friday, March 20  
4:00 PM-7:00 PM

Why Not

200 King Street  
Alexandria, VA 22314  
Friday, March 13  
5:00 PM-7:00 PM  
Saturday, March 14  
9:00 AM-2:00 PM  
Sunday, March 15  
12:00 PM-5:00PM  
Friday, March 20  
5:00 PM-7:00 PM  
Saturday, March 21  
10:00 AM-5:00 PM

Farmer’s Market

110 North Royal Street  
Alexandria, VA 22314  
Saturday, March 14  
6:45 AM-12:00 PM

The Shoe Hive

127 South Fairfax Street  
Alexandria, VA 22314  
Saturday, March 14  
2:00 PM-5:00 PM

Old Town Hardware

809 South Washington St.  
Alexandria, VA 22314  
Saturday, March 14  
10:00 AM-2:00 PM  
Sunday, March 15  
12:00 PM-3:00 PM

Safeway

500 South Royal Street  
Alexandria, VA 22314  
Saturday, March 14  
4:00 PM-7:00 PM  
Sunday, March 15  
10:00 AM-5:00PM  
Monday, March 16  
12:00 PM-4:00 PM  
Saturday, March 21  
4:00 PM-7:00 PM

Sunday, March 22  
10:00 AM-5:00 PM

Ten Thousand Villages

915 King Street  
Alexandria, VA 22314  
Saturday, March 21  
9:00 AM-2:00 PM

Bellies& Babies

Consignment Boutique,  
1913 Mount Vernon Avenue  
Alexandria, VA 22301  
Saturday, March 14  
10:00 AM-5:00 PM  
Sunday, March 15  
12:00 PM-4:00 PM  
Saturday, March 21  
10:00 AM-5:00 PM

Giant Food

425 East Monroe Avenue  
Alexandria, VA 22301  
Saturday, March 14  
11:00 AM-3:00 PM

St Elmo’s

2300 Mount Vernon Avenue  
Alexandria, VA 22301  
Saturday, March 14  
9:00 AM-3:00 PM  
Sunday, March 15  
9:00 AM-3:00 PM

Roy Rogers

1506 Belle View Boulevard  
Alexandria, VA 22307  
Friday, March 13  
4:00 PM-6:00 PM  
Saturday, March 14  
10:00 AM-6:00 PM  
Sunday, March 15  
10:00 AM-6:00 PM  
Friday, March 20  
4:00 PM-6:00 PM  
Saturday, March 21  
10:00 AM-6:00 PM





## Who the Hell is ISIS? FIFTY SHADES OF PRAY

BY MARCUS FISK

*“Man is a Religious Animal. He is the only Religious Animal. He is the only animal that has the True Religion--several of them. He is the only animal that loves his neighbor as himself and cuts his throat if his theology isn't straight. He has made a graveyard of the globe in trying his honest best to smooth his brother's path to happiness and heaven.....”*

— Mark Twain, *Book of Animals*

It's that time of year again – Spring – when a young man's fancy turns to thoughts of.....TERROR.

Three years ago we in the 'west' marveled at the popular uprisings all over the Arab world aimed at liberating the oppressed and spreading the seeds of democracy far and wide. We called it the 'Arab Spring' and watched in orange sherbet joy at the demise of Qaddafi (Libya), Mubarak (Egypt), and waited for the inevitable shoe to drop for Bashar al-Asad (Syria). Soon, we thought, all our troops would be home from Iraq and Afghanistan (or pick your favorite 'Stan' – we're in almost all of them doing something). We were within a gnat's breath of completely, finally, and totally, extricating ourselves from the sink-hole called the Middle East and this past summer, when oil prices hit rock-bottom, we thought we had truly died and gone to heaven.

Today, watching the news we are bombarded with dozens of organizations with interchangeable, names, like radical groups in Monty Python's 'Life of Brian', all intent at returning Islam to its traditional roots, since Islam is not conservative enough for their tastes. We Americans, much like the British before us, have been attracted to the Middle East for nearly a century. Back in WW I it was to defeat the Kaiser's Germany and then later Nazi Germany in WW II according to our leadership. Fast forward to the late 1970s and 80s and to our total surprise we learned that it was really for the oil there and how silly of us to think otherwise.

This relationship between the west and the Middle East has been a strained one to say the least and much like Ana Steele's addictive, perverse attraction to Christopher in 50 Shades of Grey, we find it tough to shake loose from this abusive, violent and destructive relationship. In short – the west still clings to the Middle East with all its in-fighting, ebb and flow of radical/terror groups, and bewildering alliances, a perversion that defies understanding.

We Americans are the naive, innocent freshmen of international affairs and find it way easier to lump our enemies into nice, neat categories, rather than trying to follow these nuanced theocracies that emerge in the headlines daily. What we westerners fail to understand about ISIS/ISIL is that they don't care about what we think; they are the new, horrific gangstas of the 'hood' and do not believe in any state, country, nor in any established governments. They believe that Islamic or what is called Sharia Law trumps any secular laws any nation could ever devise. Sharia is an Arabic word for 'The pathway to be followed' and ISIS/ISIL has adopted it hook, line

CONTINUED ON PAGE 12

## WHAT BUGS ME

BY DEBBY CRITCHLEY

What do you think about being called by your first name when you call the doctor's office, customer service, or anywhere you have to give your legal first and last name and they don't know you. What happened to the courtesy of honorifics? My mother was the only person who used that name, and only when I was in trouble. Was I introduced to you? Did I ask you to 'please call me 'blank'? NO! I

am Ms. Critchley until I give you permission to call me by my first name. It's not polite and it's not warm, friendly, and welcoming. I'm probably old enough to be your mother and you would never call her or her friends by their first name. I wish I knew who thought this up. I'd like to be warm and friendly and call them by a few names he/she might not have been called before.

'Nuff said. This is your column too. Tell me what bugs you. I'd be happy to let you have my soapbox. Email me your thoughts at [debbyc@thezebrapress.com](mailto:debbyc@thezebrapress.com)



**ALEXANDRIA CHAMBER OF COMMERCE**  
2015 Women's Leadership Forum

A dynamic program designed to inspire, inform and educate women in business.

Tuesday, March 31, 2015  
7:30am-10:30am

The Little Theatre of Alexandria  
600 Wolfe Street,  
Alexandria, VA 22314

\$60 Members  
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It is almost time for...tomatoes! We were beginning to wonder if the ground would ever warm up enough for our favorite summer crop. But never fear, spring is on the way!

You don't need a lot of space for tomatoes – a large pot on a sunny patio or deck will suit them fine. However, note the word “sunny.” Tomatoes need full sun to produce fruit. They love heat, and will not thrive in cool soil. Cover the planting area with black plastic a couple of weeks before planting; those extra degrees will translate into earlier tomatoes.

Plant tomatoes deeper than they come potted. All the way up to the top few leaves. This way the plant will grow roots along the stem and make a much stronger plant. Laying the tomato sideways in a trench also works, as the plant will grow up towards the sun. We recommend amending soil with a nutrient rich compost. Lobster Compost, a product produced by the Coast of Maine Company, contains composted lobster, crab shells and sea kelp – rich in calcium, perfect for tomatoes.

Water deeply and regularly while the plants are developing. Irregular watering – like missing a week then drowning the plants to make up for it – leads to blossom end rot and cracking. The rule of thumb is at least 1 inch of water per week, but during hot, dry spells, they may need more. If your plants start to look wilted for most of the day, give them a drink.

Once the fruit begins to ripen, start to ease up on watering. Lessening the water will coax the plant into concentrating its sugars, resulting in better flavor. However, don't withhold water so much that the plants continually wilt; stressed plants will drop their blossoms and possibly their fruit.

There are two types of tomato plants. Determinate tomatoes are compact growers; a great choice for containers. They set and ripen their fruit simultaneously, making a large quantity available all at once. These tomatoes are often preferred for canning or sauce-making.

The big, juicy beefsteak tomatoes



we all crave grow on indeterminate plants. These plants keep growing – and producing tomatoes – until killed by frost. They grow tall and require staking or caging for support. Pinching off the tips of the main stems in early summer will encourage the plant to put its energy into flowering. This is also a handy trick toward the end of the summer when you want the last tomatoes to hurry up and ripen.

Another way to classify tomatoes is by their shape.

Globe tomatoes are smooth, round and medium to large in size. These days the globe tomato is the norm; they are the most common tomatoes you'll find at any chain grocery store.

Cherry tomatoes are small, round, two-celled tomatoes that also include the type known as currants. They range in size from one to two inches in diameter. Cherry tomatoes come in many colors and varieties, such as Sun Gold, Honeybunch and Sweet100 .

Beefsteaks are large to very large tomatoes that are typically wider than they are tall. The larger specimens tend to be even squattier. They can be irregular in shape compared to the other tomato types. Brandywine is an example of a beefsteak tomato.

Elongated tomatoes are plum or pear. The pear shape is distinctly smaller near the stem, while the plum

is more uniformly elongated than the pear shape. Roma tomatoes and plum tomatoes are traditionally used to make tomato sauces.

Heirloom tomatoes are back in high demand – and for good reason. The seeds of these varieties have been collected and passed down, often through several generations, because of their valued characteristics. In past decades, we've lost many of our heirloom varieties, along with the many smaller family farms that supported them. The multitude of heirlooms that had adapted to survive well for hundreds of years were lost or replaced by fewer hybrid tomatoes, bred more for commercial convenience – they ship from field to store well, whereas heirlooms can be fragile. But thanks to the resurgence in popularity, heirlooms have become more widely available in the commercial market today. Seed companies, like Seed Savers Exchange, offer a good selection of heirloom seeds, and growers, like us, are beefing up selections of heirloom plants for home gardeners.

Nothing tastes quite as wonderful as a juicy tomato right off the vine, still warm from the sun. And if you follow these basic planting rules, you can be plucking your homegrown tomatoes for salads, sandwiches or sauces all summer long.

## 50 SHADES

CONTINUED FROM PAGE 11

and sinker. They believe that the old ways are the right ways to behave and anyone who does not subscribe to their ideals, is a heretic and must be punished according to Sharia Law.

Back during our recent Arab Spring Break in Utopia, a small, irritable, boil called 'ISIS' started to fester. To the intelligence world and the political pundits wagging their gums on CNN and FOX, to them it looked like Al-Queda, smelled like Al-Queda, sounded like Al-Queda, and it even occupied the e-waves like Al-Queda. But it clearly wasn't a duck. ISIS/ISIL had been born out of the Sunni Muslim Disgruntled Veteran's Alumni Association and for nearly a decade had been recruiting young, disenfranchised (read: poor, unemployed and really pissed-off), whack-jobs, and trained them to go do that voodoo that they do so well – with a vengeance.

ISIS/ISIL members are predominantly Sunni Muslims who are on a religious quest to rid the world of , well, you name it – just about any other Islamic faith, Judaism, Buddhism, Shintoism, and certainly anything that even closely resembles Christianity. They have declared that anything 'new' or 'modern' is flat-out blasphemous. They are strict sticklers to the old, traditional ways, and anyone disobeying their interpretation of Sharia Law or ideologically disagreeing with them is punished in the old, traditional way. To demonstrate to the world their unshakable commitment to the old, traditional ways, they dutifully behead their enemies in the same old, traditional way, of their ancestors – by the sword – and then prove their complete, total dedication by doing it publicly on the old, traditional, internet. Hmmmmmm...

In short, ISIS/ISIL doesn't care if there are 50 different faiths within Islam or 50 other religions each having 50 shades of how they pray. To ISIS there is only one way. Their way. This perverse distortion of the true tenets of Islam by ISIS is parallel to what E.L. James has done for the modern novel – perverted fiction to the point that abuse, torture, and domination are excused simply because mass-adulation (sales) trumps any criticism whatsoever and therefore redefines what is considered good literature.

To ISIS/ISIL all others are non-believers and therefore heretics. They all must die and ISIS members are only too willing to behead anyone, religious leaders, international humanitarian workers, teachers, medical volunteers, journalists, civil engineers, contractors, and children alike. If any ISIS/ISIL devotee should die in their pursuit of religious purity and world-wide ethnic cleansing – then they will certainly achieve martyrdom.

And as Mark Twain so accurately observed, “Martyrdom covers a multitude of sins.”

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

## COOKIE TIME

CONTINUED FROM PAGE 10

Ronald Reagan signed a bill naming a new federal building in Savannah in honor of Juliette Low. It was the second federal building in history to be named after a woman.

In 1992, a Georgia non-profit honored Juliette Low as one of the first Georgia Women of Achievement. A bust of Juliette Low is displayed in the State Capitol. In 2000, The Deaf World in Wax, a traveling exhibit, featured her as a famous deaf American.

On October 14, 2005, Juliette Low's life work was immortalized in a commemorative, bronze-and-granite medallion as part of a new national monument in Washington,

D.C. The Extra Mile Points of Light Volunteer Pathway pays tribute to great Americans who built their dreams into movements that have created enduring change in America. The monuments medallions, laid into sidewalks adjacent to the White House, form a one-mile walking path.

On April 26, 2012, The White House announced that President Obama posthumously awarded the Presidential Medal of Freedom to the founder of Girl Scouts, Juliette Gordon Low. The Presidential Medal of Freedom, the highest civilian award in the United States, recognizes individuals who have made «an especially meritorious contribution to the security or national interests of the United States, world peace, cultural or other significant public or private endeavors».



Juliette Gordon Low (center) standing with two Girl Scouts: Robertine McClendon (left) and Helen Ross (right).

Image in public domain courtesy Wikimedia Commons



ALEXANDRIA AREA HOMES SALES JANUARY 15 – FEBRUARY 25, 2015

STATUS	ADDRESS	LIST PRICE	SUBDIVISION	BRS	BA	HBA	FP
22306							
SOLD	4113 CASEY CT	475000	WOODSTONE	4	2	1	1
SOLD	3112 SPRING DR	649900	VALLEY VIEW	4	3	1	0
SOLD	2703 MEMORIAL ST	519000	MEMORIAL HEIGHTS	4	3	1	0
SOLD	4350 ROLLING STONE WAY	439000	STONEYBROOKE	4	2	0	1
SOLD	6711 TAHALLA DR	465000	COUNTRY CLUB ESTATES	3	2	0	2
SOLD	7842 MIDDAY LN	635000	HOLLIN BROOK PARK	4	2	1	1
SOLD	6612 BENSON DR	475000	COUNTRY CLUB ESTATES	4	3	0	1
SOLD	7704 LOOKOUT CT	760000	KIRKSIDE	5	3	0	2
SOLD	8261 CEDAR LANDING CT	420000	HUNTINGTON AT MT VERNON	4	3	1	2
SOLD	7106 WESTFIELD CT	324760	WOODSTONE	3	2	1	1
SOLD	2447 WINDBREAK DR	360000	MT VERNON SQUARE TOWNHOU	3	2	1	1
SOLD	7818 FRIARS CT	539000	SHERWOOD FOREST	4	2	1	2
SOLD	7411 FAIRCHILD DR	358000	HYBLA VALLEY	3	1	0	0
SOLD	7004 BEDROCK RD	499900	STONEYBROOKE	5	2	0	1
SOLD	7908 BAYBERRY DR	509000	SHERWOOD HALL	3	3	0	2
SOLD	4334 STREAM BED WAY	529900	STONEYBROOKE	5	3	0	1
SOLD	7564 GREAT SWAN CT	419900	GROVE AT HUNTLEY MEADOWS	3	2	1	0
SOLD	3411 MEMORIAL ST	370000	GROVETON HEIGHTS	2	1	0	0
22305							
SOLD	429 ARGYLE DR	749000	MONTICELLO PARK	4	3	1	2
SOLD	252 BURGESS AVE	444900	WARWICK VILLAGE	3	2	0	0
SOLD	3807 CHARLES AVE	537000	SUNNYSIDE	3	2	1	1
SOLD	501 SHORTER LN	549900	SUNNYSIDE	3	2	2	2
SOLD	3639 EDISON ST	349900	HUME SPRINGS	3	2	0	0
SOLD	3300 OLD DOMINION BLVD	787000	BEVERLY HILLS	3	3	1	1
SOLD	219 TENNESSEE AVE	525000	WARWICK VILLAGE	3	2	0	0
SOLD	3617 ORLANDO PL	748800	BEVERLEY FOREST	5	3	0	1
SOLD	18 MOUNT IDA AVE W	624900	DEL RAY	3	2	1	1
SOLD	3141/2 CLIFFORD AVE	509900	ST ELMO	2	2	0	0
SOLD	204 TENNESSEE AVE	525000	WARWICK VILLAGE	3	2	0	0
22304							
SOLD	357 CAMERON STATION BLVD	1124000	CAMERON STATION	4	4	1	1
SOLD	4908 GARDNER DR	549000	CAMERON STATION	3	2	1	1
SOLD	3541 GODDARD WAY	749000	QUAKER RIDGE	4	2	2	1
SOLD	126 MEADOWS LN	519900	TOWNES AT CAMERON PARKE	4	3	1	0
SOLD	4509 PEACOCK AVE	689000	BELLE WOOD	4	3	0	1
SOLD	3739 TAFT AVE	1181501	DELTA	5	4	1	1
SOLD	4017 GARLAND ST N	849000	SEMINARY RIDGE	4	2	1	1
SOLD	5822 PEARSON LN	474990	SUMMERS GROVE	2	2	1	1
SOLD	1173 VAN DORN ST N	367900	PARKSIDE AT ALEXANDRIA	3	2	1	0
SOLD	5261 POCOSIN LN	709900	CAMERON STATION	4	3	2	2
SOLD	171 MARTIN LN	445000	OAKLAND HALL	2	2	1	1
SOLD	933 PEGRAM ST N	570000	SEMINARY	4	2	0	1
SOLD	1603 CHAPEL HILL DR	950000	CLOISTERS	4	2	1	2
SOLD	5409 RICHENBACHER AVE	525000	KMS TOWNHOUSES	3	2	2	2
SOLD	220 GREтна GREEN CT	539000	BRIGADOON	3	2	2	2
SOLD	1200 KNOX PL	812500	PICKETTS RIDGE	5	3	1	2
SOLD	606 OWEN ST N	569000	SEMINARY VALLEY	4	2	0	1
SOLD	373 PICKETT ST	395000	TOWNES OF HILLWOOD	3	2	1	1
SOLD	163 SOMERVILLE ST	625000	CAMERON STATION	3	2	1	1
SOLD	440 CLAYTON LN	549900	EDSALL RD T/H	3	3	1	1
SOLD	420 STANTON PL	575000	EDSALL RD T/H	3	2	2	1
22302							
SOLD	1103 QUINCY ST	975000	BRADDOCK HEIGHTS	3	3	1	2
SOLD	3810 KELLER AVE	389900	FAIRLINGTON TOWNE	2	1	1	0
SOLD	503 IVY CIR	1497000	IVY HILL	4	2	3	3
SOLD	2416 DEARING ST N	368000	FAIRLINGTON TOWNE	3	1	1	0
SOLD	1704 MAPLE HILL PL	824950	MAPLE HILL	4	3	1	2
SOLD	802 CRESCENT DR	714500	BEVERLY HILLS	3	2	0	1
SOLD	3736 KELLER AVE #125	435000	FAIRLINGTON TOWNE	2	2	0	0
SOLD	2901 MAYER PL	825000	BEVERLEY ESTATES	5	3	2	1
SOLD	3824 INGALLS AVE	397500	FAIRLINGTON TOWNE	2	1	1	0
22301							
SOLD	1506 RUSSELL RD	1149000	ROSEMONT	3	2	1	2
SOLD	325 HUME AVE	899000	DELRAY/ST. ELMO	3	3	1	1
SOLD	1 WINDSOR AVE	1175000	ROSECREST	5	4	0	0
SOLD	538 LURAY AVE E	519900	BRENTON	2	2	0	0
SOLD	1713 CLIFF ST N	465000	CLIFF GARDENS	2	1	0	0
SOLD	55 DEL RAY AVE W	619000	OAK CLUSTER	4	3	1	2
SOLD	235 MONROE AVE E	577500	DEL RAY	3	2	0	0
SOLD	15 BRADDOCK RD E	775000	ROSEMONT PARK	4	3	0	1
SOLD	504 LURAY AVE	539500	BRENTON	3	2	0	0
SOLD	2016 MAIN LINE BLVD	849900	POTOMAC YARD	4	3	1	1
SOLD	505 BELLEFONTE AVE E	524500	RIVER TERRACE	3	1	1	0
SOLD	508 E HOWELL AVE	435000	DEL RAY	2	1	0	0
22314							
SOLD	323 WASHINGTON ST N	1224900	HISTORIC OLD TOWN ALEXANDRIA	3	2	1	5
SOLD	1110 TRINITY DR	1398548	COLLEGE PARK	5	4	1	1
SOLD	621 WYTHE ST	549000	CITY OF ALEXANDRIA	2	1	1	2



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BY DEBBY CRITCHLEY

Another busy month in the ‘hood. Lot’s of openings to talk about...

Old Town is now host to **Hunting Creek** at 1106 King St. This is the steakhouse I mentioned a few months ago. It is owned by the same people who own **A la Lucia**. They are serving locally grown, antibiotic and hormone free beef. Look for the courtyard patio opening in the spring. **Mackie’s Bar and Grill** is another steak place just opened at 907 King St. They offer dry aged steaks and other choices like papperadelle, roast chicken and lobster ravioli. They offer lunch and brunch too. Check out the pork belly appetizer. **Bistro Royal** is now open in the former **Bastille** location at 1201 Royal St. Owned by the same wonderful family, they channel their skills into their new more casual location. I highly recommend the pate de campagne and the lamb entrée. They are open for both lunch and dinner.

**Mason Social**, 728 N. Henry, is the new restaurant and bar in the Parker-Gray neighborhood. It features **Chef Joseph Lennon**, formerly of **Bourbon Steak**. They feature local ingredients including seafood is sourced from a Virginia-based company owned by an Alexandria resident, and meats and produce from farms in Virginia and Maryland. Lots of excellent menu choices from burgers to steak and both lunch and dinner offer a children’s menu. **Lost Dog Café**, 808 N. Henry, is open featuring pizza, pasta, and sandwiches. Profits benefit the Lost Dog & Cat Rescue Foundation.



Society Fair is located at 277 S. Washington Street in Alexandria

The West End now hosts **City Kitchen**, 330 S. Pickett serves foods inspired by cities across the country, from Portland Blue Mussels to Long Island Duck and Memphis Bourbon Chicken. Sip on a drink from the restaurant’s extensive wine and beer menus while you decide on your destination.

**Emma’s Espresso and Wine Bar** is now open in Del Ray, 106 Hume Ave. They offer something for everyone morning to night with its coffee, homemade pastries, and evening wine bar. The lunch menu includes soups, salads, sandwiches, and cold plates. **Reserve 2216** Is a cozy space behind an unmarked door atop **Del Ray Pizzeria**. You need a reservations to get in and try classic Southern dishes with a twist, including hot chicken and waffles, pork confit, gouda tots, and chicken-fried oysters. Try emailing dbernard.rsv@gmail.com for more information. Stomping Ground, 2309 MountVernon Ave., is projected to open in March. Open 7 days a week, they will serve breakfast focused on biscuits of 10-12 house-made, buttermilk biscuit sandwiches like a classic bacon, egg,

and cheese; braised collard greens with black-eyed pea spread; fried chicken with a tahini-honey glaze; and a low-sugar housemade Nutella-like spread with a blood orange marmalade. Lunch and dinner focuses on fresh, seasonal ingredients.

**Highline RXR** has opened in Crystal City at 2010 Crystal Dr. They feature 31 draft beers and 40 whiskeys. We are talking entertainment here: arcade games like Ms. Pac Man, Big Buck Hunter, and Golden Tee, or a selection of board games that includes Cards Against Humanity, Jenga and Connect 4. There’re also projectors for watching big games. They also offer karaoke, trivia nights, and other community events. With so much going on, who needs food, but they offer an all day menu of soups, salads, and sandwiches.

Other bites to look for are Irish beef, now legal to import, being served by **Cathal Armstrong** at his restaurants. Speaking of Chef Armstrong, it is unfortunate that my day job is in the same building as **Society Fair**. I find myself eating there more and more because of

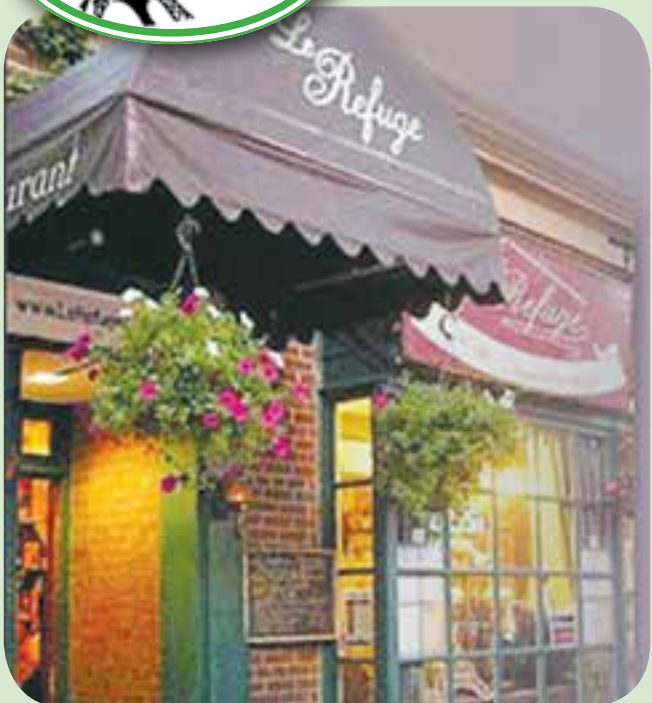
their amazing offerings. It took me 3 days to eat the slice of Kick Ass Chocolate Cake. It was so rich, I couldn’t eat more than a few bites at each sitting. I also suggest you try the green sausage. This house-made sausage of pork and kale is a do not miss. **Wegmans Food Markets** is scheduled to open Sunday, June 14 at 7 am at Hilltop Village Center, a retail and office complex located at Telegraph Road and Beulah Street, according to a news release from the company. The 126,000 square-foot Alexandria store will be the first in the state to feature a full-service restaurant called The Pub by Wegmans.

Do you love Asian food as much as I do? Zagat says there are 10 must try Chinese restaurants to try in the area. **Peking Duck**, 7531 Richmond Hwy. features Peking duck; garlicky bang bang shrimp sautéed with vegetables; and chicken with black velvet, a dish of chicken breast sautéed with Chinese eggplant. Take the advice of your server and try the soups. **Hong Palace**, 6387 Seven Corners Center, is a real Sichuan hole-in-the-wall featuring amazing food. Don’t miss the Kung pao chicken, Chengdu Zhong’s spring dumpling, and dan dan noodles. **A&J Restaurant**, 4316 Markham St. in Annandale offers amazing dim sum. Cheap and good, try the spicy beef noodle soup; scallion pancake; and pork potstickers. But bring cash, they don’t take plastic. **Mark’s Duck House**, 6184 Arlington Blvd., Seven Corners, is not fancy but is worth it with Hong Kong style dim sum. Try some

CONTINUED ON PAGE 15



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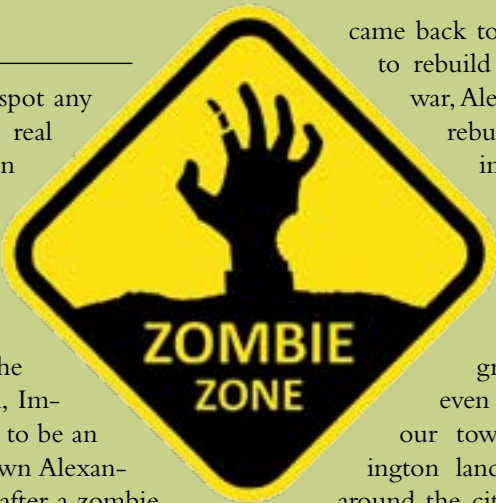
# IS ALEXANDRIA SAFE FROM ZOMBIES?

BY MARY WADLAND

It is unlikely we will spot any zombies or even the real working cast of American Movie Classics, *Walking Dead*, but make no bones about it, the Alexandria Safe Zone referred to on the television series and the original source material, Image Comics, is supposed to be an imaginary nod to our own Alexandria, Virginia sometime after a zombie apocalypse.

According to Wikipedia, the Alexandria Safe-Zone, or just Alexandria, is a few blocks of cleared streets in Alexandria, Virginia, about six miles from Washington, D.C. When hero Rick Grimes' survivor group arrived, it was stated that the community had existed for less than a year. To date, this is the longest lasting location the survivors have lived in, with a lifespan of almost three years. And that is saying something in this adventure series.

In the fictional war, Alexandria suffered considerable damage and was temporarily abandoned. After the war's end, the survivors



came back to Alexandria and started to rebuild it. Two years after the war, Alexandria was completely rebuilt and has been vastly improved, with the addition of new houses, crops and orchards. Die-hard *'Dead'* fans will surely be scanning the backgrounds and sets to spot even a fair representation of our town or surround Washington landmarks, and restaurants around the city are likely soon to be offering "Safe Zone" cocktails and viewing parties.

AMC picked up the rights to produce a show based on the black and white comic series in 2009. Introducing new characters and deviating from the comic in many plot points, it ordered a pilot episode on January 21, 2010 and began filming on May 15, 2010. The series premiered on October 31, 2010 with high ratings. On November 8, 2010, after broadcasting two episodes, AMC renewed *The Walking Dead* and viewers are now enjoying our Alexandria in the middle of their fifth season.

the sushi bar



the sushi bar  
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## FOODIE NEWS ...

CONTINUED FROM PAGE 14

of the meats hanging in the window including Peking duck and crispy baby pig. **Peking Gourmet**, 6029 Leesburg Pike, is a well-known favorite of presidents. A bit pricier than the other restaurants, it offers specialty items not found elsewhere. Try the Peking duck; garlic sprout stir-fried with shrimp, pork or chicken; Sichuan beef proper, a dish of shredded beef sautéed with vegetables,

sesame seeds and sauce.

Now that it's Girl Scout cookie season, here are a few fun facts. Sales of the cookies can be broken down as: Thin Mints (25%), Samoas/Caramel deLites (19%), Peanut Butter Patties/Tagalongs (13%), Peanut Butter Sandwich/Do-si-dos (11%), and Shortbread/Trefoils (9%). Here's a website where you can find recipes to use with these cookies, [http://girlscouts.org/program/gs\\_cookies/cookie\\_recipes.asp](http://girlscouts.org/program/gs_cookies/cookie_recipes.asp)

*Until next time, eat well and enjoy life!*

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— Neal Learner, *The Washington Post*

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# ART BEAT

## THE ART OF FRAMING AT BRADLEE

BY ROBERT F. MURRAY, THE VON BRAHLER LTD.

Patrick Downing and Bryan Josa are the main men at National Art & Framing. These are the guys to consult for every framing associated matter. They are pros, each with his own wide background in the arts, and, more importantly with the facilities and taste, very important in this business, to meet the need of the individual client or the more extensive requirements that gallery businesses demand in making in creating and organizing exhibits in the many individual galleries or in alternative spaces in the Alexandria and Arlington art venues offered for art shows. The really practical and convenient plus in getting artwork and yourself into their shop at 3620 King Street is the parking offered by their neighborhood business location in the Bradlee Shopping Center.

As an Old Town Gallerist, for decades, I used National Art & Framing for framing in prepping for rotating exhibits. There was usually some restricting time factor to get the job done and NA&F met the deadlines. Arranging exhibits demands coordination and attention to details that artists themselves demand when showing their work. Often, there were specific and artistic requirements for each piece of art and NA&F intuitively understood the requirement. Their experience in handling various mediums of art, sizes, perishable materials like paper and other surfaces, gave me the confidence I needed to do my job – i.e. to promote, show and sell appealing works of original art. To augment their framing talents, Bryan Josa, himself a prolific artist, oversees Capitol Installation, that portion of the business offering professional art installation and design, a enormous help to those

of us planning exhibits and visual presentations.

The thing about picking frames and the need has to do with the reasons for having something professionally framed over doing self-framing. Any piece of art, despite its intrinsic value, can be properly preserved when the appropriate materials are used in the construction of mattes and frames. A professional framer has those materials or should. NA&F uses only conservation materials and can advise you which materials go with your specific art piece. They know what they are doing and if you have problems in selection of color and type of mouldings ( metals, wood, compositions), Patrick and Bryan are naturals, have the taste to help in the selections.

In these days, fine art printing and presentations takes on new demands and a life of its own. NA&F has the technology and experience to produce quality prints from different types of images.

Basically, when you get artwork framed, you want it to look the best it can, be secure from damage, from dampness etc. and to look terrific in your space. When you go to NA&F, you'll be immediately struck by the many examples of their work and the variety of types of art and artists they have in their camp. And, not the least of attractions is their pricing, as well as their patience with each of their clients. Saturday mornings are pretty busy so try a weekday if you can. They are open every day, Monday thru Saturday 10am to 7pm and Sunday, Noon to 4pm. National Art & Framing has operated under that name since 2008 although their legacy goes back to the '70's in the Alexandria/ Arlington world of art. Preserve the art you love and value with a professionally made frame.

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**– Jerry Seinfeld**



# “INTRICACIES” OPENS AT CONVERGENCE

“Intricacies” is the title given to the new exhibition of her mosaic work by Artist-Photographer Nina Tisara. The exhibition that opens at Convergence on March 24 includes three new works—Dragon Slayer, Two Cranes and Palomino Prancer—as well as other mosaics created since Tisara started working in the medium in 2006.

“Intricate” can be used to describe the process by which the mosaics are made. In the words of critic Trudy Van Dyke, “Each small tile is shaped perfectly to convey the ‘painterly’ intent of the piece. The color palette seems endless as she arranges pieces to flow into shapes and shades.” Tisara uses the double reverse process taught by her former teacher and mentor Gene Sterud, a retired archaeologist and master of the process. Tisara says she likes the process because it enables her to change shapes and colors as she goes. “If I don’t think something is quite right, I take up the tiles, and redo them. Sometimes I do that several times until it feels right to me. It’s like working in clay rather than stone.” Tisara majored in sculpture at the High School of Music and Art in New York City. Although she hasn’t counted all the time it takes to complete a piece, Tisara estimates over 50 hours of intense work on a 15x15 artwork.



Palomino Prancer by Nina Tisara.

Photo courtesy of artist.

Tisara is best known for her photography and most recently, Living Legends of Alexandria, a photo-documentary project she founded to identify, honor and chronicle Alexandria’s recent history makers. Tisara Photography located on King Street near the Metro is now run by her son Artist-Photographer Steven Halperson. Living Legends is directed by its Board with help from Potomac Management Resources.

The exhibition will run through May 31 at Convergence, 1801 N. Quaker Lane. Convergence is a community of people who value creativity, spirituality, diversity and exploration.



## Meet Neptune

Neptune kept asking me why I had not sent in HIS photo since among the cat-vine he had received word other cats had been in print, so here he is basking in the sunlight in what else, a box?  
– Melissa Nix of Alexandria.

The truth is the truth. Cats love exploring boxes. The next time your kitty finds his or her way into a cardboard predicament, snap a photo and send it to us and if yours is the cutest, you will be published. Be sure to include your name and neighborhood as well as your cat’s moniker. Please send photos and copy to [mary@thezebrapress.com](mailto:mary@thezebrapress.com).

# BOOK OF THE MONTH

## As Way Opens: The Story of Thorncroft

BY ELLIE SCNEIDMAN

Thorncroft is a special place, and Alexandria resident, Ellie Schneidman discovered that in the summer of 2012 when she arrived at the therapeutic riding center in Malvern, Pennsylvania as a social media intern. The magic took hold of Ellie and it was not long before she returned in the fall of 2013, fully dedicated and committed to learning and knowing all she could about the amazing atmosphere of the farm’s horses and their gentle abilities to heal and liberate.

Thorncroft, has been serving riders with and without disabilities since 1969. Founded by the current Director Saunders Dixon, the program now serves over 300 students a week on 70 acres of open space.

For neighbors, friends and families, the history of the farm ran long and deep. In 2011, the administrative team and the Board of Directors voted that it was time the place was memorialized in words and pictures, and fortunately for all, Ellie’s arrival in 2012 provided the energizing necessary ingredient



to get the story on paper. Ellie dug deep during the nine months she lived on the farm and the result is a breathtaking, graceful study of the history and uber value of therapeutic riding.

A talented photographer and writer, Schneidman brings to life the 45 years of history via her camera lens and prose. Healing abounds at Thorncroft...discover it yourself in Schneidman’s book, As Way Opens, and vicariously experience the joy of a student as he or she “walks” down a narrow country trail atop a noble equine, which can take people places no wheelchair can ever go. Available at [thorncroft.org](http://thorncroft.org) and [amazon.com](http://amazon.com).

— Mary Wadland

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**– Theodore Roosevelt**

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# ASSIGNMENT EDUCATION

## NATIONAL SEARCH UNDER WAY FOR T.C. WILLIAMS PRINCIPAL

Superintendent Alvin L. Crawley has announced the retirement of T. C. Williams High School Principal Suzanne Maxey and plans to conduct a national search to fill the position by July 1.

“In her five years of leading the school, she has done an extraordinary job in increasing student academic achievement and promoting a positive school culture at T.C. Williams. I am very proud of the dedication shown by Principal Maxey in working with our wonderful T.C staff, students and families during her tenure,” said Crawley.

In her five years, Maxey has increased student achievement and graduation rates, addressed state accreditation challenges, reduced suspensions, successfully opened the International Academy for English Language Learners, increased the number of minority students taking



T.C. Williams Principal Suzanne Maxey is retiring.  
Courtesy photo.

Advanced Placement courses, empowered students to assume leadership roles in the school, improved the athletic program and led T.C. Williams to become a four-time Blue Ribbon School for the Arts.

A national search and outreach efforts will begin next week. An online survey and community meetings will be used to determine the qualities most desired in the next principal. Once a leadership profile has been created, candidates will be actively recruited and interviewed. The new principal will be announced sometime in late April and will begin on July 1.

The community can participate in the process by completing an online survey or attending a community meeting, both of which will be publicized on the ACPS website at [www.acps.k12.va.us](http://www.acps.k12.va.us).

### Cat in the Hat Visits Alexandria

A life-size Cat in the Hat visited elementary schools across ACPS on Monday for Read Across America Day. The Dr. Seuss character was greeted by squeals from excited kindergarten, first- and second-grade students at Patrick Henry Elementary School and George Mason Elementary School.

The Cat, alias ACPS chief of staff Tammy Ignacio, read Green Eggs and Ham out of a rocking chair to groups of children who could not stop licking their lips at the mention of the food. “Read Across America was so much fun, I wish I could be The Cat in the Hat every day. Unfortunately, I can’t and it’s back to normal tomorrow. But it was good for a day,” Ignacio said.

Read Across America is a way to celebrate the birthday of children’s author Dr. Seuss and encourage children to read more.

ACPS Chief of Staff Tammy Ignacio as the Cat in the Hat. Photo courtesy of ACPS.

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# ST. STEPHEN’S & ST. AGNES SCHOOL HOSTS SUSTAINABILITY CONFERENCE

## 11 middle schools “got green” at this one-of-a-kind event.

Use as callout: “It’s the only event of its kind in the Washington, D.C. area, and each year the conference features different topics and presenters.”

Students from Virginia, D.C., and Maryland joined forces at St. Stephen’s & St. Agnes School (Alexandria, Va.) for the seventh-annual Students for Sustainability (S4S) Conference this winter. The school welcomed 250 students from 11 middle schools, all working to make their schools a “greener” place. The conference was a day of hands-on education, brainstorming, and bonding to make a difference for environmental sustainability in their schools and communities.

“The middle school students were asking tons of questions and seemed really fascinated,” said Marshall Benjamin, a senior at SSSAS who helped out during the conference. “They got a jump start into looking into the future of the world and what we need to do to change our ways and make a healthier planet. And I think that’s awesome.”

The conference included 12 Green

Activity Zones which were led by teachers and students, as well as St. Stephen’s & St. Agnes’ alumni and members of the non-profit and for-profit community in environmental fields. Sessions included Harness the Wind (constructing miniature windmills); Craft Wars (creative reuse); How Far Did That Sandwich Travel?; Raptors; Race to Recycle; Green-ify Your Lunch Box; and Gaming for a Sustainable Planet. SSSAS alumni Chris Newman ‘00, who operates Sylvanaqua Farm, a permaculture farm in Earlsville, Virginia, led an interactive session demonstrating the sustainability advantages of natural farming over industrial farming techniques.

St. Stephen’s & St. Agnes’ School started the annual S4S Conference in 2008. It’s the only event of its kind in the Washington, D.C. area, and each year the conference features different topics and presenters. “They can hear about becoming a Bay-friendly school or how they might run an environmental club better. There are some very practical solutions that come out of the day,” Mr. Kane said. For example, he said, “To see how much plastic waste your

community generates, try collecting plastic water bottles in a public area for just one week. To reduce waste at school, start a composting program by collecting food scraps from your lunchroom and snacks.” Starting a school garden can generate hundreds of pounds of produce for your local food assistance centers. Last summer, SSSAS students cultivated and harvested more than 130 pounds of produce from the Upper School garden and transported it to the Arlington Food Assistance Center. Sustainability is woven into the JK-12 curriculum at St. Stephen’s & St. Agnes’, where students also participate in clubs, working with the sustainable gardens, greenhouse, recycling programs, and energy-saving projects throughout the year. SSSAS participates in regional energy-reducing challenges with other schools every year and has consistently ranked in the top standings. The Association of Parents and Teachers hosts an annual electronics, recycling, and document-shredding event for the school and neighborhood, and each spring the school participates in a variety of activities for Environmental Awareness Week.

## School Board Approves Capital Improvement Budget Aimed at Modernization

The Alexandria City School Board approved the FY2016-25 Capital Improvement Program (CIP) Budget of \$305.9 million. The budget allows for a program of modernization of school buildings to improve building conditions and accommodate rising projected enrollment over the next five years.

With the modernization program, the final approved budget reflects a \$9.2 million reduction in the previous School Board-approved 2015-24 CIP budget. Prior to beginning the major construction of the modernization program, Alexandria City Public Schools (ACPS) will focus its efforts on completing necessary projects from previous CIPs.

The purpose of the CIP budget is to address the school division’s need for construction, expansion and refurbishment of capital assets to ensure the provisions of safe and conducive learning environments.

For the past eight years, the student population of ACPS has been growing by an average of four percent each year. That results in an additional 500 new students each year across various grades, which is the equivalent of the size of a small elementary school.

Additionally, four ACPS schools have reached their recommended 75-year life span and 14 of the 17 are more than 45 years old. Due to rising enrollment, some of these schools no longer have music rooms, art rooms, teacher work rooms or science labs.

“We know that adequate facilities allow good instruction to take place and that in the absence of those, valuable instruction time is lost addressing building issues. Our students and staff deserve to learn and work in environments that are clean, accessible and conducive to the delivery of high quality instruction,” said Superintendent Alvin L. Crawley.

In FY 2016-17, the Board has approved a new building for pre-K through eighth grade at Patrick Henry Elementary School and two capacity planning projects at T.C. Williams High School Minnie Howard campus and James K. Polk Elementary School.

Built into the 10-year CIP budget are plans to completely renovate Douglas MacArthur Elementary School, Cora Kelly School for Math, Science and Technology, George Mason Elementary School and Matthew Maury Elementary School.

During the modernization process, temporary space, called “swing space” will be found and funded to accommodate classes during renovations. This temporary space will be used to house students throughout the modernization project.

Communication about the modernization program will go through a new modernization committee composed of ACPS staff, principals and three community members from impacted schools.



Over 250 students from 11 middle schools converged for the conference.

Photo submitted by SSSAS.



Building wind turbines was a huge hit said many of the students.

Photo submitted by SSSAS.

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QUOTABLES

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– Isaac Asimov



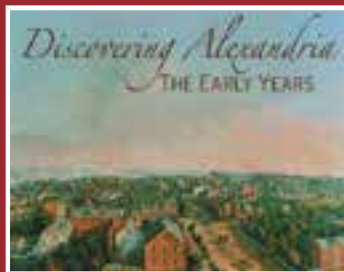
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U.S. Secretary of Education Arne Duncan visited Patrick Henry Elementary School to see a pre-K classroom in action and take part in a roundtable on the importance of early learning.

Photo courtesy of ACPS.

## VISIT FROM U.S. SECRETARY OF EDUCATION

U.S. Secretary of Education Arne Duncan visited Patrick Henry Elementary School on Wednesday to see a pre-K classroom in action and take part in a roundtable discussion on the importance of early learning.

Secretary Duncan told an audience filled with VIPs and a roundtable group that included Virginia Secretary of Education, Anne Holton, Deputy Assistant Secretary for Policy and Early Learning, Libby Doggett, and Patrick Henry kindergarten teacher and Agnes Meyer Teacher of the Year, Lori Shabazz, he believes that every child starts learning at birth and that as a nation we have not yet grasped that fact.

“This is a very diverse school. Not every child is born with a silver spoon in their mouth. In fact, most aren’t. It is not an expense to provide pre-K education



First-grade student council ambassador, Teyseer Zumekan proudly showed off his school.

Photo courtesy of ACPS.

for these children. It is an investment. In fact it is the best investment we can make. Our teachers tell us that when we start learning for children in pre-K, great things happen in our kindergarten classrooms,” Secretary Duncan said.

Secretary Duncan, who grew up without a television and will not allow his children an Xbox, was greeted at the door to Patrick Henry by the president of the student council, Jessika

Gill-Grullard and first-grade student council ambassador, Teyseer Zumekan, along with Superintendent Alvin L. Crawley and Patrick Henry Principal Ingrid Bynum.

Secretary Duncan has recently called for a law that recognizes that no family should be denied preschool for their children, and reflects the real scientific understanding that learning begins at birth, not at age five.



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# EDUCATION BRIEFS



## Alexandria Students Win Third Prize and Honorable Mention In C-SPAN's Video Documentary Competition

C-SPAN announced that students in Alexandria, Va. are winners in C-SPAN's national 2015 StudentCam competition.

Tad Rosenberg and Kyle Pinkney, eighth graders at Mark Twain Middle School in the Alexandria area of Fairfax County, have won Third Prize in C-SPAN's national 2015 StudentCam competition. Rosenberg and Pinkney will receive \$750 for their documentary, "The Affordable Care Act: Can We Afford the Risks?"

Anna Venetianer, Anna Weidman, and Vincent Billett, seniors at Thomas Jefferson High School for Science and Technology in the Alexandria part of Fairfax County, will receive \$250 for their Honorable Mention documentary, "Extension of the Silver Line," about the extension of the new metro line in their community.

The national competition, now in its 11th year, invites middle school (grades 6-8) and high school students (grades 9-12) to produce a five- to- seven minute documentary on a national policy issue.

C-SPAN is funded by America's cable television companies, which support StudentCam. In Alexandria, C-SPAN is available locally through Cox Communications.

## The Verdict is In: Saints Win Model Judiciary

Both the prosecution and defense teams from St. Stephen's & St. Agnes' Upper School won their cases at the local model judiciary competition, held January 31 at the Fairfax County Courthouse.



The proud winning teams of St. Stephens and St. Agnes model judiciary.

Photo submitted by SSSAS.

Co-sponsored by the Fairfax Bar Association and Virginia YMCA, this program provides an opportunity for high school students to participate in the trial and appellate phases of legal proceedings. Students are given a scripted outline of a criminal or civil jury trial and assigned a volunteer attorney who assists them in preparing to conduct the trials as attorneys. Judges from the Fairfax County courts preside over the trials, and students from the various participating high schools also serve as witnesses, court clerks, and jurors.

The Saints prosecution team of juniors Sarah Lowe and Matt Weisenfluh earned a second-degree murder conviction, the highest possible in the case, against the legal team from South County High School. The defense team of juniors Jack Brown, Caroline Curran, and Ja'Von Price earned an involuntary manslaughter verdict against the legal team from Paul VI Catholic High School for their defendant, played by sophomore Sam Dubke. Several more Saints participated as witnesses on either the prosecution or defense team.

## Conversation on the Patrick Henry School of the Future

On Wednesday, March 18, at 6 p.m., Patrick Henry Elementary School will be hosting a community meeting to discuss the school's upcoming renovation, addition or new construction. Come to see and provide feedback on the preliminary master plan design sketches. These sketches will be refined for the April community meeting and again before recommendations are presented to the School Board in May. The meeting will be held in the school's cafeteria.

## T.C. Williams German Students Excel on National Exam

More than 60 T.C. Williams High School students enrolled in German classes excelled on the national German

CONTINUED ON PAGE 22



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## EDUCATION BRIEFS

CONTINUED FROM PAGE 21

exam with an overall passing rate of nearly 85 percent at both the intermediate and advanced levels. The following students will receive gold medals: Charles Scheland, Madeline Hedberg, Meredith Lemke and Mary McCoy. In addition, the following students will receive silver certificates: Charlotte Steffensen, Eliza Malakoff, Frederick Delawie, Anne-Marie Berens, Jessica Seidenberg, Rachael Vannetta, Erin Boyle, Charlotte Carey, Kira Pomeranz, Grace Vannetta and Lily Warden. Bronze certificates of achievement will be awarded to Ben Thomas, Ella Benbow, Asher Elkins, Alexander Psaltis-Ivanis, Willem Kupec, Al Cofie and James Jones.



On guitars they made themselves out of cigar boxes, students gave a mini-concert.

Photo courtesy of ACPS.

### A Cigar Box Guitar Band

The Alexandria Seaport Foundation, in partnership with ACPS provides a project-based, hands-on math program to middle school students with low math achievement scores. The program's goals are to build the students' math and creativity skills using hands-on building projects tied to the students' STEM (science, technology, engineering and math) curricula to maintain their success and interest in math, science, engineering, technology and school in general.

Students in this program at Francis C. Hammond Middle School performed in front of their classmates on cigar box guitars that they built themselves through the program. In December, President Obama's Former Chief Technology Officer, Aneesh Chopra, visited the school to learn about the expansion of the math support program into the area of robotics.

### Crossing Guard Sheila Richardson Honored

Samuel W. Tucker Elementary School crossing guard Sheila Richardson has been named one of Virginia's Most Outstanding Crossing Guards for this past year. Only five others have earned this honor. According to those who nominated her, "Ms. Sheila" is a special part of the Tucker Elementary School community. She gives high fives and offers support to



Cold is no match either for Ms. Sheila who clears snow and helps walkers navigate their way through the icy areas on their way to school.

Photo courtesy of ACPS.

nervous children and parents on the first day of school. Parents place so much confidence in Richardson that second and third graders walk from the corner to school independently under her watch.



Mount Vernon Community School fifth grader Christopher Alers' photo has earned him a spot to compete in the state competition.

Photo courtesy of ACPS.

### Winners in PTS Reflections Arts Contest

Eight Alexandria students, from seven ACPS schools, have won awards in the Northern Virginia District PTA Reflections Arts Contest. The eight entrants were among twenty students whose work had already won 1st Place in their own schools and in the Alexandria City PTA Reflections Contest and had been advanced to the District level of judging. The contest theme this year is "The World Would Be a Better Place If..."

Three ACPS students won awards for Outstanding Interpretation of Theme (equivalent to 1st Place) and will now compete in the Virginia state contest:

**Janae Holster**, sixth grade, George Washington Middle School, for Dance Choreography, Middle School Division

**Jonathan Morgan Petrini**, seventh grade, George Washington Middle School, for Music Composition, Middle School Division

**Christopher Alers**, fifth grade, Mount Vernon Community School, for Photography, Intermediate Division

### Spaceman Inspires Jefferson-Houston Students to Fulfill Their Dreams

When NASA Administrator and former astronaut Charles Bolden walked into the gym at Jefferson-Houston School, he was greeted



by more than 400 children. By the time he was finished an hour later, he left 400 passionate would-be scientists, mathematicians, engineers, technologists and astronauts who understood that the only way to achieve their dreams is to work and study hard.

Bolden, who flew four space shuttle missions on Discovery, Atlantis and the ill-fated Columbia, was invited by the Jefferson-Houston PTA and Principal Christopher Phillips to talk to students about the importance of studying math, science, engineering and technology as a path to fulfilling their dreams.

Space Shuttle Discovery, which Bolden flew twice, is currently on display in the Smithsonian's Stephen F. Udvar-Hazy Center in Chantilly, Va. The shuttle flew over Alexandria's George Washington Masonic National Memorial on its last flight in 2011.

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# ACPS APPROVES EIGHT NEW CLASSROOMS

The Alexandria City School Board signed a contract to add eight new classrooms at two schools to accommodate rising projected enrollment over the next 10 years.

James K. Polk Elementary School and Charles Barrett Elementary School will each see the addition of four new classrooms, which will be ready in time for the first day of school in September 2015. The eight classrooms will be built off-site and installed in the two schools over the summer.

The four classrooms at Charles Barrett, installed at a cost of \$2.7 million, will be used for third-grade classes. There are currently three third-grade classes at Charles Barrett, housed on the second floor. Next school year, the third grade will see the addition of a fourth class. In September, all four classes will

be grouped together in the new addition. James K. Polk will also see the addition of four new classrooms, at a cost of \$1.95 million, to accommodate the overspill of students mainly coming from nearby Samuel W. Tucker Elementary School. Tucker, built in 1994, has reached its maximum footprint and so cannot expand to accommodate these students.

ACPS facilities staff expects that the installation of the classrooms over the summer break will have a low impact on the surrounding community. Contractors working for SG Construction Services LLC, based in Sterling, Va., will not be permitted to park on the streets and all construction traffic will have designated entry and exit points.



Pictured above, Architect rendering of the four additional classrooms at James K. Polk Elementary School. Right, Architect rendering of the four additional classrooms at Charles Barrett Elementary School.

Illustrations courtesy of ACPS.



# Dogs@Work



## MEET MAX

My dog Max started my company. I made handmade soaps one year for his doggie birthday party, as party favors. Guests liked them so much I decided to make it a business. Max inspired his own soap and we have many other products for people. He spends most of his days watching me work from one of his many favorite spots in our home studio. He's also a source of motivation in the depressing winter months to get up and get out for our morning walks. His 14th birthday party is in two weeks. Instead of gifts, we always ask guests to bring used sheets and towels so Max can deliver them to the Alexandria Animal Shelter, where I adopted him when he was three. He is my Superstar!

- Mellenie Runion, Truly-Life

If you take your dog to work, send us (editor@thezebrapress.com) a picture and a little story/caption and we'll try to get it in as soon as possible. We'll also send you a gift certificate from one of our participating restaurants or retailers. Mellenie wins a \$25 gift certificate to Greenstreet Gardens!

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MARCH 2015



# MARCH Z-EVENTS

## MARCH 20

### Irish Performance at George Washington's House

Mount Vernon Estate  
End of GW Parkway  
In honor of St. Patrick's Day, George Washington's Mount Vernon invites guests to explore the history related to the Irish during the Revolutionary War during a performance by Derek Warfield & The Young Wolfe Tones. A reception featuring Irish food will take place in the Vaughn Lobby following this performance and cultural music discussion. Tickets are \$75 per person and are now available at [mountvernon.org/irish](http://mountvernon.org/irish). The performance will take place in the Robert H. and Clarice Smith Auditorium.

## MARCH 21

### Docent-Led Tour of Firehouse

11 am-12:00 pm  
Friendship Fire House  
107 South Alfred Street  
Volunteers, concerned for the well-being of Alexandria, formed the Friendship Fire Company in 1774. Come for an in-depth guided tour of Friendship's firehouse and learn about the company's firefighting procedures and equipment, as well as the different roles the organization played in serving the community. For age 10 and older. \$5 for adults, \$4 ages 10-17. Reservations are required, as space is limited. Telephone 703-746-4994, or see [www.friendshipfirehouse.net](http://www.friendshipfirehouse.net).



## MARCH 21 - NOVEMBER 1

### Water Taxi to National Mall

Alexandria City Marina  
1 Cameron St.  
The Potomac Riverboat Company offers a 30-minute direct water taxi between Old Town Alexandria and the National Mall in Washington, DC, docking at Ohio & West Basin Drive SW, just steps from the Martin Luther King, Jr. Memorial, Franklin Delano Roosevelt Memorial, the Tidal Basin and a Capital Bikeshare station. The water taxi effortlessly pairs the world-class experience of the national monuments and Smithsonian museums with Old Town's fabric of early American history as George Washington's hometown, amidst a walkable main street brimming with top restaurants and boutiques.  
TICKETS: Adults: \$28 round-trip, \$14 one-way  
Children under 12: \$16 round-trip, \$8 one-way.

## MARCH 21

### Java Jolt: Almost a Boom - A Brief History of New Alexandria

10:00 am-Noon  
Alexandria Archaeology Museum  
105 N. Union St., #327  
Did you know the New Alexandria neighborhood just south of Alexandria once held the beginnings of a manufacturing town? In the summer of 1893, The Alexandria Gazette proclaimed it "The Coming Manufacturing Metropolis of the South." Learn more about the lost history of this quiet suburban neighborhood. Jay Roberts, author of "River to Rails, A Guidebook to Historical Markers in Old Town Alexandria," will discuss this short-lived town, as well as the electric railway line that ran through it.

## MARCH 22

### International Chamber Orchestra of Washington: Spring Concert

4:00 pm  
George Washington Masonic Memorial  
101 Callahan Drive  
Join us for a Spring Concert featuring a rising star from Poland and an extraordinary percussionist, Marianna Bednarska, winner of numerous International Competitions in Europe. For tickets reservations, visit the website: <http://internationalchamberorchestraofwashington.org/>

[internationalchamberorchestraofwashington.org/](http://internationalchamberorchestraofwashington.org/)  
In the program: W. A. Mozart Emmanuel Sejourne George Hamilton Green Witold Lutoslawski Edward Grieg Einojuhani Rautavaara. 703-683-2007 Free-reservations required.

### Wonders of Science

1:00-4:00 pm  
Stabler-Leadbeater Apothecary Museum  
105-107 S. Fairfax St.  
Discover strange and interesting objects including poison bottles and dragon's blood; learn how they were used; and if they worked. Project Enlightenment, McLean High School's historical reenactment society will conduct 18th century science demonstrations from the 1700s. [www.apothecarymuseum.org](http://www.apothecarymuseum.org). Free!



## MARCH 24-25

### Jane Lynch

Birchmere  
7:30 pm  
3701 Mount Vernon Avenue.  
Emmy and Golden Globe Award winner Jane Lynch comes to the Birchmere Music Hall for her East Coast concert debut! Fresh from her iconic portrayal of Sue Sylvester on "Glee" and her Broadway debut as Miss Hannigan in "Annie," Jane will bring her comic skills and musical prowess to the theater stage. Audiences should prepare for a side-splitting evening of musical comedy, with more than a dash of wit as Jane explores her love of the beauty and absurdity of the American standard and show tune

## MARCH 28 - APRIL 12

### Newly Juried Artists of the TFAA

10:00 am-6:00 pm Thursdays, 10 am-9 pm  
Torpedo Factory Art Center  
105 N. Union Street  
Target Gallery is pleased to welcome the newly juried artists of the Torpedo Factory Artists' Association (TFAA)! These artists were selected via our annual jurying process, where an outside panel of art experts made the selections from a large group of applicants. All of the artwork on exhibition is original and available for purchase. [torpedofactory.org/target](http://torpedofactory.org/target). 703-838-4565 Free!

## MARCH 29

### Dance In the Gallery: ACW Dances Prelude

2:00 pm  
Athenaeum  
201 Prince Street  
ACW Dances presents Prelude, a sneak peek at the group's spring concert lineup. Featuring new works by artistic director Abigail Wallace and a few of her dancers, this preview takes audience members on a choreographic journey through the minds of several artists. Some works-in-progress will be shown, and after the performance, audiences are invited to stay for a mediated Q&A with the artists. Come ready to watch, engage, and enjoy! 703-548-0035 Free!

## MARCH 29

### Washington Metropolitan Philharmonic Concert

3:00 pm  
George Washington Masonic Memorial  
101 Callahan Drive  
Paul Leavitt Requiem with NOVA Community Chorus  
Samuel Barber Cello Concerto, op. 22 with cellist Steven Framil Paul Levitt's Requiem has been praised by The Washington Post for "successfully combining the sense of overwhelming grief and consolation that suffuse the requiems of Mozart." Balancing the experience is Barber's extraordinary cello concerto, lyrical but reflective, and full rhythmic drive. An exciting concert to entice the curious music lover. 703-799-8229 \$20, 18 and under free.



The Oscar decisions are made. It's still cold outside. What better to do on a cold night than catch up on the Oscar winning movies? What goes better with a movie than popcorn?

I was introduced to Jody's Cheesy Jalapeño Popcorn by a friend. This popcorn has a wonderful cheesy flavor and the slight bite of the jalapeño makes it a wonderful choice to enjoy with the movie of your choice. This popcorn does not bring the heat like many other products containing jalapeno peppers so don't be afraid.

Why take time and make your own popcorn when you can get gourmet popcorn in a bag or a tin from Jody's and spend quality time with that special someone and watching a movie?

Jody's Popcorn is located at 205 Laskin Rd, Virginia Beach. If you can't make it to Virginia Beach to get some of this awesome popcorn you can order your favorite flavors online with a one day delivery to the local area. Just go to [www.jodyspopcorn.com](http://www.jodyspopcorn.com).

The Cheesy Jalapeño popcorn is also gluten free and aside from popcorn as the main ingredient it contains cheddar cheese base, coconut oil, onion powder, garlic powder, parsley and jalapeño.



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WITH LOCAL ROOTS, THE POTOMAC HERITAGE TRAIL EVOLVING INTO A HIKE TO PITTSBURGH

BY MIKE SALMON

With long-distance hiking spotlighted in Hollywood lately, such as in Wild, the chronicle of a woman’s 1100-mile hike undertaken to recover from a current catastrophe, Northern Virginians need not look much further than the local woodlands to experience slices of the Potomac Heritage Scenic Trail for an overnight adventure. Although the Potomac Heritage Scenic Trail is not a straight shot from the Northern Neck in Virginia to Pittsburgh, Pennsylvania, that 700-mile hike could be done by a die-hard hiker with a sturdy backpack, a few maps and time on their hands. The 700 miles of National Park

is located. “Segments of the trail have their own identity and are managed by others,” wrote Briggs, in an email. Falls Church resident Toby Torla maintains a 10-mile segment of the trail from Roosevelt Island at the northern end of the Mount Vernon Trail to Live Oak Drive near I-495. He coordinates volunteers who maintain that segment he says is a “real nice escape,” from the city life. Above Spout Run, a favorite trail section of his sprouts wildflowers and birds dominate the scene in warmer months. “It’s enjoyable to be out there even though we work hard, it’s enjoyable to be out of the city area,” Torla said.

In 1968, trails in the country got a big boost when Congress passed the National Trails Act, Briggs noted. From there, local jurisdictions took over with the hands-on work to make it happen. The PHT was conceived in 1983 when “Congress designated a corridor, not necessarily a trail,” said Briggs. Now it’s a “developing network,” he said. The trail is currently being analyzed in two places for connections to bring it closer to that seamless experience that makes other better known trails good for thru-hikes, like the Appalachian Trail. One of the spots is a crossing of Neabsco Creek near Woodbridge, and the other is a connection between Goose Creek and White’ Ferry in Loudoun County.

Briggs has heard rumors of people that made the thru-hike (or bike) from Mount Vernon to Pittsburgh, but hasn’t kept a list of hikers that made it all the way. This year, June 6, 2015 is American Hiking Society’s “National Trails Day,” a celebration of trails that evolved during the late ‘80s and ‘90s to unlock the vast potential in America’s National Trails System. This event transformed the nation’s trails from a collection of local paths into a true network of interconnected trails and vested trail organizations, said the park service’s website.



Service trail is 659 existing miles of trail and 51 planned miles which include local segments on the C&O Canal Towpath, the Mount Vernon Trail and the 10-mile Potomac Heritage segment within the George Washington Memorial Parkway, according to Donald E. Briggs, the National Park Service’s Potomac Heritage Scenic Trail Superintendent. Starting near the Chesapeake Bay in the Northern Neck of Virginia, the PHT winds through Stafford County, Southern Maryland, Prince William Forest Park, Mount Vernon Trail, Alexandria Heritage Trail, and then depending on which side of the Potomac you’re on, it stretches north to a point just south of Leesburg, Virginia. Hop to the Maryland side, and it turns into the C&O Canal Towpath, through Harper’s Ferry, into Pennsylvania, merging with the Laurel Highlands Hiking Trail, and becoming the Great Allegheny Passage, which parallels the Youghiogheny River into Pittsburgh. The PHT crosses the Appalachian Trail at Harper’s Ferry where Briggs’ office

MARCH PUZZLERS

ANSWERS ON PAGE 28

ACROSS

- 1. To scatter about
- 6. Booty
- 10. Guns an engine
- 14. Muse of love poetry
- 15. Gangly
- 16. Modify
- 17. Snouted animal
- 18. Margarine
- 19. Bog
- 20. Eyeglasses
- 22. Aquatic plant
- 23. Go backpacking
- 24. Stripe
- 26. Boring
- 30. Operative
- 31. Long-haired wild ox
- 32. Type of sword
- 33. Misled
- 35. Terrace
- 39. Mutt
- 41. One sank the Titanic
- 43. Provide
- 44. If not
- 46. Body of water
- 47. Chart
- 49. Completely
- 50. Being
- 51. Lampoon
- 54. Lacquered metalware
- 56. Family group
- 57. Excusable

- 63. As well
- 64. Snob
- 65. Wait
- 66. A Maori club
- 67. Feudal worker
- 68. Wear away
- 69. Visual organs
- 70. Marsh plant
- 71. Showered with love

DOWN

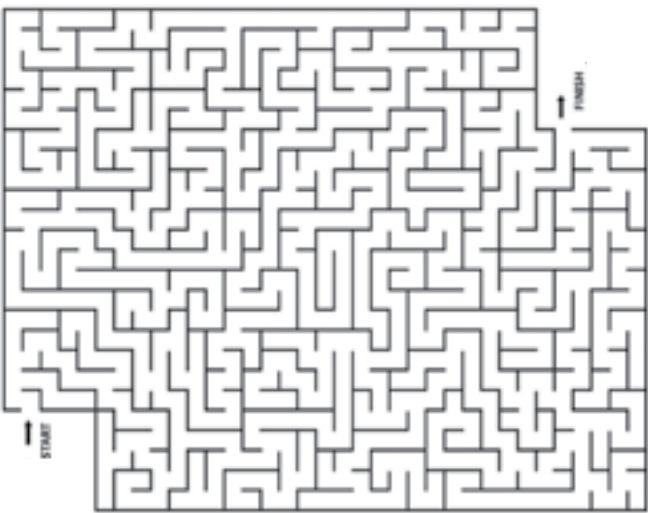
- 1. Collections
- 2. Snare
- 3. Sexual assault
- 4. Ear-related
- 5. Value
- 6. Reserve
- 7. Pike (fish)
- 8. Away from the wind
- 9. Shiny
- 10. Noteworthy
- 11. Ancient Roman magistrate
- 12. Light wispy precipitation
- 13. Cut of meat
- 21. Passageway
- 25. Adhesive strip
- 26. A Greek territorial unit
- 27. Atop
- 28. Extend credit
- 29. Legume-like
- 34. Bumped



- 36. Orange pekoe
- 37. Bothers
- 38. Curved molding
- 40. Back 42. A stringed instrument
- 45. Public toilet
- 48. Usually accompanies salt
- 51. Anagram of “Space”

- 52. Put to rest
- 53. Flavor
- 55. Ceased
- 58. Backside
- 59. Relating to aircraft
- 60. Smudge
- 61. Stow, as cargo
- 62. Gave the once-over

IT'S A-MAZE-ZING



SUDOKU

7			2		1			
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	9		3	6			8	1
6	2			3			7	
9	7		1			2		
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8	3							
		4						5
					2			





# LIVING LEGENDS

## 2015 LEGEND GAYLE REUTER

BY KEVIN JAHNS

You won't go far in Alexandria's Del Ray neighborhood before seeing signs of Gayle Reuter. If it's a rare quiet day, you might see her on her front porch just off "The Avenue" or at a local restaurant or business – always with a smile and a friendly greeting. More likely you will see her working, always managing to make a difference in the wonderful neighborhood she helped create. If it's one of the many great events in Del Ray, it's guaranteed that Reuter is one of the volunteers at the helm. With a walkie talkie in hand or in (friend, neighbor and local Realtor) Jen Walker's electric car, she manages volunteers, sets up tables and tents, hangs signs, wrangles dignitaries, hauls trash and whatever else needs to be done. She's involved in all the advance work, one of the first to arrive for set up and the last to leave.

Born in Montgomery, Ala. as the daughter of an Air Force Officer, Reuter had the opportunity to experience many geographic areas. After living in Montgomery, Chicago and Paris to name a few, her father eventually ended up stationed at Andrew's Air Force base in Prince George's County, Md. where she received most of her schooling. With the exception of Kirksville, Mo. where she earned a BS in Law Enforcement at Truman State University, Reuter has been living in the Washington, D.C. area ever since.

Her search for a small town atmosphere eventually drew Reuter and her husband to the Del Ray neighborhood of Alexandria in 1983. She quickly met friends and neighbors and knew that she had found her home. It was in Del Ray where Reuter started her family, welcoming her two daughters, Mary and Polly. Seeing the potential in Del Ray, Reuter immediately began working with other residents to revitalize the neighborhood.

In 1991, Reuter and other neighbors decided to put on The Del Ray Block Party to celebrate the revitalization efforts along Mount Vernon Avenue. Reuter went door to door to (some quite rough) businesses and solicited donations. After three successful years under her leadership, The Del Ray Block Party became today's



Art on the Avenue – a regional, multicultural arts and music festival attracting over 50,000 people to Del Ray each year. Now in its 20th year, Reuter is still a huge part of the event, one of the principal organizers, recruiting sponsors and volunteers and helping manage the event from start to finish. Only a few years after Art on the Avenue began, a neighbor suggested a children's Halloween parade, Reuter asked what he had in mind and immediately started to plan the event. Since its inception in 1997, Reuter has been the Chairperson or Co-Chairperson for every Del Ray Halloween Parade. A neighborhood favorite for children and adults alike, the annual event draws over 10,000 people from all over the area.

Reuter has served on the board of the Del Ray Business Association (DRBA – Formerly Potomac West Business Alliance) since 1991, chairing their events committee. Under her leadership the DRBA produces numerous events each year including the Taste of Del Ray (highlighting local restaurants and benefitting a different charity each year) and the Turkey Trot (five-mile run on Thanksgiving morning with over 5000 participants). She is also instrumental in the themed First Thursday festivals each summer month which support local businesses and charities. Reuter manages to get Santa to the Del Ray Christmas tree lighting ceremony and helps line Mount Vernon Avenue with luminaries in honor of Nancy Dunning, a lost friend. Through these events she has created wonderful experiences and memories for the residents and families of Del Ray, including her own. Reuter's own adult daughters, remembering back to its beginning, still consider Art on the Avenue one of their favorite days and participate with the next generation of volunteers, Gayle's granddaughter Kali.

Where there is a need, you will find Reuter. That constant willingness to help others is a major contributing factor to why she is so well known throughout Del Ray and so extremely well thought of. In 2002 when her landlord wanted to sell the house she rented, Reuter needed to take classes through the City of Alexandria to qualify to purchase it. When the classes weren't going to be done before the landlord wanted to sell, Reuter's friend and neighbor Jack Taylor purchased the home so she and her daughters could stay in it while she finished the class and was then able to buy it from Taylor. Shortly after she bought the house, knowing it needed a new roof, her local friends, neighbors and businesses collected funds and arranged to surprise her with a new roof. Everyone is willing to help the woman who always finds time to help everyone else. Even today, the front porch of that home is the epicenter of Del Ray – the place where donations are dropped off for the latest cause, flyers picked up for the next event or supplies are stashed for celebrations on Mount Vernon Avenue. Reuter's relationships in the neighborhood exemplify the small town atmosphere she was looking for and helped foster in Del Ray.

Reaching even beyond Del Ray, Reuter's generosity seems to have no limits. She has volunteered with Community Partners for Children for several years, collecting and distributing school supplies and holiday toys to needy families and with ALIVE!, distributing food and furniture to those in need. In the early 1990s, she served as the Executive Director of Christmas in April (Now Rebuilding Alexandria) assisting Alexandrians in need of help with the upkeep on their homes. She has served on the boards of the King Street Metro Enterprise Team (KSMET), Alexandria Convention and Visitors Association, the Del Ray Citizens Association and Alexandria's Therapeutic Recreation Advisory Board.

Not venturing far from serving her community in her professional career, Reuter worked for Alexandria City Council member David Speck from 1991 – 1993 and U.S. Congressman Jim Moran from 1996 to his retirement in 2014. On Saturday mornings you'll find her selling produce for one of the local farmers at Del Ray's Farmer's Market and as the market closes each week, she loads produce donated by the farmers into her car and delivers it to Alexandria's Battered Women's Shelter.

Beyond Reuter's endless commitment and contributions to the community, she does it all with grace. No matter how many hours, days or weeks she puts into an event, she manages to make every volunteer feel it was their contribution that was key to the event's success.

A pillar of Del Ray, Reuter's vision and dedication helped create the wonderful neighborhood Del Ray has become. Webster's Dictionary defines a legend as a person who is known for doing something extremely well. Reuter does it all not only extremely well but with kindness and a caring attitude – truly making her a Living Legend of Alexandria.



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— Bill and Nickie Aldridge

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EMPLOYEE HANDBOOKS HAVE GREAT VALUE

Many employers underestimate the value of an employee handbook. A well-drafted employee handbook provides written documentation of a company’s policies and procedures. For a reasonable cost, the benefits provided by an employee handbook as a cost-saving device is immense, by terminating problem employees quickly and effectively, as an example to other employees to follow the rules, and by saving money in time and legal defense of frivolous employee claims.

The value that a well-drafted employee handbook contributes is significant. First, an employee handbook helps hold employees accountable for their conduct. The handbook sets forth the employers expectations and the consequences for employees that fail to comply. Second, a well-drafted handbook consistently applied and enforced sets the stage for defending an employer from potential liability. One example is where an employee is terminated for cause, yet seeks to make a claim for payment of wage benefits through the Virginia Employment Commission. Defending unemployment cases when an employee has been terminated for misconduct requires specific employer proofs. The evidence necessary includes a showing that the employee violated a company policy, the employee knew of the policy, and knew that violating the policy could result in discipline up to and including termination. In many cases, the employer must also demonstrate that the employee received prior verbal or written warnings based on policy violations

Another example is where an employer’s anti-discrimination policy requires an employee to file any complaint of discrimination or harassment internally. Filing an internal complaint gives the employer the op-



portunity to investigate, address, and eliminate any discrimination and/or harassment that may be confirmed. If an employee fails to follow the employer’s policy, the employer may use the employee’s failure to do so as an affirmative defense in a subsequent discrimination and/or harassment lawsuit.

There are several important areas to cover in writing a handbook, and a well-drafted employee handbook must be tailored to the needs and procedures of the company for whom it is drafted in order to truly reflect how the company operates. An employee handbook should also include certain provisions, such as a contractual disclaimer, an employment at-will statement for those employees not subject to just cause termination, and an anti-discrimination/harassment policy. The handbook should be distributed to all employees. An employer must ensure that every employee has received a copy of the employee handbook. In addition, every employee must sign and return a written acknowledgement of receipt to document that an employee has received a copy of the policies, or is aware that the company’s policies exist. The acknowledgement should also confirm that the employee understands their obligation to comply with the company’s policies and procedures and the consequences for failing to do so.

The following is a sample listing of content categories, not intended to be all inclusive or company specific, of areas typically covered in an employee handbook:

Employment Status & Records: Employment at will, equal employment opportunity, immigration law compliance, employment categories, access to personnel files, reference checks, employment applications, and performance evaluations.

Timekeeping/Payroll: Timekeeping, pay-days, direct deposit, pay advance policy, pay corrections and deductions.

Work Conditions and Hours: Work schedules, rest and meal periods, overtime, use of phone and mail systems, smoking, safety, company equipment and supplies, computer and email usage, workplace monitoring and violence prevention.

Employee Conduct and Disciplinary Action: Work rules, drug and alcohol use and testing, sexual harassment, attendance and punctuality, personal appearance, confidentiality, disciplinary action, termination and resignation.

Employee Benefit Programs: Vacations, holidays, worker’s compensation insurance, jury/witness duty, health insurance, retirement plan, and COBRA.

Your company needs an employee handbook. Employees like and need to know what is expected of them. Employees want to know they are being treated the same way as other employees. Having the same rules for all employees makes running the business easier. Written policies and procedures also demonstrates fairness to employees, which improves morale. Finally, written policies and procedures can help the company prevent and win lawsuits.

(Disclaimer: the foregoing is not intended as legal advice but for informational purposes only.)  
(By: Michael Hadeed Jr., Esq.,  
Hadeed Law Group, P.C.)

ASK  
THE  
ATTORNEY

MICHAEL HADEED JR., ESQ.

St. Patrick Arrives Early

Saint Patrick’s Day was celebrated early on March 7 in Old Town with a day of family fun events, including a classic car show, a dog show and a Saint Patrick’s Day Parade. Federal, state, and local elected officials; the Irish Ambassador; military commanders; and other local celebrities participated, as well as local scouts, marines and high school bands. It is one of the country’s oldest parades The entire Ballyshanners organization would thanked the huge crowds who braved a chilly morning to come out and celebrate Irish heritage. Her Excellency, Ambassador Anne Anderson, declared that “last year was wonderful, but this year was even better.”

Photos by Rowan Cech



Mayor Eullie



Jorge Rosales with dog Bono enjoying the parade

MARCH ANSWERS

PUZZLES ON PAGE 26

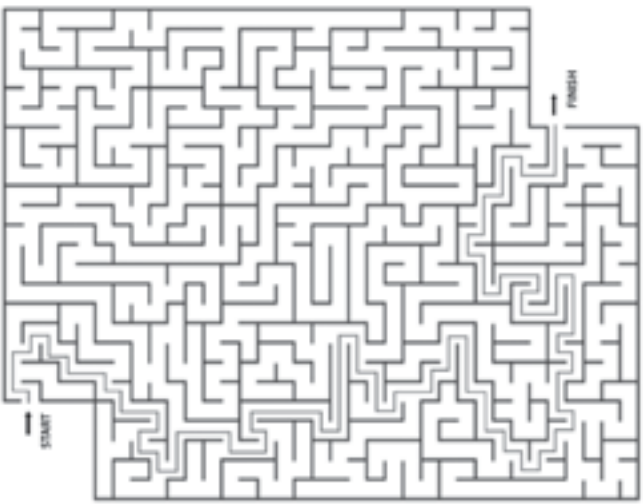
CROSSWORD

S	T	R	O	W		S	W	A	G		R	E	V	S		
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SUDOKU

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8	3	9	4	1	5	6	2	7
2	6	4	7	8	3	1	9	5
1	5	7	6	9	2	8	4	3

IT'S A MAZE-ZING







### JORDYN

Hi, there! My name is Jordyn and I'm looking for a nice family to give me and my best friend, Chewie, a new home! I am a spayed female Pug and Beagle mix, estimated to be about seven years old. Chewie and I do a good job of keeping ourselves entertained, but we both love being around people for playtime, walks, snuggles, and more! If you adopt us, I'll promise to always greet you at the door and give you kisses whenever you need a pick-me-up. Chewie and I hope that you'll visit with us today!

\*I am bonded to my best friend Chewie, we must be adopted together!\*



### CHEWIE

Hello, Chewie's the name! My best friend, Jordyn, and I are on a search to find our forever family. I am a neutered male Beagle and Dachshund mix, estimated to be about six years old. Jordyn and I both love to play and run in the yard, and when we're all tucked out, I love going for a snooze on my owner's lap. One thing you should know about me is that sometimes I get anxious when my family is away, but having Jordyn around (with lots of toys and treats to keep us busy) really comforts me! If you're looking for a pair of perky dogs to brighten up your life, we could be the perfect pets for you!

\*I am bonded to my best friend Jordyn, we must be adopted together!\*



### ROCKY

Everyone, meet Rocky! Rocky is a neutered male Dachshund mix, estimated to be about six years old. Rocky's name may make him sound a little rough around the edges, but this dog is sweeter than rocky road ice cream! He is affectionate and playful, always excited to be by his family's side. Rocky would like to boast that he makes friends very easily- he has successfully lived with cats and another dog before! One important thing to know about Rocky is that he tends to get anxious when he is left alone, so he will need a patient family who is willing to work with him on that. If you're looking for a loving, handsome new friend to liven up your home, come adopt Rocky today!



### JUNIOR

Junior's jovial personality has helped him achieve celebrity status here at the shelter. Junior is a neutered male Oriental Shorthair mix, estimated to be about eight years old. He is affectionate and outgoing, always excited to meet and greet his visitors. Despite his name, there's nothing small about this handsome kitty's character (or his size!)! He loves to snuggle and get brushed, and is just happy to be around people! If you're looking for a friendly new feline friend to call your own, come fall in love with Junior today!

\*Thanks to a generous sponsor, Junior's adoption fee has been paid!\*

# SAVE THE TAILS!



### CLEO

We are happy to introduce Cleo! Cleo is a spayed female Domestic Shorthair, estimated to be about eight years old. Don't be fooled by her "Grumpy Cat" inspired photo, Cleo is a connoisseur of cuddling and making our hearts melt here at the AWLA! She has a very mellow personality, but she always goes out of her way to make friends with anyone who approaches her. Cleo would be a spectacular addition to any home, so take a trip to our shelter and let her steal your heart today!

\*Thanks to a generous sponsor, Cleo's adoption fee has been paid!\*



### SCARLET

Please say hello to the beautiful young girl named Scarlet. She is a spayed female Domestic Shorthair, estimated to be about one year and four months old. Scarlet is one of the most playful cats you will ever meet - full of kitty antics! Whether chasing jingle balls or laser lights, a day with Scarlet is never boring! In addition to her quickness and agility, Scarlet has proven to be a very smart girl! She quickly figures out food puzzles and has even learned to sit. Scarlet still gets a little nervous around loud noises and quick movements, and would probably do best in a quieter home without young children. She does, however, enjoy playing with other nice kitties, and might even get along with a cat-friendly dog! Scarlet was found wandering the streets of Alexandria, so we don't know much about her background, but do know she would be the purrfect addition to that special someone's home.

\*Scarlet is currently in a foster home. To meet her, please contact [sglennon@alexandrianimals.org](mailto:sglennon@alexandrianimals.org).\*



### BOBBY BRADY

Here's a story about a lovely hamster named Bobby Brady! Bobby was brought to the shelter with four other baby hamsters and his mother, who was accidentally paired up with a male hamster believed to be a female. Their expanding hamster family got to be too overwhelming for their previous home, but we have found loving new homes for almost all of these cuties! Bobby Brady is still looking for his furrever family- he is a male Syrian hamster, estimated to be about six weeks old. He is sweet, soft, and downright adorable! If you're looking to adopt a small, fuzzy friend, we think Bobby Brady could be a great match for you!



### RED

Roses are red, Red's eyes are too, this rabbit might be, the perfect pet for you! Red is a neutered male Californian rabbit, estimated to be about one year and eight months old. He is as social as rabbits come- he always greets visitors through his cage and happily accepts nose rubs from everyone he meets! Red is searching for a loving home where he can hop to his heart's content, get pets and snuggles whenever he pleases, and snack on fresh fruits and veggies by the side of his family. Red is ready to become a member of your family today!



Animal Welfare League of Alexandria

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# THE COVERT REPORT

BY HARRY M. COVERT

## WHAT'S IN A NAME?

**IT IS TIME TO PUT TO REST – TO BED – ALL OF THE HULLABALOO, GIBBERISH AND NONSENSE ABOUT THE REDSKINS NAME IN THE NATIONAL FOOTBALL LEAGUE AND ANY PLACE ELSE FOR THAT MATTER.**

All the people who run around acting like they are offended is pure and unadulterated hogwash, first class. There are lots of things in which to be offended but Washington's name business is not one of them. Actually the Redskins practice in Ashburn Virginia; they play in Landover (formerly RalJon) Maryland and market themselves as Washington, northeast, southeast, west or what-have- you,

Let's get down to business here. Those who have nothing else to do but squawk and beat the drums for silliness can be assured that all of their lip-biting or other visions of upset are for naught.

The Redskins played their very very first game in Frederick, Md., upon their transfer from Yankeeland – Boston. –Supposedly the name was a marketing ploy by George Preston Marshall, the Washington, D.C. laundering magnate who, quite frankly, brought the team from obscurity and near financial ruin to the “nation's capital.”

Confession may be worth something at this spot. Before the days of non-stop sports events on television screens and when Sunday family meals were heavily practiced, football lovers could watch one day from Washington south. In my days I enjoyed the Sunday afternoons watching the Redskins and Eddie LeBaron, then known as the “Field General,” the late great Charlie “Choo Choo” Justice, a dazzling runner, and among them one of my all-time favorites Bill Dudley, the college and professional player known as Bullet Bill. There were others.

Rick Snider, a Maryland man, is “The Expert on Redskins history.” He is a distinguished columnist and author. His latest book is “100 Things Redskins Fans Should Know & Do Before They Die.” This 282-page history is a grand read front to back.

A quick survey among Frederick County locals didn't provide any names of those who attended that first game on September 6, 1937 when the Washington Redskins defeated the American Legion All-Stars 50-0 at McCurdy Field. Marshall the promoter said 2,500 attended that game. Others, a sportswriter of the day, suggested maybe otherwise. Nowadays the attendance is around the 80-90,000 mark and other amenities.

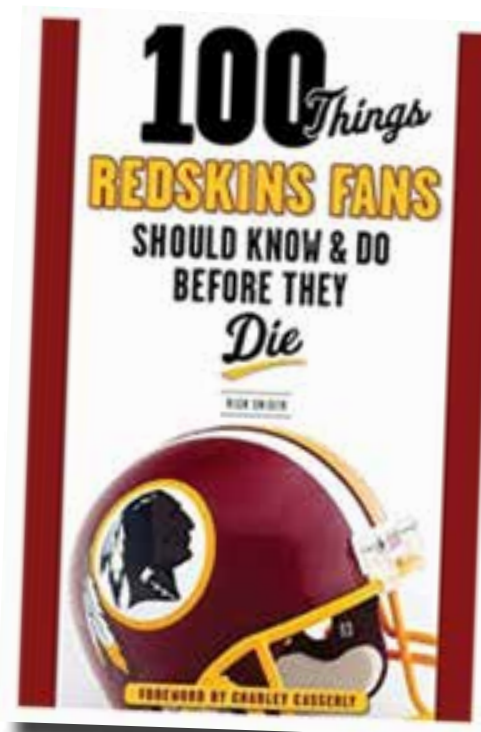
Snider points out the Frederick game was necessary since the old Griffith Stadium in D.C. was occupied by the Senators, who were known as “first in war, first in peace and last in the American League.”

McCurdy Field was torn down and rebuilt in 1974. It was home to the Frederick Keys baseball team as well as the Frederick Hustlers and Warriors.

One of my all-time favorite Redskin players is Norman Snead. He was a high school all-state player at Warwick High School in Newport News, my hometown. He starred at Wake Forest and was selected by the Redskins. He played there from 1961-63 when he was traded to the Philadelphia Eagles for Sonny Jorgensen. The latter played a decade. He announces today.

Author Snider has all kinds of great facts. The Redskins almost became the Dallas Redskins.

Redskins-dom is no stranger to Frederick even today. A Sunday grocery store visit saw a couple shopping for milk, bread and, you know



**The team wasn't named in honor of Native American Indians. Snider ends the myth at the start in Chapter One, Page One.**

the rest. Husband was arrayed in Redskins' hat, shirt, pants and running shoes. Wifey was attired in Redskins shirt and pants and wristwatch. Nice team. This is not unusual even when the Baltimore Ravens have performed much better in recent years in the won-loss departments and even a Super Bowl.

Old-timers, though, maintain a close affinity to the Redskins.

Was the first true Redskins' Indian player a Sioux?

Snider's tidbits are terrific. He tells exactly how Jim Zorn got his first coaching job in the NFL. How the fabled Joe Gibbs was almost fired by Jack Kent Cooke after three straight losses. How the Redskins 70-0 loss was almost 90-0 in the 1940 world championship game.

Remember John Riggins' famous dinner with Supreme Court Justice Sandra Day O'Connor; how the Redskins' Cheerleaders were formed; and the Redskins' Marching Band; or who really was the very first Redskins' black player?

But, back to the nickname, the honest and true naming of the team. The team wasn't named in honor of Native American Indians. Snider ends the myth at the start in Chapter One, Page One.

So when all of the social commentators and generally those “who don't know jack”, Rick Snider has the facts, just as he does when covering the football wars of today.

Okay, sports fans would like to know the most successful 'Skins coach in the history of the franchise? Nope, not Gibbs, not Vince Lombardi. Buy the book.

I recommend a signed copy. Link on to: [SkinsBook100.com](http://SkinsBook100.com).





**Abel**  
Breed: Male Corgi mix  
Approx. Age: 8 months

This cutie is quiet, gentle, and very smart. Abel is good with other dogs and loves attention and companionship. He loves to go for long walks on a leash. He would do best in a home with a second dog or where his family is home a fair amount of the day. He will repay you with lots of love and loyalty!



**Amelie**  
Breed: Female Terrier mix  
Approx. Age: 1.5

Sweet Amelie was taken from a hoarding case in TN and was found living outside with 50 other dogs. She is a sweet soul who is looking for a friend to trust. She is good with other dogs, quiet, and crate trained.



**Bello**  
Breed: Male DSH/  
Approx. Age: 4

Bello is a sweet gentle giant who fits in to almost any home. He is great with dogs and cats as well as people. Bello has the stunning look of a Russian Blue with his beautiful coat and coloring.



**Bertha**  
Breed: Female Hound  
Approx. Age: 8

This sweet girl came from a hoarding situation in southern VA and lived outside in a dirt pen for many years of her life. Despite her upbringing, Bertha is great with other dogs and people of all sizes. She enjoys strolls

around the neighborhood and snuggling up on soft beds. She is crate trained, very polite, and would very much appreciate a forever home to call her own.



**Dancer**  
Breed: Male lab/hound mix  
Approx. Age: 4

This gorgeous 50 lb. boy is named for his happy dance when you enter the room and he's excited to see you. He is housebroken and knows many commands. Dancer is a sweet and playful boy

who needs a home with no other animals. He'll make a great walking/hiking companion. He's active but also enjoys cuddling in his bed and taking naps.



**Eve**  
Breed: Female beagle  
Approx. Age: 6

Eve is an absolute sweetheart! She was rescued from a rural shelter in WV. She is calm, quiet, and will make a loving companion. She is a bit shy but will blossom in a relaxed

home with a little love and TLC. Eve walks well on a leash and is crate trained.



**Hope and Big Boy**  
Breed: DSH / Approx. Age: Under a year

Two little kitten friends looking for a home together. These two sweeties are social and sweet. They could also be separated if you have a friendly young cat at home. Big Boy is male and Hope is female and has only one eye, which only adds to her charm



**Nemo**  
Breed: Male Feist mix  
Approx. Age: 10 months

This adorable boy is looking for a new home. Nemo was found emaciated and cold, roaming rural Virginia but is now 25 lbs. and healthy. Nemo

loves to play with other dogs and is good with people. He is a fun, energetic pup and will make a great companion for someone looking for a small, active friend.



**Onyx**  
Breed: Male DSH  
Approx. Age: 1

Onyx is an adorable gentle black cat that was totally out of time at a very crowded shelter. Onyx gets along very well with other cats and is just a wonderful special boy who starts out on

the shy side initially. He has beautiful yellow eyes and just the best personality.



**Pepsi**  
Breed: Male Manchester terrier mix  
Approx. Age: 7

Pepsi is a friendly boy who enjoys sitting in your lap and getting attention. He has lived with other large and small dogs and got along well with them. He loves going for walks and is great on a leash. He may be a bit protective of his

humans and will probably do best in an adult home or with older kids. Pepsi is a real character and will make a great companion for an active mature household!



**Twister and Rocketboy**  
Breed: DSH/Tabby / Approx. Age: 8 months

This adorable sibling pair would love a forever home. At any given moment, you might find the two of them chasing a toy or tearing down the hall after each other. They'd be especially great in a household with kids because they're so active and so much fun.

## About Us:

Homeward Trails seeks to find permanent adoptive homes in the Mid-Atlantic Region for dogs and cats from high-kill shelters or whose owners can no longer care for them. In so doing, we seek to reduce the rate of euthanasia of adoptable animals through the rescue and placement of homeless animals; to support proactive spay/neuter practices; to promote positive and ongoing behavioral training; and to educate the public about how to care for their animals in a humane way. Homeward Trails not only facilitates adoptions from local shelters, but also supports a large network of foster care providers who take homeless dogs and cats into their homes, care for them, rehabilitate them when needed, and prepare them for their permanent adoptive homes.

There are many ways to get involved with Homeward Trails, from becoming a foster parent to helping us plan events or assisting with administrative tasks. Go to our page about volunteering or contact our Volunteer Coordinator: [volunteer@homewardtrails.org](mailto:volunteer@homewardtrails.org)

## Want to foster a dog or cat?

Go to our page about fostering or contact one of our Foster Program Coordinators directly:

Dog Foster Program: [fosterdog@homewardtrails.org](mailto:fosterdog@homewardtrails.org)

Cat Foster Program: [fostercat@homewardtrails.org](mailto:fostercat@homewardtrails.org)

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