Arlington/Alexandria

It’s read all over!

February 2013

POPOSTART

Stephanie Stack

ALSO INSIDE: $14 Pet Adoptions in Alexandria • Rare Drawing Returns to Mount Vernon • A Heart-Felt Connection to American Heart Month
$739,000
Charm and character abound in this 3 bedroom, 2.5 bath farmhouse including a large front porch with swing! Ideally located just blocks from METRO and steps from shopping and restaurants on "The Avenue". Spacious foyer entry, light filled living room and formal dining room. Kitchen with ample counter & cabinet space, powder room and recently finished lower level with family room, play room, full bath & access to the lovely fenced yard.

Under Contract

$685,000
Enjoy Old Town Living in this charming 3 bedroom, 2 bath detached home located just 4 blocks from the King St. METRO with 2 OFF STREET parking spaces! Total renovation and expansion in 2004 with many recent updates. Formal dining room and living room with fireplace. Beautiful kitchen with granite breakfast bar opens to the family room with access to the fenced yard with a brick patio. Three upper level bedrooms and 2 full baths including a private Owner’s suite.

$717,000
Decievingly spacious 3 bedroom, 2 bath brick home ideally located blocks from METRO, Old Town and Del Ray! Light filled living room with fireplace & formal dining room. Updated kitchen with granite counters. Three main level bedrooms & updated bath. Huge finished lower level with access to the lovely fenced yard.

Under Contract

$759,000
Lovely 3 bedroom, 1.5 bath Colonial built in 1920 located just a few blocks from the King St. METRO. Living room with stunning floor to ceiling stone fireplace and adjacent year round sunroom with access to the rear desk and porch. Formal dining room, home office/den and spacious gourmet kitchen with 3 skylights. Upper level with 3 bedrooms, main level 1/2 bath, unfinished basement and garage.

$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.

$629,000
Beautiful 4 bedroom, 3 bath home situated on a quiet cul-de-sac. Spacious living room with fireplace & formal dining room with French doors to the family room. Home office with custom built-ins and bay window. Three main level bedrooms including a Master Suite plus a 2nd Master Suite on the 2nd floor with a sitting room!
This past week, I “streamed” Downton Abbey, Flight and Age, remembering all the tormentous trips to Blockbuster that I no longer have to make. Yet, as cutting edge as I believe I am, I miss manual typewriters, Band-Aid tins, wooden spools and neighborhood ice cream trucks. And now, I am told daily that my Blackberry is necessary, and I should switch to an Android or an iPhone. I just can’t keep up with the dichotomy between the sturdy and dependable versus the strange and ever-changing glitz and glamour of new technology.

I can look out my window and see the weather. I can read a newspaper or watch the Today show for the world’s breaking headlines. I can find my dog without GPS. I don’t need constant beeps telling me the obvious. However, I am sort of interested at 2:00 AM when I get an alert that Ernest Borgnine has died of renal failure at the age of 95. There is the complexities.

In any case, I ramble. So welcome to our February 2013 issue where we introduce our new Fashion Editor, Laurie Chesbrough, a nationally known stylist, presenting her first local makeover as well as our new “money man”, Stephen Memery, who will share his candid opinions of the financial arena. We are also proud to launch the monthly Vola Lawson Alexandria Animal Shelter adoption and fostering pages, solely supported by local, animal-loving merchants.

As always, we welcome your suggestions and feedback, and remain grateful to our loyal readers and advertisers.
In the New iTunes Era of Pop Music, Alexandria’s Stephanie Stack is Making Big Tracks

BY JOHN HAREL

With music to widely free on the Internet, it’s no secret that the music industry has been turned on its head, revolutionized by iTunes, YouTube, Pandora and digital services like Spotify which allow web surfers to access millions of songs on an unlimited live stream.

Using smartphone apps, free music is readily available to go. Between 2000 and 2010, record store sales plunged 76%, and CD sales declined by 50 percent. By 2016, record store sales are projected to drop another 77.4%, according to The Wall Street Journal.

So, with all that free music available at the touch of a computer mouse, how does a promising up-and-coming pop singer/songwriter like Stephanie Stack of Alexandria make her way through the all-you-can-stream jungle?

Intelligently. And with loads of talent and forethought. With smart research into contemporary music trends and test marketing her new tunes in different markets, testing the waters with a free-song strategy over several years instead of going for broke with a 10- or 12-song CD set at one time to see if it sticks with audiences.

Case in point: Bruno Mars’ sophomore new CD, “Unorthodox Jukebox” has one bona fide Billboard hit, Locked out of Heaven, which quickly exceeded two million downloads and seven million plays on YouTube, while many of the other tracks were too naughty or expletive-laden for any respectable programmer to put into rotation on commercial outlets, like commercial radio or XM/Sirius. The rest of the CD? It’s been downloaded 187,000 times.

For pop-oriented traditionalists like Stephanie Stack, modding herself to the moment and tapping into the vein of what music audiences really crave with her free-song strategy and then selling each song commercially into the mainstream holds infinite promise, as all is not in freefall mode in musicland.

In 2011, digital music sales surged 8% globally, accounting for $5.2 billion in legal downloads, and a bit of a windfall for Stack, whose three hits have been downloaded thousands of times and have earned her a decent payday of ASCAP royalties. While more people may be listening to individual songs like hers, she learned before making the mistake that physical album sales are in perpetual decline and not the means of testing the waters with a full set of her feathered-voiced, energy-fused, feel-good songs made for pop.

For Stack, a petite brunette whose powerful voice belies her small frame, entering the music business took years of hard knocks and indecision. After growing up in Alabama, New York and Paris (where she sang for the first time, in French), she graduated from Virginia Tech and moved to D.C. to become a producer and TV reporter for CBS affiliates and Court TV.

“I have always loved music; my entire life,” she said over coffee in Old Town. “But it was very much a personal thing, so I guarded it because I wasn’t sure how people would respond to it. So I wanted to protect it.”

But after years of soul searching, she decided it was a talent given to her she needed to pursue. “So I finally decided to face some of my insecurities and fears and go after it,” she added. “I felt like I needed to challenge myself, get out of my comfort zone.”

Five years ago, Stephanie decided that she was ready to plunge in. The first step was getting studio time, where she learned to become comfortable to her new environment, singing for the first time before sound engineers, backup singers and session musicians.

“I had written some poetry and a lot of times I looked at music as writing poetry where you create a melody to what you’ve written,” she said. “That first time it was more about getting comfortable with singing those melodies in front of people, so we did some a cappella and I learned to become comfortable with hearing myself in the microphone. It was really interesting because when we played it back it was like I’d finally met myself. I’d never heard myself on a recording…Yes, I’d heard myself leaving phone messages, but it’s much different when you’re in a recording studio.”

After two sessions, Stephanie’s initial tracks captured the attention of producer, engineer and songwriter Jason Slater of “Third Eye Blind” fame, who invited her to California where she spent the summer getting her feet wet in the music biz.

“There were a lot of things that I learned from that relationship,” she said. “I came away with about 12 songs which I later recorded here because the sound quality was better.”

Working with multi-grammy winner Bob Dawson at Bias Studios in Springfield, Dawson helped sharpen up the music first recorded in California, including putting live strings to it, including the use of musicians from the National Symphonia Orchestra.

The first record was really just me discovering myself and deciding what direction I was going to move in,” she said. “A lot of people will look at the music I’m doing now and say how did you get to the first record and get to the record I’ve done now because the music is very different. It was really just starting out somewhere and getting going. A lot of people are like I really can’t do this. I have to do research. Well, sometimes you just have to do it and figure it out as you go.”

Stack’s first 12-song CD was entitled “I Can” – as in “I can do anything I want… I can challenge myself and be that person” – which produced the breakthrough hit, Crazy Love, which charted # 34 on Billboard’s Adult Contemporary chart.

Stack’s second breakthrough hit, What I’d Rather Do, was produced in Nashville by producer David Groh and was released in March, 2012. It too quickly ascended the charts, landing directly on the BDS and Media Base charts and then getting several months of spins on SiriusXM Radio’s Top 20 on 20 channel. “A lot of times with an artist you have to start at the first level and work your way up,” she said. “Since I’d already broken the barrier with two chart hits, I no longer needed to start at the college level, playing small college-town bars to get discovered.”

“I’ve abandoned doing full CDs because people just aren’t buying them as much anymore,” she said. “We’re trying to look at this business differently; doing more research in test markets and targeting markets more. What we’re doing is trying to figure out what will work and bring more focus.”

▼ See POPSTART on page 5
The focus includes targeting the Contemporary Hit Record, or CHR, market with a research-based effort which includes taking her songs into test markets to see how they fare.

That “next song” was Veni Vide Visa which Stack affectionately calls “V3” and was produced in L.A. at The Village Studios, where Stephanie sang it and where all the instrumental accompaniments, background and mixing were done. “We’re taking it to several test markets to ensure it has enough popularity and pop score to promote it,” she said. “So when a lot of other musicians make 10-12 other songs and put it out and are not sure it’s going to make it, we’re trying to make our effort a lot more detailed and results-oriented.”

This entails putting the song on platforms like Radio Play and Jango so that audience response can be gauged before marketing dollars are committed to the song’s viability as a downloadable hit. “It’s a tool that a lot of industry folks have access to let people to get a preview,” she said. “It’s much like television in which syndicated shows are produced for TV, they’ll first see how people respond. What people like about it, what people don’t like about it. This way we can target certain age groups and demographics.

Stephanie is preparing to record another song, probably in LA, also with session musicians.

For Stack, who was born in Huntsville, AL but grew up around the world the daughter of an IBM executive, her success in the music business is translated by personal triumphs, while also pursuing her once secret passion for creating hit music.

“A friend of mine called me while driving her car into Old Town and said she’d just heard my song ‘What I’d Rather Do’ on the radio... That was really thrilling,” she said. “Another called to say they’d heard it playing in the lobby of The W hotel in Dallas, and someone else called and said they’d heard it playing in Hawaii. Where it really came together for me was when I actually heard myself playing on the radio, driving down the road. It was pretty cool.”

One can only hope she didn’t drive off the road. “I almost did!” she laughs. “It was funny. It was really cool because up until that moment I didn’t know I could do it. I’m still battling my insecurities but it does feel almost like a validation because I really did want to prove to myself that I really do have a talent, and to be validated by some amazing people in this industry.

Stack’s journey in the record business has also been one of self-discovery and pushing her limits as an individual. “It’s in one’s nature to stay within your comfort zone, but I have to continually challenge myself,” she said. “And I think that’s sort of the message I want to give people. You can’t be complacent in your life. You need to move forward and meet your challenges each day because otherwise you won’t meet your full potential.”

“Normal is not something to aspire to, it is something to get away from.”
— Jodie Foster
The City of Alexandria launches “Call.Click.Connect.”

On January 26, the City of Alexandria launched “Call.Click.Connect.” a new customer service initiative that combines people, processes and technology to deliver information, services and solutions to the public through a centralized, streamlined process. At the heart of the initiative is an online system for entering, tracking, and resolving service requests, designed to help the City respond more efficiently to requests from residents and the public.

Users can call 703.746.HELP (4357), or click the Web portal on alexandriava.gov to easily access information and connect with their City government.

DASH announces more frequent service to NVCC.

Alexandria Transit Company (DASH) announced as of January 14 that riders on the AT6 route will see more frequent service between the King Street Metrorail Station and the Northern Virginia Community College (NVCC). This change will increase service from every 30 minutes to every 15 minutes in the morning and evening peak periods and improve schedule adherence which has been affected by increasing ridership in recent years. New DASH Ride Guides are available at all DASH stops, all of the Alexandria Metrorail Stations, the Alexandria Transit Store on Diagonal Road, the Ramsay House Visitor Center at King and Fairfax Streets and City Hall. Electronic schedules are available online at www.dashbus.com.

City Academy now accepting applications.

The Alexandria City Academy (formerly Citizens Academy) is an eight-week program that allows residents to get to know their City government. The deadline for applications is Friday, February 15. For more information, visit alexandriava.gov/CityAcademy. The City of Alexandria’s Office of Communications and Public Information offers the eight-week Alexandria City Academy program, which provides residents with the opportunity to learn about City government through first-hand experience with a wide range of government functions, services, activities and issues.

Classes will take place on Thursdays, March 8 through April 25, from 7 p.m. to 9 p.m. Meetings will occur in various locations around the City. The City Academy is open to City residents age 18 and over, and to business owners within the City limits.

Class size is limited to 15 to 20 students and space fills up quickly! The deadline for registration is Friday, February 15.

Post plans to sell waterfront warehouses.

The warehouses, nearly half a mile apart along the Old Town waterfront, served for decades as receiving locations for pulp and newsprint. Today, Robinson Terminal Warehouse Corp., a wholly owned subsidiary of The Post Co., uses the 600,000 square feet largely for storage.

“We have decided that the time is right to market the North and South Terminals on the Alexandria waterfront, where we have had a long history of operations,” Robert W. Taylor, Robinson Terminal president, said in a statement. He added that the company plans to consolidate operations in Springfield, where The Post’s printing presses are located.

More than seven decades after they opened, the warehouses sit amid a patchwork of parks, low-rise office buildings, townhouses, shops and restaurants, remnants of an industrial era that existed before the waterfront evolved into a popular tourist destination and upscale neighborhood.

Alexandria Mayor William Euille (D), who won reelection in November based in part on his leadership in redeveloping the riverfront, said The Post Co.’s decision to sell the warehouses “removes a potential stumbling block.”

“I think this is a positive thing because it removes any concerns about whether The Washington Post will be a participant or player in the waterfront,” Euille said. “They’re simply saying they’re cashing out, they’re walking away. Hopefully new owners… will embrace the waterfront concept and participate in the future of Alexandria.”

Since news of the possible sale of the headquarters became public, some historic preservationists said they considered the building architecturally significant and may work to protect it.

Moran hosts FBI relocation effort.

Representatives Jim Moran, Frank Wolf, Gerry Connolly and Rob Whitman along with Senators Mark Warner and Tim Kaine met to strategize efforts to bring the FBI Headquarters to Northern Virginia. In a statement released from the meeting the Congressmen said, “As the GSA begins the process of finding a new location for the FBI Headquarters, we are committed to finding a home for the FBI in the Commonwealth. Working with localities and the Governor’s office, as well as partners in the private sector, we will work to promote Virginia as the best place for this important relocation... The Commonwealth offers numerous benefits to FBI employees; a majority of FBI personnel reside in Virginia; the FBI Academy and the FBI Laboratory are located in Quantico; the Northern Virginia Resident Ageny is located in Prince William County; and Winchester is the future home of the FBI’s Central Records Complex. Proximity to the National Counterterrorism Center and CIA provide opportunity for efficiency and agency coordination.”

Moran hosts FBI relocation effort.

Congressman Jim Moran is spearheading an effort to bring the FBI Headquarters to Northern Virginia.

PHOTO BY HARRY MERRITT

How bad is it?

Traffic congestion in the Washington, DC metro area has been ranked worst in the country by the Texas Transportation Institute (TII). The study rates our region’s traffic worse than San Francisco-Oakland, Los Angeles, New York-Newark and Boston.

Among the study’s highlights for the D.C. area:

• D.C.’s ranks first in yearly delay per commuter at 67 hours. (That’s more than a week at the office.)

• D.C. also got the top honors for increased fuel consumption per year. Traveling in congested conditions made area drivers use on average 32 additional gallons of gas — which adds up to more than $115, based on the AAA Mid-Atlantic current average of $3.60 per gallon in Northern Virginia.

• D.C. received the top ranking in value of travel time delay per commuter, estimating the cost of congestion per traveler annually at $1,398.
FALL IN LOVE with OLD TOWN COMMONS

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

EYA.com

Model homes open daily | Call 571-312-8910
735 N. ALFRED STREET, ALEXANDRIA, VA 22314

Prices subject to change without notice.
Rare Drawing Returns Home to Mount Vernon

George Washington’s Mount Vernon secured an important piece of history at auction. It is a unique, rare, and important image of the Washington family home from the late 18th century. The drawing of the Washingtons on the piazza is the closest the artist will ever come to having a color photograph of George Washington and his family at home in Virginia, said Mount Vernon president & CEO, Curt Viebranz.

Best known as the second architect of the United States Capitol building, Latrobe offered a much more detailed and intimate view, showing George and Martha Washington enjoying refreshments, tea or coffee on the piazza with Martha’s granddaughter, Nelly Custis, and a male guest, probably Washington’s aide, Tobias Lear.

Only two lifetime images are known to depict George and Martha Washington at home at Mount Vernon, the other being a ca. 1792 painting of The West Front of Mount Vernon, by Edward Savage, which provides a distant view of small, stiff figures strolling on the bowling green.

The Latrobe drawing offers a much more detailed and intimate view, showing George and Martha Washington enjoying refreshments, tea or coffee on the piazza with Martha’s granddaughter, Nelly Custis, and a male guest, probably Washington’s aide, Tobias Lear.

Best known as the second architect of the United States Capitol building, Latrobe visited Mount Vernon on July 16-17, 1796, having likely obtained an introduction to George Washington through his acquaintance with Bushrod Washington, the President’s nephew (and a future owner of Mount Vernon) and future Associate Justice of the United States Supreme Court.

This image was “drawn from life,” according to the artist’s signature (“Benjamin Henry Latrobe nat del July 16, 1796”). It represents a scene that occurred during Latrobe’s visit to Mount Vernon on the evening of July 16, and was described specifically in his journals: after dinner, the party removed to the piazza, where coffee was served about six o’clock, and conversation continued until dark. Mount Vernon believes this drawing was presented to George Washington through a gift after his memorable visit to the Mount Vernon estate.

The estate dates back to 1759, and is believed to be the birthplace of the first family owner of the Mount Vernon estate.

ACVA’s ABCs of Doing Business

Showing the array of resources and the high level of support available to businesses throughout the City of Alexandria, the Alexandria Convention & Visitors Association held its annual “ABC’s of Doing Business in Alexandria” on February 1. The program was held at the newly renovated Embassy Suites Alexandria as an ACVA Tourism Marketing Forum.

Eight business organizations, including both city-wide organizations and neighborhood business groups, highlighted the huge number of services they provide and the ways they work in partnership.

“Everyday will be alright in the end. So if it is not alright, it is not yet the end.”
— Dev Patel as Sonny Kapoor
The Best Exotic Marigold Hotel

George Washington’s Mount Vernon
Torpedo Factory Hires CEO

The Board of the Torpedo Factory Art Center (TFAC) has hired Eric Wallner as its Chief Executive Officer. Wallner will manage TFAC operations, assist the Board with strategic planning, and expand its reach locally, nationally, and internationally.

Wallner most recently served as the Creative Economy Specialist for the City of Ventura, CA, where he focused on attracting and retaining creative businesses.

Wallner holds a degree in art from Brown University and a master's degree in arts policy from Ohio State University. “I’m delighted to be working with the artists and Board of the Torpedo Factory Art Center,” said Wallner. “This is an outstanding opportunity at a great time in TFAC’s history.”

Hopkins House Receives $500K Holiday Gift

Hopkins House announced in January that it received a $500,000 donation during the Christmas holiday — the largest single gift to the organization in its 73-year history.

The donation, from Brenda and Mark Moore of Herndon, Virginia, will be used to expand enrollment in the organization’s nationally accredited preschool academy in Fairfax County, upgrade its preschool academy building in Alexandria, and provide a challenge grant to fund the opening of a new preschool academy in Herndon, Virginia.

“Hopkins House is a very effective organization, helping children, young people, and adults to be successful in school and life,” said Brenda Moore. “My husband and I are so pleased to be able to give back to our community by helping Hopkins House prepare children for success in school and life, and to help teens and adults prepare for college and a meaningful career.”

Founded in 1939, Hopkins House is a nonprofit child and family learning center. The organization currently serves over 500 individuals yearly.

Alexandria Museums Receive Accreditation

The American Alliance of Museums announced the City of Alexandria’s Office of Historic Alexandria earned accreditation as a museum system. Accredited status from the Alliance is the highest national recognition achievable by an American museum.

Of the nation’s estimated 21,800 museums, 995 are currently accredited, as well as 69 museum systems. To earn accreditation, a museum first must conduct a year of self-study, and then undergo a site visit by a two-person team of peers. The Accreditation Commission, an autonomous body of museum professionals appointed by the Alliance Board, considers the self-study and site visit report to determine whether a museum should receive accreditation.

ACT for Alexandria Announces 2013 Grant Awards

ACT for Alexandria has just announced the recipients of its 2013 Capacity Building Grant Awards. Totalling almost $60,000, the grants will strengthen eleven local nonprofit organizations serving children, youth and families in Alexandria. These grants invest in infrastructure-based programs to increase the effectiveness and sustainability of Alexandria’s nonprofits. This year’s recipients include: Alexandria Neighborhood Health Services, Inc., ALIVE!, Center for Alexandria’s Children, Community Lodgings, Parent Leadership Training Institute, Space of Her Own, The Child & Family Network Centers, The Reading Connection, Wright to Read, and Computer CORE and Senior Services of Alexandria, through a partnership with Compass.

Space of Her Own received a 2012 grant from ACT to develop a strategic plan for the organization. Linda Odell, executive director, said, “Since clarifying our mission and establishing clear, measurable goals, we are positioning ourselves to expand SOHO to other locations and considering starting a Space of HIS Own program for boys.” She also said, “I am better able to define SOHO when speaking to others who are interested in replicating the program nationally and internationally. The possibilities are quite exciting.”

Kehoe joins Living Legends Board

Retired from the military, William “Bill” Kehoe is a volunteer firefighter at the Alexandria Fire Department (AFD) Emergency Operations Center (EOC). He was a first responder to the “9/11” crash and spent three days assisting in the EOC, shuttling AFD personnel to and from the Pentagon and standing a night shift fire watch on the Pentagon roof. Kehoe volunteers regularly with Rebuilding Together Alexandria, an organization that donates home repairs to the in-need families of Alexandria. He donates time to work with Habitat for Humanity and has represented Alexandria on several trips to the Gulf States to help rebuild houses after the Katrina hurricane.
From Opening Curtain to Encore Performance

M"ost of us have heard the famous show business quote, “The show must go on.”

My dear friend Lelee, long-time resident of Alexandria, understands those words all too well. This past year she lost a remarkable 100 pounds and sadly experienced the unfathomable loss of a child. While life will never be the same, she is determined to live her life (her show) as fully as she’s able, appreciating all experiences that come her way. I couldn’t think of anyone that deserved a complete makeover more than Lelee. I approached her with the idea and without hesitation she accepted with an enthusiastic, “I trust you. I’m all yours!”

As a personal stylist, I’m passionate about helping women and men re-invent themselves from the inside out…to show them how to maximize their attributes and minimize their deficits while rethinking self-defeating, unrealistic standards of beauty. It’s not about changing your clothes — it’s about changing your life.

Change isn’t easy and it can be overwhelming, especially if old, self-defeating thoughts try to re-seed their way back into our minds, particularly when we’re feeling vulnerable.

Everyone is different, but when someone is ready for a style revival I encourage them to bust out of the gate. Lelee did just that. She was open to the experience and trusted the process, but it can be challenging when you’ve been working hard to stay behind the scenes. As Lelee points out, “When you’re overweight you become invisible.” Staying invisible is no way to take center stage in your life.

Lelee loves the arts and feels energized and alive while at the theater, so I determined that dressing her for an upcoming show at her favorite venue, The Arena Stage, would be the perfect setting for her return as leading lady in her own production. Getting from opening curtain to encore requires well-written scenes and a bit of choreography, so here’s how we set the stage for Lelee.

Lelee had one specific request for her new wardrobe, “I just want to wear a nice pair of jeans.” Theater dressing is more relaxed these days, so finding the perfect pair would also provide us the anchor piece for her night out. After measuring Lelee’s rise and true inseam, we dealt with fabric content — a “deal breaker” detail in terms of jean fit. Unfortunately, the only way to find the best fabric combination for your figure is through trial & error. So Lelee tried on every hot brand of denim offered at Nordstrom without much success. The jeans looked okay, but not great.

Through my prior life in the fashion industry and sourcing materials, I know that fabric manufacturers sell the same denim to a wide variety of labels and retailers from mid-tier to designer. What this means is that a higher priced jean doesn’t necessarily mean a better jean, so off to Target we went. Why Target? They offer a variety of denim styles and prices, moderately priced denim to a wide variety of labels and retailers from mid-tier to designer. What this means is that a higher priced jean doesn’t necessarily mean a better jean, so off to Target we went.

Why Target? They offer a variety of denim styles and lengths that accommodate a wide range of shapes. As soon as Lelee tried on the Mossimo boot cut jeans, you could hear from the dressing room, “These are the ones, I can’t believe it…you’re kidding me, $27.00!” The combination of correct rise, silhouette, and the 99% cotton / 1% spandex fabric content makes these jeans look like she paid a fortune.

I wanted Lelee’s look to be up-to-minute, modern, and comfortable, while being mindful of the fact that she was in uncharted style waters and that she is 50-ish. I chose a draped-front moto jacket by Trouve in a sumptuous, saddle-brown lambskin that showcases the waist (Nordstrom, $298.00). Two features make this jacket stand apart from others; the raw edge lapel and clever knit insets along the full length of the arm that provide Lelee the ease of movement she requires. Underneath the jacket is a feminine, low-scoop blouse by Trouve in rose memoir (Nordstrom, $78.00). Interestingly, Lelee was resistant to the idea of anything bi-level, “I’ve spent so many years covering up.” Once she saw how flattering the polyester blouse skinnied the derriere, she was sold. The look was rounded out with a beautiful camel colored suede bootie by Audrey Brooke (DSW, $49.94). The 3.5 inch stiletto was a bit formidable for Lelee, but admitted that she loved the height. When it comes to accessories, there is strength in simplicity. The long linear drop earrings, moderately priced at Target, are both fashion-forward and tasteful as they quietly elevate her long, elegant neck and pull the entire look together. The look wouldn’t have been the same without them.

As Lelee stepped off of the stage of her makeover shoot, she said “This was such a gift, but now that it’s over I’m ready for it to begin again…” and then I knew that every day for Lelee would be an encore performance.

By Laurie Chesbrough

If you want a makeover, please write to Laurie Chesbrough at the Zebra, Laurie@thezebra.org

What a difference. Lelee above before (left) and after.
Lelee's Hair

Lelee didn't care what hair stylist Hillary Kellet of Urban Halo Salon in Clarendon did with her hair, as long as she could "pull it back into a ponytail." And that was going to be a problem. I understood why Lelee felt that way. There wasn't much to do with shoulder length hair that was simply washed and mainly air dried. There is a difference between low maintenance and no maintenance. We've all been there; when you're not feeling so hot about yourself, the less you do for yourself. Bottom line — most people with a great hairstyle take the time to make it look that way. As we "mature" it takes more effort to look good.

Hillary had her work cut out for her. She wanted to give Lelee a hairstyle that would complement her oval-shaped face (Lelee was shocked to find out that she had an oval face. "I thought I was still round!"); add highlights for beautiful dimension and color, emphasize her long neck, promote volume and body; yet be easy to style. After the details of the cut and color process were thoughtfully explained, the transformation began.

Full highlights in three different colors were foiled-in for dimension. A bonus is Hillary's highlighting technique, which allows Lelee 8-12 weeks between appointments.

Next came the cut. As the first snippets of hair hit the floor, Lelee nervously commented "that's a lot of hair." Hillary assured her that giving up some length was going to be a very good thing. A graduated hair style, shorter in the back and longer in the front, gives Lelee the illusion of length without the weight of her former long style.

When complete, Lelee gazed in the mirror and processed her new look, turned around, hugged Hillary and said "I love it!" And she wasn't the only one... as we were leaving the salon a fellow Urban Halo customer walked by, pointed at Lelee, and said "now that's beautiful hair!"

Hillary's Hair Tips

You've heard it before but it's worth repeating. Hair health begins from within. Hair fitness is a must, particularly after 40. Hormonal changes, weight loss, and regular use of alcohol based hair products will wreak havoc on your hair. To help get your hair in shape this year, you may want to try a Biotin, B12, or MSM supplement. Always read the labels and consult with your physician, especially if you're on medication. Ask your stylist to recommend a deep conditioning treatment you can give yourself once a week and make the investment in professional salon treatments when you have your hair done.

Leelee's Makeup

Makeup artist Susan Vasquez believes that one of the biggest hurdles for women over 50 to overcome is getting out of the makeup rut. "Women will stay with the look they were using at the time in their life that they felt most loved." She added, "It's easier to divorce a man than a look!" Skilled makeup application can only go so far to help achieve radiance. Vasquez drives home the necessity of hydrating the skin, both inside and out, and suggests natural approaches for glowing skin. Incorporate shaved flaxseed into your diet; it helps reduce clogged pores, psoriasis, dry skin, and acne. Apply Vitamin E topically; while it has a multitude of benefits, one of the most exciting is that it helps speed up cell regeneration, which helps minimize wrinkles and makes the skin look younger.
Ready to Lose Weight?

Use the Power of Hypnosis to convince your brain that your stomach is full after the appropriate amount of food. Empower yourself to feel satisfied with smaller portions and eliminate excess fat. No pills. No surgery.

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J ust when things appear to be their darkest, when things couldn’t get any worse, when the bluebird of happiness has seemed to have flown the nest, that’s when humor is our best ally.

Today we have troops in some 130 countries around the world, keeping watch, walking point, and often under duress or at great personal hardship. However, the U.S. military has consistently maintained its sense of humor even when the odds were against them. As we continue to face the ugly facts about combat in Afghanistan, of budget battles threatening the very existence of our armed forces, and the uncertain threats we will face in the future, it’s nice to know that your soldiers, sailors, marines, airmen, and coast guardmen have become masters of making light of tough situations.

Over the years I have collected a variety of witty or even down-right hysterical anecdotes from our warriors. I pass them along to demonstrate the literary versatility of our men and women in the armed forces and dispel the notion that we are merely a group of alpha-dog, bellicose Neanderthals with nothing productive to say. I hope you enjoy them as much as we who have served do.

- ‘A slipping gear could let your M203 grenade launcher fire when you least expect it. That would make you quite unpopular in what’s left of your unit.’ – Army’s magazine of preventive maintenance
- ‘Aim towards Enemy’ – Instruction painted on US Rocket Launcher
- ‘If the enemy is in range, so are you’ – Murphy’s Law for the Military
- ‘It is generally inadvisable to eject directly over the area you just bombded.’ – US Air Force briefing
- ‘Know what NAVY stands for? Never Again Volunteer Yourself.’ – Navy Captain in Iraq 2006
- ‘If your stack is going well, you have walked into an ambush.’ – Murphy’s Law for the Military
- ‘Any ship can be a minesweeper... once.’ – U.S. Navy Mine Warfare briefing
- ‘If you tell the Platoon Sergeant you have nothing to do,’ – WWII Army proverb
- ‘Friendly fire - isn’t’. – U.S. Army saying
- ‘When you’re short of everything but the enemy, you’re in combat.’ – US Marine Corps adage
- ‘If you find yourself in a fair fight, you didn’t plan your mission properly’ – Coast Guard Commander
- ‘When all else fails, simply revel in the absurdity of it all.’ – Navy Commander
- ‘Let me tell you about the benefits of being on a staff. This should be a short conversation.’ Marine Colonel to another Colonel
- ‘I keep myself confused on purpose, just in case I am captured and fall into enemy hands!’ – Air Force General
- ‘One weekend a month and two weeks a year, my ass!’ – Sign on tent of the Ohio National Guard in Iraq 2005.

Every year each officer in the military has an evaluation done on them to discuss their performance and potential for promotion. The evaluations are referred to as Officer Efficiency Reports (Army or Air Force) or Fitness Reports (Navy and Marine Corps). The following are actual quotes from officer evaluations by the U.S. military I have collected over the years. I hope you enjoy them as much as I did.

- ‘This officer is a gross ignoramus — 144 times worse than an ordinary ignoramus.’
- ‘He is a prime candidate for natural de-selection.’
- ‘Gates are down, the lights are flashing, but the train isn’t coming.’
- ‘This Lieutenant has two brains; one is lost and the other is out looking for it.’
- ‘This officer is so dense, light bends around him.’
- ‘He’s been any more stupid, he’d have to be watered twice a week.’
- ‘If you give him a penny for his thoughts, you’d get change.’
- ‘If you stand close enough to him, you can hear the ocean.’
- ‘Some drink from the fountain of knowledge; this officer only gargled.’

Not to be outdone, here are some excerpts from Royal Navy and Marines officer Fitness Reports:

- ‘His men would follow him anywhere, but only out of curiosity.’
- ‘He has carried out every one of his duties to his entire satisfaction.’
- ‘This officer would be out of his depth in a car park puddle.’
- ‘This young lady has delusions of adequacy.’
- ‘He has carried out each and every one of his duties to his entire satisfaction.’
- ‘Since my last report he has reached rock bottom, and has started to dig.’
- ‘One weekend a month and two weeks a year, my ass!’ – Sign on tent of the Ohio National Guard in Iraq 2005.

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

This month I tackled a guest bedroom for a client whose mother is visiting to help with her new baby. After perfectly placing the furniture, I recommend the following to those of you preparing a guest room.

Happy guests are nicer guests. Make Mom’s stay a pleasure with a few simple touches that add so much. Hopefully, you have the basics in place. First, you need a good mattress, (for adults, Queen size, at least) but steer clear of the pillow-top styles (too many complaints about those).

There is absolutely no detail of any kind that will be remembered and appreciated for years as much as personalizing something with the guests’ names. I first noticed this when I made cute little tags as place markers for a luncheon, then I expanded on it. Try it, you’ll see. Young and old, ladies, and even the most unsentimental of men, delight in something bearing their name. If you have guests who come frequently, you might personalize hand towels or bath robes for them. Otherwise, personalizing pillowcases and/or sheets with something cheery (“Thank You, Mom,” “Sleep Well,” etc.) is a great idea too. Everyone’s temperature and sleep requirements differ. Save yourself the late-night knock on the door by having the closet stocked with extra pillows, cases, blankets and quilts, and padded hangers. Have your clutter and accessories minimal, leaving space for their stuff. Mom needs a place to sit other than the bed. A bench is perfect, since it can also hold luggage for unpacking and repacking. Include enough lighting to give the room a cozy glow – a lone ceiling fixture won’t do. Place a lamp on each side of the bed, and one on the dresser.

A small lamp on the bathroom counter can serve as an attractive temporary nightlight. High-quality faux floral arrangements add color without the need to refill the vase. For fragrance, reed diffusers are a better choice than candles. You might add a bottle of scented linen spray, too.

Place a pitcher of filtered water and two glasses on a pretty tray. Even better, stock a small refrigerator with beverages. Stack towels in a tray on the bathroom counter, along with fresh soaps and a couple of glasses. Thank goodness for wall-mounted flat-screen TV’s, perfect for space-challenged guest rooms.

Remember - every little thing that you provide ahead of time, will save you an interruption and request from them... which, frankly, will always come at the worst possible time... like, when the dog is eating the cat, or when the clothes washer floods, or the roast decides to morph into a char-broiled raisin. You get the point.)

Ginger Rodriguez is the principal designer for West Bay Interiors, westbayinteriors.com and has a blog coffeewithginger.com.

“We were visiting from North Carolina over the holidays and picked up a copy of your publication, and we loved it, especially when we saw Cat in a Box! This is our funny calico Seaweed, who tries to sleep in any box she can. The smaller the better!”

— Submitted by Roy and Rosada

Send your Cat in A Box photos to mary@thezebra.org and we’ll get them published as soon as we can.
Sue Bowers bikes the Billy Goat Trail in Maryland only a year after her open heart surgery. 

COURTESY PHOTO

Alexandria Resident Has Personal Connection to American Heart Month

BY BETHANY HERRON

ue Bowers is not a typical 66 year old. For her, a common week includes five to six days of exercising. She takes classes in spinning, yoga and Pilates while also incorporating a cardio routine into her schedule. Not to mention she regularly goes out dancing with her husband and bikes long distance. What makes Bowers even more unique is that just two years ago she died, but she came back to life and is not taking a moment for granted.

Bowers inherited her Father's Bicuspid Aortic Valve, which is a condition where the aortic valve only has two leaflets, instead of three. This can cause a myriad of issues, including difficulty breathing to even death. In 2010, Bowers had open heart surgery to replace the bicuspid valve, but shortly after her surgery she experienced a third stage heart block – she died. She was brought back to life and had two emergency surgeries. In the end, Bowers survived and received a pacemaker.

After her ordeal, Bowers' strength disappeared, and her lifestyle completely changed. She also developed high blood pressure, which needed to be treated with medication. She went from exercising three times a week to barely being able to open the refrigerator. But, she knew she needed to focus on rehabilitation to gain her life back. "You have to decide if you want to be alive and do things or just sit and watch life go by," explained Bowers.

Bowers chose to take her life back. She went through cardiac rehabilitation and also turned to her local Sport&Health Club in Old Town, Alexandria to exercise in other platforms. The facility also has a heart rate monitor that allowed Bowers to safely monitor her heart while exercising.

It took time and dedication, but after a little more than a year of work, Bowers has been able to shift back into her old routine of spinning, yoga and Pilates, and she has stopped taking her blood pressure medication. Part of Bowers' incredible recovery included working with a Pilates instructor, Tera Eggeson of Sport&Health, before and after surgery to help strengthen her chest.

For Bowers' surgery, her sternum needed to be broken, so she used Pilates to prepare her body. "You should get as strong as possible early on. If you prepare your muscles before surgery you can recover easier," said Bowers. "You have a huge amount of scar tissue, so I think it's something you need to constantly work on post surgery too."

Eggeson has worked with Bowers for more than a year on strengthening her muscles and preventing her shoulders from folding in, which is common after this type of surgery. "Pilates allows you to open your chest," explained Eggeson. "Her story is remarkable. She is so dedicated and consistent in her training."

Bowers still has more work to do to get back to where she was prior to her procedure, but she is certainly on track. "You can train your body to get 100% back," commented Bowers. "People set the bar too low and then never get back to where they were."

Bowers is certainly setting the bar high and living her life along the way. From tackling three hour Argentine tango dancing sessions to hiking the Billy Goat Trail, Bowers is proving that she is doing everything but watch life go by.

The Battle at Stone's River in January 1863 inflicted the greatest percentage of casualties in the Civil War and kept the Confederacy from gaining control of central Tennessee.

COURTESY ART

A Winter Of Discontent ... and Frustration

BY CHUCK HAGEL

January and February 1863 proved to be a mixed bag for both the North and the South. Neither side made any significant military ground gains nor suffered any significant military ground losses.

However, the year commenced with the greatest political impact of the war to that point -- the enactment of the Emancipation Proclamation. Although Lincoln had actually issued it as an Executive Order, in October 1862 following the battle of Antietam, it was not to go into full legal effect until January 1, 1863, thus giving those states in secession the ability to regain the Union before the proclamation became law.

In effect, that fact only solidified the Confederacy's belief that the war was, and always had been, about the nullification of slavery and strangulation of their economy. And, it only hardened their resolve to continue the struggle which would result in three more years of bloodshed.

January 2, 1863 proved to be an omen of those next three years. On that date the Confederates suffered a technical defeat at Stone's River, Tennessee, also known as the Second Battle of Murfreesboro.

It commenced on December 31, 1862 and ended January 2, 1863. Union forces repelled two attacks by Confederate troops and the battle ended in a standoff. However, it prevented the Confederacy from gaining control of central Tennessee and heightened the morale of Union forces following their failures at Fredericksburg, VA.

The battle gained the dubious distinction of inflicting the greatest percentage casualties of the Civil War. The Confederates lost 14,560 killed, wounded or missing. The Union suffered 11,578 in the same categories. But, perhaps the most influential ultimate factor was the weather which made it impossible for the Union to follow up on its successful effort.

Finally, January 1863 also proved to be the month that Lincoln would once again make a change of command for the Army of The Potomac. He had replaced General George McClellan with General Ambrose Burnside, whom he had hoped would carry the mission to take Fredericksburg and move on to Richmond.

But, instead, Burnside's most identifiable “pork chop” whickers, which are said to have led to the term “sideburns,” had never commanded a military force as large as The Army of The Potomac at 100,000 strong. This ultimately would prove to be his downfall.

On January 20, in his quest to find a way to cross the Rappahannock River, Burnside abandoned the campaign in what became known as the “Mud March.” Snow had turned to more than 30 hours of heavy rain and thwarted his crossing the river and thus his attempt to prove his military abilities to take Richmond.

Burnside, desperate to restore his military reputation after his failure at Fredericksburg, began making plans for a new offensive. However, his plan was thwarted by Lincoln himself when he wired Burnside that “No major army movements are to be made without first informing the White House.”

This order was triggered by two of Burnside’s officers who secretly traveled to Washington to privately warn the president that the morale of the army was so low under Burnside that it would surely face defeat if Burnside’s plan was executed. This led to Burnside coming to Washington, meeting with Lincoln and offering to resign from the Army.

As it was the torrential downpour for nearly three days caused the river to swell and the banks and roads to turn into a field of mud thwarting the movement of troops, artillery and horses. It also provided the necessary time for Confederate General Robert E. Lee to line up his military machine on the opposite bank in anticipation of a Union crossing.

By the morning of January 22, with no abatement of the storm, Burnside ordered his army to retire to its quarters. This was Burnside’s final act as commander of the Army of The Potomac. On January 26 Lincoln replaced him with General Joseph Hooker and began yet another quest for a competent military leader.

While Hooker began reorganizing the Army of The Potomac, Lincoln’s only bright spot for the new year of 1863 came not in his effort to march on Richmond but from the Union’s rural forces – namely the assault on Fort McAllister, outside Savannah, GA. This led to the ultimate July
Union General Joseph Hooker replaced the ineffective Ambrose Burnside as commander of the Army of the Potomac on January 26, 1863.

PHOTO COURTESY OF LIBRARY OF CONGRESS.

February 1863 also saw the start of some real results from the ongoing naval blockades of southern ports. It began to have a devastating effect on Confederate currency and goods—particularly the mainstay of the southern economy—cotton.

However, these naval successes had a down side as well. The sheer size of the Union fleet carrying out these exercises called for massive supplies. The primary concern was coal—70,000 bushels were needed each day to keep the fleet operational. That called for a considerable marine supply line.

On the home front the U.S. Senate passed the first Conscription Act due to the lack of volunteers willing to join up. Congress also authorized the first national banking system. And, Secretary of State William Seward told the French government that the United States was not interested in their offer to mediate a settlement of the war.

All the while General Hooker was reorganizing his army to make it more efficient and bring about greater command control as well as attacking the dual problems of desertion and disease. He ordered the construction of new huts to protect the troops from the winter weather, a greater amount of fruits and vegetables for their diets, and improved medical facilities.

Throughout these two winter months most of the actions by both the Union and Confederacy were in preparation for the offensives expected in the coming spring. Little did either side envision what was coming—the virtual turning point in this long battle of brother against brother outside a small Pennsylvania town called Gettysburg. It would take place on the very anniversary of the signing of the Declaration of Independence 87 years prior.

You can find this wonderful hot sauce at www.chili-willy.com. They have some really good recipes on the site. Check out the Winter Cabbage Soup. I'm making some this weekend!

Did you know that February 20th is Hoodie-Hoo Day? On this winter day, people go out at noon, wave their hands over their heads and chant “Hoodie-Ho!” It is a day to chase away winter and bring to the warmth of spring.

I offer an alternative way to relieve the chill of winter and bring some heat. Hot as Barbados on a summer day! It is a great sauce inspired by the islands and the recipe combines the hurricane force of the habanero with tropical spices and the best darn mustard on the planet. Offering a pleasant lingering burn, The Brutal Bajan rates a two on my heat scale.

Believe it or not, it is from St. Charles, Illinois where they understand the need for heat. Avoid the winter weight gain and use this sauce which has no fat and no cholesterol. I found this sauce to be a great substitute for spicy mustard on a burger or in a grilled cheese and ham sandwich. I also found adding The Brutal Bajan to your favorite barbecue sauce for ribs is awesome!
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Bianca
is sweet and sassy and the perfect companion for any cat lover. At 8 years old, she knows what she wants and when she wants it. Bianca deserves all of your love, so she is best suited for a home where she is the only pet. When she's not curled up in your lap, Bianca enjoys playing with toys, especially the kitty wand.

Rainie
is a 2-year-old Cat that is curious and affectionate. He'll perfectly happy being independent and doesn't need a lot of cuddling, but will crawl into your lap and settle down for a nap when he wants attention. Rainie is currently available for adoption from his foster home.

Monkey
is a 7-year-old gray tabby who has a curious and affectionate. He's perfectly happy being independent and doesn't need a lot of cuddling, but will crawl into your lap and settle down for a nap when he wants attention. Monkey is currently available for adoption from his foster home.

Rufus
is a 2-year-old Pit Bull Terrier mix who is both handsome and smelly. He loves the outdoors and is an athletic, active dog. Indoors, puzzles and toys keep Rufus mentally stimulated. If you're always on the go and are looking for a four-legged companion who can keep up, Rufus is your man.

Tanner
is as cool as a cucumber. The 5-year-old American Foxhound makes the perfect companion on a rainy day. Tanner enjoys spending time with good people. He enjoys the outdoors and exploring new smells, after all he is a hound dog. Tanner is a family that will love him.

Lady
is a 4-year-old cat and a kitten, she has plenty to play. She can be shy at the start but she will open up and show you love and affection. Lady loves watching birds fly by and chasing laser pointers.

Raine
is an American Foxhound who makes the perfect companion on a rainy day. The 2-year-old female will shower you with kisses and love and will make a great friend. Raine can be a bit shy, but the world be a perfect addition to a home that already has a dog.
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Second graders at St. Stephens and St. Agnes visited the MLK Memorial last month.

**Letters to MLK**

Second grade students at St. Stephen’s & St. Agnes School in Alexandria wrote letters to the late Dr. Martin Luther King Jr. and read them aloud during the school’s annual “Letters to MLK” program on January 25. The students led an assembly for their classmates in grades junior kindergarten through fifth. The program also included songs, poetry, and photo presentations. The second grade students have been learning about the work of Dr. King and visited the Martin Luther King Jr. National Memorial last month.

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**BI Crew Member Babiec is a Tiger**

Senior Catherine Babiec, the third Babiec to row for Bishop Ireton, will follow her brother and sister into collegiate rowing next fall when she enrolls at Princeton this fall. "I had the chance to see a number of schools, including Stanford and Washington State, but when I came home from Princeton I knew that was the best place for me," said Catherine of her fall visit. "I had the chance to see a number of great schools with beautiful campuses, but I liked the team, the coaches, and the Princeton campus. I also like it that it is a strong program, they have qualified for the NCAA championship every year that they have been held. I want to be a member of the first national championship team at Princeton."

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**Saints Compete in Green Cup Challenge**

St. Stephen’s & St. Agnes School is competing in the Green Cup Challenge thru February 13, a national, student-driven inter-school energy challenge organized by the Green Schools Alliance. During the four-week challenge, schools compete to determine who can reduce their electricity consumption the most, compared with their own data during same time period last year. During last year’s challenge, SSSAS reduced electricity use school-wide by 28%–that was the second-highest reduction among 116 schools nationwide! SSSAS also won our regional division last year (Mid-Atlantic/Chesapeake). SSSAS has participated in the Green Cup Challenge since it started five years ago and previously held similar challenges between their three campuses.

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**St. Stephens & St. Agnes Upper School Robotics Team Wins Tournament**

The St. Stephen’s & St. Agnes Upper School robotics team was part of the winning alliance that won the Virginia FIRST Tech Challenge Rookie Qualifying Tournament on January 26. SSSAS advances to compete in the Virginia Championship Tournament on March 2 in Richmond. Teams from 22 Virginia middle and high schools, all in their first year of FIRST Tech Challenge competition, participated with only seven teams qualifying for states. FIRST (For Inspiration and Recognition of Science and Technology) is a not-for-profit, volunteer-driven organization founded in 1989. This year’s challenge, “Ring It Up,” required students to build a robot that can drive around a field, pick up rings from a dispenser, and deposit them onto a 4’ x 4’ rack (similar to a tic-tac-toe game). The rookie team consisting of Katie Henshaw ’16, Taylor Jensen ’14, Eric Karsten ’16, Dokken Shapero ’16, and Nolan Thompson ’16 have been working together since September. Recently, they’ve been meeting nearly every day during lunch and sometimes after school to familiarize themselves with the parts, mechanisms, and motors.

The state tournament will be held March 2 at the Arthur Ashe Jr. Athletic Center in Richmond. GO SAINTS!
What happened to my Impatiens?

What happened to America’s favorite, number one bedding plant this past summer? Notice that subtle leaf yellowing, followed by leaves flagging or curling downward, giving the appearance that the plants need to be watered? The North American market was severely impacted this past season with Impatiens Downy Mildew, caused by the fungus-like pathogen Plasmopara obducens.

In all my years as a gardener, grower, seed salesmen, and retail garden center owner, I have never experienced such a devastating disease hit our industry so rapidly in basically one season.

This downy mildew affects Impatiens walleriana; yes the standard bedding plant we all love and have had so much success with and endless colors in our gardens for many, many years. This mildew will also affect other walleriana impatiens such as double-flowered, mini-impatiens, Fusion and Butterfly. The good news is New Guinea Impatiens are not affected by this disease.

To give you some background, this disease thrives in moist or humid conditions, new infections will occur when there is a thin film of moisture on leaf surfaces for a few hours. Splashing water, rain, overhead irrigation, crowded plant spacing and cool nights will encourage disease development. The “really bad news”, once infected, your plants will not recover. Yellowing, stunting, curling downward foliage are early signs of Downy Mildew. Now take a closer look under the leaves— if you find white sporulation on the undersurface of leaves, you have Downy Mildew. If found, get your trash bags out; entirely remove and dispose of infected plants (yes roots too) immediately! As they say, bag it! Don’t compost, you need to put out with the trash in a SEALED plastic bag.

What happens if you leave affected plants in your garden? Eventually the leaves and flowers will drop, resulting in bare stems with only a few tiny, yellow leaves. The problem with leaving plants in until they collapse is the spores, called oo-spores they may survive in the plant debris and be released into the soil as the stems decay. These resting spores can potentially survive in the soil for a period of years.

What’s a gardener to do this spring in the shade? My professional opinion, (as much as I hate to say it) don’t plant Impatiens walleriana this year. Let’s make this spring, the spring of 2013, the year of new plant opportunities! Expand your plant palate, create a new look in your garden, try the plants you have always wanted to try but were too afraid to give up your beloved Impatiens.

Visit your local garden center this spring and check out some of these other great plants. Begonias are an easy replacement for Impatiens. If you have not tried ‘Dragon Wing’, ‘Big’ or the ‘Whopper’ begonias, you are missing some great garden workhorses that go all summer long. Keep in mind these begonias get BIG and you should space a minimum of 18” apart. (Don’t worry, they will fill in quickly!). Other suggestions ‘Firecracker’, ‘Rex’, ‘Tuberosa’ begonias, ‘Cadiums’, ‘Coleus’, ‘Ferns’, ‘Sweet Potato’, ‘Irene’s Blazer Rose’ to name a few and if you really like the Impatiens “look”, New Guinea Impatiens might be right for you.

At Greenstreet Gardens, our dedicated staff is ready to answer all your gardening questions. And if you just can’t do without your Impatiens, please visit with us to give you a few tips that may help your Impatiens survive this summer. (Remember if you had any signs last year, don’t plant Impatiens this year).

The police alleged that the women were “obstructing traffic” even though they were peacefully picketing on a sidewalk. They were released on their own recognizance only to be arrested again and sentenced to serve three days in jail or pay a $25 fine. Unwilling, Lucy Burns and Katherine Moor fired back: “Not a dollar of your fine shall we pay. To pay a fine would be an admission of guilt. We are innocent!”

They were hauled off to jail in wagons with thieves, prostitutes and drunks to the Occoquan Workhouse in Lorton, 25 miles south of Washington in Fairfax County, then an area one historian called a “deserted wilderness.”

From 1917 to 1919, over 200 women from 26 states were arrested for “obstructing traffic” and “holding a meeting on public grounds.” More than 70 suffragists were jailed at the Workhouse, some for up to seven months. They suffered inhumane conditions, beatings and force feedings. They were given mostly hard bread and putrid soup with worms added and forced to give up all personal effects, wear bulky prison garb and shoes alike for each foot to fit any size. Their courage and harsh treatment represented a turning point in the struggle for passage of the 19th amendment to the U.S. Constitution.

The 1917 incarcerations were among many incidents of civil disobedience in the 72-year struggle for American women to gain the right to vote. Imprisonment came four years after a dramatic parade down Pennsylvania Avenue the day before President Woodrow Wilson’s inauguration when 3,000 to 8,000 women carried banners proclaiming “Liberty, Equality, Fraternity.”

The unprecedented spectacle of thousands of determined women, flinted and marching bands moving from the U.S. Capitol to the White House was led by Ida Milholland who invoked the image of Joan of Arc in flowing white robes and astride a magnificently decorated horse. Women were greeted by jeers, shoving and insults at the White House. The parade invigorated the movement and upstaged President-elect Woodrow Wilson’s inauguration. The Delta Sigma Theta sorority, founded in 1917, was convened by Howard University, marched, their first public act. Fearing they would further encourage southern resistance to suffrage, parade leaders asked African-American women to march at the rear of the parade.

Ida B. Wells—Barnett refused, but others did.

Alice Paul and the National Women’s Party, 1917 – Alice Paul believed that an amendment to the Constitution was needed and began organizing in 1913 for the National American Woman Suffrage Association. She had 100th anniversary events planned for the first year of the 19th Amendment and the suffragists’ efforts were a catalyst for the Women’s Suffrage Parade in 1913. In 1917, the National Women’s Party was formed to push for an amendment to the Constitution.

The suffragists’ struggle was long, hard and often violent. The year was 1917. It was the year of the 19th Amendment to the Constitution. Their courage and dedication to their cause earned them the title of the “suffragists’ street.”

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The 1917 incarcerations were among many incidents of civil disobedience in the 72-year struggle for American women to gain the right to vote. Imprisonment came four years after a dramatic parade down Pennsylvania Avenue the day before President Woodrow Wilson’s inauguration when 3,000 to 8,000 women carried banners proclaiming “Liberty, Equality, Fraternity.”

The unprecedented spectacle of thousands of determined women, flinted and marching bands moving from the U.S. Capitol to the White House was led by Ida Milholland who invoked the image of Joan of Arc in flowing white robes and astride a magnificently decorated horse. Women were greeted by jeers, shoving and insults at the White House. The parade invigorated the movement and upstaged President-elect Woodrow Wilson’s inauguration. The Delta Sigma Theta sorority, founded in 1917, was convened by Howard University, marched, their first public act. Fearing they would further encourage southern resistance to suffrage, parade leaders asked African-American women to march at the rear of the parade.

Ida B. Wells—Barnett refused, but others did.

Alice Paul and the National Women’s Party, 1917 – Alice Paul believed that an amendment to the Constitution was needed and began organizing in 1913 for the National American Woman Suffrage Association. She had 100th anniversary events planned for the first year of the 19th Amendment and the suffragists’ efforts were a catalyst for the Women’s Suffrage Parade in 1913. In 1917, the National Women’s Party was formed to push for an amendment to the Constitution.

The suffragists’ struggle was long, hard and often violent. The year was 1917. It was the year of the 19th Amendment to the Constitution. Their courage and dedication to their cause earned them the title of the “suffragists’ street.”

The police alleged that the women were “obstructing traffic” even though they were peacefully picketing on a sidewalk. They were released on their own recognizance only to be arrested again and sentenced to serve three days in jail or pay a $25 fine. Unwilling, Lucy Burns and Katherine Moor fired back: “Not a dollar of your fine shall we pay. To pay a fine would be an admission of guilt. We are innocent!”

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embarked on a crusade for world democracy while denying democracy at home. Mabel Vernon posed, “If the right of those who submit to authority to have a voice in their own government is so sacred a cause to foreign people as to constitute the reason for our entering the international war in its defense, will you not, Mr. President, give immediate aid to the measure before Congress demanding self-government for the women of this country?” Some people called the suffragists “unpatriotic” for challenging the President and the Congress during wartime.

Occoquan Workhouse, Jail Life — The suffragists were arrested and chose prison over paying unjust fines. They demanded to be treated as political prisoners, went on hunger strikes and were force fed.

The Night of Terror — On the night of November 15, 1917, prison officials moved some of the women out of the dorm-style quarters and put them in jail cells. Some were dragged, beaten and slammed into cells and treated harshly. One had a heart attack. Guards bound Lucy Burns’s arms to the bars over her head all night. The women remained defiant.

Honoring the Prisoners — After the women were released, Alice Paul designed a “jailed for freedom” pin, to resemble a jailhouse door with a chain and a heart-shaped padlock.

Wilson Relents, 1918 — Finally, Wilson voiced some support by urging Congress to pass the suffrage amendment as “a necessary war measure.” To pressure Wilson to actively advocate for the amendment, suffragists built “watch fires” in Lafayette Park and burned Wilson’s speeches in the fires.

Passage and ratification — In 1919, the U.S. House of Representatives passed the 19th Amendment to the U.S. Constitution on a 304 to 89 vote and the Senate approved it, 56 to 25. In 1920, the Tennessee legislature, the last one needed, ratified the amendment by one vote. In 1920, all women could vote for the first time, 55 years after the Constitutional amendment ending slavery.

The amendment reads:

Section 1: The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

Section 2: Congress shall have power to enforce this article by appropriate legislation.

To Help: Contact the Turning Point Memorial Association, 5400 Ox Road, Fairfax Station, Virginia 22039; www.suffragistmemorial.org

Historical Marker near the original Occoquan Workhouse describes suffragists’ imprisonment.

PHOTO BY JANE BARKER

**Suffrage Centennial Celebration, March 1-3, 2013**

A Sampling of Events

- **March 2, 2 p.m. and 8 p.m., the National Women’s History Museum will present multimedia staged readings of Take What Is Yours, Linsner Auditorium, George Washington University, a play about Alice Paul, critically-acclaimed in its off-Broadway run last year;** [http://suffrage-centennial.org/?page_id=45](http://suffrage-centennial.org/?page_id=45)
- **March 1, 2, 3, 12 noon, film screening, “Iron-jawed Angels,” Hillary Swank portrays Alice Paul, National Archives;** [www.archives.gov](http://www.archives.gov)
- **March 2 – Smithsonian Museum of American History, exhibit, the 1913 “Suffrage Procession” (parade);** [http://americanhistory.si.edu](http://americanhistory.si.edu)
- **March 23 and 24, 11 a.m. to 5 p.m., Sewell-Belmont House, open house;** [www.suffrage-centennial.org](http://www.suffrage-centennial.org)

Organizations participating in weekend-long events include the National Women’s History Museum, Smithsonian National Museum of American History, Newseum, Sewell-Belmont House, Delta Sigma Theta, Daughters of the American Revolution, American Association of University Women, Unitarian Women, the National Archives, Cultural Tourism, D.C., the National Press Club and the Embassy of Finland.

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PHOTO BY JANE BARKER

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MENTION YOU SAW THIS AD IN ZEBRA FOR A 10% DISCOUNT THRU MARCH 15, 2013
Rosa Byrd and her husband Jack have lived in Alexandria for more than 50 years and for much of that time, she has been a community leader and champion for causes to make her Lynhaven neighborhood a safe place to live. They are the proud parents of Patricia Yancey (Alex) and Julious Byrd (Semone) and grandparents of Chanel Yancey, Jordan Byrd and Jalen Byrd.

For more than 35 years, Byrd and her friends inspected alleyways of Lynhaven for code enforcement violations, sanitation problems and lighting outages. They were lovingly referred to as the “Snoot Saters” by their neighbors. Byrd developed a working relationship with the Mayor, members of City Council and the City Manager that helped to solve many of the neighborhood’s problems. She and her neighbors were successful in transforming a vacant lot into a playground for their children. Later, then Mayor Charles Beasley was on hand for the opening of a second park in the area. One former business owner was so appreciative of Byrd’s volunteer efforts in her community that he established the Lynhaven Police Officer since 1996 offered this quote; “Rosa held the Police Department and elected officials accountable for combating the enforcement violations, sanitation problems and lighting outages. Residents allowed their homes to be used by police to observe active drug sales. Byrd activated telephone trees to assist a special unit of the Police Department called the, “Jump-Out Boys.” The dealers feared this unit because of this its success. Lynhaven was selected to become the first neighborhood in Alexandria to participate in a program called Community Oriented Policing (COP). This program entailed having one particular police officer assigned exclusively to Lynhaven. The officer worked in conjunction with the residents to establish neighborhood patrols, united with the transportation and environmental services department, code enforcement and the traffic division to help clean and beautify the neighborhood again. Absentee landlords were held accountable for the maintenance of their properties. The COP’s program is still in operation. Sergeant Robyn Nichols, Lynhaven’s Liaison Officer since 1996 offered this quote; “Rosa held the Police Department and elected officials accountable for combating the drug problem in the neighborhood.”

Byrd’s influence outside of Lynhaven is just as impressive. Her concern for quality education in all the city’s public schools, especially for minority students led to many educational endeavors. Byrd has served as officer of the PTAs of Cora Kelly Elementary School, Francis C. Hammond Middle School and T.C. Williams High School.

Byrd knows the importance of having input into the day-to-day decisions made by politicians. She knew that the way for the disfranchised to have a “voice” was through their vote. She actively recruited neighbors to register, she volunteered at the polls, served as a precinct chief, campaigned for city, state and presidential candidates, arranged for transportation to and from the polls and provided any other service necessary in her efforts to get people out to vote.

Former City Manager Vola Lawson said “Rosa Byrd is a real dynamo. She has worked successfully for years to benefit and improve her beloved Lynhaven community. She has also been a strong advocate for the rich diversity of our school children. Rosa’s energy, commitment and effectiveness for the causes she cares about are legendary.”

Living Legend Ferdinand Day considers Rosa Byrd to be one of his “ladies,” a group of community activists who have worked with him and Living Legend Melvin Miller throughout the years. The group includes three Living Legends and two nominees. Mr. Day states “Working with Rosa has been a pleasure. I have known her for many years and I have been impressed with her dedication to the city. Her nomination to Living Legends honors the concept of the Legend.”

Working to Make Alexandria Safer

Rosa Byrd was instrumental in encouraging her neighbors to establish a bond of trust and respect with the undercover police officers.

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Winter weather is hard enough on all vehicles without adding to that stress and potential for serious damage by not taking some very simple precautions. Most come under the heading of everyday common sense.

Check the heater, defrosters and windshield wipers to make sure they are all in working order. And, never start your windshield wipers unless absolutely sure they are not frozen to the glass. If the car has a rear windshield wiper check that also before turning it on. Wipers frozen to the glass can result in damage to their mechanism if not freed before starting.

When covered with snow and ice, let your vehicle warm up for about 20 minutes in extra cold weather before attempting to put it in gear to move. But, don’t do this inside a closed garage due to carbon monoxide gas. It could freeze and prevent operation of the vehicle.

Do not use cruise control when driving in snow and ice or where there is the potential of roadway black ice. If the car does go into a skid don’t panic. Gently steer into the skid and very gently apply the brakes and begin to steer out of the skid.

When driving in snow and ice conditions do not gun the engine. Increase and decrease speed slowly. In general, drive more cautiously than normal and increase the distance between other vehicles in bad weather and when on slippery surfaces.

If a situation arises requiring you to stop on a slippery surface do so by using the method called “threshold braking.” Do not slam on the brakes. Keep the heel of your foot on the floorboard and use the ball of the foot to apply an even pressure to the brake pedal.

If doing any long distance traveling in winter take the following precautions:

- Make sure the vehicle is well serviced and in top working order before starting out.
- Never let the gas tank dip below half.
- Do not leave the vehicle if you become stranded and mark it with a bright colored piece of material if available. It’s safer in the vehicle than outside in bad weather.
- Don’t run the engine constantly. Start it up and turn on the heater for short intervals to keep the vehicle reasonably warm. Make sure the exhaust pipe is free of any snow and ice that could backup carbon monoxide inside the vehicle’s interior.
- Always carry extra blankets and warm clothing when making any long distance trips in winter weather.
- Equip the vehicle with a flashlight, flares, and warning triangle in case of emergency. A cell phone is a must.
- In bad weather the safest driving is NO driving. If there is an option and no emergency, stay out of harm’s way. In the words of the musical Annie, “The sun’ll come out tomorrow.”

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For information, contact Jen Lavet at jennifer.a.lavet@accenture.com or Michelle Jannazo at mjannazo@newhopehousing.org

Does Congress Affect the Market?

BY STEPHEN MEMERY, CFP, CFA

“With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation’s wounds…”

150 years ago Abraham Lincoln chose these words to close his second inaugural address. Though the War Between the States had come to a conclusion, there were still deep divisions between those States and their people, and Lincoln chose his inauguration as an opportunity to begin the healing. Recently, we inaugurated Barack Obama to his second presidential term, and while our partisan politics may pale in comparison, it behooves us to reflect on the impact political division. Often overlooked in the discussion of regulations, taxes and loopholes, is the indirect effect of governmental division on that most personal of issues, our investments. In particular, does the composition of congress have any correlation to what happens in the market?

A recent study looked into the relationship between the makeup of the Executive and Legislative branches of the U.S. Government from 1926 through 2011. As you can see in from the chart below, the results were quite interesting. According to the study, a “Unified” government, where the Presidency, House and Senate are all controlled by the same party, resulted in the highest average returns for the S&P 500 and for a diversified portfolio (60% stock/40% bond) at 14.8% and 9.9% respectively. Only slightly behind were the average returns for those years where government was “Partially Divided,” with the Presidency controlled by one party and House and Senate controlled by another with an average return of 11.1% and a diversified portfolio returning 9.5% on average. The most dramatic results appeared in cases such as we have now with a “Completely Divided” government, where the two houses of Congress are controlled by different parties, market returns have fallen dramatically averaging only 1.1%. This information would suggest that we have a challenging time ahead for our investments.

Does this mean it’s time to sell out our IRAs and 401(K)s, stock up on canned goods and set the DVR for episodes of Doomsday Preppers? Not so fast. Among the most interesting finding in the study is that a well-diversified portfolio does not suffer nearly as much as the market does during a “Completely Divided” government. In fact, the 7.4% average annual return for a diversified portfolio significantly outperforms the market. Bear in mind that risk tolerances will differ among investors and there is no one allocation that is right for everyone. Your financial advisor is best positioned to help you determine an appropriate allocation for your financial situation. With the New Year, and new presidential term, come new opportunities. Seize that opportunity, and make sure your investments are able to faithfully execute the duties for which they were purchased.
A Marker In Time

At one of the busiest street corners in the city there is an historical marker that is different from any other in the area. It not only heralds the past but also serves as testimony to the present and future.

Many drive and walk by it every day but few actually take note. Standing at the corner of Duke and South Alfred streets it was installed by the Virginia Department of Transportation in November 2003 to mark the 200th anniversary of Alfred Street Baptist Church.

Founded in 1803 as part of the integrated Alexandria Baptist Society, the church has grown from its original 12 members to nearly 3,000 today. Slaves from George Washington’s Mount Vernon plantation joined in 1815. It is the oldest African American congregation in Alexandria.

“We were conjoined with the Alexandria Baptist Society at the beginning because African Americans were not allowed to worship separately,” explained Patrice Wallace, chairperson of the church’s bicentennial, at the time of the marker’s dedication. The Colored Baptist Society came into existence in 1806.

In 1823, while still conjoined with the all-white Alexandria Baptist Society, the Colored Baptist Society was “granted privilege” to hold separate worship services on Sundays. That was the beginning.

Today the original Alexandria Baptist Society is composed of three churches: Alfred Street Baptist Church (ASBC), 301 S. Alfred St.; First Baptist Church of Alexandria, 2932 King St.; and Downtown Baptist Church, 212 S. Washington St.

The property which the original ASBC still occupies, at the intersection of South Alfred and Wolfe streets, was first rented by the newly formed congregation. It was subsequently purchased by them in 1842 and the original structure was erected in 1855.

In addition to establishing the marker, the Office of Historic Alexandria has also submitted data for the church to be considered for the National Registry of Historical Sites. As part of the marker dedication ceremonies, various artifacts of the church were placed in a time capsule that day. It is scheduled to be opened in 2028.

One of the most unusual elements of ASBC is the longevity and depth of many members of its congregation. Some families have been members for more than 100 years.

Among that family membership cadre are the Brooks and Quander families. The latter is one of the oldest documented African American families in America with a history dating to 1684. The Brooks family American lineage began in 1866, according to historical records. It includes three distinguished U.S. Army Generals.

Charles Henry Quander joined ASBC in 1860. And, that family membership continues to the present day through Charles Henry Quander’s great, great, great grandchildren.

Over its long history the church has had fewer than 10 ministers. Reverend Warren Adkins served the longest, from 1920 to 1963. The church’s third minister, Reverend Samuel Madden, who served for 33 years, also enjoyed the distinction of being one of less than 100 African American commissioned officers to serve in the U.S. Army during the Civil War. He achieved that status by directly applying to President Abraham Lincoln to serve as a commissioned chaplain which was granted in 1864.

The transition to the present day church commenced in 1980 and was completed in 1994. The real growth occurred when parishioners began arriving from Fort Washington, MD. The church population skyrocketed from the high hundreds to more than 2,000.

Just as the new church, stretching along one block of Duke Street, is connected to the original church and the architecture of the old is transposed to the new, so the creed, that of “Missions and Evangelism,” of the past prevails today and extends into the future.

The marker notes the history of Alfred Street Baptist Church. Its people, as they have been over more than two centuries, are the personification of its future.
All eyes are now on you. Your hands are shaking, your heart is racing, and you're blanking on what to say next. Then suddenly the experience is over, and you can't quite figure out how you got through it.

Perhaps the most common fear or apprehension people have is public speaking. Whether it's work, personal, or a special event, people find themselves called upon to get up and speak and experience these symptoms.

I’ve worked with hundreds of clients helping them to relieve the fear of public speaking through the help of hypnosis, and here are several tips I’ve found to be highly effective in improving your upcoming speaking opportunity:

**Project Rapport**

Have you ever been in a situation watching a speaker HOPING they would fail? Hopefully, it’s unlikely. We naturally find ourselves subconsciously “rooting for” a speaker when we’re in attendance. Consider the uncomfortable feeling you would have watching someone forget their words, break into a cold sweat, and blush with embarrassment. We would empathize with their discomfort.

Assume this rapport works in both directions. It’s a natural human experience; we want to move toward comfort and away from discomfort. The next time you have the opportunity to speak in public, allow yourself to step into the reality that people want you to succeed.

**Move with Purpose**

Excessive walking or pacing during a speech can be distracting and come across as nervousness. However, making use of movement with specific intentions can strengthen any speaking opportunity. Here’s an example. Mentally map out of your space in which you will speak. Let’s say part of your talk involves a problem from the past and a solution for the future. Deliver the content about the problems in one specific area of your “stage,” and talk about solutions from another. We call this spatial anchoring. You’re connecting feelings with specific areas in space. Whether it’s a true science or not, you’ll have intention when walking into a new space, rather than meandering to another spot simply because “it feels like it’s time to move.” This applies to gesturing with the hands as well.

**Find Your Best Strategies**

Do you work best if you’ve scripted out every word? Are you better prepared with a simple outline? Do you rehearse best out loud or by mentally marking your talking points? There are many other considerations to take. Are you comfortable with humor? Is it even appropriate? This is where practice and experience will train you the fastest.

**Model Excellence**

In addition to preparing your content, spend some time listening to or watching good speakers. Possible resources can range from politicians to online TED talks or even comedians. What are you drawn to, and what mannerisms seem a natural fit with you? Exercise a bit of creative visualization while watching the pros. Imagine it’s as if you’re the one up there creating the same reactions, interest, and enthusiasm from the audience.

Consider even celebrities for your visual or personality doppelganger. Who is out there that is “just like you,” and you can borrow from their skills? You should always be yourself, but if you don’t feel like you have the natural resources to effectively deliver a speech, there’s no harm in harnessing someone else’s resources as if they were your own.

**Release the Past**

Allow every new experience to be a new experience. If you forgot your place in a talk one time, allow yourself to fully understand that you lost your place in a talk that ONE time. If visions of Mrs. Horton’s first grade spelling bee are haunting you each time you’re asked to speak at work, it’s time to work on letting it go.

Talk it through to a friend. Visualize the experience as if you were an old black-and-white silent movie. Consider using Hypnosis. Spend a few moments mindfully relaxing yourself before speaking. When our mind is focused on the present moment, stress and worry cannot exist.

As a final thought, remember that we all start somewhere. Public speaking is simply the act of speaking in public. It’s a skill that we work towards improving each and every time we have the opportunity. Allow every step forward to be a step forward.

Jason Linett is a Board Certified Hypnotist and the Director of Virginia Hypnosis, a solution oriented hypnosis practice in Alexandria, Virginia. For more information, visit www.VirginiaHypnosis.com or call (703) 341-6655 for a free confidential consultation.

Yes, You Can Speak with Confidence

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Car Accidents:
The Good, The Bad and The Ugly

One of the most fascinating things about seat belts is they often prevent deaths in the event of a car accident. On the other hand, they also can contribute to the likelihood of serious bodily injury. These lifesaving restraints can prevent your body from hurling through your car’s windshield or being ejected from your car seat. But, in doing so, they can cause ugly injuries to your spine and soft tissue.

There are many factors surrounding a car accident that can influence the extent of your injuries. Some of the more common factors include the speed which you were traveling, whether the impact was with a moving or stationary object, whether you had time to react and brace for it, and whether the impact was felt. While there is no way of predicting what injuries you will suffer in an accident, there are injuries that occur with various types of accidents.

In an accident in which you are moving at speeds of 10 mph, injuries are likely to be the result of unexpected rapid movement of the body at the moment of impact. These injuries include muscle strains and bruises from the body impacting with seat belts and dashboards. Symptoms from these injuries, such as pain and stiffness, may not appear for at least 12 to 36 hours after the accident.

Accidents occurring at speeds greater than 10 mph involve more rapid body movements and possible impact with objects inside your car, such as the steering wheel, windshield or dashboard. Common injuries in these situations include shoulder, head or knee bruises, neck and back sprains, wrist fractures or sprains, concussions and contusions, and frequently, spinal disc injuries. People with these injuries generally know where and how badly they are hurt within a short period of time—but sometimes, shock masks the symptoms.

If you are in pain, whether it is the first time or you have frequent problems, or whether it just came on or was caused by an accident, you should consult with your family chiropractic physician to determine the treatment method best for you. Your family chiropractic physician is the physician with the most training and experience with spinal related disorders and the musculoskeletal system, including the diagnosis, treatment, and prevention of problems involving muscles, bones, joints, ligaments, and tendons.

Chiropractic physicians have four years of college education that is identical to the medical profession, and then five years of chiropractic college that covers the same scientific background in diagnosis and treatment options. However, the difference is in the treatment method. Chiropractic physicians use manual methods—manipulation and physical therapy—while traditional medicine uses drug and surgery. Call your Doctor of Chiropractic today for an appointment.

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Attention Ladies! Uncle Sam Wants You

By Mary H. Choy

Lots of witticisms, jokes and uncouth remarks can be made about allowing women in combat. Some folks might think it’s another giant step in bringing about equality of the sexes. I’m not so sure.

If the time ever comes when a draft is re-institutionalized I would hope drafting women into the military services not be included.

Even though thinking of the past includes such statements that women “are the weaker sex.” I’ve never believed that.

Because a woman may not match men’s military standards for pull-ups or pull-downs they are known to be tamer than the boys.

A bondswoman told me this story. Her “bondee” asked what would happen if he ran. The bondsperson then asked if he could run fast.

“I’m fast, real fast,” he said.

“Well, Miss Agent replied, “can you outrun a .38-Smith & Wesson.”

Conversation over and no bail jumper.

Women in combat is not new. Americans, British and French took advantage of women in World War II. Ken Follett’s novel Jackdaws talks about the all-female agents/fighters parachuted into France to help defeat the Nazis. Follett’s book was based on fact.

Within the past few years, numerous British SOE (Special Operations Executive) women, in their late 80s and 90s, broke silence of their efforts and received high medals for their dareddevil service. All had kept mum about their activities.

Locally, several women agents of the Office of Strategic Services, forerunner of the Central Intelligence Agency (CIA) held military ranks assigned to the OSS. They were excellent soldiers and kept their secrets until late in life.

I don’t want anyone to face combat but I’m glad there are men and women, all patriots, who take the calling. It’s no easy life.

Before any young women, and men, too, enlist in either of the military branches, they should watch news films/videos of the atrocities of war. It’s not pretty, it’s not something to boast about and not something men or women should crave.

Yankee general Tecumseh Sherman said “War is hell.”

Confederate General Robert E. Lee said, “It is good that we die with our eyes open.”

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General-President Dwight Eisenhower said, “I hate war as only a soldier who has lived it can, only as one who has seen its brutality, its futility, its stupidity.”

For those enamored by the battlefield another requirement should be a visit to Walter Reed National Military Medical Center in Bethesda, Md. Heroes.

The Fabled Label

am a sucker for good marketing. I absolutely admit it. I like to be wooed, courted, and romanced by appealing labels and gorgeous packaging.

It pleases me when a company introduces its futility, its stupidity.”

I asked several women what they thought of female soldiers on the battlefield.

“Why not?” one said. “But I wouldn’t want to.” Each asked the difference between guarding prisoners of war or inmates in jail-corrections-penitentiary situations?

We can come up with all sorts of traditional reasons to keep women from the battlefields. But the argument sort of lies traction as military life appeals to more and more girls in these days.

Some of the best women soldiers I’ve known made the best police officers, deputy sheriffs, bail bondswomen, bounty hunters and judges. They’re all business, not fearful and not timid when it comes to “grabbing problems by the throat.” They can turn on and turn off emotions quickly. When the male enemy thinks he’s got the upper hand, what a mistake he’s made.

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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 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.

Barbie
(Female) • Breed: Beagle • History: Shelter
Barbie and her pups have just arrived.

Chance
(Male) • Breed: Maltese • Age: 6 Years
• History: Shelter/Hoarding Situation
Chance was rescued from a backyard breeder. He will be going to the vet this week to be shaved down, fixed and evaluated medically. We will try to provide updated pictures after this is done.

Goose
(Male) • Breed: Dachshund Mix • Age: 9 Years • Weight: 45 Pounds • History: Owner Release
Goose is a sweet Dachshund 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.

Beagle Bunch
(Mixed Gender) • Breed: Beagle Mix • Age: 10 Weeks • History: Shelter
These 7 beagle mix pups were left in a box, taped shut, on a church doorstep. They are very lucky to have made it to a nice warm foster home! They are very playful, adorable and love attention!

Patches
(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!

Prissy
(Female) • Breed: Pointer Mix • Age: 3 Years • History: Shelter
Prissy originally came to AFH with her puppies. She really is easy going. No issues...just an easy fit into the family and pack. She is crate trained and house broken. She loves attention and easily gives it back. She is well behaved and you will love this dog.

Shianne
(Female) • Breed: Yellow Labrador Retriever Mix • Age: 4 Years • History: Shelter/Owner Release
Shianne is an incredibly sweet girl. She loves attention and her people. She knows basic commands - sit and shake - and always comes when she is called. She likes nothing better than to chase a ball in the backyard then snuggle close for a nap.

Mickey
(Male) • Breed: Yorkshire Terrier Yorkie Mix • Age: 9 Years • History: Owner Release
My name is Mickey and I’m a 9yr 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! When you come and see me, you’ll soon find out that I do not look my age at all. I have the best disposition, and I am housebroken. I have a little of an overbite which my foster mom says makes me look like I’m always smiling! I love to go out for walks and I love people and other dogs.

AFH is a non-profit dog rescue group located in Chantilly, Virginia that operates in the Northern Virginia / Washington Metropolitan area. We strive to make quality dogs available for adoption and do our best to match prospective adopters with the right animals! Donors and volunteers are key to AFH’s success. We are committed to helping local dogs and would like to extend our thanks to all our volunteers who give their time to help animals in need. We are also grateful for the support of our many sponsors. Thank you for your generosity!

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 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.

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Heart Health and Fitness for Seniors
February 13
Senior Services of Alexandria
700 Princess Street
703-836-4414 x 10
Seniorservicesalex.org
9:30 - Noon
Attendees will get practical information on
“12 Weeks to a Heart Healthy Lifestyle”,
learn to separate fact from fiction about
healthy foods and get an introduction to
the new Robust Walking Program by fitness
trainer, Dan Kuhlman. You’ll also enjoy sampling
a delicious food spread of healthy breakfast
options for breakfast, lunch and dinner. This
FREE event is open to the community.

African American Film Festival (PG 13)
Pursuit of Happiness
February 17
2:00 to 4:30 pm
Charles E. Beatley, Jr. Central Library
5005 Duke Street
703-746-1702
In honor of Black History Month, join us
throughout February for films that highlight
African American history and experiences.

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$0 DUE AT SIGNING
$9 PER DAY
4 DR. SEDAN. 6-SPD. AUTO
TAX, TAGS, FEES - THEY'RE ALL INCLUDED

BRAND NEW 2012 TOYOTA RAV4 4X4
$0 DUE AT SIGNING
$10 PER DAY
4 DR. SUV. ELECT. 4-SPD. AUTO
TAX, TAGS, FEES - THEY'RE ALL INCLUDED

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$500 MILITARY REBATE INCENTIVE FOR ACTIVE MILITARY PERSONNEL

$1,500 OVER BLACK BOOK TRADE-IN VALUE
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