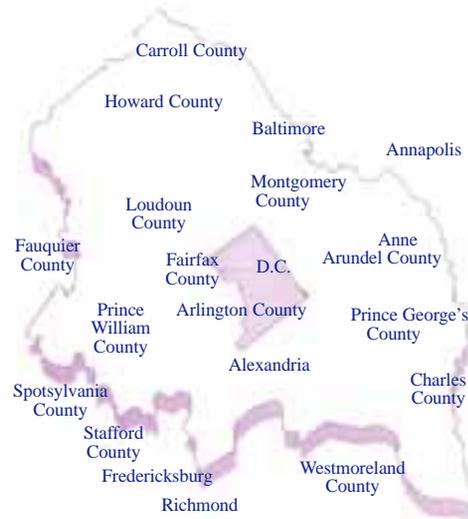




**HONORING
OUR FATHERS . . .**

Next week's cover story will be our annual Father's Day tribute to fathers everywhere. Remember to tell dad how much you care about him on his special day. The next issue will highlight the upcoming Smithsonian Folklife Festival which runs from June 23rd through July 4th. Plus, there are special doings at Glen Echo Park, the 42nd annual Bal Africain, Lighthouse International is having their 100th anniversary and it Laird's 225th anniversary. We will also be reporting on more festivities for the 25th anniversary of the Inner Harbor. Keep the bug spray, sun screen, sunglasses and a tall cool drink handy for all of those outdoor activities.



Imaging the Politics, Culture, and Events of Our Times

June 10, 2005

What Black History Means To Me



Marcia Daniels 02-15-05
What Black History means to me
Black History means that people
didn't always have freedom.
I am glad we talk about black
History because history help
you learn what happend in
past. I am glad I didn't live
during slavery because so
people didn't have shoes
Mary M. Bethune is m

Melanie Hill 2/15/05
What Black History Means TO ME
Black History means to me
good and bad. Rudy Briges was
the first black girl to
go to a white school. Her
mom didn't have a job but
the dad did. The mother had
to take care of her kids. The
mom and kids went to the
goverment and they said

Chraune Shorts
What Black History means
to me It a month that
we celebrate the Blacks
ho wanted Black and
ites to get along and
ther, That's why
ng said I have
m that Blacks and
should goto the

THE METRO HERALD NEWSPAPER

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Editorial

My Dad used to always say that June was a month in which kids graduated from high school, young men and women graduated from college, and young adults graduated from independences of sorts to interdependences of marriages. And flowers in their own and demonstrative way are able to remain whole in summer of youth mortar board carriers and ring toters.

Youth and education are the tandem most responsible for idealism. It is only during the winter of summer flowers that youth's invincibility is intruded upon by the parallax realities of self-worth, social, educational, political, and economic deciduousness. As decimal points separate the parts from the whole and wealth from the well-meaning, deckle-edged realities cause an inversion of idealism to cynicism.

Those who swore to fight the system become check-cashing members of the system. Each check is an incremental conscription of consignment to the realities of a less than consommé world.

All kids, with few exceptions, gravitate to and within their comfort zones. This does not mean that they are racists, bigots, or the lot. All it really means is that they, like we, are tribal animals moving to and pasteurizing with people with whom we feel safe and comfortable. Flowers grow in deserts and flowers grow in winter, both in their own way are pollinated . . . and in each case they are grown by a sun which during this process melts icicles.

Every ethnicity has its own patois that might appear to be obloquy to some but music to others. The obstetrics of language would lead one to believe that language in spirit or meaning is oblique—meaning somewhere between the vertical and the horizontal.

The rule is to learn a second language. Ours is the only madras culture in the world that has detoxified itself from languages other than English. We fail to realize that in a sense, by our treble retrenchment from other cultures and languages, we are holding back our kids and will, in the long run, become a liability for both economic and social enhancements for their future. In the immediate future, these pronouncements clothed as “one language, one country,” wear well as political slogans, but in the long run—when multiple languages will be needed to communicate in our schools and our workplaces, these aforementioned

toupées of the brain-dead will not set well on frozen or sunbaked craniums.

We cannot give our children our coupon of life and our National Geographic maps of life, nor our travelogue of places and people to avoid. On their own, they will become their own counselors of life at first, as we all did, by avoiding the obvious “no’s” and “not to’s” of life. They will find out on their own that five o’clock comes twice a day, that you put on one and take off the other. That whatever it is, a mortar board or a ring, that his or her conspectus of life is conspicuous by what it does or fails to do to improve his or her life and the lives around them.

Each adult who graduates from college or gets a job out of high school is, or will be, responsible for the care and well-being of every citizen over sixty-five years of age. The attitudes of compassion and responsibility for this care will be directly proportional to that child’s collective, cultural collateral and acquired sense of responsible being. This is taught in the home, discussed in the cultural communities and churches, and reinforced in the schools, debated in the colleges, and enacted in the Congress.

Today more than ever, adults regardless of age are babysitters to everyone who is a second or more younger.

With that in mind, it makes sense to end the senseless omnipotent types of hatred that now permeate the basic fibers of our society. We keep telling our kids that education is the answer. But education in isolation is about as productive as seeds without soil. If you do not have the soil and the nutrients, nothing grows. Adults of all ages from six years and older are nutrients that inundate the soil of the minds of others.

Every nation, every society, and every community is nyctalopia when excuses are made for not including in that entity everyone—regardless of color—who can make a positive difference.

Let America not be the melting pot of melted ideas that are sprawled on sidewalk canvasses and used for foot paths that lead to political gangplanks, as opposed to flower paths which bask in sunlight, all being able to enjoy the individual and communal energies of others while overseeing the sprouting seeds of yet others that grow from our educational nutrients.

—PDD

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PICK 3 & PICK 4

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JULY 10TH

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**AFRICA CHALLENGE
BIKE TOUR, 2005**
Benefitting AFRICARE'S
Humanitarian Programs



**AFRICA
CHALLENGE
BIKE TOUR 2005**

Join us June 17-19, 2005 for 3 days and 185 miles along the Historic C&O Canal From Cumberland, MD, to Washington D.C.

Register Now! Call 202-399-1539 or visit www.africare.org. The Africa Challenge Bike Tour raises money for humanitarian projects in Africa. Don't Give Up!

End Hunger Now!!

Don't let your work in Africa be in vain. Visit www.africare.org for more information.

A major humanitarian crisis in Africa, including food and water shortages and HIV/AIDS, has reached devastating levels. Millions are faced with malnutrition and death. Beginning **June 17, 2005**, cyclists will begin an exciting 3-day ride along the C&O Canal raising money and awareness to help end the suffering in Africa.

The route follows the C&O Canal towpath, a 185-mile flat trail that runs along the Potomac River from Cumberland, MD, to Washington, DC. Adequate food and lodging facilities (motels, bed & breakfast, and campsites) are along the route. If you cannot ride the entire 3 days you can meet us along the route or exit early. Our first overnight stop will be in or near Hancock, MD, and the second night will be in or near Harpers Ferry, WV.

The Africa Challenge Support Team will accompany the riders for the entire journey. You have the option of being transported to the start-point at Cumberland, MD, Friday morning or arriving on your own. Breakfast will be served each morning of the tour and dinner will be provided on Friday and Saturday evening. Support vehicles will be available throughout the Tour for emergencies. The ACBT Support Team will transport your luggage, tent and other essentials to your overnight accommodations.

If you would like to register as a rider, become a sponsor/donor or a volunteer, please fill out and return the registration form immediately or call **202-399-1539**.

The registration fee is \$50 per rider and each rider must raise a minimum of \$300 by **June 17, 2005**. All monies received from donors will go directly to Africare's Humanitarian Programs in Africa. You can find out more about Africare's project by visiting www.africare.org.




rex and the city

Saturday, June 18, 2005
The Washington Humane Society
presents the 18th Annual Bark Ball
Renaissance Hotel, Washington, DC

visit www.BarkBall.com for details



Subscribe to *The Metro Herald!*

EDGAR ALLAN POE MUSEUM 2005 YOUNG WRITERS' CONFERENCE

The Edgar Allan Poe Museum will be hosting its second annual Edgar Allan Poe Young Writers' Conference **June 19-26, 2005**, for high school students on the campus of Virginia Commonwealth University in Richmond.

The support and success of the first annual young writers' conference, held in June 2004, inspired Dr. **Harry L. Poe**, President of the Poe Foundation and cousin of **Edgar Poe**, to plan a second conference for this year. Last year's conference included nine students from Virginia and Maryland, who spent a week meeting professional novelists, poets, playwrights, and journalists as well as developing their own work through workshops and lectures.

"Focus on Poe" lectures and events included a tour of Poe's Richmond and a trip to see Poe's dorm room at the University of Virginia. Not only did the students meet Poe's cousin, but they also met Edgar Poe, as interpreted by **Norman George**, who discussed the creation of his solo stage play *Poe Alone: The Last Appeal*. The conference concluded with the students reading their own work by candlelight at a reception in the Poe Museum's Enchanted Garden.

This year's conference will include such distinguished lecturers as **Howard Owen**, Deputy Managing Editor for the *Richmond Times Dispatch*; **Ron Smith**, Writer-in-Residence at St. Christopher's School; **Mary Flinn**, senior editor of *Black-*

bird; **Welford B. Taylor**, Chair of English, Emeritus, at The University of Richmond; and **Gene Fant**, Chair of the English department at Union University.

Lectures for the 2005 conference span a variety of topics, such as: Writing for a Literary Magazine, Writing a Novel as a Journalist, From Idea to Script to Stage, and Poe's Use of Language. Students will explore the world of Edgar Poe through his eyes with a visit to Poe's Richmond, as well as his college days at the University of Virginia. Participants will also enjoy a Poe film festival and a reception in the Enchanted Garden of the Poe Museum.

"Edgar Allan Poe had a passion to develop an indigenous American literary tradition. As editor of some of the most influential magazines of his day, he had the opportunity to cultivate and encourage a generation of writers," said Dr. Harry Lee Poe, president of the Poe Museum. "The Young Writers' Conference is a fitting initiative of the Poe Museum's mission to carry on the legacy of Edgar Allan Poe. It was in Richmond, where Poe grew up, that adults took the time to encourage the teenage boy to write poetry. In that tradition, the Edgar Allan Poe Young Writers' Conference will allow Richmond to encourage a new generation of young people to follow in the footsteps of Poe.

For more information or to obtain an application, please visit www.poemuseum.org or call **800-21E-APOE**.



Rose Dawson

NEW DEPUTY DIRECTOR AT ALEXANDRIA LIBRARY

Rose Dawson has been appointed as the new Deputy Director of the Alexandria Library succeeding retiring Deputy, Ms. **Mary Randolph**. "This was my first opportunity to help select an administrator in almost thirteen years with the Alexandria Library," Library Director **Patrick O'Brien** states, "and I could not be more pleased that we have attracted an administrator with Rose's experience and leadership abilities."

Dawson formerly worked as the Coordinator for Community Youth Services of the District of Columbia Public Library. She started as a children's librarian at the Palisades and Cleveland Park Neighborhood Libraries; headed the Children's Division of the Martin Luther King, Jr. Memorial Library; managed several grant

projects including a half million dollar grant from the Carnegie Corporation of New York; served as Change Agent for Internal Affairs; and carried out several special assignments before assuming her last position at DCPL in 2002.

"I am excited about my opportunity to work for the Alexandria Library," says Dawson. "This is a system in which the partnership between the community and the Library is so obvious, especially as we move to open the newly renovated Duncan Library. "I will use my experience to promote services and programs that meet the specific needs of the Alexandria community."

Dawson earned both her Bachelor of Arts in Education and Master of Library Science from the University of North Carolina at Chapel Hill. Additionally, she has completed executive leadership programs with the Urban Libraries Council and George Washington University's Center for Excellence in Municipal Management, completing her certification in public management. She is an active member of the American Library Association, Association of Library Services to Children, Public Library Association, and the Black Caucus of the American Library Association.

Dawson adds, "I will listen to the residents of the City of Alexandria and ensure that the needs of all its residents are met." Ms. Dawson will begin work on **June 20**.

TAX DEPARTMENT LEADER EARNS NATIONAL HONOR

The Federation of Tax Administrators has singled out a key leader in the Virginia Department of Taxation for a national honor.

Janie Bowen, Executive Commissioner of the Office of Policy and Administration, will receive the FTA's 2005 Award for Leadership and Service at its Annual Meeting, **June 13-15** in San Antonio, Texas.

The award is given each year to an individual "who has demonstrated sustained and significant service in the administration of state taxes," according to the FTA. It lauded Bowen for devoting "her entire professional career to public service" at the Department of Taxation and for being the lead spokesperson for the agency before the Virginia General Assembly.

"Janie's expansive knowledge and experience have served us well at Tax, and helped the department distinguish itself as one of the most forward-thinking tax agencies in the country," said **Kenneth W. Thorson**, Tax Commissioner. "We, as well as the citizens of the Commonwealth, are indeed very fortunate to have Janie here at Tax."

FTA judges cited Bowen for her contributions to both tax policy and flexibility within tax administration. They noted that she has managed or held executive oversight for virtually every function in the agency, with the exception of information technology and processing. On two different occasions, Bowen held two executive level positions at the same time.

CURBING YOUTH VIOLENCE: CAMP BROWN REOPENED

Thanks to more than \$300,000 raised from foundations, corporations and individual donors, a total of 1,000 at-risk D.C. area youth will be able to get out of the city this summer to attend the re-opened Camp Brown, a 168-acre Boys and Girls Clubs of Greater Washington (BGGCW) facility located along the Potomac River in Scotland, Maryland near Point Lookout in St. Mary's County. The summer camp program was shuttered last year due to lack of funding.

Joined by D.C. Metropolitan Police Chief **Charles Ramsey** and the Freddie Mac Foundation in announcing the re-opening of Camp Brown, BGGCW officials said the 2005 summer camp program would be a major part of their participation in the "40 Days of Peace Program" to reduce the toll of inner-city juvenile violence and crime.

Established in 1937, Camp Brown has provided several thousand D.C. area youngsters the opportunity to escape the bustle and heat of the city to enjoy a weeklong adventure in the countryside. Often the trip to Camp Brown is the youths' first experience in traveling outside of the immediate D.C. area. The youngsters attending Camp Brown experience the joy of a relaxing, waterfront setting and engage in a wide range of structured programs and activities. The Camp Brown curriculum covers a variety of topics that promote greater self-awareness, self-

esteem, character development and constructive decision-making.

William C. Eacho, acting CEO of the Boys and Girls Clubs of Greater Washington, said: "Camp Brown has a rich heritage of providing a positive summer experience for generations of Washington residents, including a number of our leading business, sports, law enforcement, religious and other community leaders. They have told us how Camp Brown played an important role in their early development. Since Camp Brown is a place for positive interaction, learning key life skills, conflict resolution and personal development, this major summer camp program will be a big part of our summer 2005 effort to reduce youth violence and crime. We want to take this opportunity to acknowledge the many generous donors who stepped up to make the re-opening of Camp Brown a reality for the summer of 2005."

Metropolitan Police Chief Charles Ramsey said: "Our Department is thrilled that Camp Brown will once again be open this summer, and we look forward to the opportunity to work directly with the youth of our community. Preventing juvenile crime and violence is about much more than enforcing the law and locking up offenders. To have a real and lasting impact on the problem, we must reach our young people at an early age, listen to them and guide them in positive directions. Camp Brown, and the Boys and

Girls Clubs of Greater Washington as a whole, are major elements of our strategy to engage young people and reduce crime.

Ramsey said that eight-10 D.C. Metropolitan police officers and two members of the D.C. Fire and Emergency Medical Services Department will live at the camp in order to assist in supervision, first aid, overall camp safety and security.

Maxine B. Baker, president and CEO, Freddie Mac Foundation, said: "At the Freddie Mac Foundation, we've been long-time supporters of the Boys & Girls Clubs and Camp Brown. Camp Brown opens a whole new world for children. When we heard that its doors might close, we knew we had to act. We are so pleased that our city's most vulnerable children will again have a chance to spend the summer in this idyllic, safe setting."

The week-long Camp Brown experience starts on July 11th and slots are still open to qualifying youths. Groups of roughly 160 youths will participate in Camp Brown over a period of six weeks. The cost for children to participate in Camp Brown is \$100, with discounts available for families with more than one attending child and scholarships available for children unable to pay. For more information about attending Camp Brown, contact **202-397-CLUB**.

"CRYSTAL CITY ROCKS" CHARITY BENEFIT

While patrons at the first-annual CRYSTAL CITY ROCKS enjoy delicious food and live entertainment, they will also find themselves helping a worthy cause, as proceeds from Crystal City restaurant food sales raise much-needed funds for Community Residences Inc.

CRYSTAL CITY ROCKS is an afternoon celebration of food and music designed to herald the unveiling of the "new" Crystal City. Featuring donated cuisine and drinks from more than a dozen Crystal City restaurants located on Crystal Drive, CRYSTAL CITY ROCKS is open to the public and free of charge. The celebration will run from **1:00 until 5:00p.m.** and will feature Arlington's beloved and widely-acclaimed acappella vocal ensemble, Da Vinci's Notebook beginning at **1:30p.m.**, with Grammy nominated retro-swing favorite Big Bad Voodoo Daddy performing from **3:30p.m.** until closing.

COMMUNITY RESIDENCES INC. is a nonprofit organization that provides community-based services for individuals in Virginia and Maryland with mental illness, mental retardation, physical disabilities and the homeless, while promoting their independence. CR currently offers 38 programs providing adult care residences, group homes, intermediate care facilities, safe havens, transitional housing and in-home services. Since 1975, CR's dedicated professionals have worked to promote successful community living and to enhance each individual's dignity, self-esteem and quality of life.

Restaurants on Crystal Drive participating will include:

- Caribou Coffee
- Charlie Chiang's
- Cold Stone Creamery
- Hamburger Hamlet
- Jaleo
- Ruth's Chris Steakhouse
- King Street Blues
- Mackey's Public House
- McCormick & Schmick's
- Neramitra Thai
- Oyamel Cocina Mexicana

For additional information, call **703-228-1850** or **703-922-4636** or visit www.arlingtonarts.org or www.crystalcitynow.com.

FORD HONORS ELLA FITZGERALD AND AL JARREAU

Ford Motor Company and the Charles H. Wright Museum of African American History honored 2005 Ford Freedom Award recipient **Ella Fitzgerald** and Ford Freedom Award Scholar **Al Jarreau** during a black-tie gala at the Museum on **Tuesday, May 24 at 6p.m.**

Now in its seventh year, Ford Freedom Award proceeds support the Museum's educational programs, exhibits, and community outreach initiatives.

The Ford Freedom Award, created in 1999, is presented posthumously to distinguished individuals who dedicated their lives to improving the African American community and the world in general. A brass plate bearing Fitzgerald's name will be added to the Museum's Ring of Genealogy, the centerpiece of the Ford Freedom Rotunda lobby, and will be unveiled during the awards program. Fitzgerald's son, **Ray Brown Jr.**, accepted the award on her behalf.

The Ford Freedom Award Scholar honor is bestowed upon a living individual who has demonstrated excellence in the field of the award recipient. Jarreau spoke to nearly 1,700 students, including winners of the Ford Freedom Award Essay Contest hosted by Detroit Newspapers in Education, at the Ford Freedom Award Scholar's Lecture on **Wednesday, May 25**. The event was held at Detroit's Music Hall.

"Ford is proud to partner with the Charles H. Wright Museum of African American History in celebrating the accomplishments of Ella Fitzgerald and Al Jarreau," said **Ziad Ojakli**, Group Vice President of Corporate Affairs at Ford Motor Company. "The

success of these two extraordinary individuals illustrates the ability music has to bring people together. The Ford Freedom Award is an extension of our company's commitment to diversity and inclusion, and we applaud Ms. Fitzgerald and Mr. Jarreau for using their talents to build bridges and promote unity throughout the world."

"The Museum thanks Ford Motor Company for its continuing support of the Ford Freedom Award," said **Christy Coleman**, president and CEO of the Charles H. Wright Museum of African American History. "With support from corporations like Ford, we will continue to thrive and serve the community by providing exhibitions and educational programs, so that people of all ages and backgrounds can learn about African American history and culture."

Dubbed the "First Lady of Song," Ella Jane Fitzgerald was the most popular female jazz singer in the United States for more than half a century. During her lifetime, she sold over 40 million albums and won 13 Grammy awards. Born in Newport News, Virginia, Fitzgerald began singing after impressing the audience at the Apollo Theater's Amateur Night in 1934. She could imitate every instrument in an orchestra and worked with all the jazz greats, from **Duke Ellington, Count Basie, and Nat King Cole** to **Frank Sinatra, Dizzy Gillespie, and Benny Goodman**. She performed at top venues all over the world, and her audiences were as diverse as her vocal range. Fitzgerald received the National Medal of Arts, France's Commander of Arts and Letters Award, Kennedy Cen-

ter Honors, and numerous honorary doctorates for her continuing contributions to the arts. She died on **June 15, 1996**.

The unique vocal style and innovative musical expressions of singer/songwriter Al Jarreau have made him one of the most exciting and critically acclaimed performers of our time, earning him five Grammy Awards, numerous international music awards, and accolades worldwide. His artistry began in his childhood home of Milwaukee, Wisconsin, where Jarreau, the son of a minister/foundry worker, sang with his brothers. His recording career exploded with his debut album "We Got By" (1975), and a progression of successful albums earned him superstar status and an international following. Jarreau is the only singer ever to have won Best Vocalist Grammys in three separate and distinct categories (jazz, R&B, and pop). He released his latest album, "Accentuate the Positive," in 2004.

Along with Ford Motor Company, key sponsors also include Daimler-Chrysler, Comerica, and Compuware.

The Charles H. Wright Museum of African American History, founded in 1965, is the world's largest institution dedicated to preserving African American history and culture. The Museum is open to the public **Tuesday through Saturday from 9:30a.m. until 5p.m., and on Sunday from 1p.m. until 5p.m.**

For general information about the Museum, call **313-494-5800**.

For more information on programs made possible by Ford Motor Company Fund, visit www.ford.com.

TOM JOYNER'S 2005 FANTASTIC VOYAGE® RAISES MORE THAN \$1 MILLION

Dozens of celebrities and well-recognized community leaders joined over 3,000 dedicated fans and America's No. 1-rated syndicated radio personality, **Tom Joyner**, for the annual Tom Joyner Fantastic Voyage® **May 29 through June 5**. The event continued its sold-out, record-breaking tradition and raised more than \$1 million to benefit the Tom Joyner Foundation, a not-for-profit organization dedicated to providing scholarships for students attending Historically Black Colleges and Universities (HBCUs).

Now in its sixth year, the week-long cruise set sail Memorial Day weekend.

Tyler Perry, Minister Louis Farrakhan, Brian McKnight, Mike Epps, Eddie and Gerald Levert, D.L. Hughley, Chaka Khan, Judge Mablean Ephraim ("Divorce Court"), U.S. Congressman **Jesse Jackson Jr.**, and U.S. Representative **Carolyn Kilpatrick** all enjoyed various cruise activities and first-time stops in St. Lucia, St. Maarten and Barbados. Cruise attendees were treated to daily yoga workouts, side-splitting comedy acts, African-American-focused social issues forums, intimate discussions and even a surprise violin performance by Farrakhan.

Continuing its partnership with Royal Caribbean Cruise Lines, this year's voyage took place on the new Adventure of the Seas®. Other event sponsors and partners included Southwest Airlines, Anheuser-Busch, Procter & Gamble, Autozone, BC Powder and REACH Media Inc.

Formed by Tom Joyner, the continuing mission of the Tom Joyner Foundation is to assist institutions in broadening and strengthening their efforts to raise money to help keep students attending HBCUs until graduation, despite rising costs of education. Since 1998, the Tom Joyner Foundation has raised more than \$25 million and helped some 80 colleges and thousands of deserving students. To date, the foundation has assisted every HBCU, defined as "any historically black college or university established prior to 1964, whose principal mission was, and is, the education of black Americans." For more information visit www.BlackAmericaWeb.com.

REACH Media, founded by radio personality, philanthropist and entrepreneur Tom Joyner, is a multi-media company formed in January 2003 as the parent company of the "Tom Joyner Morning Show" and several other businesses that will target African-Americans through radio, television, event production and the internet. Its website, BlackAmericaWeb.com which has more than 750,000 members, is a virtual town square for visitors to get daily news, play games, search for jobs and listen to the *Morning Show* online. REACH Media also produces the Tom Joyner Family Reunion @ Walt Disney World Resorts (www.blackamericaweb.com/family05/home.html), a three-day Labor Day Weekend event, featuring top-name performers, comedians, seminars and access to the theme parks.

Visit us on the web at www.metroherald.com

FIVE D.C. LOTTERY PLAYERS WIN \$100,000

DC Lottery players won hundreds of thousands of dollars during this \$220.3 POWERBALL run that began on **April 2, 2005**. In fact, five D.C. Lottery players won the second-tier prize of \$100,000.

The first \$100,000 winning ticket was purchased at Rainbow's Touch, 800 K Street, N.W. for the **Saturday, May 7** drawing. To-date, no one has claimed that ticket, but **Denise Williams** of Temple Hills, Maryland immediately collected her \$100,000 prize that she won with the **May 21** drawing. Williams said she is going to use her prize money to pay off her mortgage.

Then, two players won \$100,000 with the **May 25** drawing. **Mushin Shaheed**, a Southeast resident, said he is going to use his winnings to repair his home, while **Bob Sheldon** of Alexandria, Virginia said he has not decided on how to use the money.

And, with the last drawing of this



Robert Sheldon

run (**5/28/05**), a \$100,000 winning ticket was bought at South Capitol Shell, 4700 South Capitol Street, S.E., which is where Shaheed purchased his lucky ticket. For selling the \$100,000 tickets, the owners of South Capitol Shell will receive a bonus check of \$1,000 for each ticket that is claimed. The ticket holder from Saturday's drawing has not claimed the prize, yet.

For more information about the DC Lottery, visit www.dclottery.com.



Denise Williams



Mushin Shaheed

BOATU.S. FOUNDER HONORED BY COAST GUARD

BoatU.S. Founder and Chairman **Richard Schwartz** was made an Honorary Commodore in the United States Coast Guard Auxiliary and received a Public Service Commendation from the Coast Guard at a recent Coast Guard headquarters ceremony.

Schwartz was honored by Coast Guard Commandant **Thomas A. Collins** and Coast Guard Auxiliary National Commodore **Gene M. Seibert** for "Notable service to the Coast Guard and Coast Guard Auxiliary which has been of exceptional value to the recreational boating safety mission for over 20 years."

Admiral Collins singled out the work of the BoatU.S. Foundation for Boating Safety and Clean Water which was established during Mr. Schwartz' watch. He praised the Foundation for its "innovative assistance, grants and donations to protect and educate the nation's 70 million recreational boaters." To date, the Foundation's Children's Life Jacket Loaner Program has provided over 12,000 loaner life jackets to children, it has awarded over \$600,000 to local boating safety organizations and distributed in excess of one million boating safety brochures during each of the past 20 years.

Commodore Seibert commended Schwartz for his "noble service" saying, "Under your leadership, vision and entrepreneurial skills, BoatU.S. has grown from humble beginnings to an organization of over 590,000 dues paying members." He praised Schwartz for the leading role played by BoatU.S. in persuading Congress to release more than \$4 billion in federal fuel taxes paid by boaters during the past two decades to fund a national boating safety program and for the Association's leadership in establishing the federal Boating Infrastructure Grant program which has funneled \$32 million into the development of transient access facilities for cruising boats.

SOUTHERN LIVING COOK-OFF 2005

Do people always say your recipes are winners? Now's your chance to prove it . . . and win \$100,000. *Southern Living* is currently accepting entries for Southern Living Cook-Off 2005, featuring a \$100,000 Grand Prize. Submission deadline is **June 15, 2005**.

Southern Living Cook-Off 2005, the largest annual cook-off in America, will introduce a new category this year: "Your Best Recipe." **Susan Dosier**, *Southern Living* executive foods editor, describes it as "your signature recipe . . . that favorite recipe someone is always asking you for."

Anyone who loves to cook is encouraged to enter their favorite recipes in any of the five categories: Your Best Recipe, Easy Entrées, Healthy and Good For You, Kids Love It!, and Southern Desserts. Simplicity is key when considering recipe entries.

"This is an incredibly fun way to connect with our readers," says Dosier. "We can zero in on trends, creativity, and ingredients and also learn what people are cooking in their kitchens."

There is no cost to enter the contest and no limit to the number of recipes one may enter. All entries must be original and must include at least one Cook-Off sponsor product. Entries must be postmarked by **June 15, 2005**. Entry forms, sponsor lists, and complete contest rules are available at www.southernlivingcookoff.com.

Fifteen finalists will be selected to compete for the \$100,000 Grand Prize. Each category winner receives \$10,000. *Southern Living* will donate the Grand Prize winner's \$10,000 category prize to the winner's favorite charity. Each category runner-up receives \$1,000, and \$500 Brand Prizes will go to the best use of sponsors' products.

Finalists will prepare their recipes simultaneously for judging in the *Southern Living* Test Kitchens in Birmingham, Alabama, on **September 21**. Food experts selected by *Southern Living* will judge the finalists on originality, taste, ease of preparation, visual appeal, and use of eligible sponsor products. Winners will be announced at the Cook-Off Grand Finale Event **September 22** at the Alys Stephens Center in Birmingham, where finalists will demonstrate their recipes.

Winning recipes will be available in the **January 2006** issue of *Southern Living* and on www.southernlivingcookoff.com.

NEW CITIZENS PLEDGE AMERICAN ALLEGIANCE AT MOUNT VERNON

Mount Vernon hosts its fifth annual U.S. Immigration & Naturalization Ceremony on Flag Day, **Tuesday, June 14**. The ceremony begins at **10:00a.m.** with the United States Marine Band performing as the opening of the program. The U.S. Citizen and Immigration Service (USCIS) and the Mount Vernon Ladies' Association co-host the ceremony as America's 100 newest citizens from countries all across the world, pre-selected by the USCIS, pledge to "uphold and defend the Constitution of the United States of America."

Open to the public with general Mount Vernon admission, all visitors are invited to witness these citizens by choice take the name American in the country Washington envisioned as "an Asylum for the poor and oppressed of all nations and religions" and in front of the home he so dearly loved.

For more information call **703-780-2000; 703-799-8697 (TDD);** or visit www.mountvernon.org

IFC'S INTERFAITH BRIDGE BUILDERS' AWARD RECEPTION

H.E. Nabil Fahmy, Ambassador of the Arab Republic of Egypt, and the InterFaith Conference of Metropolitan Washington (IFC) are hosting a reception to present the IFC's first annual InterFaith Bridge Builder's Award to:

- Dr. **Akbar Ahmed**, Ibn Khaldun Chair of Islamic Studies, American University, Muslim Scholar and DC Professor of the Year,
- The Right Reverend **John Chane**, D.D., the Eighth Episcopal Bishop of Washington,
- Rabbi **Bruce Lustig**, the Senior Rabbi of the Washington Hebrew Congregation

The award will honor their passionate engagement in interfaith dialogue and action for peace as leaders from the three Abrahamic faiths.

H.E. Ambassador Fahmy will also be presented an award on behalf of the government of Egypt in recognition of its efforts in hosting key religious leaders who signed the Alexandria Declaration for Peace in 2002 in Alexandria, Egypt.

The ceremony will take place at The Embassy of Egypt located at 3521 International Court, NW, Washington, DC 20008 on **Tuesday, June 14, 2005 from 6:30 to 8:30p.m.**

Guests will include Ms. **JC Hayward**, M.C., The three honorees, H.E. Nabil Fahmy, Ambassador of Egypt,



Mr. **Austin Kiplinger**, Mr. **Stuart Eizenstat** (invited), Mr. **James P. Moore, Jr.** (author of *One Nation Under God: The History of Prayer in America*), Rev. **Mpho Tutu**, daughter of Bishop **Desmond Tutu**, Rev. **Robert Maddox**, Chairperson and Rev. **Clark Lobenstine**, Executive Director of the Interfaith Conference of Metropolitan Washington (IFC).

Tickets are \$50 each (\$25 tax deductible). Donor tickets: Persons contributing \$250 each (\$200 tax deductible) will also participate in a private tour led by H.E. Ambassador Nabil Fahmy of the first and second floors of the Embassy, including the special collection of photographs he has assembled of the meetings of Egyptian and US Presidents.

The tax-deductible portion of tickets and any other gifts in honor of the awardees will help raise the \$20,000 needed to match a \$10,000 challenge grant to support IFC's vital projects and programs.

For more information visit www.ifcmw.org or call **202-234-6300**.

HOWARD UNIVERSITY RECOGNIZES UCM'S EXCELLENCE IN SOCIAL WORK

On **Tuesday, May 3, 2005** at the Navy Yard Catering & Conference Center Howard University School of Social Work Alumni Association (HUSAA) honored United Community Ministries, Inc. (UCM) of Alexandria, VA as 2005 Social Work Agency of the Year. The keynote speaker was Dr. **Aminifu Harvey**, DSW, a professor of social work at Fayetteville State University. Additional awards included a lifetime achievement award, given to **Eva Mae Stewart**, and the Social Worker of the Year, given to **Sondra M. Jackson**.

Founded in 1967, by a coalition of churches, UCM is committed to assisting families and individuals improve the quality of their lives in a manner which builds their self-esteem and fosters their ability to function at the greatest level of their capacity—socially, economically, and emotionally.

A primary strength of UCM is its agility as an agency to respond to the increasingly complex needs of low-income families and individuals. This flexibility enables the agency to initiate new and creative activities and programs to better address client needs. From its early beginnings, UCM addressed the needs of low-income families and individuals by providing food, clothing and emergency/crisis intervention and operating a thrift shop.

Today, UCM operates an accredited child development center, a workforce development center, four supportive housing programs, two Healthy Families programs, a youth program, and a community development program, in addition to the original emergency assistance programs. This integration of

experience and business acumen enables UCM to remain a vital community resource in northern Virginia and to continue to respond to client needs.

UCM is also committed to the integration of evidence-based practice into its service delivery systems. This is evidenced by the agency's accreditation by the Council of Accreditation for Children and Family Services. (COA). UCM is one of only four agencies in northern Virginia and one of 23 agencies in entire the state of Virginia accredited by COA. Through the rigorous accreditation process, COA builds on an organization's strengths and helps it achieve better results in all areas of operations.

UCM is also adept at garnering major public and private support to better meet client needs. For example, during FY '04, UCM volunteers provided over 21,341 hours of volunteer services—for a dollar value totally well over \$400,000. Moreover, UCM's diverse funding pool includes federal and state government, corporations and other workplaces, churches and other faith based organizations, foundations, trade unions, and individual donors.

This past year, UCM collaborated with Fairfax County on an innovative pilot project to preserve affordable housing in northern Virginia by employing a Bachelor in Social Work community developer to empower residents of an apartment complex with the largest number of Housing Choice (Section 8) units in the county to restore civic pride and involvement in their community.



OFFERS AN INNOVATIVE RICE TASTING MENU

In honor of this summer's Smithsonian Folklife Festival "Food Culture USA," Chef/Owner **Aulie Bunyarataphan** introduces an innovative Rice Tasting Menu available during dinner at Bangkok Joe's from **Monday, June 13th until Monday, July 4th.** A featured chef in this year's Festival, Bunyarataphan's menu presents a variety of rice, transformed into many mediums, both sweet and savory. Intriguing offerings include Spicy Rice Sausage with Pork and Thai Herbs; Smoked Salmon with Rice Jam, Black Rice Crackers, Mesclun and Crème Fraîche; and Black Sticky Rice Ice Cream with White Chocolate Chips and Grilled Golden Pineapple.

Rice is an essential staple of Thai cooking—its first use in Thailand can be traced back to some 5,500 years ago. In fact, "kin khao" (eating rice) in the Thai language means to "to have a meal." "Through the tasting menu, I hope my guests will discover the many interesting, delicious ways rice can be prepared, from the typical fried rice and pilaf to ice cream and even rice jam!" said Bunyarataphan. During the Smithsonian Folklife Festival "Food Culture USA," Bunyarataphan will share her rice expertise with two cooking demonstrations, scheduled for **Thursday, June 23rd at 4p.m. and Sunday, June 26th at 3p.m.**

Bangkok Joe's Thai Rice Tasting menu is available a la carte, and for a three-course prix fixe price of \$35. The menu includes the following:

First Course

Spicy Rice Sausage \$6.95
Made with jasmine rice, pork and Thai herbs

Tuna Tartar in Crispy Mini Rice Baskets \$7.95

Served with wasabi aioli, cucumber and micro sprouts

Rice and Crab Pockets \$7.95
Lump crabmeat and jasmine rice in a samosa style pocket, served with cucumber ajad

Smoked Salmon \$8.95
With rice jam, black rice crackers, mesclun and crème fraiche

Main Course

Spicy Seafood Curry \$23.95
Homey seafood curry (without coconut milk), served with lychee nut fried rice

Pan-Seared Clear Spring Rainbow Trout \$21.95

With chili-garlic cream, spinach, mushrooms, pine nuts and roasted garlic-ginger rice pilaf

Grilled Fresh Water Prawns \$23.95
with grilled vegetables and pesto jasmine rice

Crab Fried Rice \$18.95
Made with jumbo lump crabmeat, and served with green beans, carrots, onions and two eggs

Dessert

Black Sticky Rice Ice Cream \$6.95
with white chocolate chips and grilled golden pineapple

Located at 3000 K Street in Georgetown's Washington Harbour, Bangkok Joe's is open **Sunday through Thursday from 11:30am to 11:00pm and on Fridays and Saturdays from 11:30am to 12 midnight.** The dumpling bar remains open until **midnight Sunday through Thursday and until 1:00am on Friday and Saturday.** For reservations call **202-333-4422.** Bangkok Joe's sister restaurant, T.H.A.I. in Shirlington, is located in Arlington, Virginia.



Sample Garrett County's best outdoor activities all in one place this summer at Wisp at Deep Creek Mountain Resort, Maryland's only four-season resort. Long & Foster Resort Rentals & Wisp will be hosting the Super Sunday Outdoor Expo featuring hands-on demonstrations from area vendors, games & entertainment **Sundays from June 19 through August 14, excluding June 26.**

From **3pm-6pm**, visitors can sample the Outdoor Adventures activities at Wisp including ATV Tours, Paintball, Disc Golf, Skate Park, Fly Fishing and Mountainboarding & Mountainbiking. Wisp's Grill on the Deck

at the Lodge will serve barbeque favorites while DJ **Jonny Rock** provides entertainment & games.

"Our Super Sunday Outdoor Expos are the perfect opportunity for visitors & locals to sample all of the outdoor activities that Garrett County and Wisp have to offer in a fun, family-friendly atmosphere," says **Hank Thiess**, General Manager, Wisp at Deep Creek Mountain Resort.

Admission is *free* and guests can participate in any or all of the demonstrations by purchasing a \$5.00 wristband.

Wisp at Deep Creek Mountain Resort in McHenry, MD, will be hosting a variety of golf clinics, concerts, mountainboard, and mountainbike competitions this summer. For complete summer event information and registration details visit www.wispresort.com or www.deepcreekresort.com or call **301-387-4911.**

WEST NILE VIRUS AND BIRDS

With the 2005 mosquito season beginning, the Fairfax County Health Department is asking residents to report dead birds to help with the county's ongoing surveillance and tracking of West Nile virus. Infected mosquitoes are known to spread the virus to wild birds, other animals, and sometimes humans during mosquito season, which typically runs from **May until October.**

Since 2002, the Health Department has noted a decrease in the number of dead birds reported by residents. "The decrease in dead bird reports may be attributed to fewer birds dying, increased immunity in the live bird population, or fewer people calling to report dead birds," said **Jorge Arias**, Ph.D., West Nile virus coordinator for Fairfax County. "Each dead bird report is very important to us."

If anyone in Fairfax County finds a dead bird near their home or business, they now have several options to report it to the Health Department. They can call the agency's dead bird reporting line at **703-246-2300, TTY 703-591-6435**, send an e-mail to fightthebite@fairfaxcounty.gov, or visit the Health Department's improved West Nile virus and mosquito management website at www.fairfaxcounty.gov/fightthebite.

Residents are asked to provide their name, a contact phone number, the date the bird was found, the location of the bird, and the type of bird, if known, or a description of the bird. The correct way to dispose of a dead bird is by double-bagging it and placing it in the garbage. The Health Department reminds everyone to avoid handling any dead animal with bare hands.

Humans contract West Nile virus most often from the bite of an infected mosquito; but most people bitten by infected mosquitoes do not get sick. Those who do get sick from West Nile virus usually suffer a mild flu-like illness and recover without treatment. However, in a few people, most often older than 50, West Nile virus can cause serious illness such as encephalitis or meningitis. Only supportive treatment is available for this serious form of the disease.

Since the first appearance of West Nile virus in 2002 in Fairfax County, there have been 17 human cases reported with two deaths.

This year, the Health Department will continue its aggressive West Nile virus and mosquito management public education campaign, "Fight the Bite: Say NO to Mosquitoes." Materials are published in five languages—English, Chinese, Korean, Spanish and Vietnamese—and can be downloaded from www.fairfaxcounty.gov/fightthebite.

"TALK SHOW IN THE LIVING ROOM"

Fans of author **Jane Stanton Hitchcock** will want to be part of the "Talk Show in the Living Room" at Mandarin Oriental, Washington D.C. **June 14** as **Carol Joynt**, a former producer at *Charlie Rose*, *Larry King Live* and *Hardball with Chris Matthews*, hosts an intimate gathering on the eve of the publication of the author's fourth novel, *One Dangerous Lady*. The cabaret-meets-talk format, which Ms. Joynt created at her Georgetown restaurant, Nathans, includes cocktails and dinner and a closer look at the author.

On June 14 guests will enjoy an evening with Carol Joynt and Jane Stanton Hitchcock from **6:30-8:30p.m.** for \$40.00, inclusive. The evening will conclude with book signing for guests attending the 'talk show in the living room' event. Space is limited. For advanced reservations or additional information please call **202-787-6868.**

Jane Stanton Hitchcock has penned three novels, *Social Crimes*, *The Witches' Hammer* and *Trick of the Eye*, which was nominated for both the Edgar Allen Poe Award and the Hammett Prize as the Best First Novel of the Year. As a successful dramatist her play, *Vanilla*, directed by **Harold Pinter**, was produced at London's Lyric Theatre. She adapted **Edith Wharton's** *The Custom of the Country* for the stage and has had two other plays produced off-Broadway. In addition, she has written op-ed pieces for *The Washington Post* and book reviews for *The Spectator*. She currently divides her time between New York and Washington, D.C.

Archive issues
are available at

www.metroherald.com!

THE TOUR DE CURE CYCLING BENEFIT

The roads and trails of northern Virginia will be blazing on **Sunday, June 12, 2005** as cyclists of every age and fitness level will be participating in the American Diabetes Association's Tour de Cure.

The event will raise money for diabetes research, information and advocacy for the 130,000 people in the Washington, DC, area who have diabetes. Whether they are riding 100 miles or 12, Tour de Cure participants will be spinning their wheels for a good cause: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The riders will be assisted by support and gear (SAG) wagons along the route, courtesy of Bikes@Vienna and the Bike Lane. Additionally, mechanics will be on hand to make on-route repairs thanks to Bikes@Vienna and Washington Bike Center. Pre- and post-ride massages will be available free of charge to participants at the event start/finish line. A pre-event warm-up will be provided by Gold's Gym, the national sponsor of the Tour de Cure. NBC4 National Correspondent **Steve Handelsman**, who is riding in the 63 mile Fitness Challenge as part of Team NBC4, will speak to the crowd at **8:15AM.**

- 100 Mile Century Ride—Check-in **7:30AM/Start 8:00AM**
- 63 Mile Fitness Challenge—Check-in **8:00AM/Start 8:30AM**
- 32 Mile Fitness Test—Check-in **9:00AM/Start 9:30AM**
- 12 Mile Family Fun Ride—Check-in **10:00AM/Start 10:30AM**

Bikers will start from the Reston Town Center, Reston, VA. 500 bike riders comprised of corporate teams, unions, family and friends, bike clubs and individual participants will take the challenge.

The routes are different for each distance.

- Century (100 miles) riders will travel from Reston Town Center, through Ashburn, Hamilton, Waterford and Lovettesville before returning.
- The Fitness Challenge (63 miles) riders will ride to Ashburn and back.
- The Fitness Test (32 miles) riders will 16 miles west on the W&OD trail and 16 miles back.
- The Family Fun Riders (12 miles) will head east on the W&OD trail six miles to Vienna and back.

ODUNDE CELEBRATES 30 YEARS

In 1972, Philadelphia native **Lois Fernandez** made a life-changing pilgrimage to Nigeria, where she tasted the water of the Osun River, a body of water named to honor the deity of beauty, fertility and prosperity. Three years later, Fernandez used her newfound energy and excitement about her heritage to create ODUNDE, an African street festival that marks its 30th anniversary on **June 12, 2005.** What began as a small neighborhood event has blossomed into a major annual celebration, drawing 400,000 people each year and featuring 300 vendors from Africa and around the United States selling clothing, jewelry and other unique items.

ODUNDE, which means Happy New Year in Yoruba, a language indigenous to Nigeria, West Africa, begins at **12 noon** with a procession to the Schuylkill River. Participants offer fruits and vegetables in hopes of being blessed for the New Year by the goddess Osun. The all-day event continues with performances by the Urban Bush Women, a Brooklyn-based performance ensemble, PHILADANCO, Philadelphia's premier African-American dance company, and other local and national performers. At the festival, revelers also will find a wide-range of culinary delights from the Caribbean and Africa, including fried fish, peanut butter soup, fish stew and garri, a granular food commonly served with meals in West Africa.

"ODUNDE serves the need for cultural enrichment in the African-American community in Philadelphia," said Lois Fernandez, board president and founder of ODUNDE. "When I created this event, I wanted people of African descent to understand that their heritage was something to be proud of and inspired by. Now, we draw people from all walks of life and that makes it better."

Festival activities take place on South Street from 21st to 24th Streets and on Grays Ferry Avenue from South Street to Christian Street. For more information, call **215-732-8510** or visit www.odundeinc.org.



Rep. Steny Hoyer (D-MD)

ONLINE TOWN HALL MEETING ON SOCIAL SECURITY

On Friday, June 17, Congressman Steny H. Hoyer (D-MD) will host an Online Town Hall Meeting to discuss the President's proposal to privatize

Online Chat via Congressman Hoyer's website at www.hoyer.house.gov.

This town hall continues Hoyer's efforts to hear from constituents, in a variety of venues, about how they would like Congress to strengthen Social Security without turning a guaranteed benefit into a guaranteed gamble. Rep. Hoyer has held numerous Town Hall Meetings throughout Maryland's 5th Congressional District to answer questions about what the President's privatization proposal will mean to Marylanders' retirement.

If constituents are unable to join Congressman Hoyer at this time, they can submit questions prior to the event at Congressman Hoyer's website and can check back after June 17th to read the complete transcript.

Social Security and make deep cuts in guaranteed benefits. Mr. Hoyer invites constituents to log in on Friday, June 17 from 3:00- 4:00p.m. to learn how the Republican privatization proposal would affect their money and retirement. Constituents can connect to the

\$5 MILLION TO CONSTRUCT FORT BELVOIR EXTENSION

Northern Virginia Congressmen Jim Moran (D-VA-08) and Tom Davis (R-VA-11) successfully secured \$5,000,000 in funding to continue efforts to construct the proposed Woodlawn replacement extension through Fort Belvoir. The earmark is included in the FY 2006 Military Quality of Life and Veteran's Affairs Appropriations bill (H.R. 2528) passed the House on a near unanimous 425-1 vote.

"Traffic problems will only continue to grow around Fort Belvoir with the expected relocation of Defense employees to the base due to BRAC," said Moran. "We have been working to secure funding to reconnect communities displaced due to the closed access road since 9/11 and these federal dollars will keep the project moving forward in a timely manner."

"Fort Belvoir is the largest presence in the community and as a federal installation, we have an obligation to help the state and county resolve this issue and improve the quality of life for those who live and work near the base. This money is a big step towards helping residents spend less time on the road and more time with their families," said Congressman Davis.

The \$5,000,000 earmark will go towards phase 1 construction of a public



Rep. Jim Moran (D-VA)

Rep. Tom Davis (R-VA)

access road through Fort Belvoir. Following the September 11th terrorist attacks, Woodlawn Road and Beulah Street within Fort Belvoir were closed due to their close proximity to a secure communications installation on the post. The ensuing traffic disruptions caused by these closures have adversely impacted military readiness, local traffic patterns and the local economy. The Army's proposed permanent solution is the extension of Old Mill Road through Fort Belvoir to connect to Telegraph Road.

In the recent Transportation Authorization bill that passed the House, Moran-Davis included \$2,000,000 to expand construction from a two-lane to a four-lane project. To date, federal earmarks for the Ft. Belvoir road extension obtained by the Northern Virginia congressmen total over \$9,500,000 in both pending, must-pass legislation and bills that have been signed into law.

ONLINE TOOLKIT TO HELP PREPARE FOR DISASTERS

Governor Mark R. Warner today announced a new, online resource designed to help Virginia businesses prepare for and recover from disasters. The Virginia Business Emergency Survival Toolkit (www.vaemergency.com/business) features information and resources to help businesses prevent and reduce disaster-related losses. In the last six years alone, natural disasters have caused billions of dollars in structural damages and lost revenue for Virginia businesses.

"Floyd, Isabel, and Gaston have taught Virginians that it pays to be prepared," said Governor Warner. "For business owners, your company's bottom line and employees' safety depends on your ability to respond to emergencies. Whether you have one or 1,000 employees, it makes good business sense to plan for emergencies."

In 1999, Hurricane Floyd caused record flooding in the city of Franklin, Va., submerging 183 businesses for five days. "I can't stress enough the need to be proactive in disaster preparation," says Anne Williams, Franklin City downtown manager. "It could be the very thing that saves your community."

The online toolkit outlines simple measures businesses can take now to prepare for emergencies. It covers all areas of business emergency planning, including identifying hazards and threats, preparing employees, developing disaster plans, covering insurance needs, responding to an emergency, and arranging recovery assistance. Companies that already have emergency plans in place should review their plans to ensure they are up to date.

"Having an emergency preparedness and recovery plan is as important as having a business plan," says Clyde Hoey, Virginia Peninsula Chamber of Commerce president and CEO. "In order for your business to survive a disaster, management and employees need to know what to do."

The Virginia Business Emergency Survival Toolkit was developed by Virginia Citizen Corps, the Virginia Department of Emergency Management, the Virginia Department of Business Assistance, the Virginia Crime Prevention Association, the American Red Cross and representatives from several of Virginia's chambers of commerce. To access the tool kit, visit www.vaemergency.com/business.

VIRGINIA TO HOLD DUAL DEMOCRATIC AND REPUBLICAN PRIMARY ELECTIONS

The State Board of Elections announces that there will be dual Democratic and Republican Primary Elections for statewide office to be held on June 14, 2005.

Primary elections are required by the political parties to determine the nominee for an office when more than one party member files to be the nominee. The Democratic Party will hold its primary to determine the candidate for Lieutenant Governor and the Republican Party will hold its primary concurrently to determine the candidates for Governor, Lieutenant Governor, and Attorney General. In addition, some voters will have the opportunity to determine nominees for their House of Delegates member or local offices.

It is essential that voters be made aware of the following information regarding dual primary elections:

- Virginia law states that a citizen may vote in only one primary election.
- When a voter arrives at the polling place, the voter will be asked to indicate whether he or she is voting in the Democratic or Republican Primary and will be given the corresponding ballot.
- The voter's declaration is in no way to be interpreted as an oath of party membership or loyalty.

For additional information contact the office of the General Registrar, at 703-792-6470.

JUSTICE FOR JUNIOR . . . FINALLY

Witness for Justice



Bernice Powell Jackson

Executive Minister
UCC Justice & Witness Ministries

who led petition and letter drives to the governor and parole commission on Allen's behalf. It was because of the persistence of hundreds of citizens in North Carolina and across the nation, who continued to confront the governor and the parole board with the inequities of the justice system when it came to Junior Allen. It was because, in the words of Dr. Martin Luther King, Jr., "The moral arc of the universe is long, but it bends towards justice." It's just too bad it didn't bend Mr. Allen's way before he spent more than half of his life incarcerated for stealing this one television set, while he watched murderers and rapists come and go from prison.

As the nation's attention turned to this case of judicial blindness, the state of North Carolina judicial system came under well-earned ridicule. Even now the Parole Commission excuses the 35 year punishment by saying that in 1970, 35 years was the going sentence for nighttime burglary of an unoccupied house. If Mr. Allen were convicted of the same crime today, he would receive a three year sentence. Moreover, the Parole Commission insisted that Mr. Allen had to spend a year in a transitional work-release program before he would be released from custody. This makes absolutely no sense for a man Mr. Allen's age, who would have been eligible to collect his Social Security had he been able to work all those years. And he has no need to earn income since his relatives in Georgia had agreed to let him come and live with them.

We can all celebrate the release of Junior Allen from North Carolina prisons. But the question remains, how many other African American men are unjustly being held in prisons not only in North Carolina, but across the nation? Oh, and did I mention that the woman who owned the television set was white? How many African American men are trapped in a system rife with racism, which has no fail safe for them? Oh, and did I mention that the chairperson of the Parole Commission was an African American woman? How many persons of all races have been co-opted into the prison industrial complex? Oh, and did I mention that Junior Allen was a migrant worker when the burglary occurred? How many poor prisoners, male and female of all races, are trapped in a system where their income level determines their justice?

Junior Allen's is a bittersweet story. In the words of the prison program director who worked with Junior Allen over the past year, "For a black and white TV, how much do you have to pay?" adding, "We've got an in-house joke here: How much time would he have gotten if he had stolen a color TV?" How much time indeed.

The case of Junior Allen gives new meaning to the phrase "Lock them up and throw away the key." We must find those keys and those cases of injustice and make them right. Thanks to all those who helped to make this one right.

It really just boggles the mind. No one could have written this in a book or play or movie script because it just wouldn't have been believable. It's like a trip to the Twilight Zone . . . except it's true and it's real.

Junior Allen, the 65 year old who served 35 years (yes, that's three and a half decades) for stealing a \$140 black and white television set from an unlocked home in North Carolina in 1970, has finally been released. On his 26th visit before the North Carolina parole board, he was released to the custody of his relatives in Georgia, albeit with the ridiculous provision that this senior citizen, who has been incarcerated almost all his working life, must hold down a job for the next five years.

But finally, Junior Allen is a free man. In his own words to his supporters who met him outside the prison, "I won't be truly happy until I see a sign that says I'm outside of North Carolina."

Junior Allen's release, one can surmise, did not come about because of the kindness of the North Carolina parole board. No, it was the work of supporters like Rich Rosen, a Chapel Hill law professor who took up the Allen case three years ago. It was the work of many community activists and religious leaders in North Carolina,

15TH YEAR OF FAN CARE FOR ELDERLY IN VIRGINIA

Gov. Mark R. Warner announced recently the beginning of the 15th consecutive year of Fan Care, a Virginia Department for the Aging and Dominion Virginia Power partnership that has provided nearly 22,000 fans to senior citizens to help them stay cool during the summer.

Fan Care provides free fans to elderly Virginians who live within Dominion's service area and who meet eligibility requirements. Fan Care is a public-private partnership administered by the Department for the Aging. Dominion is the primary sponsor.

"I am pleased that the Commonwealth's Department of Aging and Dominion Virginia Power with the help of Wal-Mart have once again stepped up to meet this public need," Governor Warner said. "The heat of the summer months creates unique problems and dangers for our seniors, and I am grateful that these individuals will be able to spend the summer months under better conditions."

Dominion donates \$27,500 to the Fan Care program each year, most of which goes toward the purchase of fans. Limited funds are available to agencies

to purchase air-conditioners for clients with more serious health problems.

For the 11th year, Wal-Mart will be a Fan Care partner, serving as the statewide retailer providing fans to local Area Agencies on Aging at a discounted rate. This discount will enable the program to purchase more fans with the available funds.

Local Area Agencies on Aging administer Fan Care by screening applicants and distributing fans. To be eligible for Fan Care, an individual must:

- Live in Virginia.
- Be age 60 or older.
- Have a need for cooling assistance.
- Meet income guidelines defined by the Area Agencies on Aging.

Those who are eligible can receive one fan per cooling season. The program will continue until Sept. 30, or as long as funds last. Dominion invites other utilities, electric cooperatives, municipalities and businesses to contribute as Fan Care partners.



Mark Warner (D)
Governor of Virginia

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COMMUNITY NEWS

June 10, 2005

ALEXANDRIA

CITY OF ALEXANDRIA HOLDS ARLANDRIA-CHIRILAGUA FESTIVAL

The City of Alexandria's Arlandria-Chirilagua Festival is scheduled for **Sunday, June 12, from noon-7 pm** in the 3700 and 3800 blocks of Mt. Vernon Avenue. Admission is free and the festival will be held rain or shine.

The event will feature traditional musicians including instrumentalists, soloists, and performing groups; and displays showcasing traditional arts, crafts, paintings, and souvenirs. Food and beverage will be available for purchase.

The City's Department of Recreation, Parks, and Cultural Activities and the Tenants' and Workers' Support Committee are co-sponsoring the festival.

For more information on the Arlandria-Chirilagua Festival, call the City's Special Events Hotline at **703-883-4686**.

Visitors to the event are encouraged to park at the Cora Kelly Elementary School, 3600 Commonwealth Ave., or use public transportation. For bus route information, call the City's Office of Transit Services & Programs at **703-838-3800**.

FAIRFAX

CITY OF FAIRFAX BAND CONCERT

The City of Fairfax Band Association, **Robert Pouliot**, Music Director, presents the Blaskapelle "Alte Kameraden" German Band Summer Concert to be held on **Thursday, June 16 at 8PM** on the City Hall lawn, 10455 Armstrong St, Fairfax, VA. Cost is *free*. Bring a chair or blanket to sit on. Weather permitting. Contact: City of Fairfax Band Office, **703-757-0220**, info@fairfaxband.org or www.fairfaxband.org

DOMESTIC VIOLENCE CONFERENCE

On **Friday, June 17**, health, mental health, legal and social services professionals, religious leaders and educators will convene at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, for a daylong conference on cross-cultural perspectives in addressing domestic violence.

Fairfax County Executive **Tony Griffin** and Police Chief **David Rohrer** will speak, highlighting the county's efforts to respond to domestic violence. Virginia Secretary of Public Safety **John Marshall** will offer opening remarks as well.

Sujata Warriar, director of the New York State Office for the Prevention of Domestic Violence, will present the opening address for the morning session, "Cross-Cultural Perspectives in Addressing Family Violence." This will be followed by "The Rosie Story," a 50-minute segment of the play "The Three Roses," about a Puerto Rican woman victimized by domestic violence. **Olga Trujillo**, consultant and attorney specializing in sexual assault, domestic violence and child abuse, will provide the opening address for the afternoon session, "Family Violence Through the Eyes of Children." Trujillo will offer insights into how cultural factors helped her overcome her childhood experience with family violence. Attendees will have the opportunity to participate in small break-out groups following the morning and afternoon plenary sessions.

"This is a breakthrough event in this region," says **Dennis Hunt**, executive director of the Center for Multicultural Human Services. "Cultural and language diversity make the issue of domestic violence and how to address it very complex. The highly collaborative nature of this conference demonstrates both the desire and the need for service providers across all sectors to come together to share a common understanding so we can deal more effectively with this difficult issue."

The conference, held from **8a.m. to 4p.m.**, is being convened by the Center for Multicultural Human Services in collaboration with the Fairfax County Domestic Violence Prevention, Policy, and Coordinating Council; Boat People SOS; Tahirih Justice Center; the Women's Center; FAITH; Juvenile and Domestic Relations Court; Fairfax County Police Department; Shelter House; and Legal Services of Northern Virginia.

For more information or reasonable ADA accommodations, call **Ricarda Dowling** at **703-533-3302**, TTY **711**. To register online, visit the Center for Multicultural Human Services at www.cmhs.org/about/events/dvconf.html.

MONTGOMERY COUNTY

ANNUAL CAPITAL IMPROVEMENTS PROGRAM BUDGET FORUMS

Individuals and groups are invited to attend public forums in **June and July** to offer input into the County's six-year Capital Improvements Program (CIP) budget. The forums, hosted by local citizen advisory

boards, are intended to help define construction and planning priorities for the various regions in the county.

Capital projects include costs for new construction and the renovations of major projects such as roads; public schools, including Montgomery College; water and sewer lines; parks; libraries; health and recreation facilities; and other public buildings and projects. All forums begin at **7p.m.** The forums will be held:

- **Tuesday, June 14**—Eastern Montgomery Regional Services Center, 3300 Briggs Chaney Road, Silver Spring, **240-777-8400**;
- **Monday, June 20**—Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda, **240-777-8200**;
- **Tuesday, June 21**—Mid-County Regional Services Center, 2424 Reedy Drive, Wheaton, **240-777-8100**; and
- **Monday, July 11**—Gwendolyn Coffield Recreation Center, 2430 Lyttonsville Road, Silver Spring, **301-565-7300**.

Suggestions and comments from participants will be considered by area citizen advisory boards for inclusion in the list of priorities

that will be submitted to the County Executive in late July for funding consideration in the next CIP. The list is also shared with County departments and agencies for planning purposes.

COMMUNITY FORUM ON ACCESSING MENTAL HEALTH SERVICES

The public is invited to attend a community forum on **Thursday, June 16** to learn more about accessing mental health resources in Montgomery County. The forum will be held from **7 to 8:30p.m.** at the Council Office Building, first floor auditorium, located at 100 Maryland Avenue in Rockville.

Staff from the County's Department of Health and Human Services will discuss mental health programs available to community residents, and a representative of the National Alliance for the Mentally Ill will discuss family support programs.

The community forum is sponsored by the Montgomery County Commission on Health and the Montgomery County Mental Health Advisory Committee.

For more information about the forum, call **240-777-1141**.

CHOOSE TO BE ELECTRICITY SMART



THE ENERGY PATROL BRINGS SMART CHOICES TO LIGHT

Students from around the District are getting educated about electricity and you should too. As the District's electricity market continues to evolve, the Energy Patrol knows that understanding your monthly electricity bill and how much you use is important.

The Energy Patrol takes steps to reduce energy use around the District's schools and there are a number of ways you can reduce your electricity usage in your own home. Turning off lights when they're not needed, changing air conditioner and furnace filters, and reducing hot water use by taking showers instead of baths are all simple things that add up to saved money and saved energy.

You can track your monthly electricity use on the Energy Usage History chart on your bill. This section also tells you the price you pay for electricity — this price is what you use to compare offers from electricity suppliers.

Follow the Energy Patrol's lead and watch your electricity usage and electricity bill go down.

Energy Usage History					
DAYS	Dec 03	Jan 04	Feb 04*	Mar 04	Apr
KWH	33	34	29	28	
	786	901	835	354	

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WEDDING ETIQUETTE

shows them how to get through their wedding experience without being labeled a "Bridezilla" or any other term less flattering than "blushing bride."

Covering such wedding staples as invitations, attendants, showers, registries, the ceremony, and the reception, etiquette guru Jeanne Hamilton offers advice on many prickly matters such as:

- How to gracefully fire a bridesmaid
- How to deal with the drunken best man who is about to air dirty laundry in his toast
- How to handle an embarrassing bachelorette party (and the aftermath) with poise
- And much more!

Hamilton provides for a great source for humorous wedding day horror stories but also an expert at bridal etiquette.

Jeanne Hamilton

With summer and the wedding season upon us, wedding consultant **Jeanne Hamilton** is at your disposal with **WEDDING ETIQUETTE HELL: The Bride's Bible to Avoiding Everlasting Damnation** a fun, laugh-out-loud guide to what not to do on your wedding day. By providing hilarious real-life examples of wedding no-nos, this hip how-to takes prospective brides through the potential pitfalls of the Big Day and

AMPRO RELEASES NEW HAIR CARE LINE



has a light weight texture intended to add body and shine to all hair types. Its clean fresh fragrance is reminiscent of a cool summer rain shower.

"I love that it makes my hair smell good and that it is so light," said **Marguerite Spicer**, a survey respondent. "I also enjoy Purple Rain because it doesn't clump in my hair and it leaves it shiny and smooth."

Another consumer introduced to the product was **Mary Clark**. "I only needed to use Purple Rain once because it held my hair the rest of the week," said Clark. Purple Rain Styling Gel is available at a number of retail outlets including, Wal-Mart, Fred's, Kroger and most beauty supply stores.

Two new products in the Purple Rain line are Purple Rain Gloss Spray and Purple Rain Styling Foam which will be introduced to the market in the late summer.

Ampro Industries, Inc., the creator of America's number one hair gel, has over 40 years experience manufacturing more than 20 ethnic hair care products including consumer favorites Pro Styl, Clear Ice, and Marcel Wax. Ampro Industries, Inc. is headquartered in Memphis, Tennessee.

Ampro Industries, Inc. launches a new line of hair care products specially formulated for ethnic consumers. The first product is Purple Rain Styling Gel, an upscale hair gel, designed to provide maximum hold for any hair type.

Purple Rain Styling Gel is Ampro Industries, Inc.'s response to consumers' request for a light weight hair gel. "After extensive market research we found that many consumers wanted a hair gel that made hair more manageable. They also wanted a gel that conditioned hair, but didn't weigh it down," said **Jack Sammons**, President of Ampro Industries Inc. "I believe we have in Purple Rain Styling Gel exactly what our clients requested, a perfect balance of control and body."

Purple Rain's unique blend of performance specific ingredients is designed to deliver a natural hold, even in humid environments. Purple Rain Gel

ARLINGTON COUNTY & ZIPCAR LAUNCH JOINT CARSHARING PROGRAM

Zipcar and Arlington County announced recently that Arlington's Car-Share initiative will become a permanent part of its "Way to Go Arlington" program, and will expand car-sharing to put Zipcars in four new locations throughout Arlington County as well as additional vehicles in the Rosslyn to Ballston corridor.

Arlington County and Zipcar staff will be educating residents about the benefits of car-sharing and offering incentives for new members who sign up before **July 18th, 2005**. In addition to waiving application and annual fees, Zipcar will be giving free driving credits to new individual members and \$250 worth of credit going to new business accounts. Car-sharing creates great benefits for Arlington County. It is estimated that each Zipcar replaces 20 privately-owned vehicles, resulting in less congestion on the roadways, fewer emissions and more parking spaces.

For individuals without cars, Zipcar offers transportation freedom without all the hassles of car-ownership. People who switch from car-ownership to car-sharing report saving an average of \$435 a year as well as driving nearly 80% less than when they owned their own vehicles

Zipcar offers a Z2B (Zipcar to Business) program that places cars at or near businesses so employees have the convenience of a car at work while being able to rely on public transportation for their commute. This, in turn, helps to diminish rush hour traffic and decrease average commute time.

REYNOLDS WRAP® FOIL AND AMERICA'S TOP BARBECUE RESTAURANT FIRE UP THIS GRILLING SEASON

The search is over. **Pat and Betty**, Reynolds Kitchens Home Economists, looked far and wide to find the hottest grilling recipes from restaurants across the country. And, now you can replicate these famous flavors on your own grill by using Reynolds Wrap® Release® Non-Stick Foil and Reynolds Wrap® Heavy Duty Aluminum Foil. These essential tools make grilling even easier so you can produce excellent results every time you fire up the grill.

If you're looking for great tasting ribs, then look no further than Kansas City's Zarda Bar-B-Q. You can bring home the taste and style of Kansas City, no matter where you live by making the Zarda Kansas City-Style BBQ Spare Ribs. Preparing ribs in a Reynolds Wrap Heavy Duty Aluminum Foil packet is so easy because it eliminates the need to par-boil the ribs and it ensures that they will turn out moist and tender. And, what better way to complement your ribs than with a side dish of the famous Zarda Bar-B-Q Baked Beans. In fact, they're so popular, Zarda even sells them in

grocery stores across the country. Or, you can make them on your grill at home in a Reynolds Do-It-Yourself (DIY) Foil Grill Pan. This nifty way to cook outdoors means you won't create a mess in your kitchen, so cleanup is a breeze.

"New York does not immediately come to mind when you think of barbecue, but it will after you visit Dinosaur Bar-B-Que," says Pat Schweitzer, Senior Home Economist in the Reynolds Kitchens. "Customers at Dinosaur, with restaurants located in New York City, Syracuse and Rochester, enjoy nationally acclaimed barbecue, as well as award-winning live blues music." Try this delectable Dinosaur Bar-B-Que dish, Grilled Curry Pineapple BBQ Chicken, and wow your family and friends with a slightly Asian, by way of New York, taste. The best way to grill this dish with all its sticky ingredients is to line your grill grate with Release Non-Stick Foil. Using the non-stock foil guarantees that the chicken and pineapple won't stick to the grill and you can enjoy every succulent bite.

No barbecue excursion would be complete without stopping in Austin, the "buckle of the Texas barbecue belt." So, next time you're nearby, mosey on over to Driftwood, Texas, to The Salt Lick Barbecue Restaurant – an establishment so popular that some of the patrons even take their marriage vows there. Treat your family to some of the best barbecue the Texas hill country has to offer with the Salt Lick BBQ Sirloin and Texas Hill Country Potatoes Packet. Beware, these dishes are not for the faint hearted—just like a Texas longhorn, they have some kick. And, as the whole meal is prepared on the grill, the heat's in the food, not in the kitchen.

Now with the help of Reynolds you can take your own barbecue tour of the country by preparing these recipes from some of America's hottest barbecue restaurants. Reynolds Wrap Heavy Duty Foil and Release Non-Stick Foil are your essential tools to make grilling even easier. Visit reynoldskitchens.com for more recipes and tips.

SALT LICK BARBECUE SIRLOIN PACKET

1 sheet (18x24-inches) Reynolds Wrap® Heavy Duty Aluminum Foil

DRY RUB:

- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 2 teaspoons packed brown sugar
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons cayenne pepper

INGREDIENTS:

- 1 pound boneless beef sirloin steak, thinly sliced
- 1/4 cup Salt Lick Barbecue Sauce or chipotle barbecue sauce
- 1 medium yellow onion, thinly sliced
- 1 medium poblano pepper, seeded and cut in thin strips

PREHEAT grill to medium-high indirect heat. For indirect heat, the heat source (coals or gas burner) is on one side of the grill. Place the food on the opposite side with no coals or flame underneath.

COMBINE ingredients for Dry Rub in a small bowl. In a large bowl, combine 2 tablespoons of the rub mixture with the beef strips. Stir in barbecue sauce; set aside. Reserve the remaining Dry Rub for other uses.

CENTER onion slices on sheet of Reynolds Wrap Heavy Duty Aluminum Foil. Top with pepper strips. Arrange beef mixture over onion and pepper in an even layer.

BRING up foil sides. Double fold top and ends to form one large foil packet, leaving room for heat circulation inside.

GRILL 20 to 25 minutes in covered grill over indirect heat.

REYNOLDS KITCHENS TIP: To make your own Chipotle Barbecue Sauce, combine 1/4 cup barbecue sauce, 1 tablespoon packed dark brown sugar, 1 tablespoon lime juice and 1 to 2 teaspoons chopped chipotle peppers in adobo sauce.

This recipe is from The Salt Lick Barbecue Restaurant, Driftwood, Texas.

Number of Servings: 4

ZARDA KANSAS CITY-STYLE SPARERIBS

2 sheets (18x24-inches each) Reynolds Wrap® Heavy Duty Aluminum Foil

DRY RUB:

- 1/4 cup packed brown sugar
- 1 to 3 tablespoons salt
- 1 tablespoon chili powder
- 1 tablespoon black pepper
- 1/2 teaspoon ground allspice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon celery salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cumin

INGREDIENTS:

- 3 pounds pork spareribs, cut in half
- 1/2 cup water
- 3/4 cup Zarda Kansas City Classic Barbecue Sauce or your favorite barbecue sauce

PREHEAT grill to medium.

COMBINE ingredients for Dry Rub in a small bowl; sprinkle over ribs and rub into meat, turning to coat ribs evenly.

CENTER half of ribs in single layer on each sheet of Reynolds Wrap Heavy Duty Aluminum Foil.

BRING up foil sides. Double fold top and one end. Through open end, add 1/4 cup water. Double fold remaining end to seal packet, leaving room for heat circulation inside. Repeat to make two packets.

GRILL 45 to 60 minutes in covered grill. Remove ribs from foil; place ribs on grill and brush with barbecue sauce. CONTINUE GRILLING 10 to 15 minutes, brushing with sauce and turning every 5 minutes.

This recipe is from Zarda Bar-B-Q Restaurant, Kansas City, Missouri.

Number of Servings: 4

GRILLED PINEAPPLE CURRY CHICKEN

Reynolds Wrap® Release® Non-Stick Foil

CURRY RUB:

- 2 tablespoons curry powder
- 2 teaspoons Kosher salt

- 2 teaspoons black pepper
- 1 teaspoon packed brown sugar

COCONUT LIME SAUCE:

- 1/2 cup coconut milk
- 1 teaspoon Curry Rub
- Juice from one-half fresh lime

HONEY BARBECUE SAUCE:

- 1/4 cup Dinosaur Bar-B-Q Sauce or your favorite barbecue sauce
- 1/4 cup honey

INGREDIENTS:

- 4 (4 to 6 oz. each) boneless, skinless chicken breast halves
- 1 medium red onion, sliced 1/4" thick
- 1 tablespoon vegetable oil
- 1/2 medium fresh pineapple, cored and sliced 1/4" thick

PREHEAT grill to medium-high. Tear off a sheet of Reynolds Wrap Release Non-Stick Foil long enough to cover entire grill grate. Make drainage holes in the sheet of non-stick foil with a large grilling fork; set aside.

COMBINE ingredients for Curry Rub, Coconut Lime Sauce and Honey Barbecue Sauce in separate bowls; set aside. Sprinkle remaining Curry Rub over chicken. Brush onion slices with vegetable oil.

PLACE foil sheet with holes on grill rack with non-stick (dull) side towards food; immediately place chicken, onion slices and pineapple slices on foil.

GRILL chicken, onion and pineapple 3 to 5 minutes; turn. Brush chicken and onion slices with Honey Barbecue Sauce; grill 5 minutes longer. Remove pineapple and onion slices from foil sheet. Turn chicken and brush with barbecue sauce. Continue grilling 3 to 5 minutes or until chicken is tender and juices run clear or meat thermometer reads 170°F.

PLACE onion and pineapple slices on top of chicken. Drizzle with Coconut Lime Sauce. Grill 2 to 3 minutes or until sauce is heated.

This recipe is from Dinosaur Bar-B-Q, Syracuse, New York.

Number of Servings: 4

2005 NURSING EXCELLENCE DC-BALTIMORE REGIONAL WINNERS

Nursing Spectrum, an RN-focused multimedia organization, has announced the 2005 DC/Baltimore regional winners of its annual Nursing Excellence Awards.

Nursing Spectrum's Regional Nursing Excellence Awards honor the most extraordinary nurses in the DC/Baltimore area. These are nurses who have been nominated by their colleagues, peers and supervisors for outstanding service and dedication to their patients and the profession of nursing.

Nursing Spectrum solicited nominations for Nursing Excellence Awards in six categories, and well over a hundred nominations were received. The 2005 DC/Baltimore Regional Nursing Excellence winners, by category, are:

- **Karen Drenkard**, RN, MSN, CNA, CPHQ (Fairfax, VA); Chief Nurse Executive/Vice President for Nursing; Inova Health System, Falls Church, VA—**Category:** Advancing the Profession: RNs who have made contributions that have advanced and strengthened nursing as a profession.
- **Jennifer Connor**, RN, BSN (Rockville, MD); Oncology Staff Nurse, Montgomery General Hospital, Olney, MD—**Category:** Clinical Care: RNs who demonstrate excellence in direct-care delivery in any clinical setting.
- **Mary Peroutka**, RN, BSN (Elliott City, MD); Staff Nurse, Labor and Delivery; Howard County General Hospital, Columbia, MD—**Category:** Community Service:

RNs who have made significant professional or voluntary contributions that have improved patient care.

- **Joyce Johnson**, RN, DNSc, FAAN (Rockville, MD); Senior Vice President of Operations and Chief Nursing Officer; Georgetown University Hospital, Washington, DC—**Category:** Leadership: RNs who have demonstrated exceptional leadership of nursing or patient care services in any setting.
- **Deborah Kisner**, RN, PhD (Fallston, MD); Director of Surgical Services, Franklin Square Hospital Center, Baltimore, MD—**Category:** Mentoring: RNs who provide a positive professional influence, guidance and support of other nurses in any setting.
- **Wendy Unison-Pace**, RN, BSN, MS, BCETS (Fredericksburg, VA); Assistant Professor, Nursing; Northern Virginia Community College, Springfield, VA—**Category:** Teaching: RNs who have made significant contributions in education, professional development, and/or long-term learning of nursing professionals.

These Nursing Excellence Award winners are profiled online at www.nursingspectrum.com.

The Annual Nursing Excellence Awards are one of the ways in which Nursing Spectrum is recognizing the contributions of nurses. All of these regional winners will be eligible for Nursing Spectrum's National Nurse of the Year Awards, to be presented this fall.

ALEXANDRIA HEALTH CREATES MOSQUITO CONTROL PROGRAM

The Alexandria Health Department's Environmental Health Division has created a mosquito control program to better serve the residents of Alexandria. **Patricia Ferrao**, a professional in the field of mosquito-borne disease control, has been selected to head the new program. Also added to staff are a full-time environmental health biologist, **Holly Feltner**, and two seasonal biologists. These new employees will eliminate the need for outside contractors to manage Alexandria's mosquito control program.

According to Environmental Health Director **Bob Custard**, "By bringing all of our mosquito surveillance and control efforts 'in-house,' we are able to better serve the residents of Alexandria. Neighborhoods that experience an adult mosquito problem will be able to contact us directly. We can offer a more timely response to citizens and can develop workable strategies that help prevent the spread of mosquito-borne diseases, such as West Nile virus."

Human cases of West Nile virus were first diagnosed in Alexandria in 2002. Last year, there were no laboratory confirmed human cases of the West Nile virus in the City and just five cases statewide. However, there were seven mosquito pools (collections) that tested positive for the West Nile virus in the Alexandria. Fortunately, there are ways of preventing the spread of diseases like West Nile. By eliminating mosquito-breeding areas, residents can play a large role in these efforts.

Alexandria Health Director **Charles Konigsberg, Jr.**, MD, MPH, is looking forward to hearing input from residents about the new program. "We urge resi-

dents to call us with any questions or comments and to report mosquito breeding areas," Dr. Konigsberg said.

Goals of the new program include:

- Increased public education and awareness regarding the importance of mosquito control efforts: working with different City agencies and neighborhood associations on collaborative mosquito control initiatives, and enlisting the aid of residents to help eliminate mosquito-breeding areas.
- Targeted surveillance efforts: while the Health Department no longer collects dead bird carcasses as a way to test for the West Nile virus in the community, health officials are interested in hearing from residents regarding dead bird sightings. This will aid in targeted mosquito surveillance efforts.
- Mosquito Surveillance and Control Services: to monitor the number and species of mosquitoes in Alexandria, biologists will begin setting mosquito traps in different areas of Alexandria beginning early this month. The information generated will aid in directing mosquito-control services based on the species type. Residents may see the well-marked light trap devices hanging in their neighborhood.

For more information on the new Alexandria Mosquito Control Program, contact Patricia Ferrao, at 703-838-4400 ext. 327, or Holly Feltner, 703-838-4400 ext.326. For more information on West Nile prevention, visit www.vdh.virginia.gov, or www.alexhealth.com.

FREE SKIN CANCER SCREENING

The seventh annual Play Smart When It Comes To The Sun will be held on **Monday, June 13th, 10am to 12 noon**, at 5301 Wisconsin Ave, Ste 110 (corner of Jennifer & Wisconsin) Washington DC. The goal of this public education program is to increase awareness about skin cancer prevention and detection through a partnership between the AAD, Major League Baseball and the Major League Baseball Players Association. Major League Baseball teams throughout the country will be screened for skin cancer during the season by local dermatologists in their areas.

Americans are urged to begin a lifelong habit of prevention and regular skin self-examinations. Designated by the American Academy of Dermatology, the program is designed to raise awareness and prevention of melanoma, the deadliest form of skin cancer.

Across the country, people can participate in free skin cancer screenings. To find additional free screenings, visit www.aad.org or call 1-888-462-DERM.

Dr. **Eliot Battle** can discuss the warning signs of skin cancer, how to perform regular skin self-examinations and how to practice sun safe behavior to reduce your chances of developing skin cancer, as well as the UV index, and various sun-screens.

Skin cancer affects 1 in 5 Americans, and more than 1 million new cases are diagnosed each year, making it the #1 leading cancer in the US. Of these cases, more than 105,750 are melanoma, a deadly cancer that claims nearly 10,000 lives each year.

More information on skin cancer is available at www.aad.org.

When responding to an ad, tell them you saw it in *The Metro Herald*

DEMAND FOR PLATELETS EXCEEDS RESPONSE FROM DONORS

The Greater Chesapeake & Potomac (GC & P) Blood Services Region of the American Red Cross is reporting a drastic shortfall in platelet inventory, as a direct result of the low donor response surrounding the Memorial Day weekend. Hospital orders are going unfulfilled in some cases, and patients that depend on blood platelets may be put at risk. Platelet donors are being urged to call 800-272-2123 to schedule a donation immediately.

Platelets are produced when a unit of whole blood is broken down into components. Among these components are red blood cells, plasma, and platelets. Apheresis technology, available at many area Red Cross blood Donor Centers, allows some donors to give only platelets, while remaining blood components are returned to the donor before the process is complete. Donating platelets is unique for a number of reasons. The donation takes slightly longer than a standard whole blood donation. Apheresis donors may give platelets much more frequently: up to 24 times per year, as opposed to the 56-day deferral period for whole blood donors. Most importantly, platelets must be transfused to patients within 5 days after they are donated, whereas red blood cells have a shelf life of up to 42 days.

"Blood platelets help treat a number of patients throughout our community," said Dr. **Joan Gibble**, Medical Director for the GC & P Region. "Cancer patients, those with various blood diseases, and many others rely on blood platelets to survive. It is our responsibility to ensure that blood platelets are available for patients and physicians, when they need them."

For questions regarding eligibility, as well as a listing of local Donor Centers which are equipped with apheresis technology, please call 800-272-2123. More information regarding platelet donation, as well as a listing of all upcoming promotional campaigns, can be found at www.my-redcross.org. As a token of appreciation, the GC & P Region is offering a limited edition grey Red Cross T-shirt for all participants throughout the month of **June 2005**.

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WHAT BLACK HISTORY MEANS TO ME

June 10, 2005

“WHAT BLACK HISTORY MEANS TO ME” ESSAYS

NASYIR

Black History me equal rights to me. Black people risked there lives for equal rights. Some pepole like Dr. King and Rosa Parks stood up for equal rights. We celabrate black history month for the people who tried to make the world a better place for African-Americans.

STELLA THOMPSON

black history means freedom and the rights about Martin Luther King Jr.

I am a third-year teacher, but in my second career in life. My first career was in retail for a total of 20 years. I am now living a childhood dream, “teaching.”

—Joyce Jackson
2nd Grade Teacher
Bunker Hill Elementary School

he was a black man that was a leader not a follower. Black history means Blacks and Whites Share things. Black history is about friendship.

DANAY CLARK

What black History mean to me is Dr. King. I think about when he said he had a Dream that whites peole and Black people would like and work together. they would not have there own place to eat and places to go. Black History also means she got put in jail because she did not want to give up her seat to a white man.

ANDREW

Black History mean making the Earth a bette place to live. It also means making the world a better place to play in the parks and better places to eat. I think Black History is important because the world is a betters place when there is not slavery.

JAZZLYN

Black History is when Rosa Parks was sitting in the front of the bus and then a while man came in she had to give up her seat but she didn't. Rosa Parks got arrested. That's when people could set where they wanted. African American were treated like slaves. Then later on in the days they got treated better. They fought to save our lives.



Mr. Lewis Hicks (left), Director of the Alexandria Black History Museum, accepts class donation from Ms. Yvette M. Medley (foreground) as Ms. Lillian Patterson, Curator of the Alexandria Black History Museum, looks on.

BRADI

Black history means learning about important African Americans Mae Jefferson was in a school called Dartmouth and it was a good school. Maes Jefferson liked to dance in the movies. Mea Jefferson wanted to see if aliens were in space and when she was 48 she was the first woman who went to space. Mae Jefferson flew who people out of space and when they came back they crashed.

OCTAVIA

Black Histor means people and me pray to the lord I say to jeuss make our lives better And make sure that every body has equal rights History mean like that speech Dr. Martin Luther King Jr. Said I have a Dream His speech change the whole world to a whole new world. I want the world to be a better place to live in.

KHADYAH AKEEM

What Black History Means to Me.

What Black History means to me is that its celebrating the contribution of black people like Madame C.J. Walker. Madame C.J. Walker was a good person because she freed slaves. She showed people the underground railroad. We need more people like Madame C.J. Walker because she really cared about people.

EMILY THOMPSON

What Black History Means to me. What Black history means to me is good to me. Rosa Parks sat down and didn't get up for a white person and she went to jail. I feel happy about Rosa Parks because I can read about her.

ANGEL COX

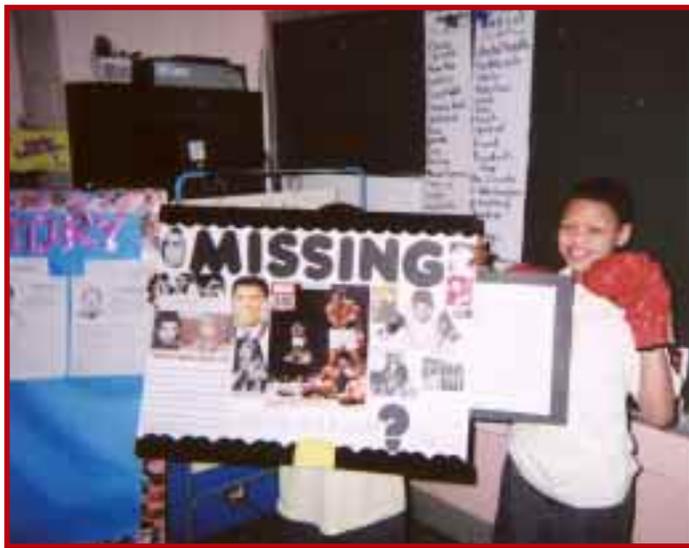
What Black History Means To Me Bill cosbey was a famous T.V. star. A lot of black people was famous like Madame C J Walker and Bill Cosby. I feel happy about Bill Cosby because I can read about him. Black History is my favirote month because I am black.

I do not only teach African-American history during the month of February. I take every opportunity to educate my students about the accomplishments of Africans and African-Americans to our society. I want my students to understand that we, as a people, have given much to the world. It is important to me that my students understand that our history does not begin or end with slavery. If my students know what Black History means to them they are better able to know what they can give to the world.

—Senetria Blocker
2nd Grade Teacher, Bunker Hill Elementary School

THOMAS BRUCE

Muhammad Ali is important to me because he fought for equal rights and he boxed. He was a champion of boxing and won a lot of medals and he was the best of boxing.



WILLIAM MEDLEY, II

Black History is important to me because a lot of Black Americans fought to make the world a better place.

Black History is important to me because Dr. King protested so people would have equal rights.

Black History is important to me because Jessie Owens got four gold medals in the 1936 Olympics.



Ms. Lillian Patterson, Curator at the Alexandria Black History Museum, explains an exhibit to some of the students from Bunker Hill Elementary during their field trip.

Participating students: Khadijah Akeem, Andrew Baskerville, Derrick Branch Jr., Thomas Bruce, Danay Clark, Angel Cox, Marcia Daniels, Kaylah Duvall, Daryl General Jr., Nathaniel Hiligh, Jazzlyn Hill, Kenneth Hubbard, Anjette Isbell, Nyla Klusmann, Jevon Lee, William Medley II, John Onley, Mathius Onley, Angel Patterson, Deante Phillips, Vinton Rattigan, Taylor Shaw, Chevaune Shorts, Naszir Simmons, Annmarie Thompson, Emily Thompson, Octavia Thompson, Richard Thompson, Stella Thompson, J'Lynn Tucker, Saul Walls, Bradi Watson, Danielle Wheat, Kayon Whitaker, Marquette Wilson

Joyce Jackson and Senetria Blocker, two second grade teachers at Bunker Hill Elementary School in Washington, DC, began a Black History Month project in February of 2005. Although the project started as part of Black History Month, it lasted throughout the rest of the school year culminating with a recent visit to the Alexandria Black History Museum.

The project required that each student read a book about a famous black person in history. They were to pretend that the person in the book was missing and acting as a detective, create a “Missing Person” poster. The students used their critical and creative thinking skills to design eye-catching posters including pictures, events and accomplishments from their “missing” person’s life.

The finished product was a huge success. The activity helped build self-esteem, pride and it motivated the students to set future academic goals. The students concluded that without Black History Month, history is truly incomplete.

In addition, the students wrote essays entitled “What Black History Means To Me.” Three of these essays are represented on the cover along with a combined class picture of the teachers and students who participated in the project. There is not enough room to print all of the essays, but a sampling of them are printed elsewhere on this page along with an alphabetical listing of the participating students’ names. The essays are written as the children wrote them, misspellings and all.

To raise money for their field trip to the Alexandria Black History Museum, the students held several bake sales at school. As a result they were able to pay for their trip as well as make a donation to the museum. The donation was presented to Mr. Lewis Hicks, director of the museum, by Ms. Yvette M. Medley. Ms. Lillian Patterson, curator at the museum, was on hand to guide the students through the exhibits and answer their questions.

FATHER'S DAY 2005

June 10, 2005

TAKE DAD AWAY FROM THE DAILY GRIND AT GEORGE WASHINGTON'S GRISTMILL

Mount Vernon invites families to explore "science in motion" this Father's Day at George Washington's Gristmill from **10a.m. to 5p.m.** Fathers will enjoy history and science coming together when costumed millers lead tours of the Gristmill featuring gears that measure up to 16 feet! Watch as water from Dogue Creek goes through the mill, setting the massive gears into motion, and see the end result: cornmeal ready to use in the kitchen! Bags of cornmeal are milled on site and available for purchase. George Washington's Gristmill is located just three miles south of Mount Vernon on the site of Washington's original mill and distillery. Combination tickets which include a visit to the Gristmill and Estate are sold at Mount Vernon's Main Gate. Admission to the Gristmill is just \$2 for adults and \$1.50 for children when added to Estate admission. Children under 5 are *free* to the Estate and Gristmill.

After Washington inherited Mount Vernon, he rebuilt the Gristmill, making it larger and more efficient. The 18th-century mill was one of Washington's many enterprises, and the first president is considered a farming pioneer for his innovative techniques. Washington ground cornmeal and flour at the mill that was used at Mount Vernon and traded around the world. The Gristmill is an authentic reconstruction of Washington's 18th-century mill.

Tours of Washington's Gristmill provide families with the history of the building and the people who lived and worked at this site over 200 years ago. Picnic tables are available for families to relax and enjoy the outdoors.

Events, programs, and activities are subject to change.

Public Information: **703-780-2000; 703-799-8697 (TDD); www.mountvernon.org**

GADSBY'S TAVERN MUSEUM TO HOST FREE FATHER'S DAY TOURS

On Sunday, June 19 from 1pm to 5pm, celebrate with your favorite father at the place where the Father of our Country ate, drank, and influenced history. Gadsby's Tavern Museum is pleased to offer *free* tours on Father's Day for all visiting fathers!

Tours begin at quarter past and quarter 'til the hour. Last tour at **4:45p.m.** Gadsby's Tavern Museum is located at 134 North Royal Street, Old Town Alexandria. Tours are *FREE* for all fathers; \$4 for all other adults and \$2 for children (ages 11-17).

Visit www.gadsbystavern.org or call for more information, **703-838-4242**.

PUT DAD'S HEAD IN THE CLOUDS FOR FATHER'S DAY

If you are stuck on what to get Dad for Father's Day, try just looking up. The General Aviation industry's non-profit BE A PILOT Program offers first flying lessons for just \$49 at more than 2,100 flight schools nationwide.

For a list of the ones in your area visit www.beapilot.com/cgi-local/schools/display2.pl?sorted_field_value=VA&sorted_field_number=5.

Putting Dad's head in the clouds for Father's Day couldn't be easier. Simply register dad at www.beapilot.com, or call **888-BE A PILOT**. The intro flight certificate he'll receive is *free*; you pay the school when he goes to take the lesson.

Instead of another tie or power tool, dad can tool around over the neighborhood as the pilot of an airplane, under the sure-handed guidance of an FAA-licensed flight instructor. He may even decide to pursue his pilot's license.

As June is also National Learn to Fly Month, there's no better time to get dad off the ground for Father's Day.

A SPECIAL FATHER'S DAY OPEN HOUSE AT FRIENDSHIP FIREHOUSE

On Sunday, June 19 from 1pm to 5pm, Friendship Firehouse is offering special tours for Fathers on Father's Day. On this special day, Friendship Firehouse will make every father an honorary Chief of the Friendship Fire Company Bucket Brigade. Every dad, with his children, will receive a certificate, get to ring the fire bell, and have his picture taken with the Friendship fire engine.

This popular event is open to the general public.

Friendship Firehouse is located at 107 South Alfred Street, Alexandria, VA. Cost is *free* and open to the public.

For more information, call **703-838-3891**. Friendship Firehouse is open Friday through Saturday from 10am to 4pm and Sundays from 1pm to 5pm. Friendship Firehouse is owned and operated by the City of Alexandria.

BOAT TOURS FOR DADS AND GRADS

Set your sails for fun on one of Maryland's boat tours. Whether for dad or grads, a boat tour is a creative idea to celebrate in style. Whether it's to sightsee, enjoy a meal or spend time with friends and family, you're sure to have a ball while taking in the fresh air and beautiful scenery.

The sites listed below are only a sampling of Maryland's numerous boat tours. Call ahead for departure times, costs and seasonal schedules.

For more information call **800-719-5900** or visit www.visitmaryland.org.

CECIL COUNTY

Chessie: Elk River Tours

600 Rowland Drive

Port Deposit, MD 21904

443-466-3237

www.elkrivertours.com

Explore the Northern Chesapeake Bay on this 52-foot catamaran.

The Lantern Queen

40 Harry's Lane

North East, MD 21901

1-888-937-3740

www.lanternquenn.com

Cruise along the Susquehanna River and the Chesapeake Bay in a Mississippi river boat replica.

Miss Clare

64 Front Street

Chesapeake City, MD 21915

410-885-5088

<http://users.eclipsetel.com/~cas001/tours.htm>

Learn about the unique history of Chesapeake City aboard an authentic Chesapeake Bay "deadrise." Explore the Chesapeake and Delaware Canal and the upper Chesapeake Bay on this historic excursion by water.

DORCHESTER COUNTY

Cambridge Lady Cruises

Trenton Street Dock

Cambridge, MD 21613

410-221-0776

www.cambridgelady.com

Enjoy the Choptank River and its tributaries on a custom-designed wood passenger vessel. Options include the **James A. Michener's** "Chesapeake" cruise, a 1 1/2-hour harbor tour or a one-hour afternoon cruise.

Choptank Riverboat Company—

Home of the Dorothy Megan and the

Choptank River Queen Paddleboats

6304 Suicide Bridge Road

Hurlock, MD 21643

410-943-4775

www.choptankriverboat.com

Enjoy lunch or dinner from Suicide Bridge Restaurant during a trip on a reproduction of an authentic turn-of-the-century paddle wheeler river boat. The boats cruise the Choptank River.

Skipjack Nathan of Dorchester

526 Poplar Street

Cambridge, MD 21613

410-228-7141

www.skipjack-nathan.org

Journey along the Choptank River in a skipjack. Help raise the sails or take a turn at the helm while listening to stories told by Eastern Shore waterman.

KENT COUNTY

Blue Crab Chesapeake Charters

Sharp Street Pier

Rock Hall, MD 21661

800-256-3270

www.rockhallmd.com/rhboat/rhboat.htm

Voyage along the Chesapeake Bay

with your choice of a day sail, sunset or destination cruise.

The Kathryn

P.E. Pruitt Restaurant Dock

Rock Hall, MD 21661

410-639-9902

www.rockhallmd.com

Cruise the historic Rock Hall Harbor and the Chesapeake Bay aboard this 43-foot sailboat.

Schooner Sultana

Cross Street

Chestertown, MD 21620

410-778-5954

www.schoonersultana.com

The schooner, a full-size reproduction of a boat of the same name that enforced the infamous British "tea taxes" along the coast of colonial America, offers open houses and public sails along the Chesapeake Bay.

SOMERSET COUNTY

Capt. Tyler & Chelsea Lane Tyler

Somers Cove Marina

Crisfield, MD 21817

410-425-2771

www.smithislandcruises.com

Cruise along the Chesapeake Bay across Tangier Sound with a stop at Smith Island. Day and overnight cruises are available.

Learn-It Eco Tours

1021 W. Main Street

Crisfield, MD 21817

410-968-9870

Navigate the waters around Crisfield and Smith Island on a Chesapeake Bay workboat, learning about wildlife along the way and the traditional tools of a waterman. Scheduled tours depart twice daily from a dock in Crisfield during the warm months.

Tangier Island Cruises

1001 W. Main Street

Crisfield, MD 21817

1-800-863-2338

www.tangiercruises.com

Cruise the Chesapeake Bay during a narrated tour along the world's oldest and largest naval base.

WORCESTER COUNTY

Assateague Island Explorer

Talbot Street Pier

Ocean City, MD 21842

410-289-5887

www.talbotstreetpier.com/boatrides

Enjoy a 1 1/2-hour narrated nature cruise with a stop on Assateague Island to see ponies, marine life and birds.

OC Rocket

Talbot Street Pier

Ocean City, MD 21842

410-289-3500

www.talbotstreetpier.com/boatrides

Watch dolphins at play and fishing boats go by during this 50-minute cruise aboard a speedboat. Central Maryland

ANNE ARUNDEL COUNTY

The Schooner Liberte'

222 Severn Avenue

Annapolis, MD 21403

410-263-8234

www.TheLiberte.com

Explore the waters of the Chesapeake Bay aboard this 74-foot schooner.

Pirate Adventures on the Chesapeake

Annapolis City Marina,

off of Severn Avenue

Annapolis, MD 21146

443-309-6270

www.chesapeakepirates.com

Adults can relax while kids enjoy life

as a pirate as they learn about the history of shipping and piracy on the Chesapeake Bay. The 75-minute cruise takes visitors along the Severn River.

Rogue-Sail

3776 Colliers Drive

Edgewater, MD 21037

410-798-6235

Take a lesson or just relax along the Chesapeake Bay aboard the yacht Sea Diva, which sets sail from the South River.

Schooner Woodwind

80 Compromise Street

Annapolis, MD 21403

410-263-7837

www.schooner-woodwind.com

Relax, raise the sails, steer or even sleep aboard this opulent wooden yacht.

Watermark Cruises

Slip 20

Annapolis City Dock

Annapolis, MD 21403

1-800-569-9622

www.watermarkcruises.com

Learn about the Annapolis Harbor, the Severn River, the United States Naval Academy and the Chesapeake Bay Bridge during narrated sightseeing tours on Watermark's stunning ships. Also offered are music cruises, lighthouse cruises and a "Day on the Bay" cruise.

BALTIMORE CITY

Clipper City, Inc.

Light Street

Inner Harbor

Baltimore, MD 21202

410-539-6277

www.sailingship.com

Enjoy a cruise along the Chesapeake Bay in the largest United States Coast Guard-certified sailing vessel in the United States.

Ed Kane's Water Taxis

1735 Lancaster Street

Baltimore, MD 21231

410-563-3901

www.thewatertaxi.com

Explore Baltimore's downtown attractions aboard the taxi, which shuttles tourists and residents to many stops. Pay a one-time fee and ride all day.

Harbor Cruises – Bay Lady, Lady

Baltimore and Prince Charming

301 Light Street

Baltimore, MD 21202

1-800-695-LADY

www.harborcruises.com

Enjoy a 60-minute scenic, narrated tour along Baltimore's Inner Harbor and the Patapsco River. Choose from lunch, dinner and special events cruises.

Pride of Baltimore II

401 E. Pratt Street

Baltimore, MD 21202

410-539-1151

www.prideofbaltimore.org

This representation of a War of 1812-era Baltimore Clipper privateer is available to the public for day sails as well as overnight passage between ports of call along the Chesapeake Bay. It also travels throughout the world as Baltimore's and Maryland's sailing ambassador.

CIRQUE DU SOLEIL COMES TO BALTIMORE

Cirque will be returning to Baltimore with the touring show *VAREKAI*. Cirque first visited Baltimore in the spring of 2003 with the show *DRALION*. Many skeptics thought that Baltimore would not fill the Grand Chapiteau (big tent). Baltimore proved them wrong and Cirque had its best new market tour in its history. The tour in Baltimore was even extended to satisfy demand.

Celebrating its 20th anniversary this year, Cirque du Soleil has dazzled and entertained audiences worldwide. The show features more than 100 performers from 15 countries. A crew of more than 200 travels with the show and includes set designers, physical trainers, chefs, costume designers, etc.

Cirque Du Soleil's *VAREKAI* performance begins in May and runs until **June 19th at Harbor Point**.

Tickets can be obtained online at cirquedusoleil.com or by calling Admission Network at **1-800-678-5440**.

Performances: **Mondays—No performances; Tuesdays to Fridays at 8:00p.m.; Saturdays at 4:00p.m. and 8:00p.m.; Sundays at 1:00p.m. and 5:00p.m. Exceptions: Two performances will be held on Friday, June 17 at 4 p.m. and 8p.m. No performances on Tuesday, June 15.**

Prices: Adults from \$46 to \$75; Children (2 to 12 years old inclusive) from \$32.25 to \$52.50; Students* (13+, with a valid student ID) & senior citizens (weekdays only (Tuesday to Thursday and Friday at 4:00p.m.)) (65+) from \$41.50 to \$67.50

COLLECTIVE SOUL SUMMER TOUR



Collective Soul

Collective Soul has confirmed a summer run of U.S. tour dates through **August 2005**, following a Canadian tour. Hot on the heels of their second single, "Better Now," (currently top 25 on the Adult Top 40 Billboard charts) from the critically acclaimed album "Youth," Collective Soul has also announced two new releases for 2005. The first is an intimate 8-track acoustic collection titled "From the Ground Up" to be released via the bands newly formed El Music Group label on May 24. The band also performed and recorded two live shows with the Atlanta Symphony Youth Orchestra during April in Atlanta, GA at the Woodruff Arts Center. Titled "Collective Soul 'Home' with the Atlanta Youth Symphony," a DVD and CD of this event will be released this fall.

Collective Soul brothers **Ed Roland** (Vocals/Guitars/Keyboards) and **Dean Roland** (Guitar) along with **Will Turpin** (Bass/Percussion), **Shane Evans** (Drums/Percussion) and newly recruited guitar player **Joel Kosche** are back in full force. The band has performed the song on the *Tonight Show* with **Jay Leno** and the *Late Late Show* with **Craig Ferguson**. Formed in 1994, Collective Soul had 19 singles reach the Billboard charts in just seven years.

Collective Soul will be performing in and around our area on the following dates:

- **June 14;** The Norva, Norfolk, VA
- **June 15;** 9:30 Club, Washington, DC
- **June 17;** Electric Factory Ballroom, Philadelphia, PA
- **June 18;** Trump Marina Cayman Ballroom, Atlantic City, NJ

For up-to-date information, please visit: www.collectivesoul.com.

MARITIME HERITAGE FESTIVAL

Big boats, small boats, knots, and sea shanties-celebrate all things nautical at Historic St. Mary's City's Maritime Heritage Festival on **Saturday, June 18, 2005**. Discover a sailor's world, where highways are always wet!

Unique small craft visiting from throughout the tidewater region will join the Maryland Dove at HSMC's beautiful waterfront. Visitors can meet boat builders and sailors of hand-crafted vessels, tour a Coast Guard patrol boat, and cheer on their favorite contender in a regatta of radio-controlled model sailboats. Visitors may board Skipjack Nathan visiting from Richardson Marine Museum or take a 90-minute cruise on the *Dee of St. Mary's* (surcharge, reservations recommended—**240-895-4960**). Model maker Ray Miles will be on site with detailed scale replicas of contemporary and traditional craft, "colonial" sailors will entertain the crowd with yarns about their travels, and the sound of sea chanteys will fill the air.

There will be plenty of activities to keep big and little hands busy. Try knotting a monkey's fist, learn the wonders of the block and tackle, build your own sea-worthy model ship, or create a sea monster. Discover how a shortage of wood for masts led to colonization of the new world. Learn how to find a tree that survived the hunt for wood 300 years ago! Those with less energy may climb into a sailor's berth and imagine spending months below deck on a rocking ship or get a tattoo (removable, of course!).

Renowned folk musician **Charlie Zahm** and Maryland Dove captain **Will Gates** will host an afternoon sea shanty workshop for children. Later that evening, Zahm will return—with his banjo, bouzouki, mandolin, concertina, penny whistles, and guitars and fiddler **Tad Marks**—to present a free concert on the State House lawn. Zahm and Marks offer original and traditional tunes sure to please all members of the family. Award-winning local singer/songwriter **David Norris** will open the concert at **6p.m.** with folk songs and upbeat country ballads with a Southern Maryland spin.

A day on the water always leaves captain and crew with a healthy appetite. The Third District Optimists will be on site through the day with seafood, grilled foods, and cold drinks. Holy Grounds will be on site in the evening offering light dinner fare, snacks, and beverages.

Put on your sailing shoes and enjoy a day riverside at Historic St. Mary's City. Maritime Heritage Festival activities begin at **10:00a.m.** The museum is located off Maryland Route 5, in beautiful tidewater Southern Maryland. Maritime Heritage participants are invited to tour all of HSMC's exhibits during their visit, including the Tobacco Plantation, Indian Hamlet, Town Center, and the Visitor Center. Admission is \$7.50 for adults, \$6 for seniors and students, \$3.50 for children from 6–12 years. For more information, call **800-SMC-1634, 240-895-4990**, or visit www.stmaryscity.org.

PRESERVATION HALL BAND

The Preservation Hall Jazz Band, at once both iconic and contemporary, will be appearing at the Filene Center in Vienna, VA on **Sunday, June 12th**.

The band derives its name from Preservation Hall, the venerable music venue located in the heart of New Orleans' French Quarter. Founded in 1961 by **Allan and Sandra Jaffe**, the band travels worldwide spreading their mission to nurture and perpetuate the art form of New Orleans Jazz. Whether performing at Carnegie Hall, Lincoln Center, or the Playboy Jazz Festival for British Royalty or the King of Thailand, this music embodies a joyful, timeless spirit. Under the auspices of the current director, **Ben Jaffe**, the son of founders Allan and Sandra, Preservation Hall continues with a deep reverence and consciousness of its greatest attributes in the modern day as a venue, band, and record label.

The PHJB began touring in 1963 and for many years there were several bands successfully touring under the name

Preservation Hall. Many of the band's charter members performed with the pioneers who invented jazz in the early twentieth century including Buddy Bolden, Jelly Roll Morton, Louis Armstrong, and Bunk Johnson. Band leaders over the band's history include the brothers Willie and Percy Humphrey, husband and wife Billie and De De Pierce, and famed pianist Sweet Emma Barrett. These founding artists and dozens of others passed on the lessons of their music to a younger generation who now follow in their footsteps like current band leader and trumpeter John Brunious.

Founded in 2004 Preservation Hall Recordings is dedicated to producing new and archival material. PHR released 6 titles in its first year including new recordings: *Shake That Thing* (featuring over 25 musicians who make up the hall bands presently) and *The Hot 4* (featuring Olympia Brass Band founder **Duke Dejean** with the small group), archival collections: *Best of the Early Years*, *Songs of New Orleans*, and *Sweet Emma Live* (a brilliant live recording of the PHJB circa 1964 with the classic ensemble), and the unique relic: *Let's Make a Record* an a capella showcase for self-styled preacher and folk artist Sister **Gertrude Morgan**. The label also boasts a cutting edge website with web commerce, virtual tours, and up-to-date touring information.

PHJB will appear at the Filene Center, Wolftrap Farm Park, Vienna VA 22182 on **Sunday, June 12th at 5PM**. Contact: **Sara Cohen 504-486-4505 ext. 205; Sara@infectiouspublicity.com, or www.preservationhall.com**

ACRYLIC, OIL AND INK PAINTINGS

The works of **Rano Habib** and **Ingrid Weinschel** will be on display at the RCC Hunters Woods from **May 31 to June 20**.

Ingrid Weinschel is a 71 years old artist and teacher who has been involved in the arts since the age of 12. She has a wide-ranging background in arts and crafts, jewelry-making, photography, and stone carving. Her Reston Community Show highlights her newest interest: geometrical abstracts in acrylic and ink.

In contrast to Ms. Weinschel's abstract works, Rano Habib uses oils and acrylic paints to depict the great stories in Central Asian mythology.

She does this in an impressionistic style that is characterized by luminous colors, swirling brush strokes and dream-like images. A native of Tashkent, Uzbekistan, Ms. Habib is a graduate of the Tashkent Academic Institute of Art in Uzbekistan. Her works are in art collections all over the world, including the Uzbek Republican Museum of Fine Arts in the former USSR and the Jawaharlal Nehru University in New Delhi, India.

For further information, directions, or to request a reasonable accommodation, contact the Reston Community Center at **703-476-4500, 703-476-1514 (TTY)** or visit www.restoncommunitycenter.com. The Reston Community Center, Hunters Woods, is located in the lower level of the Hunters Woods Shopping Center, 2310 Colts Neck Road, Reston, VA. The Reston Community Center is completely accessible to persons with disabilities and will provide reasonable accommodations in accordance with the Americans with Disabilities Act (ADA).



June 10, 2005

JAZZ REVIVAL AT ZANZIBAR WATERFRONT

The grand pooh-bah of African Jazz, **Hugh Masekela** will be performing at Zanzibar Waterfront **Wednesday, June 22nd**. Showtimes are at **7:00PM and 9:00PM**.

South African jazz legend and world music pioneer Hugh Masekela defies categories yet again with his new CD, *Revival* (HUCD 3093), was released by Heads Up International on **May 24**. Still riding high on the acclaim surrounding his recent autobiography, *Still Grazing: The Musical Journey of Hugh Masekela* (co-written with **Michael Cheers**), this first new album in three years finds him in the company of South Africa's most talented young producers and musicians.

On *Revival*, the horn player/vocalist/songwriter draws much of his inspiration from Kwaito music.

On *Revival*, the godfather of the South African jazz scene fires up his cornet and flugelhorn with five original compositions, all of which highlight his versatility and growth: *Woman of the Sun*, *Spring*, *Smoke*, *Sleep*, and *Working Underground*. Most of *Revival's* twelve tracks focus as much on Masekela's voice as his widely praised horn-playing.

Born near Johannesburg in 1939, Hugh Masekela made a remarkable journey from apartheid South Africa to the music scene in New York City, where he struck gold with his instru-

mental pop hit, *Grazing in the Grass*. However, Masekela was also a lead crusader against apartheid, and his groundbreaking early albums helped

bring traditional South African music to the mainstream jazz audience.

Tickets are \$25/advance or \$30/door. The Zanzibar Waterfront is

located at 700 Water Street S.W. in Washington, DC. For more information, please call **202-554-9100** or visit www.zanzibar-otw.com for details.



16-year-old Tracy Turnblad has a dream as big as her hair.

Can she get the guy and still have time to change the world?

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PHOTO BY NORMAN JEAN ROY

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July 13–August 21, 2005

Kennedy Center Opera House

Tickets at the Box Office or charge by phone (202) 467-4600

Groups call (202) 416-8400 Order online at kennedy-center.org TTY (202) 416-8524

Theater at the Kennedy Center is presented with the generous support of Stephen and Christine Schwarzman.

The Kennedy Center



MEET THE NEW HONEYMOONERS!

Cedric The Entertainer is Ralph Kramden
Mike Epps is Ed Norton
Gabrielle Union is Alice Kramden
Regina Hall is Trixie Norton

The Honeyymooners

PARAMOUNT PICTURES PRESENTS A DEEP RIVER PRODUCTION A JOHN SCHULTZ FILM CEDRIC THE ENTERTAINER MIKE EPPS
"THE HONEYMOONERS" GABRIELLE UNION REGINA HALL ERIC STOLTZ AND JOHN LEGUIZAMO MUSIC BY RICHARD GIBBS COSTUME DESIGNER JENNIFER HAWKS PRODUCTION DESIGNER MILES KIRCHNER
EXECUTIVE PRODUCERS GUY BOSS CEDRIC THE ENTERTAINER MIKE EPPS PRODUCED BY DAVID T. FRIENDLY MARIO TURTLETAUB ERIC C. RHONE JULIE DURK WRITTEN BY DANNY JACKSON AND DAVID SHEFFIELD DIRECTED BY JOHN SCHULTZ
PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13
SOME INNUENDO AND RUDE HUMOR
For rating reasons, go to www.filmratings.com
HoneymoonersMovie.com

STARTS FRIDAY, JUNE 10TH

WASHINGTON, DC AMC MAZZA GALLERY 3330 Wisconsin Ave. NW 302-527-9939 AMC UNION STATION II 50 Mass. Ave. N.E. 703-394-4444 LDWNS GEORGETOWN 452 Belmont Wisconsin 404 27 St. SW 800-FANDANGO 8101 REGAL GALLERY PLACE STADIUM 14 707 Seventh Street, NW 800-FANDANGO #1121	MARYLAND AMC ACADEMY 14 Greenbelt, MD 410-999-4444 AMC COLUMBIA 14 In The Mall In Columbia 410-423-0533 AMC REVERTOWNE 12 6000 Hill, MD 410-999-4444 CINPLEX OGDON ST. CHARLES TOWNE CTR. II WINDY, MD 800-FANDANGO #796 CONSOLIDATED MAJESTIC 20 822 Chesham St. Silver Spring, MD 301-684-2296	LODWS CENTERPARK 9 Covington, MD 800-FANDANGO #727 MAGIC JOHNSON AT CAPITAL CENTRE 808 Swansons Way Lorton, MD 800-FANDANGO #884 LDWNS PG 19 Goffersburg, MD 800-FANDANGO #716 LDWNS WHEATON PLAZA 11 Wheaton, MD 800-FANDANGO #796 MUMDO EGYPTIAN 24 44 Arundel Mills 443-755-9887	REGAL CINEMAS ROCKE CINEMA 14 13201 Major Laneville Blvd. 301-226-2044 #414 REGAL CINEMAS GFFRANTOWN CINEMA 11 Greenmount Town Center 301-226-2044 #414 REGAL CINEMAS ROCKVILLE CENTER 11 Rockville, MD 800-FANDANGO #246 VIRGINIA AMC HOFFMAN CENTER 22 Sandywood Ave. & Telegraph Pk. 703-964-4444	AMC POTOMAC HILLS 18 Woodbridge, VA 703-964-4444 AMC SPYINGFIELD MALL 10 Springfield, VA 703-975-2044 NATIONAL AMUSEMENTS ARLINGTON BLVD/ LEE HIGHWAY MULI PLEX CINEMA Manassas, VA 703-302-4000 NATIONAL AMUSEMENTS CENTREVILLE MULTI PLEX CINEMA Centreville, VA 703-302-4000	NATIONAL AMUSEMENTS FAIRFAX CORNER 14 CINEMA DE LUX Fairfax, VA 703-562-4000 NATIONAL AMUSEMENTS MOUNT VERNON MULTI PLEX CINEMA Alexandria, VA 703-302-4000 NATIONAL AMUSEMENTS RESTON TOWN CENTER MULTI PLEX CINEMA Reston, VA 703-302-4000 PHOENIX THEATRES WORLDGATE 9 Manassas, VA 703-398-8000	REGAL CINEMAS BALLSTON COMMONS 12 Ballston Commons Mall 800-FANDANGO 4377 REGAL CINEMAS COUNTRYSIDE 30 Stafford, VA 800-FANDANGO #364 REGAL CINEMAS 1H MANASSAS Ball 17th St Manassas, VA 800-325-2264 #460 REGAL CINEMAS POTOMAC YARD CINEMA 10 P.O. 1 401 S. Oake St. 703-758-6446
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SUMMER PROGRAMS IN FAIRFAX COUNTY

REGISTER FOR RECQUEST SUMMER

Grades 1 through 6

RecQuest is a quality, affordable program for children (must be entering 1st grade to participate), operated by the Fairfax County Dept. of Community and Recreation Services.

Begins **Monday, June 27** and ends **Friday, September 2, 2004; 9a.m. to 4p.m.**

Cost: \$70 per week (sliding fee scale available).

Register your child or children for the entire 10 weeks, weekly, or any combination of weeks. Space is limited. Sliding fee scale is available. For details, call **703-222-9693** or visit www.fairfaxcounty.gov/rec.

SITES NEEDED TO SERVE FREE MEALS FOR NEEDY KIDS

We are seeking community and faith organizations to operate a meals site for kids during the summer. You provide the location and the volunteers to serve the meals. We provide training and ongoing support to ensure the success of your program. The USDA provides the food at no cost. If your group is interested in helping, or you want to volunteer to assist in serving meals, please call the Fairfax County Dept. of Community and Recreation Services at **703-222-9693, 703-222-9693** or visit www.fairfaxcounty.gov/rec.

SUMMER MEALS FOR KIDS FOR FREE

For Aged 5-18 Beginning When School Is Out

Fairfax County Dept. of Community and Recreation Services sponsors programs to serve nutritious meals during the summer at 33 locations in Fairfax County. The program provides USDA well-balanced meals to children who qualify for free and reduced meals during the school year. Some sites provide both breakfast and lunch. For more details the Fairfax County Dept. of Community and Recreation Services, call **703-324-5555, 703-222-9693** or visit www.fairfaxcounty.gov/rec.

BECOME A CLUBHOUSE KID

For Aged 8-18

Don't be bored or stay at home all day watching TV this summer. The Computer Clubhouses, operated by Fairfax County Dept. of Community and Recreation Services, are open to Fairfax County residents. You can surf the 'Net and digitally recording and mixing music, to creating games, videos and magazines, and controlling LEGO™ robots. Instructors are there to show you how to do lots of fun things with technology. Drop in at one of five Clubhouses and see what's going on. There is no registration fee and Clubhouse activities are free. Inspiring Youth Through the Use of Technology. For more details, call **703-324-5555, TTY 703-222-9693**, or visit www.fairfaxcounty.gov/rec.

RESTON COMMUNITY CENTER OFFERS ENGLISH AS A SECOND LANGUAGE (ESL)

Do you know someone from another country whose life or employment opportunities would be enhanced through a better knowledge of written and spoken English? RCC is presenting ESL classes for adults with beginning to advanced levels of proficiency in English. The courses will cover basic grammar, conversation, pronunciation and writing.

The classes are targeted to people age 16 and older. Students are required to take a free Assessment Test before they can attend a class. The tests will be given at the RCC Hunters Woods on **Saturday, June 11 from 12-3 p.m.**, and on **Wednesday, June 15 from 7-10 p.m.**

The classes will meet **7-8:30 p.m.** from **June 27 to August 15**. The classes will be given at several different locations:

- Beginner Class will be held on Mondays and Wednesdays at Cedar Ridge Community Room, 1601 Beacontree Lane, Reston
- Intermediate I Class meets Tuesdays and Thursdays at Dogwood Elementary School, 12300 Glade Drive, Reston
- Intermediate II meets Monday and Thursday at the Shadow Wood Community Room, 11639 Stoneview Square, Reston
- Advanced Class meets Monday and Wednesday at the RCC Lake Anne, 1609-A Washington Plaza, Reston.

The fee for a class is \$25 for people who live or work in Reston and \$50 for all others. For information on assessment testing, class locations, dates and times, call the Reston Community Center at **703-476-4500 (TTY/V)**. You may register either in person or by faxing a completed RCC Registration form to **703-476-8617**.

For further information, directions, or to request a reasonable accommodation, contact the Reston Community Center at **703-476-4500 (V/TTY)**. The Reston Community Center, Hunters Woods, is located in the lower level of the Hunters Woods Shopping Center, 2310 Colts Neck Road, Reston, VA. The Reston Community Center is completely accessible to persons with disabilities and will provide reasonable accommodations in accordance with the Americans with Disabilities Act (ADA).

GEORGE WASHINGTON TEACHERS' INSTITUTE 2005

Pulitzer Prize winning historian **Laurel Thatcher Ulrich** and Bancroft Award winning author **Philip Morgan** are among the speakers scheduled for the 2005 George Washington Teachers' Institute to be held at Mount Vernon on **June 27 and 28**. Reservations are now being accepted from teachers for this **FREE** program at Mount Vernon. Interested teachers should contact Mount Vernon's Education Department at **703-799-8604 by June 17** for reservations. Space for this program is limited.

The program is made possible through the generous support of Mr. and Mrs. **John J. McDonnell**.

The **June 27** program will focus on the military and economic implications of the French and Indian War, where Washington gained early military and political experience. Speakers include: **Timothy Shannon** from Gettysburg College, author of "Atlantic Lives: A Comparative Approach to Early America"; **Matthew Ward** from the University of Dundee, author of "Breaking the Backcountry: The Seven Years War in Virginia and Pennsylvania"; and *Washington Post* writer **Joel Achenbach**, author of "The Grand

Idea: George Washington's Potomac and the Race to the West." Afternoon activities include a book signing, workshops and a private evening tour of the Mansion.

The program continues on **June 28** focusing on the following issues: Washington's Indian policies, slavery in the 18th century, women and war in the 18th century and a first person perspective of Martha Washington. Featured speakers are **Eric Hinderaker** from the University of Utah, author of "Elusive Empires: Constructing Colonialism in the Ohio Valley, 1673-1800"; **Philip Morgan** from Johns Hopkins University, author of "Slave Counterpoint: Black Culture in the Eighteenth-Century Chesapeake and Lowcountry"; and Pulitzer Prize winning historian **Laurel Thatcher Ulrich** from Harvard University, author of "A Midwife's Tale: The Life of Martha Ballard Based on Her Diary, 1785-1812".

Events, programs, and activities are subject to change. Public Information: **703-780-2000; 703-799-8697 (TDD); www.mountvernon.org**.

WILDERNESS MEDICINE TRAINING

Northern Virginia Community College is sponsoring an intensive backcountry medical training course in Springfield, VA from **June 20-27 2005**. This 16-hour, hands-on Wilderness First Aid (WFA) course will enable students to deal with medical emergencies when they are miles away from help and dialing 911 is not an option.

This course is recommended for all those who spend time in remote areas. Instructors will introduce students to the basic of medicine for the field whether the field is a national park or the high seas. Graduates will be certified by Wilderness Medical Associates.

Wilderness medicine differs from traditional first aid in three respects. First, transport times are measured in hours and days rather than minutes so many phases of patient care that usually take place in a hospital must be carried out in the field. Second, severe environments dramatically increase the complexity of any emergency and heighten risk to patient and rescuers alike. Third, limited equipment makes improvisation and resourcefulness essential skills.

Professional instructors from Wilderness Medical Associates, world leaders in backcountry medical training will address these issues and more. Classes are fast-paced with an emphasis on practical skills. Mornings are devoted to lectures while afternoon and evenings are spent outside working on everything from litter construction to full-scale rescue simulation.

Call **Patti Deitos, 703-822-6520, cehealth@nvcc.edu** for location & registration information. Call WMA toll-free, **888/WILDMED**, or visit www.wildmed.com.

LESLIE'S TOP TEN DOS AND DON'TS OF SUMMER DOGGIE ETIQUETTE

Good dog behavior is important all year round, but becomes critical in the warm weather when dogs are off their leashes and people, as usual, are off their rockers. When canines and humans are sharing lawn, beach, Frisbees and hiking trails, worlds collide. I will scream if I see one more Rottweiler allowed to roam around unfettered simply because it is a sunny day. And I like dogs. It's their owners who make them look bad. So, owners, here are my rules of summer etiquette for your dogs and mine.

1. DO NOT let your dog pee on your neighbor's hydrangeas. Your neighbor has spent a lot of time and effort to make her garden bloom and dog urine is not what she meant when she said the flowers needed watering today.
2. DO NOT let your dog poop on the lawn at the park. (Do I need to say that all dog poop must always get picked up, unless you live in the wilds of Alaska? As Americans you do enjoy the freedom to let dog poop fertilize your own backyard, but then, I don't want to know you.) During the summer, park lawns are used for picnics, ball playing, and general lolling about. The last thing one wants to find on oneself after lolling about on the lawn is some unidentifiable, or worse-some very identifiable-and smelly substance.
3. DO NOT let your dog drool on another dog or on your friend's new Pumas. It's not nice and it's disgusting. (Though one could argue that \$100 tennis shoes deserve a little drool) And besides, drooling is often a symptom of

thirst, so be sure your dog is getting enough water. Maybe he's just one of those dogs who slobbers a lot. In either case it is your job to wipe the drool away before he has the chance to drown a Bichon.

4. DO let your dog enjoy a swim in a pool, but only if you're there to watch for his safety, the pool is your own, you clean up his hairs and you do not allow him to participate in a chicken fight especially if he's got you on his shoulders.
5. DO take your dog to the beach but DO NOT let her poop and then cover it with sand. DO NOT let her run over towels sending sand into faces. DO NOT let her swim and then shake herself off near sunbathers. DO take your dog a hundred yards down the beach and let her surf to her hearts content.
6. DO NOT let your dog swim in a pond you are not familiar with. It could carry bacteria or disease. Not to mention an alligator like the one that was found recently in Central Park's Harlem Meer, a popular spot for dog bathing. So before you let your dog swim in an unknown pond, you swim there first to be sure it's okay.
7. DO travel with your dog but do not assume that just because a hotel allows dogs, that everybody at the hotel is a dog person. In fact, assume nobody is a dog person, and you may be allowed back. Try to keep the barking to a minimum (your dog's too), always keep your dog on a leash,

walk her frequently . . . and tip generously.

8. DO take your dog on hikes but keep your dog on a leash so he doesn't get lost and doesn't trip a fellow hiker. It's a long plunge from the top of Yosemite Falls.
9. DO NOT take your dog to a pool party or a barbecue without asking the host first. Just because it's summer and it seems mean to leave her home on such a beautiful day, DO NOT take your dog with you everywhere you go. You can't leave her in the car (it gets way too hot), and you can't leave her on the sidewalk tied to a pole (the yelping and crying disturbs the peace, not to mention your "Pookie" could get stolen). DO leave your dog at home if you aren't going somewhere appropriate for dogs. She won't be lonely. She'll be grateful. She won't have to make small talk.
10. DO NOT shear your dog's hair because you think he's too hot. That's called anthropomorphizing, which is a certain kind of doggie torture that includes but is not limited to making him wear a raincoat and booties. A dog's hair keeps it cool on hot days and warm on cool ones. (If you don't know this, please go quickly to your local bookstore and get yourself a dog care primer, along with my new book, *The Dog Walker*)

• • •
Leslie schnur is the author of *THE DOG WALKER* (*Washington Square Press*) in bookstores everywhere on *June 21st*.

Archive issues are available at www.metroherald.com!

BRITISH SOCCER CAMPS PLANNED IN THREE MONTGOMERY COUNTY PARKS

The Maryland-National Capital Park and Planning Commission's Montgomery County Department of Park and Planning and Challenger Sports, the leading soccer company in the United States, are planning a series of British Soccer Training Camps in three Montgomery County Parks during the weeks of **June 20-24 and August 1-5, 2005.**

Monday through Friday during the two weeks, British Soccer Training Camps will be held at Martin Luther King Jr. Recreational Park on Jackson Road in Silver Spring, Falls Road Local Park on Falls Road in Potomac and Rosemary Hills Local Park in Silver Spring.

Each camper will be coached by a member of Challenger's British coaching staff flown to the USA exclusively to

work on these programs. Challenger will offer more than 1,200 British Soccer Training Camps this summer, coaching more than 55,000 players ages 4-18 and more than 20,000 parents and coaches.

British Soccer Training Camp is more than a week of drills and skills. In addition to taking part in a daily regimen of foot skill development, technical and tactical practices and daily tournament style plays, each child will also be treated to a rich cultural experience and lessons on teamwork, sportsmanship and self discipline.

One of the most popular parts of each camp is "Camp World Cup." Coaches use this daily tournament to

teach the players about life, customs and traditions of other countries. Campers make up cheers, bring flags, dress up and learn as much as they can about the country they represent.

M-NCPPC and Challenger Sports are offering British Soccer Training Camp sessions for the following ages:

- a. First Kicks (3-4yrs.)
10:45 a.m.-11:45 a.m.; \$75.00
- b. Mini Soccer (4-5yrs.)
9:00 a.m.-10:30 a.m.; \$100.00
- c. Half Day Camp (6-9yrs.)
9:00 a.m.-12 noon; \$155.00
- d. Half Day Camp (10-14yrs.)
1:00 p.m.-4:00 p.m.; \$155.00

- e. Full Day Camp (6-16 yrs.)
9:00 p.m.-4:00 p.m.; \$210.00

Teams are also welcome to attend and receive a week of focused instruction to prepare them for the fall season.

Each camper will receive a free camp tee shirt, soccer ball, bag tag and player evaluation. In addition, any child who signs up online at least 45 days prior to camp will receive a genuine British Soccer replica Jersey (value \$30).

To sign up for the camp either visit www.challengersports.com or contact **Steve Chandlee**, Southern Region at **301-299-1981** or email **Stephen.chandlee@mncppc-mc.org**.

64TH GREATER WASHINGTON D.C. SOAP BOX DERBY



Last year's winners (left-right): Lily Kardel, Stock; Robbie Reuss, Super Stock; Robert McDaniel, Masters.

160 lbs. The Super Stock car comes as a ready to assemble kit. This kit is a little harder to assemble than the Stock car. Painting the car to your design is allowed. A "Stock" division racer with wheels and owner supplied weights cost approx. \$650, plus the cost of painting if desired.

Masters division is the highest level of Soap Box Derby Racing. It is for children from 10 through 17 years old and weigh up to 170 lbs.. The Masters kit includes molded fiberglass parts, running gear and a floorboard. It finishes out as a roomy lay back style car. The construction of a typical Masters car can take 1 to 2 months. It is a serious project for those wishing to learn skills in aerodynamics, auto bodywork, and simple mechanics. While the project is substantial, the rewards include the of building a beautiful car and racing at the highest level of the sport.

The winners in each division will advance to the World Championship Soap Box Derby Race to be held **July 30** in Akron, Ohio.

Admission is free. Refreshments and other activities are also planned for the day. Race is held at Constitution Avenue on Capitol Hill, between New Jersey and Louisiana avenues

Sponsors include Washington Area New Automobile Dealers Association (WANADA), Canon U.S.A., Case Design and Remodeling, Militec-1, Tool Box Grill & DC Trolley

On **June 18**, an unprecedented number of unlicensed, underage drivers will race down Capitol Hill. The Washington Soap Box Derby, with the largest field in decades, will celebrate its 64th run on **Saturday, June 18** beginning at **8:30a.m.** More than 60 area designers and racers between eight and 17 years of age, a 20 percent increase over last year's field, will put their motorless machines to the test in one of America's most enduring summer pastimes.

The event features competition in all three Soap Box Derby race divisions: Stock, Super Stock and Masters.

Stock division is the entry-level division for children from 8 through 17 years old who weigh up to 110lbs. The Stock car comes as a ready to assemble kit. It is the easiest car to build and can be assembled in a weekend. Paint is not permitted in the Stock division, only stickers are allowed. A "Stock" division racer with wheels and owner supplied weights cost approx. \$600.

Super Stock division is the second level division for children from 8 through 17 years old and weigh up to

NEW GOLF LIFESTYLE SERIES FOR WOMEN DEBUTS ON AMERICA ONLINE

At a time when women represent nearly 47 percent of all new golfers nationally, "Women On Course", a new broadcast series, showcases the golf lifestyle and encourages women to participate in this increasingly popular sport. Women On Course allows viewers to see how easy it is to build the confidence they need to enjoy and use the game for relaxation and fun, or as a business-networking tool.

"Our goal is to show the wide range of benefits this game has to offer. Beyond the competitive and physical nature of the sport, it's a lifestyle with opportunities to build business relationships, bond with family and friends, and yes, wear the latest fashions!" says Executive Producer, **Donna Craig**, "To see golf through the eyes of those who are passionate about the sport, Women On Course also hosts happy hour style events for viewers to connect with other golf enthusiasts and professionals."

America Online is broadcasting the series, which can be viewed on demand. Content is updated bi-weekly. Unlike television, the Internet provides viewers the opportunity to instantly access golf events, products and informa-

tion through links to the "Women On Course" Website. The program seeks to create a desire to join the golf community by approaching the sport with three unique featured segments:

"Venus on the Fairway," is hosted by "Top 50 Instructor" **Debbie Steinbach** aka 'Venus' who provides golf instruction and tips for women on the practice range and on the course.

"Swing with Style," hosted by "Golf Digest" Fashion Editor **Marty Hackel** covers such topics as tips for building a golf wardrobe, to find a happy equilibrium between fashion and functionality when selecting a golf ensemble.

"Business Golf" offers professional women guidance on how to use golf to promote business, develop workplace relationships, and enhance their quality of life. Experts from the golf industry appear to lend their words of encouragement and practical advice.

"Women On Course is anything but par for the course, instead the program shows women exactly why golf is more than a game, it's a lifestyle," says Craig.

To view "Women On Course," visit www.WomenOnCourse.net and click on the America Online link, or visit sports.channel.aol.com/golf and click on the Women On Course link.

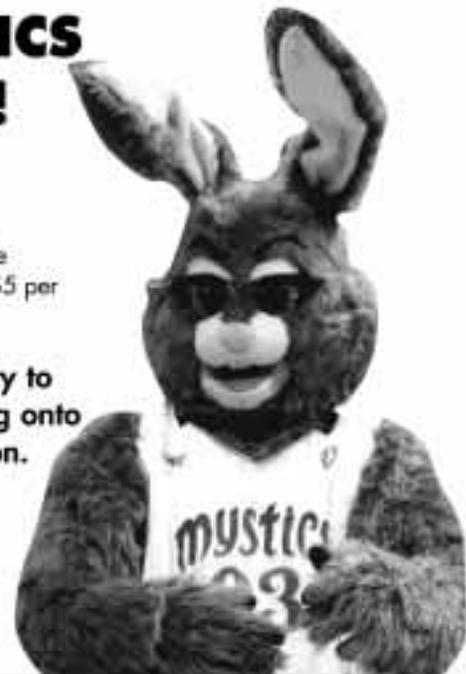


EVERY SUNDAY MYSTICS GAME IS KIDS DAY!

KIDS ONLY \$5

Bring the kids out to see the Mystics on Sundays and be a part of Kids Day! Tickets for kids 15 and under are only \$5 per ticket, when accompanied by a full paying adult.

Order early and kids will have the opportunity to participate in Mystics On Court Promotions. Log onto WashingtonMystics.com for more information.



To order Kids Day Tickets, please fax or mail the attached form to:

Fax: 202-661-5096 Mail: Attn: Kids Day Special
MCI Center
601 F Street, NW
Washington, D.C. 20004

Tickets can also be purchased by going to MCI Center Box Office.

(\$1 service charge will apply)

KIDS DAY GAME DATES

June 26th vs. Sacramento
August 7th vs. Indiana

June 26th vs. Sacramento
_____ Adult \$21 full price Lower Level ticket
_____ Kids \$5 Lower Level ticket

August 7th vs. Indiana
_____ Adult \$21 full price Lower Level ticket
_____ Kids \$5 Lower Level ticket

Total amount due: _____

Check here if your child is interested in participating in Mystics on court promotions.

All faxed or mailed forms must be received the Friday prior to the Sunday game. Offer available on game day at MCI Center Box Office.

No refunds or exchanges.

For accessible seating call 202.661.5065 TTY: 202.661.5066

MCI Center

Name: _____
Address: _____
City: _____
State: _____
Zip: _____
Phone: _____
E-mail: _____

Method of payment (please select one)
Check made payable to Washington Mystics
Credit card (please circle one)
Visa Mastercard Discover

Acct. number: _____
Exp. date: _____
Signature: _____

Fall at K-Type

CLASSIFIED ADS/BIDS & PROPOSALS

June 10, 2005

Only \$250 buys a 25-word classified ad in 98 newspapers across Virginia. Call: **The Metro Herald** at **703-548-8891** OR **Virginia Press Services** at **804-521-7571** to place your ad in the **AD NETWORK CLASSIFIEDS**



AUCTIONS

45+/- Acres, Mobile Home Park & 2-Story Store Building on US24. Absolute Auction, June 23. 22+/- dev. acres. 31 Sites (21 rented). www.countsauction.com 800-780-2991 (VA#93).

ESTATE AUCTION—Jewelry-Vehicles-Furniture—Danville, Virginia—10:00AM. June 11, 2005 & June 18, 2005. Shields Auction & Realty Co., Inc. (434) 793-1833. www.shieldsauction.com (VA#000169).

GOVERNMENT SURPLUS—Great deals on local and national surplus and confiscated items right at your computer. Items added daily. Register free www.govdeals.com or call (800) 613-0156.

REAL ESTATE AUCTION. 147+/- Acres on South Holston Lake, Abingdon, VA. June 25, 1:00 PM. 147+/- acres offered in 10 lakefront & 6 lakeview parcels. Includes three houses, barns, riding ring, docks & timber. Previews: Sundays, June 12 & 19 from 1:00 PM-4:00 PM. Call Jonna McGraw (VA#2434) for more information or visit www.woltz.com. Woltz & Associates, Inc., Brokers & Auctioneers (VA#321), 800-551-3588.

26.245 Acres: Operating Truck Plaza. Auction: June 14. Lynchburg, VA. Restaurant, convenient store, fuel sales. Only CAT scales on US 29 in VA. www.countsauction.com. 800-780-2991 (VA#93).

\$500! Police Impounds! Hondas, Chevys, Toyotas, Jeeps, etc.! Cars/Trucks/SUVs from \$500! For Listings Call 800-749-8167 xV030. Fee.

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Life Insurance/Medicare Supplement Agents • Preset Appointments • No Overnight travel • Earn \$1,200 to \$2000 weekly (potential) • Zero premium plan • Insurance License necessary. 866-224-8450 ext. 5018.

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38th Annual June Sale, Tom Johnson Camping Center. Tremendous savings, incredible selection, deep discounts, and factory rebates. The biggest RV Sale of the year is going on right now. Marion, NC. 800-225-7802; Concord, NC 888-450-1440; www.tomjohnsoncamping.com.

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Steel Arch Buildings! Genuine Steel-Master(r) Buildings, factory direct at HUGE Savings! 20x24, 30x60, 35x50. Perfect Garage/Workshop/Barn. Call 1-800-341-7007. www.SteelMasterUSA.com.

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COMMERCE BANK TO CELEBRATE GRAND OPENING OF FIRST DC LOCATION

Commerce Bank will celebrate the arrival of "America's Most Convenient Bank" in Washington, D.C. at Connecticut Avenue and S Street at Dupont Circle on:

- **Friday, June 24, 9:00a.m. to 7:00p.m.**
- **Saturday, June 25, 9:00a.m. to 5:00p.m.**

Local residents will experience first hand Commerce's unique approach to ultimate convenience and WOW! the Customer service philosophy. Visitors will have the opportunity to win \$10,000 in a cash drawing on **Saturday, June 25** (must be present to win).

Celebrate with the Commerce Bank team at the grand opening party, which is free and open to the public and will feature:

- Free food, refreshments and giveaways
- Caricaturist, mime, stiltwalker, shoe shiner and more fun
- Music from our deejay spinning your favorite party hits
- Enter to win \$1000 in cash **June 24 at 11:00a.m. and 1:00p.m.** (must be present to win)
- Exciting games and prizes, including a drawing to win a trip to Paris, France!

Commerce has targeted seven to 10 locations for development this year in

Washington, D.C., and Virginia, the first of an estimated 200 locations planned for the Metro Washington, D.C./Baltimore region.

Commerce models itself after dynamic retailers such as Starbucks and is committed to providing customers with a memorable experience at every point of contact. Visitors who will be greeted at the door by a welcoming employee will find a mural of a local scene on the wall, lollipops on the counter and a fun, friendly experience. More than 30 years ago, Commerce Bank pioneered many no-fee services in the banking industry and continues to offer and advance such products as:

- 7-day branch banking
- Free personal checking
- Free Commerce Check Card—a combination ATM/VISA card
- Award-winning on-line banking at commerceonline.com
- Penny ArcadeSM free coin counting service
- **1-800-YES-2000**, a full-service bank-by-phone system, available 24/7

Commerce Bank, "America's Most Convenient Bank," is a leading retailer of financial services with more than 320 convenient stores in New Jersey, New York, Pennsylvania and Delaware. In 2005, the bank plans to open 55-plus new locations and create 1,800 new

career opportunities throughout its markets. Headquartered in Cherry Hill, N.J., Commerce Bancorp (NYSE: CBH) has \$32 billion in assets and, in first quarter 2005, achieved a deposit increase of 29% and earnings per share growth of 22%. For more information about Commerce, please visit the company's interactive financial resource center at commerceonline.com.

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ENGINEERS—CONSULTING

Statewide Limited Services Contract for Providing Professional Engineering Services Associated with Inspecting, Maintaining and Repairing Movable Bridges

The Virginia Department of Transportation is seeking expressions of interest from consulting engineering firms who wish to be considered to provide professional engineering services for the inspection, preparation of inspection reports, preparation of contract repair plans and specifications, and advisory field services for movable bridges (swing, bascule and vertical lift).

The proposed contract will be for a one (1) year period and will have an upper limit of \$1,000,000.00. Such contract will be for statewide services and may be renewable for two (2) additional one-year terms at the option of the Commissioner. Each additional year will have an upper limit of \$1,000,000.00. Firms responding must have sufficient in-house staff to provide all of the required services. All work will be on an as needed basis and emergency repair work will require immediate response from the selected firm.

The scope of work shall consist of providing inspection services and reports for routine maintenance and emergency repairs involving the following types of work for movable bridges: structural; mechanical and electrical systems; traffic control devices and systems; submarine utilities and fender system repairs. In addition, the scope of work will include load ratings, troubleshooting visits and recommendations, shop drawing review and other services outlined in the questionnaire referred to below.

Firms interested in being considered must submit a qualification questionnaire. The questionnaire (RFP) may be obtained by writing to **Mr. G. M. Clendenin, P.E., State Structure and Bridge Engineer, Virginia Department of Transportation, 1401 E. Broad Street, Richmond, VA 23219** or by faxing a written request to **Mr. Mark D. Pirozzi** on the firm's letterhead to **(804) 786-2988**. The RFP can also be accessed through VDOT's Internet site <http://www.virginiadot.org/business/rfps.asp>, file SB082005. TDD only calls: In Virginia, 711; Nationwide, 1-800-828-1120 (FOR HEARING IMPAIRED ONLY). Replies to the questionnaire must be received as designated in the RFP no later than **4:00 p.m. on June 28, 2005**.

The Department assures compliance with Title VI requirements of non-discrimination in all activities pursuant to this project.

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MEET NANA STAR

ELIZABETH OWENS

Elizabeth Owens is the creator of Nana Star and to those who know and love her, she is the real Nana Star. Born **February 1, 1924** in Baltimore, Maryland, Elizabeth has three children, five grandchildren, and five great-grandchildren. Along with her cat, Jason, she lives in Germantown, Maryland, where she faithfully cares for many furry and feathered friends. Elizabeth had a very special relationship with her grandson, **Vance**. Together they stood by the bedroom window at night gazing at the stars. Vance often asked

his Nana, "Is the Moonman really out there?" Nana told him that the Moonman was always there for him. When Vance moved away, Elizabeth sent him hand-crafted cards made of construction paper and illustrated with numerous darling characters, drawn with markers and decorated with colorful stickers. She became "Nana Star" and with the Moonman and many other friends, watched over Vance. This was Elizabeth's way of showing Vance that she was always with him.

Over time, an enchanting collection of thoughtful cards and remembrances,

inspired by Nana Star, came into being. The characters in this collection touched the hearts of everyone who saw them, as their appeal was sweet and captivating.

Four generations are involved in sharing the magic of Nana Star for others to enjoy. Elizabeth is the creator; her elder daughter, **Linda**, is the illustrator; her granddaughters, **elizabeth and elena**, are the writers of this book and the publisher; and her great-grandchildren, **Allie, Nicky, and Julienne**, have been insightful contributors to this special undertaking.

Elizabeth created Nana Star out of a great love for Vance and a desire to give him sense of home wherever he was. Today, she hopes to extend that same love and feelings of belonging to children everywhere, in dedication to Vance, who now dances among the stars.

THE AUTHORS

elizabeth and elena are the granddaughters of Nana Star's creator. Together, they established ee publishing & productions, inc. This book is their first publication. elizabeth and elena are devoted to cultivating the rediscovery of children's imaginations everywhere through Nana Star. They reside in Northern Virginia.

THE ILLUSTRATOR

Linda Saker is the daughter of Nana Star's creator and mother to the

authors. This is the first book Linda has illustrated and she also designed the Nana Star character doll. Linda lives in Nashville, Tennessee.

THE NANA STAR FOUNDATION

The charity and community work that we do at ee publishing & productions is equally as important to us as any business venture we undertake. We want to be known for treating our customers, our staff and all our business associates in a dignified, compassionate manner; as human beings, not just as numbers. In the same manner, we honor those in need and we want to help people, especially children, and create a difference in their lives—making positive social change.

Our first and most important initiative is the development of the Nana Star Foundation. The Nana Star Foundation is dedicated to raising funds for terminally ill children and heightening awareness to the devastating problems facing children attending our inner-city schools. A portion of the sales from all of our Nana Star books and other Nana Star merchandising goes directly to this foundation. Further, we distribute Nana Star books to hospitals and inner-city schools throughout the United States. We have great plans and a spectacular vision to grow the Nana Star Foundation, bringing hope to thousands of less fortunate children.

If you'd like to learn more about our foundation or to make a donation, please contact us at **info@eppinc.com** or visit **www.eppinc.com**.

NANA STAR—THE RAGGEDY ANN OF THE 21ST CENTURY

Meet Nana Star, the beautiful, soft character doll with embroidered features, pretty blue dress, scalloped petticoat, ribboned and flowered slippers and white gloves with a trace of a blown kiss. A lace hankie is tucked sweetly away in a pocket for tender moments. And meet the tiny star that goes on the journey with Nana Star—all beautifully presented in a keepsake "garden" hatbox.



Top left: elena; top right elizabeth; bottom left: Linda Saker; bottom right Elizabeth Owens



Nana Star Doll

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