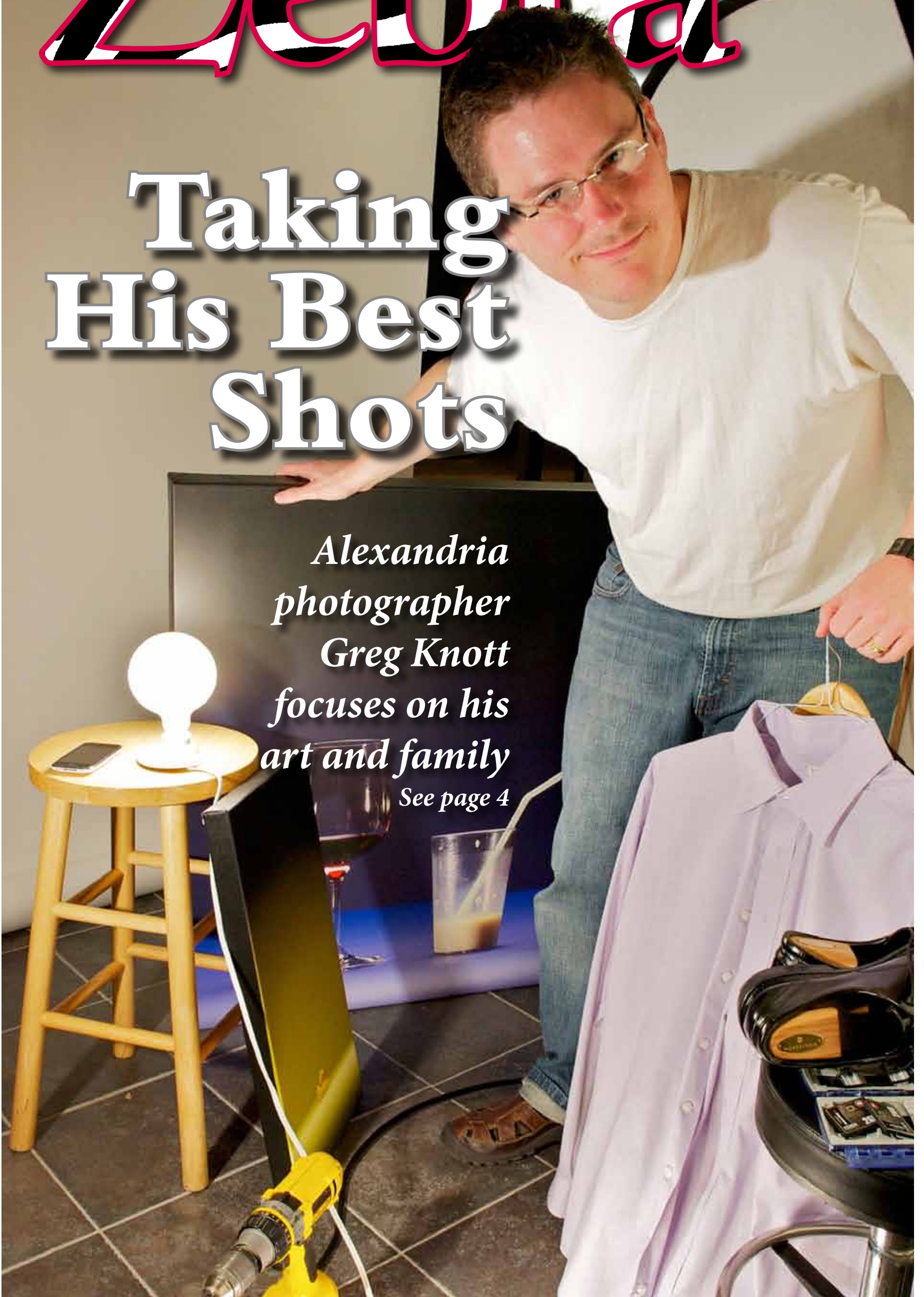


It's **read** all over!  
Vol 1, No. 3  
March 2011

# Zebra

## Taking His Best Shots

*Alexandria  
photographer  
Greg Knott  
focuses on his  
art and family*  
See page 4





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Publisher's assistant Lucy welcomes the spring, declaring, "Zebra is always in fashion!"

# INSIDE



Local photographer develops his visions .....	4
Big Betting in Old Del Ray.....	6
Graduation is over and I need a job .....	7
Need your clock cleaned?.....	8
The Ice is Melting but for How Long?.....	9
Seeing in Believing at Brahm & Powell.....	11
Daytrip to Williamsburg by train .....	12
Check out the latest Apps .....	13
Strange but True .....	14
Good or bad checking your kid's grades online? .....	15



Is your life a Pain in the Neck? .....	16
Crossword & Suduko.....	16
Z-Pick of the Month .....	17
Pamper yourself French.....	18
Events Calendar.....	19
Hidden Diplomats .....	20
Home Sales.....	21
Great wines under \$20.....	22
Adoptable and adorable dogs.....	23



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## PUBLISHER'S NOTE

Putting together the pieces for this third issue, I found myself marveling at all the technical tools at my disposal these days to actually produce a publication. When I first started 23 years ago, we did not even have fax machines. There certainly was no Internet or email, or ways to instantaneously send text, artwork or proof corrections. Every single item we needed for a printed issue – be it a photograph, logo for a client's ad or the typewritten words of a journalist's feature story – all of it, every bit of it, had to be hand-carried, to someone, somewhere.

And during transport of said items, we listened to the radio or swapped cassette tapes in and out of our car stereos, but we certainly did not talk on the phone, or communicate with anyone, save a wave or two to a neighbor as we drove through town.

I grant you, today's communication is amazing. Within seconds, I can forward logos, photographs, stories and even crossword puzzles, and my designer in another state can start laying out the entire issue, preparing it to be electronically forwarded to a printer in yet another state – all miracles we could not even imagine two decades ago. It's astonishing really. But, as a result, we don't see each other much anymore. We all do business with people on a daily basis, many of whom we have never even met face-to-face. We sit and stare at bright flat screens, or hunch over tiny phones that double as movie players and Internet highways, which our contributing writer, Dr. Knapp, says are likely causes of chronic neck and back pain.

And yet, in the midst of all these nifty gadgets helping me to achieve everything so much faster and so much more efficiently, I found myself getting angry at voice mail this past week. I do remember back when I thought voice mail was really wonderful, but, well, it was a busy week. A friend, whom I actually happened to "see" in person, said, "Did you get my voice mail?" I said, "No." He asked, "Why not?" And I said, "Because I have 32 messages from just the last 24 hours, and to listen to yours means wasting an hour going through the first 31 that came before yours. Can't you please just text or email me from now on? That way, I see it instantly on my Blackberry."

Oh, I would have listened to all the messages eventually, but time gets away from us, which brings me to the crazy place I find myself now. I long for the peaceful days of no fax machines, uninterrupted car rides or walks between client buildings, but this age is upon us, and we have to keep moving with it, I suppose. So check out our web question of the month at thezebra.org, and answer the simple poll, "Would you rather receive a voice mail or a text message?"

I hope you enjoy the March issue, and that maybe your phone won't ring too many times!

Cheers,  
Mary Wadland  
Publisher



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Arlington, VA 22206  
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thezebra.org

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

Zebra is printed monthly.

### Deadlines

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

For advertising information call 703-919-7533



BY CHUCK HAGEE

# A Knott Whole View Of Life

Johann von Goethe, in his “Proverbs In Prose,” wrote, “Individuality of expression is the beginning and end of all art.”

That statement is personified by Greg Knott who, through his photographic art work, captures the magnificence of life’s everyday simple elegance much as did the paintings of Andy Warhol. A 38-year old entrepreneur, who works from his studio located behind his Del Ray home, Knott has pursued his dream from one coast to the other and back—from adolescence to adulthood.

Although his freelance photography business spans the spectrum of commercial work, weddings, and family portraits, the real essence of

his creative talent is captured in the photographs transferred to canvas that grace the walls of his two story hide-away. There “portraits” of the five food groups join his photogenic interpretation of breakfast and cocktail hour.

“I always wanted to be a photographer ever since I went to high school in the Bay Area of San Francisco,” he said sitting at his desk on the upper level of the recreated garage that now serves as his office. This is where his creativity takes place that literally obliterates the line between art by brush and art by lens.

A native of the District of Columbia, Knott graduated from high school in the Bay Area after his father, who worked for the U.S.Census Bureau, was transferred to the West Coast. “Then my parents moved back here but I wanted to stay out there because I wanted to attend the Brooks Institute of Photography. I had won a couple

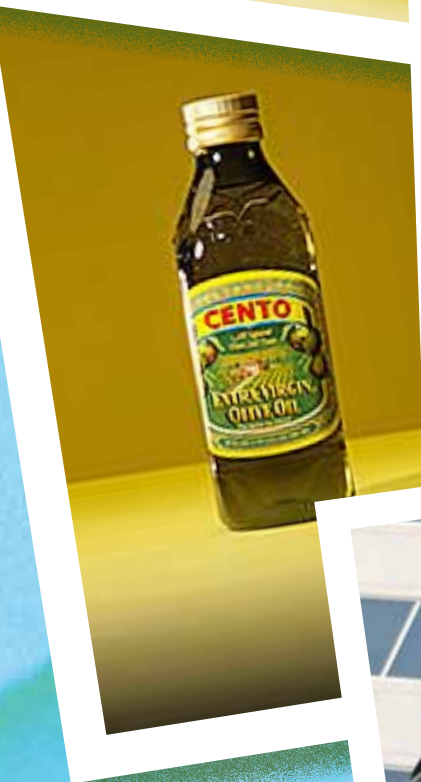
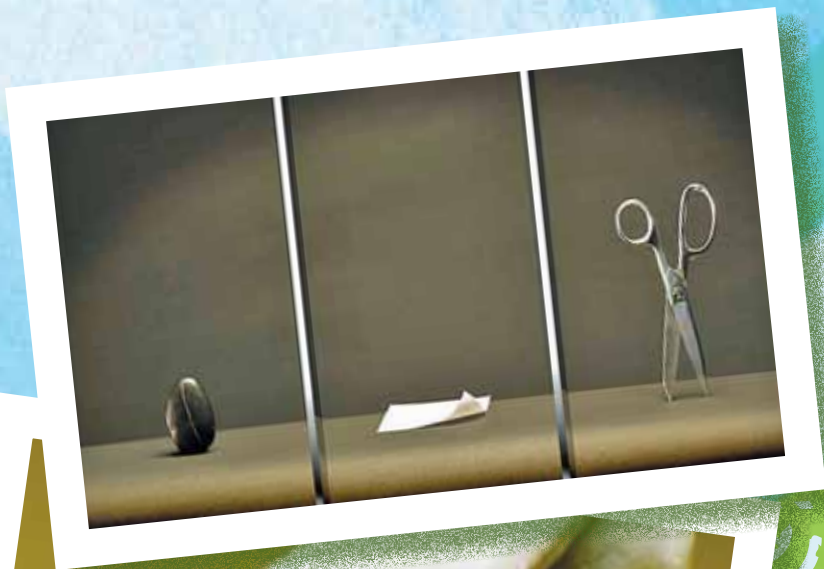
of photography awards while in high school and that got me hooked,” Knott said.

“I attended Santa Barbara City College for two years and had hoped to go to Brooks. However, when I told my parents that the cost was \$90,000 for three years they suggested I look into something back here,” he explained.

“They found the Washington School of Photography in Bethesda which had a certificate program. I enrolled there and started working for a couple of commercial photographers in the area. Most of what you really learn in this profession comes from working for and with other photographers,” Knott said.

That was in 1995. Most of his classes were at night and he worked for photographers during the day. “The general rule is to assist for three or four years. During that time you should be able to establish a base of clients for yourself. If you can’t in that amount of time you probably ought to consider





another profession,” he stated.

For Knott that was not a problem. Originally he had a booming wedding photography business doing as many as 45 weddings a year. “There were times I did three weddings a weekend,” he said. “Now I only do about four to six a year.”

He also met his wife Garland during this period. A native of Summit, NJ, she came to the Washington area after graduating from college. She works for Kaiser Permanente in their Rockville, MD, office.

“In order not to spend so many hours on the road she leaves early in the morning and also tries to get out of the office before rush hour. Usually, she is successful, but there is the occasional hour-long commute,” Greg said.

“So in addition to the photography business, I’m a full time Dad, getting the kids out the door in the morning and home from school in the

afternoon,” he said. The Knotts have two daughters -- Violet, 6, a pupil at Maury Elementary School, and Hazel, 4, who is enrolled in Brown Academy pre-school.

Prior to moving to Del Ray, approximately eight years ago, the Knotts lived in a townhouse near the King Street Metro Station and Greg had a separate office in that area. Since their Del Ray relocation his commute consists of walking out the back door and into the converted two-story garage building that serves as both the office for his freelance business and studio for his creative art/photography.

Greg has also participated in nine art festivals this year in cities throughout Florida where he has displayed his photographic art pieces. And, he is being considered for a studio in Alexandria’s Torpedo Factory Art Center.

“You have to be juried to participate

in the art shows as well as to be considered for the Torpedo Factory. I feel very lucky because I have been juried in to most all the shows I’ve applied to. It would be really nice to have a studio at the Torpedo Factory,” he stated.

When thinking about the future he says he wants to do “more of the same.” However, “gaining some bigger commercial clients would not be bad either,” he admits. That type of photography work, mainly in the advertising and magazine areas, is more corporate oriented, according to Knott.

For now he is more than keeping busy with his present clients, expanding that base, and creating his art/photography. If his personal past is prologue, Greg Knott is well on his way to far out distancing Warhol’s “15 minutes of fame.” And, it didn’t cost him a \$90,000 tuition bill to accomplish it.





BY MEG PETERS

## In 1905, All Bets Were Off in Del Ray

If truth is stranger than fiction, then the history of Del Ray offers an irresistible glimpse into the true past. The story revolves around horses, poolrooms, city boundaries, the Gentleman's Driving Club, and a man named Crandal Mackey, the axe-wielding Commonwealth's Attorney for Virginia.

The St. Asaph Track, built by the Gentleman's Driving Club in 1894, covered over seven blocks in the area known today as Del Ray. The track was bordered by East Mt. Ida Avenue to the south, the Washington & Old Dominion Railroad to the east (today East Randolph Avenue), and Mt. Vernon Avenue to the west. The block of East Raymond Avenue between Mt. Vernon and Dewitt Avenues did not exist in 1900. Had it been there then, it would have abutted the track to the north. Mt. Vernon Avenue was lined with stables for hundreds of horses, and a large grandstand and judges' tower stood next to the track.

The population of the neighborhoods just north and south of the track, St. Elmo and Del Ray, totaled about two hundred. Between 1895 and 1897, the St. Asaph Track was in full swing, hosting races and providing a prime spot for gamblers. Although horse racing was legal, betting was not. Bets were wired to West Virginia through two companies set up to circumvent the law: the West Virginia Athletic Association and the Old Dominion Telegraph

See a picture of the historic "St. Asaph Racetrack" sign posted in Charles W. Hill Park on the Alexandria.gov website. Search for the "Del Ray and the Town of Potomac" page and follow the "Town of Potomac" link under "Del Ray Interpretive Signs."

Company.

When Virginia outlawed horse racing in 1897, the St. Asaph Track shut down, but its "poolroom" stayed open. There gamblers placed bets on out-of-town races, and the results came in via telegraph. Patrons played poker, faro, keno, and other games of chance, and the Hiawatha Pleasure and Social Club was established to skirt the liquor laws.

By 1904, residents of Del Ray and St. Elmo had grown weary of the track's decaying shell and the shadow it cast on the community, so they formed the Good Citizen's League to drive out the bad elements. They also helped to elect a new Commonwealth's



The St. Asaph Track grandstand and judges' tower in 1914. Photo courtesy of the Arlington Historical Society.

Attorney, Crandal Mackey.

Mackey meant business. In 1904, he claimed the St. Asaph Track made \$150,000 annual profit, above and beyond the \$14,000 it paid for telegraph service and the \$12,000 it paid in bribes to local officials. On behalf of the righteous citizenry, Mackey's aggressive "clean-up campaign" employed unorthodox tactics such as raiding local poolrooms, vandalizing them with sledgehammers, axes, and crowbars, and dumping

gambling equipment in the river.

Admittedly the deck was stacked against Mackey: he had taken legal actions against the poolroom operators several times, but local police and courts would not enforce them, as the poolroom was in Alexandria City, not Alexandria County.

What did Mackey do? In Alexandria County court, he got indictments against J. M. Hill, the proprietor, Charles Burlingame, the telegraph operator, and Lewis Burlingame, the manager of the

St. Asaph Track. The October 28, 1904 Alexandria Gazette reported that the three were charged with "making books and gambling on horse races contrary to the laws of Virginia."

A special grand jury was formed to investigate gambling, led by William Ball. When none of the witnesses summoned would testify, the members of the grand jury attended a race meeting, placing bets and obtaining the evidence needed to convict the track owners.

Mackey's first conviction against the poolroom operators came in 1905. After several plea agreements, the St. Asaph Track closed for good. The citizens of Del Ray and St. Elmo took control of their community by incorporating the entire area into the Town of Potomac in 1908. Ironically the Town of Potomac ceased to exist when it was annexed by the City of Alexandria over two decades later, after much opposition.

Want to place bets on what Mackey would think of that?

*Meg Peters is a web designer, a history buff and a contractor at the Library of Congress. Formerly a resident of Arlington, she now lives in Alexandria, just over the boundary line.*



Charles W. Hill Park in Del Ray, located in the triangle between East Mt. Ida, East Oxford, and Dewitt Avenues. From here, if you follow East Mt. Ida towards Mt. Vernon Avenue, you will see St. Asaph Park on the left.

PHOTO BY MEG PETERS



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# Z

# BEST!



## Alexandria Historic Preservation Award

Alexandria was recently named one of 12 locales in the nation to receive the 2011 Distinctive Destinations Award by the National Trust for Historic Preservation. During a February 15 ceremony at Market Square Robert Nieweg, director, the Trust’s Southern Field Office, presented the award to Alexandria Mayor William D. Euille and Alexandria Convention and Visitors Association President and CEO Stephanie Pace

Brown, claiming “There is really nothing like Alexandria.” The city was selected “in recognition of its cultural and recreational experiences...a rich architectural heritage, cultural diversity and a strong commitment to historic preservation, sustainability and revitalization.” Over the past 12 years, the Trust has selected 144 Distinctive Destinations located in 47 states throughout the nation.



## USAF Memorial Medal of Honor Ceremony

An unveiling ceremony was held in honor of CMSgt Richard L. Etchberger, whose name was formally added to the USAF Memorial, Medal of Honor wall this past March. In 1968, CMSgt. Etchberger was a communications technician supporting a radar site behind enemy lines in Laos directing USAF bombing runs in North Vietnam. His base was overrun by enemy forces, as Chief Etchberger single-handedly held off the enemy with his rifle, while simultaneously directing air strikes into the area and calling for air rescue. President Barack Obama said of CMSgt Etchberger, “Because of his fierce defense and heroic and selfless actions, he was able to deny the enemy access to his position and save the lives of his remaining crew”.

**US Air Force Memorial is located off Columbia Pike near the Pentagon. It is open seven days a week and has a great view of the Washington DC skyline.**

HARRY MERRITT - PHOTOGRAPHER



**Alexandria Mayor William D. Euille, at the podium, with Stephanie Brown, president and CEO, ACVA, and Robert Niewig, director, Southern Field Office, National Trust for Historic Preservation, in the background.**

PHOTO BY CHUCK HAGEE

## Vintage Crystal 1K Wine Walk

Late February, the Crystal City BID partnered with the Washington Wine Academy for their first 1 K Wine Walk. Participants were able to exercise their legs and palates as they literally wined (bad pun!) their way through Crystal City’s underground. For a \$30.00 ticket guest could sample 20 different wines with assorted cheese and crackers from a selection of 45 different wines.



**Ms. Wendy samples a Riesling wine from Washington Wine Academy volunteers Alison Britt and Chris Hunt.**

(PHOTO BY HARRY MERRITT)

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## Letters to Dad

## Graduation is Over... Now What??

The two most daunting words in the English language for a college senior are “what’s next?” Weddings, family dinners, parties and even airports all present a possible ambush situation where my life’s purpose will be called into question. Last November the questions started coming. I began avoiding family gatherings for fear of having to discuss life goals and where I see myself in five years, and now the mention of any social function practically gives me hives. Each month that passes, brings me closer to graduation, the moment I’ve spent 17 years preparing for. Years of tests, quizzes, homework assignments and papers that molded me into the exceptional student I am today. And when May 14 rolls around there will be celebration, congratulations from friends and family, and then.....nothing. No job, not much money and no idea where to go from here.

Ten page paper? No problem. Final exams? Bring it on. Job applications? I’d rather be struck by lightning. At this point, just about any job relating to my major sounds great to me, so it can be an overwhelming task to decide where to apply. Besides what I know from internships, I don’t have much information to go on when it comes to choosing what I want to do and who I want to work for.

Senior year is a juncture of questions without answers. Could I survive moving in with my parents for a while? Do I head to New York to make it big? Am I the kind



of person who would enjoy a big city? Do I even know what kind of person I am, yet?

You may not have much sympathy for the poor college student with her whole life ahead of her, but it’s not exactly easy balancing classes, an internship, job applications and cover letters. Add a long distance relationship with my boyfriend of four years in to the mix and the pressure is on. I might not be considered wise at this age, but I’m old enough to know the gravity of my choices and the way each decision has molded me into the person I am today. And with that knowledge comes a burden; an understanding that the career and the city I choose will have tremendous effects on my life.

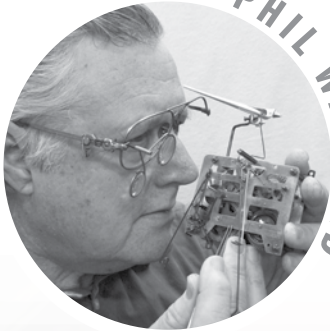
It’s scary moving on into the real world, not knowing where I’ll be in one year. There are many different paths I could walk and each one will lead me to different experiences, different ways of thinking, and ultimately, a different person that will look back at this stage of my life and wonder what I was so afraid of. So for now, I’ll stay focused on the basics: Job Applications. Wish me luck!

*Flora Theden is a senior journalism major at the University of Tennessee at Knoxville.*



ASK THE CLOCKMAN

BY PHIL WADLAND



**Q:** My wall chime clock stopped running, and a friend said it was because I need to get my clock cleaned. I don't understand. The clock movement is inside the clock case, and I keep a very clean house, so why would the clock need cleaning?

**A:** I know it perhaps doesn't make immediate sense, but a good

cleaning might be just what your clock needs, and it has nothing to do with keeping a clean house! Clock movements require oil to operate, and your clock's oil is most likely old, having dried up or collected dust from the air. So this old oil must be removed and replaced with new oil, much like changing the oil in a car.

A new clock should be oiled every two years, and the movement should be cleaned every six years. However, most people just let a clock run until it stops, which can take anywhere from 15 to 25 years. With a new, key-wind clock, waiting until it stops can cause damage to the bearings. When this occurs, the clockmaker must disassemble the movement,

clean all the parts, drill out old and worn bearing holes and insert new bushings into these spots. So waiting until a clock stops is not a good idea, because the cost to replace bearings is far more than the cost of a cleaning.

**Q. Why is a Clock called a clock?**

If you have a question about your clock, please write in to [Clockman@thezebra.org](mailto:Clockman@thezebra.org) and we will answer this next month.

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

A 3 weight, chain-driven, Grandmother Westminster clock being cleaned.



QUOTABLE:

“We’ve entered as strangers - soon we have friends. And they come over... and they sit with us... and they drink with us... and they talk to us. They tell about the big terrible things they’ve done and the big wonderful things they’ll do. Their hopes, and their regrets, and their loves, and their hates. All very large, because nobody ever brings anything small into a bar.”

-Jimmy Stewart as Elwood P. Dowd, *Harvey*, 1950

Catch our mistakes!

We are a small staff, and we know we make mistakes. No matter how many times we proofread our issues, we still don't catch them all. So, let's make it a game. Each month, Zebra will give away a \$25 gift certificate from an area retailer or restaurant to the reader who catches the most! Please send your catches to [info@thezebra.org](mailto:info@thezebra.org).

The Oscars



We received over 100 entries for our first Oscar Contest! Thank you for participating. The winner by a landslide was Linda Farmer, of Alexandria, Va who correctly guessed 19 winners out of 24 categories!! Congratulations to Ms. Farmer who won a dinner for two at Alexandria's La Bergerie restaurant located on the second floor of the Crilley Warehouse at 218 N. Lee Street.

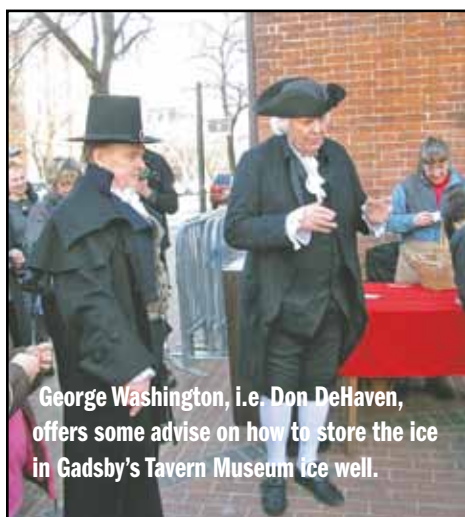
The Michael Collins Gaelic Football Club is dedicated to promoting the game of Gaelic Football in Alexandria, and is entirely an amateur club promoting family and community spirit. The game combines the suspense of soccer, the skills and scoring of basketball, and the speed of one of the fastest sports in the world in a free-flowing action-packed sport. It originated in Ireland centuries ago, but it's taking off in North America. Try it! Welcoming all who may just be curious about the Gaelic experience, or who want to learn to play or help behind the scenes, visit the Club every Sunday at 5pm at George Washington Middle School in the field next to Braddock Metro. For more information, visit [www.mcvagaa.com](http://www.mcvagaa.com), email [secretary.michaelcollins.midatlantic.usa@gaa.ie](mailto:secretary.michaelcollins.midatlantic.usa@gaa.ie), or call Bobby Mahoney at 703/298-1161.







Gretchen Bulova, director, Gadsby's Tavern Museum, explains to the assembled crowd just how the ice will be stored in the Tavern's ice well.



George Washington, i.e. Don DeHaven, offers some advice on how to store the ice in Gadsby's Tavern Museum ice well.



Pat Sowers (left) and David Bulova hold a large chunk of ice with ice tongs after lifting it out of the hand-cart used to transport it from the Potomac River.

## Raising Funds For A Sick Well

BY CHUCK HAGEE

Not even Jeopardy's computer "Watson" has an advantage when it comes to this contest. Everyone and/or thing is on equal footing – even if it is a little slippery.

How long will it take to melt 6,100 pounds of ice now resting in the historic ice well at Gadsby's Tavern Museum? The person who guesses the correct date or closest to that date when the last of that ice turns to water will win a black and white diamond bracelet valued at \$1,600.

It's all part of a fund raising effort to garner \$300,000, the estimated cost of restoring the 18th century well. Tickets for this "Ice Melt Contest" went on sale Sunday, February 20, on the corner of North Royal and Cameron streets, the site of the historic well. They are available at \$10 each or six for \$50.

"Right now there are 120 blocks of ice built into a pyramid and resting on 15 crates down in the well. We layered each with sawdust and placed straw between the blocks," Gretchen Bulova, director, Gadsby's Tavern

Museum, told the crowd assembled around the canopied hand-cart that transported the last 300 pounds of block ice from the river to the well that afternoon.

"George Washington" was also present to give some friendly advice on the correct procedure for storing the ice, while admitting that he had not always been successful in following that advice during the 18th century. "It doesn't always work. We had failures as well as successes," Don DeHaven, i.e. G. Washington, confided to the assemblage.

"We are fortunate to have a river nearby from which we can carve perfect blocks of ice," he said. "Perhaps in the future citizens might even be so fortunate as to have ice right in their homes."

In 1793, Alexandria City Council granted permission for tavern owner John Wise to build an ice well under Cameron Street, partially in the public right-of-way. Harvested from the Potomac River in winter, ice was hauled by cart to the tavern and stored in the well. It was covered with straw to help it last through the summer.

Having ice during the hot summer months distinguished Gadsby's Tavern as one of the finest gathering places of its day.

The ice well is an integral part of Alexandria's and Gadsby's Tavern's history as well as a significant tourist attraction. While some funding is coming from grants and donations, museum officials hope the Ice Melt Contest will raise sufficient monies to complete the restoration.

In addition to the first prize bracelet, a Waterford "Lismore" crystal ice bucket and glasses will be given as second prize, and a \$200 gift certificate to the PX Lounge in Old Town will be awarded as third prize. Throughout the meltdown, replica artifacts frozen in the ice will be revealed, according to Bulova.

A webcam will allow viewers to follow the melt progress for as long as it lasts. Tickets are available at Gadsby's Tavern Museum and online, along with full contest rules, at [www.gadsbystavern.org](http://www.gadsbystavern.org). For additional information call 703-746-4242 or visit the website.



300 pounds of ice is pushed up Cameron Street from the river to be placed in Gadsby's Tavern's Ice Well.

PHOTOS BY CHUCK HAGEE

  
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CAT IN A BOX



LOOK AT SHANTI!

Shanti glamorously poses in a box of her own making within a shelving unit.

SUBMITTED BY GARY HOLMES OF ALEXANDRIA, VA

If your cat can't resist climbing into a box, snap a photo next time and send it to mary@thezebra.org. We'll try and get it printed and posted on our website as soon as we can..

DEWEY CORNER



Italian Americans - Biography - Anecdotes. (E184.I8, Dewey Decimal Classification)

I have always been captivated by the stories of my Grandmother Morrison, my father's mother. She was a walking "Family Bible" of dates, family names, marriages, deaths, and place names. Maybe it was because in 1905, when she was only 9 years old, her mother died and she was obliged to drop out of school and stay at home to assume the female head-of-house duties. Her father remained the head-of-family. Her two younger sisters continued in school and they shared their homework with her every evening. She loved History, but had to read it on her own ... and she did, for the rest of her life.

She taught me a reverence for family stories. And later, when I was a young soldier stationed in Washington, D.C., my genealogical research efforts at the U.S. Archives taught me the value of these oral histories in unraveling the sometimes confusing data found in census records, birth records, marriage records. Hard data often needs explaining.

Because of my love of family histories, I will never forget

Michael's story. His is a story of Italian immigrants to this country. Many such stories have stuck with me as I have shared mine with others in the reading rooms of research centers.

Michael was in elementary school in Philadelphia ... maybe it was the 4th or 5th grade. He was old enough to be allowed to play at friends' houses after school, and as he grew older the distance from home that he was allowed to walk was increased. Then, one day, he asked for permission to invite a very close friend home for dinner after school. His parents agreed, but only after the friend's parents had been asked in advance and Michael's father had promised to drive the young guest home after dinner. Michael made the arrangements for Louis to come home with him and the big day arrived.

You can imagine the talk around the dinner table as Michael's parents made polite conversation to help Louis feel at home. Of course there would be questions about school, teachers, and the other students in their classes. Michael and Louis had become fast friends and both sets of parents had already heard many stories about their son's best friend. It was because of this strong bond that the parents had talked on the phone previously and finally agreed to the dinner invitation. There would be many more, but in a very different setting.

Michael's father (Michele) was secretly pleased that their young guest had learned Italian from his father (Luigi). Michael's father had emigrated from a small town in central Italy to New York when he was only 16 years old. Shortly after arriving in New York, he moved to Philadelphia where he married and made his new home. It was a disappointment for him that he was not allowed

to teach Italian to Michael as a small child. Michael's mother, a native Philadelphian of Italian descent, had insisted that only English would be spoken in the house. Her parents had insisted on this when she was growing up and she spoke almost no Italian because of this. She felt that speaking a foreign language at home would retard the learning of English.

Michael studied Italian later in school, but he never attained the native level of his father. Louis was already well on his way to speaking the native Italian of his father, Luigi. Of course, Michael's father spoke to Louis in Italian and there was an immediate connection between the two. Michael saw it and was impressed by it.

As Michael's father asked questions about Louis' family and where they were from ... natural questions of one immigrant to another ... a sudden look of astonishment appeared on Michael's father's face as he stopped talking and stared intently at Louis. Louis was the son of Michael's father's best friend from their small home village in Italy! The sons of best friends had found each other in another country, approximately 10 or 12 years later after their fathers had arrived in New York and separated to follow different paths to different cities and they had lost track of each other. Without knowing it, they had married American women and made their homes in the same neighborhood in Philadelphia. They were living less than two miles apart.

Michele and Luigi had emigrated from Italy to New York and separated there to follow different fortunes. Their sons, Michael and Louis, had helped them rediscover each other in Philadelphia.

Stuart Stone is a 26 year veteran of trench warfare at the Library of Congress, currently a Luso-Hispanic Acquisitions Specialist (Portugal, Brazil, Colombia, Bolivia, and Ecuador) and the Gaelic Recommending Officer for Scots Gaelic. Bruidhinn riumse 'sa Ghàidhlig! He bikes to work, weather permitting, and frequently stops at stop signs.

QUOTABLE:

“Life is a party. You join after it's started, and leave before it's finished.”

-Elsa Maxwell

Alexandria Detention Center Re-Accredited

Alexandria Sheriff's Office has earned re-accreditation from the American Correctional Association, an international organization that promotes correctional professionalism, for "it's outstanding management of the City's jail facility."

Under the direction of Alexandria Sheriff Dana Lawhorne, the Center underwent a rigorous three-day audit inspection last Fall by a three-member visiting committee, according to Harry Covert, PIO, Alexandria Sheriff's Office. The audit process included inmate supervision and management, rehabilitative programs, fire and safety practices and overall quality of life.

Presentation of the Accreditation Certificate was presented to Lawhorne on February 15. "This audit puts another stamp of approval on the work we perform and demonstrates to all that our operations are in keeping with the best practices of our profession," Lawhorne said.

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Becky Fertig, owner, Brahm & Powell, proudly welcomes you to visit her and her competent staff and their well-priced contemporary eyewear and services.

# Seeing Is Believing at Brahm & Powell

BY CHUCK HAGEE

I don't see," said the Caterpillar to Alice during her Adventures in Wonderland. That could have easily been remedied by a visit to Brahm & Powell -- had he only known.

As one of Old Town Alexandria's longest established family owned businesses, Brahm & Powell, 113 N. Washington St., has been aiding residents to see life more clearly since 1956. "Our particular niche is customized eyewear for the hard to fit," said second generation owner Becky Fertig.

Brahm Opticians originally opened in Alexandria in 1948. Harry Dant, Fertig's father worked with Brahm before joining co-worker Powell and opening their own opticianry practice in 1960 in the Bradlee Medical Building. Becky joined her father in 1982 and eventually took over the business in 1993.

"It was then we decided to combine the names Brahm and Powell. We just never put our family name, Dant, on the business," she explained.

"Being an independent business we sell what is best for our customers -- not what might be being pushed at any given time by a corporate operation. And, we've been told by many that we have one of the best frame selections

in the entire metropolitan area," Fertig said.

To aid their customers not only in frame selections but also lens, Fertig employs a staff of four plus has two optometrists and one ophthalmologist in house on a freelance basis. Each of her employees, plus herself, are both licensed and certified.

"My employees are really great in both their professional credentials and their relations with our customers. All of them have been with me seven plus years," she said. The longevity of many of her customers is well beyond that, ranging up to 30 years plus.

Fertig has built Brahm & Powell into one of the premiere opticianry practices in Northern Virginia. In 2009 she was named Optician of The Year by "Vision Monday" Trade Magazine and to a list of Most Influential Women in Optical. She has also served on the Board of Directors of the Opticians Association of Virginia and was recognized as one of the association's leading mentors.

"This business has become very technical with lens styles and specifications changing constantly. The optics are much better than what they used to be and we now have digitally produced lenses. They are not ground as they used to be," Fertig explained.

"We also have the total range of eyewear to fit all budgets. People are spending less since the beginning of the recession and they are far more cautious about their spending," she said.

But, that doesn't mean that customers are not still concerned

about how they look when choosing a pair of glasses. "Rimless eyewear has made a strong comeback as have large sunglasses. Our staff works with each customer to help them choose the glasses that best suits them and that looks best on

them," Fertig assured.

This expertise and customer service is of particular value when fitting children and first-time eyeglass wearers, both groups of which are among their loyal customers. "My staff and I are here for our customers to not

only help them find the right look but also to make sure it is also the right fit for them in improving their vision," she emphasized.

Had that Caterpillar only known. He could have looked his best and seen as well.

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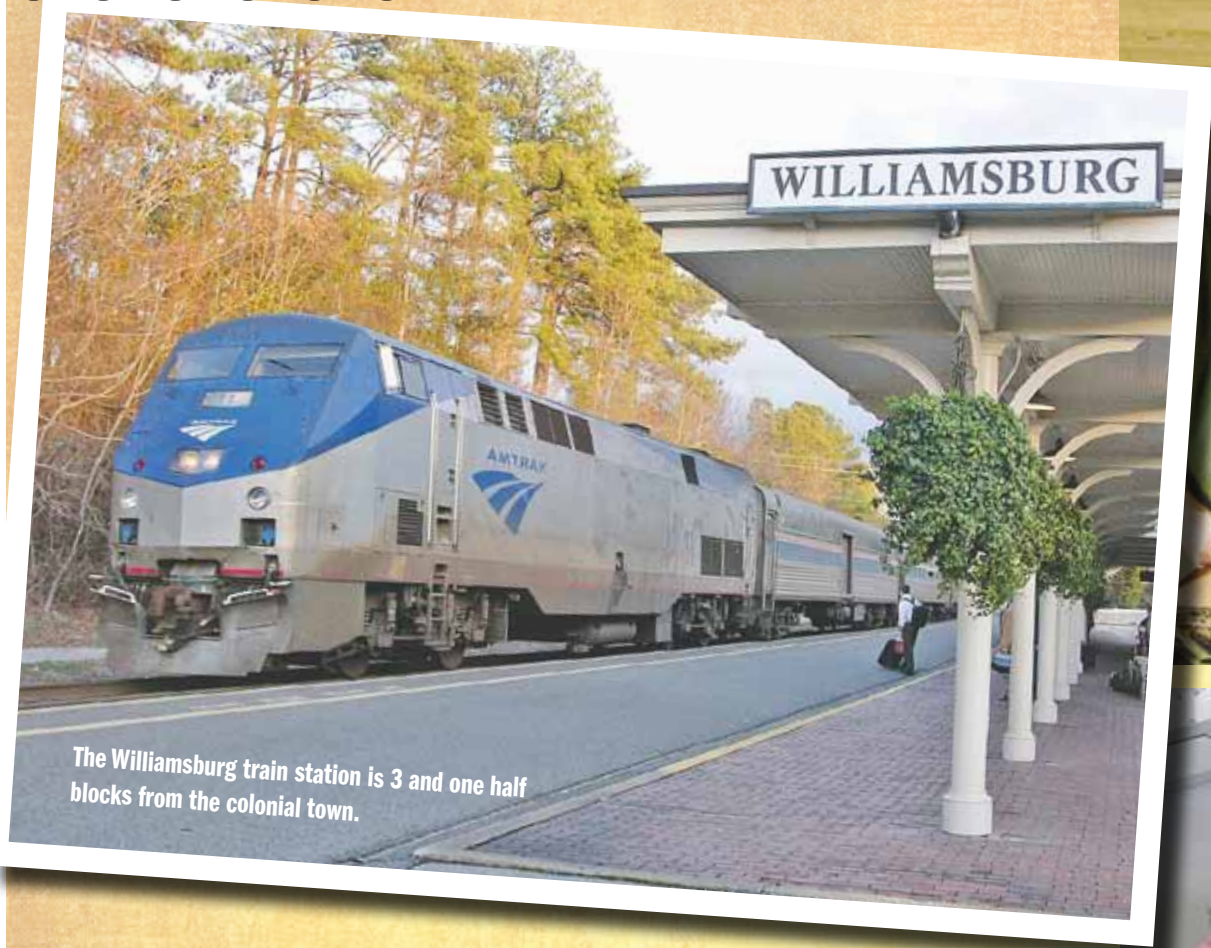


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The Williamsburg train station is 3 and one half blocks from the colonial town.

# Taking the Train to Williamsburg

BY HARRY MERRITT

One of the real benefits of living in Northern Virginia is easy access to an assortment of mass transportation types; we have Metro bus and subway, VRE, Amtrak, Reagan National Airport and assorted taxi boats on the Potomac. This offers NOVA locals options for day tripping without a car. My favorite is the Alexandria Amtrak station. It allows you to run down to Colonial

After arriving in Williamsburg, you will have approximately five hours to enjoy the historic town. You can pickup your ticket at the Lumber house, located in the center of town, on Duke of Gloucester Street. You will also receive “This Week – Map and Program Guide”. The craftsmen are extremely knowledgeable and engaging. Cabinetmaker, silversmith, gunsmith, blacksmith all are genuine artisans and dedicated to their craft. Being proactive in talking with these craftsmen and historic interpreters are important to getting the most out of your visit. Keep in mind there are no lines this time of year so you can move easily through the town.

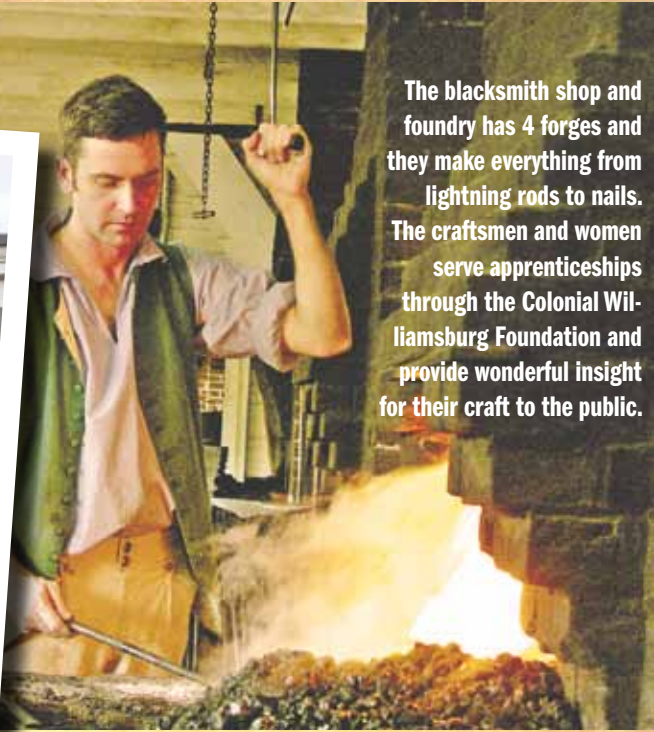
The Amtrak experience is good, because you avoid having to drive 300 miles and you see different parts of Virginia other than the I-95 corridor. The schedule is simple; you board Amtrak Northeast Regional #67 at the Alexandria Station at 7:47 AM. This arrives at the Williamsburg Station around 11:15 AM. Plan to be back at the Williamsburg station at 5:00 PM to catch Amtrak’s Northeast Regional #66 leaving at 5:17 PM north to Alexandria. The Regional #66 is scheduled to be in Alexandria at 8:19 PM. They are usually late, but you will eventually be sleeping in your own bed that night.

I find there has always been a friendly rivalry between Colonial Alexandria and Colonial Williamsburg. They both have their unique qualities. My Alexandria friends point out that Alexandria is “Real”, and this is true. But a visit to Colonial Williamsburg is like being able to walk through a beautiful painting. Surrounded by an all too perfect setting, with an atmosphere where everything is in balance. So, don’t pack your bags, do get good walking shoes and schedule a train trip to Colonial Williamsburg (Amtrak 1-800-872-7245 round trip coach ticket \$76.00, Williamsburg special winter rate day pass \$22.95).



The blacksmith shop and foundry has 4 forges and they make everything from lightning rods to nails.

Williamsburg and back in one day. Williamsburg’s talented artisans, knowledgeable interpreters, delicious foods and unique sense of history have delighted generations of tourists. Access to Amtrak’s Alexandria train station is easy via King Street Metro station and the Williamsburg train station is only 3 and one half blocks from the colonial town.



The blacksmith shop and foundry has 4 forges and they make everything from lightning rods to nails. The craftsmen and women serve apprenticeships through the Colonial Williamsburg Foundation and provide wonderful insight for their craft to the public.



At the Randolph House interpreters provide a history of chocolate and demonstrate the traditional method of making chocolate from cocoa beans.



The basketmaker represents one of the 18 trade programs demonstrated in Williamsburg. Baskets were an essential part of commerce during the colonial period.



At the Gunsmith & Foundry a wax mold is being prepared to cast a cannon barrel.

Photos by Harry Merritt





## There’s An App For That!

Many smartphone users spend countless hours searching for that perfect “app” – one that is either a good time waster, functional or just something to show off to their friends. Officially known as mobile applications, ‘apps’ are a relatively new industry, debuting in 2008 when Apple unveiled the AppStore. With more than 38 different app stores worldwide for a wide range of devices, apps are now a \$17.5-billion industry with the average application costing \$1.90.

Having both an iPhone and Android device for many years, I have found a couple of apps that my friends and I particularly like. You won’t find any of these apps on the “Top 10” list in either market, but I can assure you that they are definitely worth checking out.



**RunPee** (Android, iPhone) – Have you ever been sitting in a movie theater thinking “I really have to use the restroom but I don’t want to miss something important?” Well RunPee is definitely a unique cross-platform application that is designed to “help your bladder enjoy movies as much as you do” – or so their slogan states. Upon opening the application, the user is presented with the most recent movie titles (sorted by date) that are currently in theaters. After selecting the movie you are currently watching, the application gives you a selection of different parts in the movie that are best to “relieve yourself.” These are sorted by where they occur in the movie and even give the user a cue to listen for. While the user is in the restroom, the application provides a summary of what they’re missing (which comes in very handy). While testing this application I was surprised at how clean and intuitive the user interface was and at how up to date the movies were. Although this seems like a novelty app that would just clutter up your screen, it definitely makes up for it the first time you need it.

**Bluetooth File Transfer** (Android) – One thing that sets Android apart from Apple is its ability to allow the user to send any file on

the device to another device via email or Bluetooth. Bluetooth File Transfer is an Android application that adds even more features to your device. Upon opening this application, the user sees an alphabetical list of the folders on their memory card. All the user needs to do is select any file (music, video or even an application file), and the application will send the file to any compatible Bluetooth device. Another added bonus to this application is its ability to select multiple files and send or delete them. I have used this application a countless number of times and it works great!



**Tiger GBC, ROM Gripper** (Android) – The next app, or should I say apps, is aimed at bringing back the nostalgia of playing GameBoy Color. Tiger GBC along with ROM Gripper, allow any android device to be transformed into a Gameboy Color. After downloading both applications (which are free!), the user needs to launch Rom Gripper. Once opened, select GameBoy Color and select from one of the hundreds of GBC games in their library. Once downloaded, (which usually takes about 10–15 seconds), just click play and Tiger GBC will open and the game will start. Tiger GBC is a GameBoy Color emulator that places the classic four-way d-pad and a/b buttons on the screen for the user to interact with. The games play just as fluid as on the original GameBoy and Tiger GBC will save the games when you exit. There are countless amounts of settings to toy around with to give you the perfect experience while playing. After starting up Pokémon for the first time in years I was immediately transported back to my elementary school self and fell in love with Pokémon all over again.



**Carr Matey** (Android) – Have you ever wasted time searching for your car in a parking lot? Well, the next application is a great novelty app that is very useful in fixing this problem. Carr Matey is a very simple to use Android application. All you need to do is open the app and tap the “Drop Anchor” icon and the application will store your current location. If that’s not enough, you can tap the “Harbor” icon in the top right to set identifying information about your car’s

location, such as level, letter, space and color information. When returning to your car, all the user needs to do is tap the “Find Vessel” button and then choose between “Map View” (which will take you to Google Maps) or Compass View (which displays a pirate themed compass that guides you to your car.) Personally, I enjoy the compass view because it is a little more accurate and even gives the distance to the car in “yarrrrds.”

**Ultimate Juice** (Android) – As any user knows, the key to enjoying your smartphone is keeping it charged. Ultimate Juice, an Android application, attempts to solve this problem of constantly tracking down an outlet for good. This application runs in the background and intelligently turns on and off different features to save battery life. This application has five presets, from default, which will save a little battery, to extreme, which makes it seem like your phone could never run out of charge. The key behind this app is when the phone is idle it turns off internet connectivity, which draws the most power. The user is still able to receive calls and texts but the phone will not consume power from

constantly syncing applications in the background. As soon as the user turns the phone back on, the UltimateJuice app turns the connectivity back on. The application will even turn the connectivity on for select intervals so your email and other apps can sync. In extreme mode, UltimateJuice will scale down the CPU for even greater efficiency. This application even has the ability to learn where the Wi-Fi networks you usually connect to are located and will turn on your Wi-Fi when you are in range. Now, all of those features are great but the question is, does it really work? Well, in my testing on my HTC EVO 4G, I usually had a dead battery about halfway through the day. with UltimateJuice, I go to bed with over 30 percent of battery still left in my phone. Believe it or not, UltimateJuice is definitely worth a try and might just give you a reason to stop carrying around that extra phone charger.

**Flud** (iPhone) – If you spend countless amounts of time switching between different news applications or online articles, Flud is for you. Flud is a free iPhone app that compiles almost any online news source in their intelligently laid out

ecosystem. The user can have up to 25 different customizable news feeds at any given time and can scroll through these very easily. Flud allows the user to view their sources by category and once a source is selected, the user gets a full-screen view for easy reading. Another great feature of Flud is its ability to allow the user to “favorite” articles they enjoy and easily go back to them in the future. Flud is an amazing new take on reading news, and although it is available on the iPhone, I would definitely recommend it on the iPad if you want to get an even better user experience.

These are just a few of the many great non-popular applications in the Android and iPhone database. The mobile app market is just beginning and I’m sure the applications will keep getting better, so keep checking to find an application that is perfect for you. Whatever your interest, you can be sure “There’s an app for that.”

*David Goldhagen is a 17-year-old junior at Ronald Reagan High School in San Antonio. He serves on the student council and is a class officer. A straight-A student, he is ranked #18 in a class of 780.*

PHOTOGRAPHER • GREG KNOTT  
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**Cole & Denny Designs  
Alexandria's First LEED-  
Certified Residence at  
Virginia Theological  
Seminary**

The Virginia Theological Seminary (VTS) is now home to Alexandria's first LEED-certified residences. Completed in 2010, these two semi-detached homes have been certified under the "Leadership in Energy & Environmental Design" rating system, an environment-friendly sustainable approach to building design and construction.

Designed by Cole & Denny Incorporated, an Alexandria-based architectural firm, and built by local contractor Harry Braswell, Inc., the homes are situated at the west end of the Seminary's campus at 1509 and 1511 N. Frazier Street. The houses' traditional style is derived from earlier 19th Century structures on the campus, but the 2700 sq. ft. units embrace 21st Century energy-saving features.

The architect maintained the Seminary's desire for aesthetic preservation with an easy synergy of interior/exterior green building components. The homes share a common wall, thus significantly reducing the buildings' overall "footprint," preserving open space, and retaining more trees and landscape than conventional-

sited houses. Drought tolerant landscaping and permeable-paved driveways reduce irrigation consumption and groundwater runoff. Through an aggressive construction waste recycling program, over 75% of on-site construction waste was diverted from the landfill.

LEED points were also awarded for the buildings' location to public transit and other community resources. Other LEED elements include high energy efficient gas furnace and air conditioner units with output based on average seasonal temperatures, water-saving (low-flow) bathroom fixtures and faucets, spray foam insulation for walls and roof providing tight thermal enclosures, Energy-Star appliances, fluorescent and LED ("light emitting diode") light fixtures, and low VOC (volatile organic compound) paints and sealants enhancing indoor air quality.

"Our design encompasses both aesthetics and efficiency," says Kristine Hesse, LEED AP, the architect for this project and a principal at Cole & Denny. "Efficient land management and energy savings were top priorities for our client," she says, adding that this successful collaborative effort between architect, contractor, and customer could serve as a paradigm for future residential projects.

**STRANGE  
BUT TRUE**  
By Samantha Weaver

It was British author and publisher Ernest Benn who made the following observation: "Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly, and applying the wrong remedy."

If you live in Michigan, make sure you keep this in mind: If you want to hunt with a slingshot, you'll need a special license.

If you took all the other planets in our solar system and rolled them into one big ball, that ball would fit inside the gas giant Jupiter.

The next time you're heading to Chicago, plan a stop in the nearby town of Niles. While there you can visit the Leaning Tower of Niles, a recently renovated half-size replica of the somewhat more famous Leaning Tower of Pisa. The attraction was built in 1934 by industrialist Robert Ilg as part of a recreation park for employees of his Hot Air Electric Ventilating Company of Chicago.

Although Billy the Kid was a notorious 19th-century outlaw, he never robbed a store, a stagecoach, a bank or a train.

A flea can jump 13 inches in a single leap. That may not seem like much, but to achieve a comparable feat, you would have to make a 700-foot jump.

Those who wish to cut federal spending today might want to take note of this historical fact: In 1790, United States senators earned a grand total of \$6 per day -- and only when Congress was in session.

The ancient Romans appreciated smooth, hairless skin -- but to get that look they used pumice stones to sand off the hair. Ouch.

Thought for the Day: "It is absurd to divide people into good and bad. People are either charming or tedious.

—Oscar Wilde

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Q U O T A B L E :

“And then he walked in, and it was different! He clomped through the place like he was still outdoors. There was a man in the place and it seemed good!”

- Verna Felton as Mrs. Potts, *Picnic*, 1955

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Many weeks ago at Bishop Ireton High School, grades came out only eight times each school year: at the end of each quarter, and at the middle of each quarter. So for most of the school year, you were, relatively

speaking, in the dark about your averages, unless you were keeping a running tally of your grades at home. You wouldn't do that, though, because then you'd be declared a nerd by your peers, and that would be the end of you.

As of the last grading period, Bishop Ireton adopted a new system for distributing grades known as the “STUDENT PORTAL”. The “STUDENT PORTAL” (invariably in small caps in school documents: they seem to give it the same importance as the word “LORD” in the Old Testament) allows students to access their absolute latest grades at any time they please from any location, provided that they have an internet connection.

Furthermore, said students' parents can access their children's grades at any time they please from any location,

provided that they have an internet connection.

If one is an excellent student, an academic superhero, one who triumphantly opens one's report cards to the sound of Handel's Hallelujah Chorus, then shows it proudly to one's beaming parents, who immediately stick it to the refrigerator with an industrial-strength neodymium magnet, because the refrigerator is already too thickly covered with previous report cards for the normal kind of magnets you get at souvenir shops to work, then this isn't much of an issue.

For the rest of us average-to-mediocre students, however, it *is*.

Now, I'm not here to give you an "angsty" rant about how much parents interfere in teenagers' lives. That's what Facebook is for. However, so far as I can tell from what I hear in school, the number of students being grounded for poor grades

has increased significantly. I can also say that that's probably a good thing in the long run, though it does interfere with one's social life. (I assume, at least. I don't personally own a social life, myself, though once I borrowed one from a friend for a week while he was on vacation. He wanted it back when he returned, of course.)

However, if your parents can see your current grades, then so can you. This, to my knowledge, hasn't been done before.

Grades were always a mystery to me. I took tests, did class work, occasionally handed in homework, and the numbers went into a book which I wasn't allowed to see. Eight times a year I was given a minimal amount of data to determine my performance in each class, and from that minimal data I was expected to extrapolate how to improve my performance after-

the-fact.

Now I can see myself fail a class *as it happens*. What's more, *I can take actions to prevent it because I know it's happening*. It's incredible, really. I don't see why they didn't implement this earlier. (I mean, the technology has existed for at least ten years now. How hard could it have been...?)

The “STUDENT PORTAL” may be nothing more than a hassle to some students, but it’s certainly beginning to improve my work ethic. I only wish that such a system had been implemented earlier so that I could have started obsessing over my grades years ago.

*Justin Rocznik is a senior at Bishop Ireton High School and technical editor of the Bishop Ireton Word, the school's newspaper. He also rows for the school team.*



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Sitting on the job does take its toll, and especially stresses the spine. Last month, I touched on the topic explaining that when sitting, even in an ergonomically-correct chair, over 300 pounds of pressure

can be placed on the spine's lowest disc, causing micro-trauma. My best advice is to get up and walk around as often as you can if you find yourself stuck seated for interminable amounts of time.

Now let's talk about the neck. The neck (cervical spine) is composed of seven vertebrae. Ideally, these bones form a crescent shape. This curve allows the neck to act as a shock absorber for the head. When you spend time either staring at a computer or reading, the weight of the head actually pulls and stretches that natural curve out of the neck. Eventually, the curve reverses, and on x-ray

resembles a whiplash injury, which can look almost straight.

I see this “forward head posture” (loss of the cervical curve) in more and more patients because of the constant use of computers at work. And dentists I have treated have some of the worst chronic neck problems, having not only the forward posture problem, but also because they torque their necks when working with patients. Not surprisingly, dentists frequently suffer degenerative disc disease and arthritis.

When was the last time you watched your teenager texting? Were their heads pointed downward? How many hours

a day do they spend in that posture daily, and how many hours a day are they glued to the computer screen?

Besides disc degeneration and arthritis, all these routine activities which are straightening the cervical spine, making it lose its ability to function properly as a natural shock absorber, are also causing headaches. Pop a pill and mask the pain, try radical surgery (which has had some good results in restoring the natural curve of the spine), or consider using a more conservative, chiropractic approach. Gentle adjustments, and a good exercise and stretching regime

has had successful results, and can help you avoid the painful possibilities of headaches, muscles spasms, disc disease, pinched nerves, carpal tunnel syndrome, numbness, tingling in the arms and hands, and arthritis to just name a few.

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

*Just for fun*

1 Plot	— Limits	107 Pavarotti	carpet or	52 "Ben—"	93 Bank
6 Philan- thropist	60 Animosity	61 Nimble	cabbage	("59 film)	93 Bank statistic
11 Send out a page	62 Printer's proof	109 Third-rate	legend	53 School	94 Big bird
14 High- lander's headgear	64 Be buoyant	110 Halloween decoration	12 Boxing legend	founded by Henry VI	96 Indira Gandhi's father
17 Vision- related	67 Hindu duty	111 Yogi or Smokey	13 Makes one's mark	54 Siamese	100 Enjoy the beach
19 Likes a lot	69 Word form for "milk"	112 Political abbr.	14 Resort lake	55 Fill to the gills	101 See
21 Barcelona bravo	71 Invalidated	115 End of remark	15 Pile up	57 Actress Cannon	99 Down
22 "I — Rock" ('66 song)	75 City on the Allegheny	122 Dolphin Dan	16 Lusterless	61 Mall event	102 Diatribe
23 A few words	76 Storm	124 Kind	18 Virginia —	63 Homeric characters	103 "To fetch — "
24 Start of a remark by Laurence J. Peter	78 Bounded	125 Flagon filler	20 Alaskan city	64 So, state	104 Clavell's "— House"
27 Itch	79 Smiley's "A Thousand —"	126 Proof- reader's list	25 Italian greyhound,	65 Mouth piece?	105 Alistair or Sam
28 Loaf part	81 Medical suffix	127 Leisurely, to Liszt	26 Bread ingredient	66 Habitually, to Herrick	106 Part of PST
30 Dram	82 Spirit	128 Singer Brenda	29 Wee one	68 Neigh- sayer?	108 Sita's husband
31 Emcee	84 Gogol's "— Bulba"	129 Literary pseudonym	32 "— bien!"	69 Den	110 Dylan's colleague
32 Swiss sharp- shooter	86 Jack of "Barney Miller"	130 Solit's stick	33 Chest material	70 Upstairs basement?	111 Fiber source
33 Like feta	89 Ocasek of The Cars	131 Wharton or Sitwell	35 Tennis legend	72 — Bator	112 Leslie Caron role
37 Feta	90 Part 3 of remark	<b>DOWN</b>	36 A roaring success?	73 Singer Horne	113 Step — (hurry)
39 Oscar or Tony	95 Principles	1 Duplicate	37 Rubbed the wrong way?	74 Irritated exclamation	114 Cry of contempt
42 Fragrant plant	97 "Here You Come —" ('77 hit)	2 Want badly	38 Juno, in Greece	77 More enthusiastic	116 Check
45 Mets' milieu	98 Hellman's "The	3 Overdo a tan	39 Plus	80 Scoundrel	117 Jeff Lynne's grp.
46 Isolated	98 Hellman's "The	4 — carte	40 Troubles	83 — majesty	118 Sphere
45 Isolated	98 Hellman's "The	5 Tied tightly	41 Penguins' place	84 Ridicules	119 Singing syllable
46 Spud state	98 Hellman's "The	6 "The Witches"	43 Ready to eat	85 Superior	120 It may be tipped
47 97 Across singer	99 Children's —"	7 Horatian author	44 Detect	86 Burden of proof	121 WWII area
50 Part 2 of remark	99 Duel tool	8 Tyranny creation	48 Tyranny	87 Brute	123 "Great!"
56 Seal school	100 Desk	8 Neither's partner	49 With 101 Down, '79	90 "— the mornin'"	
58 Actress Massen	102 On edge	9 Vein contents	Sally Field film.	91 Guys' counter- parts	
	103 Stick-in-the- mud?				

1 Duplicate	37 wrong way?	76 exclamation	119 (hurry)
2 Want badly	38 Juno, in	77 More	114 Cry of
3 Overdo a tan	39 Greece	80 enthusiastic	117 contempt
4 — carte	39 Plus	80 Scoundrel	116 Check
5 Tied tightly	40 Troubles	83 — majesty	117 Jeff Lynne's
6 "The Witches" author	41 Penguins'	84 Ridicules	grp.
7 Horatian creation	43 place	85 Superior	118 Sphere
8 Neither's partner	43 Ready to eat	87 Burden of proof	119 Singing syllable
9 Vein contents	44 Detect	88 Brute	120 It may be tipped
	48 Tyranny	90 — the mornin'"	121 WWII
	49 With 101 Down, '79	91 Guys'	area
	Sally Field film	123 counter- parts	"Great!"

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128					129					130						131		

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by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**Puzzle Difficulty:** ★★

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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## CROSSWORD ANSWER

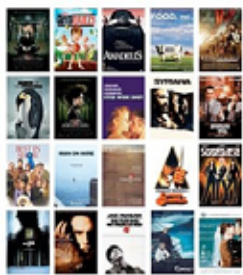
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## SUDOKU ANSWER

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



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



Amazon Prime now includes  
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FAST Shipping No Minimums Wide Selection Send Anywhere Instant Videos

## Primed for Success

Amazon Prime – which offers discounted one-day or free two-day shipping across the U.S. on all Amazon purchases – announced last month that it would now include free, on-demand streaming of thousands of TV shows and movies for its members.

So what is Amazon Prime and should you use it? Amazon Prime is a service that, for \$79 per year, offers free two-day express shipping or \$3.99 overnight shipping on any Amazon purchase regardless of price. For those of you who shop on Amazon regularly, you know that free seven to 10 day shipping only kicks in when your order exceeds \$25. Amazon Prime is well-worth it for folks who shop the site

regularly and place orders for less than \$25 at a time. Not only is the shipping free, but it is express compared to the non-Prime service.

As a long-time Prime user, I can attest to the value of Amazon Prime. The \$79 per year is money well-spent for me, a shopper who likes to buy items for myself or as gifts and appreciates the no-minimum needed per order as well as the “have to have it now” convenience. There are many times that I can place an order on Amazon for something and have it delivered long before I would have found time to head to a store to get it – and this includes many groceries as well. And that last-minute “I almost forgot” birthday or Christmas gift? You can’t beat Amazon Prime.

Now Amazon has added free, instant streaming for around 5,000 of the 90,000 movies and TV shows already available for a fee on Amazon Instant Video for its Prime account members. Videos can be watched instantly on a Mac, PC and nearly 200 models of Internet-connected TVs, Blu-ray players and set-top-boxes that are compatible with Amazon Instant Video. All of the movies and TV shows are commercial-free and some are available in HD.

The selection is small compared to what services like Hulu and Netflix offer, but this is a pretty nice freebie to toss at Amazon Prime customers. Or is Amazon Prime a nice freebie to toss as streaming video customers? Either way, if you’re a U.S. resident you can sign up for a one-month trial at no charge to see if Amazon’s on-demand video offering floats your boat. Existing Amazon Prime customers should already have access.

No question, Amazon Prime is worth checking out. Definitely a Z-Pick of the month!

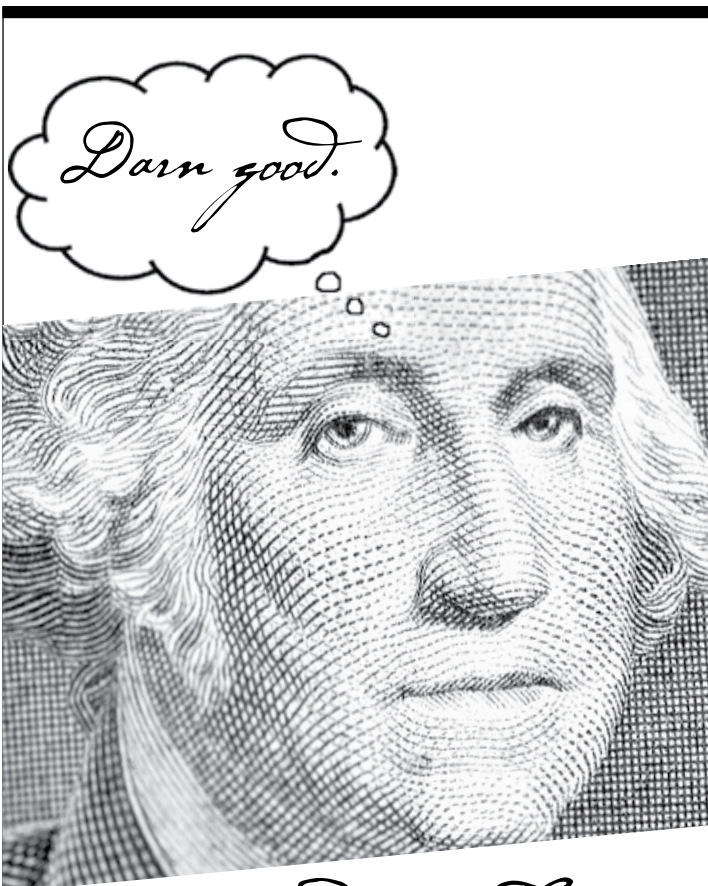
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6 7pm	<b>WATCH Awards Ceremony</b>
8 Irish Trad. Superstars!	<b>ALTAN</b> w/LILT
9	Live and Direct from 1967! <b>Robyn Hitchcock &amp; Joe Boyd</b> “Chinese White Bicycles”
11	<b>Tony Rice Unit</b> w/Sierra Hull & Highway 111
12	<b>ASHFORD &amp; SIMPSON</b> JAY HAYDEN
13	<i>Boyz II Men</i>
14	In the Bandstand • All Standing, Doors 6pm The Further Adventures of <b>The Saw Doctors</b> w/AM Taxi
17	<b>Rachelle Ferrell</b>
18&19	<i>Average White Band</i>
20	<b>Rodney Crowell</b> ‘Chinaberry Sidewalks Tour’
21&22	<b>Gaelic Storm</b>
23	Madstone Productions Presents <b>THE HIGH KINGS</b>
24	In the Bandstand All Standing, Doors 6pm <b>ROBERT EARL KEEN</b>
25	<b>PETER WOLF</b> Kenny White
26	<b>TOM RUSH</b>
27	<b>Over The Rhine</b> Lucy Wainwright Roche
28	<b>Bob Schneider</b> (solo) OLIVIA MANCINI
29	<b>KAKI KING</b> JOE ROBINSON
30&31	An Evening with <b>The Wailin’ Jennys</b>
April 1	<b>The Jazz Crusaders</b> feat. Joe Sample, Wilton Felder, Wayne Henderson
3	<b>FOURPLAY</b>
4	<b>JARS OF CLAY ‘Shelter Tour’</b> w/Matt Maher, Derek Webb, Audrey Assad
6	<b>BET “MUSIC MATTERS” TOUR</b> w/ MARSHA AMBROSIOUS, MELANIE FIONA Anthony David
7&8	<b>COLIN HAY</b> Chris Trapper
9	<b>Junior Brown</b> Ruthie & The Wranglers
10	<b>BUDDY GUY</b> Quinn Sullivan
11	<b>Tower of Power</b>
12&13	<b>Aimee Mann</b>
14	<b>LIVINGSTON TAYLOR</b> BUSKIN & BATTEAU
15	<b>Girlyman &amp; Susan Werner</b>
16	<b>Carrie Newcomer &amp; Debi Smith</b>
18	<b>‘Soul Survivors’ feat. ERIC ROBERSON &amp; VIVIAN GREEN</b>
19&20	<b>Nanci Griffith</b> The Kennedys
21	<b>New Riders of the Purple Sage &amp; Commander Cody</b>
23	<b>Cleve Francis</b>
29	<b>HOT TUNA</b> (Electric)
30	<b>STEPHANIE MILLS</b> KEN WESLEY

## QUOTABLE:

“Giving up smoking is easy...I’ve done it hundreds of times.”

-Mark Twain

## ZEBRA WEB POLL

**Q: Which would you rather receive?**

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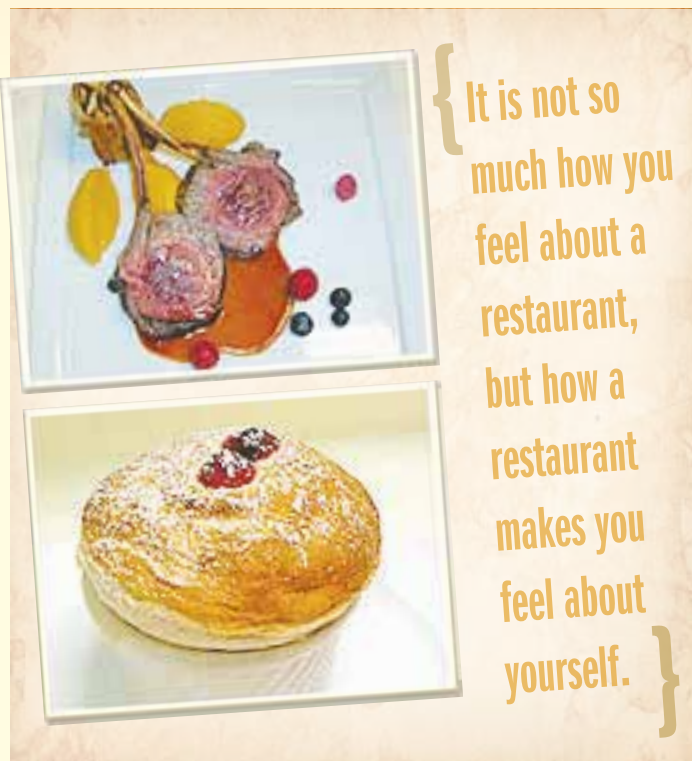


## Allow Yourself to Get Pampered at LA BERGERIE

In the summer of 1988, my life changed. Calling to inquire about a Belle Haven townhouse, a McEearney realtor and grand dame of Old Town, Beverly Gore, agreed to give me a walk-through.

Two days later, she invited me for what was ostensibly the “seal the deal” lunch. At 218 North Lee, I dashed past an understated brass plaque, etched “La Bergerie,” up four narrow stairs and into the Crilley Warehouse, making my way onto the elevator. The entrance, tucked away on the second floor, led me to believe this was one of the best-kept secrets in town, and only those “in the know” were privy to its existence. If it were not for Beverly, I felt I would have needed an Amy Vanderbilt “letter of introduction” to gain admittance.

Before me lay a perfectly appointed dining room of crystal chandeliers, huge arrangements of fresh flowers and French paintings



{ It is not so much how you feel about a restaurant, but how a restaurant makes you feel about yourself. }

juxtaposed against sheltering brick walls held together with century-old mortar made from oyster shells.

Ensnared in a mahogany leather booth, Beverly and I sipped champagne cocktails and dined on scallop ceviche, cold lobster and a chocolate soufflé doused with fresh cream. I reveled in the extraordinary service, hypnotized by the

sound and swagger of the sterling silver crumb-catcher being rolled across the table at course intervals. Both my palate and perceptions forever altered. So, while the place on Belle Haven did not become my home, La Bergerie did.

It is not so much how you feel about a restaurant, but how a restaurant makes you feel about yourself. I have turned to it in times of celebration. (It is the only suitable place in town to take your mother on Mother’s Day – if you really love her.) I have also gone there when I needed an emotional boost to forget my troubles, just for a few hours. Original owners, brothers Bernard and Jean Campagne-Ibarcq, named the restaurant after the protected area where a shepherd keeps his flock during a storm.

Today, the person responsible for ensuring La Bergerie’s meaning still translates to its dining guests is restaurateur Laurent Janowsky, who

purchased it in 2000. From age 7 to 11, Laurent lived with his grandmother in Alsace, France, “playing in her pots.”

“La Bergerie is a partnership,” he insists, with wife Margaret Ticer. However, Laurent is the face of the establishment, hands-on in every operational aspect, including coordinating private parties.

Once, I arrived early to find Laurent vacuuming. Sometimes he even prepares the Dover sole table side, artfully filleting the fish, tie flipped back over his shoulder, avoiding the blistering flames. Intensely personable with a magnetizing European sophistication, he makes a point of talking to every guest, while also working as an equal alongside his waitstaff.

At 8:30 p.m., the lights dimmed to set the mood. A birthday celebration was underway to my left. An anniversary to my right, and Laurent assisted with digital photographs of the happy couple. Up front was a curly-haired little boy enjoying perhaps his first right of culinary passage alongside his parents. As Laurent says, “We were all kids once,” and his special children’s two-course menu, nicely priced at \$16, allows them to experience La Bergerie on their own terms.

Chef Sylvain Tonello’s French culinary artistry was at its full force throughout the evening, beginning with a seared scallop and foie gras amuse bouche. First courses included seasonal shad roe in a bacon sauce and tender escargot with butter, garlic and parsley. My party was so taken with these dishes that we debated whether or not to repeat them.

The main courses showcased La Bergerie’s exquisite table

side preparation as we were treated to the most incredible Dover Sole Meunière followed by lobster flambéed in cognac over saffron rice. My perennial favorites – the baked onion soup with Gruyere cheese, the classic Caesar salad and the beef tenderloin with Béarnaise – would wait for another visit. But soufflés were in abundance along with the classic Crepes Suzettes, flambéed in Grand Marnier.

Delightful head waiter, Carlos, a ten-year La Bergerie veteran, quickly becomes a friend, masterfully paying precise attention to the table and thoughtfully anticipating your every need.

So while La Bergerie is certainly not the new kid on the block, it is a classic, evoking the flavors, textures and culture of a distant time. Whether it be a ladies’ lunch, a midweek casual dinner, a party to raise voices in jubilation or a quiet afternoon location to discuss business or rendezvous with a lover, La Bergerie is that private enclave, a perfect pearl, to which all other restaurants should be compared. So I give you, by way of this letter of introduction, La Bergerie.

*La Bergerie serves lunch 11:30 a.m. to 2:30 p.m., Monday through Saturday; dinner is served 5:30 p.m. to 9:30 p.m., Monday through Thursday, until 10:30 p.m. Friday and Saturday and from 5:00 p.m. to 9:00 p.m. on Sundays. Prix fixe menus are available for lunch and dinner. Visit [labergerie.com](http://labergerie.com) for online reservations, menus, special events, private party information or to join the mailing list. For reservations by phone, call (703) 683-1007.*



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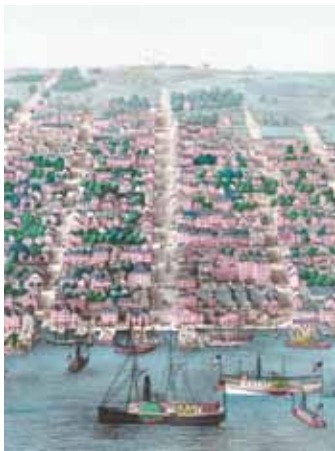
# March

## ACTIVITIES AND EVENTS

### Wonders of Science Demonstration March 26 & April 9

Apothecary Museum  
105-107 South Fairfax Street  
Alexandria  
703/746-3852  
apothecarymuseum.org

Discover curious objects, from poison bottles to dragon's blood, and find out how they were used – and if they worked! On these dates, Project Enlightenment, McLean High School's historical reenactment society, will conduct 18th-century scientific demonstrations which are certain to expand visitors' knowledge about science in the 1700s. Tours will be held every 30 minutes from 1 p.m. to 3 p.m. and are recommended for 3rd grade and older. Admission is \$6 per person.



### Civil War Lecture

"Alexandria, Virginia: Southern Town, Yankee Citadel,"  
April 6  
The Lyceum  
201 South Washington  
Alexandria  
703/746-4994  
historicalalexandria.org  
Setting the Stage for Civil War Sesquicentennial in Alexandria, historian and author James Barber will discuss events leading up to the Union occupation of the city and how the Federal presence transformed the Southern port city into a major base of operations for the Union war effort. 7:30 pm. \$10.

### "And the Curtain Rises"

Now thru April 10  
Signature Theatre  
4200 Campbell Avenue  
Arlington  
571/527-1860  
signature-theatre.org  
Outrageous and funny story of how the first American musical – 1866's legendary The Black Crook – was born. This musical

comedy follows novice producer William Wheatley as he frantically struggles to save his mess of a play. With a dreadful script, an uncompromising author, a cast on the verge of revolt, and scenery and costumes destroyed, the production is in shambles. Conditions are further complicated when a French ballet troupe is forced to seek refuge in their theatre after their theater burns down next door. Rather than throw in the towel and count his losses, Wheatley decides to take control and turn lemons into lemonade. Tickets \$55-81.

### 18<sup>th</sup> Century Dance Classes Thursdays—March 31, April 7, April 14

Gadsby's Tavern Museum  
134 North Royal Street  
Alexandria  
703/746-4242  
gadsbystavern.org  
Learn the dances of Jane Austen, George Washington, and Abigail Adams in Gadsby's Tavern Museum's historic ballroom. Dance master Corky Palmer will lead this fun and educational series of 18th-century English country dance classes in preparation for the Grand Ball on Saturday, April 16. 7:30-9:30 pm. \$30 for the series/\$12 per class.



### Tavern Toddlers - Colors

Now thru April 25 Weekly  
Gadsby's Tavern Museum  
134 North Royal Street  
Alexandria  
gadsbystavern.org  
703/746-4242  
It is never too early for your kids to appreciate history! A special program for toddlers (walkers through 36 months) and their caregivers. Features weekly open playtime on Mondays anytime between 10:30 am and noon, and a new craft activity each week. Each week costs \$7 for a group of three, including one adult and additional people are \$3 each.

### "Nest Project"

April 2-May 15, 2011  
Torpedo Factory Art Center  
Target Gallery  
105 North Union Street  
Alexandria  
torpedofactory.org  
703/838-4565  
The Torpedo Factory's exhibition space, Target Gallery, in partnership with Habitat for Humanity of Northern Virginia, is excited to share with you, The Nest Project. The Nest Project is in conjunction with the Target Gallery's juried exhibition Nest.

### "Visions" Watercolor Paintings by Helen Dilley Barsalou

April 6-May 1  
Gallery West  
1213 King Street  
Alexandria  
Gallery-west.info 703/549-6006  
Barsalou's choice of subject matter is a response to her childhood in South Dakota, where trees, mountains, and rivers were scarce. From loosely painted landscapes and florals to semi-abstract works, Barsalou's watercolors come alive with rich, bright colors, while maintaining strong design elements. A national award-winning watercolorist, Barsalou lives and paints in Annandale, Virginia. She has taught at the Art League in Alexandria, Virginia, and for Fairfax County Adult Education. Gallery hours in February are Wednesday through Sunday from 11:00 a.m. to 5:00 p.m.



The four-part collaborative project includes a Juried Exhibition in the Target Gallery with a special reception, April 14, 6-9pm, 10 Outdoor Installations along the waterfront, a community built nest in the main hall of the Torpedo Factory, and in-studio nests created by Torpedo Factory Artists.. Daily 10 1am-6pm. Free!

### "River Views and Moldau Story Time at Lee-Fendall House

April 7  
Lee-Fendall House Museum and Gardens  
614 Oronoco Street  
Alexandria  
703/548-1789  
leefendallhouse.org  
Designed for young children and caregivers, this event will feature story time and a small craft. 11 am-12:30 pm. \$3 per family.



### "It's Only Rock and Roll" Exhibit Del Ray Artisans

April 1-May 1, 2011  
Del Ray Artisans Gallery  
2704 Mount Vernon Avenue  
Alexandria  
DelRayArtisans.org  
703/407-6992  
Del Ray Artisans pays homage to all things rock 'n' roll. This open, all-media juried celebrates the bands, instruments, lyrics, rebellious youth culture and a life style dedicated to glamour and excess. Free!



### "Who's Afraid of Virginia Woolf"

Now thru April 10  
Arena Stage  
1100 Sixth Street, SW  
Washington, DC  
arenastage.org  
202/488-3300  
You're invited for drinks with George and Martha. As wickedly hilarious today as when it first shocked audiences, Who's Afraid of Virginia Woolf? is an ingeniously funny play that packs a helluva wallop. Ticket prices vary.

### Australian Wine Tasting

April 13  
Lee-Fendall House Museum and Gardens  
614 Oronoco Street  
Alexandria  
703/548-1789  
leefendallhouse.org  
The production and quality of Australian wines flourished with the arrival of free settlers from various parts of Europe, who used their skills and knowledge to establish some of Australia's premier wine regions. Early Australian winemakers faced many difficulties, particularly due to the unfamiliar Australian climate, but eventually achieved considerable success. Today, Australia is the fourth-largest exporter of wine in the world. 7:30-9:30 pm. \$25.

### second thursday ART night

### Second Thursday Art Night Spring Awakening

April 14  
Torpedo Factory Art Center  
Target Gallery  
105 North Union Street  
Alexandria  
torpedofactory.org  
703/838-4565  
Browse open studios and galleries, interact with artists, and enjoy refreshments at this free event held on the second Thursday of each month at the Torpedo Factory Art Center. Enjoy special programming and exhibition receptions throughout the year. Drop by on your way to dinner, or make an evening of it! 6-9 pm. FREE!

### "The Real Inspector Hound" April 20-May 29, 2011

MetroStage  
1201 North Royal Street  
Alexandria  
metrostage.org  
703/548-9044  
Two theatre critics, Moon and Birdboot, watch a ludicrous setup of a country house murder mystery. By chance, they become involved in the action causing a series of events that parallel the play they are watching. Written by Tom Stoppard. \$45-\$50.



### Family FUN Day

April 16  
William Ramsey Recreation Center  
5700 Sanger Avenue  
Alexandria  
alexandria.gov  
703/549-3741  
The third annual CAC Center for Alexandria Children) Family Fun Day is a fun-filled day for Alexandria families featuring live entertainment, Digital Identification Kits for children, and a variety of interactive exhibits and activities designed to engage children including C. United Mascot Talon, Children's DeeJay, Moon Bounces, Petting Zoo, Children's Playgroups, Face Painting, Arts and Crafts, and more. 11 am- 3 pm. Rain or Shine. FREE!





## Military 'Brats' – The Hidden Diplomats

Like many contemporaries of my generation I spent my formative years from age eight to fourteen living overseas as an Army brat. This was the 'Cold War' and we lived in Gelnhausen, Germany in Army housing on the edge of a medieval town, less than 20 miles from the East German border. Our lives consisted of bugle calls throughout the day, troops running in formation through the streets to cadence, and periodic 'alerts' where tanks and other Army vehicles were revved-up in the wee hours of the morning and our Dads would head out for a month 'in the field,' training to counter the Soviet threat that waited next door in the infamous 'Fulda Gap.'

But to us Army brats, Germany was a kid's dream. It meant hanging out at the base snack bar consuming milkshakes, playing football or baseball on a youth club team, reading comic books on the rack and trying to not pay for them, and sneaking those little packets of cigarettes out of old cases of C-rations and then coughing our lungs out. But beyond our mini-America 'on post', our lives were broadened by venturing out into Gelnhausen, racing our bikes down 500-year old cobblestone streets, climbing the wall to a German castle and playing Knights on the grounds, buying Gummi Bears and pretzels at the local bakery, and mingling with the people of Gelnhausen.

As dependents we also were governed by strict rules of conduct in a foreign country. We were required to take German in school. Our dads might be in the Army, but 'brats' were on a short leash, too. Any infractions or incidents would result in a Delinquency Report or a 'DR' issued by the Military Police. These went into your father's service record and had an impact on his promotions. Rack up enough DRs and you were 'deported' back to the states. That was the kiss of death.

Every year 'German-American Friendship Week' brought hundreds of locals onto the post for a carnival, beer tents, rock 'n roll bands, dances, German-American soccer games, and all of us dependents would be part of the entertainment. For weeks our teachers would rehearse us in traditional German folk dances and then during the festivities, we would dress in Lederhosen, knee-socks, Tyrolian hats and dance to an authentic Oompa Band. The German audience loved it and the bonds we built brought the two communities closer together.

The three years included camping trips to Italy, Switzerland, and Austria, as well as a week in Berlin. In the early 1960s Berlin was the center of the 'Cold War' and getting to West Berlin required a night's train ride through occupied East Germany. Peeking out the shuttered train windows in the Offenbach station at 5 AM,

I saw an East German soldier, complete with greatcoat, a Russian style hat, jack boots, and an AK-47 rifle guarding the rail bed. That picture coupled with a tour into East Berlin through the barbed wire and barricaded 'Checkpoint Charlie' really put into perspective why we were in Germany and what my dad did for a living. The Army in Germany was serious business and being an Army brat carried additional responsibility.

In 1966 we transferred to Bangkok Thailand at the height of the Vietnam War. There was no real 'Base' per se and all dependents lived out in town. We lived in a four house compound in the middle of bustling Bangkok, attended International School Bangkok with kids from some 30 countries, and like all 'Farangs' (foreigners), my parents were required to hire servants. To the Thais we Americans were wealthy Farangs and the local custom was to hire a maid, a gardener and a driver. I was a Boy Scout but also in deference to local custom, we donned Thai Boy Scout uniforms. At the end of a movie it was customary to stand for the Thai National Anthem as a picture of the King was flashed on the movie screen. Once our stomachs became conditioned to Thai food, we would buy snacks and other local dishes off of local vendor carts, sometimes to our epicurean peril. We learned how to jump on and off of moving Thai buses (which

was the custom), how to barter with local merchants over items we wanted to buy, and dickering with tuk-tuk drivers over taxi fare around town was expected. In short, for two years we ate, slept, worked, played, and lived - Thai. We knew we were living the dream and we brats had a front row seat to the world and to the history of our times.

Today, military bases are closing around the globe due to budget cuts and changes in strategic thinking. But the role of the military dependent in making and cementing bonds of friendship and understanding continues unabated. More so than exchange students, business trippers, vacationers, and expats, military brats walk the walk and talk the talk regardless

of any official U.S. government policy or program. Being culturally astute and making friends is in our DNA. So, the next time you find out someone you know spent the early part of their lives as a 'brat' – hug them, shake their hand and thank them for their service, too. These 'hidden diplomats' didn't hump a rucksack, drive a helicopter, or lug a weapon. But they too, helped shoulder the weight of our country's foreign policy.

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



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Monthly Home Sales Recap

February 15–March 3, 2011

What’s happening with home sales in your neighborhood?

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

Listings courtesy  
Becky Arnold,  
REALTOR®  
Prudential Carruthers Realtors  
571-345-6175  
becky.arnold@prudentialcarruthers.com



Address	ListPrice	ClosePrice	CloseDate	BR	FB	HB	Gar	Lvls	Bsmt	DOMM	Adv Subdivision	Style
OLD TOWN												
606 LEE ST S	\$899,000	\$890,000	18-Feb-11	4	3	1		4	Yes	141	POMMANDER	Colonial
910 CAMERON ST	\$1,175,000	\$1,040,000	28-Feb-11	5	5	0	2	4	Yes	190	OLD TOWN	Federal
505 SAINT ASAPH ST S	\$825,000	\$800,000	24-Feb-11	3	3	1		4	No	147	TANNERY YARD	Colonial
1622 ABINGDON DR W #202	\$215,000	\$208,000	18-Feb-11	1	1	0		1	No	168	POTOWMACK CROSSING	Traditional
2050 JAMIESON AVE #1116	\$699,900	\$635,788	24-Feb-11	3	2	0	2	1	No	195	THE JAMIESON	Contemporary
501 SLATERS LN #1108	\$339,900	\$329,000	28-Feb-11	2	2	0		1	No	172	MARINA TOWERS	Contemporary
412 WILKES ST	\$699,000	\$667,595	28-Feb-11	3	2	1		2	No	137	OLD TOWN	Colonial
327 ROYAL ST N	\$599,900	\$599,900	3-Mar-11	2	1	1		2	No	170	OLD TOWN HISTORIC	Colonial
1816 CARPENTER RD	\$995,000	\$925,000	16-Feb-11	5	4	1	2	4	No	152	POTOMAC GREENS	Colonial
718 WASHINGTON ST S #301	\$284,900	\$270,000	25-Feb-11	1	1	0		2	No	143	BEARINGS NORTH	Contemporary
1810 ABINGDON DR W #102	\$179,000	\$175,000	25-Feb-11	1	1	0		1	No	126	POTOWMACK CROSSING	Colonial
501 SLATERS LN #1103	\$488,775	\$488,775	3-Mar-11	2	2	0		1	No	22	MARINA TOWERS	Colonial
1219 PORTNER RD	\$466,500	\$455,000	28-Feb-11	2	1	1		2	No	105	NETHERGATE	Colonial
719 ALFRED ST S	\$515,000	\$512,000	18-Feb-11	2	2	0		3	Yes	124	PATRICK HENRY	Other
320 WEST ST S #206	\$592,990	\$580,995	3-Mar-11	2	2	0	1	1	No	123	THE DUKE @ OLD TOWN	Colonial
1612 ABINGDON DR W #201	\$267,000	\$262,500	24-Feb-11	2	1	1		1	No	119	POTOWMACK CROSSING	Colonial
FAIRLINGTON/PARK FAIRFAX												
3710 VALLEY DR #3710	\$264,900	\$264,900	15-Feb-11	1	1	0		2	No	120	PARKFAIRFAX	Traditional
3238 GUNSTON RD #722-32	\$289,000	\$275,000	16-Feb-11	1	1	0		1	No	111	PARKFAIRFAX	Other
3702 VALLEY DR #516-37	\$259,999	\$255,000	18-Feb-11	1	1	0		1	No	69	PARKFAIRFAX	Colonial
3101 HAMPTON DR N #914	\$244,500	\$242,500	1-Mar-11	2	2	0	1	1	No	88	NORTHAMPTON PLACE	Traditional
3101 HAMPTON DR N #818	\$307,999	\$295,000	3-Mar-11	2	2	0	1	1	No	113	NORTHAMPTON PLACE	Contemporary
3309 WYNDHAM CIR #4176	\$199,900	\$199,900	25-Feb-11	1	1	0	1	1	No	44	POINTE AT PARK C	Contemporary
3726 HOLMES LN #508-37	\$199,000	\$175,000	25-Feb-11	1	1	0		2	No	60	PARKFAIRFAX	Colonial
1727 BRADDOCK PL #1727	\$390,000	\$390,000	18-Feb-11	2	2	1		2	No	27	KINGSGATE	Contemporary
3812 KELLER AVE #152	\$359,000	\$355,000	17-Feb-11	2	1	1		2	No	40	FAIRLINGTON TOWNE	Colonial
2709 CENTRAL AVE	\$655,000	\$643,000	25-Feb-11	4	2	1		3	Yes	42	BRADDOCK HEIGHTS	Colonial
3309 WYNDHAM CIR #3175	\$237,000	\$236,000	25-Feb-11	1	1	0	1	1	No	35	POINTE AT PARK CENTER	Colonial
DEL RAY/ROSEMONT												
1503 RUSSELL RD	\$1,195,000	\$1,195,000	16-Feb-11	4	3	1		4	Yes	263	ROSEMONT	Victorian
4 GLENDALE AVE W	\$1,089,000	\$950,000	28-Feb-11	4	3	1	1	3	Yes	163	ROSEMONT	Cape Cod
527 DUNCAN AVE	\$429,900	\$417,000	25-Feb-11	2	1	0		3	Yes	130	DEL RAY	Colonial
516 ALEXANDRIA AVE E	\$439,000	\$430,000	22-Feb-11	2	2	0		3	Yes	73	DEL RAY	Traditional
202 MONROE AVE E	\$749,900	\$708,000	16-Feb-11	4	2	0	2	2	Yes	52	DEL RAY	Cape Cod
12 CUSTIS AVE E	\$569,500	\$545,000	3-Mar-11	2	2	0	1	3	Yes	45	DEL RAY	Cape Cod
100 MAPLE ST E	\$679,000	\$679,000	28-Feb-11	3	2	0		3	Yes	19	ROSEMONT PARK	Cape Cod
2310 RANDOLPH AVE #A	\$449,900	\$440,000	28-Feb-11	2	1	1		3	Yes	11	DEL RAY	Colonial
ARLINGTON												
3008 ABINGDON ST S #C1	\$219,000	\$202,000	1-Mar-11	1	1	0		1	No	179	FAIRLINGTON VILLAGE	Colonial
3008 ABINGDON ST S #A1	\$349,900	\$337,500	24-Feb-11	1	2	0		2	Yes	184	FAIRLINGTON VIL	Colonial
3068 GLEBE RD S #3068	\$524,900	\$478,250	24-Feb-11	3	3	1	2	4	Yes	80	ARLINGTON RIDGE TERRACE	Other
2913 COLUMBUS ST #2858	\$512,000	\$495,000	3-Mar-11	2	2	0		3	Yes	93	FAIRLINGTON VIL	Colonial
4801 29TH ST S #2732	\$388,000	\$380,000	24-Feb-11	2	2	0		3	Yes	144	FAIRLINGTON VIL	Colonial
4656 34TH ST S #B2	\$270,000	\$260,000	25-Feb-11	1	1	0		2	No	70	FAIRLINGTON MEWS	Contemporary

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As avid Baltimore Ravens Fans, we purchased this 1976 Champion Mobile Home for our family tailgating experience. My brothers and I renovated the interior for the optimal tailgating experience. The great amenities include wrap-around bench, table, above and below seat storage for all your tailgating needs and a restroom. It also includes heat and air conditioning unit, set up for portable generator, and a cabinet to stow your food and alcohol. The Ravenator has served the family well with many fond tailgating memories with family and friends. Still runs great.

\$3,000. Call Mike at 703-244-6738



BY MARI STULL



I drink a lot of wine. And if I spent over twenty bucks for each bottle I sipped, I'd be writing this column from the back of my car. I simply can't afford overpriced wine and my mortgage concurrently. Having said that, I'm not about to ignore my penchant for quality juice. But, I am a Vixen on a budget...

### Wal-Mart or Nordstrom's Rack?

Wine is a marketable commodity like anything else – cars, computers, or... clothes. As a cultured and well-heeled reader of Zebra, I know you appreciate the drape of a Loro Piano cashmere coat or the perfect cut of a Thomas Pink shirt. And if your income suddenly disappeared, you would continue to appreciate this sartorial excellence – but, you would be a bit savvy and discriminating about paying for that excellence.

Apply that to wine, and now we're on the same page. This column, we'll look into indulging our good tastes, without depleting our good money.

### Location, Location, Location

Remember Aussie wines ten years ago? Maybe you were on the cutting edge of sipping those fabulous McLaren Vale Shirazes for next to nothing. Ten years ago, Australian wines were just beginning to be exported, "branding" was in its infancy, and multi-national investment in wineries were yet to be. It was a great time to be a Australian wine sipper – quality wines were flowing for a song. So, where are the "Australian" wines of today? Where are the underappreciated, undiscovered regions that are churning out quality wines that we should be sipping today for a song?

### Portugal

Known for hundreds of years for her Port, now Portugal is poised to be known for her table wines. A new generation of young-gun winemakers (many from Port making families) is investing time, money and talent into the vineyards and wineries of Portugal. The white wines of Vinho Verde are more expressive and serious than ever before. The reds from Douro are world class and some of the most interesting blends in the world. Just as Australia put "Shiraz" on the wine map, so too will Portugal with "Tourigo Nacional."

Tourigo Nacional is a finessy red wine grape that has the tannins and structure of a Cabernet Sauvignon and the fragrance of a Pinot Noir. It's a complex variety that's simply sublime at the hands of a good winemaker and mother nature. I've seen Portuguese Tourigo Nacionais for as cheap as \$5 – and rarely more than \$20

### VV Recommends:

**Quinta de Cortezia - \$12**

**Touriga Nacional Alenquer, Portugal**

Yowsa! Great spice off the bat on this one. Chewy dark berry fruit, with predominance of plum. Tannins (that's what makes your mouth pucker and feel dry) are pretty intense, so be sure to let her aerate and breathe for at least 30 minutes before sipping.

### Lodi

Closer to home is another region producing some amazing wine at Nordstrom Rack prices is Lodi, California. Whereas Napa and even Sonoma real estate are some of the most expensive in the US, Lodi has yet to experience land escalation to that extent. Tough to make a reasonably priced bottle of wine if your winery is sitting on a \$3 million mortgage.

Lodi is also now hosting some of Northern

California's winemakers who have honed their skills at stellar Napa and Sonoma wineries. So, we get the experience and talent of \$50/btl wineries in \$20/btl wineries. That's a Vixen equation that makes sense to me. Lodi makes some outstanding Zinfandels – some of the best I've tried hails from this area. If you see a Lodi Zin, chances are it's going to be pretty decent. If you don't feel like a crapshoot, try this one:

### VV Recommends:

**2005 OZV Zinfandel - \$12 Lodi, CA**

OZV=Old Zinfandel Vines. This wine may also be marketed under the name "Oak Ridge." Produced from the grapes of gnarly Zinfandel vines that are up to 100 years old. Lots of tootsie roll chocolate complemented with blackberry fruit. This is a stellar wine at a simply stellar price. Nifty presentation, too. Cheers!

*The Vixen™ is a syndicated wine writer whose musings appear in over 25 publications nationwide. She's also a correspondent on Wine Taste TV (WineTasteTV.com), Wine Educator to the French Wine Society, and Wine Critic to WinesTilSoldOut.com – one of the Internet's largest (and cheapest) source of fabulous wines. Have some great restaurant wine specials to share with The Vixen? Email her on [VinoVixen@VinoVixen.com](mailto:VinoVixen@VinoVixen.com).*



## Secretariat: A Thoroughbred Film

BY HOLLY BURNETT



Upon hearing this year's Oscar nominations for Best Picture, I was shocked to discover Disney's *Secretariat* was not among the pack. Having seen all ten that received the coveted nod, *Secretariat*, far and away, is among the best films of 2010.

Penny Chenery Tweedy, brilliantly portrayed by Diane Lane, is a 60s housewife who takes the reins of her parents' horse-breeding farm to nurture the greatest racehorse of all

time. Historically accurate with the real Mrs. Tweedy an advisor to the film (and seen on camera in the final race at Belmont), *Secretariat* tells the remarkable story of the horse who in 1973 became the first U.S. Triple Crown winner in 25 years, setting new race records in two of the three events – records that still stand today.

Stunning visuals, including intense racing sequences, heartfelt performances and intelligent dialogue make this a cinematic gem for the entire family – a beautiful study of hope, courage and determination that polarized our nation and laid claim to the elusive understanding that exists between humans and animals.



## THE VINTAGE RECIPE BOX

### "Company" Rice

Try this easy and delicious rice casserole that used to be featured on the side of a Campbell's soup can in the late 1960s. Ideal side dish that easily accompanies beef or chicken.



- 1 10.5 ounce can Campbell's Beef Consomme
- 1 10.5 ounce can Campbell's French Onion
- 1 12 oz jar/can of sliced mushrooms
- Small package of long grain rice
- 1 stick unsalted butter

Preheat oven to 350 degrees. In medium saucepan combine soups and drained mushrooms and bring to a boil. Fill one of the empty soup cans to the top with long grain rice, and pour into a covered 9-inch casserole dish. Slice stick of butter in small pieces and distribute evenly across the dry rice. Pour boiling mixture over the rice, cover, and bake for 55 minutes. Let rest 5-10 minutes. Enjoy!

**If you have a tried and trusted recipe that is quick and easy and gets rave reviews, please share it with us by emailing us at [recipes@thezebra.org](mailto:recipes@thezebra.org).**

Submitted by Wendy Miller.



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

**FRANNY** - (Female)

**Breed:** Beagle Mix

**Age:** 5 Months

**History:** Shelter



My name is Franny. I am a 5-month-old Beagle mix (or so they tell me... My foster mom thinks I might have some black lab in me, too, because of my coloring). I love to play! I get along great with other dogs and with kids. I have lots of energy and love to chase you around, play tug-o-war and chase balls (or anything else you might throw for me). I am trying to learn to only chew on my toys and am quick to listen when Mom tells me I need to change what I am doing. I am a good sleeper, am crate-trained and love to cuddle. I am also very gentle -- I am over my puppy "biting" phase, so I don't hurt my kids when we play. Will you take me home and love me forever? That would make me sooo happy -- and I would do my best to make YOU happy, too!!

**HUNTER** - (Male)

**Breed:** Golden Retriever

**Age:** 18 Months

**History:** Shelter



Hunter was given up by his family because they could not afford to care for him. He is a pure-bred Golden Retriever.

**LISA** - (Female)

**Breed:** Poodle

**Age:** 7 Years

**History:** Puppy Mill



Lisa is a 7 year old poodle who came from a puppy mill in South Carolina with Brittany. Lisa is outgoing, loves to be petted and give kisses and clean Brittany's face. She walks well on a leash and does stairs with no problem. She is crate trained and has had only a few accidents. She is very comfortable with the resident Beagle and Shih Tzu, and likes meeting new people. After Grooming By Marcey she looks great.



Find LOVE  
THIS SPRING

**MISSY** - (Female)

**Breed:** Feist Mix

**Age:** 2 Years

**Weight:** 12 Pounds

**History:** Shelter



Missy is a very sweet, little mommy dog--only 12 lbs. She loves to cuddle up and sleep on your lap. She is good with other dogs and enjoys toys. Her housetraining is going well and she walks very well on a leash. Although she barks at strangers who come to the door or when out on a walk, she settles down quickly after she gets to greet them. She enjoys romping around the house as if it was her own little playground and she can also jump over short fences. Missy is a very affectionate playful little girl that would love to find her forever home soon!

**MARLEY** - (Male)

**Breed:** Australian Shepherd Mix

**Age:** 13 Weeks

**Weight:**

**History:** Shelter



Marley is an Australian Shepherd mix pup. This softie is s total lovebug. He loves to play and run but as soon as you pick him up, he'll melt in your arms.

**BELLE the Beagle** - (Female)

**Breed:** Beagle / Dachshund Mix

**Age:** 10 Years

**History:** Owner Release



Belle is a sweet dog in search of friendship, love and comfort. She tends to enjoy being a super loyal friend to mainly one person and doesn't want to have you out of her sight. Belle warms up quickly to women and those who are soft spoken. Hanging out in the yard, going for car rides, or just hanging around the house are all things Belle has a good time doing if she is in your company. She would do well as an only dog or as a part of a dog pack. Belle enjoys the company of her many foster dog friends, but also craves to be the center of her loyal friend's attention. Belle is fully housetrained and crate trained. She is a very smart lady dog and can do several fun tricks, including "What up dog?" (fancy shake), "Roll Over", and even balance a treat on her nose. If you think you could be Belle's best friend and provide a loving, calm home for Belle please send us an email and come meet her.

**PLEASE HELP WALLIE**



**Wallie** - (Male)

**Breed:** Poodle

**Age:** 6 Years **Weight:** 19 Pounds **History:** Shelter

Hi, I'm Wallie! I am such a sweet, loving boy. AFH thinks I have some Poodle in my breed, but maybe also Bichon. I love to give kisses and enjoy going for walks or sitting next to you. I do very well in the house and just love dinner time. I am housetrained and crate

trained and do well in my foster home with three other dogs and three cats. I know I am gorgeous now, but you should have seen me just 6 months ago. My previous owners took horrible care of me. They let me get so badly matted that I could hardly walk and could not see a thing. To make matters worse they took me to the shelter and literally threw me out of the car window and drove off. The shelter workers did not know if I was a boy or girl until after they shaved me down. Now I am doing so well that all of that is just a memory to me. Because of my poor care, I do have cataracts, but I can see pretty well. The only problem I really have is tripping over things in poor light. AFH would love to get my eyes fixed, but right now they are trying to raise funds as it will be very expensive procedure. No one knows how old I am, but I am in good health and should have many years to live and love my forever family. Is that family you?

**A FOREVER-HOME RESCUE FOUNDATION**

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

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



For more information about adoption, call

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or visit us online at [www.aforeverhome.com](http://www.aforeverhome.com)

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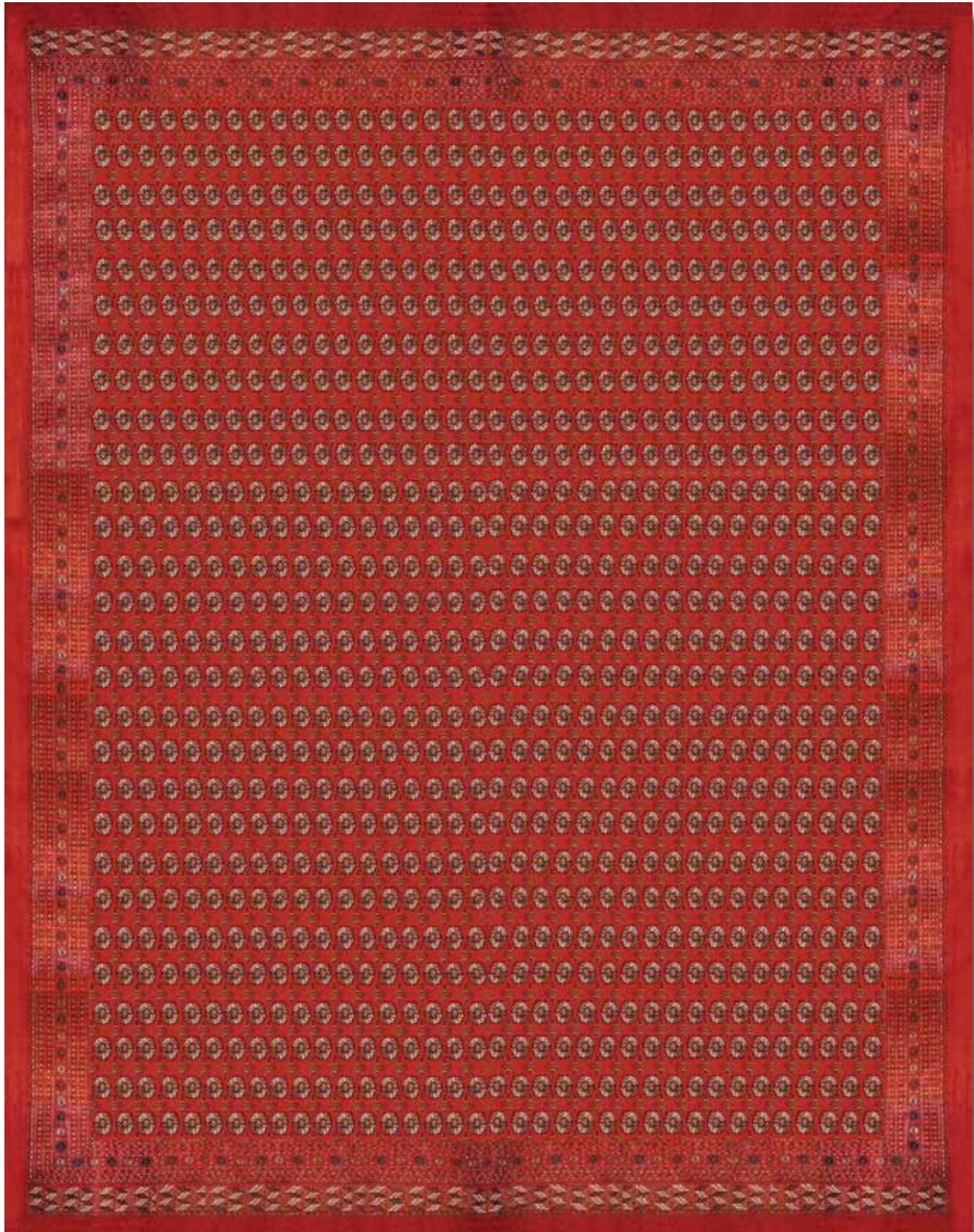


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