

## Keeping up with the kids

### Capacity projects, analytics help school district grapple with growing enrollment

BY ERICH WAGNER

As families prepare to return to school this fall by buying pencils, notebooks and calculators, Alexandria City Public Schools officials are again bracing for a bump in the number of students on the rolls.

But after previous enrollment spikes, this time ACPS says it's ready, thanks to a bevy of construction projects — large and small — and a more thorough examination of enrollment figures.

School officials said current projections for the 2014-2015 school year predict a total of 14,111 students from

pre-K to grade 12, up from 13,568 pupils last fall.

"We are right on track with the kind of growth we expect year over year," said facilities planner Laurel Hammig.

Director of technology services Marya Runkle said the district is getting better and better at projecting what the city's enrollment will be.

"[Enrollment] in the school system from pre-K to 12th grade — that has been within a single digit, if not much smaller [off from] our projection," Runkle said.

That projection system also takes future development and redevelopment into account, Runkle said. School officials will know when to expect an influx of students from major residential projects like Potomac Yard, Beauregard and the like.

"If, for example, a big chunk of Potomac Yard was supposed to be finished, say, in 2016, the projection numbers will now include the increase in enrollment we would expect from that development project," she said.

On top of a sharper prediction system, Hammig said schools officials keep much closer tabs on the number of incoming students over the summer.

"We meet every two weeks starting in March so we can get staffing and hire quality teachers early so we have people in place," she said. "We want to ensure we're not getting to October only to find out we need a teacher or don't need one. This is the third year we've worked

SEE **ENROLLMENT** | 7



Alexandria City Public Schools officials said projects like the new Jefferson-Houston School will help the district keep up with annual enrollment increases. Over the past few years, officials have implemented a system to better predict and account for spikes in the student population.



FILE PHOTOS



PHOTO/ERICH WAGNER

Trapper examines one of the many obstacles available for dogs to play with at the newly opened Frolick Dogs Canine Sports Club near Duke Street.

## Canine calisthenics

### New gym for dogs opens along Colvin Street

BY ERICH WAGNER

Longtime dog trainer Kevin Gilliam said he had been looking for a way to exercise his pet in urban Alexandria without going to dog parks, which are too chaotic and unpredictable for his taste. That's when he came up with an idea: a dog-centric gym.

"I thought, 'Where can I go to interact with my dog and practice our training?'" Gilliam said. "Where can I go for a cool environment in the summer or a warm environment in the winter?"

Last month, Gilliam and his wife, Kim, opened Frolick Dogs Canine Sports Club just off of Duke Street. The 3208 Colvin St. business offers daytime boarding as well as the canine equivalent of traditional workout facilities.

"It's just like a regular gym where you pay your monthly dues, and then you can come in and use the facilities between 11 [a.m.] and 7 [p.m.]," Gilliam said. "We've got dog treadmills, balance balls specifically made for dogs and agility-training equipment. And just like a regular gym, you can use the equipment as you please."

SEE **DOG GYM** | 7

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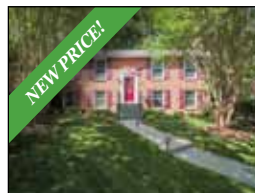


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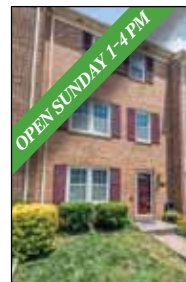


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## THE WEEKLY BRIEFING

# Krupicka brings Richmond treat north to the Port City

**Sugar Shack to open by winter in Parker-Gray neighborhood**

BY ERICH WAGNER

Politicians in Richmond can and do argue all day about nearly everything, from Medicaid expansion to education, transportation to same-sex marriage. But there is one thing state Democrats and Republicans rally around: Sugar Shack doughnuts.

"When I was down in session this year, I had Sugar Shack delivered every Monday and we certainly got quite a crowd each day the doughnuts showed up," said Delegate Rob Krupicka (D-45).

Krupicka plans to launch a franchise of the popular doughnut shop this winter along the 800 block of N. Henry St. in the Parker-Gray neighborhood.

He was inspired to bring Sugar Shack to Northern Virginia because of the quality of the pastries and the way it attracts all sorts of clientele.

"I was really struck by the hand-crafted nature of their doughnuts as opposed to all of the other things you have out there," he said. "And spending some time at the shop in Richmond, you just see the diversity of the customers. They come from all stripes of life, and to see the smiles on people's faces, the general happiness whenever someone walks in that door is pretty contagious."

Krupicka also wants to harness Sugar Shack's well-known commitment to giving back to the community.

"One of the things that makes it so unique is its very tight connection to the community," he said. "They do

a lot of work with the local schools, and it's really engrained in the fabric of Richmond. One of the things I hope to do is take all of my friendships around Alexandria and use that to make this shop really special and tied into the community."

Also in the works, per Krupicka's permit applications, is an after-hours speakeasy at the location. But in keeping with the nature of such establishments, he was coy about the details, save that it would not open until at least next year.

"We do have plans, but we're not talking about it just yet," he said. "It will be a small, very intimate, very cool place ... It's in the same building envelope but it's a slightly different space and it'll have a unique feel to it. And it will, as speakeasies are, be a little bit hidden."



COURTESY PHOTO

**NEW RECRUIT** Zara, a Belgian Malinois, was surrendered to the Animal Welfare League of Alexandria by her owner last year. A high-energy dog, she quickly attracted the attention of the Alexandria Police Department. After nearly a year of training, she graduated from the department's K-9 school Wednesday. She soon will join the department's K-9 unit.

**CORRECTION** Because of a reporting error, in "City Hall shuffles roster to fill key positions (August 7)," the Alexandria Times erroneously referred to former Deputy City Manager Michele Evans as Margaret Evans. The Times regrets the error.

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## CRIME

### Alleged burglar, would-be rapist arrested after victim fights him off during home invasion

City police arrested a Falls Church man after he allegedly tried — and failed — to rape a woman during a home invasion in Old Town last week.

Dennis Wheaton II, 44, faces burglary and attempted rape charges following Saturday's foiled sexual assault. Shortly before 1:20 a.m., Wheaton broke into a home along the 900 block of Franklin St. using the front door, police said.

He then attacked and tried

to sexually assault a woman sleeping in the house, but she fought him off, authorities said. She was not physically injured in the fight.

"As far as injury, he definitely touched her, but she did not need medical attention," said Crystal Nosal, spokeswoman for the Alexandria Police Department. "[But] injury could also be emotional: She was attacked while she was sleeping and that's very

disturbing."

Wheaton allegedly fled on foot, but authorities caught up with him soon after the incident, police said. He is being held without bond.

The attack remains under investigation. Officials urge anyone with information about the attempted assault or Wheaton to contact detective Amy Santiago at 703-746-6289.

- Derrick Perkins

### Conman poses as police officer, demands money

Local authorities say a con artist has hijacked one of the city police department's phone numbers and is using it to try and extort money from residents.

The conman, posing as a police officer, called more than 20 people Monday. In most cases, he told his would-be victims they owed outstanding court fees or traffic fines. If they did not pick up, he left a threatening message, police said.

Residents who glanced at their caller ID would see the Alexandria Police Department's non-emergency line — 703-746-4444 — displayed when the con artist telephoned.

Though no one is known to have fallen for the ruse, officials are asking the public to remain vigilant. They believe the conman would eventually demand his victims make an immediate payment to him or

face arrest.

Upon receiving a call from the non-emergency line, residents are asked to hang up and call back to verify. Since the scam does not work in reverse, calling that phone number will connect residents to the police department.

The scam remains under investigation.

- Derrick Perkins

## POLICE BEAT

The following incidents occurred between August 6 and August 13.



\*Editor's note: Police reports are not considered public information in Virginia. The Alexandria Police Department is not required to supply the public at large with detailed information on criminal cases.

Source: [crimereports.com](http://crimereports.com)



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# Prince and Cameron streets eyed for bike lanes

**Officials believe addition will calm traffic, encourage cycling**

BY DERRICK PERKINS

Mere months after a contentious fight to add bike lanes — and remove parking spots — along King Street, city officials are contemplating making Prince and Cameron streets more cyclist-friendly.

The project, still in the very early design stages, could see bike lanes added to sections of the two busy Old Town streets. The practical impetus for the proposal is two-fold: encouraging cyclists to get off the narrow sidewalks and calm traffic on the heavily trafficked thoroughfares, said Carrie Sanders, a division chief with the department of transportation and environmental services.

While the design does not

call for removing parking spots, it likely would necessitate narrowing motor vehicle lanes, she said.

“Essentially the proposal came from the transportation master plan, which calls for bike lanes on certain portions of Cameron and Prince,” Sanders said. “We also ... have gotten requests to calm the traffic on Prince Street and Cameron Street and one of the tools we use is to narrow vehicle lanes.”

“This project would not only provide improved on-street access for bicyclists, it would also make traffic move slower on the street.”

Details about the project remain elusive. Though officials announced the proposal during a community meeting in Old Town earlier in the summer, the formal public vetting process will begin in the fall at the earliest.

“It has come up before, but

now we’re starting to get a little bit more in-depth with the project,” Sanders said.

Though an informal survey of Old Town residents indicated the project — at this stage — remains off the radar among the public at large, bicycle and pedestrian advocates are aware of the proposal. Jim Durham of the Alexandria Bicycle and Pedestrian Advisory Committee said the project did not go far enough.

He was disheartened city officials were not considering a continuous stretch of bicycle lanes along the two streets. Where the roads narrow — closer to the city’s waterfront — planners indicated they prefer bicycle sharrows to lanes, he said.

“It was disappointing, to me, to hear that in blocks that are too narrow for that, that the city would prioritize motor vehicle traffic instead of bike safety and

shift to sharrows,” he said.

So far, that remains the biggest point of contention about the bike lane project — and Durham is quick to stress that his committee sees the project as a winning concept overall.

But cycling, specifically the role of bicycles on city streets, emerged in recent years as one of Alexandria’s most heated debates. The 0.7-mile stretch of bike lanes added to King Street just outside of Old Town, for example, involved multiple city boards, community meetings and — eventually — city council’s intervention before getting approval.

Sanders hopes an aggressive community outreach effort will give everyone a chance to weigh in ahead of time.

“I think we want to engage the community as much as possible,” she said. “I think each project is different and this particular project doesn’t remove



FILE PHOTO

With neighbors complaining about the speed of traffic on Prince and Cameron streets, city officials see bike lanes as a way of slowing motorists down.

parking, so I don’t think it’s the same ... as others we’ve done. We always strive to engage the community as much as possible — we did that with the King Street project — and we’ll continue to engage the community.”

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## ENROLLMENT

FROM | 1

within this team environment, and it's been very helpful."

Hammig said since the last major spike in 2010, the district has improved its physical capacity in several ways, from the reconstruction of Jefferson-Houston to the building of ad-

ditional classrooms at several elementary schools.

And with the entire district's administrative staff moving to its new headquarters on Brad-dock Place, offices previously located at George Washington Middle School can revert to sixth grade classrooms.

Individual principals still have the option, approved by the school board in 2013, to

increase their class sizes by two students if necessary. That means standard class sizes range from 20 to 22 students for kindergarten, up to between 24 and 26 students for grades three through five.

"But that's still among the lowest class sizes in the area," Runkle stressed.

The system will continue bolstering its capacity in the coming years, with several classroom addition projects approved for the next couple of years in the latest ACPS capital budget, Hammig said. The capital budget also allocates construction money for the reconstruction of Patrick Henry

Elementary School to serve pre-K through eighth grade students.

"We have construction money scheduled for that in fiscal 2016, so it would become available next summer," she said. "But the exact timing is still being worked out."

## DOG GYM

FROM | 1

And just like gyms for people, Frolick Dogs features "self-grooming stations": places where you can give your dog a bath after exercising.

Although the gym has equipment geared toward owners whose pets participate in agility competitions, the main goal is to allow owners to exercise and have fun with their four-legged companions, Gilliam said.

"Petunia over there, her owners said when she first came in that she's scared by a lot of stuff, so just the fact she's on the treadmill right now is big," he said. "It's all about building up confidence in your dog and having fun."

And business has picked up much quicker than he had ever anticipated.

"I think word got out before the grand opening [last month] and we've been getting everybody from the first-time dog owner all the way to pros competing in the obedience or agility arenas," Gilliam said. "It started off rather busy, and just ramped up. Every day it increases."

The media attention has been even more shocking.

"It still feels kind of surreal," he said. "I mean, it's a very basic concept, but I guess I tapped into a whole subculture of dog owners. And it's the right market to do it — I'm not sure this would work out in, like, Woodbridge. It has to be an urban setting."

"[I] think it's an alternative to sitting at the dog park, drinking your Starbucks and just watching your dogs run around with other dogs. Some dogs like that, but some would rather entertain their owners and work with them."



PHOTO/ERICH WAGNER

Lexie waits for the go-ahead from a trainer to jump over a hurdle at Frolick Dogs Canine Sports Club, goaded with the promise of play time with a tennis ball.



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—John Mutchler



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# Getting off the ground

## A student-run nonprofit serving military families takes off locally

BY KATIE CALLAHAN

It's early in the morning and 17-year-old T.C. Williams senior Abigail Hamilton is sitting in front of her computer screen, chatting with her partner Emma West over Facebook about her latest business proposition.

"I'm not kidding you," West, 18, said. "It will be 3 a.m. and she'll be Facebook messaging me and I'm, of course, for some reason, awake, and I'm like, 'Hello Abby, what's your new idea?' or it'll be vice versa as well. I'll be like, 'Oh my gosh, Abby! We just got an email from so and so.' So that happens."

The two budding businesswomen got their first taste of entrepreneurship after working on a project concerning reflective Halloween gear. These days, they are hiring young photographers to take affordably priced portraits of military families. The project, part of an assignment for a dual enrollment entrepreneurship course run in conjunction with Northern Virginia Community Col-

lege, is appropriately called Patriot Portraits.

Already, they've received \$200 from an anonymous investor and cash awards from city and regional competitions, to help lay the groundwork for their website domain, business cards and promotional materials. When they are not focused on the administrative tasks associated with running a small nonprofit business, the duo are out looking for potential customers.

National Guard Spc. Amber Culliton is a recent client. She was amazed by the photography and the professionalism.

"I think it's really beneficial to the military community," Culliton said after a July 19 family photography session. "Most people are on a tight budget, and this opportunity is affordable, so family members can actually get their pictures taken."

Within a few days of the shoot, the Cullitons' portraits were available online.

"We don't have too many photos up in our house, and most of the time, it's just us taking selfies, so we'll be able to capture memories when [our daughter Skyler] is young and

we'll be looking at these photos for years to come probably," her husband Shane Culliton said. "Military life can be hard at times and it's nice to

**"I see how it changes students' lives. There's no doubt about it. Everything I've ever taught — this is what, my 19th year of teaching? — nothing changes a student like entrepreneurship. It's amazing."**

**- Mary Ellen McCormick  
Teacher**

[get] a little recognition. This is definitely not the easiest choice, but it's cool that they offer services to show their appreciation."

Amber Culliton, three years into her service, said Patriot Portraits chose the best photos.

"We're really happy," she said.

While the fledgling business is giving Hamilton and West valuable experience and helping out service members, it's also providing an opportunity for their equally young — and ambitious — photographers. Ross Cooper and Cate Chandler, the pair of 16-year-olds behind the lens at the Cullitons' photo shoot, are enjoying the chance to build their portfolios.

"People ask for experience a lot of the time, but no one's really willing to give anyone the chance," Cooper said. "It's helpful for military families and it's helpful for us, too."

Aside from focusing on the business side of things, Hamilton and West are preparing for the Network for Teaching Entrepreneurship's National Youth Entrepreneurship Challenge in Silicon Valley later this year.

Each year, over 17,000 stu-

dents compete in classrooms nationwide for the title. For inspiration and guidance, though, Hamilton and West can look closer to home.

Last year's judges bestowed second place on former T.C. student Dagim Girma. He started theaudible.net, a sports social network website and app for students.

Though he did not take gold, coming away with silver had its perks. Girma met former quarterback Joe Theismann, Under Armour founder Kevin Plank, Sean Combs and President Barack Obama. He also was named Ernest & Young's Young Entrepreneur of the Year.

"It helped me start my own company," Girma said. "I've started small things here and there but this was bigger. I've met famous people and business professionals. This competition prepared me for the future."

Girma will attend Boston's

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**GETTING DOWN TO BUSINESS****BY JUSTIN SHILAD AND DERRICK PERKINS****Lululemon Athletica arrives in the Port City**

Lululemon Athletica, Inc. added to its growing presence in Northern Virginia on Friday as it opened a new location in Old Town.

Formerly a Cusi eatery, the building at the corner of King and Washington streets had

been slated for transformation into an upscale yoga and running retail outlet since the beginning of the year. The national chain celebrated its opening this past weekend with an inaugural series of yoga classes in Alexandria.

Though new to the Port City, Lululemon enjoys a strong presence regionally. Other locations in Virginia include Arlington and McLean while the company also has outposts in Georgetown and near Logan Circle in Washington.

**A landmark launch in Mississippi**

A subsidiary of Alexandria-based VisionTechnologies Systems, Inc. marked a milestone earlier this month, as they launched the largest vessel in the history of their Mississippi shipyard.

The Marjorie C hit the surf at VT Halter Marine's facility in Pascagoula, Miss., Friday, reported April Havens of the Mississippi Press. At 692 feet

in length and weighing more than 25,000 metric tons, the ship's size prompted the U.S. Coast Guard to close the waters around the shipyard in anticipation of heavy waves.

According to Havens, the Marjorie C is bound for Pasha Hawaii's fleet, where it will ferry heavy equipment — like vehicles, yachts and other machinery — from the mainland to

the Aloha State. The carrier had been in the works since 2011, when VT Halter Marine inked a \$144 million contract with Pasha Hawaii.

VT Halter Marine is one of several firms that fall under VisionTechnologies Systems' umbrella. The company, headquartered at Canal Center Plaza, also dabbles in the electronics and aerospace industries.

**Upcoming business events in Alexandria**

The Alexandria Planning Commission will meet September 4 in the Council Chamber of City Hall.

Items on the preliminary agenda include consideration of a plan to allow an outdoor food and crafts market in a high-density residential zone; a special use permit request to open a fitness studio at 5402 Eisenhower Ave.; and a request by European Martial Arts on 5428 Eisenhower Ave. to expand its hours of operation.

The Alexandria Chamber of Commerce will host its Heels and Wheels event September 17. Organizers are advertising the event as a chance for participants to network with more than 100 business professionals and to try out a NASCAR simulator.

Tickets for the gathering, which will be held at Beyer Kia Alexandria at 7416 Richmond Highway, cost \$20.

Other events in the area include several seminars hosted

by the Alexandria Small Business Development Council. On August 19, the group will hold a roundtable session, "Make the Most of Your Professional Advisors: Attorneys," which will include a discussion of when a business should and should not hire a lawyer.

On August 26, the council will hold a session on federal subcontracting and the different contracts and agreements involved.

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## LONG LIVE YOU

# Winter is coming: Are you prepared?

Are you one of those people who dread the arrival of autumn? Do you expect it will put you in a bad mood?

You may be suffering from seasonal affective disorder, a recurring depression with seasonal onset and remission. Many people that struggle with it may already suffer from depression, but their symptoms worsen in late fall or early winter.

This disorder is increasingly prevalent in northern regions, so people who migrate to higher latitudes may be more susceptible to developing it.

Additionally, women tend to be more affected than men. In one phone survey, 4 to 6

percent of participants experienced fall-onset seasonal affective disorder and another 10 to 20 percent suffered from a milder form.



By Dr. Marie Steinmetz

## CAUSES

We don't know exactly what is behind seasonal affective disorder, but studies show that it may be related to one of the chemicals (neurotransmitters) that send signals in our brain. The chemical serotonin may be lower in patients with the disorder.

In studies, patients given tryptophan (what our body uses to make serotonin) felt better than patients not given

tryptophan.

Low vitamin D also may be a contributing factor. It would not hurt to have your vitamin D level checked and take supplements to get to an adequate level of around 40.

## SYMPTOMS

Besides depression, the other most common symptoms are:

- An increased need to sleep.
- Increased appetite with carbohydrate craving.
- Irritability.
- Interpersonal difficulties.

## TREATMENTS

If you either have or suspect you may have seasonal affective disorder, now is the time to

discuss treatment options with your doctor before the late fall arrives.

There are three proven therapies and they can be used alone or in combination. The one with the least side effects is light therapy.

This method involves using a light box on a daily basis. You start with one 10- to 15-minute session per day, gradually increasing the session duration to 30 to 45 minutes as necessary.

Sessions should be increased to twice a day if symptoms remain unresolved or worsen. Fluorescent light is preferred over incandescent, primarily because incandescent light is more likely to cause retinal damage. Light boxes can be obtained through a variety of manufacturers on-

line, though speaking with a doctor first is recommended.

In addition, patients are advised to seek fixtures with features designed to protect the eyes, such as screens that eliminate ultraviolet rays.

The second treatment option is using antidepressants. Your doctor can decide what medications may be best for you. Be aware that the antidepressants group SSRI's carry a risk of complications if you undergo surgery.

The third treatment is cognitive behavioral therapy. This is usually done with a psychologist. Some of the behaviors that therapists work to identify and change are patients' negative thoughts in general and

SEE **WINTER HEALTH** | 19



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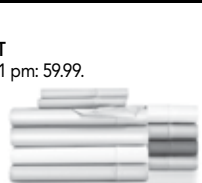
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## SCENE AROUND TOWN

# Join King Arthur on his epic quest for laughs

**Don't miss an extraordinary cast take on the Monty Python classic at the Little Theatre of Alexandria**

BY JORDAN WRIGHT

It became clear to me, when I was the only person howling with laughter at the musical introduction to “Spamalot,” the Little Theatre of Alexandria’s first show of the new season, the other members of the audience largely missed the joke.

The musical cues consist of every cockamamie intro passage played at the opening of an event in the known world. The collection of tally-ho horns, magisterial foofaraws and sweeping orchestrations from famous film scores went almost entirely unnoticed. It goes on for a full five minutes.

Now that you’re in on it, you too can roar with delight.

Fans of Monty Python know this musical backwards and forwards. It features King Arthur, King of the Britons and his Knights of the Round Table, like Sir Robin, Sir Galahad and Sir Lancelot, on a quest to find the Holy Grail. Remember the Lady of the Lake who armed Arthur with Excalibur? She’s there — and very nearly steals the show.

What’s not to like about Arthur and his merry band of men? Filled with quirky dance routines, 25 musical numbers, political spoofs, feather-brained high jinks and boundless double entendres, the Little Theatre’s production is high-powered hilarity on steroids.

Director Wade Corder has assembled a terrific cast including James Hotsko Jr. as Arthur; Patrick McMahon as Sir Lancelot; Dimitri Gann as Sir Robin; Matt Liptak as Arthur’s goofy sidekick Patsy; and Ashlie-Amber

Harris as the Lady of the Lake. The cast members juggle multiple other parts in addition to their main roles.

It’s Harris that I want to bend a knee to. As magical as the dynamics are between the players — and as rib tickling as their antics — it is Harris who is volcanic. Her supernaturally brilliant comic timing, unmistakable voice and knockout figure are the stuff of a superstar.

Scatting and soulful in Cher-like gold Lurex, she is electrifying. “The Diva’s Lament (Whatever Happened to My Part)” in which she bemoans being off-stage for too long while our hapless knights gadabout seeking shrubbery (don’t ask) and bollixing up the handy ruse of a Trojan rabbit (ask if you like), will have you in tears. Harris got a huge ovation for this riotous number. It’s no small wonder that after



PHOTO/KEITH WATERS/KX PHOTOGRAPHY

King Arthur (James Hotsko Jr.) gathers together his Knights of the Round Table to tackle the quest for the Holy Grail. Hilarity ensues in this reproduction of the hit Monty Python musical.

the run of this show the former “American Idol” contestant is headed straight to Broadway.

See her now before you read about her in “Variety.” Don’t make me say, “I told you so.”

Whether you drool over sexy chorus girls in red leotards, cheerleaders that bare their navels, French Can-can dancers, prancing knights in white satin,

male Conga dancers in neon-colored ruffles or peasants in sackcloth, you will be dazzled by “Spamalot.”

Grant Kevin Lane designed all 200 of the costumes, while Grace Machanic orchestrated the amazing choreography. Rebecca Sheehy and Helen Bard-Sobola designed the 400-plus props and one of D.C.’s finest

accent coaches, Carol Strachan, taught the 20-person cast Scottish, English and French accents. The superb 14-piece orchestra is conducted by Paul Nasto.

“Spamalot” runs through August 23 at The Little Theatre of Alexandria, 600 Wolfe St. For tickets and information call the box office at 703-683-0496 or visit [www.thelittletheatre.com](http://www.thelittletheatre.com).

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## GET OUT OF TOWN

# A much-needed trip to the country

**Need a little luxury in your life? Look no further than Salamander Resort & Spa**

BY JORDAN WRIGHT

An hour's drive to the tiny village of Middleburg doesn't seem far when the end game is a five-star resort.

For our one-night getaway we chose Salamander Resort & Spa, the spectacular and new posh retreat in the heart of wine country where horse rides, spa treatments and gourmet dining fill the to-do list.

We arrived at the luxury resort at midday. Checking in, we quickly noticed the elegance of the hotel and its equestrian-themed finishing touches: room numbers decorated with stirrups, horse-and-rider silhou-

ettes emblazoned on porch rails, lamps adorned with horseshoes and grand reception rooms decorated in the style of a manor house. Even the car jockeys and bellmen wear riding breeches.

We took a simple lunch of sushi with a glass of Virginia wine in the Gold Cup Wine Bar (Salamander is a major sponsor of the celebrated steeplechase race) before beginning our adventures with a gluten-free cooking class led by chef de cuisine Chris Edwards. Held in a state-of-the-art demonstration kitchen, the classes are part of an ongoing culinary teaching program — popular with guests as well as locals — overseen by the resort's culinary director, famed D.C. chef Todd Gray.

As we learned the science of turning grains as diverse as

buckwheat, sorghum, quinoa and millet into popovers and pizza dough, we sipped complimentary champagne and nibbled on pastry chef Jason Reaves' herb-infused version of ice cream sandwiches: blackberry basil, bracketed by almond cookies, and mint chocolate, a homemade spearmint ice cream swathed in chocolate cookies and dipped in bittersweet curls. Learning can be so stressful.

Next on the agenda was the Mindfulness Trail Ride, a leisurely amble across a portion of the resort's 340 acres. Down at the stables, however, we discovered that the previous day's gully washer rendered the trail too slippery, even for our sure-

SEE **TRAVEL** | 17



PHOTO/JORDAN WRIGHT

Chef Chris Edwards leads the gluten-free cooking class at Salamander Resort & Spa. The culinary course is just one of dozens of relaxing ways to spend the day in Middleburg.

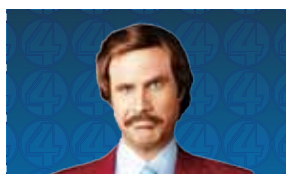
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Cameron Spencer, Getty Images

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## TRAVEL

FROM | 16

footed steeds.

Thankfully, all was not lost. At equestrian director Sheryl Jordan's suggestion, we substituted a woodsy excursion for a riding lesson with one of the instructors and a trip by carriage into the village.

Dinner was in Harrimans Virginia Piedmont Grill. Named after Pamela Harriman, the socialite and former ambassador to France who owned the original estate, it is the more formal of the resort's two restaurants and a stunning showcase for the skills of executive chef Sean McKee.

Especially lovely were the dishes enhanced by herbs and produce from the property's two-acre kitchen garden. Mozarella Caprese salad with tiny tomatoes and fresh basil came with a tableside drizzle of aged balsamic. The lobster ceviche, served in a glass-lidded box, was strewn with micro greens and cilantro from the garden.

Entrees are listed separately from "cuts," which include beef, lamb and pork from neighboring farms. A choice of seven different sauces includes escarrot in garlic butter, chimichurri and foie gras butter. A vegetarian entree we found delightful was the "spring collection," a

colorful array of seasonal veggies served with a cylinder of pan-seared polenta.

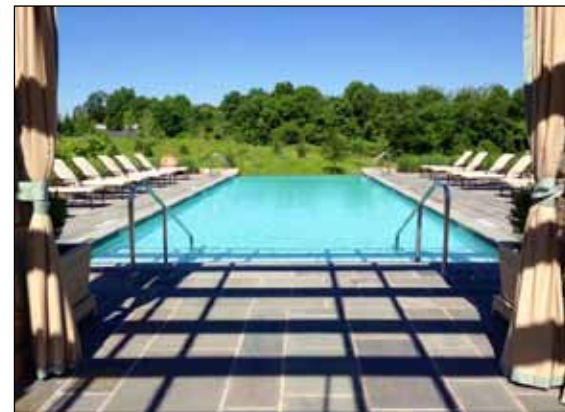
After dinner you can stroll out to the field for s'mores at one of the fire pits or play billiards in the wood-paneled game room.

I can't imagine how we missed the sunrise yoga on horseback. It sounded terrific in the brochure, but a 7 a.m. class while at a resort is not my idea of relaxation, even if it does involve horses and getting in touch with your spiritual self. Instead, we languished in our room (all have private patios overlooking the rolling countryside), enjoying a full breakfast and freshly-made green smoothies before heading off to the spa.

I had reserved the rejuvenating vitamin C facial, which involved a massage with reparative serum, just one of the dozens of treatments available in the holistically designed health spa. A dip in the pool, a jungle rain shower with lightning and thunder, and a power nap on mosaic-tiled warming beds followed.

Though the hotel was abuzz with guests there for the nearby Upperville Horse Show (Salamander also is a major sponsor of this, the oldest horse show in America), we managed to secure a late departure.

It wasn't easy to leave the



PHOTOS/JORDAN WRIGHT

Going out for dinner in Middleburg means making a stop at Harrimans Virginia Piedmont Grill. The lobster ceviche (left) is one of the highlights. After a filling meal, be sure to visit a heated infinity pool at Salamander Resort & Spa.

comfort of this heavenly place, but we toddled off along the winding country lanes for a visit to nearby RdV Vineyards

where Bordeaux grapes planted on a granite hillside mimic the terroir of their namesake region. Inspired by the unconventional

owner's vision (he lives in an Air Stream trailer on the prop-

SEE TRAVEL | 23

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# Let's Eat

A special advertising feature  
of the Alexandria Times

## At your casa or theirs, don't miss a chance to sample Casa Felipe

Casa Felipe is just over a year old, but the restaurant's owner Kem McCombie refuses to rest on her laurels.

McCombie constantly strives to enhance the menu in her never-ending quest to make the 835 N. Royal St. eatery the best spot for traditional Mexican and Tex-Mex fare in the Port City. In that vein, the lineup of meals at Casa Felipe has undergone a transformation this summer.

For example, chef Eric Castillo recently added a Mexican-style pizza to the menu. The thin-crust pie — cooked on tortilla — is as festive looking as it is delicious and is topped with ground beef, corn, beans, cheese and pico de gallo.

At Casa Felipe, patrons can

create their own meal selection by choosing any two, or three, combinations of six different items including enchiladas, tacos, burritos and quesadillas. Still, dishes like sizzling fajitas remain fan favorites.

Alexandria Restaurant Week presents the perfect opportunity to try Castillo's culinary creations. For just \$35, a party of two can select an appetizer, sip on a margarita and sample a variety of dishes by creating a customized combination platter.

McCombie is determined to make Casa Felipe an outstanding dining establishment and her passion comes through in every facet of the restaurant.

"I love being a part of the restaurant scene in Alexandria," she

says. "It is friendly yet competitive in a good way. The competition helps inspire everyone to do their best and offer the best dining experience for their restaurant. We appreciate our customers too because serving them good Mexican food is the reason Casa Felipe exists."

Take McCombie up on her offer by placing an order by phone or swinging by on your way home sometime. You won't regret it.

*Casa Felipe is open Monday to Saturday, from 11:30 a.m. to 9:30 p.m., and from 5 to 9 p.m. on Sundays. For more information or to order take-out or delivery, call 703-535-7868 or visit [www.casa-felipe.com](http://www.casa-felipe.com).*

**Restaurant Week August 15-24**  
See website for details

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## CALENDAR OF EVENTS

To have your event considered for our calendar listings, please email [events@alextimes.com](mailto:events@alextimes.com).

### Now to August 31

#### SIT DOWN AND TAKE A STAND: THE SAMUEL W. TUCKER EXHIBITION

This exhibition focuses on the life of famed civil rights attorney Samuel Wilbert Tucker and the historic 1939 sit-in at a city library. Admission is free.

**Time:** 10 a.m. to 4 p.m. Tuesday through Saturday

**Location:** Alexandria Black History Museum, 902 Wythe St.

**Information:** 703-746-4356 or [www.alexandriava.gov/blackhistory](http://www.alexandriava.gov/blackhistory)

### Now to September 8

#### 'SCAPES AND STRUCTURES

In the month of August at the Art League Gallery, two exhibitions about landscapes and sculptural work will be open for public view. 'Scapes features work that illustrates elements of our external world, while Structures features three-dimensional sculptures, forms, structures and creations.

**Time:** 10 a.m. to 6 p.m. Monday to Saturday, open until 9 p.m. Thursdays, noon to 6 p.m. Sundays.

**Location:** The Art League, Torpedo Factor Art Center, 105 N. Union St., Studio 21.

**Information:** 703-683-1780 or [www.theartleague.org](http://www.theartleague.org).

### Now to September 14

#### SUMMER CHAMBER SERIES

The Washington Metropolitan Philharmonic Association presents its Summer Chamber Series at the Lyceum, featuring musicians playing the best chamber music. Admission is free, with donations accepted.

**Time:** 3 to 5 p.m. Sundays

**Location:** The Lyceum, 201 S. Washington St.

**Information:** 703-799-8229, [wmpmusic@earthlink.org](mailto:wmpmusic@earthlink.org) or [www.wmpmusic.org](http://www.wmpmusic.org)

### Now to September 26

#### BASEBALL BOAT TO NATIONALS PARK

Take a Potomac Riverboat Co. ferry across the Potomac River to catch the Washington Nationals at 80 percent of home games. Tickets are \$15 one way or \$25 for a round trip.

**Time:** Various

**Location:** Alexandria Marina, 1 Cameron St.

**Information:** 703-684-0580 or [www.baseballboat.com](http://www.baseballboat.com)

### August 15-24

#### ALEXANDRIA RESTAURANT WEEK

Alexandria Summer Restaurant Week returns with over 60 eateries across the city participating and offering three-course meals for \$35 or dinner for two for \$35.

**Time:** Various

**Location:** Various throughout Alexandria

**Information:** [www.alexandriarestaurantweek.com](http://www.alexandriarestaurantweek.com)

### August 15

#### MARKET SQUARE CONCERT

A free concert by the Alexandria Harmonizers in front of City Hall.

**Time:** 7:30 to 8:30 p.m.

**Location:** Market Square, 301 King St.

**Information:** 703-746-5592

### August 16

#### METWC'S COMMUNITY SLAM

JAM EXPLOSION The eighth annual community event featuring food and beverage sales, live music and activities.

**Time:** 9 a.m. to 7 p.m.

**Location:** William Ramsay Recreation Center, 5650 Sanger Ave.

**Information:** 202-369-4594

#### JAVA JOLT: ALEXANDRIA AND THE WAR OF 1812

Sponsored by Friends of Alexandria Archaeology (FOAA), meet local historians and researchers and learn the real story behind Alexandria and the War of 1812.

**Time:** 10 a.m. to noon

**Location:** Alexandria Archaeology Museum, 105 N. Union St. Suite 327

**Information:** [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov)

### August 21

#### 75TH ANNIVERSARY CELEBRATION LIBRARY SIT-IN

A commemoration of one of the first civil rights sit-ins in 1939 that took place at the Kate Waller Barrett Branch Library. Exhibitors, vendors, food and drink sales and musical entertainment will feature in this open-air event on the 700 block of Queen Street.

**Time:** 10 a.m. to 2 p.m.

**Location:** Kate Waller Barrett Branch Library, 717 Queen St.

**Information:** 703-746-1701 or [rdawson@alexandriava.gov](mailto:rdawson@alexandriava.gov)

### August 23

#### POTOMAC YARD TRANSITWAY RIBBON CUTTING

Celebrate the opening of the first segment of the Crystal City Potomac Yard Transitway as Metroway is introduced as the first bus rapid transit system in the region.

**Time:** 9 to 10 a.m.

**Location:** Potomac Yard Transitway, Braddock Road Metro station

**Information:** 703-746-4146

#### ARTIST MATERIALS MARKET

Artists from the Torpedo Factory Artists' Association and the region will offer their gently used art supplies, tools, materials and ephemera for sale or trade. The event will also feature demonstrations and other activities.

**Time:** 10 a.m. to 3 p.m.

**Location:** Torpedo Factory Art Center, 105 N. Union St.

**Information:** [www.torpedofactory.org](http://www.torpedofactory.org)

### August 24

**FAMILY DAY** Junior docents from grades four through seven lead a tour of Gadsby's Tavern Museum, featuring a look at the tavern's ice well. Admission

costs \$5 for adults and \$3 for children aged 5-12.

**Time:** 1 to 4 p.m.

**Location:** Gadsby's Tavern Museum, 134 N. Royal St.

**Information:** [www.alexandriava.gov/gadsbystavern](http://www.alexandriava.gov/gadsbystavern)

### August 27

#### THE WAR OF 1812 BUCCANEER — HOLLYWOOD STYLE

The first of two nights of vintage war films at The Lyceum. Doors open at 6:30 p.m. for the 1938 version of "The Buccaneer," starring Fredric March and Akim Tamiroff. Entrance is free, with donations to the War of 1812 Commemoration accepted.

**Time:** 7 to 9:30 p.m.

**Location:** The Lyceum Museum, 201 S. Washington St.

**Information:** [www.alexandriava.gov/lyceum](http://www.alexandriava.gov/lyceum)

### August 28

#### THE WAR OF 1812 BUCCANEER — HOLLYWOOD STYLE

The second of two nights of vintage war films at The Lyceum. Doors open at 6:30 p.m. for the 1958 version of "The Buccaneer," starring Yul Brenner, Charlton Heston and others. Entrance is free, with donations to the War of 1812 Commemoration accepted.

**Time:** 7 to 9:30 p.m.

**Location:** The Lyceum Museum, 201 S. Washington St.

**Information:** [www.alexandriava.gov/lyceum](http://www.alexandriava.gov/lyceum)

### August 30-31

#### WAR OF 1812 COMMEMORATION WEEKEND

Celebrate the end of Alexandria's commemoration of the War of 1812 with this city-wide festival, featuring three sporting events as part of the British Challenge against members of the British Embassy and other activities.

**Time:** 10 a.m. to 4:30 p.m.

**Location:** Various

**Information:** [www.visitalexandriava.com/1812](http://www.visitalexandriava.com/1812)

### September 4

#### WAR OF 1812 LECTURE

Co-sponsored by the Alexandria Historical Society and The Lyceum, Andrew Lambert of Kings College London gives the lecture "When John Bull came to town: Alexandria in the War of 1812." Admission is \$5 per person and free for AHS members.

**Time:** 7:30 to 8:30 p.m.

**Location:** George Washington Masonic Memorial, King Street and Callahan Drive

**Information:** [shop.alexandriava.gov/Events.aspx](http://shop.alexandriava.gov/Events.aspx)

## WINTER HEALTH

FROM | 12

particularly negative thoughts about winter. A therapist can also help plan pleasant winter-time activities.

While we still have sunshine, ask yourself if you always seem to have a case of the winter blues. Talk to your doctor about options for treatment and make plans to start now.

*The writer is a physician with the Steinmetz Center for Integrative Medicine.*

**Monty Python's SPAMALOT 8/2 - 8/23**

Come see the show that raises silliness to an art form! Winner of three Tony Awards, including one for Best Musical, this musical comedy sensation, "lovingly ripped off from" the 1975 film Monty Python and the Holy Grail, is an irreverent parody of the tale of King Arthur and his Knights of the Round Table as they embark on a quest for the Holy Grail. Witty songs, loopy characters, and a sprinkling of Broadway theatre parodies promise an evening of merriment and good cheer at LTA!

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## Our View

### Suffering in silence? There is help available for you

We were reminded this week that even the funniest and most charismatic among us may silently struggle with a darker side.

Regular readers will recall the Alexandria Times has editorialized on mental health issues in the past. Like the rest of the country, we have seemingly awoken suddenly to the consequences of pretending mental illness is a private matter and leaving the unwell to deal with their personal demons alone.

In those opinion pieces we approached mental illness through the lens of averting a tragedy. From Aurora, Colo., to Newtown, Conn., Americans have spent the last few years learning the unspeakably high cost to all of us of letting mental health problems go unchecked.

As recently as a month ago, we applauded City Hall's mental health first aid training classes. The seminars look to remove the stigma from mental illness and teach laypeople how to identify sufferers and point them in the right direction during times of crisis. While most of us cannot treat mental illness, we can at least assist those around us who suffer and hopefully point them in the direction of those who can help.

Comedian and Oscar-winning actor Robin Williams' suicide earlier this week forces us to confront another consequence of mental illness. Though the Hollywood star had spoken openly about his addiction and depression, who among us wasn't startled when the news broke? How could a man who brought so much joy to the lives of others have succumbed to the depths of an unseen darkness?

One of the many contentious conversations to emerge in the days since Williams' death has focused on the morality of suicide. All we can say is the loss of any life is a tragedy.

The Centers for Disease Control and Prevention estimates that in 2011 — the most recent year for which data is available — 39,518 Americans committed suicide. The American Foundation for Suicide Prevention estimates that an American — a family member, friend, neighbor, co-worker, colleague, employee and so on — took his or her life every 13.3 minutes that year. Those are a lot of tragedies.

We would like to take this moment to reiterate the need for all of us to banish the stigmas surrounding mental illness, educate ourselves on the warning signs and lend a helping hand to our fellow man. The American Foundation for Suicide Prevention offers an invaluable guide to help identify friends and family struggling through a moment of crisis at its website: [www.afsp.org](http://www.afsp.org).

Doubtless, there are people out there reading this right now suffering silently. To those of you: There is help. If you are considering suicide, please call the National Suicide Prevention Hotline at 1-800-273-8255, Military One Source (1-800-342-9647) or the LGBT Youth Suicide Hotline (1-866-488-7386). The Virginia Department of Health has a good list of available national and local resources at [www.preventsuicide-va.org](http://www.preventsuicide-va.org).

You have the opportunity to save a life, be that your own or that of a friend. Please don't let it pass you by.

# Opinion

"Where the press is free and every man is able to read, all is safe."

- Thomas Jefferson



## Your Views

### Warner is a proven leader on educational issues

To the editor:

This is in response to the letter published in the July 24 edition of the Alexandria Times from Peter A. Finocchio of Henrico entitled: "Want education reform? Look to Ed Gillespie."

That is not where to look.

Public education is the bedrock of our democracy. As a teacher at T.C. Williams for three decades, I continue to encourage public support for pre-K, K-12 and college level education. Our school boards at the local and state level have a proven record of recognizing the necessity of supporting public education rather than siphoning funds to the private sector.

U.S. Sen. Mark Warner

(D-Va.) has been a leader in maintaining and improving the educational system of the commonwealth and the nation. Uppermost in my memory is that under his leadership as governor, there were immense gains in reform efforts, community support, teacher training and administrator development. It all led to the largest increase in K-12 educational support in Virginia's history.

In contrast, Ed Gillespie has no track record on education and has relied solely on Republican talking points. Virginians ought to know what he really plans to do. His strong support for competition and school choice programs is a veiled attempt

at privatizing education and promoting school vouchers.

As Finocchio points out, Warner is using his position as a senator and expertise to help lower America's escalating college costs. As a former public school teacher, I believe for education issues and reform we should look to the candidate with a proven record in public office as an innovator, both as governor and senator.

We should look to the candidate who is willing and able to work with everyone, Democrats and Republicans. That candidate is Mark Warner.

- Hazel Rigby  
Alexandria



## Times' editorial cartoonist misrepresented the Gaza crisis

*To the editor:*

The political cartoon in the July 31 edition of the Alexandria Times showing one rocket being sent into Israel and Israel responding with many of their own is false. In reality, Hamas has not sent one lone rocket into Israel, as depicted in the cartoon, but thousands.

Hamas is a terrorist organization. Its stated aim

is the destruction of the State of Israel. Its charter calls for the killing of Jews wherever they live.

It does not want peace.

Like all other nations, Israel has the right to defend itself. It has the absolute right to take whatever action is necessary to protect its people. Moreover, Israel has taken unprecedented steps to avoid civilian casualties. It warns

civilians of impending attacks and urges them to leave affected areas.

Tragically, there are civilian Palestinian casualties. This is in large part because Hamas uses houses, schools, mosques and hospitals to store and then fire its rockets into Israel.

- Jack Frankel  
Alexandria

## Boat club deal sacrifices private property rights for whom?

*To the editor:*

Shame on the city of Alexandria for sacrificing the rights of private individuals to ... well, whom, exactly?

Like a scene from an Ayn Rand novel, Alexandria has used the power of the gun to, yet again, force a private entity — the Old Dominion Boat Club — to conform to the whims of those who “know better than us.” In the Times’ coverage of the

deal struck between City Hall and the boat club (“Done deal,” July 24), John Keegan was more right than he knew when he used the phrase “the ends justify the means.”

We’ve heard this slogan in history many, many times and have seen disastrous ends. In this case, that slogan can be translated as: The property rights of some individuals must be destroyed so that some unspecified others (The

majority? The city council? Homeowners with views of the boat club?) may get their desires.

Make no mistake: This was, in fact, a case of eminent domain abuse under the sickening pretense of a mutual agreement. This sort of immorality must desist, or we will find ourselves losing more than just our property.

- Kurt M. Kramer  
Alexandria

## Do not let the Alexandria Seaport Foundation slip off the radar

*To the editor:*

There has been a great deal of discussion regarding Alexandria’s plan for the future of the city’s waterfront. However, there would seem to be little attention paid to the future location of the Alexandria Seaport Foundation.

It is my fervent hope that the needs of this outstanding organization will be given serious attention,

since it represents not only Alexandria’s continuing maritime tradition but also makes a positive difference in the lives of our young people.

Partnering with Alexandria City Public Schools and Arlington middle schools, the foundation is teaching technical, reading and math skills through hands-on, project-based learning. The organization

also supports The Hammerheads, a local after-school carpentry club.

Improving math skills and confidence in our young students is an important, modern day application. I hope that a satisfactory future location can be found for their continued success.

- Phyllis G. Sidorsky  
Alexandria



### Alexandria in ACTION

with John Porter

## Smart starts turn into strong finishes

Back to school — say it ain’t so! The summer can’t be over yet; didn’t it just start?

Well, actually, the summer’s not over, but it is quickly coming to its unofficial end as Labor Day approaches. There certainly will be many more warm days before fall and the dreaded winter months, but Labor Day and the first day of school marks a general return to normal for most.

With classes starting soon, many local and national organizations are sponsoring back-to-school backpack drives to help students less well off return with the materials necessary to help them get off to a good start.

Alexandria City Public Schools is leading the charge, collecting backpacks and school supplies for kids who cannot afford them. Working through their Family and Community Engagement (FACE) Centers, the district is gathering school materials, clothing and footwear to assist students and their families as the year begins. You can go to [www.acps.k12.va.us](http://www.acps.k12.va.us) for more information.

Firefighters and Friends ([www.ffandfriends2therescue.org](http://www.ffandfriends2therescue.org)), a local nonprofit, is taking the typical backpack drive a step further. Not only are they distributing backpacks filled with classroom supplies to kids, but they are providing them with a free haircut as they get ready for the start of a new school year. The Charles Houston Recreation Center is the site of this year’s backpacks and haircuts event, scheduled for August 24.

Many other community-based organizations are doing the same. Whether in Arlandria, the West End, Old Town or elsewhere, you can find Alexandria’s nonprofits doing everything possible to ensure a good start for our children.

Remembering my days in the school system, this also is a time when teachers and administrators are, in addition to getting those last few days of vacation in, anticipating and preparing for the year. From the many exceptional preschool programs in the city to the various public and private schools, all begin the school year with much anticipation and promise, hoping this will be the best year yet for each of the students to walk into their classroom. And teachers throughout our community will, for the most part, do all they can to make the year successful for their students. They will do it not for accolades, but because they care.

The school year also brings an exciting new opportunity for our community as the city council and school board backed the children and youth master plan prior to the summer recess. Available on the city’s website ([www.alexandriava.gov](http://www.alexandriava.gov)), this plan “provides a blueprint for Alexandria as it seeks to allocate resources to improve outcomes for children, youth and families who call Alexandria their home.” This collaborative effort will prove extremely valuable in providing a foundation for improving services for our youth.

I wish everyone an enjoyable end to the summer. To those starting or returning to school, I hope you have a successful beginning and a productive year overall. As I used to tell my students, the drive to learn as much as you can and achieve at the highest level possible is something no one can take from you and something that will always serve you well.

Have a great year!

*The writer is the executive director of ACT for Alexandria.*

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## OUT OF THE ATTIC

### The evolution of Market Square

Market Square was established only a few years after Alexandria was founded in 1749, and the Saturday morning market may be the oldest of its kind in the United States.

The site is centrally located on the prime block, where King, North Royal and North Fairfax streets intersect, and immediately adjacent to City Hall. At that time, Cameron and North Fairfax streets were the main avenues in Alexandria, and their intersection was considered the most important in Northern Virginia.

In the early years, Duke and King streets largely accommodated the west-bound transportation of agricultural produce from Virginia's vast open lands. Large wagons filled with grains and hogsheads filled with tobacco leaves were hauled to Alexandria's gridded street network near what is now West Street. Within a short time, those heading from Little River Turnpike to the wharves or marketplace could easily access King Street by using a short diagonal roadway, appropriately named Commerce Street.

Cameron Street, named for Thomas Fairfax, the sixth Lord Fairfax of Cameron, was the location of many of the town's finest residences and was bisected by the taxpayer-funded Christ Church. Its west facing facade not only welcomed travelers to Alexandria, but also forced them to divert around the imposing structure and pay homage to the building's importance.

Originally, Market Square was little



PHOTO/OFFICE OF HISTORIC ALEXANDRIA

more than a scruffy field where housewares, foodstuffs, animals and farm products could be sold to local townspeople or those coming to Alexandria from its rural hinterlands. The area was also used for other purposes, such as the sale of African slaves and the mustering of militias. By the late 18th century, the square started to fill with permanent structures and buildings providing a home for prospering commercial sellers, taverns and warehouses.

At the start of the Civil War, buildings framed the entire block at the front of the square, with the marketplace reduced to an interior courtyard that could only be accessed by two small passageways called Sharpskin Alley and Market Alley. Sharpskin connected the mid-block space between North Royal and North Fairfax streets, while Market linked Sharpskin to King.

Within this confined space, supplemented by stalls at the rear of City Hall, a huge variety of public activities took place

## FROM THE WEB

In response to

[“We must stop the ‘cycling anarchy,’” August 7:](#)

**Fletcher Moore writes:**

This sort of letter could probably be produced with a rubber stamp. There's always a breed of motorist that sees cyclists as wild-eyed anarchists. Well, I ride some 40 miles a week on my daily commute and my observation is that this sort of thing is a massive overstatement of a minor problem. If you really care that much about public safety ... where are your letters complaining of speeding drivers?

Speed limits are so commonly ignored that you can't drive in the left lane of the freeway unless you're doing at least 10 mph over. You want to [identify] dangerous behavior? There it is. Go nuts.

and often spilled onto the public sidewalks outside the square. The area was even the site of the Friendship Fire Company before its move to South Alfred Street in 1855.

This view of a flounder-style tavern at Sharpskin and Market alleys was taken in the early 1960s, just before the demolition of dozens of buildings to create today's open Market Square plaza and fountain.

*Out of the Attic is provided by the Office of Historic Alexandria.*

## Weekly Poll

### Last Week

**Should the Alexandria Boxing Club pay fees to operate out of Charles Houston Recreation Center?**

- **50%** No. This club successfully serves children — leave it alone.
- **37%** Yes. Other groups pay, so should they.
- **13%** Either way, its space could be put to better use.

46 votes

### This Week

**Should bike lanes be added to Cameron and Prince streets?**

- A.** Yes.
- B.** No.

Take the poll at [alextimes.com](http://alextimes.com)

**LETTERS TO THE EDITOR** Send your comments to: [letters@alextimes.com](mailto:letters@alextimes.com)

Letters must be signed by the writer. Include address and phone for verification (not for publication). Letters are subject to editing for clarity and length. Personal attacks will not be published.



## TRAVEL

FROM | 17

erty), they are producing the most revered wines to emerge from Virginia.

It is a quiet and modern place, built primarily underground in the German Bauhaus style. You won't see buses filled with tourists, pets, children or barbecue grills. This is an exclusive and serious experience befitting wines of the highest caliber.

You'll need to make a reservation to visit, but the in-depth tour and tasting session is an experience you won't soon forget. We drove back home with a few bottles, if only to keep the memory alive.

*For information and reservations at Salamander Resort & Spa or to learn about their new zipline tours, visit [www.salamanderresort.com](http://www.salamanderresort.com). For a tour and tasting at RdV, go to [www.rdvvineyards.com](http://www.rdvvineyards.com).*



PHOTOS/JORDAN WRIGHT

Want to go exploring while staying at the Salamander Resort & Spa? Why not catch a carriage ride into downtown Middleburg (top). While in the area, be sure to make a reservation to visit RdV, a well-respected nearby winery (bottom).

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**SEE OUR CIRCULAR IN TODAY'S PAPER**

# At Home

## Treehouses aren't just for kids anymore

BY BILL LAHAY

As kids, most of us probably never gave that much thought to building and/or remodeling the homes we lived in; that was the domain of the adults.

They made the decisions about swinging a hammer, browsing wallpaper swatches or meeting with contractors about a project. If we headed outside, however, the rules changed. Swept up in imaginative play scenarios, we could fashion makeshift forts or con-

vert old sheds into secret hide-outs. If we were ambitious and skillful enough, and had access to some simple tools and materials, we could tackle the ultimate childhood adventure — building a treehouse.

Fast-forward to middle age in the 21st century, and it seems that the fascination with arboreal dwellings has followed many of us into adulthood. Is it some evolutionary remnant, a leftover scrap of primitive psyche that beckons us into tree branches? Or something simpler, like how the world

looks so different from 15 feet up?

Professional treehouse designer and builder Pete Nelson might have an opinion, but mostly he seems too busy enjoying himself to care about the subtleties of motivation. For him, treehouses have an intrinsic magic and appeal — no explanation needed. And thanks to that enthusiasm, Nelson has emerged as one of the foremost practitioners and proponents of the craft, even landing a gig

SEE **TREEHOUSES** | 25



PHOTO/PETE NELSON

Clad in fish-scale siding and a steep curved roof, this whimsical structure embodies the storybook appeal common to many treehouses.

## — HOME OF THE WEEK —

### Beautiful end unit townhome offers spacious living

This premiere end unit in the Belle Haven on the Greene townhome community is positioned in what most consider the best location in community, as it has it the feel of a single-family home and offers comfortable private living.

Large windows providing great natural lighting and hardwood flooring refinished by Mastercraft Floors make this home a must see. It is also ideally located near the intersec-

tion of Richmond Highway and Fort Hunt Road and adjacent to the Belle Haven Country Club.

The ground level includes a spacious sunroom with terracotta tile flooring that opens to secluded brick patio just off the kitchen, ideal for entertaining. The kitchen opens to the family room, which shares a see-through gas fireplace with the sunroom and is next to the formal dining room. The main entry and large, formal living

room are adorned with a vaulted ceiling, giving this home a unique architectural appeal.

The upper level includes a master suite with dressing room, walk-in closet and a beautifully updated master bath. The second bedroom includes a loft with a private full bath that can be used as a third bedroom. Downstairs, the basement level includes a family room, office, bedroom, laundry and full bath.



COURTESY PHOTO

This spectacular, three-level townhouse with a private patio and one-car garage feels like a single family home.

#### At a Glance:

**Location:** 1807 Duffield Lane, Alexandria, VA 22307

**Neighborhood:** Belle Haven

**Price:** \$714,900

**Year Built:** 1986

**Bedrooms:** 4

**Baths:** 4.5

**Parking:** 1-car garage

**Contact:** Gregory Beeker, Prudential PenFed Realty, 703-927-0003

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## TREEHOUSES

FROM | 24

as host of the television program “Treehouse Masters” on Animal Planet. A decade ago, he wrote his first book on the subject, highlighting treehouses from around the world.

His most recent effort, called “Be in a Treehouse: Design/Construction/Inspiration,” blends great examples of completed projects with guidelines on design and construction techniques, including some specialized hardware developed to accommodate the newfound interest in treehouses.

The inclusion of this more technical material sets this volume apart from Nelson’s earlier books, but it’s clear he still considers treehouse building a partly philosophical undertaking. The challenge, he says, is “how to connect respectfully and responsibly to living trees,” and the how-to core of the book deals mostly with this part of the process. Getting a solid and stable platform is fundamental; once that’s done, the “shell” and decor of the treehouse can go in many different directions.

The design and engineering options involve critical details

that will vary with each site and each tree specimen, but grasping some basics will let you know if you and your tree are good candidates for a treehouse adventure:

- **Run the numbers:** Most treehouse floor plans occupy between 80 and 200 square feet, with platform height typically ranging from 10 to 20 feet off the ground. Support can come from one tree or several, with minimum trunk diameter of 18 inches (at the attachment points). Have a professional arborist evaluate the trees for suitability.

- **Suitable tree species:** Nelson’s most recommended trees species are ash, beech, red or white cedar, cypress, Douglas fir, elm, most oaks, most maples, redwood, spruce and sycamore. Birch, cherry, hemlock, hickory, pine, poplar and walnut are among the acceptable alternatives. Avoid alder, aspen, box elder, cottonwood and swamp oaks.

- **Make it legal:** Nelson relates a cautionary tale of his earliest treehouse projects, when he bypassed local building officials and permit requirements. These were unconventional structures, he reasoned, thinking it was easier to ask forgiveness than get permission. The

result was wasted effort, costly tear-downs, and a strained relationship with the county building department. Now he does everything by the book and has partnered with area inspectors and officials to develop structural codes and guidelines for treehouse construction. The lesson: Submit a plot plan and elevation drawing the same as you would for any structure, be flexible and get approval before you start building.

- **New-generation hardware:** Nelson and other treehouse builders have learned how critical it is to accommodate tree growth and movement, and they’ve developed new hardware to make connections to trees stronger and less intrusive. A key component is the TAB (tree attachment bolt), a stepped and threaded steel rod that supports platform beams. The TAB allows growth of new tree tissue and pairs with other steel hardware to allow tree movement due to winds. This and several other new components have considerably widened the design options for treehouses.

Nelson’s take on treehouses seems perfectly balanced; there’s a healthy respect for the structural, technical and safety issues, while the sheer fun of

the experience never gets lost amidst these necessary reality checks. Dozens of treehouse examples from around the world are featured also, so

there’s no shortage of inspiring ideas to feed your adventure. Every dream-turned-reality needs a foundation, and this book is a solid one.



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## PORTRAITS

FROM | 9

Babson College this fall with a full scholarship. At a local coffee shop July 23, he strategized with the duo and teacher Mary Ellen McCormick.

McCormick, who helped guide Girma before turning her attention to Hamilton and West, describes studying under her tutelage as getting a “mini-MBA.”

And dabbling in entrepreneurship often empowers and emboldens her students, she said.

“I see how it changes students’ lives. There’s no doubt about it. Everything I’ve ever

taught — this is what, my 19th year of teaching? — nothing changes a student like entrepreneurship. It’s amazing,” McCormick said. “I think it’s so exciting for young people to think that they can start their own business and be happy and make money.”

That’s certainly the case with Hamilton and West. For Hamilton, Patriot Portraits finalized her decision to major in business in college. Her interest in photography and graphic design is what integrated photography into their nonprofit.

“I’ve created a lot of friendships with a lot of youth photographers and we realized that there’s just a stigma

of being young and not getting the professional respect,” she said. “We realized that we’re just as capable.”

While Hamilton still has another year left of school, West starts her freshman year at The College of William and Mary this fall. She’ll prepare for nationals with Hamilton via social media and video chat and will also trek back to Alexandria for photo shoots.

They also plan to launch a Texas branch of Patriot Portraits before summer’s end. Even with college plans, both will stay involved with the nascent nonprofit business.

“I know it’s going to exist in a year. I have confidence in that,” Hamilton said.

### The Lamplighter

A new shade from *The Lamplighter* can help cool off your summer. We can also reline or recover your old frame.

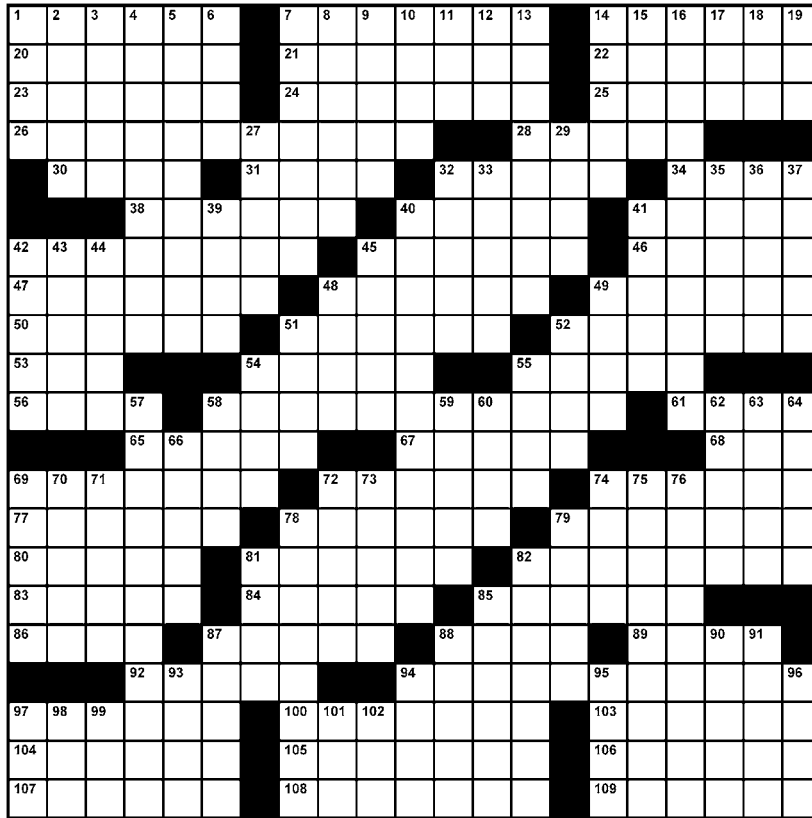
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## Weekly Words



## ACROSS

- 1 Linger in a bookstore  
7 Big-top swing  
14 Strasbourg's locale  
20 More chilling  
21 Regulated course  
22 Shakespeare subject  
23 Full-skirted dresses  
24 Obama's original chief of staff  
25 Make Elmo giggle  
26 They're in la-la land  
28 Citgo alternative  
30 Book leaf  
31 Voted-in ones  
32 Ignoramus  
34 Famous loch  
38 Declare with confidence  
40 Zippy flavors  
41 Make adjustments  
42 District attorneys, for the most part  
45 Swings without hitting  
46 Surname of old radio  
47 Offspring  
48 Showed how it works, briefly  
49 Scout's quest  
50 Most strapping  
51 Household head  
52 Golfers' obstacles  
53 O.J. Simpson trial judge  
54 Certain Motorola cellphones  
55 Mountaineering gear  
56 Prefix meaning "skin"  
58 Agree  
61 Achy  
65 Matinee and teen  
67 Mary's TV friend  
68 Title for Jesse Jackson  
69 Airline seating class  
72 Early Arizonan (var.)  
74 \_\_\_ d' (restaurant VIP)  
77 Contract detail

- 78 Gets started  
79 Arrogance  
80 Lenya or Lehmann  
81 Ness nemesis  
82 Port-au-Prince populace  
83 Remains of the tray?  
84 "The Murders in the Rue Morgue" killer  
85 Flip a switch up  
86 D'Urbervilles miss  
87 Frilly and feminine  
88 Sunbathing souvenirs  
89 Obtains  
92 Jeweled topper  
94 Landlord's entitlement  
97 Con artists  
100 Cough medicine additive  
103 Isocrates was one  
104 Simple house  
105 Pew attachment  
106 Marilyn of "The Misfits"  
107 Ornate pipes (var.)  
108 Ushers, by trade  
109 Contents of a will

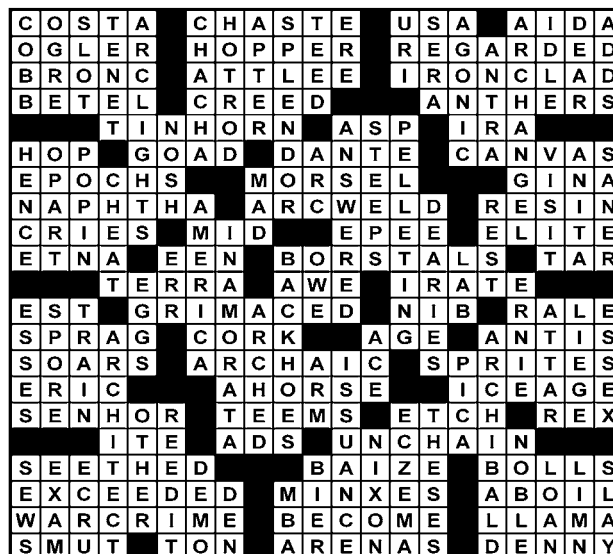
## DOWN

- 1 Sweat unit  
2 Pass again, on a track  
3 Some Hindu people  
4 Anemometer  
5 Clairvoyant women  
6 Highland tongue  
7 Small quakes  
8 Thaw twice  
9 Lab gelatins  
10 Bowler's targets  
11 Rhea relative  
12 Sleep unit?  
13 Blown up, as a photo  
14 Respond to, as an opportunity  
15 Of the congregation  
16 Not of the highest quality  
17 Set a price

- 18 First name in Baltimore baseball history  
19 "... \_\_\_ he drove out of sight"  
27 Mimic's skill  
29 Terrarium growth  
32 Trowel user  
33 Beginning stage  
35 Raring to go  
36 Use plastic or cash  
37 Undoes a cancellation  
39 In ecstasy  
40 Opportunistic

- 41 Dazzle  
42 Destructive insect  
43 Package securely  
44 Play with crayons  
45 Word before "Christmas"  
48 Knock for a loop  
49 Scotch chaser?  
51 Navratilova's mixed-doubles partner Leander  
52 Georgetown player  
54 Depend  
55 Give a makeover  
57 Wee bit of beef?  
58 Vague amount  
59 A title for Macbeth  
60 Surprise cries  
62 "Coffee \_\_\_?" (flight attendant's question)  
63 Second chance for viewers  
64 Civil rights leader Medgar  
66 Apothecary measures  
69 Success and acclaim  
70 Within walking distance  
71 Boy Scouts take them  
72 Where to spend rupees  
73 Opposite of ecstasy  
74 Large water pipe  
75 Helicopter forerunners  
76 Traveling from place to place  
78 Where soldiers sleep  
79 Extremely severe  
81 Coarse fiber  
82 Gatherers' partners  
85 Leather worker  
87 Neon and freon  
88 Patterned fabric  
90 Colorful aquarium fish  
91 Pig's nose  
93 Cooking maven Rombauer  
94 Gather in the boardroom  
95 Togo's capital  
96 Mahogany or maple  
97 "Well, lah-di-\_\_\_!"  
98 E.T.'s vehicle  
99 Not an amateur  
101 Number "for the money"  
102 Trafficking cops' grp.

## Last Week's Solution:



## Obituaries

**MARTIN VAN BUREN BOSTETTER JR. (88)**, of Alexandria, August 8, 2014

**ELIZABETH TAYLOR DUNN HOOFF (97)**, formerly of Alexandria, August 1, 2014

**CLARENCE J. MARTIN**, of Alexandria, August 8, 2014

**NICOLO VINCENZO SCALCO**, of Alexandria, August 8, 2014

**MICHAEL DAVID SERLIN (79)**, of Alexandria, August 3, 2014

**GEORGIA B. STARRY**, of Alexandria, August 9, 2014

**ELEANOR WINFREE**, of Alexandria, August 8, 2014

**DOROTHY W. WOOD (87)**, formerly of Alexandria, August 9, 2014

## BUSINESS DIRECTORY

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# Classifieds

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

805-4 rev. 06/2012. This is an official state document. All information contained or submitted therein is public information. Please refer to privacy statement (pg. 3) regarding personal/office information. Reference instructions (provided separately) with questions. Retail License Application, page 11

## HELP WANTED

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## LEGAL NOTICE



### ALEXANDRIA PLANNING COMMISSION AND CITY COUNCIL SEPTEMBER - 2014

The items described below will be heard by the Planning Commission and the City Council on the dates and times listed below.  
NOTICE: Some of the items listed below may be placed on a consent calendar. A consent item will be approved at the beginning of the meeting without discussion unless someone asks that it be taken off the consent calendar and considered separately. The Planning Commission reserves the right to recess and continue the public hearing to a future date. For further information call the Department of Planning and Zoning on 703-746-4666 or visit [www.alexandriava.gov/planning](http://www.alexandriava.gov/planning).

**ALEXANDRIA PLANNING COMMISSION**  
THURSDAY, SEPTEMBER 4, 2014  
7:00 PM, CITY HALL  
CITY COUNCIL CHAMBERS  
301 KING STREET  
ALEXANDRIA, VIRGINIA

**ALEXANDRIA CITY COUNCIL**  
SATURDAY, SEPTEMBER 13, 2014  
9:30 AM, CITY HALL  
CITY COUNCIL CHAMBERS  
301 KING STREET  
ALEXANDRIA, VIRGINIA

Text Amendment #2014-0004  
Outdoor Food and Craft Markets in Multi Family Residential Zones  
Public hearing and consideration of a text amendment to allow an outdoor food and craft market with a special use permit in the RCX/Medium Density Apartment Zone, RC/High Density Apartment Zone, RA/Multifamily Zone, and the RD/High Density Apartment Zone.  
Staff: City of Alexandria Department of Planning and Zoning

Text Amendment #2014-0005  
Environmental Management  
Public hearing and consideration of a Text Amendment to amend Article XIII (Environmental Management) of the City of Alexandria Zoning Ordinance to incorporate additional regulations required by the State of Virginia Stormwater Management Act.  
Staff: City of Alexandria Department of Transportation and Environmental Services

Special Use Permit #2013-0059  
3640 Wheeler Avenue Wheeler Avenue Recycling  
Public hearing and consideration of a request to operate a recycling and materials recovery facility; zoned I/Industrial.  
Applicant: Wheeler Avenue Recycling, LLC represented by Robert B. Nealon, attorney

Special Use Permit #2013-0095  
1101 Jannet's Lane Douglas MacArthur School  
Public hearing and consideration of a request for a classroom trailer at Douglas MacArthur School; zoned R 12/Residential. Applicant: Alexandria City Public Schools represented by Thomas Mulcahy

Special Use Permit #2014-0066  
5402 Eisenhower Avenue Private Commercial School  
(Parcel Address: 5400 Eisenhower Avenue)  
Public hearing and consideration of a

request to operate a private commercial school (fitness studio) with more than 20 students and a request for a parking reduction; zoned OCH/Office Commercial High. Applicant: The Worx by Maia, LLC represented by Sean Carney

Special Use Permit #2014-0067  
5428 Eisenhower Avenue Private Commercial School  
(Parcel Address: 5400 Eisenhower Avenue)  
Public hearing and consideration of a request for an amendment to a previously approved Special Use Permit (SUP #2013-0050) to increase hours of operation at a private commercial school (martial arts school); zoned OCH/Office Commercial High.  
Applicant: European Martial Arts, LLC represented by Jenny Lankford

Development Special Use Permit #2014-0002  
5651 Rayburn Avenue John Adams Elementary Parking Lot Expansion  
Public hearing and consideration of a request for a development special use permit and site plan, with a modification, to expand an existing parking lot with parking spaces in excess of the zoning ordinance requirement for a school; zoned R 12/Residential (Alexandria West Small Area Plan). Applicant: Alexandria City Public Schools represented by Kevin Van Hise, attorney  
[This case was deferred by the Planning Commission at the June 3, 2014 public hearing]

Development Special Use Permit #2014-0010  
6125 and 6101 Stevenson Avenue Stevenson Avenue Condominiums  
Public hearing and consideration of a request for an extension to previously approved Development Special Use Permit #2012 0002; zoned OCM(50)/Office Commercial Medium.  
Applicant: DYN Res, LLC; Steven A. Hansen, LLC; and WWIV Stevenson Avenue, LLC; represented by Mary Catherine Puskas, attorney

Development Special Use Permit #2014-0015  
1219 First Street Braddock Gateway Phase I Extension  
Parcel Address: 1225 First Street  
Public hearing and consideration of a request for an extension to previously approved Development Special Use Permit #2011 0002; zoned CDD#15/Coordinated Development District #15. Applicant: Braddock Gateway LLC by Mary Cath-

erine Gibbs, attorney  
Development Special Use Permit #2014-0021  
3750 Jefferson Davis Highway Jack Taylor's Alexandria Toyota  
Public hearing and consideration of a request for an amendment to previously approved Development Special Use Permit #2012 0009 to increase hours of operation for auto repair services; zoned CDD#7/Coordinated Development District. Applicant: Taylor Holdings, LLC represented by Mary Catherine Gibbs, attorney

THE FOLLOWING WILL BE HEARD BY PLANNING COMMISSION ONLY (AND BY CITY COUNCIL ONLY UPON APPEAL).

Subdivision #2014-0007  
0 Prince Street and 200, 204 and 208 Strand Street  
Public hearing and consideration of a request to consolidate and re subdivide the properties into four new lots and additional right of way; zoned W 1/Waterfront Mixed Use (Old Town Small Area Plan, Waterfront Plan). Staff: City of Alexandria Department of Project Implementation

Subdivision #2014-0011  
114 East Linden Avenue  
Public hearing and consideration of a request to subdivide one lot into two lots; zoned RB/Townhouse Zone. Applicant: Carolyn D. Timmons represented by Duncan Blair, attorney

THE FOLLOWING WILL BE HEARD BY PLANNING COMMISSION ONLY (AND SENT TO CITY COUNCIL AS AN INFORMATION ITEM).

City Charter Section 9.06 Case #2014-0002  
1 and 2 King Street; 0 Prince Street; 200, 204 and 208 Strand Street; and the alleyway area in the 200 block of Strand Street  
Public hearing and consideration of a request for the Planning Commission to review whether: 1) acquisition of 1 and 2 King (and adjacent claimed rights); 2) acquisition of 204 and 208 Strand Street; 3) exchange of undefined potential alley access way rights between City of Alexandria and multiple property owners in the 200 block of Strand Street; and 4) transfer of 0 Prince, 200 Strand, and a portion of 204 Strand Street for use as private property is consistent with the City of Alexandria Master Plan pursuant to Section 9.06 of the City Charter.  
Staff: City of Alexandria Department of Project Implementation

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### 1423 Powhatan Street, Unit 1

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#### Brison Rohrbach

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brohrbach@mcenearney.com

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### 8316 Traford Lane

1,500 SF condo office. Front and back entrances. Ample surface parking. Open floor plan. Close to shopping and amenities.

#### Ed Cave

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**FOR LEASE \$25.00/SF**



### 300 North Washington Street

Fifth Floor - 2,077 SF: Open plan, conference room and kitchen. Great location, includes parking.

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jqquinn@mcenearney.com

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### 100 Daingerfield Road

Perfect small office in Class A building near the King Street Metro Station, US Courthouse and US Patent and Trademark Office.

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### 8369 Richmond Highway

37,462 SF on double lot with rare depth on Richmond Highway. Site approved for C-5 mixed use. Current use retail, improved with 1,625 SF structure.

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### 323 North Washington Street

2,352 SF historic office building on busy Washington St. Vacant, ready for occupancy. Blend of historic details with modern amenities. Can be used as office or residence.

#### Diane Sappenfield & Janet Price

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### 6727 Curran Street McLean

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