MEET TODD HEALY:
The Man Behind the Brush

ALSO INSIDE: George Washington's Still ■ One On One Style Revival ■ Adoptable Pets
Christine Roland Garner Wishes You A Happy St. Patrick’s Day!

Beverley Hills

$974,900 Spacious 4/5 bedroom, 4 bath home with a fabulous Great Room and Master Suite addition with over 3,100 sq ft of living space. Gourmet kitchen, breakfast room and home office. Custom built-ins throughout, rooftop deck & rear stairs. Lower level recreation room, fenced yard with wrap around deck and off street parking.

Del Ray

$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 lower level, 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.

Old Town

$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.

Belle Haven

$729,000 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!

Rosemont

$717,000 Deceivingly 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.

Rosemont

$759,900 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 deck 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.

The Eclipse

$539,000 Clusters 2 bedroom, 2 bath condo conveniently located just a few blocks from the Crystal City METRO & PotomacYards. Open floor plan with floor to ceiling windows, balcony and new wood floors throughout. Split bedroom with granite counters. Three main level bedrooms & updated bath. Huge finished lower level with access to the lovely fenced yard.

Del Ray

$8,000 Closing Cost Credit! Beautifully updated and expanded 4 bedroom, 4 bath Tudor with an efficiency apartment! Living room with fireplace and dining room that opens to a fabulous gourmet kitchen. Family room with built-ins and mud room with access to the deck and lovely fenced yard. Spacious main level Owner’s suite with luxury bath. Upper level with 3 bedrooms, full bath and large walk-in with custom closet system. Unfinished lower level in addition to the efficiency with separate entry. Blocks to shops & restaurants!

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Christine Garner • 703.587.4855 • www.ChristineGarner.com
It’s not luck, it’s experience!
Publishers Note

Launching a new publication has proven both exciting and frightful. And three years into it, we’re still seen as the new, quirky kid on the block, people still asking why we call ourselves Zebra. I go back to the old newspaper punch line of a joke that asks, “What is black and white, and read all over?”

In any case, we’re not alone. Look at all the Mom and Pop stores in town trying to succeed. Doing anything new—starting any business asks that you put everything you’ve got into it. You spend countless days and nights rethinking, re-engineering, second guessing your decisions, and finding solutions to overcome major obstacles. And for what? Because you really feel like you can make a difference. Because you know you can.

You can see it. You can taste it. You’ve hired the best people and test their dedication and patience. You learn to say you are sorry. You learn to say, “Do it again.” You learn to say, “Forget what I told you yesterday, today I want it this way.” You learn to listen better and realize the talent you have is never better than your most dedicated employee. You realize you have to be more committed and even more on top of things.

Zebra believes in your cool ideas and the whole process of keeping them alive. Call us up and tell us about them, and we’ll help you spread the word. We hope you enjoy our March 2013 issue, and appreciate reading about the artists, the entrepreneurs and the heroes that define our community.

Sincerely,
Mary Wadland
Do you know Todd Healy? Take a walk along any street in Old Town and you will be immersed in his muse – the cobblestones, bricks, mortar, window panes, moldings and ironworks, eaves and roof lines – the historic architecture of the past that drew him to Alexandria in 1976. He is the city’s definitive “artist in residence,” the man behind the brush who has painstakingly captured and preserved the essence of the original seaport colony through his drawings and watercolors.

Meeting Todd is a grand experience. He is the quintessentially inviting, scatterbrained curmudgeon, perhaps stuck in his own time warp that has come to define his sarcastic, almost dour personality and collegiate appearance. Known for his bow ties, starched button-down shirts and navy blazers or cabled sweaters, he could be the headmaster of a boy’s prep school, or, at the very least, a beloved history professor. With a shock of white hair that is controlled, yet just a little uneven above the ears, lending a sexiness to his academic appeal, it goes well atop a sea captain ruddy face and horn rims perched upon his nose. Anthony Hopkins would portray him in the movie...with an American accent of course.

Upon entering his new location at 130 South Royal, you will usually find him standing behind his work counter, clad in an artist’s apron with his pert collar and hand-tied bow visible, ready to assist with a framing or an art purchase. But sit down on one of the stools in front of him and he becomes the best bartender in town (minus the beverages), listening, conversing, imparting wisdom, knowledge and humor. This is his classroom. He knows everyone in town – even if they don’t know him. And he will earn your loyalty, keep your secrets and become a friend for life.

A native Virginian of Irish descent, born in Portsmouth, he attended First Colonial School in Virginia Beach. In 11th grade, he took a shine to the classic beauty Laraine Murphy, and although she was only in 8th grade, he asked her to his ring dance. Upon graduation, he attended college in California where he studied art and eventually returned to Virginia Beach. At a gathering of mutual friends, Todd and Laraine were reunited and married in 1974. She is, without question, his best asset, always lending her timeless elegance and keen business acumen in support of Todd’s artistic pursuits. Once you see them together, it’s hard to imagine them apart. Defiantly the headmaster’s wife, perhaps played by Deborah Kerr, so be on your best behavior when you’re invited up to their house for tea. Straighten your tie and no slouching. (Their daughter, Lauren, born in 1979, is the offbeat blend of her father’s artistic eye and her mother’s elegance and style. She is the fashion editor for belle magazine in Richmond, Virginia and a styling freelance for Richmond magazine.)

Todd always loved Williamsburg, and after visiting Alexandria, rushed home to tell Laraine, “I’ve found a little city like Williamsburg, but you can live there.” So they moved in 1976, both going to work for the airlines – Laraine as a US Airways pricing analyst for 27 years and Todd as a baggage handler for National (Pan Am) Airlines for 12 years. He then took a position with Colonial Parking as their director of safety and claims. Just imagine, for those of you who have lived here 30+ years, Todd probably loaded your bags onto a plane, and if your car was stolen from an Old Town garage circa 1988, he was the guy on the other end of the telephone. All the while, he continued to draw and

Todd Healy at work in his new gallery at 130 South Royal Street.  
PHOTO BY HARRY HERRITT

Todd Healy displaying one of the many prints available from his new venture, Capitol Artifacts.  
PHOTO BY GREG KNOTT

▼ See HEALY on page 5

paint in his spare time. It was suggested that Todd should show his work to Alice Gambal, a well-known Alexandria business owner who ran Gallery Lafayette and The Print Room. She admired his renderings of such city landmarks as Christ Church, Gadsby’s Tavern and Captain’s Row and offered him studio space inside Gallery Lafayette. It was then that Todd became a full-time artist, Alexandria’s artist, in residence, offering his vision of Old Town’s architectural history. His muse was now his career.

As an aside, I remember meeting Todd for the first time in 1988 at the Saturday morning farmers’ market in Old Town where he sold various gift items featuring his drawings. My family was in Florida, so Todd Healy’s images on the refrigerator magnets I sent to my mother and the holiday gift tags that adorned every package came to represent to them not just historic buildings, but the city that was my world. When they came to visit, we would walk past the same structures depicted on the tags and magnets. The images were the same: Todd’s vision had not betrayed.

To this day, I drink coffee from a Todd Healy mug, lug work papers in his tote bag, serve sandwiches on his tray, use his mouse pad daily. My fridge is covered with the magnets along with his annual calendar. Just inside my front door is a Todd Healy hand-colored print of the 7 Foot House, aka the Spite House, with its red door, flowering pots and blue checkered curtains. Perhaps all this qualifies me as a Todd Healy fan or even an addict. “Yes” to the first, “no” to the second. But his stuff was cool then, and it still is. He is the gift purveyor of the Old Town mystique with no genuine successors in sight, unless you go in for cutesy, almost cartoonish renditions that bear no resemblance to reality. Alice Gambal retired in the mid 90s, so Todd, a success with his originals and prints flying out the door and residents requesting private commissions, purchased Gallery Lafayette at 320 King, taking over the business as frame-maker while also expanding his showcase of art.

Once again, as with his artwork, Todd is acclaimed for his framing, offering hand-painted beveled mats when appropriate and, most importantly, utilizing his artist’s eye to respect the art being framed, be it an antique newspaper or a modern movie poster. He believes a frame should not overshadow the work it surrounds. The art should always stand out.

On February 1st, Todd relocated Gallery Lafayette (gallerylafayette.net) to the corner of South Royal and Prince Streets (130 South Royal Street) offering him prime front street signage, marvelous windows to display his wares and walls doused in Benjamin Moore #1466, “Smoke Embers,” to highlight the artwork. At the top of the front door are the entry bells that hung in the original gallery, a gift from Alice along with an extremely comfortable black and white toile upholstered chair that sits just inside. He is the “shop on the corner,” and boasts that his block is Old Town’s equivalent to Rodeo Drive.

His new venture, Capitol Artifacts (capitolartifacts.com), features rare 19th century drawings of cityscapes and maps that he has obtained, then printed and hand-colored. Available in prints and puzzles, his largest pieces, measuring 47x35 inches, are ideal for offices and great rooms. His current clients include McLean interior decorator Pam Culvahouse at Elements of Design.

In Todd’s efforts to follow his muse, he has become an artist of considerable note as well as a gift to the Alexandria community. Attorney Jamie Turner, longtime friend and new landlord, exclaims, “Todd is a unique individual and an asset to all the town.” In his efforts to artistically preserve the city’s history and pay homage to the craftsmen who built our past, Todd is now part of that history. His original drawings, paintings and prints are those that we will one day seek out at auctions, in antique stores and on ebay. His will be the vision of our past...to remind us of these days and who we were.
Bike-N-Roll Now on All DASH Buses

Alexandria Transit Company (ATC) Jim McDonnell and Sportworks contractors spent a February weekend installing new bike racks on the 53 DASH buses that had not been equipped with them. Now, all DASH buses have front mounted, two position bike racks and bikes can travel on the entire DASH fleet of 73 buses and 5 trolleys.

In 2008, the Alexandria City Council passed the Eco-City Charter and adopted the Environmental Action Plan FY 2009-2030. Between 2009 and 2011, ATC did not purchase any new buses due to the downturn of the economy. However, with the 30 new buses and five trolleys ordered in 2011, bike racks were included as part of the order. “This is consistent with the City’s transportation goals and actions incorporated in the Plan,” stated Sandy Modell, ATC’s General Manager. “Reinstalling all existing DASH buses with bike racks and ordering all new buses with bike racks will encourage more people to Bike-N-Roll in Alexandria,” Modell added. The 53 bike racks made by Sportworks were purchased with a State grant from the Virginia Department of Transportation (VDOT).

To learn how to safely travel with your bike on DASH, visit www.dashbus.com/ bikenroll for a downloadable brochure of tips and safety information.

Governor Bob McDonnell announced that the Virginia Department of Transportation will design and install an active traffic management system on a 34-mile stretch of Interstate 66 in northern Virginia from Washington, D.C. to Gainesville. Construction of the $34 million system begins this spring and will be complete in early 2015.

Drivers will see new dynamic message and lane control signs, which will advise them of incidents and delays, travel times and provide directions on merging traffic and usable lanes to help transition traffic smoothly and safely. Ultimately, the improved road monitoring and information collected by the system should enable first responders to clear incidents more quickly. Work will begin this spring with construction of six emergency pull-off areas inside and outside the Capital Beltway. Gantry signals and queue warning systems will be installed in the most congested 12-mile section through the corridor. On the Capital Beltway, dynamic message and lane control signs, pull-off areas inside and outside construction of six emergency transition bike racks and bikes can travel on the entire DASH fleet of 73 buses and 5 trolleys.

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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
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Prices subject to change without notice.
In honor of Black History Month, Alexandria Library paid tribute to Gladys Davis, who worked at the institution for over 60 years (1947-2008), and witnessed much transformation during her tenure. Library Director, Rose Dawson, sat down in Ms. Davis’ home on a pleasant afternoon to interview the Alexandria native, who was raised in a row house on Queen Street just blocks from the Barrett Branch Library. In sharing her story—along with a few laughs—Ms. Davis reflected on growing up in a child in the 1930s, being reared in a family that embraced education, and then deciding on a library career where her role in the juvenile department would help enhance learning for our town’s children and their posterity. Her firsthand recollection of one of the nation’s earliest Civil Rights sit-ins that took place in 1939 at the Barrett Branch—which will be the subject matter that C-SPAN will feature in March—is certainly compelling to hear. The interview is now available on youtube.

Filmmakers Sean Fine and Andrea Nix Fine, Grand Jury Award winners at the 2007 Alexandria Film Festival, claimed the Academy Award for Best Documentary Short. The couple won for War Dance, a film chronicling a homeless teenage immigrant in San Diego who dreams of being a painter. The film was broadcast on MTV in August and is currently available for viewing on the network’s website.

Sean Fine, the grandson of a former Washington Redskins photographer, wore Robert Griffin III-themed socks to Sunday’s ceremony, according to The Washington Post.

The directors won the Grand Jury Award at the 2007 Alexandria Film Festival for War Dance, a feature-length documentary about a group of Ugandan refugee schoolchildren training for a dance competition. That film, which the couple wrote, directed and edited in the basement of their Chevy Chase, Md. home, earned an Academy Award nomination for Best Documentary.

Andrea Nix Fine presented War Dance at the 2007 Alexandria Film Festival and held a question-and-answer session with the audience.

The 2013 Alexandria Film Festival is scheduled for November.

Kabbalistic Healing is an alternative to psychotherapy that uses a model of the human psyche that is derived from Kabbalah, Jewish Mysticism that has been used for centuries for achieving wholeness. It is a transformational process that teaches us that we are whole in our brokenness and allows us to love and respect our true self.

It is inappropriate to issues that would bring one to counseling, including relationship difficulties and self-esteem issues. It also addresses the mind body connections.

Sessions can be in person or over the phone. Call 703-521-4898.

George Washington Library Designed to Reach Millions

The grand opening date for Mount Vernon’s latest venture, The Fred W. Smith National Library for the Study of George Washington (the Library), has been set for September 27, 2013. A $100 million campaign was created by George Washington’s Mount Vernon to establish this stunning, state-of-the-art facility at the picturesque and historic estate. The multi-faceted facility will aggressively disseminate knowledge about Washington to a wide range of audiences, using cutting-edge technology and various approaches to grow Mount Vernon’s national network of George Washington experts.

“No president in American history deserves the honor of an official library more than our first chief executive—nor is there a better story to tell,” said Curt Viebranz, Mount Vernon president. “This Library will share Washington's leadership lessons for generations to come.”

For the first time, Mount Vernon’s special collection of books, manuscripts, and archival materials will be organized, conserved and made available to researchers in the 45,000-square-foot Library. Designed to be a George Washington “think tank,” this long-overdue initiative will maintain Washington’s importance and relevance in a fast-changing world, when his standards of leadership are needed more than ever.

In addition to safeguarding Washington’s books and manuscripts, the Library will serve as a scholarly retreat, a center for educational outreach programs, and a go-to source for seminars and training programs with a special focus on Washington’s leadership. Visiting scholars, authors, and interns will have the option to stay in a 6,000-square-foot residence, located next to the Library. Mount Vernon’s inaugural class of fellows has been selected and will be in residence this fall.

Out of all of the founding fathers, Washington gets the least amount of credit for his intellectual attainments. Though he lacked a college education, he was far more well-read than his active life would lead us to expect or than his contemporaries acknowledged. The library he designed was filled with almost 1,500 titles on a variety of subjects, revealing his wide-ranging curiosity about the world. Whether laying out his gardens, leading an army and a nation, or building and furnishing his beloved Mount Vernon, Washington’s public and private accomplishments were a direct outgrowth of his critical reading and experimental trials. His ability to communicate effectively and with tremendous frequency is undeniable— he probably penned close to 20,000 letters!

Washington commented to friend James McHenry two years before his death that “I have not houses to build, except one, which I must erect for the accommodation and security of my military, civil and private papers, which are voluminous and may be interesting.”— George Washington, April 3, 1797.

The campaign to construct the Library was fueled by a $38 million contribution by the Las Vegas-based Donald W. Reynolds Foundation and other generous donors. The Library is named in honor of foundation’s longtime chairman, Fred W. Smith. To donate to the Library campaign, please visit Donate.MountVernon.org.
Del Ray's Greener Cleaner Wins Del Ray's Heart

Del Ray Business Association (DRBA) has announced the 2013 Heart of Del Ray winner, Greener Cleaner. Presented annually during the Valentine holiday, it is awarded to the business that demonstrates a warm and welcoming attitude to the community/customers, a commitment and generosity to the community, and an “overall contribution to what makes Del Ray the best place in the world to live, work, and shop.” Over 550 people voted between the five nominated businesses which included besides the Greener Cleaner, Caffe, Pork Barrel/Holy Cow, St. Elmo's Coffee Pub and Taqueria Poblano. “Del Ray is so blessed to have so many great businesses that it is always hard to narrow it down to just one to be recognized” said Gayle Renter, Board Member with DRBA. When presented with a supersize heart to display in front of his business, owner Serdar Basegmez said “I’m honored to receive this award and look forward to continuing being part of such a great neighborhood and helping where I can.”

Past winners of this prestigious award include A Show of Hands, Jen Walker, Bobi Bomar and the Neighborhood Pharmacy of Del Ray.

Webb to Lead the Vola Lawson Animal Shelter

After a national search, the Animal Welfare League of Alexandria (AWLA) has hired Megan Webb as its new Executive Director/Chief Executive Officer. Charlotte Hall, Chairman of the AWLA’s Board of Directors, says, “Megan’s knowledge and management expertise within the sheltering community will enhance the AWLA’s growth and strengthen our relationships within the Alexandria community.”

Megan Webb served as the Director of Oakland Animal Services (OAS) in Oakland, CA, for the last three and a half years. OAS is a unit of the Oakland Police Department and cares for more than 6,000 animals each year. “I chose to join the Animal Welfare League of Alexandria because it has such a strong foundation to develop projects that will make a real difference in the lives of animals in the community,” said Webb. “The staff is compassionate and knowledgeable, the Board of Directors is composed of individuals with a wide range of expertise, the shelter is modern and progressive, and the City has a wealth of people who truly care about animals.” She will be relocating to Alexandria with her shelter rescue animals—Suzie, a Chihuahua/Dachshund; Rosie, a Shepherd mix; and Flips, a cat born with a brain disorder similar to cerebral palsy in humans.

Local Artists and T.C. Williams Students Exhibit To Benefit March of Dimes

The Torpedo Factory Art Center’s Target Gallery and the March of Dimes are teaming up to raise money for both organizations with its 3rd annual exhibition fundraiser, March150 (formerly March Madmos). The exhibition will feature over 200 10x10” panels of artwork created by Torpedo Factory and DC-area artists, as well as fourteen local high school students from T.C. Williams National Art Honor Society.

The work will be on display in Target Gallery through March 17th. All work will be for sale for $150 with 10% of sales being donated to the March of Dimes, which is celebrating its 75th anniversary this year. The work will be only $100 a piece the night of the Art Party on Friday, March 15th, from 7-10pm. Tickets are $15 in advance and $20 at the door and include discounted artwork that night only as well as over 200 original pieces of artwork will be available for only $100 an apiece; Prizes & Raffle; DIY and other Art Activities, including the popular “Gum Art” painting, plus make your own wearable mini-collage at our button making station, and smile pretty for our custom photo-booth! Pizza provided by Bugsy’s, cash bar with beer provided by Port City Brewery, snacks, and more!
Small Changes
BIG RESULTS

As a personal stylist, some of my most challenging and rewarding work is realized when I team with a client whose style revival depends solely on small changes for the biggest impact and transformations. The goal is similar to the Minimalism movement in art — the task is to tap into and display the style in which the simplest and fewest elements are used to create the maximum effect. No easy task.

Take for instance my client, Jeannie Musslewhite of Palisades in D.C. Jeannie is naturally pretty, dons a full head of thick hair and never has had any real weight concerns to speak of, other than her struggle to get the last ten pounds off after her third pregnancy.

Some of you may be wondering how, exactly, any of this is possible. Prior to embarking on her style revival, Jeannie always managed to look “fine” or “nice.” On the surface, for one’s look to be described as such seems acceptable, but is it really? One thing is for certain: “you look fine” is miles apart from a “wow, you look amazing!” Jeannie and I don’t know of one person who doesn’t appreciate the latter.

Musslewhite admits, “I got into a rut, looking stylish wasn’t a priority and I felt sort of...blah.” All of which is completely understandable, particularly after being immersed in the all-encompassing role as a stay-at-home mom for the past 12 years.

Jeannie did know that she wanted to re-enter the workforce and had been contemplating getting assistance with her wardrobe as soon as “things” were in order and she lost the baby weight. “Things” are still settling and she’s shaved off almost all of the baby weight but not yet. Her youngest went into kindergarten this year, she said, “There were no more excuses. I didn’t want to go back into the workplace looking like I had been out of it for 12 years, and I wanted to be pulled together and confident.”

Jeannie’s concern was legitimate. There’s a huge talent pool in the D.C. area and Jeannie is 40-something and has been out of the job market while raising a family. Having a competitive edge is paramount! How we present ourselves, especially in terms of the wardrobe can mean the difference in getting the interview. Jeannie needed to project “I’m professional and current, confident and approachable, but I’m not trying too hard.” I opted for soft, clean lines (rather than a stuffy corporate look) with a Boden camel duster, Theory sheath, a wrinkle free blouse, Ralph Lauren belt, and jewelry. Her look is pulled together with Michael Kors shoulder bag and darling Coach bootie.

To sum up her style revival Jeannie explained, “As with any change you take on, it isn’t always easy but there’s no reason to put it off until you feel like you’re the perfect size or your life is in order. Before you know it, another 5 years will go by. It simply feels good not to obsess about the wardrobe. It is a work in progress and there’s much more to do, but I feel good. My only regret is that I didn’t do it sooner.”

If you’re ready for a change and would like to be considered for a One On One Style Revival, please write to Laurie at the Zebra, laurie@thezebra.org.
JEANNIE’S MAKEUP

Jeannie suffers from a skin condition called Melasma, otherwise known as the mask of pregnancy which causes tan or dark skin discolorations on the face. The condition worsens in the summer and avoiding all sun exposure is recommended. While non-bleaching, it can effect one’s self esteem and be overwhelming to deal with.

Makeup artist Susan Vasquez successfully created Jeannie’s beautiful, flawless natural daytime look by using a blending brush and several light layers of MAC Beauty Cream under a light foundation which produced maximum, natural coverage. Vasquez cautioned that being over zealous with concealers will result in a heavy, unnatural, matte look and veil the healthy vibrant skin in non effected areas. “Makeup shouldn’t take the credit for the natural beauty of the skin” says Vasquez. “It’s important to accentuate the attributes of the face- bring them forward so the focus stays on the positive.” She did just that by using a traditional method of defining the crease of the eyelid with neutral colors which made Jeannie’s eyes sparkle and completed the look with MAC Ravishing Lipstick and Boy Bait Sheer Gloss.

JEANNIE’S HAIR

Jeannie wanted higher contrast and dimension for her hair but as of late all she seemed to be was getting was; darker and one dimensional. She hadn’t been able to find that balance of stylist and product that would take her hair to the next level, that is, until she met Hillary Kellett of Urban Halo Salon in Clarendon. Hillary created the warm natural but noticeable highlights by foiling in 3 different colors throughout the hair. Her technique allows 6-8 weeks between salon visits for highlights. Covering acchem, the “strands of wisdom” on the other hand is a different story. Jeannie will require coverage every 3-4 weeks. Hillary suggested alternating coverage and highlights which will help prevent over saturation of color and maintain healthier hair. Kellett added light angled layers around the face and additional layers throughout for added body, movement and versatility.

HILLARY’S HAIR TIPS

WAIT UNTIL YOUR HAIR IS 90% DRY then blow dry. It takes less time and puts less stress on your locks.

IN BETWEEN SHAMPOOS try Blow Pro Faux Dry Shampoo. It absorbs oil and revitalizes limp hair.

CURLING IRON TOO CUMBERSOME? Try heat rollers for a quick easy style refresh.
10-Story Apartment Building at Braddock Metro Place Starts Construction

Braddock Metro Place Investors LLC has lined up $50 million in financing for a 99-foot-high, 10-story rental apartment building on Madison Street, according to a Washington Business Journal Report.

The 165-unit, 43,000-square-foot complex, which was approved by Alexandria City Council in April 2012, will be located about 500 feet east of the Braddock Road Metro Station.

Construction on the site was planned to begin last week and could be completed as early as December 2014, according to the report.

“We pretty quickly got [financing] interest out of the gate from the parties we were interested in,” said Andrew McAllister, executive director of MAC Realty Advisors LLC, which gathered the financing for Braddock Metro Place Investors from unnamed life insurance businesses. “A very strong development team in a good location is going to get strong interest from the capital market.”

The bulk of the apartments in the new complex are expected to average about 767 square feet, with an average rental price of $2,100 per month, according to the report.

In April, city staff had recommended that council approve an alternative plan for an eight-story, 77-foot-high building, but council largely decided to go with a second plan because it included 10 units of affordable housing “to remain affordable for 40 years,” according to plan documents.

The complex will have a 151-space parking garage, a party area with a swimming pool and other amenities. The plan includes about 10,000 square feet of open space “designed as a passive park, with pedestrian paths, an oval-shaped lawn landscaping, pedestrian-scale lighting and seating areas,” according to city documents.

The site, located at 1261 Madison St., formerly housed part of Parker-Gray High School, which became a middle school in 1965 and later closed in 1979.

New Prince Street Hotel Approved

Alexandria City Council approved plans to build a six-story hotel at the corner of Prince Street and Dangerfield Road in Old Town.

The project plan, submitted by Carr Hospitality, will remove the existing parking lot at the site and replace it with a 54,013 square-foot hotel with 109 rooms and a small on-site restaurant. The building will have a five-story wing along Prince Street and a six-story wing along Dangerfield Road. The hotel will also have meeting space, a rooftop pool, sundock and green space.

The new building will include one level of below-grade parking with 32 spaces that will be exclusively valet controlled. Carr Hospitality has secured 12 nearby off-site parking spots for overflow parking within two blocks of the site.

The building will follow the city’s Green Building guidelines and utilize yellowish brick, metal panels and glass on its facade. The triangular shape of the building, dictated by the lot shape, will also give the building a distinct look. An illuminated sign for the hotel is also planned.

Along with streetscape enhancements, Carr Hospitality will work new public art into building plans. Carr Hospitality will also make a voluntary contribution to the city’s affordable housing fund, a contribution to the King Street Improvement District and a $20,000 donation to expand Capital Bikeshare at King Street Metro Station. The Metro station is just a quarter-mile from the hotel site.

Sears Has Been Holdup to Landmark Mall Redevelopment

Plans to revitalize Landmark Mall could go before the Alexandria Planning Commission by the end of this spring, Speaking before a meeting of the Watergate of Landmark Homeowners Association, Karl Moritz, the city’s deputy director of planning and zoning, said the city has been working with mall owners Howard Hughes Corp., Macy’s and Sears to revitalize the shopping center that has been closed since last year.

Executives at Sears have held up Landmark Mall redevelopment.

COURTESY PHOTO
long been an eyesore for the West End. Each company owns about a third of the site, and each must agree on any redevelopment that involves all three properties. “Anything that happens has to be a cooperative venture,” Moeritz said.

One idea being floated is to build a “restaurant row” in the spot that currently serves as the mall’s front entrance, which is owned by Howard Hughes Corp., with residential space above the restaurants.

Landmark Mall was built in 1965 and last renovated in the early 1990s. It has 900,000 square feet of retail space, but many storefronts remain empty. Alexandria Mayor Bill Euille said Monday the original plan was to demolish the mall and build everything anew. “Now, what they’re talking about, which the city is amenable to, is to phase it, so you won’t see the mall being 100 percent demolished,” Euille said. By then, he hopes Sears will be on board with the project. “To be very blunt and honest with you, Sears has been the holdup all these many years, in terms of not wanting to be a very solid player,” Euille said. “But we think they’re coming around to understanding how beneficial this will be, not only to the rest of us, but to them, as well.”

Yates Corner Complex to be Finished in December

Thanks to $8 million in funding from Capital One Bank, the Yates Corner project at the corner of Mount Vernon Avenue and Braddock Road is slated to be complete by December. The mixed-use commercial complex will definitely provide space for a new 7-Eleven, Yates Automotive and the new Yates Green Dry Cleaners.

The redevelopment project is an assemblage between Jason Yates, who owns the nearby automotive repair shop, and the Southland Corporation, owners of 7-Eleven. The project included the purchase of a small piece of city-owned property at the corner of Braddock Road and Mount Vernon Avenue.

“The assemblage between Jason Yates, the owner of the nearby automotive repair shop, and the Southland Corporation, owners of 7-Eleven, the complex includes the purchase of a small piece of city-owned property at the corner of Braddock Road and Mount Vernon Avenue.

As the second-generation CEO of my family’s Alexandria-based automotive services business, we strive to provide hands-on, high-quality customer service. I expect the same from my bank—and that is exactly what we found with Capital One Bank,” Yates said in a Capital One press release. “The Capital One Bank team’s commitment to helping us secure the Yates Corner deal was matched with expertise and product offerings that made this project viable. As a result of the initial loan, we’ve established a long-term and expanded relationship, including deposit and treasury management services.”

The complex is expected to include environmentally friendly elements, such as geothermal borings that will provide a source of energy. The facility is expected to receive LEED gold-level certification.

“A rendering of Yates Corner seen from the corner of Mount Vernon Avenue and Braddock Road”

COURTESY CAPITAL ONE BANK

“Update from page 12

A rendering of Yates Corner seen from the corner of Mount Vernon Avenue and Braddock Road”

COURTESY CAPITAL ONE BANK

“This is the best bad idea we have sir...by far.”

— Bryan Cranston as Jack O’Donnell, Argo

My daughter, Briana loves to play Yahtzee. Her cat Ella loves when she plays Yahtzee too. Over the years the box has not gotten bigger—unfortunately Ella has. But somehow she still finds a way to fit her entire body into that same small box. Priceless!

Love you mag. Btw

Keep it up.

— Jeff Bennett

Send your Cat in a Box photos to mary@thezebra.org and we’ll get them published as soon as we can.


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

OCCUPATIONAL THERAPY

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

SPEECH THERAPY

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Plan food/nutritional programs to control disease and encourage good health.

MEDICAL SOCIAL SERVICES

Provide advice, counseling, educational materials, and referrals to help individuals cope with incurable illnesses.

Capture this to visit our website!
Duckpin bowling at DeBary’s Barber Shop in Heilwood, Pa. (circa 1950). This version of bowling used a 6” ball and pins that were two-thirds the size of ten-pin equipment. Also, three balls were thrown in each turn instead of two.

Wanda’s old Duckpin bowling alley in Silver Spring in the state of Virginia, there are duckpin “houses,” in Mt. Jackson, Luray, Shenandoah and Portsmouth. The remaining duckpin houses in the Washington DC area are in Maryland at the AMF College Park, College Park; and Drei’s Duckpin Lanes, Sunland, Md.

The rules for duckpins are the same as in Ten-pin bowling, except in duckpins, the bowler uses three balls on each turn. “Strikes would still be strikes, and spares still spares, but when all pins were knocked down on the third ball, it counts for a score of ten,” according to the National Duckpin Bowling Congress website. Legend has it, there has never been a perfect game of 300 in duckpins, which is all strikes, but NDBC recorded Pete Signore Jr. bowling a 279 in 1992 in Newington, Connecticut.

Local Ducks

One of the last alleys of duckpin lanes in Alexandria was in a building that still stands at Shields Avenue and Route One in the Penn Daw area, a symbol of a bygone era for old timers in the area. Originally, the front part of the building was an animal hospital, duckpin lanes were behind the office, and later the ten pin lanes were put in the basement. The building was owned by veterinarian Dr. A. Bud Fenton of Alexandria, and the alleys were

![Duckpin Demise?](image)

**By Mike Salmon**

The White Oak duckpin bowling alley in Silver Spring sport peaked with 300,000 sanctioned duckpin bowlers. As children has seen its numbers shrinking. In 1967, the White Oak duckpin bowling alley in Silver Spring was once did, attributing it to an increased variety of youth activities like summer and fall baseball, soccer, football, basketball, wrestling, softball, not to mention the dredged computer games that get the blame for a number of so-called “gamer’s woes.” “My opinion is that the expansion of youth sports created a problem for the bowling business in general,” Kellum added.

The sport that was once really popular for adults as well as children has seen its numbers shrinking. In 1967, the peak sport peaked with 300,000 sanctioned duckpin bowlers. The White Oak duckpin bowling alley in Silver Spring, Maryland, was once the second favorite sport of American men and women. Kellum is the executive director of the National Duckpin Bowling Congress scattered throughout Maryland, West Virginia, Connecticut and Rhode Island. It didn’t seem to catch on west of the Mississippi River. Elsewhere

**Wanna ‘Pin?**

Here are a few of the DC Metro’s remaining Duckpin Lanes:

- **AMF COLLEGE PARK** 40 LANES
  - 9021 Baltimore National Pike, Baltimore, MD 21228
  - (410) 374-4000

- **AMF DUNDALK** 24 LANES
  - 1101 Merritt Blvd #1
  - Baltimore, MD 21222
  - (410) 282-2000

- **AMF COLLEGE PARK** 14 LANES
  - 9021 Baltimore National Pike
  - Towson, MD 21204
  - (410) 825-4100

- **AMF PIKESVILLE** 40 LANES
  - 1723 Reisterstown Road
  - Baltimore, MD 21208
  - (410) 486-1444

- **AMF SOUTHWEST** 40 LANES
  - 4991 Fairview Avenue
  - Linthicum, MD 21090
  - (410) 789-2400

- **AMF TIMONIUM** 12 LANES
  - 2165 York Road
  - Towson, MD 21204
  - (410) 252-3000

**DUCKPIN DEMISE?**
Top-Notch Annuals and Vegetable Gardens

Great looking annual beds don’t happen by accident. Soil preparation and finishing touches transform ho-hum annuals into a talk-of-the-block planting bed. Follow these tips from the experts at Greenstreet Gardens to give your annual beds an eye-catching makeover.

Starts with soil

Experienced greenthumb know the saying: Put a $5 plant in a $10 hole. The same is true with annuals. If you want show-stopping flowers, and healthy productive vegetable gardens you need to invest in quality soil. Upgrade your planting beds. Use the highest quality soil. A combination of peat moss, dark bark, and Coast of Maine Bumper Crop Organic Soil Builder into annual performance. Add an inch or two of organic soil to the bed surface and till it in to the soil. Adding Lobster Compost to your garden is a way to increase calcium levels naturally. Each year before planting, add more organic soil builder. Over time, you’ll transform your current soil into a fertile annualfooting.

Tips

Annual Beds

- Improve soil by tilling an inch or two of Bumper Crop Organic Soil Builder into annual planting bed.
- Use mulch to reduce watering needs for plants and reduce weeds.
- Edging gives planting beds a finished look and makes mowing easier.
- Every year before planting your annual and vegetable beds, add more organic soil builder.

Make room for mulch

After planting annuals, add a layer of mulch atop the soil. Mulch multtasks in the garden, suppressing weeds, preventing water evaporation from soil, and moderating soil temperature.

- An organic mulch, such as bark, compost, or pine straw breaks down over time, adding organic matter to soil, which further enhances annual growth. Mulch like river rock or gravel retains heat and is a good choice for Mediterranean-style plants, such as rosemary or lavender.
- Never heap mulch on plants, keep it pulled back a little from the base of stems. Put down a two to three inch-thick layer.

Dress the edge

Finish your beds with an edging treatment to coral annuals and mulch and to preserve turf from wandering into the bed. Edging can be formal or fun, clever or classic.

- Choose decorative fencing, wooden edging, or pavers. For a recycled approach, skirt beds with upside down terra-cotta pots, colored bottles, or old tool heads. A simple trench edging gives beds a clean look for the cost of your labor in digging the initial trench.

Duckpin Days

The late 1970’s seemed to be the time where duckpins lost its following. And when the players started to go, so did the manufacturers of duckpin bowling equipment, as well as the entrepreneurs that successfully ran the lanes. There was a duckpin alley in Falls Church until 2005 when it closed and then was vandalized and caught fire. John Colbert, manager at the Bowl America in Falls Church, remembers the duckpin lanes. They were once owned by Bowl America, but then went to a private owner.

“The sport had to go, so did the manufacturers of duckpin bowling equipment, as well as the entrepreneurs that successfully ran the lanes.” Colbert said of duckpin bowling. “The sport [of bowling] went in a different direction.” Ten pin alleys now have bumpers that make gutter balls impossible and light balls, so children can bowl the ten pins, but bumpers do take the skill out of it, he added.

In February 2011, a documentary was made called “Duckpin,” by David Teodosio, Ryan Gilbert and Henry Driskill. Duckpin bowling was started by two old-time Baltimore Orioles, John McGraw and Wilbert Robinson in 1903 at the Diamond Lanes in Baltimore. The film also points to earlier mentions of duckpin bowling in newspaper articles from 1894 and 1896. Duckpin bowling did have its hey day though, back in the 1920s, when the sport’s popularity soared, the equipment was standardized, and in 1927, the National Duckpin Bowling Congress was formed. In fact, Babe Ruth was a great fan of duckpin bowling. There is a photo of Ruth catching a duckpin ball in the White Oaks duckpin building.

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Alexandria bowler Agnes Purcell remembers taking her children to the Penn Daw Duckpin Lanes. She said of duckpin bowling, “That wasn’t happening when I was growing up.” Colbert noted the popularity of birth- dren to the Penn Daw lanes. She said, “In Alexandria, the ten pin lanes among seniors, who pack the houses that still exist are survive with creative marketing to reason the sport is not thriving, we in general, it wasn’t enough customers," Colbert said. “I think it was standardized, and in 1927, duckpin bowling was started by two old-time Baltimore Orioles, John McGraw and Wilbert Robinson in 1903 at the Diamond Lanes in Baltimore. The film also points to earlier mentions of duckpin bowling in newspaper articles from 1894 and 1896. Duckpin bowling did have its hey day though, back in the 1920s, when the sport’s popularity soared, the equipment was standardized, and in 1927, the National Duckpin Bowling Congress was formed. In fact, Babe Ruth was a great fan of duckpin bowling. There is a photo of Ruth catching a duckpin ball in the White Oaks duckpin building.

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I am inventing a new word... “Overbeiged.”

To be “overbeiged” is to be totally sick and tired of having so much beige in one’s home! A symptom that often accompanies being “overbeiged” — is “Colorwimposis.” (being a wimp about using color in decor). I know, I know, I know... I’ve heard it all before... “there are SO MANY colors and possibilities I just cannot decide.”

Folks, let me narrow the focus for you, and one way to do it is to so start with... of all things... a compass! If you have south-facing windows that bring a lot of natural light into the room, I'd suggest cooler colors such as blues, greens and grays. With south light you want cooler undertones; strong sunlight makes the color look yellower and can bleach it out. Also, cool colors like blues or grays visually retreat and can make a space seem bigger. Rockport Gray, a Benjamin Moore historical color is cool, but not too noticeably blue. When paired with warm woods, it’s beautiful.

See? With this one, simple tip, we have made the decision a million times more focused. A north side room needs warming up and is where you should look to yellows, red, oranges, or, even the right brown to create the perfect coziness that the room may need.

Visit their website for some great recipes and tips on how to use them. http://www.deanosjalapenos.com

Aches and pains?
Stop suffering today!

Contributed by Mike Sade

These unique chips have won several awards including the Weekend of Fire Winner in 2010 and most recently being awarded 3rd place in the unique snack category at the 2011 Fiery Food Awards. When the results of the 2010 Scovie Awards, the world’s leading recognition for hot and spicy products were announced, Doehne Duckworth of Ranch Camp Chip Company was excited to get the call from the competition organizers. Deano’s Jalapeno Chips, cheddar flavor, took 1st place in the ‘Unique Snack Food’ category. As jalapeno-flavored potato chips became more popular on the market, Duckworth thought, why not skip the potato part and make chips out of the jalapenos themselves?

The (non potato) “Jalapeno Chip” was first inspired at The Cactus Cafe in Stowe, VT by chef owner Doehne (a.k.a. Deano) Duckworth. I must say when I first received these chips in the mail I wasn’t sure what to do with them. I tried them right out of the bag and was impressed with the crunch and the after burn. Immediately I thought of several uses for these chips. They are incredibly good as a topping for salad or chili. They come with fried onions to add some heat to your green bean casserole or on top of a burger. They hold their crunch even when mixed with salad dressing or meat. These chips offers a nice bite and lingering burn on the tongue. The heat does not appear at first but after a few seconds you will feel the heat. On the hotness scale (one being Tabasco and five being hot as heck) The Deano’s Jalapeno Chips rates a 3.5 on my scale.

Visit their website for some great recipes and tips on how to use them. http://www.deanosjalapenos.com

Are you “Overbeiged?”

I am inventing a new word... “Overbeiged.”

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“Turn your mess into a message.”
— Lucimarian Roberts, mother of Robin Roberts

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We support animal rescue—adopt a friend today!

HARRY is a happy, healthy guinea pig in need of a good home. He is about 1 year, 8 months old and has been at the shelter since December. Harry is hoping to find his forever home in March, which is Adopt-a-Guinea Pig Month. The AWLA staff will be happy to teach you more about guinea pigs and set you and Harry up for success.

SAMMY is friendly and handsome. He enjoys being held and petted, and loves to spend time outside of his cage. His favorite treats are fresh veggies and Timothy hay. Sammy is 2 years old and ready to be your best bud. Stop by the shelter during Adopt-a-Guinea Pig Month to meet Sammy.

PUFF is a 4-year-old she loves to make new friends around your home provide friendship. Rabbits, like other companion animals, also need human interaction and they should spend time outside of their cage during the day. Ask an AWLA staff member for helpful tips on caring for your pet.

CLEOPATRA is a luxurious 4-year-old cat waiting for the love of her life. After playing with toys and exploring, Paka loves to talk but she’s also a great listener. Who wouldn’t want to come home to this loving, affectionate lady every day?

TRUFFLE is a 5-month-old Pit Bull Terrier mix who is ready to explore the world. She needs some guidance and a loving adopter to show her the ropes. Truffle aims to please and you can start building your bond with her by taking advantage of the 4 free Charm School classes at the shelter after you adopt. How can you resist such a sweet face?

PAKA is a beautiful brown patch tabby looking for love. She is 4 years old and very friendly and outgoing. She’s got spunk and enjoys playing with toys and exploring. Paki loves to talk but she’s also a great listener. Who wouldn’t want to come home to this loving, affectionate lady every day?

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Meet Quimby and see if she is the gal for you. At first, she definitely loves to be around people. She is 3 years old and although she can be shy, she enjoys a nice long stretch. Meet this beauty today.

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Newport loves to stretch her long legs and watch the birds and squirrels from a warm windowsill.

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DALLAS is a 6-year-old Labrador Retriever/Terrier mix. He is a loyal dog ready to fulfill his role as Man’s (or Woman’s) Best Friend. Dallas is a well-trained adult dog who will not give you the headaches of raising a puppy. He is friendly and affectionate pup that is waiting for you to give him a second chance.

TRUFFLE
is a 4-year-old shorthaired rabbit and she loves to make new friends. She will happily hop around your home providing companionship and love. Meet Truffle today and fall in love.

4031 Duke Street

MIMI is a 9-year-old cat that reminds us that older animals can be some of the best companions we’ll ever spend our lives with. She is pretty and sweet and won’t cause a fuss like a kitten might. Mimi likes to watch over people and be a guardian. She’ll keep your secrets and never pass judgment. Mimi is a true friend looking for a happy home.

Meet Quimby and see if she is the gal for you. At first, she definitely loves to be around people. She is 3 years old and although she can be shy at first, she definitely loves to be around people. Meet Quimby and see if she is the gal for you.

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Washington's Still

BY CHUCK HAGEME

In 1771, Washington replaced a severely deteriorated gristmill on his 8,000-acre estate with a sandstone mill equipped with two sets of millstones. It ground the wheat and corn into flour to be used to feed the estate's livestock, and the mill could also be used to produce rye whiskey. Washington was one of the first American farmers to install and use Oliver Evans' automated mill to make flour production more efficient and less labor-intensive. In 1791, Evans, of Delaware, had introduced his system which reduced the work of men to that of two allowing greater quantities of grain to be processed in a fraction of the previous time. It was comprised of screw conveyors, bucket elevators, and hopper boys. So impressed was Washington that he not only was one of the first to install the Evans system, but also, as President Washington, he signed U.S. Patent No. 3 for Evans' invention. It sold at the time for $40.

The grist mill became the third most profitable venture at Mount Vernon Estate trusting only the farms and fishery. Washington reaped a profit of $25,000 in modern purchasing power from grinding 3,033 bushels, more than 275,000 pounds of wheat. Another 3,200 bushels of ground corn were used internally throughout the plantation's farming operations.

Always looking for a way to expand the family coffers, Washington next turned to that old reliable cash cow – rye whiskey. After retiring from his second term as president, Washington was convinced by his Scottish plantation manager, James Anderson, that producing whiskey from rye and corn would be a profitable complement to his grain milling operations. So by 1837, Washington, at the suggestion of James Anderson, purchased a 120 acre tract then owned by Mrs. Benjamin Hogg and an extensive still house was built on the estate. The grist mill was converted into a distillery and the grist mill's entire operation, including the waterwheel, the supporting beams, the catch basins that convey and receive the flood, the support beams and the pitch back wheel, the grain feed into bins from 50 pound sacks. Finally, in order to make the restored, working mill truly authentic to Washington's time, one additional element needed to be created – the Evans automated milling system. When Washington's grist mill restoration was completed, it was the only water-powered mill in the nation to have a complete and fully operational version of this 18th-century technological innovation.

Always looking for ways to improve farming, reduce the need for labor, and increase revenue, Washington was the first American farmer to install and use Oliver Evans' automated mill to make flour production more efficient and less labor intensive. In 1791, Evans, of Delaware, had introduced his system which reduced the work of men to that of two allowing greater quantities of grain to be processed in a fraction of the previous time. It was comprised of screw conveyors, bucket elevators, and hopper boys. So impressed was Washington that he not only was one of the first to install the Evans system, but also, as President Washington, he signed U.S. Patent No. 3 for Evans' invention. It sold at the time for $40. The grist mill became the third most profitable venture at Mount Vernon Estate, only the farms and fishery. Washington reaped a profit of $25,000 in modern purchasing power from grinding 3,033 bushels, more than 275,000 pounds of wheat. Another 3,200 bushels of ground corn were used internally throughout the plantation's farming operations.

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right next to his gristmill he erected a distillery.

But this was not a slam dunk on Anderson’s part. It took some convincing to get the general to buy into the wisdom of producing distilled spirits.

However, after the whiskey production commenced, Washington discovered that there was a secondary benefit to his new enterprise. It came in the form of greater profits for his hogs.

About 150 pigs were housed near the distillery. The pigs were getting fat off the waste products from the distilling of the spirits that flowed through a trough where the pigs fed. Its fact some of the pigs got so fat they could hardly walk. But, their value definitely increased in the marketplace.

At the time of its original construction, Washington’s distillery was the largest in the area with five copper stills that produced 65 proof rye whiskey, with some corn additive. It was so successful for Washington that in 1799 he sold 11,000 gallons for $7,500.

Washington’s Distillery is part of the Distilled Spirits Council of the United States’ “Whiskey Trail.” The trail is “an educational journey into the cultural heritage and history of spirits in America,” according to the Council’s brochure. There are eight distilleries on the trail located in Virginia, Kentucky, and Tennessee.

Both the gristmill and distillery will be open to the public commencing Sunday, March 31. Visitors will be able to purchase a two pound bag of milled cornmeal for $7.95 and/or an un-aged bottle of rye whiskey for $95. However, the latter may not be available until later in the spring, according to Mount Vernon Estate & Gardens.

Admission to both is now included as part of the entrance fee to Mount Vernon Estate & Gardens at $17 for adults and $8 for children, six to 11. Admission to the gristmill and distillery is only $5 for adults and $2 for children, six to 11.

Join the Alexandria Chamber of Commerce at our signature events

Small Business Summit & Business to Business Innovation Expo
May 23rd – Noon to 8PM – Holiday Inn Old Town Luncheon Keynote Speaker – Lt. Governor Bill Bolling Business to Business Innovation Expo, Small Business & Innovation Training Seminar Tracks Business After Hours Legislative Reception – 5:30PM – 7:30PM
Sponsored by:

2013 Public Safety Valor Awards Ceremony & Luncheon
June 13 – Noon-2pm – Crown Prince Plaza Old Town Honoring the public safety personnel of the Alexandria Fire Department, Police Department and Sheriff’s Office for heroic acts of valor.
Sponsored by:

Inova Alexandria Hospital

Sponsorships for both events are still available. For more information, please visit www.alexchamber.com or email jay@alexchamber.com

“Whatever you are, be a good one.”

— Abraham Lincoln
“When they let us in the school, none of the white students came.  Their parents made them stay home.”

— Toni Morrison, in Remember, the Journey to School Integration

GOOD, BAD AND UGLY
A HISTORY OF DESEGREGATION IN VIRGINIA

“DOVE” by Glena C. Booth

“When we hear the “good,” the bad and the ugly,” Theresa Crittenden told attendees at an Alexandria meeting of the DOVE project last year, DOVE — Desegregation of Virginia Education — is an effort to collect the stories of people who lived through a turbulent period in Virginia. Crittenden is president of the Hampton Roads Urban League.

Most people would agree that “good,” “bad” and “ugly” are apt descriptors of the protracted history of school desegregation in Virginia. The Old Dominion is often touted as the “birthplace of the nation” and “mother” of eight U.S. presidents, but the saga of desegregation is less well known — and not very pretty.

“Virginia played a major role in the national movement for school equality and the national fight to maintain segregation,” said Sonia Yaco, founder and co-chair the DOVE project. “Yet many communities have no evidence of how their schools became desegregated. Few people who were affected by Massive Resistance have talked to anyone about their experience — nor their families, nor their friends, nor their classmates. This isn’t just a black story,” explains Yaco. “History has to present all sides.” (DOVE’s other co-chair is Brian J. Daugherity, Virginia Commonwealth University)

DOVE’s goal is “to identify, locate, catalog and encourage preservation of records that document Virginia’s school desegregation process,” in public and private schools, grades K-12 and institutions of higher education.

The project seeks correspondence, reports, photographs, personal papers, school board minutes, diaries, records from groups for and against integration, scrapbooks and yearbooks. DOVE is cataloging the materials and housing them at institutions, including Alexandria and Arlington libraries, the Library of Virginia and George Mason University.

The group is reaching out to people like school superintendents, historical societies, teachers, civic leaders and civil rights organizations. Also, DOVE especially wants first-person oral histories from those who experienced desegregation so the people who lived the history can tell the story.

Yaco says, “The experience of black children who walked into white schools and the stories of the white children who were bussed to black schools, is missing from history.”

Virginia’s Blemished Record

Starting in 1870, Virginia had a racially segregated public school system, supported by what were called “Jim Crow” laws. White teachers’ salaries were three times that of black teachers on average in 1915, according to DOVE officials.

When school segregation was the rule of the day (Some argued, “God planned it that way”), school facilities for black students were strikingly unequal. Many black students often had hand-me-down textbooks and supplies. Some schools were heated by wood stoves and were so cold students had to wear overcoats and gloves in winter. Take the example of Fairfax City, as described by William Page Johnson in the winter 2006 newsletter of Historic Fairfax City: “The Fairfax Elementary School, constructed for whites in 1873, was a substantial, two-story, brick building, built on an airy hillside… By comparison, just down the street, the first African American School, built about the same time, was a wooden one-room structure, built in a ravine, along a creek, adjacent to the cemetery. It was demolished in 1926 because of its dilapidated condition.”

In 1939 in the Mount Vernon area, Fairfax County built a new school for area black students in Gum Springs. “Even with the new school building valued at $4,900, Gum Springs’ school was not comparable to those for white children,” wrote John Terry Chase in Gum Springs: The Triumph of a Black Community. “Woodlawn High School’s property was valued at $44,000, Mount Vernon High School at $95,000 and Fairfax High School at $185,000. The annual per capita expenditure for black students was about half of what was spent on white students. Teachers of black students were paid a good deal less than teachers of white students.”

Since Fairfax County’s high schools were segregated, formal education ended after the elementary grades for most black students. Those wanting a high school education were bused to the Manassas Industrial School for south county students 80 miles round trip. In the mid-1950s, the county built Luther Jackson High School in Merrifield, intended for black students.

Virginia Resisted

Lawyers representing the National Association for the Advancement of Colored People (NAACP) began filing suits in the late 1930s for equal teacher pay and schools. A 1951 Virginia lawsuit demanding integration, not just equal schools, became part of the landmark Brown v. Board of Education of Topeka, KS leading to the 1954 U.S. Supreme Court ruling that “separate, but equal” in public education is unconstitutional.

Many welcomed the decision as a “new day,” but stark battle lines were drawn in the Old Dominion. Some segregationists contended that desegregation “seeks to destroy the democratic way of life.” Virginia U.S. Senator Harry Byrd called for “massive resistance” to the Supreme Court’s decision and the state legislature passed laws to block desegregation. When federal courts ordered nine schools to integrate in 1958, then-Governor J. Lindsay Almond ordered these schools closed.

Prince Edward County in central Virginia closed its schools for five years. In some areas, white students left the public schools and their parents set up private “academies.” In 1968, the US Supreme Court, frustrated with Virginia’s slow progress, ruled that school districts must “ensure racial balance in schools.”

Alexandria desegregated its schools in fits and starts, through several phases involving suits, court-ordered placements, an application/acceptance system and redrawn boundaries. “With the opening of schools in September 1971, the Alexandria School Board finally removed the vestiges of its dual school system,” wrote Mount Vernon-area resident Mable Lyles in her book, Caught between Two Systems.
Locals Remember

Lyles taught fourth, fifth and sixth grades in the Alexandria Public Schools from 1954 to 1966, in segregated and desegregated schools. She authored a book, Caught between Two Systems, that chronicles the stop-and-go desegregation of Alexandria’s schools because “I wanted everyone to know how the dual school system became one,” she commented recently. She recalls that when the Alexandria schools began to desegregate, there were two separate teacher associations, one for white and one for black teachers. At meetings, they sat separately. Working under the shadow of Virginia’s massive resistance, teachers were warned against encouraging students to transfer to the school nearest their home. While some histories of black schools in that era report that the black schools had deficient facilities and supplies, “In Alexandria, we got whatever we asked for,” Lyles said, “to avoid integration.”

Two of her sons, Reginald and Ronald, were among the first black students to integrate Fairfax County public schools in 1960. She recalls having to push teachers to recognize her children’s potential. Ronald, in fourth grade at the former Hollin Hall Elementary School, was told by a teacher that several award-winning children’s books “were too hard for him to read.” “He insisted,” said Lyles, “and he did fine.” She also had to go to bat for him when a teacher wanted to return him in the fourth grade. After he scored well on a sixth grade achievement test, his teacher apologized for giving him Cs and Ds. Lyles recalls a guidance counselor telling her son, Reginald, he should go to technical school, instead of a college or university.

Ron Chase, a graphic designer, grew up and still lives in the Gum Springs community. There, he attended the segregated Drew Smith Elementary School, now a community center. His older brothers attended the segregated Luther Jackson High School in Merrifield, 20 miles away. In the seventh grade in 1963, desegregation began and Chase moved to Walt Whitman Middle School. He was the only African-American in some classes.

He recalls that all the teachers at Whitman were white and suspects that many black teachers were not given positions because of racial prejudice among school hiring officials. In the desegregated middle school, he missed the “nurturing, tough love” of his elementary teachers, a few of whom were from his community. He heard stories from others of racial conflict in some schools in Alexandria at that time, but his experience with desegregation proceeded without any “major encounters,” he says.

Later, at Fort Hunt High School, he felt a great deal of student camaraderie. When the formerly all-white school got some talented black athletes, enabling the schools to have winning games, people became more accepting of black students, he maintains. Observing that today some schools in Alexandria are still largely segregated, Chase commented, “We have so far to go. Man has not changed. Every culture on the Earth has been enslaved.”

Preserving History

“DOVE is needed to preserve an almost forgotten history,” maintains Yaco. The traveling exhibit and oral history interviews have sparked conversations, she adds. “People connect with the exhibit in a very personal way and have said it changed their lives. One woman said, ‘This exhibit affects those that see it and those that never do because they know that someone cares about what we went through.’ One woman who drove from Pennsylvania to a Richmond event to tell her story said that it began a healing process for her.”

To share your story, visit www.lib.odu.edu/specialcollections/dove/contact.htm or contact Northern Virginia co-chair, Robert Way, 703-993-9513 or rway@gmu.edu. Learn about the film “Locked Out: The Fall of Massive Resistance” at www.motormanuseum.org/locked-out-the-fall-of-massive-resistance

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Do you catch yourself biting your nails? Is it time to quit smoking? Do you get stressed and grind your teeth? Are sweets becoming an issue? Eliminating unwanted habits doesn’t have to be a difficult task. It’s all about interrupting old patterns and new ones.

I’ve worked with hundreds of clients helping them to remove bad habits, and here are several tips I’ve found to be highly effective in building better strategies and behaviors.

Focus on developing positive habits. There’s a commonly known principle called, “The law of dominant thought.” When you focus your mind entirely on what you don’t want, you’re actually reinforcing the mental patterns dealing with the unwanted behavior.

Whatever you do right now, do not think of a purple elephant. I’m serious about this, don’t think of a purple elephant … and perhaps you’ve already begun to think of a pink elephant.

Consider a person who wants to lose weight. If they think sweets and desserts are a problem, and they keep telling themselves “Don’t eat as much sugar,” they’re simply reminding themselves over and over that sweets are a “problem food” for them. This person may be better served to focus on what they’d rather be doing than what they’d rather not be doing. “I’d like to eat more vegetables and fruit” may be a better goal. Likewise, drinking more water would be an easier way to eliminate sodas.

Build an environment for success. I see clients who wish to quit smoking, and I’ve noticed an interesting pattern. Through the hypnotic process, the majority will either stop or cut back dramatically as early as the first session. The difference from one group to the other is simple: the people who stop are those who take action and throw their cigarettes away at the first meeting. Consider the people who want to hang on to them “just in case.” Perhaps they’re not ready for the change, or perhaps they need a boost in confidence that they really can conquer this issue. Either way, that simple step of taking action and “cleaning house” goes a long way.

Is there something you’d like to eliminate? What kind of opportunities do you gain by “taking action” and “cleaning house” in your own way?

Reduce your stress levels. There’s a common acronym that will power is ineffective when your mind or body HALTS – when you’re hungry, angry, lonely, tired, or stressed. Indeed, all of these feelings are stressful ones.

If there are bad habits you’re working to eliminate, consider setting yourself up for success. Eating healthy meals and getting a full night’s rest are the easiest things you can put into place for yourself.

If you are going through a challenging ongoing situation, consider some steps to give yourself intentional moments of relaxation. Take a long bath, get a massage, or even learn self-hypnosis.

Live as if the goal is already accomplished.

I worked with a woman who wanted to quit biting her nails. She initially had some challenges in releasing the habit as she was still ashamed of her chewed-up fingers. At work, she’d do everything she could to hide her hands, and having recently become engaged, she’d show off her new ring with a closed fist. As she wanted to eliminate the habit to have more pride in her hands, she began painting her fingernails as if they were already healthy and grown out. This simple action made the benefits of the change more enticing and natural.

Would you exercise more if you quit smoking? Would you deposit more money into savings if you cut out impulsive online shopping? Consider taking the next step forward into your change to pace yourself into your own success.

As a final thought, habits don’t have to be a permanent problem. Just the awareness that you’d like to change something is the first 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.
In 1999, there was a movie called Analyze This, starring Robert DeNiro as “an insecure mob boss” visiting a psychiatrist, played by Billy Crystal, who helps him with his anxieties that he has normally settled with the business end of a gun. The twists and turns of the plot lead to hilarious juxtapositions between the various characters.

That same title might be applied to the multitude of idiosyncrasies and interlocking dependencies within today’s vehicles. But, the end result is often far from hilarious or even slightly humorous. There are many misconceptions about what it really takes to thoroughly and accurately analyze problems in our high-tech vehicles.

In 1980-81, at the dawn of the automobile computer era, in order to assist automotive mechanics in their diagnosis and problem solving, some artificial intelligence was built into the Powertrain Control Module (PCM) or Engine Control Module (ECM), depending on various makes and models. These were designed to give what is known as “flash codes” for the various systems.

Those systems are known as Onboard Diagnostics or OBD. The first of these, OBD 1, was rather primitive. It could look at and analyze approximately 40 input scenarios and make 20 outputs on potential problems. The driving force behind this OBD was to improve air quality through better engine performance.

With the introduction of the 1995/96 vehicle models came an OBD 2 generic code, designed to meet even stricter air quality standards. OBD 2 had more intelligence to create better input data to satisfy the more stringent standards.

In addition to these overall requirements faced by the automotive industry there were individual manufacturers’ codes. Each of these differ by manufacturer as well as within various makes and models produced by the manufacturer.

An example of one of these generic codes is PO 302 which tells the vehicle’s computer there is a misfire on number two cylinder. However, it does not explain the cause of the misfire. It’s a guide for the technician. But, only that—a guide.

The cause can be one of several situations or a combination. It could indicate a mechanical problem such as a broken valve spring, a malfunctioning spark plug or spark plug wire, a problem with the coil, the injector, or various other parts within the powertrain control module.

Even the simplest code alert can take a lot of research to accurately determine the cause of the problem. Within individual manufacturer’s codes the analysis can lead to different conclusions.

Therefore, the amount of scan tools required by each shop varies from manufacturer to manufacturer.

Advertisements directed at vehicle owners for “free diagnostic code readers” can only be an invitation for total miscommunication but also an avenue for disaster. Our mechanics at Automotive Service Garage in Old Town Alexandria use genuine manufacturers’ tools for each and every model and make of vehicle.

Vehicle owners who buy into the “free diagnostics” pitch are usually putting themselves and their vehicles at high risk. Nearly 70 percent of the time the results from those free offers are wrong. When that check engine warning light comes on and stays on, even after checking such things as a loose gasoline cap, find yourself a good repair shop and stick with them. The engines in today’s vehicles have become unbelievably complicated.

When choosing a repair shop ask about their diagnostic equipment with particular emphasis on the vehicle you are driving. Also, the repair information available to the technicians is of utmost importance as is ongoing training for those technicians. The latter is absolutely essential.

The proper scan tools are only half the battle. Well trained technicians who receive constant knowledge updates by attending instruction sessions is the other half of the capability/knowledge equation.

In our shop the technicians attend approximately 20 classes a year which keeps their expertise up to date. Many of these classes take place in the shop in the evening conducted by manufacturer’s representatives.

Maintaining today’s high tech vehicles requires high tech skills by knowledgeable mechanics equipped with the proper tools and the best information available. Kicking the tires and making a few guessimate adjustments under the hood is long gone.

If you’re paying for the best technicians — find out what shops employ the best. It’s not only your vehicle, it’s your money. And, more importantly it’s your life and those of your loved ones — not to mention that irreplaceable quantity called time.

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In 43 years at the Gazette, Lewis Stearman held a myriad of positions, including working in the accounting/bookkeeping department, as editorial writer, editor, general manager, vice president and treasurer. He served as chairman of the board in 1962-63 and again in 1986-87. He was honored as the Man of the Year in 1963 and in 1967. In 1968 he was presented the prestigious William Booth Award. In 1991 he was given a certificate for life board membership. He said he is still enthusiastically committed to helping the young and distressed.

In 1958 Stearman was elected to the board of directors of the Alexandria Boys Club. He has remained an active board member for more than 30 years. Stearman’s father had known the club’s founders, the Harrers, as well as its first president, Roger Sullivan, who initially suggested that Stearman’s father bring his son down to the club. Even as a child Stearman was grateful children had such a place. He said that someday he would do what he could to help kids. Significant accomplishments include assistance with the merger of the Alexandria Boys Club and the Olympic Boys Club, writing the 50-year history of Alexandria-Olympic Boys and Girls Club and 13 years as banquet and fundraising chair. He raised the bar for donations by bringing in celebrities such as Elizabeth Taylor, U.S. Sen. John Warner, Judge John J. Sirica, Mark Russell and Joe Theismann, all of whom shared Stearman’s vision of mentoring youth.

Stearman was a member of the board and trustee of the Maurice D. Rosenberg Lodge of B’nai B’rith International in Alexandria. In 1953 and 1968 he received awards for Outstanding Merit in Journalism for promoting better community relations through journalism.

In 1968 Virginia Del Marion Galland approached Stearman with an important challenge: to become a founder of the Alexandria Senior Citizens Employment and Services, now Senior Services of Alexandria. The goal was to start an organization for people over 60, to mentor them, bring them dignity and make them feel worthy. He became one of 16 founders and served on the board of directors as president in 1970-71.

The highlight of Stearman’s tenure as chair of the Alexandria Mental Health Symposia Committee and president of the Alexandria Community Mental Health Center was bringing 1,700 attendees to the T.C. Williams High School auditorium for a discussion on mental health featuring U.S. Sen. Alphonse Ribicoff and renowned anthropologist Margaret Mead.

Stearman has served as a leader in many other organizations and championed their causes, including the Visiting Nurse Service of Alexandria, Park & Shop Alexandria Corporation, Alexandria Hospital, the local branch of the American Red Cross, the local branch of the American Cancer Society and the Alexandria Board of Trade, which became part of today’s Alexandria Chamber of Commerce.

Stearman turned 89 years old in February 2013. He said “I thank God for one more day in my life. It’s a blessing and I appreciate each day that I take a breath, feel wonderful and can carry on doing things I want to help kids.” In his lifelong quest to help young and old and his beloved community of Alexandria, Lewis A. Stearman is truly a Living Legend of Alexandria.

Lewis A. Stearman has supported Alexandria’s youth for almost 75 years. His passion for serving young people developed when, as a compassionate 16-year-old, he sent Valentine’s Day cards to patients at Children’s Hospital in Washington, D.C.

From that day forward Stearman’s volunteerism grew from his belief that today’s youth are tomorrow’s future. “Our young people are rich resources that we must cultivate and mentor to inspire them to be our future leaders of tomorrow,” he said. “They are our precious jewels and I have always wanted to help.”

Stearman was born on Feb. 8, 1924, at Garfield Hospital in Washington, D.C., son of Joseph Stearman, a salesman, and Esther Rose, a homemaker. His family often visited his grandparents, who lived in Alexandria and were owners of a pawnshop and dry goods store across from the Alexandria Gazette newspaper.

Stearman’s family moved to Del Ray when he was six years old. He attended Alexandria public schools and began work for the Gazette as a substitute carrier when he was 14. In his 43 years at the Gazette, many of those years alongside his mentor, president, editor and publisher C.C. Carlin, Jr. Stearman held myriad positions, including working in the accounting/bookkeeping department, as editorial writer, editor, general manager, vice president and treasurer. In 1983 he served as consultant to the newspaper’s 20th anniversary edition.

In March 1967, after Carlis died, Carlin’s wife, Sarah publicly recognized Stearman for his devoted support: “He tries daily to do his job in such order that may contribute to his job, his community, thus to his family. He quietly gives hours of time to unknown and thankless tasks. In short, he is his brother’s keeper.”

Stearman met Mildred, who would become his wife, at a dance where she had come as a friend’s blind date. With his friend’s blessing Stearman invited Mildie to dance. He saw she was beautiful and blind date. With his friend’s blessing Stearman invited Millie to dance. He saw she was beautiful and a great dancer, and later learned she played piano exquisitely. Stearman immediately knew she was the one. Within a year, in 1950, the couple married. The Stearmans have nine grandchildren and one great-grandson. Douglas; and Joseph, who lives in Alexandria. They are our precious jewels and I have always wanted to help.”

 QListed are our precious jewels and I have always wanted to help.”

Stearman became an Optimist life member in 1952 and remained an active board member for more than 30 years. Stearman’s father had known the club’s founders, the Harrers, as well as its first president, Roger Sullivan, who initially suggested that Stearman’s father bring his son down to the club. Even as a child Stearman was grateful children had such a place. He said that someday he would do what he could to help kids. Significant accomplishments include assistance with the merger of the Alexandria Boys Club and the Olympic Boys Club, writing the 50-year history of Alexandria-Olympic Boys and Girls Club and 13 years as banquet and fundraising chair. He raised the bar for donations by bringing in celebrities such as Elizabeth Taylor, U.S. Sen. John Warner, Judge John J. Sirica, Mark Russell and Joe Theismann, all of whom shared Stearman’s vision of mentoring youth.

Stearman was a member of the board and trustee of the Maurice D. Rosenberg Lodge of B’nai B’rith International in Alexandria. In 1953 and 1968 he received awards for Outstanding Merit in Journalism for promoting better community relations through journalism.

In 1968 Virginia Del Marion Galland approached Stearman with an important challenge: to become a founder of the Alexandria Senior Citizens Employment and Services, now Senior Services of Alexandria. The goal was to start an organization for people over 60, to mentor them, bring them dignity and make them feel worthy. He became one of 16 founders and served on the board of directors as president in 1970-71.

The highlight of Stearman’s tenure as chair of the Alexandria Mental Health Symposia Committee and president of the Alexandria Community Mental Health Center was bringing 1,700 attendees to the T.C. Williams High School auditorium for a discussion on mental health featuring U.S. Sen. Alphonse Ribicoff and renowned anthropologist Margaret Mead.

Stearman has served as a leader in many other organizations and championed their causes, including the Visiting Nurse Service of Alexandria, Park & Shop Alexandria Corporation, Alexandria Hospital, the local branch of the American Red Cross, the local branch of the American Cancer Society and the Alexandria Board of Trade, which became part of today’s Alexandria Chamber of Commerce.

Stearman turned 89 years old in February 2013. He said “I thank God for one more day in my life. It’s a blessing and I appreciate each day that I take a breath, feel wonderful and can carry on doing things I want to help kids.” In his lifelong quest to help young and old and his beloved community of Alexandria, Lewis A. Stearman is truly a Living Legend of Alexandria.
Pregnancy is an exciting time, regardless of whether it is your first child or your fifth. Of course, being pregnant also brings with it concerns about prenatal care choices. The importance of prenatal care is well documented, and expectant moms should be sure they have the best medical and alternative care available. For many pregnant women, this includes regular visits to a chiropractor.

Chiropractic pregnancy care is quickly gaining popularity because of its ability to treat and prevent many of the discomforts that an expectant mother experiences. Chiropractic pregnancy care has even been shown to promote an easier and shorter labor and delivery.

A pregnant woman’s posture gradually changes with the growth of her unborn child. This puts an abnormal amount of stress on her lower back and pelvic joints, which can result in spinal misalignment. Chiropractic care focuses on identifying and correcting these misalignments. This can be extremely beneficial for an expectant mother because proper alignment of the spine can eliminate pain in the lower back, legs and between the shoulder blades. Chiropractic pregnancy care has also been shown to reduce the frequency of headaches, nausea and problems with elimination.

Another reason that many expectant moms choose to visit a chiropractic doctor is because chiropractic care helps to establish and maintain the balance of a pregnant woman’s pelvis. This helps to ensure that the baby can get into the best position possible in anticipation of delivery. The slightest imbalance of the pelvis can lead to a difficult delivery, or “dystocia” in medical terms.

When an expectant mother has a properly balanced pelvis, her uterus will be able to grow symmetrically with her unborn child. An imbalanced pelvis or spinal misalignment will directly affect how the body supports the uterus. If a pregnant woman’s uterus is subjected to uneven support, it will reduce the amount of room the baby has to develop.

A reduced amount of room in the uterus can limit the baby’s position and have a negative affect on prenatal development of the spine and skull. It can also prevent the baby from getting into that optimal head-down position for delivery.

Perhaps most importantly, though, chiropractic treatment improves the function of a pregnant woman’s nervous system. A pregnant woman’s spine and pelvis undergo many changes to accommodate the growing baby, which is why expectant moms are at an increased risk of nervous system interference caused by spinal misalignment.

In short, there are four major benefits of chiropractic pregnancy care. First, chiropractic treatment corrects misalignments of the spine, which dramatically reduces pressure on the spine and hips. Second, chiropractic pregnancy care ensures proper alignment of the pelvic bones, which may lead to a quicker, easier delivery. Third, chiropractic adjustment reestablishes the natural position of the joints, allowing them a full, normal range of motion. Finally, correction of spinal misalignments eliminates disturbances in a pregnant woman’s nervous system. And a healthy nervous system is essential in the development of a healthy baby.

Now that you know the many benefits chiropractic offers to expectant mothers, if you are pregnant or plan to become pregnant soon, contact a chiropractic professional. Together, you can map out a treatment plan that can make your pregnancy as wonderful as you’ve always dreamed it would be.
Bishop Ireton Students Are Publishers

A Crack in the Clock is written by Brittany Harris and Morgan Pairo. Subtitled, “Three girls, three watches, and the adventure of a lifetime,” it is a fantasy novel aimed at high school readers. Its significance, however, is that it was written and published by teenagers while still in high school.

Bishop Ireton students Brittany Harris ’12 and Morgan Pairo ’13 attended a Katsucon convention at the Gaylord Hotel in National Harbor, Maryland in February 2012. Katsucon is an educational nonprofit organization which brings information about Japanese animation, society, and culture to anime fans. They got pocket watches while they were there, and this sparked their imagination and their desire to write a fantasy novel. They collaborated with each other every step of the way. They truly wrote the book together. Using Google docs, each girl wrote paragraphs or pages, one in black and one in red. They shared ideas with each other, sometimes one girl writing a section with the other girl’s idea. They would work during study halls, after school, and on the weekends. Ms. Harris and Ms. Pairo finished the 240-page novel in October and submitted it to several publishers. Last December, their book was accepted by AuthorHouse Publishers. The publishers did a little editing and came up with the cover art according to their specifications. The book was published in January 2013.

A Crack in the Clock is set in present day Japan and in a fantasy world called Cyawas. The protagonists are three Japanese high school seniors who find magic pocket watches, which connect them to the fantasy world. There is a struggle with an evil lunatic, and battles between good and evil. There are character deaths and near deaths. Overall, it is an exciting tale which includes knights and magic, and the characters must test themselves as they come face to face with their own shortcomings.

Morgan and Brittany are currently working on two more fantasy novels. Morgan said, “We disagree on very little and really enjoy writing together. We find the process to be more fun than hard work.” Both girls would love this to be their full time jobs, but realize they need a backup plan. Brittany is currently attending the University of Mary Washington in forensics and Morgan has applied to three Virginia colleges – including Mary Washington – and hopes to be an English teacher.

Bishop Ireton Retires

Tim Hamer, Principal of Bishop Ireton High School in Alexandria, Virginia, announces his retirement. He has been at the Diocesan Catholic High School for twenty years, the last five as principal.

Superintendent of Schools, Sister Bernadette MacManigal, BVM, states, “The list of accomplishments during Mr. Hamer’s tenure at the school is long and impressive…We will miss Tim’s leadership and are thankful for his contributions to the school. Bishop Paul S. Loverde joins me in thanking Tim and in wishing him well for the future.”

Tim was the first lay principal at Bishop Ireton, following a long line of Oblates of St. Francis De Sales. He wrote and implemented the first school-wide, standards-based curriculum and created a faculty multi-year mentoring induction program. He instituted the Parent Portal for web access to student grades and achieved AdvanED Accreditation. The school building was renovated during his time, which included air conditioning, interactive white boards and data projectors, and new bleachers on Fannon Field. Bishop Ireton achieved all time high enrollment and doubled its annual tuition assistance for needy families. The school also conducted its first school-wide, standards-based graduation program. He instituted the first Long Range Strategic Plan in two decades and raised a record $1 million in endowment.

Tim plans to continue his service to Catholic education by becoming a team member at the Institute for School and Parish Development, assisting Catholic Schools and Parishes across the nation in meeting their challenges.

Chinese New Year Celebrated at St. Stephen’s & St. Agnes

St. Stephen’s & St. Agnes Lower School celebrated the Chinese New Year on February 11 with an interactive presentation from Wong People of Washington, D.C. Students learned the cultural meanings of the Chinese New Year, and students and faculty were encouraged to wear red, symbolizing good luck.

St. Stephen’s & St. Agnes Players Light Up Stage

St. Stephen’s & St. Agnes School presented the musical The Wiz for the first two weekends in March. A fresh modern take on L. Frank Baum’s classic The Wonderful Wizard of Oz, it was spectacularly performed by the Coppies award-winning Stage One Players of SS&S.

PHOTO COURTESY OF SS&S.

St. Stephen’s & St. Agnes

Brittany Harris

Morgan Pairo

Tim Hamer

PHOTO COURTESY OF SS&S.
City Recognized as one of 44 Top ArtPlaces in the U.S.

The City of Alexandria Office of the Arts and the Alexandria Convention & Visitors Association announced a $70.7 million in economic impact for the arts at an event on March 6, 2013. The program, the city was recognized as one of 44 Top ArtPlaces in the U.S.

The city’s arts economic impact figures are from the Arts and Economic Prosperity IV national study conducted by Americans for the Arts, the country’s leading nonprofit arts advocacy organization. Using data from 2010, the study shows that the nonprofit arts and culture industry generates $70.7 million in annual economic activity in Alexandria.

$70.7 million in spending includes:

- $26.1 million by nonprofit arts and culture organizations
- $44.6 million in event-related spending by their audiences
- Generating: $4.8 million in local and state government revenue
- Almost $38 million in household income to local residents
- Supporting: 1,774 full-time equivalent jobs

$44.6 million in event-related spending by audiences of Alexandria’s nonprofit arts and culture industry directly supports the city’s non-arts businesses. As a result of attending a cultural event, attendees often eat dinner in local restaurants, pay for parking, buy gifts and souvenirs, and pay a babysitter. What’s more, attending from out of town often stay overnight in a local hotel. Audiences in Alexandria surveyed as part of the study report spending an average of $19 above the admission price when attending a cultural event in Alexandria.

Randi Cohen, Americans for the Arts, Vice President of Research and Policy, presented the study’s findings to Alexandria leaders, stakeholders, and arts organizations at the March 5 event, and provided strategies for the local community to leverage the impact figures to gain support for arts programs.

“This study shines a much-needed light on the vital role the arts play in stimulating and sustaining economic development,” said Robert L. Lynch, president and CEO of Americans for the Arts, in a statement. “Contrary to popular belief, the arts are a bustling industry that supports a plethora of diverse jobs, generates significant revenues for local businesses and to federal, state and local governments and provides quality of life that positions communities to compete in our 21st century creative economy.”

The Arts and Economic Prosperity IV study is part of the most comprehensive economic impact study of the nonprofit arts and culture industry ever conducted in the United States and shows that the arts industry also helps to support other local businesses. For more information about the study, visit www.AmericansForTheArts.org/EconomicImpact

For the Alexandria study, visit http://alexandriava.gov/Arts

Alexandria was recognized as one of America’s Top ArtPlaces, among 44 communities named in 2013. America’s Top ArtPlaces are neighborhoods where the arts are central to creating the kinds of places where people want to live, work and visit. The accolade heralds Alexandria as a community with a “backbone of creative culture . . . exceptionally successful at combining art, artists and venues for creative expression and business partnerships.”

City Recognized as one of 44 Top ArtPlaces in the U.S.

Nine Cardinals on NVSHL All Conference Academic Team

The Northern Virginia Scholastic Hockey League (NVSHL) announced last week it recognized nine Bishop Ireton hockey players for academic honors.

Student-Athletes had to be in good standing with the NVSHL and have a recalculated GPA of 3.5 or better in EACH of the first two grading periods of the 2012-2013 school year (not combined or overall). Team managers had to obtain the athletes’ report cards and recalculate the GPA according to NVSHL standards. Grades were weighted consistently and not according to individual schools or county school systems formulas.

“We are very proud of our hockey players,” said athletic director Bill Simmons. “This is what we are looking for at Bishop Ireton. Well rounded student-athletes, young people that excel on the ice and in the classroom.”

All recipients of the award receive a certificate and are recognized on the NVSHL website. There were 33 teams (35 total schools) with at least 1 recipient and only 5 schools had more recipients than BI.

Forty-five northern Virginia schools are recognized.

Bishop Ireton student athletes are:

Freshmen: Luke Burton, Johnathan Chin, Tim Newell
Sophomores: Wendell Beane
Juniors: Patrick Coyte, Duke Roach, Phillip Thomas
Seniors: Michaela Mulkey and Nick Tangora

Million Dollar Nights! Experience a culinary night at its finest. Enjoy multi-course menus specially created by chefs from well-known restaurants.

Carpenter’s

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Is that Light at the End of the Tunnel?

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

—Winston Churchill

“...It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness; it was the epoch of belief, it was the epoch of incredulity; it was the season of Light, it was the season of Darkness; - in short, the period was so far dull, it was the season of Darkness...”

In the “Age of Foolishness”, we have recently experienced two dramatic events. The first was what Federal Reserve Chairman Ben Bernanke referred to as a “Fiscal Cliff”. The compromise reached from going over the “Cliff” was known as the American Taxpayer Relief Act of 2012, and involved the increase of tax rates on the capital gains and dividends received by higher income families, among other provisions. The second dramatic event, known as sequestration, came about as a provision of the American Taxpayer Relief Act of 2012. The inability of the White House and Congress to reach an agreement addressing the budget deficit has resulted in the automatic triggering of across-the-board federal spending cuts in both defense and non-defense discretionary spending. In the weeks before these cuts were to take effect, we have been presented with a continuing stream of government officials and experts testifying to the dramatic life altering consequences of allowing sequestration to proceed. Areas which rely heavily on Federal spending, such as metro DC, have been projected to feel the sharpest consequences of allowing sequestration to proceed.

During times of change where we often find great uncertainty, it seems that Charles Dickens began his immortal novel “A Tale of Two Cities.” While the story is set in pre-revolutionary France of the late 1700’s, it seems that the superlative degree of comparison” is still “so far like the present.”

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The Age of Wisdom purports to present equity investors with a rosier picture. The S&P 500, a broad index of the 500 largest companies in America, recently closed over 1500, up substantially from the index of the 500 largest companies in America, recently closed over 1500, up substantially from the low interest rates while testifying before Congress this past month. The Case-Shiller Home Price Index showed a strong rebound in home prices for 2012, and the Consumer Confidence Index® showed a significant rebound in February as well. Taken together, it looks as if the end of the tunnel is near, ushering in a season of Light. Given these seemingly contradictory reflections on our economy, how should investors respond? Do we run for the hills, or do we double down? As usual, the ultimate answer will depend on your individual financial goals and your level of risk tolerance. In most cases a diversified portfolio will still provide the best way to navigate the extremes. I strongly recommend you speak with your financial advisor to ensure the best strategy for your unique situation.

At OV Capital, we are paying close attention to Consumer spending, which rose 0.1% in January, factoring in inflation. However recent earnings reports from retailers have led some to question the strength of the US consumer. According to a recent Wall Street Journal article, “consumer spending accounts for two thirds of demand in the economy.” A separate WSJ article stated that the top 20% of income earners account for as much consumer spending as the bottom 60% combined. It is this top 20% that will likely shoulder an increasing tax burden. Thus far, we are seeing a reduction in savings instead of reduced spending in the economy as a whole, but with the prospect of an increased tax burden, this may soon change. As investment managers, it is during times of change where we often find great opportunities. In the words of Winston Churchill, “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

Stephen D. Memery is a Chartered Portfolio Manager™ and Chartered Market Analyst™ with more than 20 years of experience in the financial industry. He is a Founding Partner of OV Capital, located in Old Town Alexandria, and on the web at www.OVCapital.com.

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We also enjoy custom redesigning estate and vintage pieces and can do quality restoration on your vintage jewelry, as well as restringing services and repairs for your antique items of jewelry.

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The Grey Ghost Haunts the North

Although March 1863 was mostly an uneventful month for both sides in the American Civil War, battle there were not favor the Union forces and Confederate Captain John S. Mosby, known as the “Grey Ghost,” managed to keep northern nerves constantly on edge with his guerrilla-style raids. The latter was particularly evident on St. Patrick’s Day, March 17, 1863.

On that day the Confederates scored a technical victory at the Battle of Kelly’s Ford along the Rappahannock River, even though they suffered nearly twice as many casualties as the Union forces. And, on that same Sunday, Mosby executed a precision raid on Herndon Station, only eight days after his embarrassing attack on Fairfax Station, 10 miles behind Union lines.

Having been formed as a hit and run strike force in January 1863, Mosby’s Rangers, also known as Mosby’s Raiders, were specialists in guerrilla warfare. One of their most daring and spectacular intrusions was on March 9, 1863 when they struck Fairfax Court House.

In the wee hours of March 9, Mosby and his men attacked the Alexandria, Loudoun and Hampshire Railroad. Once again the raid was accomplished with only one Union picket wounded. A successful attorney prior to the war, Mosby was a brilliant innovator in warfare tactics, relying on hit and run rather than head on confrontations. His raiders were southern heroes and the North’s migraine headache.

Mosby’s penchant for intrigue also served him well as a member of the Confederacy’s spy network moving in and out of Washington, DC, with impunity. On one such sojourn he even sent President Lincoln a lock of his hair and out of Washington, DC, with impunity. On one such sojourn he even sent President Lincoln a lock of his hair.

When Confederate Commanding General Robert E. Lee heard of the raid his response was, “Hurrah for Mosby! I wish I had a hundred like him.”

Then came St. Patrick’s Day and the Herndon Station raid. Mosby and 40 of his men attacked the Alexandria, Loudoun and Hampshire Railroad. Once again the raid was accomplished with only one Union picket wounded. A successful attorney prior to the war, Mosby was a brilliant innovator in warfare tactics, relying on hit and run rather than head on confrontations. His raiders were southern heroes and the North’s migraine headache.

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With the Confederacy’s defeat, Mosby’s Raiders never formally surrendered but merely disbanded. In an odd twist of fate, Mosby himself retired to San Francisco after the war and settled in with family and friends.

Nearby, another family had a small boy who enjoyed talking with Mosby and hearing his tales of the Civil War. The Grey Ghost derived great delight in telling of his many exploits and the young boy not only enjoyed the tales but also learned vital military maneuvers from his teacher. That young devotee would later make a name for himself in U.S. Military history as General George Patton.
Ashley  
(Male) • Breed: Maltese • Age: 7 Years • Weight: 6 Pounds • History: Breeder
Ashley came from the Valentine Breeder Dogs Rescue effort. He is a very curious and brave Maltese. He is blind but that doesn’t seem to be an issue with him. He just puts his head down and keeps mapping out the territory. The outdoors don’t seem to bother him either. He is good with children.

Bailey  
(Female) • Breed: Maltese • Age: 6 Years • History: Breeder
Bailey came from the Valentine Breeder Dogs Rescue effort. She is a small little girl with a huge personality. She enjoys cuddling on the couch in the closest lap, and running at full tilt around the living room. She is learning to go outside to potty and is beginning to adapt to the leash. Bailey will do very well in a home with another dog similar in size to her for company.

Bella  
(Female) • Breed: Maltese • Age: 6 Years • History: Breeder
Bella was found near a gas station. His tags said his name is Jackson, but all the phone numbers were disconnected. He appears to be a pure-bred chocolate lab and is in great health. He loves to play and energetic. He has done well with cats so far. He knows the commands, sit, shake, stay and loves to retrieve sticks. He is housebroken and crate trained.

Little Man  
(Male) • Breed: Chocolate Labrador Retriever • Age: 2 Years • Weight: 75 Pounds • History: Stray
Meet Coda! Purebred yellow lab, purely a good boy. AFH was asked to help Coda due to his former family’s financial difficulties. Even though he is 9 he is still very playful, OBSESSED with tennis balls, and loves to swim. He listens well, is housetrained, well socialized. He loves children, be a wonderful family dog.
LADIES SWING THE BLUES
Now thru March 31
MetroStage
1201 N Royal Street
Alexandria
Metrostage.org
A world premiere by Thomas W. Jones II and William Knoesel. Explore the jazz foklore, mythologies and backstage stories of the 40’s and 50’s with four legendary jazz divas as they gather to commemorate the passing of jazz legend Charlie Parker. Ticket times and prices vary.

HELLO DOLLY!
March 15 - Mar 18
Ford’s Theatre
511 10th St NW
Washington, DC
www.fords.org
800/982-2787
CharleE Beatley, Jr. Central Library
5005 Duke Street
703/746-1702
Book lovers share your love of books and find your literary better half at our Library Speed Dating event. Prizes will be awarded and refreshments will be served. Call 703-746-1751 or email kob@metronatlexandria.lib.va.us to reserve a space.

POWER ART EXHIBIT
Now thru March 31
Del Ray Artisans
2704 Mount Vernon Avenue
Alexandria
TheDelRayArtisans.org
The exhibit includes 50 art quilts from the nationally touring Power Suits collection. Power Art may address civil liberties, human rights, or environmental issues. Come experience the art and unusual materials. The exhibit includes art quilts from the nationally touring Power Suits collection. Free!

BOATING SAFETY CLASS
March 16
8 AM – 9 PM
Knights of Columbus Hall
8592 Richmond Hwy
Alexandria
engels578@cox.net
703/785-3769
VA, DC, and MD require most boat operators to carry proof of boating education. The U.S. Coast Guard Auxiliary teaches a class meeting the requirements of all states.$40 ($60 for two). Email or phone to reserve a space.

MEET THE LEGENDS RECEPTION
March 21
6 PM
Patent & Trademark Office
Madison Building, Lower Atrium
600 Dulany Street
Alexandria
meet.thelegends.eventbrite.com
703/625-2330

VOODOO MACBETH
March 22 – April 13
Gunston Arts Center
2700 S Lang Street
Arlington
AmericanCanterbury.org
703/998-4555
Shakespeare’s chaos unfolds on a futuristic battleground of faith and mystery in a retelling of Ornson Welles’ sensationally 1936 production for the Federal Theatre Project. Ticket times and prices vary.

If you want to have an event listed, please send an email to mary@thezebra.org

LIBRARY SPEED DATING
March 14
7 – 8:30 PM

SPOTLIGHT ON CIVIL WAR ARTILLERY PROJECTILES
March 16
10 AM – Noon
Fort Ward Park
4301 West Braddock Road
Alexandria
Fortward.org
703/746-4848
Learn more about Civil War artillery projectiles via brief “spotlight” talks on the subject throughout the day. Visitors can learn about a wide variety of ammunition of the time period, from a 100-pounder Parrott shell to a Ketchem hand grenade. FREE!

PROJECTILES
FREE!
Parrott shell to a Ketchum hand grenade. of the time period, from a 100-pounder

TAVERN TODDLERS
Now thru April 30
10:30 am – 12 pm
Gadsby’s Tavern Museum
134, North Royal Street
Alexandria
Gadsbystavern.org
703/746-4242
A special program for toddlers (walkers through 36 months) and their caregivers, featuring a weekly open playtime in the historic ballroom on Mondays, excluding Federal holidays, through the end of April. Craft changes weekly. $7 for a group of three, which must include one adult, or purchase a 5 week pass for $30. No reservations necessary.

Maintaining Memory and Coping With Its Loss
March 13
9:30 AM
Senior Services of Alexandria
Seniorservicesales.org
703/936-4414, ext. 10
Come hear local experts talk about techniques to keep your memory sharp. AMPS on-line memory support resources, the Alzheimer’s Association in-depth seminars, important legal issues, programs to support families and caregivers and what to expect from residential facilities that specialize in caring those with dementia.

In the Tony-winning musical farce the cantankerous half-a-millionaire Horace Vandergelder hires matchmaker Dolly Levi to find him a wife. Dolly soon hatches a plan to woo and win Vandergelder’s hand herself, while simultaneously arranging romantic prospects for his niece, her clerks and two of Manhattan’s most eligible shopgirls. Tickets start at $18.

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Following a panel presentation, attendees can speak directly with the experts about to expect from residential facilities that specialize in caring those with dementia.

RETURN TO THE ZEbra