Zebra

Magic Carpet Man

Arlington/Alexandria • It’s read all over!

November 2012

Also Inside: The Forgotten Battle • Genon’s Clean-Up • Mighty Monarchs • Sipping with Salentein • And More!
Happy Thanksgiving

– From Christine Roland Garner

Beverly Hills

$974,900

Spacious 4/5 bedroom, 4 bath home with a fabulous Great Room and Master Suite addition with over 3,100 sq ft of living space. Gourmet kitchen, breakfast room and home office. Custom built-ins throughout, rooftop deck & rear stairs. Lower level recreation room, fenced yard with wrap around deck and off street parking.

Old Town

$834,000

Beautifully updated 3 bedroom 3.5 bath end townhouse with over 2,500 sq ft of living space. Desirable open floor plan with refinished wood floors, 2 fireplaces and spacious lower level family room with wet bar and French doors to the fenced back yard with a patio & large custom shed. Blocks to METRO, shops and restaurants.

Seminary

$550,000

Wonderfully updated and surprisingly spacious 5 bedroom, 3 bath home with a new kitchen, 3 season sunroom and 3 finished levels. Beautiful yard, (approx. 10,000 sq ft) with patio & off street parking. Close-in neighborhood just minutes to Old Town, Arlington & D.C.

Mt. Vernon Grove

$964,900

Spacious 4 bedroom, 2.5 bath Arts & Crafts home with a fabulous Great Room and Master Suite addition, 2 fireplaces and 3 finished levels. Fenced yard with deck, patio, mature landscaping and off street parking.

The Eclipse

$559,000

Luxury 2 bedroom, 2 bath condo with balcony and garage parking located just blocks from Crystal City, METRO & Potomac Yards. Open floor plan with split bedrooms for maximum privacy. Kitchen with 42” Cherry cabinets, SS appliances and granite counters. Abundant amenities including concierge service, on site Harris Teeter, fitness center, pool, rooftop deck and community club.

Cameron Station

$385,000

Sophisticated 2 bedroom, 2 bath condo with desirable split bedroom configuration. Open floor plan with living room dining room combination, bay window and open balcony. Spacious kitchen with 42” Cherry cabinets, granite counters, breakfast bar and SS appliances. Two bedroom suites each with private baths. Two full size garage spaces and numerous amenities including an on-site fitness center open 24/7.

Fairfax Homes

$349,000

Charming 4 bedroom, 2 bath rambler on nearly 1/2 acre close to shopping & restaurants in Kingstowne & Rosehill. Living room with picture window and dining room. Large kitchen with newer appliances, ample counter and cabinet space and an adjacent mud room with access to the yard. Sundrenched family room with new windows looking out to the beautiful yard with a manicured lawn, patio and mature trees. Gleaming wood floors throughout, new AC & Heat!

SOLD!

Seminary

$549,000

Awesome opportunity! Spacious 5 bedroom, 2.5 bath home on over 1/3 acres across from the Mansion House Swim and Tennis Club. Generous room sizes, 2 wood burning fireplaces, main level family room and recently finished lower level with high ceilings. Upper level with 5 bedrooms including a Master Suite with sitting room and fireplace. Hardwood floors, attached garage and lots of potential.

Weichert Realtors® 121 North Pitt Street • Alexandria, VA 22314 cghomes@hotmail.com

Christine Garner • 703.587.4855 • www.ChristineGarner.com

I sell more because I do more!

$8,000 Closing Cost Credit

Under Contract
Zebra’s Spotted in CAMBODIA!

STUART STONE sent in this photo of Zebra being read at the east gate entrance to Angor Thom, Siem Reap, Cambodia.

If you have a photo of Zebra taken on your travels, please send it in to mary@thezebra.org and when we have a chance to publish it, we’ll send you a $25.00 gift certificate to an area retailer or restaurant.

JAMES ROBINSON in Falls Church has won for a second time! He sent us a marked-up copy of the September Zebra through the mail and found 11 spelling and/or grammatical mistakes we had made. Well spotted! Mr. Robinson’s gift certificate is on the way as he caught the most.

We know we make mistakes, so to make a game of it, please send us your corrections and the one with the most catches, wins. Feel free to mail them or send via email to mary@thezebra.org.

I want to go back to the days when Christmas trees made their way into the landscape after Thanksgiving. We hardly get out of Halloween costumes before the major retailers don twinkly lights and plastic pine and start pushing the holiday guilt upon us.

I heard Target for the first time is opening its doors Thanksgiving at midnight, instead of waiting for what I always thought was the ex cruciating hour of 6am on “Black Friday.”

All I can say is, consider going back to the basics and shop the Moss and Pop stores in our own neighborhoods. Small retailers are the backbone of this country and need your support. They all have families to support and rent and insurance to pay, and want to give you special prices and excellent service in ways the big box stores simply cannot.

And let’s remember to give thanks this month too. I’d like to share heartfelt gratitude to Becky Arnold, who lost her battle to cancer this past October. She was a dear friend to me and to Zebra, and since our inception, was a monthly advertiser and contributor who shared the Home Sales of every month with you. She will be sorely missed by us and by the whole community.

And my thanks to all of you who continue to support us through advertising and readership.

– Mary Wadland, Publisher

Zebra's Spotted in CAMBODIA!
Their slogan is “If you stand on it, Joe Hadeed stands behind it.” That now resonates from the Washington/Baltimore Metropolitan Area to Richmond and the Tidewater area of Virginia Beach.

As of last December, the Hadeed Rug Cleaning Restoration And Repair firm owns plants in Alexandria and Richmond, Virginia, when Joe Hadeed became the owner of the Mercer and Victory rug cleaning enterprises as the winning bidder at an auction. His bid of $1,250,000 not only acquired the two firms but also three buildings comprising an area of 30,000 square feet.

“Our trucks now cover the entire length of Virginia and westward as far as Charlottesville,” Joe Hadeed stated. The business, which was started by his father, Michael Hadeed, in 1955 in his driveway in Alexandria’s Del Ray section now serves eight regions stretching from Baltimore, MD, to Virginia’s Tidewater area.

Joe went to work for his father when he was 19 and bought the business in 1990. His younger brother Michael, a lawyer, joined him in the business three years ago after practicing law for 25 years.

The firms recently purchased in Richmond were owned and operated by George Mercer who died at the age of 92 last year, according to Hadeed.

“He went to work at his plants everyday until the week before he died,” Hadeed said.

Mercer was an insurance salesman in the 1920’s who worked part-time for Victory Rug Cleaners which had been started in 1892. By 1936 rug cleaning had become a fulltime occupation for Mercer so he built his own plant and started Mercer Rug Cleaning. In the late 1930’s he bought the business of his former employer Victory Rug Cleaners.

Following Mercer’s death the firm went on the auction block and Joe Hadeed was the successful bidder. “At the time they had 16 employees. We kept them all and added six. We’ve already tripled the business they were doing,” Hadeed said.

However, that’s not to say Hadeed didn’t make changes. “We shut their cleaning plants because they were all automated. The only thing the employees were doing was watching over the machines. And, they didn’t offer any rug repair work as we do here with our staff of skilled professionals in the delicate art of repairing and restoring oriental carpets,” he said.

“We moved the entire cleaning process to our plant in Alexandria where everything is done by hand. That’s the only way to really clean oriental rugs properly and our customers know it,” Joe emphasized.

“Machines pump the rugs through in about 30 minutes, but there is no way to tell if they are absolutely clean. Our quality cleaning process, done by hand and thoroughly inspected before they go back to the customer, is one hundred percent better. Only about two percent of the rug cleaning companies in the country do it the way we do it,” he declared.

Since Hadeed took over in April 2012 he has moved the former Mercer employees to administrative positions, operating the phones, and handling pick up and deliveries. He also offered a long time Alexandria employee the opportunity to serve as Vice President of Operations in Richmond, working alongside Mercer’s former general manager at the new company now known as Hadeed-Mercer.

But, Joe and Michael Hadeed have not stopped with expanding their operations to the Richmond. They have recently initiated a maid service for both residential and commercial clientele, including many Washington embassies.

“One of the biggest complaints I’ve heard over my 36 years in this business is from maids about how their equipment damages the fringe on good carpets,” Hadeed said.

So they started a well-trained maid service operating out of 10 vehicles that employs approximately 14 maids assisted by estimators and supervisors. “We work in private homes, 

▼ See JOE on page 5
commercial offices and embassies throughout the day and evening hours,” he explained.

“Every employee in this operation goes through rigorous testing by USHII, United States Homeland Investigations, Inc. They are screened as to their eligibility to legally work in this country, any criminal background, and tested for any drug use. We are part of Eleva, a computer network connected to the federal government,” Hadeed stated.

In order to increase overall revenues, Hadeed Oriental Rug Cleaning has also re-entered the retail rug sale business, which they closed in 2006, with the opening two months ago of a new 2,000 square foot showroom/sales office at 535 West Maple Ave. in Vienna, VA. It has a $3 million inventory of exquisite oriental rugs, some of which are “embassy size” and displayed by hanging from the building’s 30 foot ceiling.

Hadeed Oriental Rug Cleaning now boasts an annual revenue flow of $15 million and a staff of more than 220 employees between the Alexandria and Richmond operations, the new maids division, and their new retail store, according to Joe.

“Our rug cleaning has actually increased throughout the recession. We are now cleaning between 4,000 and 5,000 rugs per month. We offer in-home and in-office cleaning as well as bringing the rugs into our plant for cleaning,” he said. This is accomplished through a 48 truck fleet, 13 of which do on-site rug and hardwood floor steam cleaning as well as heatduct ventilation and tile cleaning.

And, to top it all off on August 30 Joe’s wife, Valerie, gave birth to their first child, Samira Louise. “She’s named for my mother Samira and my wife’s grandmother Louise. I also have a 10 year old stepson named Michael which is my father’s and brother’s name,” Joe said.

Hadeed Oriental Rug Cleaning Restoration and Repair has shown spectacular growth during the past 18 months, a time when many business enterprises have experienced a significant downturn, with some even vanishing from the landscape. In recognition of this accomplishment the Alexandria Chamber of Commerce last year named the firm its Overall Business of the Year.

Andre Dumas the Elder in his 1854 work Auge Pitou stated, “Nothing succeeds like success.” Of that, Joe Hadeed, his company, and his life are living proof.
Aches and pains?
Stop suffering today!

Dorothy Turner & Gwen Menefee-Smith

Dorothy Turner and Gwen Menefee-Smith helped found the Alexandria Tenants Council more than forty years ago with the primary goal of working with City officials and the Alexandria Redevelopment and Housing Authority to establish non-discriminatory and fair regulations regarding housing policies. They also sought to provide legal, economic, social and educational support for tenants, and for the preservation of allocated numbers of public housing units in the city after some apartments were demolished.

Turner and Menefee-Smith broadened their efforts to organize voter registration drives and non-partisan grassroots support of city, state and federal candidates for office. “We had to get tenants out to vote. We looked at politicians who didn’t respect us and worked for their opposition. We can’t blame people for needing the services. Politicians are supposed to do the right thing,” Menefee-Smith recalls.

Dorothy Turner was born and raised in Del Ray and is a descendant of one of the oldest African American families in the city. She attended St. Joseph’s Elementary School and Parker –Gray High School. In 1968, she moved into the John Roberts public housing complex, where she lived for 13 years with her husband and children. She recalls that public housing had just been integrated and that an African American, Nelson Greene, was on the City Council. At the time, housing officials tried to deny unwed mothers space in public housing, a major point of contention within the black community. It was a burning source of her discontent and therefore time, she said, to “fight for something due to us.” Turner said she was also inspired by her brother, one of five young men who had been arrested for protesting separate, but unequal public library facilities.

In addition to improving housing conditions and policies, she, Menefee-Smith and others pushed for increased black representation on City Council, commissions, and on the housing authority board. They worked the polls and picketed Yellow Cab, which would not hire black drivers. They also saw a newly established community center on Wythe Street become a meeting space, wedding venue.
and gathering place for teenagers. Soon sewing, typing and preparation classes for the Civil Service exam were offered. “We just did a lot of things and other people started helping us,” said Turner.

One of her proudest moments, she reflected, was the successful sit-in campaign to offer black history classes at T.C. Williams High School. Although not a native of Alexandria, Meneefee-Smith became acquainted with the town at an early age. Her grandfather worked in Alexandria, and during summers she stayed in the house he purchased. In the early 1960s, she moved to Alexandria with her military husband and reared three children. The marriage didn’t last, the couple separated, then divorced, and she wanted to stay in the area to be close to family. As a single mother Meneefee-Smith had limited resources after leaving her husband and eventually ended up in a public housing apartment. She felt the scorn of housing officials due to her divorced and single mother status, she recalls. By knocking on neighbors’ doors, Meneefee-Smith confirmed they felt the same intimidation and fear of being ejected from their apartments for unfair moral standards imposed upon them. “They were traumatized and scared to death,” she asserted. Instead, she attended Northern Virginia Community College, then George Mason University to get her undergraduate degree in Social Welfare, using a patchwork of scholarship, daycare and transportation assistance. She attended Howard University for her master’s degree with scholarship help, to remove her from her job. Meneefee-Smith was fingerprinted, and the case went to hearings, and then the grand jury before she was cleared. Public housing tenants picketed the police chief’s house and one “alleged witness who gave false testimony” committed suicide. The FBI was called in to investigate. Despite her eventual vindication, Meneefee-Smith switched to a job in Washington, DC to provide health care for the elderly. “That did not stop me from being involved with Alexandria tenants.”

Meneefee-Smith and Turner expanded their crusade for the disadvantaged and working 20 hours a week while attending classes. However, her path was still not cleared for easy success. She, Turner and others were very concerned when the Housing Authority proposed destruction of blocks of public housing units without provision for displaced families. More than 30 years later, Meneefee-Smith recounted how her increased activism led to false criminal charges that she had stolen money from an elderly resident. As a Housing Authority employee at the time, the action was prompted; she asserted, elderly by advocating for senior citizens, especially in the arenas of affordable health care and affordable housing. The women are currently working to improve the well-being of mentally challenged persons, especially African American and Hispanic at-risk special education students. Turner explained that some parents need guidance to navigate the complex rules surrounding individualized education plans for special education students. It is especially true when English may not be their first language or if they have had limited schooling themselves. Education will always be the best means for a person to improve him or herself; Turner said, so it is critical that poor families get the support they need from the community. Meneefee-Smith added that it is their continuing concern that Alexandria is losing young people – potential community leaders – who can’t afford to live in here. Education makes the difference in getting better paying jobs.

“I will always be an advocate for poor people,” says Meneefee-Smith. She shared her intent to keep working for the dignity and rights of minorities and the economically challenged. “You just can’t walk away from them.”

Turner agrees. At 83, she uses a walker and does not have the physical vigor she once had, but she still campaigns for disadvantaged families. “I’ve lived a full life and am blessed the Lord let me live so long to help people.”

Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle Alexandria’s Living Legends. The project was conceived by artist-photographer Nina Tsara to create an enduring artistic record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria. This is one of a series of profiles that will appear this year. Platinum and Gold sponsors this year are the Alexandria Commission for the Arts, Club Managers Association of America, Dominion Foundation, Ethiklean Real Estate Development, Goodwin House, Inc., John McEneaney in memory of Ginny, Renner & Company, CPA, PC. and the Rotary Club of Alexandria.
City Retains Wales Alley in case against Old Dominion Boat Club

The Circuit Court for the City of Alexandria has ruled in the City’s favor in the case between Alexandria and the Old Dominion Boat Club involving Wales Alley. The case had been remanded back to the Circuit Court for further proceeding after the City and the owner of 106 South Union Street had successfully appealed an earlier ruling to the Supreme Court of Virginia.

The court’s order finds that when the alley was implicitly dedicated and accepted by the City as a public way, whatever residual interest or easement the Boat Club may have had was extinguished.

The order has been posted on the City’s website, alexandria.gov.

New Left Turn Restrictions on Washington Street

As the result of a 2011 safety study of the Washington Street corridor, which was approved by the City’s Traffic and Parking Board on November 28, 2011, it was found there was an elevated accident rate for vehicles making left turns during HOV hours, in the morning from 7 a.m. - 9 a.m., and in the evening from 4 p.m. to 6 p.m. Protected left turns, where vehicles can turn left on a green traffic signal arrow, have been added for southbound left turning vehicles at Washington Street at Wythe Street, as well as Washington Street at Prince Street from 7 a.m. to 9 a.m. Similarly, in the afternoon, protected left turns have been added to northbound Washington Street at Wythe Street, as well as Washington Street at Queen Street, from 4 p.m. to 6 p.m.

The implementation of the left turn restrictions and protected left turns is an important recommendation of the safety study, and will assist in decreasing the number of left turn accidents on Washington Street. All other existing regulatory restrictions remain in effect.

ACVA Announces new leader from Philadelphia

The Alexandria Convention & Visitors Association announced Patricia R. Washington as the organization’s new President starting January 1, 2012. Washington replaces Ben Jackal who had been President since June 2008.

Press Conference Heralds Plant’s Closing

On Monday morning, October 1, with no air pollutants emanating from the stacks at the Potomac River Generating Station at the north end of Old Town, the GenOn Power plant had officially shut down at 12:01 A.M.

This was the first time in 63 years Alexandria residents woke Monday morning, October 1, with no air pollutants spilling from the stacks at the Potomac River Generating Station at the north end of Old Town. The GenOn Power plant had officially shut down at 12:01 A.M.

Old Town Alexandria residents Poul Hertel (rt) and Elizabeth Chimento received special praise for their leadership in initiating the efforts to bring about the closure of the GenOn power plant during a press conference called by Alexandria Mayor William Euille to mark the historic event.

“This has been a long time coming. But, in the end we prevailed. The job is done. There were many issues in this process that few people are fully aware of. And, there was no way of avoiding the politics, particularly at the state level,” Chimento said.

Euille praised the pair’s initiative in his opening remarks noting, “They came to us and said ‘This needs to happen,’” referring to the closing of this plant. “Today is a great example of the community and local government working together,” Euille stated.

He was followed by U.S. Representative James Moran (D-8) who gave a full litany of all the various air pollutants that have been spewing from GenOn stacks over the past six plus decades. “This is a hard fought and well-earned victory for this community. This event is due to citizen involvement,” Moran said.

“Mirant was forced to cut back and make adjustment to the plant that caused them to not be able to compete in the market place. The example of what Alexandria has accomplished should be used by communities all over this nation that are suffering from coal fired power plants,” he emphasized.

“Power plants rarely get along with their surrounding communities but Mirant had particular problems. Overall there are 264 power plants nationally that are presently exempt from the Clean Air Act Those communities need to do what Alexandria has done: There have been 95 votes in the House of Representatives in the last year alone to weaken the Clean Air Act,” Moran told the audience assembled on the parking lot facing the antiquated power plant.

“The future of this site will be a community process. The city is presently in discussions with GenOn as to the various phases of the decommissioning process,” said City Councilman Paul Smedberg (D) who, along with City Councilwoman Redella “Del” Pepper (D), co-chairs The Mirant Community Monitoring Group.

Pepper summed up the overall reaction to plant’s closing with her declaration, “It’s over. It’s closed. We can now all take a deep breath.”

Although the plant is now silent it is not quite over. There is the decommissioning process and the removal of the large coal pile that covers the ground just beyond the railroad tracks coming into the 25 acre site.

The Monitoring Group along with the Virginia Department of Environmental Quality and citizen activists such as Chimento and Hertel will continue to oversee this process. As an element of the formal shut down the City will return to GenOn the $34 million it has held in escrow as part of the 2008 agreement for pollution control efforts.

Pepco continues to own the site with GenOn holding a 99-year lease. They have indicated that no “business decision” will be made about the site until all aspects of the decommissioning process are complete.

By Chuck Hagee
Discover Smart City Living at EYA’s newest neighborhood in Old Town Alexandria. **Old Town Commons** is just steps to historic King Street, Braddock Road Metro, and the waterfront. These new homes offer spacious open floor plans with gourmet kitchens, and reserved parking.

New condominiums from the $300s  
New townhomes from the $700s

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Model homes open daily | Call 571-312-8910  
735 N. ALFRED STREET, ALEXANDRIA, VA 22314
Hundreds of coat donations to benefit local children

Hadeed Carpet Cleaning, Inc., a family-owned and operated business and staple in the metro-DC community, will be holding their 7th annual Hadeed Coat Drive the weekend before Thanksgiving in an effort to gather 1,800 coats for the Washington Area Chapter of ChildHelp, a national non-profit organization.

“My wife Valerie and I are strong believers in charity, and now that we’re on the Board of Advisors for ChildHelp, we’ve made it a mission to aid this great cause in any way we can,” Joe Hadeed, CEO of Hadeed Carpet, said. “This charity really just has our heart.”

Donors are welcome to schedule coat donation pick-ups from November 1 through November 17 by calling Hadeed Carpet offices at (703) 836-1111. Homes and offices must be in Hadeed Carpet’s delivery zone area.

When: Culminating event is on Saturday, November 17, 2012 from 8:00 AM through 5:00 PM

Where: 3206 Duke Street, Alexandria, VA 22314

What: Final donation event, with food, drinks and DJ for entertainment

Who: Hadeed Carpet team and representatives from ChildHelp

For further information and media inquiries about the event, please call Agatha Wolkowicz at (571) 255-7054 or visit HadeedCarpet.com and facebook.com/hadeedcarpet.

Ndereba, Johnson Survive Rain, Hills to Capture Third Woodrow Wilson Bridge Half Marathon

Samuel Ndereba and Fernando Cabada ran head-to-head for much of the third edition of the Woodrow Wilson Bridge Half Marathon on October 7. As all of their battles have ended, it was Ndereba who got the best of Cabada on a cool drizzling day.

It took Ndereba, a staple on the U.S. road race circuit, 65 minutes and 15 seconds to win the point-to-point 13.1-mile race which begins at the Mount Vernon home of George Washington, crosses the famous Woodrow Wilson Bridge and concludes at this modern resort called National Harbor. Cabada trailed by 45 seconds.

Kellyn Johnson, on the other hand, made quick work out of the women’s race, becoming the first American woman to triumph here. She took a commanding lead from the start and earned her victory by a margin of exactly two minutes in 1:13:24. For the 26-year-old from the adidas-McMillan Elite training group in Flagstaff, the $5,400 in prize money was her largest payday by far.

“I was definitely excited to win,” said Johnson, who broke the tape just 13 seconds off her personal best from the Houston Half in January and 40 seconds off the course record set last year by Bekelech Bedada of Ethiopia. “I haven’t won a race in a long time, granted I’ve been running in mostly big races. I was hoping to run faster, to break that course record.”

DUTY FIRST

Wreath Laying Ceremony at Air Force Memorial

Secretary of the Air Force Michael Donley, Chief of Staff of the Air Force Gen. Mark Welsh, Air Force Association Sandy Schlitt and Chief Master Sgt. of the Air Force Donnie Johnston-Hall placed a wreath at the Air Force Memorial in Arlington honoring Air Force personnel who have died in the past year. Photo by Harry Merritt

37th Annual Marine Corps Marathon

Faced with strong winds and cold, damp weather the 37th Annual Marine Corps Marathon was a complete success. Thirty thousand runners participated in this, the fourth largest marathon in the United States. US Army Specialist Augustus Majo won the run with a time of 2:20:17.

PHOTOS BY HARRY MERRITT

They Will Never Forget

As Hurricane Sandy dumped rain and heavy winds in Arlington and Alexandria, this photo went internet viral showing the Arlington Cemetery guards of the Tomb of the Unknown Soldier. Though actually taken during a heavy rainstorm in September 2012 by K.L. Marker, it shows the resolve and dedication of the soldiers to guard and protect the tomb regardless.
Chamber Honors Chef Cathal Armstrong and Alexandria Businesses

Chef Cathal Armstrong, co-owner of Eat Good Food Group, was honored on November 13, 2012 as the 2012 Alexandria Chamber of Commerce Business Leader of the Year during its annual Business Awards Event held at the Rachel M. Schlesinger Concert Hall & Arts Center, presented by the Land Rover of Alexandria.

Chef Armstrong was selected for the Chamber’s top business award as a result of the enormous respect he receives within the business community for his dedication and exemplary leadership. The Eat Good Food Group, is an Alexandria, VA based restaurant group, created by Chef Cathal Armstrong and his wife/business partner, Misha. As well as paying tribute to Chef Armstrong, outstanding businesses in the following categories received awards: Association/Non-Profit of the Year, Eco-Business of the Year, Small Business of the Year, Medium Business of the Year, and Overall Business of the Year.

The Alexandria Chamber of Commerce is proud to honor Chef Cathal Armstrong and include him among the distinguished list of recipients of our annual Business Leader of the Year Award. Alexandria is extremely fortunate to have a chef and business leader of his caliber based in the City, as he shares his renowned culinary expertise in our community. In addition, our 2012 business award recipients, and all of our nominees, represent a diverse and thriving business community that reflects the City that we serve,” stated Andrew Palmieri, Alexandria Chamber of Commerce Chairman of the Board.

This Year’s Business Award Recipients are:
- Association/Non-Profit Business of the Year – ACT for Alexandria
- Eco-Business of the Year – Marstel Day, LLC
- Small Business of the Year – Commonwealth One Federal Credit Union
- Medium Business of the Year – American Advertising Distributors of North America
- Overall Business of the Year – Grant Thornton LLP

After the awards presentation, guests were treated to tastings from Chef Armstrong’s restaurants including, consisting of Restaurant Eve, The Majestic, Virtue Feed and Grain, Society Fair, Eamonn’s A Dublin Clippie, PX, and Bar TNT. “The professionalism of our event, the honorees and the exceptional cuisine brought great excitement to the business community” stated John T. Long, Chamber President & CEO.

New Street Signs in Crystal City

Arlington county employee Jacque, replaces Old Jefferson Davis Hwy sign with new Lang Bridge Drive signs. Lang Bridge Park at the North end of Crystal City has become a great gathering place for sports and plane/train watching.

Second Annual Advent Calendar

Art Celebration

Alexandria’s holiday landmark, The Christmas Attic has partnered once again with area schools, churches, businesses and community groups to help produce a temporary exhibition featuring illuminated canvases of art to be revealed on their building for its 2nd Annual Holiday Advent Calendar Art Celebration. The event is a creative holiday activity that helps celebrate the “magic & wonder” of the holiday season, while giving back to the community.

Starting December 1 through December 24, 2012 each day at sundown, the store will reveal “advent art” featuring a variety of local organizations and artists holiday creations. All art will be placed either in the windows or on the brick of the building on the front side facing Union Street.

At the closing of the Advent Calendar event, the canvases of advent art will be available for auction at a post event celebration. Proceeds from the auction will go to the Make-A-Wish Mid-Atlantic. Make-A-Wish Mid-Atlantic grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

Sea schools, organizations and/or businesses that are participating in making advent creations include: St. Anthony’s Day School, Good Shepherd Church, Old Presbyterian Meeting House, Christ Church and Sirkiah O’Reese. Special thank you to local construction firm Manthey Construction Services for sponsoring the install of the artwork.

UPDATE from page 8

President & CEO. Washington’s start date is November 13, 2012. She is the third person to lead ACVA since its inception 16 years ago.

Washington currently serves as the Vice President of Cultural Tourism at the Greater Philadelphia Tourism Marketing Corporation (GPTMC). Washington brings a wealth of experience in cultural tourism, marketing, arts management, fundraising and grant making. She has demonstrated savvy in orchestrating cross-sector collaboration to execute an impressive roster of large-scale initiatives that promote economic growth.

“The new President/CEO will benefit Alexandria.”

“I am thrilled to be joining the ACVA as its new President & CEO” said Washington. “The ACVA has a built a strong foundation of sustained economic growth promoting the city as a stellar cultural destination. I look forward to working collaboratively with the city and other stakeholders to continue that great work.”

The Alexandria Convention & Visitors Association recently announced an 8.1 increase visitor spending for 2011, to total $711 million, generating city tax revenue of $23.1 million. Alexandria’s 22 percent increase in five years dramatically outpaced increases for Virginia and Northern Virginia, both at 9 percent.

New West End Fire Station Breaks Ground

The project is part of the City’s Capital Improvement Program. The new fire station, which was approved by City Council in 2008, will provide enhanced emergency response time to Alexandria’s West End. The station will provide additional Fire Department classroom and training facilities, and community meeting space. Funding for this $16 million project also supports the improvement of the City Impound Lot located at Eisenhower Avenue and the addition of a new impound lot at 3000 Business Center Drive. Construction of Fire Station 210 is estimated to be completed in the winter of 2013-2014.

Call 703.919.7533 today for advertising rates or email mary@thezebra.org

READ ALL OVER!

Zebra
Capitol City Brewing Company Hosts Thirteenth Annual Mid-Atlantic Octoberfest Beer Festival

Thousands descended on Shirlington’s Campbell street for the 13th Annual Mid-Atlantic Octoberfest. With over 100 different types of beers, ales and lagers from 75 breweries participants found numerous ways to quench their thirst. Along with the brews, bratwurst and pretzels visitors were entertained with music and dancing. The lines were long, but the crowds appeared to really enjoy the day.

PHOTOS BY HARRY MERRITT
Let's take the biggest, most visible thing in our home; the WALLS and let's not only paint them, but paint them a solid color and (here's the insane part)... let's make-believe that we're going to be able to keep them clean! Why do we do this to ourselves when any fool would know that the slightest peanut butter smear, wet dog shake, vacuum cleaner crash, or insect squash is going to result in a mark, print, or splatter? You might as well upholster the TV room sofa in a Vera Wang Bridal silk and insist that it has to be kept immaculate. It ain’t gonna’ happen! Let's get real, and admit to ourselves that:

A: the walls are going to take a lot of punishment and
B: we have better things to do with our lives than scrub walls.

So, what's the solution? Well, my friends... I'll tell you! One solution is something you may not know exists: washable vinyl wall paper! It’s almost like plasticizing your walls! I can hear you now: “Vinyl wallpaper... it must look tacky!” Oh no it does not! It is not shiny, looks just like the standard paper wallpapers, and is available in a vast variety of patterns and colors. “I’d be afraid to try to hang wall paper!” Oh no you wouldn’t! Look for choices like WallSmart, who’s new generation of kid friendly wallpaper is designed for easier hanging with the paste going on the wall, not on the paper.

“Where I would need it is in the bathroom and it will peel-off in there!” Oh no it won’t! Today’s wall coverings are much more advanced that they used to be; apply it according to directions and it will do fine – even around steam. Try a bold, beachy stripe in the bathroom to add the impression of height, and you’ll have a great new, easy-care look.

Washable wallpaper is ordinary wallpaper that is coated with a thin glaze of polyvinyl acetate (PVA), or is printed with water resistant inks. It gives an easy to wipe surface and is particularly suitable for high-mess areas and is long-lasting if applied correctly.

I don’t know about you, but my kid is not going to stop smudging anytime soon, the dogs are not going to stop mud-slinging, but I’m not going to mind. An effortless swipe of a damp sponge will maintain my walls in a state of constant perfection!

Ginger Rodriquez is an interior designer who owns West Bay Interiors in Alexandria.
October 50 years ago was the coldest month in the Cold War. Many of you reading this have absolutely no concept of what the Cuban Missile Crisis was but to characterize it -- we were at war with what was then called the Soviet Union. You are fortunate that you’ll never have to endure the anxiety of those thirteen dangerous days when the world virtually stood at the brink of annihilation. Since the end of World War II the US and the USSR could best be described as two angry boys on the playground about to duke it out. The USSR flexed its’ muscles threatening to cut-off Berlin from the rest of the free world on three separate occasions. It kept pushing our buttons by supporting Communist uprisings in Europe, South America, Asia, and Africa and in late October 1962, the USSR installed inter-continental ballistic missiles on the island nation of Cuba. Today, that may seem insignificant, but in 1962 those warheads could have hit targets in virtually any major metropolitan area east of the Mississippi River. Had that happened, the 9/11 attacks on New York and Washington DC would have paled in comparison.

I was an eight year old kid then living at FT. Bragg, NC, where my Dad served with the 7th Special Forces Group. One day after work I remember him hurrying home, packing uniforms and other gear into a duffle bag, and then after a quick dinner, we turned on the television to watch President Kennedy address the nation on what we would become known as the Cuban Missile Crisis. In those days many homes across the US had bomb shelters in the backyard filled with supplies in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’ and we practiced ‘duck-and-cover’ drills at school in the event of an ‘atomic attack’. It kept pushing our buttons by supporting Communist uprisings in Europe, South America, Asia, and Africa and in late October 1962, the USSR installed inter-continental ballistic missiles on the island nation of Cuba. Today, that may seem insignificant, but in 1962 those warheads could have hit targets in virtually any major metropolitan area east of the Mississippi River. Had that happened, the 9/11 attacks on New York and Washington DC would have paled in comparison.

Our fathers were members of the ‘Greatest Generation’. Dad had quit High School and joined the Navy in WWII just like so many of his peers. After the war, he finished high school and college on the GI Bill, taught High School for a semester and then went into the Army Reserve as a Second Lieutenant. He spent the next 20 years on active duty pulling duty in Laos, Germany, Thailand, and Vietnam. His generation had endured the Depression and a World War so the concept of duty was in the DNA of his generation. He retired in 1976 with 26 years of service, and all of it on active duty as a Reservist. In 1986 I had grown weary of boating around the world in the Navy so I decided to give the civilian world a try. I transferred to the Navy Reserve and figured that in the event of anything really rotten happening in the world, they could give me a call and I would show up. Foolishly, once a month I would muster at a Reserve Center and train with my unit. Once a year I would do my ‘Annual Training’ and I’d get to sink my teeth into some real-world operational stuff. Operation Desert Storm changed all that. Analysts, stock brokers, construction workers, HVAC technicians, school teachers, bank Presidents, and a book store owner the guys in my unit — we were the second string – the Minor Leagues. But in January 1991 when the call came, we all showed up ready to go to ‘the Show’. We were in the Major Leagues now and we made sure we didn’t disappoint. At the end of Desert Storm we knew we would be sent back to the Minors where we would stay until the call came again for us to pitch, field, or pinch hit.

In 2003, I watched my brother Nelson, a Marine Reservist leave his civilian job on Wall Street, kiss his bride and nine-month old daughter good-bye, and head off to Iraq-Iran border. I followed suit and spent a year in Iraq through February 2007. This past May my nephew Rawley, a Navy Corpsman with the Marines, returned from a nine-month deployment to Afghanistan. Must be in that DNA! In October 1962 people stood on street corners, in restaurants, and in taverns all across the country watching TV to see the latest news of the potential nuclear holocaust. Reservists left their jobs, their homes, their families, and mustered at their respective Reserve Centers, ready to go to the ‘Show’ once again, to help out the team. Winston Churchill once referred to a Reservist as being ‘twice a citizen’ – someone who has a career but also wears the cloth of the nation as a Reservist – ready to answer the call.

Nearly 50 years after those bleak October days of the Cold War we are again at war, this time in Afghanistan. It has become our Longest War. Let’s hope that both the Majors and the Minors soon get to enjoy a well-deserved off season.
Back in the genteel days of my childhood it was fun riding the city bus, from the stop near my house to the end of the route and back. Gosh, it was a joy and, no kidding, the five year old wasn’t in danger of being attacked or abused by the friendly driver.

In those formative years the dream was to be a bus driver, wearing the blue-grey uniform and cap and carrying a silver change carrier which I have to this day and transfer. It was pleasant practicing driving using an upside-down piano bench as a steering wheel and blissfully wearing down the route.

Mr. Brackett, the driver, let me ride the last few miles of his course at least once a week and we remained friends through my teen years. A recent suggestion to use public transportation for schools recalled my love for the buses. It also is proof that the way to kill a proposal is to study it to death and it seems that this style isn’t lost on local officials.

As it was previously mentioned I was blessed to grow up when students attended their neighborhood schools, walked to schools and weren’t fearful of being assaulted by unkempt, unruly and unschooled brats. I never rode a yellow school bus in my life and I’m glad.

It’s not unreasonable for school boards or city and county leaders to think about using public transportation. The local governments have already invested millions in the buses, the routes and the ancillary requisites to operate. Bureaucracy is at its best when it can make fun or criticize suggestions to use existing facilities. Why duplicate services?

The question is why not consolidate similar services? City buses could certainly be utilized for public schools. Bus drivers, if needed, could be sworn as special police officers to maintain discipline on the jitneys if and when any of the student riders decided to be bullies and push in the posterior. I was reminded that Alexandria schools used Metrosbuses in the 1970s before Metro was finished.

I admit society has changed in these days and governments must be careful in dealing with social matters. It’s a little late for this idea but I’ve never thought school boards should be elected. Politicizing education is not good and is harmful. School superintendents and school boards should answer to boards of supervisors, city council, and, not to the courts.

Taxing powers belong to city and county governments which provide funds for schools, administrators and teachers and the responsibility for local education should lie with them. I know, I know, a lone voice in the wilderness on this matter.

The old GMC buses were beautiful vehicles. Nowadays they are built to kiesel with all sorts of modern amenities – air conditioning, wireless availability and cords to buzz when riders arrive at stops. I’ve never cared for the yellow Blue Bird buses probably because I’m a traditionalist.

To help defray the costs of the buses, local businesses could sponsor them. Use salesmanship to sell rights to city and county buses and transport the boys and girls to schools.

Opportunities to enter the bus driving business sort of faded from me as the lure of newspapers got stronger. Our city’s bus drivers organized a union after several of them were shot during their working hours. They threatened to strike, an unheard of thing in those days and finally drivers were given permission to carry side arms and given raises. Our paper was having difficulty getting the “inside” facts on the problem.

Just so happened that Mr. Brackett, my early mentor, remembered me after reading some sports stories carrying my byline (his grandson had done well in a little league baseball game). It was smooth sailing after that and my hopes for a career jumped from the wilderness on this matter.

One day recently I figured it would be fun to do a part-time effort maybe as a tour bus driver. While I may still think I’m a late teenager, the facts are the superannuated stage is not a good time to pretend on city and county streets.
October 1862 found both the Union and Confederate armies exhausted and somewhat disheartened following the devastating battle at Antietam—the bloodiest single day in American military history: 23,000 dead and wounded with no clear victor.

Although the north claimed victory because the Confederate army withdrew to the south following the slaughter, that claim was more for political than military purposes. It enabled President Abraham Lincoln to issue his Emancipation Proclamation under the aegis of a Union victory, as advised by Congress and members of his cabinet.

Conversely, issuing that proclamation also served to strengthen the resolve of those sympathetic to the Confederate cause. In their eyes, the proclamation was proof that the war was being waged to end slavery and not to preserve the Union. This point of view was exacerbated by the fact that the emancipation was not to take effect until January 1, 1863 and would only apply to those states or portions of states still in rebellion against the United States at that time.

However, this did not mean that October 1862 saw no battlefield action or bloodshed. It was just that the battles fought were less costly to both sides and were more localized skirmishes than major forces coming face-to-face. The most costly were in Kentucky and Tennessee.

One of the most significant of the so-called “skirmishes” came to be known as “The Forgotten Battle of Unison,” a small northern Virginia village in Loudoun County. It also proved to be another glaring example of Union General George McClellan’s ability to thwart Lincoln’s plan to end the war through his overly cautious attitude. Ultimately, this proved to be his military career death knell.

When the 20 acre village was established by the Virginia General Assembly in 1813 it was known as “Union.” Then it was discovered that there was another Virginia settlement known as Union so the name was changed to Unison in 1829. In the interim it had also been known locally as Greenville and Butterland.

In the late 1700’s new settlers in Unison were primarily Methodists. They built their first church there in 1785—an oak log structure. It was replaced in 1832 by a brick church using slave labor. It was around this structure and throughout the small village beginning on October 31, 1862, that Confederate General Robert E. Lee bought the time to thwart Lincoln’s plan to bring the war to an early conclusion.

Following Antietam, McClellan had most of his army encamped near Harper’s Ferry strategically positioned between Lee’s Army and the nation’s capital. This positioning gave Lincoln the idea of having McClellan use his strategic location, of being closer to Richmond than Lee and having nearly double the fighting force, to make a push toward Richmond cutting off Lee’s retreat to the Confederate capital and thus, hopefully, bringing an early end to the conflict.

On October 4 Lincoln visited McClellan at his headquarters in Maryland to brief him. The President followed up this face-to-face with an October 13 communiqué detailing his plan. But, as usual it took McClellan another week to finally acquiesce to Lincoln’s proposal. On October 24 McClellan gave the march order to get his army across the Potomac into eastern Loudoun County.

When Lee got word of the Union troop movement he immediately figured out...
what they planned and began to move his troops. He also knew he needed to buy some time. He counted on McClellan's hyper-cautiousness to acquire that precious battle commodity.

On October 28, Lee dispatched Confederate General J.E.B. "Jeb" Stuart with 1,000 troops and horse artillery to the village of Unison to delay the Union forces. Stuart set up his artillery near and around the Methodist church.

The morning of October 31, Stuart sent his artillery officer, John Pelham, with a small troop contingent to seek out the Union forces. They did so when they encountered about 100 Union advance pickets just ahead of an estimated 90,000 Union troops and firepower.

They harassed them to Aldie, VA, and then broke off contact. The next morning, November 1, Stuart was ready. He engaged the Union forces with artillery fire and a few small ground skirmishes — just enough to give the impression of a much larger Confederate force.

General Alfred Pleasanton, commanding the Union forces, took the bait and relayed a request to McClellan for reinforcements. McClellan obliged with cavalry, infantry and a full artillery battery. Awaiting these reinforcements put a hold on the Union advancement.

At dawn on November 2, a Union force of more than 2500 marched toward Unison behind a brass band. When they got within a mile of the village they spread out for battle.

But, by this time Stuart had already positioned his troops to protect his flanks and moved Pelham's artillery to a dead-on position against the advancing Union forces. Then he slowly withdrew southward.,

Pleasanton in pursuit.

The assault on Unison was underway with bombardments from Union artillery answered in-turn by Pelham's Confederate guns. This was accompanied by cavalry and infantry engagement by both sides. The village itself became an inferno.

The battle went on until November 5 when Stuart's vastly outnumbered force retreated in earnest while still harassing the opposition as McClellan's entire army advanced. Confederate long range rifles fired down on advancing Union cavalry from the hillsides causing them to proceed with excessive caution allowing Stuart and his troops to make it safely through Ashby's Gap.

McClellan was now in a position to continue to Richmond but the tactical advantage now held by Lincoln had been lost. Stuart had achieved his goal and Lee's army was now in Culpeper preparing for the Battle of Fredricksburg.

November 5, 1862, proved to be the day of McClellan's final undoing as a military commander. Lincoln, infuriated by his Commanding General's timidity and blown opportunities to end the war, signed the order relieving him of command. McClellan received the official word on November 7 that General Ambrose Burnside was his replacement. As a result, Lincoln had two and one half more years of bloody combat to face during his presidency.

General J.E.B. Stuart, prior to his display of superior military cat and mouse at Unison, had proven his audacity and cunning on October 10, 1862 by breaching Union lines with a raid in Pennsylvania at Chambersburg, the first such attack north of Maryland. He arrived with his cavalry and brought forth a bloodless surrender of the town since no one had expected it and there were no defending Union forces. The people of Chambersburg found it useless to resist Stuart's incursion.

At the time it was described, and even heralded by the press, north and south alike, as "the most daring adventure of the war" up to that point. It was not just a show of bravado however, Stuart had a very serious mission -- to gather intelligence as well as supplies and horses for the Confederacy.

Upon exiting Chambersburg the next day Stuart made sure the Union would know he had been there. His "Raiders," as they came to be known for their hit and run tactics, burned warehouses containing Federal government supplies and ammunition. Union forces were dispatched to capture the Raiders but to no avail. Stuart and his men made it safely back to Virginia totally evading the Union pursuers with their cache of both goods and intelligence which would serve them well just three weeks later in a Virginia Quaker village known as Unison.
The Miraculous, Migratory Monarchs

BY GLENDA C. BOOTH

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In the spring, each female can lay 500 to 1,000 eggs. After the eggs hatch, the larva or tiny caterpillar eats the egg shell and begins to fatten up by eating milkweed leaves. “Their job is to eat,” said Brindza, “and that’s all they do — eat, eat, eat.” The monarch caterpillar, sportting bright yellow, black and white stripes, outgrows its outer skin or exoskeleton several times and if not eaten by a predator, attaches itself to a support by a silky adhesive substance and becomes a pupa, a green, bag-like chrysalis. Then it delicately dangles. As it transforms to a butterfly, the chrysalis becomes increasingly transparent. When the adult butterfly inside is fully formed, the chrysalis splits open, the butterfly pumps fluid into its wing veins, basks in the sun to dry, hardens its wings and takes flight.

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Critical Milkweed

Monarch larvae or caterpillars appear to exclusively eat milkweed. There are over 100 species of milkweed in North America. Sixty to 70 percent of all monarchs feed on common milkweed (Asclepias syriaca), says Brindza. The female lays eggs, she lives only around 30 days. The eggs become adults and this new generation flies north, matting along the way. The next generation does the same. During warm years, a few of the migrants from the mid-latitudes of the U.S. are fifth generation monarchs. The monarchs that make the fall migration live the longest, nine months. They return to the same place their ancestors overwintered. This high concentration of butterflies in a few small sites means that any adversity, like a hard winter, to cling to the trees and survive the winter huddled together. This phenomenon.” Several serious threats hodgepodge for the monarch: Pesticides, herbicides and development are destroying breeding habitat and milkweed plants. Chip Taylor, Director of the University of Kansas-based Monarch Watch, says, “Monarch butterfly populations are declining due to loss of habitat.” He estimates that monarch habitat is vanishing at 6,000 acres a day and that the overuse of herbicides along highways and elsewhere is creating grassy areas that support few species. Conservation and restoration of milkweeds needs to become a national priority,” stresses Taylor. Local value Mexico’s oyamel trees for lumber. Clear-cutting of trees destroys the butterflies’ roosts and removes protection and warmth. “The Mexican government has made strides in stopping the massive illegal logging,” says Brower; “but there is still substantial and damaging logging occurring on a smaller scale that must be stopped.”

How to Help

Plant common milkweed as host plants for the caterpillars. You can buy seeds from Monarch Watch.

Plant nectar plants for food sources for adult monarchs, such as goldenrods, Joe Pye weed and ironweed.


Support the National Wildlife Refuge system and other natural areas. For information on Occoquan Bay refuge, visit http://www.fws.gov/refuges/profiles/index.cfm?id=51011.

Troubling Signs

What Brower calls "one of the most extraordinary annual migrations on our planet," he also calls an "endangered phenomenon." Several serious threats lodge ill for the monarch: Pesticides, herbicides and development are destroying breeding habitat and milkweed plants. Chip Taylor, Director of the University of Kansas-based Monarch Watch, says, "Monarch butterfly populations are declining due to loss of habitat." He estimates that monarch habitat is vanishing at 6,000 acres a day and that the overuse of herbicides along highways and elsewhere is creating grassy areas that support few species. Conservation and restoration of milkweeds needs to become a national priority," stresses Taylor. Local value Mexico’s oyamel trees for lumber. Clear-cutting of trees destroys the butterflies’ roosts and removes protection and warmth. “The Mexican government has made strides in stopping the massive illegal logging,” says Brower; “but there is still substantial and damaging logging occurring on a smaller scale that must be stopped.”

The future of the monarch butterfly is especially precarious because of two factors: First, common milkweed is the primary and, in most cases, only food of the larva. Less milkweed means less food. Second, each wintering site in Mexico is a few hectares in size. Millions of monarchs are hard wired to go there and only there in the winter, so cluing to the trees and survive the winter huddled together. This high concentration of butterflies in a few small sites means that any adversity, like serious cold or a severe storm there or on the way, can have a large impact. Millions overwinter in Mexico, but counting individuals is nearly impossible because they clump together so closely. Scientists estimate the size of the monarch population each winter by measuring the area of the forest occupied by overwintering monarchs. Wintering monarch butterflies in 1996–1997 covered over 20 hectares (a hectare is 2.47 acres) in Mexico. In the winter of 2011–2012, they covered only 28.9 hectares. According to Brower, “The 2011-2012 overwintering season in Mexico had the third lowest numbers over 18 years. The best estimate is that this is about 40 million monarchs.”

▼ See MONARCHS on page 19

The Miraculous, Migratory Monarchs

By Glen da C. Booth

Riparian is now zigging and zagging south for the winter. Weighing 598 milligrams or one-fifth the weight of a penny, he is flitting to central Mexico’s trans-volcanic mountains, to the states of Michoacan and the state of Mexico, to join millions more kindred monarch butterflies (Danaus plexippus), some that flew 2,000 miles from Canada to cluster like grayish beards on oyamel fir trees at altitudes of 11,000 feet for the winter. “This is one of the most extraordinary annual migrations on our planet,” says monarch expert Dr. Lincoln Brower of Sweet Briar College. “This amazing migration eludes explanation.”

The monarch, a bright orange and black male monarch butterfly with a polypod environment tag weighing .01 of a gram affixed to his left hind wing, a tissue-thin polypropylene tag weighing .01 of a gram, is now zigging and zagging south for the winter. “This is one of the most extraordinary annual migrations on our planet,” says monarch expert Dr. Lincoln Brower of Sweet Briar College. “This amazing migration eludes explanation.”

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▼ See MONARCHS on page 19
It is fairly obvious from the non-stop advertisements for fat burning pills, fat burning waist belts, and the myriad of other “instant miracle” products promising a leaner, more muscular you, that fat burning is the newest health rage. But what’s fact and what’s hype?

Can muscle building and fat burning occur at the same time? You probably have seen ads for various fat burning waist belts and wondered if they really worked. It just seems so easy, doesn’t it? Strap on a belt, forget about fat burning exercise, and watch those firm, beautiful muscles magically appear. Unfortunately, when it comes to fat burning and basic good health, there is just no substitute for a good exercise program.

If the great outdoors is just not your thing, many exercise machines can provide an excellent fat burning workout. Star climbers offer great resistance training, burning calories while toning up your leg and butt muscles. However, for lower impact and less stress on your knees and ankles, a good treadmill machine may be your best choice. You can set your own pace, burn those pesky calories and fat, and still get a great aerobic workout.

Get Hot With a Warm-up Routine

So, how should you get started on a leaner, healthier you? Your fat burning workout should always start with some basic warm-up exercise routines. Be very cautious about aggressive stretching, though. Those wonderfully pliable runners pulling their legs impossibly up against their backs are probably doing more harm than good. Why? Because muscles need to warm up before they are pliable enough to be safely stretched. Try something simple, like an arm circle or leg swing. You will find your muscles respond better and faster to any exercise, including fat burning, when you start with this type of dynamic stretching.

Your next step in burning fat is consistency. The old saying “no pain, no gain” should actually be “with pain, there is no gain.” You really do your body more harm than good with a workout so intense that you become a stiff, sore couch potato for days at a time. The key is to listen to your body. Don’t push through the pain, asking your body to do something akin to torture.

Ladies, Tap Into Your Hidden Strength

When it comes to weight and resistance training, men definitely do not have a corner on the market. Women may have smaller body structures than men, but strength is not defined by gender. While most women do not want to look like muscle-bound bodybuilders, the female physique can result from a great deal of benefit in moderate weight and resistance training. Not only does this type of fat burning exercise help your body burn calories and fat, it also is fantastic for healthy bones. Osteoporosis is a very real threat to women, and weight and resistance training effectively fights this crippling disease, keeping you youthful and energetic with healthy, strong bones.

So are you ready for a brand new you? With a little bit of willpower and persistence, a beautiful new world of good health, increased energy, and of course, a fantastic, trim body, is within your grasp. So get up, get active, and get ready to be amazed!
City Architect Al Cox, AIA, described for burial after his assassination. However, he only got to use it once, Abraham Lincoln's private railcar was along Duke street.

At that time Alexandria's West End was already an extensive railroad complex that encompassed a roundhouse at Duke and Henry streets and one of the largest switching yards in the nation -- Potomac Yards.

“Union station has played a very important part in this city's history, both socially and economically. As someone who has lived her all my life I have both played at the station as a child and used it for transportation as an adult. It remains a very important spoke in the city’s continued development,” Alexandria Mayor William D. Euille said at that 100th birthday celebration.

However, there was a time when some wanted to replace it with nothing more than an historic marker. But their efforts were stymied by then City Manager Vola Lawson. It was during her tenure than the building’s history and architectural significance as “The most visible example of the dominant passenger and freight transportation system in the city between 1851 and the 1930’s.”

But, as noted in a 1996 article published in the Historic Alexandria Quarterly, “Physical evidence of the railroad’s influence on the growth and development of Alexandria is rapidly disappearing. Although the Wilkes Street tunnel and Hoof’s Run bridge are protected, very soon none of the railroad roundhouses or switching yards will remain to illustrate Alexandria’s 19th and 19th century history as Northern Virginia’s industrial and transportation center,” unfortunately, that has come to pass. One of the primary contributors to Alexandria’s demise as a rail passenger center was the development of the George Washington Memorial Parkway which heralded the rise of the automobile as the primary means of passenger transportation. This demise was further exacerbated by the modernization of switching yard technology and freight route changes that lead to the obsolescence of Potomac Yard.

In 1992 Union Station was nominated by the City to the National Register of Historic Places. That was followed by an application to the Virginia Department of Transportation for enhancement funds to renovate and restore the station to its original glory under the federal Intermodal Surface Transportation Efficiency Act. The application received approval for 80 percent funding of the $840,000 budget estimate. The remaining 20 percent came from the RF&P Corporation and Amtrak with each providing 10 percent.

The proposed scope of work to restore Union Station to its heyday elegance included the following:

- Complete functional and aesthetic restoration/renovation of both the interior and exterior of the main building including the glass enclosure connecting the lobby with the adjacent storage building.
- Rehabilitation of the passenger ticket sales areas as well as construction of new restrooms to bring them compliance with ADA requirements.
- Replacement or updating of all existing mechanical, electrical and plumbing components.
- All architectural elements were to be restored to their original appearance and materials.
- Restoration of the original portico, removed in 1982, which covered the front of the building and stairway leading to the pedestrian tunnel to the east of the platform for the Virginia Railway Express.
- Planting additional native landscaping to screen service areas and adding historically appropriate site lighting.
- Construction of a new parking lot and other improvements to bring the entire station area into compliance with ADA guidelines.
- All of this has made Alexandria’s Union Station not only a tribute to the city’s railroad past but also a present day symbol of its role as a continuing hub of 21st century rail travel. Through all the trials and tribulations of both the 20th and 21st century, Union Station stands as symbol of continuity in a social landscape that, all too often, seems to react more than act to challenges and opportunities.
When your goal is to lose excess weight, the first muscle you may consider exercising might be a bit of a surprise to you: your brain.

Setting proper and attainable goals is a great step toward your health success. A bit of research and thought will tell you if you should be tracking pounds, inches, or even clothing sizes. For the person wishing to reduce fat and build muscle, there are a variety of low-cost methods of tracking body fat and muscle percentages.

A bit of creativity may go a long way. I once had a diabetic client whose initial inquiry was for weight loss. She expressed that her real challenge was her sweet tooth. Once in my office, she came up with a better strategy for success. By taking control of the foods she ate, she would achieve the proper blood sugar levels suggested by her doctor. In her words, by taking control of this behavior, “by accident” she would lose weight. She quickly achieved her goal.

You can also make use the Law of Concentrated Attention. You may have also encountered this as the Law of Attraction. We easily find ourselves gravitating to those things we wish to attain when you focus your mind on what you want rather than what you don’t want. A way do this is to live as if you’ve already achieved your goal. For example, if your goal would be to fit into a smaller clothing size, go buy something in that size, and hang it somewhere at home where you will see it every day. You could use an item you already own, though the action step of buying something new and meaningful helps to solidify the goal as something real.

Eating for many has become a subconscious mind activity. They “zone out” while watching TV, reading a book, or playing on their smartphones. Consider instituting a new rule of eating slowly and consciously. Enjoy every mouthful of food, putting down your knife and fork between mouthfuls, and chewing slowly. Turn off the electronics, and focus fully on your food. This increased awareness of the foods you consume may surprise you as you discover yourself feeling satisfied with the proper sized portion.

Many of my clients also report that by turning their eating into a conscious mind activity their choice of foods improve. Perhaps you may find yourself choosing healthier whole foods as you put more thought in the foods you eat.

Research also supports the use of profound relaxation to assist the metabolic processes of the body when releasing unwanted fat. Consider the animal in the wild eating grass. A predatory creature approaches, and the possible prey goes into its natural fight-or-flight response and flees the scene. In this moment of escape, the internal digestive systems actually slow down to direct more energy to the extremities. When the animal is safe, it does something rather profound: it goes back to eating grass. A human in a similar experience has the tendency to remain in a stressed or anxious state. Learning better stress relief strategies has been linked to a properly functioning metabolism.

When we relax, daydream, meditate, or practice hypnosis, our brainwave frequencies ease down from Beta waking state into Alpha and Theta frequencies. Dr. Bruce Lipton, a professor at the University of Wisconsin and Stanford Schools of Medicine was one of the first to write about the power of positive suggestion toward behavior change while the mind and body are relaxed.

You really can think yourself thin!

By Jason Linett, BCh, CI

Jason Linett is a Board Certified Hypnotist and the Director of Virginia Hypnosis, a solution-oriented hypnosis practice in Old Town Alexandria. For more information, visit www.VirginiaHypnosis.com or call (703) 360-0534 for a free confidential consultation.
BI Students Earn AP Scholar Honors

Sixty-eight students at Bishop Ireton High School have earned AP Scholar Awards in recognition of their exceptional achievement on AP Exams.

The College Board’s Advanced Placement Program (AP) provides willing and academically prepared students with the opportunity to take rigorous college-level courses while still in high school, and to earn college credit, advanced placement, or both for successful performance on AP Exams. About 18 percent of the more than 1.9 million students worldwide who took AP Exams performed at a sufficiently high level to also earn an AP Scholar Award. The College Board recognizes several levels of achievement based on students’ performance on AP Exams. At Bishop Ireton High School, seventeen students qualified for the AP Scholar with Distinction Award by earning an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams.

These students are Catherine Babiec ’12, Helena Barber ’12, Noah Brooksher ’12, Bryan Phan ’13, Madylen Ziegler ’12.

Through 34 different college-level courses and exams, AP provides willing and academically prepared students with the opportunity to earn college credit or advanced placement and stand out in the college admission process. Each exam is aligned with the same high standards expected in college and university faculty and AP teachers, ensuring that AP Exams are aligned with the same high standards expected by college faculty at some of the nation’s leading liberal arts and research institutions. More than 3,800 colleges and universities annually receive AP scores.

Sixty-eight students at Bishop Ireton High School were awarded the Catholic Athletes for Christ High School Scholarship. The Catholic Athletes for Christ High School Scholarships are awarded to high school athletes in selected geographic regions: Chicago, Eastern Massachusetts, Houston, the DC Metropolitan Area, Northern California, North Texas and Washington, D.C.

Catherine Babiec ’13 of Bishop Ireton High School announced that seniors Catherine Babiec and Tommy Kelly were awarded the Catholic Athletes for Christ High School Scholar Awards for successful performance at the college and high school levels.

Babiec was the daughter of Mr. and Mrs. Michael Babiec of Alexandria, Virginia. Kelly is the daughter of Jim and Joanne Kelly of Arlington, Virginia. Kelly was the recipient of the Catholic Athletes for Christ High School Scholar Awards for his success in academic and athletic competition.”

Krotine wins Fairfax County Athletic Council “Champions of Character” Award

Fairfax County’s Athletic Council has selected Bishop Ireton freshman Amy Krotine as one of three 2012-13 USRowing Scholastic Honor Roll recipients who will be honored for their excellence in academic and athletic competition.

County Chairman of the Board of Supervisors, Sharon Bula (left) with Bishop Ireton freshman Amy Krotine, at the “Champions of Character” Award ceremony.

Fairfax County Athletic Council Scholarship forMartin Meritt of Northern Virginia Community College on October 11, 2012. She was among 10 winners of the $2,000 scholarship. Hundreds of juniors in the DC Metro area apply for this award, and Camille and Tommy Kelly ’13 of Alexandria were finalists last summer, along with 24 other student-athletes. The PCA awards post-secondary education scholarships to high school student athletes in selected geographic regions: Chicago, Eastern Massachusetts, Houston, the DC Metropolitan Area, Northern California, North Texas and Washington, D.C.

Babies

Bishop Ireton Senior rower, Catherine Babiec, was among fifty-five student athletes placed on the 2012-13 USRowing Scholastic Honor Roll, while another 73 student-athletes earned honorable mention honor roll recognition, the association announced mid-October. She is the daughter of Dr. and Mrs. Dan Babiec of Alexandria, Virginia. The USRowing Scholastic Honor Roll recognizes high school senior who have excelled in both academics and rowing. Applicants must be USRowing members, have rowed or coxed at least one year, and successfully competed at the above the league or regional level. In total, more than 222 nominations were received from 94 rowing organizations.

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Have you included a new car into the budget? No? Then don’t ignore the timing belt. If it goes you could be looking at repair bills that would make replacing the car a more viable option.

The timing belt is one of the most essential items in a car’s operation. It keeps the camshaft and crankshaft in sync with one another. If they go out of sync it could damage both the pistons and valves which would mean a large repair bill.

Unfortunately, there is no forewarning to when a timing belt is nearing the end of its life. It’s not like the commercials on television where customers offer their animated versions of weird noises being made by their cars. There is no noise, no weird sensations, no visible loss of fluids -- it just breaks.

When it goes the car stops. That is followed by the delay, frustration, and expense of being towed to the repair garage. But, that could only be the beginning of the ultimate cost.

An engine fires several thousand times a minute with the valves and pistons operating in perfect sequence to keep them from striking one another. That is the primary job of the timing belt.

However, because the engine is firing so rapidly, when the timing belt goes several firing sequences could still occur before shut down allowing the piston and value to strike one another. This can result in bent valves and/or a punctured piston or both. And, that means a major engine rebuilding or replacement.

There are two types of internal combustion engines on the market today -- interference engines and non-interference engines. Your local garage or auto dealership can tell you which type of engine is in a particular car.

You must be very careful with the interference engine because it is this type engine where the pistons and valves occupy the same space micro seconds apart during the firing sequence. With the non-interference engine it is not the case. The pistons and valves are in separate enclosures. If the timing belt breaks in a non-interference engine its not as big a deal -- other than the inconvenience of taking an unwanted tow truck ride.

The service manual for each vehicle usually states a suggested mileage for replacement of the timing belt just as it does for all other service items such as oil changes, transmission fluid, brakes, coolant, etc. But, it’s safer not to push it right to that outside limit.

A non-interference engine normally calls for the timing belt change at approximately 90,000 mile. But with the interference engine, in my opinion, that milestone is reached at 75,000 miles.

There are basically two choices to be made when replacing a timing belt. One is to replace the belt only. However, most garages will not guarantee a belt replacement only. There are just too many other things that can go wrong that have not been addressed by this limited repair.

The second approach will normally result in a guarantee of the work completed. It calls for not only replacing the timing belt but also the crankshaft and camshaft seals as well as any belt tensioners that are worn. It is also wise to replace the water pump at the same time -- if it is driven by the timing belt. This second approach will “guarantee” the mechanical long life of the vehicle.

Some cars might have a timing chain as opposed to a timing belt.

The difference being that a timing chain is similar to the mechanism of a bicycle -- there is a chain that interacts with a set of gears. The replacement of a timing chain on pre-1995 cars is an estimated 125,000 miles. On newer car replacement is usually “as needed,” according to the owner’s manual. Most vehicles with timing chains instead of belts have non-interference engines -- thus the longer mileage advisory.

As for cost, that differs from garage to garage or dealership to dealership. But it is one of the more expensive maintenance items to keep your car running. It is also definitely one of the more essential elements of responsible maintenance.

Unfortunately, there is no way to check on the need for replacement without doing it. By the time the effort is invested in checking on the timing belt the major cost, labor, has been incurred because of were it is located within the engine. Therefore, it is essential to adhere to the mileage replacement recommendation and even have the work done before that recommended mileage limit is reached.

The old adage “a stitch in time saves nine” was never more appropriate to the care and maintenance of your vehicle than in the case of the timing belt. This stitch in time could save you many times over a multipler of nine in either repair bills or adding a new car to the budget.
If we all did the things we are capable of doing, we would literally astound ourselves.

– Thomas Edison

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**A Chat with Argentine Wine Maker Jose Galante**

Formely with Catena Zapata for thirty years (the Robert Mondavi of Argentine wines), Winemaker Jose Galante has now aligned his talents with distant Mendoza neighbor, Bodegas Salentein. The Vixen raises a glass or two with don Jose and chats about his first Salentein vintage and finds a few Vino Vixen Values worthy of their Argentine Pesos.

Argentina and Her Wines – In Argentina, Mendoza means wine. Producing over 70% of her grapes, 370,000 acres of vineyards, and hosting over 1000 wineries, Mendoza is the most influential and important wine region in Argentina. 700 hundred miles west of Buenos Aires lies the Andes, with Mendoza and her five wine subregions nestled next to the mountain range. The highest of these subregions is Uco Valley and home to Bodegas Salentein.

Serendipity Salentein – As much good fortune in life often is, Salentein was founded by unfortunate accident. Dutch entrepreneur, tycoon, and avid sailor, Mijndert Pon was stranded in the Caribbean while his vessel was being serviced during a sailing jaunt in the region. At an invitation of an Argentine friend, Pon bid his time down in Mendoza enjoying the time as bon vivant millionaires are apt to do – sipping wine and living the good life. Pon fell in love with Argentina, Mendoza, and the Uco Valley. And when a millionaire falls in love, money shall be spent on that object of affection. Hiring one of the most innovative architectural firms in Argentina, Bormido and Yanzon (see the beautiful coffee table book Adventurous Wine Architecture By Michael Webb,) Pon built a “field of dreams.”

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**2011 KILLKA**

*Torrontes*  
Uco Valley, Mendoza  
SRP-$15

I’ve a huge fan of Torrontes. I think of it as the Pinot Grigio killer – if you’re a fan of a fresh, lighter style, fruit forward wine, try this one. The nose is floral and feminine. On the palate, taste light white pear and a hint of grapefruit. Because of the attitude of these grapes, you won’t get the very extracted fruit flavors inherent in many Mendoza Torrontes. And I like that – it’s a softer and more sophisticated style, fruit forward wine, try this one. The nose is floral and feminine. On the palate, taste light white pear and a hint of grapefruit. Because of the attitude of these grapes, you won’t get the very extracted fruit flavors inherent in many Mendoza Torrontes. And I like that – it’s a softer and more sophisticated

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**2011 SALENTEIN RESERVE**

*Chardonnay*  
Uco Valley, Mendoza  
SRP-$50

Notes of vanilla and hints of caramel. Through using only a partial maloactic fermentation, Galante controlled the overt butter, which is a good thing. But, the wine lacks the depth and nuances I’ve found in other $20 Chardonnays. I’d buy this at $15, but underwhelmed at $20.

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**2010 SALENTEIN NUMINA**

*Malbec, Cabernet Sauvignon, Merlot, Petit Verdot, Cabernet Franc*  
Uco Valley, Mendoza  
SRP-$41

Clearnly, Galante enjoys working with his reds. The color is deep and dark - beautiful in the glass. On the palate, the Cabernet Sauvignon seems to overtake the Malbec just a hint more than it should, because that Malbec is amazing. The Cabernet Sauvignon is a bit herbaceous and needs to settle down. I expect some bottle aging will do just that. Interesting wine with excellent layers and complexity. It was hard to put this down, as it changed in the glass with each sip. Try this one if you can find it under $37 – it’s worth the peso.

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**2010 SALENTEIN RESERVE**

*Malbec*  
Uco Valley, Mendoza  
SRP-$20

**VINO VIXEN VALU**.

A blend of Malbec from two different high-altitude vineyards. Malbec’s normally a pretty acidic wine, but Galante really tamed the acidity and combined it very soft tannins. And the result is simply stellar. Fruit is intense (I thought he may have had a late harvest) and rich with black cherry, ripe raspberry. Aged 18 months in French oak, giving it some nice non-fruit lovelies like tobacco. This is a winner at any price and a VVV at $20.

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**2010 SALENTEIN PRIMUM**

*Malbec*  
Uco Valley, Mendoza  
SRP-$55

My first sip’s reaction “Where are the tannins?” This wine is so soft and mellow that it’s lacking the ump and textures I expect at this price. It’s lovely and very drinkable filled with juicy cherry fruit and violet nose that hits the roof. But, at $55 I need more. I was happy, very happy, drinking the $20 Malbec Reserve next to this.
winey, restaurant, hotel, gallery, and even a chapel in the remote slopes of the Andes – over an hour from the bustle of Mendoza. The Acquisition – Pon acquired beautiful art for his Salentein’s Killka Gallery, filling it with paintings from the 19th and 20th century Dutch Masters and contemporary Argentine artists. He acquired additional vineyards from three distinct valley fincas of varying altitudes. And finally Pon acquired Jose Pepe Galante, one of Argentina’s most notable winemakers.

With over thirty years with experience as head winemaker of Bodega Catena and working with wine legend Nicolas Catena, Jose Galante has what it takes to be Pon’s number one draft pick and bring Salentein wines to new international heights. Currently Salentein is the 46th largest exporter of Argentine wines, and Catena is number 4, so you may not be so familiar with Salentein. However, as Galante was an instrumental force behind Catena’s ascent in exports and understands well the “Robert Parker-esque” international winemaking style, you might start noticing Salentein in more wine shops and on more wine lists. So let’s get ready for them…

Salentein Wine Line-Up – Like many wineries now, Salentein has their consumer-friendly brand (inexpensive – usually fun looking labels), premium brand (mid-expensive – usually serious looking labels with winery image of logo) and icon brand (crazy expensive, heavy bottles, embossed labels). I tasted and reviewed a selection from Salenteins consumer-friendly and premium wines. (Galante is working on his icon brand now – the juice is still in the barrel and is expected to be over $100/bottle).

Killka – Andean word that means “entry or gateway”, which is a (probably unintentionally) appropriate name for their entry wine. The labels are all images from their modern art collection of Argentine artists hanging in the winery’s art collection – the Killka Gallery.

As I mentioned, Gallante is working on his icon wine now, which will be a blend of Malbec and Cabernet Sauvignon. He has a reputation riding on this one, as well as the pressure of first release Icon Wine. I think I would prefer to save back the $65 Primium ticket price and put it towards his new Icon.

– Cheers, VW
Living Legends 2012 at City Hall

I have a digital camera...it’s easy to take pictures...I set it on “idiot proof” and shoot portraits to capture special people in my life. Some end up in “the cloud”; lots still live on my camera. But, somewhere along the line I've missed the talent gene and it's even more obvious that years of study and hard work marks the huge difference between what I produce and true photographic art.

There is a timely opportunity to visit the Alexandria City Town Hall to view the photographic portraits of the 2012 Living Legends. The foyer space is aligned now with the exceptional black and white portraits of the honorees. Choosing the format of black and white challenges the photographer to find ways to bring forth the personality of the subject without relying on color. Professional art photographer Nina Tisara whose poignant portrait work is well known and widely exhibited and collected has shot the majority of the work.

The continuing concept of Living Legends is to photograph each awardee in their own environment. Tisara feels that finding a comfortable place for her subjects will enhance their relaxation and help provide the natural quality and personality that she wants to evoke. Indeed her hours of planning, shooting, and choreographing each shoot has again created a panoply of artistic excellence.

There are no happy accidents when the Living Legends are photographed. Among the most moving is Bill Kehoe as he stands in front of the fire department that has so influenced his “give back” to his community. It is carefully composed so that the flawless composition washes around the subject and the viewer is inadvertently drawn into the pride and genuine quality of the subject.

Bud Hart’s portrait is more casual. A man in the midst of his sharing what he loves. His hands-on work in the community is taken at face value as his hands are reflected in the hands reaching out to him.

Steven Halperson, also a talented artist, provided back up to Tisara as he has done in previous years and photographed Joe Shumard. In addition it needs to be noted that Halperson’s contribution of flawless matting and framing lends a flow to the exhibition. Individual remarks about each legend are placed within the double mat and artfully manages to enhance the work without distraction for those who take the time to read them. However, the quality of the beautiful art stands on its own without need of verbiage.

Always giving back to the community itself, founder Nina Tisara and Steven Halperson worked closely to incorporate the opportunity for NOVA student Joe Bleach to be mentored in the project. Bleach’s work on two of the thirteen legends is included in the well-lit and presented exhibition. Alexandria citizens should take the opportunity to go to town hall for more than paying their taxes. Plan on spending a few extra minutes perusing this art exhibition. You don’t have to know the subjects when you arrive but the artistic quality of the photographs will make you feel like they are old friends when you leave.

The 2012 Legend portraits may be seen in the Market Square Lobby of City Hall through February. Photograph portraits of ten past year’s Legends are on view at Barnes & Noble, 3651 Jefferson Davis Highway in Alexandria.
City Offers Free Parking and Trolley on Black Friday

Old Town Alexandria's local retailers are set to lure Black Friday shoppers on November 23 with once-a-year discounts starting at 6 a.m. This year, the free King Street Trolley will begin operating at 6 a.m. Shoppers can board a trolley every 15 minutes and hop on and off at 20 stops between the King St/Old Town Metro Station and the Potomac River waterfront. The early trolley hours are presented by DASH Alexandria Transit Company, the City of Alexandria, and the Alexandria Convention & Visitors Association.

The City of Alexandria is offering free parking at parking meters and in all City-owned garages and parking lots as a special incentive for shoppers to visit Old Town to make their holiday purchases. The following garages and lots are opening at 6 a.m., with free parking all day:
- Market Square Garage, 108 North Fairfax St.
- Courthouse Square Garage, 111 South Pitt St.
- Thompson's Alley Garage, 10 Thompson's Alley
- North Union Street Garage, 220 North Union St.
- South Henry Street Lot, 112 South Henry St.
- Cameron/St. Asaph Street Lot, 210 North St. Asaph St.

Dozens of Alexandria's independently owned shops are offering special discounts, with early and extended hours on Black Friday. Participating stores offer 30% discounts from 6 to 8 a.m., 20% from 8 to 10 a.m., and 10% starting at 10 a.m. Additional shops will be offering sales and special promotions throughout the day. This effort is coordinated by the Shop Local Alexandria project and the Old Town Boutique District.

Shoppers can stay for the City of Alexandria Annual Tree Lighting Ceremony at 7 p.m. on Market Square, at 301 King St. As the official kick-off to the holiday season in Alexandria, the ceremony includes a performance from Santa’s Frosty Follies, a special visit from Santa Claus, and community caroling.

Families can get classic photos with Santa throughout the season with the Santa Claus is Coming to Old Town event. Starting November 24, Santa and Mrs. Claus will take pictures with children every Saturday and Sunday between Thanksgiving and Christmas at One Wales Alley, the location of Bike and Roll Alexandria. The cost for pictures is $15 for a 5 x 7 print. The event is presented by the Old Town Boutique District, in partnership with the City of Alexandria and Bike and Roll Alexandria and with the support of area businesses.

NEW ART GALLERY IN OLD TOWN!!
BEALL AND BRUMBAUGH
215 KING STREET

A charming gallery in renovated warehouse space in the heart of Old Town. The artists/owners are Lida Trupé Beall, a native of Old Town, and Martha D. Brumbaugh, a well known artist who has exhibited her paintings throughout the US. The gallery has a wide selection of art, including floral paintings, paintings of ancient cave walls located in France and Spain, paintings of NASA’s Hubble and Spitzer photos of Outer Space, magnificent bronze statuary forged in Mexico, as well as a wide variety of traditional and modern paintings.

Lelia and Martha welcome you to stop by and perhaps catch them working in their on-site studio. Open Wednesdays through Sundays (or by appointment at 703-705-5791)

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• Our reputation for only the highest caliber of workmanship encompasses the discerning clientele in Washington D.C. and all around the world.
• We specialize in Custom Furniture and Wall Upholstery, Custom Bedding, Pillows and Accessories, Talc Cove and Cornices, and Handmade Drapery with Specialized Hardware.

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AVAILABLE OCTOBER 1
UNFURNISHED 6-12 MONTH LEASE

HOUSE DETAILS:
4 bedroom (one is nanny/guest suite) 3 1/2 bath 150+ year old townhouse just a block from the Old Town marina and a block from King Street with all the fabulous restaurants and shops.

* * *
Granite & stainless gas kitchen with French doors leading to your private brick walled patio, original heart of pine flooring, fireplace in LR, high ceilings (even upstairs), 300 bottle cellar, bar enclave with wine/beverage fridge, excellent storage, walled courtyard with dining table, jacuzzi bath.

* * *
Your master bedroom overlooks the historic gardens of the Carlyle Mansion. Look out your front door and you’ll see the Potomac River - you’re a block away. Your street is so quiet, you’ll forget you’re just a block from King Street. That is, until you’re ready to enjoy all it has to offer this evening. Farmers market is about 100 yards from your front steps.

Perfect home for entertaining and enjoying the Old Town experience. May be perfect home for you and your family. $4,000 a month.
His/OldTown@gmail.com
Consistently ranked by the Southeast Tourism Society as one of the Top 20 Events in the South, each year the Scottish Christmas Walk Weekend draws as many as 30,000 participants and families to the City of Alexandria. Over the years, the Scottish Christmas Walk Weekend has grown from a small, informal parade to an entire weekend filled with events and festivities. Today, in addition to the Scottish Walk Parade, weekend events include a children’s craft party with Santa, a marketplace, heather and greens sales, the Holiday Designer Tour of Homes, and a scotch tasting—the Taste of Scotland. The Scottish Christmas Walk Weekend is the largest fundraising activity for The Campagna Center. The Center has partnered with the Scottish Government to celebrate the 42nd year of this time honored tradition.

Friday Nov. 30th:

Deck the Halls with Santa, 1-3pm
Santa Claus will greet children at this special holiday craft party. Adults $30, Children 11 and under $15.

Taste of Scotland, 7-10pm
Attended by nearly 450 guests, an evening of top shelf Scotch Whiskey tastings, Scottish ales sampling, full bar and Scottish fare at the George Washington Masonic Memorial. Wear your best festive Scottish or holiday attire. Patron Pub 7-8:30pm $175 per person $275/couple (access to the finest Scottish Whiskeys and full bar) General admission 8-11p $100/person (access to Scottish Whiskeys, Scottish Ales and full bar) *the Christmas Marketplace and Heather & Greens sale will be open 7pm-10:30pm for guests of this event only

Scottish Christmas Marketplace, 9am-5pm
All day shopping event at the George Washington Masonic Memorial dozens of boutique and specialty merchants for all your holiday shopping needs

Heather & Greens sale, 9am-5pm
Try a touch of heather and greens to enhance your holiday decorations with a Scottish flair. Purchase fresh heather bundles or a variety of wreaths, garlands, flatwoods, paperwhites, and much more.

Saturday Dec. 1:

Holiday Designer Tour of Homes, 11am-4pm
Stroll through lovely properties dressed up for the holidays by acclaimed interior designers and local florists. This year’s Tour features the following six exclusive properties in Old Town Alexandria. Advance tickets $30, day of $35.

Heather & Greens sale, 9am-4pm
Try a touch of heather and greens to enhance your holiday decorations with a Scottish flair. Purchase fresh heather bundles or a variety of wreaths, garlands, flatwoods, paperwhites, and much more.

42nd Scottish Christmas Walk Parade, 11am-1pm
Over 100 Scottish Clans, pipe and drum bands, Scottish dancers, re-enactment groups, Scottie dog groups, dignitaries and, of course, Santa Claus will march through the streets of Old Town. Route: Beginning at the corner of Wilkes and South Saint Asaph Streets in Old Town and ending at King and Royal Streets

Sick clock?

Call or email for a free consultation.

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philwadland@gmail.com

Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.

- William Faulkner
AFH is always in need of foster homes!

It is fun and rewarding. Without enough foster homes we can’t save as many pets. Since AFH tries hard to not to use boarding facilities, we cannot accept new, deserving animals into our program without ready foster homes. If you are interested in making your home available for a deserving pet, please drop us an email at Foster@aforeverhome.org.

Annie's Angels

(Female) • Breed: Shepherd Mix • Age: 13 Months • Weight: 30 Pounds • History: Shelter
Annie has just arrived with her pups. She is a shepherd mix, but on the small side. Right now her pups are very young.

(Mixed Gender) • Breed: Shepherd / Labrador Retriever Mix • Age: 3 Weeks • History: Shelter
Annie’s pups have just arrived. Their eyes are not yet open, but they are plump and active. They will be ready for adoption mid-December.

Brandy

(Female) • Breed: Shih Tzu • Age: 8 Years • History: Breeder
Brandy is a pure-bred Shih Tzu given up by a breeder. She enjoys being in your lap and does not mind sharing it with her friend Marigold. She loves toys and likes to hide them under her towel. She is very sweet and appears to be housebroken.

Coda

(Male) • Breed: Yellow Labrador Retriever • Age: 9 Years • History: Owner Release
Meet Coda! Purebred yellow lab, purely a good boy. AFH was asked to help Coda due to his former family’s financial difficulties. Even though he is 9 he is still very playful, OBSESSED with tennis balls, and loves to swim. He listens well, is housetrained, well socialized, and gets along well with our 3 dogs. He loves children, and has quickly bonded with my 6 year old son.

Goose

(Male) • Breed: Dachshund Mix • Age: 9 Years • Weight: 45 Pounds • History: Owner Release
Goose is a sweet, 8 year old Doxie mix. He is wonderful with other dogs, people, and children. He is crate trained and housebroken. He loves to go for walks and to play with his ball. He doesn’t bark a lot and is really happy to see you when you come home. He would be a great addition to any family.

Patch the Hound

(Female) • Breed: Hound / Beagle • Age: 7 Years • History: Confiscation case
Patch is a sweet, loving girl that gets along very well with humans and other dogs. She has blended into her new foster family amazingly well! She wags her beautiful tail back and forth to greet you and looks at you with loving and grateful eyes.

For Pets’ Sake

All Breed Dog/Cat Grooming
1587 N. Quaker Lane, Alexandria, VA 22302
703.921.2500 • Facebook: For Pet’s Sake Inc. • www.forpetsakealexandria.com

For more information about adoption, call 703.661.9810 or visit us online at www.forpetsake.com

Mickey

(Male) • Breed: Yorkshire Terrier Yorkie Mix • Age: 9 Years • History: Owner Release
My name is Mickey and I’m a 9 yr old Yorkie Terrier with diabetes Now, don’t let this be a deterrent, because all I need is 1 easy shot twice a day, and I don’t even whimper! I have the best disposition, and I am housebroken.

Patch is a sweet, loving girl that gets along very well with humans and other dogs. She has blended into her new foster family amazingly well! She wags her beautiful tail back and forth to greet you and looks at you with loving and grateful eyes.

AFH is always in need of foster homes!
UPHEAVAL FOToweek EXHIBIT
Now Thru December 2
Target Gallery
105 North Union Street
Alexandria
Targetgallery.org/target
This multimedia exhibition examines how photographers interpret the theme of upheaval - whether in their personal lives dealing with illness, divorce, death of a parent - or on a more global level with subjects such as climate change, political unrest, and natural disasters.

Candlelight Tours
November 23 - December 9
Saturdays and Sundays
5 - 8 pm
Mount Vernon Estate
End of GW Parkway
Mountvernon.org
Enjoy candlelight tours, fireside caroling, hot cider, ginger cookies, merry music, and characters from Washington's world; guiding visitors through the first and second floors of the Home, adding ambiance and authenticity to a traditional Christmas evening.

SANTA CLAUS IS COMING TO TOWN
November 24 - December 23
Every Saturday and Sunday
Alexandria
Bike and Roll Alexandria
300 King Street
Alexandria
BikeandRollAlexandria.org
Santa and Mrs. Claus are back in Old Town Alexandria to take pictures with children every Saturday and Sunday between Thanksgiving and Christmas. The cost for pictures is $15 for a 5x7 photo print, with other photo packages available on site. Presented by the Old Town Boutique District in partnership with the City of Alexandria and Bike & Roll Alexandria and area businesses.

BOOK FAIR FOR DEL RAY ARTISANS
November 26
Barnes and Noble Potomac Yard
3651 Jefferson Davis Highway
Alexandria
BarnesandNoble.com
10% of purchases made using bookfair iD support Del Ray Artisans. Free gift-wrapping and percentage of purchases made using bookfair iD benefit Del Ray Artisans. Free gift-wrapping and percentage of purchases made using bookfair iD.

Del Ray Artisans’ 17th Annual Holiday Market
November 30 - December 16
2704 Mount Vernon Avenue
Alexandria
TheDelRayArtisans.org/HolidayMarket
Offers handmade work from local artists, a children’s tile where little ones can help for family members, and handmade ornaments. Bake Sale benefits the non-profit Computer CORE. Market dates: Nov 30 - Dec 2, Dec 7-9, Dec 14-16. Fridays 6-9 pm (exception), Saturdays 10am-4pm, Sundays 12-4pm.

Annual Historic Alexandria Candlelight Tour
December 8 - 9
7:30 pm – 11 pm
Alexandria building by candlelight and enjoy seasonal decorations, entertainment and light refreshments. $20 for adults, $15 for seniors (65 and older), and $5 for children. 10pm, Sundays 12-4pm.

Annual Historic Alexandria Candlelight Tour
December 8 - 9
7:30 pm – 11 pm
Alexandria building by candlelight and enjoy seasonal decorations, entertainment and light refreshments. $20 for adults, $15 for seniors (65 and older), and $5 for children.

Tavern Toddlers
November 19 – April 30
10:30 am – 12 pm
Gadsby’s Tavern Museum
134 North Royal Street
Gadsbystavern.org
A special program for toddlers (walkers through 36 months) and their caregivers, featuring a weekly open playtime in the historic ballroom on Mondays, excluding Federal holidays, through the end of April. Craft changes weekly. $7 for a group of three, which must include one adult, or purchase a 5-week pass for $30. No reservations necessary.

Fencing Classes
November 27
7:30 pm – 9:30 pm
Gadsby’s Tavern Museum
134 North Royal Street
Gadsbystavern.org
Learn the art and historical importance of 18th century fencing in classes taught by sword master Peter M. Ryan. Content will include basic position, preparations on the blade, attack combinations, lunge, lateral and parries, disarming, special movements and more! Meets the second and fourth Tuesday of every month. Participants must be at least 11 years old. Equipment may be rented with advance notice. Admission is $15 per person.
November 2012

The Zebra

$25 donation for every ‘like’ on Facebook

To benefit the Parkinson Foundation of the National Capital area. Going on throughout the entire month of November. 111

PARKINSON FOUNDATION

November 2012

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$0 DUE AT SIGNING $239 PER MONTH

$995 DOWN $209 PER MO.

$1,999 DOWN $179 PER MO.

$2,999 DOWN $159 PER MO.

0% APR FOR 36 MONTHS

BRAND NEW 2012 TOYOTA CAMRY LE

$0 DUE AT SIGNING $279 PER MONTH

$995 DOWN $249 PER MO.

$1,999 DOWN $219 PER MO.

$2,999 DOWN $199 PER MO.

0% APR FOR 36 MONTHS

WELCOME TO THE FAMILY

BRINGING THE SPORTS CAR TO THE FAMILY

0% APR FINANCING AVAILABLE ON NEW 2012 PRIUS PLUG-IN

THE ALL NEW FR-S

$1,000 MILITARY REBATE

PRIUS FAMILY IN-STOCK NOW

PRIUS goes plural

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$0 DUE AT SIGNING $159 PER MO.

FOR 36 MONTHS

BRAND NEW 2012 SCION iQ

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FOR 36 MONTHS

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$500 MILITARY REBATE INCENTIVE FOR ACTIVE MILITARY PERSONNEL

(1) OFFERS INCLUDE WA, DC, VIRGINIA, D.C. PROVINCE OF SECURITY DEPOSIT: 36-MONTH LEASE WITH $26 PER YEAR. (2) TOTAL DOWNS PAYMENTS PLUS TAX, TITLE, LICENSES AND $89 PROCESSING FEE DUE AT SIGNING. (3) APR FINANCING AVAILABLE FOR 36 MONTHS ON 2012 COROLLA, $299 PER MONTH FOR 36 MONTHS ON 2012 CAMRY, $239 PER MONTH FOR 36 MONTHS ON 2012 RAV4 4X4, $279 PER MONTH FOR 36 MONTHS ON 2012 SCION. 0% APR FINANCING AVAILABLE FOR 36 MONTHS ON 2012 PRIUS. (4) PRIUS EXCLUDES PRIUS HYBRID, JX, RS. (5) BASED ON SELECT TOYOTA FACTORY-INSTALLED OPTIONS. (6) PRIUS HYBRID, JX, RS. (7) PRIUS EXCLUDES PRIUS HYBRID, JX, RS. (8) PRIUS IN-STOCK AND IN TRANSIT. (9) PRIUS HYBRID, JX, RS. (10) PRIUS HYBRID, JX, RS. (11) EXCLUDES PRIUS HYBRID, JX, RS. (12) PRIUS HYBRID, JX, RS. (13) PRIUS HYBRID, JX, RS. (14) PRIUS HYBRID, JX, RS. (15) PRIUS HYBRID, JX, RS.

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BRINGING THE SPORTS CAR TO THE FAMILY

2012 TOYOTA RAV4 4X4

$0 DUE AT SIGNING $299 PER MONTH

$995 DOWN $259 PER MO.

$1,999 DOWN $229 PER MO.

$2,999 DOWN $209 PER MO.

0% APR FOR 36 MONTHS

FREIGHT, SET-UP, AND REGISTRATION FEES ARE NOT INCLUDED IN PRICE. TOYOTA LEASE FINANCING OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE FINANCING IS SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME. TOYOTA LEASE REFINANCE OFFER REQUIRES APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. OFFER ENDS 12/31/12. TOYOTA LEASE REFINANCE OFFER SUBJECT TO AVAILABILITY AND WILL BE TERMINATED AT THAT TIME.
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