

# Zebra



## Get A Grip!

SEPTEMBER '15

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BLACK AND WHITE AND READ ALL OVER



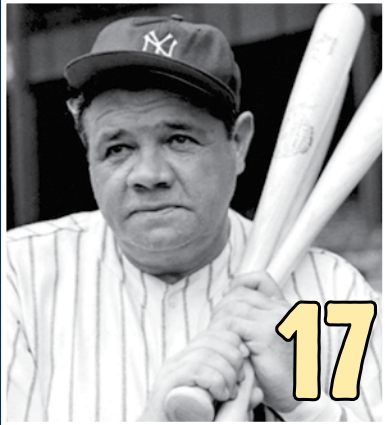
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GIANT



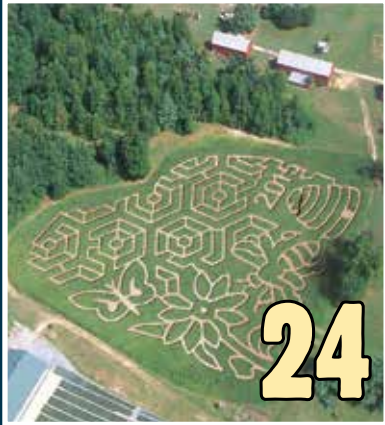
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GROWING  
AMAZING MAZES





# Christine Garner

*It's Not Just My Business,  
It's My Neighborhood*

## OLD TOWN

**\$2,550,000**

Elegant 4 bedroom, 3.5 bath brick semi-detached townhouse with 3-4 off street parking located just steps from Historic King St. and the riverfront. Circa 1818 with approximately 4,400 sq. ft. of living space featuring generous room sizes, original random width wood floors, high ceilings, tall windows, exquisite woodwork and architectural details throughout. A two level sun-room offers views of the spacious walled garden and patio. Lower level walks out to the garden and features a gourmet kitchen with center island, breakfast area and adjoining family room with fireplace.



## OLD TOWN

**\$1,950,000**

Historic 4 bedroom, 3.5 bath home on "Captain's Row" 1 block off King Street and 2 blocks from the river. Extensive restoration with nearly 3,000 sq. ft. of living space featuring spacious light filled rooms with 10' ceilings, beautiful moldings, random width wood floors and 2 fireplaces. Eat-in kitchen with exposed beams and rear stairs to upper level. Main level bedroom with full bath plus half bath for guests. Upper level with 3 bedrooms and 2 baths including the Master suite with en suite bath. Unfinished lower level with tall ceilings and heat, back porch, roof-top deck and fenced yard with pergola and Koi pond.



## ALEXANDRIA/CHAPEL HILL

**\$1,599,000**

Fabulous 7 bedroom, 5.5 + .5 bath custom home with approximately 7000 sq. ft. of living space on .5 acres with a 3 car garage! Great home for entertaining with a dramatic 3 story field stone fireplace in the living room and formal dining room with french doors to a large screened porch. Spacious gourmet kitchen with adjoining breakfast and family room. Master suite with 20' ceilings and luxury bath. Fenced yard with deck and a sports court. Steps to Chinguapin Park!



## OLD TOWN

**\$1,190,000**

Beautifully updated 4 bedroom, 3.5 bath brick townhouse just 1 block from the river and Lee St. Park. Spacious light filled Living room and formal dining room with dental molding and wainscoting, both with fireplaces. Renovated gourmet kitchen with adjoining family room with gas fireplace and French doors to a large brick patio. Master suite with vaulted ceiling, Juliette balcony and en suite bath. Finished attic with 4th bedroom and en suite bath is ideal for guests. Updated baths, freshly painted with wood floors throughout.



## COLLEGE PARK

**\$999,950**

Gorgeous 5 bedroom, 4 bath craftsman home with approx. 3,500 sq. ft. of well designed living space on a large professionally landscaped lot with extensive hardscape. Foyer entry welcomes you to the living room with stone fireplace and formal dining room with wet bar. Gourmet kitchen and adjoining family room with French doors to the beautiful patio, ideal for outdoor entertaining. Main level bedroom with full bath and 2nd level with 3 bedrooms including a fabulous Owner's Suite with sitting area, 2 walk-in closets and luxury en suite bath. Spacious 3rd level with full bath is ideal for a 5th bedroom or 2nd family room.



## ROSEMONT

**\$749,000**

Ideally located 3 bedroom, 2 bath brick bungalow with off street parking blocks from 2 METRO Stations, shops & restaurants! Inviting front porch, comfortable living room and formal dining room. Updated kitchen with granite counters and 42" Maple cabinets. Family room with French doors to the fenced yard. Two main level bedrooms with 2 updated baths. Upper level bedroom with skylights and finished lower level with recreation room, bonus room and large storage/laundry room with outdoor egress.



## WATERGATE OF OLD TOWN

**\$599,000**

Lovely 3 bedroom, 2.5 bath brick end town house with 2 finished levels and garage parking just a couple of blocks from the riverfront, shops and restaurants! Foyer entry takes you to the living room with a wood burning fireplace and dining room with access to a delightful brick patio. Updated eat-in kitchen with granite counters and SS appliances. Three upper level bedrooms including the Master suite with en suite bath and 2 closets including a walk-in. Wood floors on both levels, extra storage in the attic with PDS.



## WATERGATE OF OLD TOWN

Fabulous renovation of this 2 bedroom, 2 bath brick townhouse. Great location just a couple of blocks from the river, shops and restaurants in a quiet courtyard with garage parking. Desirable open floor plan, gourmet kitchen with granite counters, SS appliances and 42" custom cabinets and dining area. Living room with wood burning fireplace and French doors to a brick patio. Two upper level bedrooms with 2 full baths including the Master suite with updated en suite bath.



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SEPTEMBER '15

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## DISTRIBUTION

30,000 copies delivered by hand each month to households and businesses in the following neighborhoods and high-traffic areas:

Arlington	Crystal City	Alexandria
Alexandria	Del Ray	Park Fairfax
Alexandria West	Fairlington	The Pentagon
Beverly Hills	Great Falls	Rosemont
Braddock Heights	Mount Vernon	Seminary Hills
	Old Town	Shirlington

## PUBLICATION DATES

Zebra is printed monthly.

## DEADLINES

The deadline for the receipt of all new advertising materials is 5:00 p.m. Wednesday, seven days prior to publication. Materials and space reservations will be accepted for proofed unchanged camera ready repeat ads until 5:00 p.m. Friday, the week before publication. Cancellations and changes cannot be accepted after Monday, the week of publication and no refunds will be made after that time. For advertisers wishing to see a proof before publication, the deadline for approval is Wednesday, seven days prior to publication.

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## CATCH OUR MISTAKES

We proofread, but occasionally we make mistakes, so to make a game of it, we encourage you to find the errors we missed. The entrant who finds the most wins a gift certificate from an area retailer or restaurant.

If you have a keen eye and a sharp pencil, send your catches to editor@thezebrapress.com.



## PUBLISHER'S NOTE

Summer is over, and with that comes a new season of our favorite tv shows, kids getting dressed up for their first days back at school, and an eye for the coming of crisper days, turning leaves, and cherished holidays.

In this issue, we celebrate the entrepreneurial spirit of an Alexandria couple maneuvering their livelihood through mazes of government obstacles, we give you dozens of highlights in the local foodie

landscape, and share the triumphs and notable happenings within our community and its schools.

Please enjoy the read and look for our October issue to give you a quick election rundown when we bring you a special section called, *The Candidates: In Their Own Words*. Until then, we urge you always to send us your thoughts, criticisms and suggestions.

—Mary Wadland



## WHAT BUGS ME

BY DEBBY CRITCHLEY

Ok bicyclists, it's your turn. Have you ever read the laws governing bike riding in Alexandria? Anywhere? You need to be riding WITH traffic, not against it. You cannot ride on the sidewalk. You need to signal your turns. Pedestrians do have the right of way, not you. You MUST stop (and stay stopped) for all traffic signals – regardless of the lack of cross traffic. And when you do stop, put a foot on the ground – don't 'dance' around on your bike. A biker making a left turn 'danced' into my lane forcing me to run my car up over the curb. It caused several hundred dollars damage to my car just so I wouldn't hit and kill her. She cursed at me! And please, use some common sense; don't try to compete with a 2000+ lb. car! You won't win.



### COVER PHOTO:

From left, Robbie Wright, Dir. of Business Development; Christine Heiby, CEO; Dave Heiby, President of Beltway Supply, Inc. and AUTO-GRIP. Photo by Harry Merritt.



### Zebra Spotted in Havana, CUBA!

Founder of the *Alexandria Times*, and now Associate Publisher of *Washington Life*, John Arundel recently was spotted reading the *Zebra* in Havana, Cuba.

Send photos of *Zebra* read around the world, and we'll publish them as well as send you a gift certificate from an area restaurant or retailer. Submit to editor@thezebrapress.com with a caption.

*John just picked up a \$25 gift certificate from Greenstreet Gardens!*





Christine and Dave Heiby holding the AIVA 2015 Communicator Award of Distinction and the 2015 Bronze Telly Award, both won for AUTOGRIP online videos. Don't miss the video, *Where Would You Grip Yours?*  
Photo by Harry Merritt.



Brain Injury Services honored Dave and Christine Heiby with its Community Champion Award. Here they are shown with Tomoko Taguchi, BIS Volunteer Placement Program Coordinator. Photo courtesy of BSI.

# ALEXANDRIA COUPLE IS WORLDWIDE SOURCE OF IMPRESSIVE NEW TOOLS

BY KRIS GILBERTSON

Late 2011 into 2013 was a period of turmoil on the national scene as Congress and the president failed to agree to a federal budget. During this, federal agencies were funded month-to-month at previous budget levels, which meant they could not buy much or start new projects. Small businesses contracting with the government were hit hard.

“The time leading up to the government shutdown was really slow and it really hurt us,” says Christine Heiby, CEO of Beltway Supply, Inc. “When the Fed doesn’t have money, state government doesn’t have a whole lot of money either, and everyone is holding on to their dollars.”

Then, on October 1, 2013, the Federal government shut down. “That,” she says, “almost truly put us out of business.”

### Beltway Supply, Inc.

Alexandria residents Dave and Christine Heiby founded Beltway Supply (BSI) in an industrial park just south of the Beltway in August 2006. Dave, a seasoned sales rep in the industrial market, had worked with companies of many sizes, from the national United Laboratories to small businesses, since 1985. Now it was time to work for himself.

Christine’s field was rehabilitation counseling. With a Master’s degree from Virginia Commonwealth University, she worked for 31 years with government and private agencies to assist people with disabilities. To provide stability, she continued that work as BSI started up.

Both the Federal and state governments set aside certain solicitations for small, woman-owned, and minority businesses (WOSB). Virginia, in particular, requires procurements under \$5K to go to WOSBs, which fit into the Heiby’s business model:

1. Target state, local, and Federal governments because they would

- always have money. And because different levels of government have different buying schedules, somebody would have money pretty much throughout the year.
2. Prefer the micro purchase area that can be done through credit cards. Credit cards assure prompt payment.
3. Hold no inventory.

By 2008, BSI was certified on both Federal and state levels as a woman-owned small business. Christine Heiby joined the firm full-time. In the “hold no inventory” mode, their first office was only 500 sq. ft., just enough for two full-time and one occasional employee.

Beltway Supply didn’t supply much (“hold no inventory”); the company primarily consulted, sourced, and teamed. As a WOSB with a track record with state, local, and Federal governments, they could team with companies that wanted to get into a government marketplace. If a proposal required a small business partner, BSI would be that partner.

At the start, BSI promoted the products Dave knew best—fasteners, safety supplies, tools, and hardware, with established vendors. Then in 2009, a cold email arrived from the Smithsonian Institution requesting a quote on an item needed at the zoo. “So we went

out there,” says Christine, “and the rest is history.”

### A Japanese Giant Salamander

The National Zoo’s Asia Trail comprises seven exhibits of Asian wildlife, the final one being the giant panda enclosure. On the trail, a large glass aquarium set into a rocky background houses a Japanese giant salamander. Growing up to five feet in length, this amphibian is the second largest salamander known to exist. (The Chinese giant salamander can grow to six feet.) To stay alive and healthy, the giant salamander needs a running stream of cool water kept at an optimum temperature.

A small business set-aside was in place to obtain a split-climate control system (air and water) for the giant salamander, but the only company that could provide this environment was not a small business and not certified with the Federal government. Enter BSI, which did all the procurement for the climate-controlled environment in which the giant salamander lives.

“We realized,” says Christine, “that to have a great product line is terrific, but government agencies also have other needs. This leads to ongoing relationships.”

BSI provided the zoo with steel screening for a large cat enclosure. The screen is very fine mesh that doesn’t impede visitors’ views, but keeps them safe and keeps the tigers from jumping out.

They also procured pumps and materials to build a series of waterfalls on the Asia Trail and panda exhibit. One perk of the ongoing relationship gave Dave a chance to get within a few feet of the pandas. “A door with an open screen window separated me from the panda. But it was really close and bleated at me like a goat. I had a keeper next to me, so it was either saying



The AUTO-GRIP self-adjusting locking pliers easily clamps onto objects of any size. No adjustment knob to turn and the red-tipped lever pulls up to release instantly. Check the videos on [AUTOGRIP.com](http://AUTOGRIP.com) to see how fast and easy working with this tool can be. Photo by Harry Merritt.

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Follow AUTO-GRIP on Facebook and Twitter

Or meet the AUTO-GRIP staff in person at the Capital Home Show, September 25-27, 2015, at the Dulles Expo Center.

CONTINUED ON NEXT PAGE



hello to me or to the keeper. A rather neat experience to say the least.”

**Recession, sequestration, shutdown**

As the effects of economic downturn spread through 2010, BSI’s teaming and consulting opportunities dried up. Of this Christine says, “Our business motto has always been you figure out what’s going on and adjust accordingly.”

They chose to focus on selling facility maintenance and safety supplies to their customer base of stable governments. This strategy worked despite political uncertainty until 2012, when government agencies, faced with the threat of sequestration, reduced or stopped spending and held tight to whatever funds were in hand. Then, in October 2013, the Federal government shut down for 16 days.

This could have been the death knell for BSI. There were still bills and expenses; money going out and no money coming in. But at that critical moment, Gerry Cooper, a good friend from their congregation at the Old Presbyterian Meeting House, mentioned that he had a tool that he wanted to bring into the United States from China. Could they figure a way to work together?

“Mr. Cooper was chief procurement officer for Stanley Tools (now Stanley Black & Decker) in Asia for years,” says Dave. “He took Stanley first to Taiwan, then to mainland China, establishing factories and supply chains. He lived in China for 19 years, speaks the language, and understands the culture and ways of doing business, which is very different from the U.S.”

Gerry Cooper retired from Stanley Tools and lives in Alexandria. He owns Asia Tech Source, a consulting/sourcing firm that puts American companies wanting to do business in China in touch with factories in Asia. With his son, he also owns CF Cooper, a corporation based in Alexandria and Asia.

Cooper’s tool was the AUTO-GRIP self-adjusting locking pliers, and the Heibys realized that “this is a great tool, let’s figure out how to do this. Because if we were going to survive, we needed to do something different.”

**AUTO-GRIP**

AUTO-GRIP self-adjusting locking pliers descends from a notable line of tools.

Locking pliers were invented in 1921by William Petersen, a Danish immigrant blacksmith living in DeWitt, Nebraska. He patented his first, primitive version and immediately began design improvements, establishing Petersen Manufacturing in 1934. There were six successive patented versions of the tool, the last in

1958. Will Petersen was not pleased with the 1958 tool and began designing the next model, but died before completing it. As the 1958 patent expired years ago, there are many knock-offs and the 1958 design is still the standard in today’s toolbox.

Although the Petersen Manufacturing Co. name and ownership changed several times, the plan for Petersen’s last version languished until Gerry Cooper discovered them in 2003. Through CF Cooper, he obtained Petersen’s plan and spent a decade working to bring the AUTO-GRIP self-adjusting locking pliers to market.

**How is AUTO-GRIP different?**

Standard locking pliers, manufactured from William Petersen’s 1958 design, have a small adjustment knob at the heel. Turning the knob tightens or loosens the jaws around whatever object is clamped. This requires considerable fiddling to get the tension right. It always requires two hands, and every task of a different size means adjusting the grip again.

AUTO-GRIP self-adjusting locking pliers automatically conform to the size of each object gripped. There are no knobs to turn. The only adjustment is for the user’s hand strength, using the pressure screw, which never has to be adjusted again. The red-tipped release lever pulls up (opposite of the old design) and the entire maneuver can be done with one hand, making work with this tool faster (seven times faster—see website video) and more efficient.

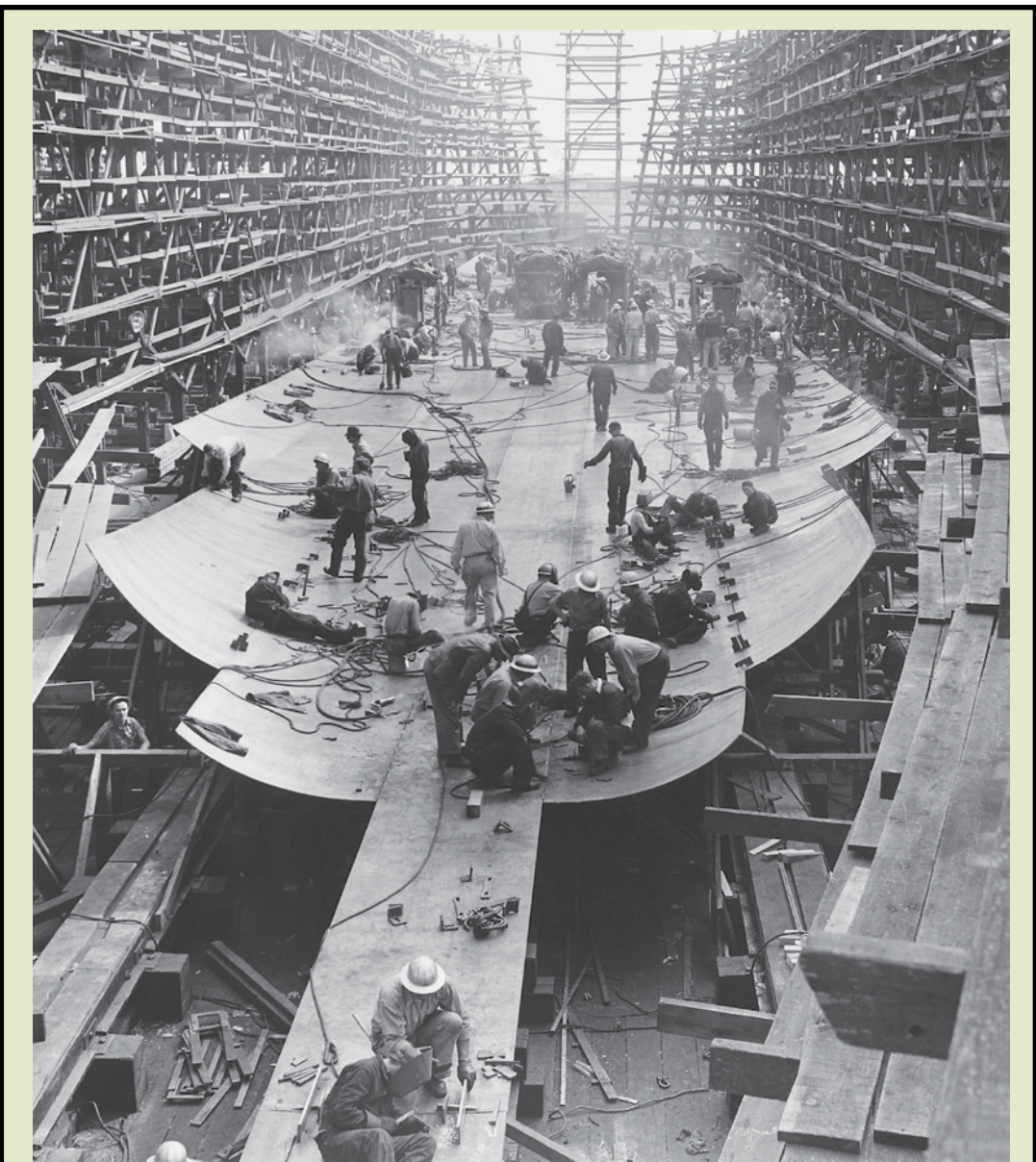
In February 2014, AUTO-GRIP became a division of Beltway Supply, Inc. and the international distributor of AUTO-GRIP tools.

BSI continues sourcing and teaming on both the expected and the occasional unusual proposals (dead goose decoys to repel goose populations [goose poop remediation] on the NoVa Woodbridge campus). But the company’s energy and innovation is focused on establishing and expanding the AUTO-GRIP line of tools.

BSI moved into larger quarters in the same industrial park and hired staff, including Robbie Wright, Director of Business Development, and Patrick O’Connell, Warehouse Manager. “Hold no inventory” is a thing of the past as shipments of tools arrive from factories in China.

**Brain Injury Services**

Because the tools arrive without packaging or on cards printed with a factory name, the company needed workers to rebrand and assemble multi-piece kits. Through the Greater Springfield Chamber



Steel plates forming the hulls of WW II Liberty Ships were held in position with Wm. Petersen’s 1935 locking pliers, and workers simply welded the pliers into the ships. At that time, the unit cost was \$1.25. Photo courtesy of BSI.

**AUTO-GRIP LOCKING PLIERS – A DISTINGUISHED HERITAGE**

William Petersen’s locking pliers played an important role in constructing the Liberty Ships of World War II. Liberty Ships were basic cargo transports built at top speed to carry supplies to beleaguered Britain and Europe, and to replace ships sunk by German U-boats.

The seams of Liberty Ships were welded rather than riveted, a design change that cut labor costs and required fewer skilled workers, many of whom were women. Workers found locking pliers useful to hold the steel plates of the hulls together. To save

time, they welded the pliers into the hulls rather than removing them.

In four years, 18 US shipyards built 2,751 Liberty Ships. The first Liberty Ship took three months to build, but by the end of the war this was cut to 42 days. With such speedy construction, the US built cargo vessels faster than German U-boats could sink them and was one key to winning the war.

“Straight jaw and curved jaw, these were the pliers that saved democracy,” says Dave Heiby. In 1941, the tool sold for \$1.25.

of Commerce, Christine Heiby met Tomoko Taguchi at Brain Injury Services in Springfield. Taguchi is always looking for jobs for her clients. It sounded like the work AUTO-GRIP offered would be a good fit, and it was.

AUTO-GRIP hired three people through BIS who worked steadily getting everything packaged. “They are great workers,” says Christine. “When we first started assembly of the six-piece tool bag, they were able to get 100 of them done in an hour and a half. That, to me, is amazing.

“I credit the Chamber of Commerce because even with my background, I’m not sure I would have gotten to Brain Injury Services to hire the people who are working with us now.”

**Looking ahead**

With the new division have

come customers in a new arena. Interline Brands is a major account. Based in Jacksonville, FL, Interline does \$2 billion annual sales in maintenance, repair, and operations products, with 4 regional centers, 55 distribution centers, and more than 700 sales reps. Thos. Somerville, the plumbing, heating, and A/C company based in Upper Marlboro, and TW Perry, purveyor of building materials, are interested.

AUTO-GRIP self-adjusting locking pliers is the anchor tool in an expanding AUTO-GRIP line. Also available: AUTO-GRIP self-adjusting groove joint pliers and AUTOBLADE. Design is collaborative among Beltway Supply here and CF Cooper and its contacts in China. With such ongoing innovation, AUTOWRENCH and AUTODRIVER will be

available in 2016.

In May, *Mustang 360* magazine’s tech editor Mark Houlahan tested and gave a positive review and endorsement of AUTO-GRIP locking pliers and AUTO-GRIP self-adjusting groove joint pliers. “We never thought it would be in the car mechanic world,” says Dave Heiby, “but we love it.”

“Every tool we have is kind of an ‘oh, I’ve got one of those’,” says Robbie Wright, Director of Business Development. “But it’s not like ours—it doesn’t work as efficiently. We have automated, we have upgraded all the tools.

“We have only five items now, but all five are unique. We won’t have anything in our line that’s a ‘me, too.’ That’s the whole concept.”



JOIN THE ARBOR DAY FOUNDATION IN SEPTEMBER FOR \$10 AND RECEIVE 10 FREE TREES FOR PLANTING IN VIRGINIA

Everyone from Virginia, who joins the Arbor Day Foundation in September, will receive ten free trees as part of the Foundation’s Trees for America program.

Through Trees for America, everyone is encouraged to plant trees, which benefits the environment and improves the quality of life. With nearly 1 million members and supporters, the Arbor Day Foundation is the nation’s largest nonprofit organization dedicated to planting trees.

Everyone joining this month will receive an eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak, and Colorado blue spruce.

“This group of trees was carefully selected to yield year-round benefits in Virginia, including beautiful spring flowers, cool summer shade,



The Eastern redbud tree (sometimes referred to as a Virginia redbud), or *Cercis canadensis*, is possibly one of the trees you will receive when you join the Arbor Foundation this month. They are one of the first trees to bloom in spring. Courtesy photo.

spectacular autumn colors, winter berries, and nesting sites for songbirds,” said Matt Harris, chief executive of the Arbor Day Foundation.

“These trees will also add to the proud heritage of Virginia’s 54 Tree City USA communities,” Harris continued. “For the past 39 years, Tree City USA has

supported effective urban forestry management across Virginia and planting these trees will enhance the state’s tree-planting tradition.”

The trees will be shipped postpaid at the right time for planting between October 15 and December 10. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge. Easy-to-follow planting instructions are enclosed with each shipment of trees.

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care.

To receive the 10 free trees, send a \$10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by September 30, 2015, or join online at [arborday.org/](http://arborday.org/) september.

HUME SPRINGS PLAYGROUND MAKEOVER



Brooke Sydnor Curran, founder and CEO of RunningBrooke stands with Associates of the Brickman Group who donated the trees and planting for the park. Courtesy photo.

RunningBrooke has partnered with the City of Alexandria Parks and Recreation Department to renovate the Hume Springs Park Playground, at 100 Dale Street in Arlandria. Currently a neglected park, surrounded by a ten-foot-high chain link fence, the playground sits in a neighborhood filled with children – the highest percentage of which are under the age of five, and where more than 80% are eligible for free and reduced meals. With help from Rebuilding Together Alexandria, and the generous support of Teva Respiratory, The Brickman Group, Simpson Development, The Rotary Club of Alexandria, Rosemont Landscaping and Lawncare, and the Hume Springs Neighborhood Association, the park’s top-to-bottom makeover has already started. The renovated park will provide a fun, safe and engaging place to play.

RunningBrooke Volunteer Build Day is September 19 when the community will be out in force to put the final touches on the park makeover. Volunteers will help plant flowers, create a butterfly garden, and build tables and benches. For more information, please visit [www.runningbrooke.org](http://www.runningbrooke.org).

CITY BRIEFS

Unfenced Dog Exercise Areas May Go Away

The Park and Recreation Commission will hold a Public Hearing on Thursday, September 17, 7 p.m. at the Mt. Vernon Recreation Center, 2701 Commonwealth Ave. to receive public comment on a proposal to remove the designation of three unfenced dog exercise areas because they present potential safety issues for dogs, as well as pedestrians, bicyclists, and others using adjacent streets. The unfenced dog exercise areas under consideration are 1.) Ft. Williams Parkway at Dearborn Rd; 2.) Southeast corner of Braddock Road and Commonwealth Ave.; and 3.) W. Timberbranch Parkway and Parkway Terrace. The Commission also welcomes comments regarding the status of other designated unfenced dog exercise areas.



Joe Regotti, Gang Prevention Coordinator, connects with Alexandria’s youth leaders at the evening Networking Session. Courtesy photo.

Youth Conference a Success

More than 20 Alexandria youth participated in the fourth annual Youth Leadership Conference held August 17–19 at First Baptist Church of Alexandria. Young people learned from leaders representing the public, private and nonprofit sectors. Workshops included Leadership 101, Resume Writing, Conflict Resolution, Professionalism, and Networking, Becoming a Community Change Maker, Teamwork and Critical Thinking, and Budgeting & Money Management.

Local boards, commissions, and community organizations were invited to meet youth leaders in a networking session. Representatives from the Public Health Advisory Commission, the ACPS Board, the Teen Wellness Center, Inspire Virginia, the Children Youth & Families Collaborative Commission, Gang Prevention and Intervention Task Force, Office of Youth Services Youth Council and Project Discovery connected with youth eager to become more civically engaged. The conference was sponsored by the Alexandria Campaign on Adolescent Pregnancy (ACAP) and the Substance Abuse Prevention Coalition of Alexandria (SAPCA).

Rebuilding Lives of Local Women

Rebuilding Together Alexandria volunteers from the Sons of the American Legion were armed with drills and hammers, sinks and faucets to help rebuild the kitchen of a local women’s domestic violence shelter. With generous assistance from The Home Depot Foundation, which donated kitchen cabinets and a \$3,000 gift card towards this volunteer project, women living in the shelter can now enjoy a more functional kitchen.

“Home Depot is proud to support Rebuilding Together Alexandria’s work to revitalize the Alexandria community by providing free repairs and modifications to facilities that help U.S. military veterans and their families. Supporting

CONTINUED ON PAGE 21

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# WEICHERT OLD TOWN OFFICE DONATES \$2500 TO UCM

Mark Ackermann, manager of the Weichert, Realtors Alexandria/Old Town office, announced that his office donated \$2,500 to United Community Ministries, an organization whose mission is to mobilize the power of community to equip, educate, and empower people to measurably improve their lives.

“As an office, we chose to donate our prize money from a Weichert sales incentive program to this worthwhile cause,” said Ackermann. “We are honored to have the opportunity to contribute to an organization that continues to make such a powerful impact in our community and to help make a difference for those in need.”

United Community Ministries (UCM) mobilizes the power of community to equip, educate, and empower people to measurably

improve their lives. For the past 46 years, UCM has provided a vital connection between people in need and the people committed to helping them thrive. Services include immediate help for families and individuals in crisis, food, financial aid, and counseling, education and employment services such as job training and coaching, full-day early care and learning, ESL and citizenship classes, parental education, after-school programs and leadership training, engaging youth and families in broader social networks for success and overall helps people achieve stability. In Fiscal Year 2014, thanks to generous community support, UCM provided life-changing assistance in the Alexandria portion of Fairfax County to more than 11,000 individuals in 4,152 families.

# COMMEMORATING THE 50TH ANNIVERSARY OF THE IMMIGRATION AND NATIONALITY ACT AND THE CIVIL RIGHTS MOVEMENT - A WEEK OF FREE EVENTS IN ALEXANDRIA

Join the Alexandria Black History Museum and the 1882 Foundation as they host a week of activities commemorating the 50th Anniversary of the Immigration and Nationality Act of 1965 and the Civil Rights Movement. All events are free and open to the public

Activities begin Saturday, September 26, at

2:00 pm, with an opening reception at the Alexandria Black History Museum (ABHM). Special remarks will be made by Professor Janelle

CONTINUED ON PAGE 25

# IT IS THAT TIME OF YEAR AGAIN!

Nominations are now being accepted for 2016 Living Legends of Alexandria. Whom do you know who has significantly improved Alexandria with their vision and energy? Do you know someone who fits that description? If so, nominate them today as a Living Legend!

Click to nominate a Legend at [www.alexandrialegends.com](http://www.alexandrialegends.com). You may also mail your nomination to Living Legends, P.O. Box 918, Alexandria, VA 22313. Please use the information provided in the Online Form as a guide when you submit a handwritten nomination.

The deadline for all nominations is 5:00 p.m., Thursday, Oct. 15.

The 2016 Living Legends of Alexandria will be announced in January and honored at our annual reception in March.

Questions may be directed to [info@AlexandriaLegends.org](mailto:info@AlexandriaLegends.org) or by calling 571-483-8521.



My favorite poem is the one that starts ‘Thirty days hath September’ because it actually tells you something.

—Groucho Marx

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# Faces in Places

Photos by Melinda Sigal



Above, Friends of Guest House Executive Director Kari Galloway jumps for joy when Alexandria Toyota donated a brand new van for her nonprofit.

At right, Paul Krizek, running unopposed for Delegate in 44<sup>th</sup> District and Jane Gandee, Candidate for Mount Vernon Supervisor, President of ServiceMaster Restore at the Mount Vernon Lee Chamber breakfast.



Alexandria Cupcake's Adnan Hamidi with wife Kathy Taylor and son Joshua.



Kathy Burns, Agnes Artemel and City Councilwoman Del Pepper at the WEBA Happy Hour.



Left to Right: Tom Pfeifer, Evelyn deLottinville, Susan Shelton, Stu Howard, Carlos Baruca, Dorathea Peters, Nancy Benjamin at the WEBA Happy Hour.



Above, Billy Schlorb, of Billy's Flowers brightens everybody's day selling his finest blooms in at the Cameron Run Park and Old Town Farmers Markets.  
  
At left, Micah Edmonds and Sean Lenehan (House of Delegates candidate)



Joe De Montigny, Eileen Ahern and Deena De Montigny.



Jim Lindsay, President, Adult Companion Care; Ashley McNeff Behrens, President, U.S. Homeland Investigations at the Mount Vernon Lee Chamber breakfast.



Left to Right: Barbara Barton, Susan Shelton, Nancy Benjamin and Lynn Bostain at the WEBA Happy Hour.



Diane Webster and Marion Brunken at the WEBA Happy Hour.



Monique Miles (City Council Candidate) and Frank Fannon, former Alexandria City Councilman.



Paul Bartholomew, Stu Howard, and City Councilman John Chapman at the WEBA Happy Hour.



Telemundo's Daniel Rivera with Fernando Torrez (City Council Candidate) at a fundraising event.



(Left to Right) Kenneth Dukes, Capital View II LLC with Jen Hammer and Kelly Kohn, ServiceMaster



# FRIENDS OF GUEST HOUSE IS BESTOWED WITH COMMUNITY COMPASSION & SUPPORT FROM JACK TAYLOR, ALEXANDRIA TOYOTA

BY MELINDA SIGAL

Fairytales can come true, and this is a story of the community getting behind a non-profit and empowering a dream.

## Del Ray's Best-Kept Secret: 40+ Years Ago Founder Betty McConkey Began a Big Dream

Betty McConkey, a Federal parolee, founded what is now Friends of Guest House in 1974. Released from incarceration in the early 1970s, she returned home to Alexandria and saw the lack of services for women like her, so she decided to do something about it. Their first name was Friends of Women Prisoners, and their first services included counseling and referrals.

Celebrating its 40th anniversary last year, Friends of Guest House has evolved as a 501(c)(3) charity that helps Northern Virginia women make successful transitions from incarceration back into the community.

Addressing the root causes of the vicious cycle of crime, the facility gives their clients the relevant help, to assist them avoid re-offending. Women benefit from proven program that focuses on core issues ranging from rising above trauma and addiction to finding housing and employment.

At its helm is Executive Director Kari Galloway, who is very compassionate about helping her women. She explains, "Without re-entry support, 70% of ex-offenders nationwide re-offend within two years. Among Guest House graduates, fewer than 10% re-offend. Focusing on Northern Virginia, Guest House is the only group serving female ex-



Executive Director Kari Galloway, Friend & Video Producer Paul Haire who owns Your Dog's Best Friends and Monica Moore. Photo by Melinda Sigal

*Parolees Are Welcomed* Monday, December 16, 1974 The Gazette 5-A

## Women Find Home At 'Guest House'

By MARLENE MILLER Women's Editor

They are released from prison with less than \$50 to their names, few clothes, no jobs and often no families to turn to.

Some make it in the straight world. Some turn back to crime because they know little else and some end up where they began, in prison.

BETTY McCONKEY of Alexandria, a parolee herself, has decided to try and offer an alternative to these women paroled from prison. She has opened a home for delinquent women, known as "The Guest House," on Commonwealth Avenue in Alexandria.

"I spent 18 months in confinement myself and I know what they're going through when they get out," Miss McConkey told the Gazette. "My people stood behind me, but so many women have no one to turn to."

"I have a real concern to help those who have been in prison. So many of them are repeaters because no one cared."

MISS McCONKEY cared enough to go out on her own and rent a large house so she could take in up to seven recently released women convicts. Since she opened the house in September, she has had six women stay there. At present "The Guest House" has four residents.

"I want to all the neighbors before I opened the house and told them what I wanted to do and no one objected," she said.

She also went to Charles Lankford, director of the Fairfax office of Offender Aid and Restoration, and an ex-convict himself, and asked for his help. He contacted a number of church and civic groups on her behalf, soliciting aid in the form of food, clothing and rent money.

"I FELT WHAT she wanted to do was a good idea," Lankford told the Gazette in a recent interview. "She's trying to establish a home setting. She's saying: 'Here's a place for you, I'll help you get a job. Don't do anything wrong and we'll make it together.'"

"I read her as doing a great job; there's not enough people doing things like this," he said.

There is, in fact, no other such home for women offenders public or private, in the state of Virginia at this time, although one is now being planned in Roanoke, according to Lankford.

SINCE MISS McConkey opened her home, she has sent women who have been sentenced to parole, in addition to those who have already served a prison term.

The fact that she has been approached to help these women also, indicates a crying need to Miss McConkey for more homes like hers.

Through the help of Lankford, and as a result of a number of talks she has made at area churches, Miss McConkey has received aid from a significant number of local groups. She needs a lot more.

"SOMETIMES I get anxiety headaches wondering where the next month's rent will come from," said Miss McConkey, but she refuses to give up. She has been constantly surprised and delighted at all the aid she has been offered.

After a recent talk she gave to contribute to the home can contact Miss McConkey at 549-8894.

AS FOR HER own future, Miss McConkey feels fulfilled by her work but is eager to prove that she was innocent of the fraud by wire charge which earned her a 5 year sentence in a federal penitentiary.

"My life has been dedicated to the Lord," said Miss McConkey. After Bible college she became a researcher and lecturer in churches on the evils of communism. It was in regard to this work, through the National Patriotic Youth Clubs of America, that she was charged with fraud by wire in 1968, when the charges were dropped, and again in 1970, when she received her five-year sentence.

AS SHE explained it, Miss McConkey had received regular sums of money from a Minnesota man to continue her fight against communism. She sent the man a wire of thanks reading "You will be richly repaid for your services for me." The man later produced this wire claiming it as proof that the money was not a gift but rather that he expected to be repaid.

In explaining the case, Miss McConkey claimed she had been placed on a "Communist party smear list" in 1963 to ruin her reputation. She feels that this had direct relevance to the federal charges later brought against her.

In the meantime, she is devoting herself to "The Guest House," secure in the belief that she "will be vindicated" in time.



*McConkey And The Guest House*

In 1974, Marlene Miller, founder and publisher of the *Mount Vernon Voice*, wrote the story about Betty McConkey's realized dream of opening a transitional and supportive home in Alexandria for women coming out of prison. That dream lives on today. Courtesy reprint from the *Alexandria Gazette*, December 16, 1974.

offenders both comprehensively (including a 24/7 residential component) and in ways that meet women's unique needs."

State and local government agencies, foundations, religious groups, businesses and individuals fund their work. Guest House is also a member of United Way of the National Capital Area.

### A Trusted Advisor Who Cares About Her Clients

Friends of Guest House is client of Jennifer L. Ferrara, VP Business Officer at BB&T Branch Banking & Trust Co. Ferrara visits her customers quarterly and learning more about their businesses and how she can help them, not only with banking needs but with other kinds of problems too. As a board member of

the Alexandria Chamber of Commerce, she is a connector, linking people with other people, businesses, and opportunities.

Touched by the video, Ferrara shared that she knew that Jack Taylor was community-focused and had a contact she could involve

in their quest. Ferrara wrote a letter to Erica Grooms, Jack Taylor's Executive Assistant. A few weeks later, Ferrara got a personal call from Jack Taylor, who said he wanted to help and was interested in helping them get a van if they still needed it.

A couple of weeks later

Ferrara got a personal call back from Jack Taylor, who said he wanted to help and was interested in giving them a van if they still needed it. The rest is magical.

### Truly a Living Legend

Jack Taylor is known for his philanthropy, and he definitely walks his talk. As a 2011 *Living Legend of Alexandria*, he acknowledged, "Life doesn't always give you what you want, it often gives you more. Maybe I can't change the world, but I can better the community." He considers himself a lucky guy who really cares, and added, "Friends of Guest House is a noteworthy organization, and we are proud to be able to assist in providing these women a second chance, when oftentimes they wouldn't get one."

### A 2015 Sienna Van

Friends of Guest House gave the dealership about \$5000 raised from the video and a \$3500 trade-in van contributed by a friend of Guest House. Alexandria Toyota donated the rest, more than \$22,000, and the dream quickly became a reality. It had taken less than three months

CONTINUED ON PAGE 15



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I've been busy the past few weeks checking in on new restaurants and finding out the latest in foody newz around town.



Mary Wadland, Kris Gilbertson, and I stopped at **Osteria da Nino** after Wags 'n Whiskers. As I mentioned in a previous column, they replaced the Curious Grape in Shirlington. We sat out on the lovely patio to enjoy the late afternoon breeze and a few appetizers. Our server brought us a plate of focaccia. Kris found it irresistible! This was followed by a cone of fritto misto composed of crispy calimari, shrimp, mussels, salmon, seasonal vegetables, and served with a saffron aoli. The seafood and veggies were lightly battered and virtually grease free. I will order this again. Based on a friend's recommendation, we tried the melanzane alla parmigiana. This was consisted of disks of crispy fire roasted eggplant croquettes topped with tomato confit, perline mozzarella, basil, parmesan, and tomato oil. Beautiful and tasty. There were also the polpettine di vitello of veal

meatballs, marinara sauce, and parmesan cheese. The sauce tasted of fresh tomatoes and herbs. Another home run for all of us. Our server made sure we were comfortable and well fed. She recommended the mini cannoli for dessert. I am now a big fan. The homemade shells were crispy and tasty. They were freshly filled with a delicious pastry cream and dusted with crushed pistachios. I highly recommend you have your next meal at Osteria da Nino. You will leave happy.

Change is coming to Shirlington. The Bungalow



Sports Grill closed in June and will be replaced by **Dudley's Sport and Ale**, a sports pub with rooftop bar. Created by the Copperwood Tavern owners, the space will be a 12,000 square foot indoor space and a 3,000 square foot rooftop bar. There will be 40+ TVs with a gaming area and lounge style seating ample for individuals and large parties. Another change is coming to one our favorite streets in Arlington. Charlie Chiang has closed and **Queen Ammanisa** will take its place on 23<sup>rd</sup> Street. Owner Emam Maimaiti explained

that he is bringing Uyghur food from province Xinjiang in Northwest China, a place formerly known as Turkestan. Uyghur cooking is a product of its geography and is a mix of Persian and Chinese cuisines. It has kebabs and noodles "like you've never had before," Maimaiti said. Lamb, mutton, and beef are common in Uyghur food, as are carrots, raisins and lots of vegetables, he wrote in an email. Uyghur food is often halal too, due to the ethnic group's predominantly Muslim culture. Look for a mid to late fall opening.

**Shake Shack** is coming to Pentagon City Mall. No opening date yet. Their spokesperson said, "We're looking forward to opening our doors in this new location to the residents and visitors of the Arlington area." **Shake Shack** is a modern day "roadside" burger stand serves up the most delicious burgers, hot dogs, frozen custard, shakes, beer, wine and more. **Oz** is a new Clarendon bar and restaurant with modern Australian cuisine that should be opening mid-month at 2950 Clarendon Blvd. Co-owner Ashley Darby, a former Miss D.C., said she "wants the Oz to be a place that guests can come to relax with friends, enjoy a beer and taste authentic Australian food." "The restaurant's interior is meant to feel like a house on the Australian outback and can seat 150 guests" Darby said. Look for outside seating

for about 50 people. Darby said she wants the Oz to be a place that guests can come to relax with friends, enjoy a beer, and taste authentic Australian food. The menu will feature dishes served in Australia such as rissoles and eggs, a typical Australian brunch dish, and an Australian version of a s'more. Darby's husband and Oz co-owner, Michael, an Australian native says, "It'll offer a different perspective on some cuts of meat and plates we have in America,"

Have you been to **Whim Pop** at 1309 King St.? Owner Maria Romano started the business on the side in 2012 while working as a computer systems engineer. In two years, she expanded from one farmers market to 10 (farmers market sales will continue). Whim Pops are partially a nod to the paletas (ice pops) of her native Mexico. Paletas are "something I always had in the summers there," Romano said. Whim Pop's available flavors change daily. These beautiful pops taste of fresh fruit including Her diligence has paid off. The jewel-toned pops (\$3) are bursting with fresh fruit like strawberry, blueberry-peach. Romano also offers flavors that include dairy such as milk or yogurt. You will also find other snacks and sweets including samosas, cake pops, empanadas, kettle corn, and gluten-free bread.

We've seen the sign in the window for a while now and it looks like **Lena's Wood-Fired Pizza** restaurant at



Yates Corner across from the Braddock Road Metro station will be opening soon. There will be dog friendly outdoor seating and an outdoor fire pit. The restaurant will feature 120 seats. According to their website, pizzas will include the Spicy Sausage with cherry peppers, caramelized onions, sundried tomato, fresh basil, and mozzarella; a Grilled Pepperoni features whole milk mozzarella, and San Marzano tomatoes; the Fresh Goat Cheese & Olive is topped with San Marzano tomato sauce, basil, and olive oil; and an interesting sounding Sunny Side Up made with bacon, smoked gouda, onions, peppers, potatoes, sunny side up quail eggs, maple syrup, and truffle oil. I'm looking forward to the Prosciutto & Basil topped with onion jam, whole milk mozzarella, and roasted tomatoes; the Marinated Shrimp with roasted red peppers, feta, and basil, and the Funghi with roasted garlic cream, seasonal mushrooms, smoked gouda, and porcini oil.

Please consider attending the **Parker-Gray Restaurant**

CONTINUED ON PAGE 14

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## WELCOME GIANT



Food Channel's Chef Robert Irvine with Debby Critchley at the Grand Opening of the new Giant Food store in Potomac Yard.

We bid a fond farewell to the little **Giant** on Monroe St. on Thursday Sept. 3 at 5:00 pm and a big hello to the giant Giant on Rt. 1 and East Glebe on Sept. 4. The ribbon cutting for the new store was held at 6:00 pm on Sept. 3. State Senator Adam Ebbin and Alexandria Mayor Bill Euille looked on as Giant grocery store manager Norman

Dichard and his staff to cut the ribbon opening the new Potomac Yards store. During the ceremony, Giant Grocery presented a check to the USO for \$5000.00.

As part of the opening celebration, Food Network chef Robert Irvine celebrated his new partnership with Giant Foods by premiering

CONTINUED ON PAGE 14



## HOT PICK

BY MIKE SADE

It's football season and time for tailgating or Sunday football parties. Having been in the Alexandria area for over twenty years I realize there are many Steelers fans here, so it is only fitting I address that base with a terrific hot sauce – Pittsburgh's Sports Sauce. I was given this bottle by my dear yinzer, Jackie since she knows I am a die-hard Ravens fan. However, the reality is I had to try it, wanted to hate it, but loved it.

It's a Burgh hometown brew of all natural peppers, rum, cayenne, and individual spices tossed together with a delicious aged balsamic vinegar that gives it an enjoyable sweetness. It's low sodium, gluten free, msg free and qualifies as vegetarian and vegan.

It won as a gourmet hot pepper sauce, and is a **FIRST PLACE WINNER** (to go



along with all those Super Bowl Rings) in the Habanero pepper category, at the Fiery Food Challenge!

Their website claims it is a hot sauce that's about a 7.5 on a scale of 10 for hot sauce heat. I'd say it is much lower on heat than the claim. Probably about a three on my scale with Tabasco being a one.

It can be your hot and spicy condiment of choice, and the 'secret ingredient' for all your recipes – kielbasa, pierogis, omelets, nachos, burgers, hot dogs or any type of salad dressing. I just used it in some red beans and rice, and it was appetizing.

Unless you are heading to Pennsylvania anytime soon the best way to get the sauce is to order it online at [pittsburghsportssauce.com](http://pittsburghsportssauce.com)

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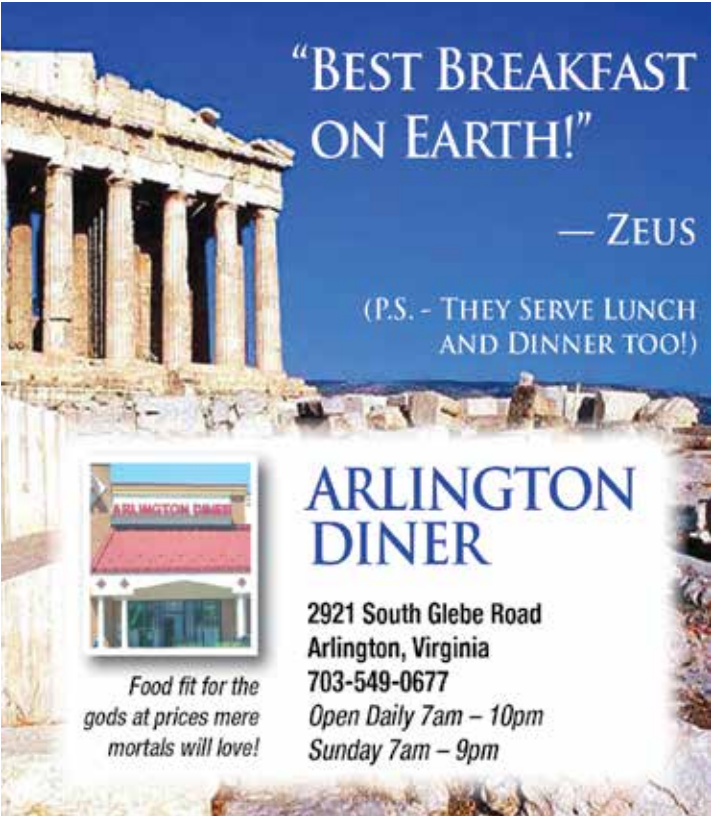
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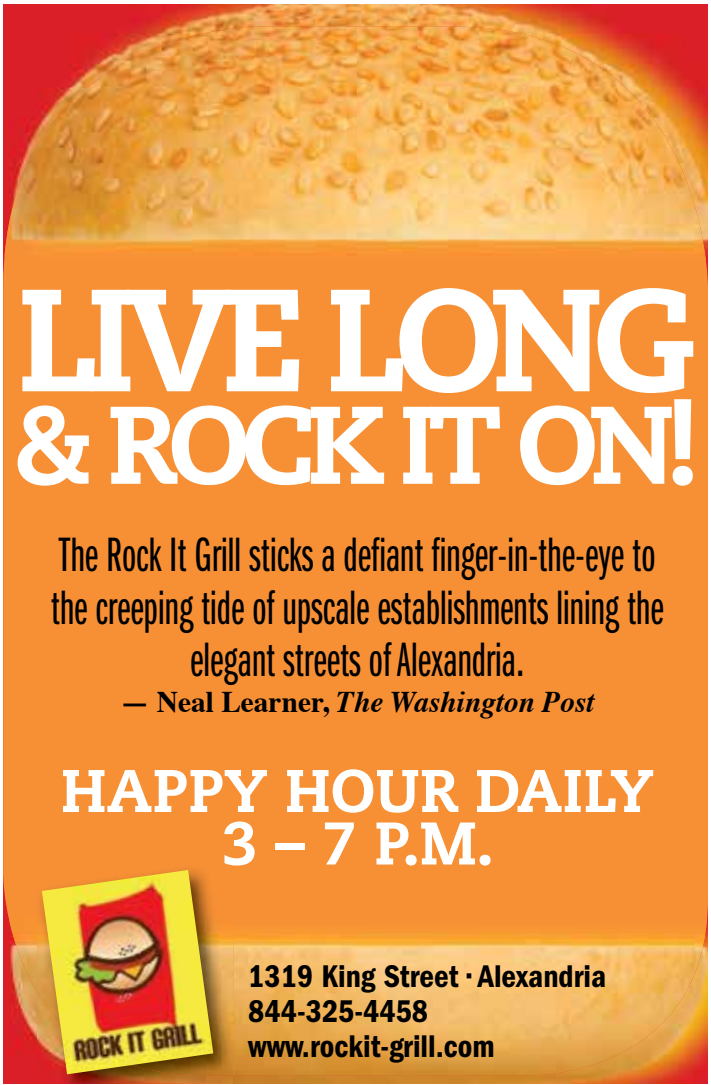
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# RESTAURANT WEEK REVIEW

BY DEBBY CRITCHLEY

A group of us had dinner at **Restaurant Eve** during Restaurant Week and it was amazing. Chef Armstrong offered the regular bistro menu with three courses for only \$35. If I had to choose my last meal, it would have to be from Restaurant Eve. The appetizers we tried included the Filipino Street BBQ composed of two pieces of barbecued pork belly with a biting vinegar dipping sauce, beef tartar, and crab cakes. Each was beyond wonderful. We had to choose among a wide variety of delicious entrees including steak, soft shell crabs, Arctic char, sea bass, and skate served with ‘potato leek soup’. Words can barely describe how good the entrees were. Dessert choices were also amazing and included a deconstructed cheesecake (which was inhaled by my tablemate, Mary) and a chocolate cake with salted caramel ice cream. A big shout out to our servers,



**Dishes at Brabo**

Eve before. I swear the food was even better this time. One of my cousins was lactose intolerant. We all agreed that we have never eaten at any restaurant that took such great pains to help her enjoy her meal. Our server was quite knowledgeable about what items she should avoid and what would be appropriate choices. We were served mini-appetizers of a deviled quail egg, a mini quenelle of rabbit liver, and a gougere. My guest was given a baby tomato salad to avoid the cheese. These delights were followed with an amuse bouche of fennel cream soup. OMG! Our appetizers were outstanding. There are just not enough words to describe how good everything was. I had galantine of rabbit for my entrée. The sear on the outside and tender meat inside was outstanding. Both of my cousins had the bouillabaisse. Now, I don’t want to say that one of them is a fussy eater but... when she used a piece of bread to sop up the remaining broth, I knew she liked it. I tasted the seafood and broth and had to agree, this was better than any bouillabaisse I had in Europe. The balance of saffron and seasonings in the bowl were amazing. Served in a small soup tureen, the dish delivered everything you want in a fish soup. Dessert brought difficult choices again. A



Chef Armstrong

Nick and Blake for making an outstanding dinner even better. Dining is more than just the food. The ambience and service all add to your enjoyment. Restaurant Eve does not disappoint. Every dish was served beautifully. Each plate or bowl complimented the item. My Filipino Street BBQ was brought on a piece of slate. The steak sat on a colorful artisan plate that complimented the vegetable relish.

I went back a second time with my cousins who had never been to Restaurant

“ People who think they know everything are a great annoyance to those of us who do. ”

—Isaac Asimov



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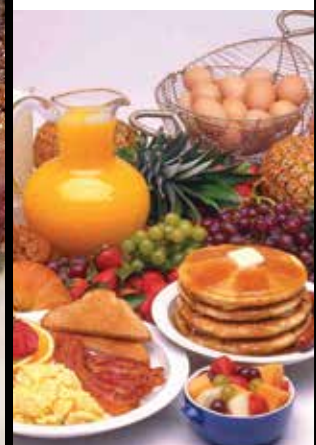
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## GIANT

CONTINUED FROM PAGE 11

his new line of healthy foods. Chef Irvine spent over two hours on Friday morning signing his newest book, *Fit Fuel: A Chef's Guide to Eating Well and Living Your Best Life*. You'll find the book available for sale for \$25 at the store. All of the proceeds go to the Robert Irvine Foundation that supports organizations such as Wounded Warriors and the USO. I had the opportunity to chat with Chef Irvine about his food line and partnership with Giant. He said he "brought out this line of foods to provide healthier food options for families." He is a strong believer in bringing "kids and families together over food in the kitchen." He "wants people to get excited about food" and "get back to old school, healthy eating." When asked why he teamed with Giant, Chef Irvine says "it was a perfect match after seeing how Giant was involved in supporting the USO." This store is carrying Chef Irvine's pizza, crab cakes, and cheese cake in the frozen food section. You will also find three varieties of flavored grapeseed oil – lemon,



garlic, and balsamic vinegar. They are tasty finishing oils for your food.

The new store is big, bright, and beautiful and is LEED certified. At 57,000 square feet, it is about three times the size of the old store. One of the more notable features is the shelf height which makes it

easier to reach products while also creating a more roomy sense of space. You'll find a lot of the Monroe store crew here to help you find whatever you may need. Unlike other Giant stores in the area, this one features a smoothie bar and juice bar. I tried the pina colada smoothie (more than once) at the smoothie bar and the green juice at the juice bar. Both were really good. There is a pharmacy, Starbucks, and a comprehensive organic foods section. Look for a large selection in the Health and Beauty sections of the store. The pharmacy has a low counter to allow you to interact with the Pharmacist. The Deli section provides both hot food and salad bars. There is also a wide variety of pre-prepared foods available that you might not find at other Giant stores. There's even a fresh made pizza station.



Giant Food is now carrying the specialty line of frozen meals developed by Chef Robert Irvine.

## FOODIE NEWS ...

CONTINUED FROM PAGE 10

**Graze** on September 19 from 1:30 – 4:30 pm at the Bastille, 606 N Fayette St. For \$20, you can join residents and local businesses celebrate Parker-Gray. Meet your neighbors and enjoy food from local

Parker-Gray restaurants including: Lost Dog Café, Sugar Shack Donuts, Mason Social, Shanghai Peking, and Bastille. The new Braddock Interim Park will be open for participants to enjoy games and cool music. The Parker-Gray Roundtable, Braddock Metro Citizens Coalition, and the Alexandria Redevelopment & Housing Authority (ARHA) are sponsoring the Parker-Gray Graze.

**Rolls By U**, a new sushi restaurant coming to the Colonial Village Shopping Center on Wilson Blvd, is hoping to open its doors mid-September according to its Facebook page. The sushi restaurant's slogan is "where you create," implying that it may be a make-your-own sushi concept. On social media,

the restaurant says it will offer "organic, healthy, and flavorful sushi for your senses and your soul." **Will Artley**, one of our favorite chefs, formerly of Evening Star Café, has a new gig —taking a chef's position at Neyla in Reston. Artley says he's also brought some of his team from previous restaurants to the Mediterranean restaurant. Artley says he's excited for the opportunity to bring new life to a restaurant that's been around for so long.

Have a recommendation of a restaurant for me to review or news about a new, existing restaurant in the area, or some foody newz, let me know, and I will include it, [debbyc@thezebrapress.com](mailto:debbyc@thezebrapress.com).

Until next time, eat well and enjoy!



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Everyone gathered around the Sienna to watch to watch Friends of Guest House Executive Director Kari Galloway accept the keys from John Taylor, Jack Taylor's son at the showroom. Left to Right: Erica Grooms (Jack Taylor's Executive Assistant), and John Taylor (Jack's son) with Kari Galloway and Jennifer L. Ferrara, BB&T Branch Banking & Trust Co.



Left to Right: Tammy Harry, Monica Moore, Kari Galloway, Deanna Bounds, Melanie Ibrahim and April Puckett. Photos by Melinda Sigal

# TOYOTA

CONTINUED FROM PAGE 9

since the video was produced. August 26 couldn't arrive soon enough, and everyone gathered at Alexandria Toyota for the official unveiling of the new Toyota 2015 Sienna covered with Friends of Guest House graphics. Kari Galloway's first words as she entered the showroom and spotted the new Toyota Sienna, "OMG!" As she glowed with excitement, she

added, "We are so delighted about the donation! The community support has been overwhelming – it's heartening to see, and it's great for the women because it hasn't been their experience – that people that don't know them – want them to be successful and don't want anything in return. That has a huge impact on people – who have felt marginalized and abused by people who should care for them and help them." Everyone gathered around the Sienna to watch Galloway accept the keys from John

Taylor, Jack Taylor's son. Attending the presentation were Friends of Guest House residents Melanie Ibrahim, Tammy Harry, Monica Moore, Deanna Bounds, April Puckett, friend and video producer Paul Haire, owner of Your Dog's Best Friends, a full-service dog daycare, Erica Grooms, Alexandria Toyota staff, and Ferrara. Ferrara, grinning ear to ear added, "I've been so excited about sharing in the celebration, and getting to meet these women of Friends of Guest House."

# ALEXANDRIA SHERIFF'S OFFICE EQUIPS COURTHOUSE, PUBLIC SAFETY CENTER AND SEVERAL CRUISERS WITH AEDS

The Alexandria Sheriff's Office has deployed 11 new automatic external defibrillators (AED) to significantly increase the number of potentially life-saving devices available at the Alexandria Courthouse and Public Safety Center and in deputies' cruisers. AEDs are portable electronic devices that automatically diagnose life-threatening cardiac arrhythmias and treat them through defibrillation. In August, five cruisers assigned to civil process and transportation deputies were equipped with AEDs. Three more were installed at the

Alexandria Courthouse on King Street so that in addition to the single unit at the first floor security screening, AEDs are now available opposite the elevators on the second, third and fourth floors. Finally, three more were placed in public use areas at the Public Safety Center on Mill Road. Sheriff Dana Lawhorne asked his staff to pursue options for equipping cruisers and facilities with AEDs after a witness testifying in court in Arlington earlier this year experienced a medical emergency and the judge

administered CPR to save his life. This summer, the Sheriff's Office obtained five AEDs from the Alexandria Fire



Deputy Hunter with AED

CONTINUED ON PAGE 38

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George Washington Masonic National Memorial  
Featuring tastings from Chef Cathal Armstrong's restaurants.

Sponsorships still available, please contact Shari Simmans at [sbolouri@alexchamber.com](mailto:sbolouri@alexchamber.com).  
To register and view a list of nominees, visit [www.AlexChamber.com](http://www.AlexChamber.com).

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This reproduction of an 1877 map of Alexandria Virginia is available exclusively at Gallery Lafayette.

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Summer is over. Time to remember what day of the week it is.  
—Anonymous

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# ART ON THE GROUND, UNDERGROUND

BY ROBERT F. MURRAY,  
THE VON BRAHLER LTD

This large, appealing space is home to the Arlington Artists Alliance, where members monthly exhibit art that includes representational and abstract paintings, pottery, sculpture and other mediums by both students as well as established and professional artists. It's a fascinating art venue on the way to the Metro (Blue Line) and Crystal City business complexes on the same level as many other shops and eateries. It may be *under ground* but this Gallery *is on the mark* for the steady stream of gallery and art lovers on-the-go.

Jessica Mickey and Sandi Parker co-direct all the activities of the gallery. Both are superbly friendly, knowledgeable and willing to show you around and share tidbits about a current show and the work of the Alliance. They do two interesting presentations each month. In September, for example, there is a show called, "Rain of my Soul," paintings by Nihal Kecici, in their FOCUS GALLERY, a special section devoted to special interest groups, causes or art styles that are selected for particular emphasis. The other main sections of the gallery are devoted to the MEMBERS SHOW that presents sculpture, glass, jewelry and all manners of paintings – it is a changing experience, so many spend time perusing the collection often. Moreover, for the record, artists and gallerists appreciate those who come and go to see what's going on and do not feel the pressure of having to purchase something every time. One practical thing I noticed, though, in my times there, is that the work itself is generally of manageable



sizes for those who are already collectors and have run out of room for more art. I was also attracted to the pricing on most work. It struck me as low, but I learned this Alliance can keep their prices low because of the practical way they are structured, a model they can quickly explain for artists who wish to join.

Many people want to learn how to paint or to find the time to do their artwork. With that in mind, Gallery Art Underground regularly does "Gallery Uncorked" where, during shared glasses of wine, a lead artist selects a subject matter, provides the materials and creates the space and help to anyone wishing to take part. This happens on Thursdays and a call to the gallery will give you the low cost and the particulars.

This is a happy place. If, by chance, you can't make it there in person, they have an interactive website at [www.galleryunderground.org](http://www.galleryunderground.org).

However, you know, for my money, looking or purchasing art online is a second option. Original art ( as opposed to print editions) carries its own soul that can only be experienced or felt firsthand.

September's Artist of the Month at Art Underground is Anna Schalk. Her oil, "Montebello Women #4" is shown here and her "Presence," a mixed media work was one of the first intriguing paintings I admired during my recent coverage of the August show. I admired the traditionally perfect oils by George Bowles as well as Laura Clerici's striking icons. There's art for every age here and well worth your effort and time. It is a recreational, educational and cultural experience in our local world of art.

Gallery Art Underground is located at 2100 Crystal Drive in Arlington. They can be reached at 571-483-0652 or [info@galleryunderground.org](mailto:info@galleryunderground.org).





# LOCAL AUTHOR'S NOVEL REIMAGINES "THE BABE"

What a great story, a 65 year old Alexandria man realizes his simple dream, having a book published. And he didn't choose just any benign subject as the topic but a sports legend that has been written about hundreds of times. He found an imaginative twist that no one had before. That's the tour de force combination of perseverance and creativity. Last month marked the 67<sup>th</sup> anniversary of the death of baseball's mythical and most widely recognized

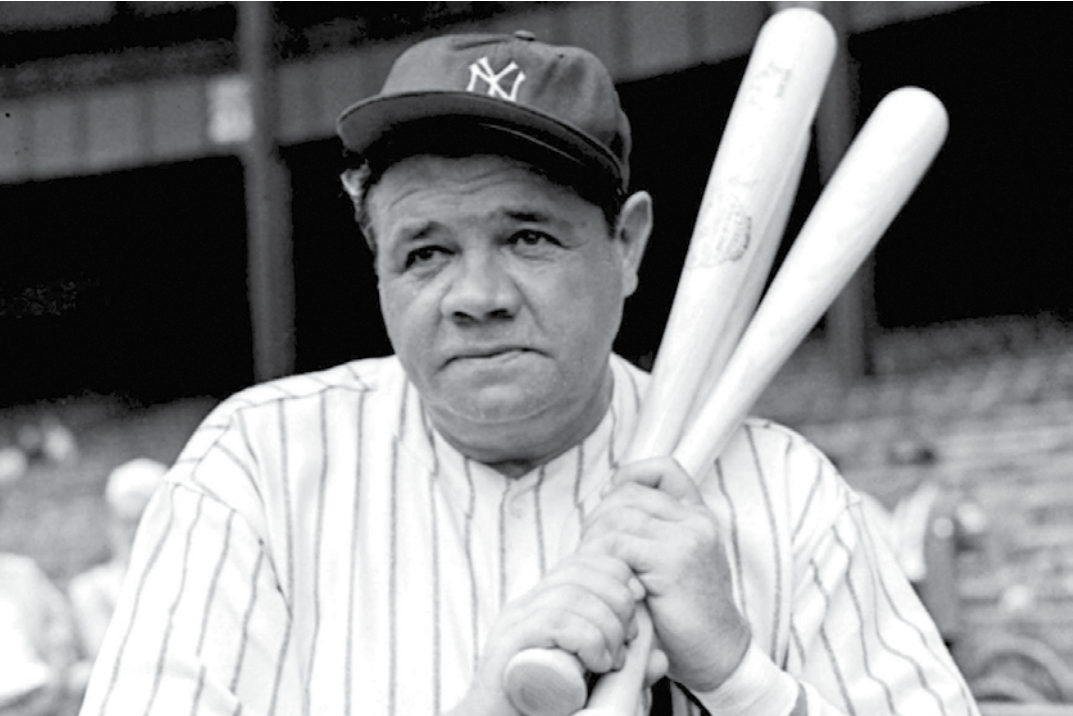


player, who also cornered the market on nicknames: the Great Bambino, the Sultan of Swat, the Caliph of Clout. Everyone knows that Babe Ruth could make a baseball majestically disappear beyond the outfield walls. In fact, he did so 714 times. Ralph Peluso, a local resident and author, says, "Hold on, Ruth was much more than that. So much more he would have broken the all-time wins record for a pitcher of 511." In his fictional work, "512",

he takes the reader on a mesmerizing journey through the life and altered career of the incomparable George Herman 'Babe' Ruth. The journey is rich and detailed in baseball history. There is an abundance of very colorful characters that

touch and shape Ruth's new path. Ralph effectively uses vignettes and time shifts to develop these characters, both friend and foe, and guide the Ruth march to baseball immortality. For a novice

CONTINUED ON PAGE 30



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 30 <b>Larry Graham &amp; Graham Central Station</b> 7:30pm \$69.50	Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$5.50 per ticket service charge will apply.	1 <b>THE MILK CARTON KIDS</b> with Kacy & Clayton September 10, 2015, 8pm GW Lisner Auditorium, Wash, DC On Sale Now at Lisner.gwu.edu or call (202)994-6800	2	3 <b>BILLY BOB THORTON &amp; THE BOXMASTERS</b> 7:30pm \$35.00	4 <b>EUGE GROOVE</b> 7:30pm \$39.50	5 <b>The Seldom Scene &amp; Jonathan Edwards</b> 7:30pm \$29.50
6 	7 <b>HAPPY LABOR DAY</b>	8 An Evening with <b>WATKINS FAMILY HOUR</b> feat. Sean Watkins & Sara Watkins of Nickel Creek, Fiona Apple, Don Heffington, Sebastian Steinberg, and Special Guests 7:30pm \$39.50	9	10 <b>Traveling Kind Tour: Emmylou Harris &amp; Rodney Crowell</b> 7:30pm \$110.00	11	12 <b>The Manhattans</b> featuring Gerald Alston 7:30pm \$49.50
13 <b>TBA</b>	14 <b>KING'S</b> w/ Kings of Spade 7:30pm \$25.00	15 <b>Billy Cobham's 'Spectrum 40'</b> 7:30pm \$35.00	16 <b>LYFE JENNINGS</b> with Donnell Rawlings 7:30pm \$55.00	17 <b>Dave Mason's Traffic Jam</b> 7:30pm \$55.00	18 <b>BILL KIRCHEN &amp; Too Much Fun and Jumpin' Jupiter</b> 7:30pm \$25.00	19 From France! <b>Brigitte</b> 7:30pm \$25.00
20 <b>LARRY GATLIN &amp; THE GATLIN BROTHERS</b> 7:30pm \$45.00	21 <b>POSTMODERN JUKEBOX</b> TUE. NOV. 3, 2015, 8:00PM THE MEYERHOFF SYMPHONY HALL, BALTIMORE, MD TICKETS ON SALE NOW THRU TICKETMASTER.COM, 800-745-3000, OR AT THE MEYERHOFF BOX OFFICE.	22	23 <b>Steve Earle &amp; The Dukes</b> w/ The Mastersons 7:30pm \$59.50	24 <b>John Ondrasik</b> of Five for Fighting with Quartet w/ Marie Miller 7:30pm \$29.50	25 <b>MAYSA</b> & Her Funk Soul Symphony 7:30pm \$65.00	26 celebrating <b>DANNY GATTON</b> and the ANACOSTIA DELTA 7:30pm \$35.00
27 	28 <b>Buddy Guy</b> 7:30pm \$89.50	29 <b>PATTY GRIFFIN</b> w/SAM LEE 7:30pm \$59.50	30 <b>NERDS &amp; MUSIC</b> An Evening with JOEL HODGSON, PAT ROTHFUSS, PAUL & STORM 7:30pm \$29.50	October 1 <b>José James</b> 'Yesterday I Had The Blues' The Music of Billie Holiday w/ Nao Yoshioka 7:30pm \$29.50	October 2 <b>Pat McGee &amp; Friends</b> 7:30pm \$35.00	October 3 <b>Hiroshima</b> 7:30pm \$45.00



# SEPTEMBER Z-EVENTS



## ANGEL SOLDIER DANCE SUBLIME

**September 10 - October 18**  
**Daily 10:00 am – 6:00 pm, Thursdays until 9:00 pm**  
**Target Gallery, Torpedo Factory, 105 N. Union St.**

Four women artists from the Blue Hill Peninsula in Maine explore ideas of femininity in a purportedly post-feminist climate in *Angel Soldier Dance Sublime*. Samantha Jones, Kari Van Tine, Heather Lyon, and Anya Antonovych Metcalf combine sculpture, photography, drawing and performance to depict the balance between feminine and masculine. This exhibition was selected by juror Laura Roulet through Target Gallery's annual Open Call for Curatorial Proposals. Free

## SEPTEMBER 11-12

**DC Public Opera Presents: *Così fan Tutte***  
**Torpedo Factory Art Center**  
**105 N. Union St.** A chic, contemporary production of Mozart and DaPonte's comic opera masterpiece. Inspired by Andy Warhol's work and his infamous parties at his New York studio, The Factory, the performances take place as a live installation. Mozart meets immersive theater and multimedia art in this unique production, which will be performed in Italian with English supertitles. Michelle Rofrano conducts DC Public Opera's chamber orchestra. Directed by Jennifer Williams, founding artistic director. Production design by Betsy Muller.

## SEPTEMBER 11

**Four Mile Summer Movie Festival-Cool Runnings**  
**4109 Mt. Vernon Ave.**

Enjoy a summer movie with the family! National Community Church and the City of Alexandria present the First Annual Four Mile Summer Movie Festival. Movies start at dusk. Bring a blanket or chair! Free

## SEPTEMBER 12

**Book Signing & Reception: *As I Remember***  
**2:00 pm – 5:00 pm**  
**Fort Ward Part**  
**4301 West Braddock Rd.**

Learn more about an extraordinary local Civil War veteran, Lewis Cass White, and his compiled papers and memorabilia. The publication, by Joseph and Sharon Scopin, details White's story and his collection, which was accidentally found by the authors while cleaning out an elderly relative's basement. Lewis Cass White was a Union veteran of the 102<sup>nd</sup> Pennsylvania Infantry. He fought in 24 battles and served throughout the war until he lost a hand at Cedar Creek in the fall of 1864. Among the notable engagements he participated in was the Battle of Fort Stevens, the only battle to occur in the Civil War Defenses of Washington and the only time that an American president came under direct enemy fire while in office.

## SEPTEMBER 13

**Art and Light**  
**11:00 am – 5:00 pm**

**Torpedo Factory Art Center**  
**105 N. Union St.**



Light at Play comes to the Torpedo Factory Art Center for an afternoon celebration of art, music, dance, and light. Performances include Jane Franklin Dance, the Francis C. Hammond Middle School Orchestra, The Alexandria Singers, The Dance Studio at Hollin Hall, cellist John Kaboff, and the St. Petersburg Duo, an ensemble of The Washington Balalaika Society. The free program will feature the Radiance Orb, a large geodesic globe that flashes and dances with color in response to music and motion. Free

## SEPTEMBER 13

**WMPA Free Summer Chamber Music Series**  
**3:00 pm**  
**The Lyceum**  
**201 South Washington Street**

Pianist John Sutherland Earle performs the music of Beethoven – “Appassionata” Sonata, Schubert and more. \$10 donation suggested

## SEPTEMBER 16

***What Is a Healthy Forest?***  
**7:30 pm**  
**Norma Hoffman Visitor Center at Huntley Meadows Park**  
**3701 Lockheed Blvd**

Join the Friends of Dyke Marsh when Joe Marx will discuss what a healthy mid-Atlantic forest might look like, whether pre-settlement forests were, in fact, healthy and what chance such a forest would have in our era of invasive aliens and global warming. Mr. Marx is an instructor in geology and forest ecology in the Natural History Field Studies program sponsored by the Graduate School USA and the Audubon Naturalist Society. <http://www.fairfaxcounty.gov/parks/> or call 703-768-2525 Free

## SEPTEMBER 17

**42<sup>nd</sup> Computer Animation Festival**  
**7:00 pm – 9:00 pm**  
**Torpedo Factory Art Center**  
**105 N. Union St.**

This is the world's leading festival of the most innovative and accomplished computer graphics. It's recognized by the Academy of Motion Picture Arts and Sciences as a qualifying festival for the Academy Awards. Washington DC ACM SIGGRAPH is partnering with the Torpedo Factory Art Center to host the 2015 festival in Alexandria, Va., to watch some of the best examples of computer animation from the past year. For more information, visit [wp.siggraph.org/Washington](http://wp.siggraph.org/Washington) Free

## SEPTEMBER 17

**Soil to Soul: A Block Party Fundraiser for the Farmers Market SNAP/EBT Program**  
**6:00 pm – 9:00 pm**  
**Hotel Monaco Alexandria**  
**480 King Street**

Join us for a seasonal Block Party fundraiser benefitting the King Street Farmers Market's SNAP/EBT Double Dollar program. Enjoy select Virginia wines & local beers and fresh dining from Alexandria restaurants Jackson 20, Society Fair, BRABO, The Grille at Morrison House, Mason Social, and Vermilion. Chefs have been paired with Farmers Market vendors to prepare fresh, seasonal, and local dishes just for this event! Play games, earn prizes, enjoy seasonal cocktails, shop from Market vendors all while raising money for the King Street Farmers Market SNAP/EBT Double Dollar program enabling users to double their money (up to \$10) at the King Street Farmers Market each week. Tickets start at \$35.

## SEPTEMBER 19

**Cinema Del Ray - *Big Hero 6***  
**Film begins at dusk**  
**Mount Vernon Recreation Center**  
**Mt. Vernon and Commonwealth Ave.**

Movie-goers bring blankets and picnics, but are asked to leave puppy friends at home. Popcorn and other movie snacks are available for purchase. Free

## SEPTEMBER 19-20

**Colonial Market and Fair**  
**9:00 am – 5:00 pm**  
**George Washington's Mt. Vernon**  
**3200 Mt. Vernon Highway**

The annual Colonial Market & Fair at Mount Vernon features dozens of America's finest craftspeople and family fun. Fifty colonial-attired artisans will demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leatherworking, weavings, furniture and much more. “General Washington” will be on hand overseeing the lively Revolutionary War military drills and 18th-century entertainment including music, fire-eating, sword swallowing, puppet and magic shows, while costumed interpreters will demonstrate the 18th-century chocolate-making process using an authentic colonial recipe. This weekend only, Potomac River sightseeing cruises, courtesy of Spirit Cruises and the Potomac Riverboat Company are free of charge (while supplies last).

## SEPTEMBER 19-20

**Scottish Heritage Weekend: Outlander Style!**  
**10: 00 am**  
**Carlyle House**  
**121 N. Fairfax Street**

On Saturday at 10 am, there is a Scottish fashion show discussing dress at the time that Jamie,

# JAMMIN JAVA'S TOT ROCK FEST

**SEPTEMBER 26, 2015**  
**10AM – 1PM**  
**227 Maple Ave E, Vienna, VA** [www.jamminjava.com](http://www.jamminjava.com)

**EINSTEIN'S MONKEY**  
**MR. JON & FRIENDS**  
**RAINBOW ROCK BAND**

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**MUSIC Makes Life Better For The RainBow Collection Benefiting Cora Kelly Elementary School! BRING A SCHOOL SUPPLY TO DONATE AND GET A HIGH FIVE FROM THE BAND!**

## TOT ROCK FEST

**September 26, 10:00 am -1:00 pm**  
**Jammin Java**  
**221 Maple Ave. E., Vienna, Va**

Join a full day of kids rock, face painting, temporary tattoos, a dress-up photo booth and more! Bring school supplies and raise money for Cora Kelly Elementary School and get a high-five from the band! For more information about upcoming shows and news, <http://eepurl.com/bvfiUD> \$12



# SEPTEMBER Z-EVENTS

Claire and John Carlyle lived in the 18th century! Coffee and shortbread cookies (baked by the Dairy Godmother!) will be provided as refreshments and included in the ticket price. At 11:15 am the Granfling School of Highland Dance will give a free performance of Scottish dancing which has strong roots in history. At 12:30 pm, the Devil's Tailors will perform on period style instruments. This event will also include the City of Alexandria Pipes and Drums making an appearance. On Sunday, Carlyle House is hosting an Outlander Tea! Check our website for details and pricing at [www.carlylehouse.org](http://www.carlylehouse.org). Call us at 703-549-2997 or email us at [carlyle@nvrpa.org](mailto:carlyle@nvrpa.org) with questions or to reserve your spot at the fashion show or tea. Advanced tickets must be purchased.

## SEPTEMBER 19-20

**13<sup>th</sup> Annual King St. Art Festival**  
**Saturday 10:00 am - 7:00 pm,**  
**Sunday 10:00 am - 5:00 pm**  
**400 King Street**



At this community festival, art enthusiasts discover spectacular paintings, life-size sculptures, jewelry, photography, ceramics and more, offering extraordinary art for every taste. More than \$15 million in art will be on display, providing visitors with the opportunity to purchase one-of-a-kind wares and meet the artists behind the work,



## MUSEUM DAY LIVE

**September 26**  
**10:00 am - 5:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal Street**

Come to Gadsby's Tavern Museum and see what brought famous people such as George Washington to this tavern more than two hundred years ago. Free tours with a Museum Day ticket obtained from Smithsonian Magazine, available online: <http://smithsonianmag.com/museumday>

hearing firsthand what inspires them. Plus, visitors can delight in interactive art activities and The Art League's much-loved "Ice Cream Bowl Fundraiser." Free

## SEPTEMBER 24-27

**8th Annual Old Town Boutique District Scavenger Hunt**  
**Regular store hours**  
**Throughout Old Town**

To celebrate its anniversary, the Old Town Boutique District will hold its 8th annual Scavenger Hunt. From Thursday to Sunday, visit all of the Old Town Boutique District stores, get your passport stamped, and enter for a chance to win big prizes! Registered guests will have an opportunity to collect goodies at each store! Free

## SEPTEMBER 26

**Tot Rock Fest**  
**10:00 am - 1:00 pm**  
**Jammin Java**  
**221 Maple Ave. E.**  
**Vienna, Va**

Join a full day of kids rock, face painting, temporary tattoos, a dress-up photo booth and more! Bring school supplies and raise money for Cora Kelly Elementary School and get a high-five from the band! For more information about upcoming shows and news, <http://eepurl.com/bvfiUD> \$12

## SEPTEMBER 26

**74th Annual Historic Alexandria Homes Tour**  
**10:00 am - 3:00 pm**

The public can step inside and get a glimpse of six

gorgeous homes and gardens in Old Town Alexandria, all within walking distance of one another. The tour is hosted by The Twig, Junior Auxiliary of Inova Alexandria Hospital. Tickets are \$35 each in advance and may be purchased online through September 23rd. Thereafter, tickets will be \$40 and available at The Twig's Thrift Shop (106 N. Columbus St.) or at various locations to be determined. All proceeds benefit Inova Alexandria



CONTINUED ON PAGE 20

# HEAD TO ANNAPOLIS FOR 5<sup>TH</sup> ANNUAL FRINGE FESTIVAL

For one night in September, Annapolis's historic West Street Arts District becomes home to actors, singers, magicians, rappers, poets and acrobats as the 2015 Annapolis Fringe Festival opens its doors 7pm to midnight.

The arts district celebrates its 5th year with a lineup of short shows, none more than 60 minutes and none costing more than \$11. Beyond theater, the Fringe offers outdoor music, cafe dining, a visual-art exhibition, street performers, a stunning light show and a rambunctious opening ceremony.

The chaos can appear overwhelming to first time Fringers, but it's easy to take part. Browse all the shows and find the schedule at the official website, [FringeFestivalAnnapolis.com](http://FringeFestivalAnnapolis.com).

The official "HOW TO" Guide: Here's what you need to know to enjoy the Annapolis Fringe Festival, Saturday night, September 26 on the first block of West Street:

- **The bracelet:** The very talented street performers are starving artists. For all ticketed shows or activities, all participants need a Fringe



Bracelet, which costs \$5; proceeds are used to run the festival. Fringe Bracelets are available at the three festival box offices – two are at the either end of the first block of West Street next to the barricades, and if you "accidentally" slip by the barricades, buy your Fringe Bracelet at the Piano Bar located in the middle of the street!

- **The tickets:** Tickets (\$11 or less) for individual shows are available at the box offices. Lines at ticket counters can be

CONTINUED ON PAGE 20

SEPTEMBER 17 • 6-9PM

# SOIL to SOUL

A BLOCK PARTY FUNDRAISER BENEFITTING THE OLD TOWN FARMERS' MARKET SNAP/EBT DOUBLE DOLLAR PROGRAM

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# Annapolis fringe festival

SATURDAY NIGHT SEPTEMBER 26 7pm to 1am



[FringeFestivalAnnapolis.com](http://FringeFestivalAnnapolis.com)



# SEPTEMBER Z-EVENTS

Hospital. Tickets also available at the Alexandria Visitor Center at 221 King Street - \$35 in advance (through 9/25), and \$40 the day of the event.

## SEPTEMBER 26

**Museum Day Live**  
**10:00 am – 5:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal Street**

Come to Gadsby's Tavern Museum and see what brought famous people such as George Washington to this tavern more than two hundred years ago. Free tours with a Museum Day ticket obtained from Smithsonian Magazine, available online: <http://smithsonianmag.com/museumday>

## SEPTEMBER 27

**Presidential Salon**  
**3:00 pm – 4:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal Street**

Join President James Madison as he discusses and engages guests about political and personal issues of those in Alexandria 200 years ago, in 1815. Reservations recommended. \$15/\$10 for high school or college students. Tickets available online at [www.shop.alexandriava.gov](http://www.shop.alexandriava.gov).

## SEPTEMBER 29

**Doggy Happy Hour**  
**5:00 pm – 8:00 pm**  
**The Hotel Monaco**  
**480 King St.**

The Alexandria Police Foundation will be hosting this event to raise funds and awareness for our retired Police K9 friends. Meet some of our retired and active Police K9 friends at the event. We have 4 retired dogs, Titan (13 years old), Ajax (12 years old), Bosco (10 years old) and G'Kar (5 years old). In 2016, we will be adding Rocco to our roster. Fuzzy Paws Barkery will also be there with their wonderful, healthy treats for the pups!



**OCTOBER 2-NOVEMBER 1**  
**"Skeletons: Exploring Under the Surface"**  
**Thurs, 12:00 pm – 6:00 pm; Fri-Sat, 12:00 pm–9:00 pm; Sun, 12:00 pm – 6:00 pm**  
**Del Ray Artisans Gallery**



## NOMADIC JAZZ

**October 10**  
**Doors open at 6:30 pm**  
**Durant Arts Center**  
**1605 Cameron St.**

Nomadic Jazz welcomes The Bullettes and Friends. Come witness Washington, D.C. premiere all-female jazz ensemble, for a night of new and powerful music. This is a CD release event and will feature large and small ensemble works written or arranged by members of the Bullettes. The performance will feature vocalist Jessica Boykin-Settles as well as various young and up and coming talent. \$25 presale / \$32 at the door

## 2704 Mount Vernon Ave

This art exhibit explores what is under the surface, the framework, the understructure. Come experience the artwork that digs deeper and discover what is 'under there', literally and figuratively. Opening Reception: Friday, October 2, 7–9 pm. SocialLights: Tuesday, October 20, 7–9 pm. Polymer Clay Workshop: Saturday, October 24, 10 am–2 pm. Halloween Party: Saturday, October 31, 8 pm. [www.TheDelRayArtisans.org](http://www.TheDelRayArtisans.org) Free

## OCTOBER 2-11

**Alexandria Celebrates American Craft Week**  
**During store hours**  
**Various shops and studios throughout Alexandria**  
Home to many creative artists producing unique, hand-made decorative and functional objects



every day, Alexandria is a top destination for American Craft Week. Step into shops and studios to meet the artists and try flower petal art, mosaic knitting, or fabric block printing. A sampling of activities: animal papier-mâché for kids at Ten Thousand Villages, card weaving workshop at The Art League, Midwestern Knits trunk show at Fibre space, cloth doll making at Hooray for Books!, and more. Free

## OCTOBER 3

**20<sup>th</sup> Annual Art on the Avenue**  
**10: 00 am -6:00 pm**  
**Mt. Vernon Avenue**

This annual family-friendly festival includes more than 325 juried artists selling handmade wares across ten blocks of Del Ray's Mount Vernon Avenue, along with five stages for live entertainment plus food vendors and interactive art activities. Nancy Belmont, creator of the Courage Wall, will build a Canopy of Courage, a living sculpture of courageous declarations soaring as origami birds. (703) 746-3301 Free

## OCTOBER 4

**Woodrow Wilson Half Marathon**  
**7:00 am**  
**Race begins at George Washington's Mount Vernon**  
**3200 George Washington Memorial Hwy.**  
Ranked among the top 27 best half marathons



in the United States by Runners World magazine, this 13.1-mile foot race sanctioned by USA Track & Field treats runners to eight-plus miles of the beautifully scenic George Washington Memorial Parkway into historic Old Town, and on to the Woodrow Wilson Bridge, which arches over the Potomac River. This race benefits several non-profit organizations and is supported by various local and national running, civic and business organizations. Registration fee includes parking and shuttle transportation. The WWBH will also serve as the Visually Impaired Half Marathon National Championship. Registration begins at \$100.

## OCTOBER 10

**20<sup>th</sup> Annual Art Safari**  
**12:00 pm – 4:00 pm**  
**Torpedo Factory Art Center**  
**105 N. Union St.**

An afternoon of hands-on craft activities for kids and families. Throughout the day, visitors can participate in activities such as origami, giant papier-mache animals, and more. The Art League and the Alexandria Archaeological Museum will offer even more engaging programming. Children should wear clothing that can get a little dirty. Most activities are appropriate for children kindergarten age with parental supervision through middle school. Free



## OCTOBER 10

**Nomadic Jazz**  
**Doors open at 6:30 pm**  
**Durant Arts Center**  
**1605 Cameron St.**

Nomadic Jazz welcomes The Bullettes and Friends. Come witness Washington, D.C. premiere all-female jazz ensemble, for a night of new and powerful music. This is a CD release event and will feature large and small ensemble works written or arranged by members of the Bullettes. The performance will feature vocalist Jessica Boykin-Settles as well as various young and up and coming talent. \$25 presale / \$32 at the door



# FRINGE FESTIVAL

CONTINUED FROM PAGE 19

long, so it saves time to buy ahead at [FringeFestivalAnnapolis.com](http://FringeFestivalAnnapolis.com). (There is no service fee for online purchases.)

**The VIP passes:** A single VIP Pass allows two guests access to any three shows under any tent. VIP Pass holders also receive VIP hi-top tables reserved in the pass holder's name for their selected shows. Hi-top tables are limited. VIP Passes should be purchased early to guarantee the best hi-top

seating for stage views.

**The best parking garages:**  
Bladen Street Garage St. John's Street FREE  
Gotts Garage – 250 Northwest Street  
Knighton Garage, 1A Colonial Avenue  
Park Place Garage, One Park Place



# CITY BRIEFS

CONTINUED FROM PAGE 6

Rebuilding Together reflects the commitment of our organization to the communities in which we serve,” stated Courtney Smith, Team Depot senior specialist, The Home Depot Foundation. “Enlisting the help of volunteers and Home Depot

to make the facility’s kitchen safe and more operational was much-needed since more than 100 women and their children each year are served by this shelter. By improving the conditions of the facilities that serve vulnerable people, we hope the residents remain active members of their neighborhood and in turn help our city remain economically, socially and

culturally diverse,” shared Katharine Dixon, president and CEO, Rebuilding Together Alexandria. Since the first Home Depot store opened, giving back has been a core value of the company and a passion for its associates. Each year, The Home Depot associates volunteer more than 100,000 through Team Depot, the company’s associate-led volunteer force, to give back in the communities it serves. Rebuilding Together Alexandria is one of 157 affiliates nationwide. With the help of funders and dedicated volunteers, the nonprofit creates and preserves housing affordability by providing low- and moderate-income Alexandria homeowners with free safe and healthy home repairs. To date, in-kind donations of labor and materials have resulted in \$7 million worth of value on more than 1,800 properties.



Alexandria women’s shelter now has renovated kitchen thanks to Rebuilding Together Alexandria and Home Depot. Courtesy photo.

## WANT TO HELP WITH COASTAL CLEANUP?

Are you interested in volunteering in the Ocean Conservancy’s 30th Annual International Coastal Cleanup on Saturday, September 19, 9–11 a.m.? Coordinated by Clean Virginia Waterways for the last 20 years, the cleanup is also sponsored by the City’s Department of Transportation and Environmental Services (T&ES) Stormwater and Sanitary Infrastructure Division for this annual statewide event to clean our waterways and collect valuable data about trash and litter in our waterways. The task is cleaning Oronoco Bay Park – rain or shine. Oronoco Bay Park is located at 100 Madison Street. Volunteers will meet at the end of Madison Street near the Rowing Clubhouse. What to wear? Volunteers



should wear shoes and clothes that they do not mind getting dirty; trash bags and gloves will be provided. Volunteers should RSVP to sara.degroot@alexandriava.gov by September 17th. Registration will also occur

at the end of Madison Street on Saturday morning. Please visit alexandriava.gov/Environment for more information.



Pictured is the Del Ray Café, now a popular dining establishment, but once a residence at 215 East Howell, in the Del Ray neighborhood of Alexandria. Courtesy photo.

## INTERESTED IN DEL RAY ARCHITECTURE?

Get an in-depth look at the history of residential architecture in Del Ray, see the newly released Del Ray Neighborhood Residential Architecture Pattern Book, learn how to research the history of your house and how to apply for residential tax credits and get the latest on the plaque program. Also get a preview of the 2016 House & Garden Tour and take a self-guided walking tour. Del Ray Residential Architecture Conference, Saturday, September 19<sup>th</sup>, 9:30am-12:30pm, Mount Vernon Community School auditorium, 2601 Commonwealth Avenue.



Meet Molly! Owner Kathi, the Art League’s School Director, brings Molly to work most days where she can frequently be found in the school office welcoming students as they register!

The Art League is located at the Torpedo Factory, 105 N. Union Street, in Old Town, Alexandria.



## DO YOU TAKE YOUR DOG TO WORK?

If you take your dog to work, please send us a photo, and we’ll publish it as soon as we are able and send you a gift certificate to an area restaurant or retailer! Please submit entries to editor@thezebrapress.com.



## Planning A Trip?

We know you care where your beloved pup stays when you are away. That's why Whole Dogz was born. We are an organic/holistic doggie daycare, boarding, grooming and retail spot serving all your dogs needs (and some cool things for you as well!)

Our individual suites provide your pup with a comfy place to eat and sleep, and they can play all day in our large indoor/outdoor play yards.

*Come visit today! You will smell the difference!!!*

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**703.751.3649 (DOGZ)**





# SCHOOL BRIEFS

## Theresa Werner Named Executive Director of Specialized Instruction

Superintendent Alvin L. Crawley selected Theresa A. Werner to be the Executive Director of Specialized Instruction for Alexandria City Public Schools (ACPS). Werner was most recently an associate professor at George Mason University where she taught a variety of special education classes in the College of Education and Human Development.



Theresa Werner. Courtesy photo.

“Ms. Werner brings outstanding skills and exceptional experience to ACPS, which will truly benefit our families and students,” said Crawley. “Her extensive knowledge of special education law is particularly valuable and will be an asset to our teachers and staff who work with students with special needs.”

From 2011-2014, Werner served as the director of outreach programs at the University of Washington’s College of Education in Seattle. She also held a similar position at George Mason University from 2004 to 2011 where she was a special education outreach coordinator responsible for developing and managing a wide variety of teacher training partnerships programs with school systems throughout the Washington, D.C., metropolitan area. Additionally, she designed a new master’s degree program and managed outreach partnerships with public schools, state programs and private agencies.

She also served as the director of special education and student services for Falls Church City Public Schools from 1996 to 2004. She was responsible for developing and implementing system-wide special education and student service programs, policies and procedures as well as supervising all related instructional staff.

Werner holds a law degree from the Catholic University of America School of Law, a Master in Education degree from the University of North Carolina, Chapel Hill, and a Bachelor of Science degree in Elementary and Special Education from Louisiana State University.

### Keep Up with the BI Cardinals on new Website

New website, [bishopiretoncardinals.com](http://bishopiretoncardinals.com), features latest news and information for Cardinals fans, including news,

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# FALL ROWING KICKS OFF WITH RACING ON THE ALEXANDRIA WATERFRONT

While most teenagers are sleeping in for the last two weeks of summer, Old Dominion Boat Club (ODBC) rowers are hitting the Dee Campbell Boathouse by 6:30 am every weekday morning to pick up their oars. Beginning their pre-season training on August 24, ODBC Select Crew rowers held their first race on Friday, August 28 at the Dee Campbell Boathouse. With 70 athletes from 5 schools competing, the rowers sprinted down a 5,000-meter course from Four Mile Run to the Wilson Bridge. T.C. Williams High School junior Katie Murphy



TCWilliams Junior Katie Murphy and McLean Senior Kaela Wilbur arrive a the dock after scoring the fastest time in the ODBC race on August 28. Photo courtesy of Aexandria Crew Boosters.

CONTINUED ON PAGE 28

## HOMESCHOOLERS CAN JOIN SPECIAL CITY HISTORY PROGRAM



Dragon’s blood was available at The Stabler-Leadbeater Apothecary Museum and homeschoolers have a chance to learn all about it in special homeschoolers program. Courtesy photo.

The Office of Historic Alexandria invites homeschool families to explore Science, Technology, Engineering, and Math (STEM) through the lens of history during this school year’s unique series of classes. All classes are designed to engage the entire family, recommended for ages 6 and up, and will be hosted on select Tuesdays from 1-2:30 p.m. with check-in opening at 12:45 p.m. Tickets are \$8 per child, adults free. Pre-registration is required, and tickets can be purchased online at [shop.alexandriava.gov](http://shop.alexandriava.gov) or by calling 703.746.4242. The dates, themes, and locations are as follows:

- **September 22:** Firefighting Technology at Friendship Firehouse, 107 S. Alfred Street. See how fire-fighting technology has evolved and test the scientific concepts behind how the historic equipment worked. Features the 1851 Suction Engine.
- **October 20:** Architecture Walking Tour starting at Gadsby’s Tavern Museum, 134 N. Royal Street. Learn about the variety of 18th and 19th-century architectural styles that define “Old Town” and the societal and technological changes that influenced their creation.
- **November 17:** Pharmacies

- Then and Now at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax Street. What exactly does a pharmacist do? Compare the job in the 1800s to today and the learn about some of the chemistry that makes their work possible.
- **December 15:** Science Behind the Ice Well at Gadsby’s Tavern Museum, 134 N. Royal Street. Explore the importance of ice to the 18th-century City Hotel while learning about the science behind preserving ice before refrigeration.
  - **January 26:** Orville Wright’s flight in Alexandria at The Lyceum, Alexandria’s History Museum, 201 S. Washington Street. Hear about Orville Wright’s historic flight from Fort Myer to Alexandria and test the fundamental principles of flight.
  - **February 16:** George Washington’s Birthday Party at Gadsby’s Tavern Museum, 134 N. Royal Street in honor of Washington’s birthday, learn how the citizens of Alexandria celebrated his birthday in the late 1790s. Includes 18th-century clothing and dance lesson.

## The Lamplighter



Our staff has 3 generations of experience to assist you in your lamp and lamp shade needs!



1207 King Street  
Alexandria, VA  
703-549-4040





Victor Powell



Jasibi Crews-West



Pamela Buckley



Mariela Garcia-Maria



Penny Hairston



Suzanne Hess



Stefanie Itzkowitz



Andaiye Cammon



Eric Sokolove



Kelly Davis



Sara Sims



Shari Peters



Kennetra Wood



Mark Eisenhour



Patricia Williamson



Joe Cappadonia

Michael Diggins (NO PHOTO), Derick Richard (NO PHOTO)

## NEW LEADERS APPOINTED IN CITY SCHOOLS

Superintendent Alvin L. Crawley has appointed 12 new assistant principals, four academic principals and two deans to help lead Alexandria City Public Schools for the 2015-16 school year. “I’m very pleased with our new leaders, all of whom bring strong instructional experience and a demonstrated commitment to seeing every student succeed,” Crawley said. Following are the new appointments:

**Victor Powell** was appointed assistant principal of Samuel W. Tucker Elementary School. He was most recently an assistant principal at Park View High School in Sterling, Va.

**Jasibi Crews-West**, previously a dual language

teacher at Mount Vernon Community School, was appointed assistant principal of John Adams Elementary School.

William Ramsay Elementary School will have two new assistant principals: **Pamela Buckley**, previously a special education literacy specialist for ACPS, and **Mariela Garcia-Maria**, formerly a fifth-grade teacher at Ramsay.

**Penny Hairston** was appointed assistant principal of James K. Polk Elementary School. She was previously an administrative intern at Polk.

**Suzanne Hess** was appointed the assistant principal of Matthew Maury Elementary School. She

was previously an English Language Learners specialist and department chair at John Adams Elementary School.

**Stefanie Itzkowitz** was appointed assistant principal of Douglas MacArthur Elementary School, where she was an administrative intern.

Patrick Henry Elementary School will have two new assistant principals: **Andaiye Cammon**, who was an administrative intern at the school, and **Eric Sokolove**, who was previously a lead teacher at Carlin Springs Elementary School in Arlington, Va.

Jefferson-Houston School will have a new assistant principal, **Kelly Davis**, who was previously the dean of

students at T.C. Williams High School. In addition, **Sara Sims**, formerly a special education teacher at Oakland Elementary School in Suffolk, Va., was appointed academic principal.

**Shari Peters** was named academic principal of George Washington Middle School. She was previously the math department co-chairperson and a sixth-grade team leader at the school.

Francis C. Hammond Middle School has two new deans: **Michael Diggins**, who was previously a dean at T.C. Williams High School, and **Derick Richard**, who was previously an interim dean at the school.

Three newly appointed

administrators will be at the Minnie Howard campus of T.C. Williams High School. **Kennetra Wood** was promoted from assistant principal to lead academic principal, **Mark Eisenhour** will return as assistant principal and **Patricia Williamson**, formerly the academic principal of Jefferson-Houston, will be assistant principal.

**Joe Cappadonia** was appointed academic principal of Chance for Change Academy. He previously served as the assistant principal of T.C. Williams High School, Minnie Howard campus.

## SCHOOL BRIEFS

CONTINUED FROM PAGE 22

scores, schedules, community directory, photos, videos, livestreams, as well as archival content such as the yearbook. It also features a team store with latest gear and apparel.

Registered members of the site receive a free bishopiretoncardinals.com email address as well as a CardinalBucks account that allows members to send and receive funds commission-free. A mobile application will also be released shortly.

Jack Londgren, community manager for bishopiretoncardinals.com commented about the new website, “From our ongoing communication with members of the community, we know that there is tremendous interest in the idea of a community site for Cardinals fans. The bishopiretoncardinals.com site offers exciting ways for community members to stay informed and interact. Last but not least, it is an ideal tool for

fundraising, particularly for smaller teams and clubs that do not have the benefit of dedicated booster clubs.”

### ACPS Launches New Mobile App for Families

Alexandria City Public Schools has launched a new mobile app to help families stay connected to their schools and easily find information such as menus, calendar events, news and other resources to help their children succeed in school.

In addition, the mobile app features a tip line that users can place tips on a variety of issues including bullying, fighting, threats or vandalism. The tip line can also be used for giving compliments. Users can select submissions to be anonymous if they wish.

T.C. Williams High School sports enthusiasts can get the latest sports news, scores and schedules on all the sports that T.C. offers, including football, wrestling, soccer and baseball for both boys and girls teams.

Families can easily access



their child’s meal accounts from the app to add money for breakfast and lunch purchases. Menus are featured for every school so that parents and students can plan ahead.

Through the new app, students and families can access Blackboard Learn and PowerSchool, two resources that provide valuable information about the student’s learning experience such as grades, attendance, test results and student assignments

and projects.

The app can be downloaded through the Apple App store for iPhones and iPads, and through the Google Play store for Android, by searching for “Alexandria City Public Schools.” Those who do not have a smartphone can access the mobile app’s web version.

### T.C. Williams High and Patrick Henry Elementary Fully Accredited

Preliminary accreditation results issued by the State of Virginia have confirmed that T.C. Williams High School and Patrick Henry Elementary School will both be fully accredited in 2015-16. T.C. Williams earned full accreditation status after boosting its Standards of Learning (SOL) math results by eight percentage points. It had previously been warned in mathematics. Patrick Henry received full accreditation after being *accredited with warning* for the past two years.

“I am extremely proud of T.C. Williams for meeting

the Commonwealth’s high expectations for student learning and academic achievement. Our students and staff have worked incredibly hard to meet these expectations and demonstrate academic growth,” said T.C. Williams Principal Jesse Dingle.

School accreditation ratings reflect student achievement on SOL tests and other approved assessments in the four core academic areas of English, mathematics, science and history. Ratings are based on student achievement on tests taken during the previous academic year or may reflect a three-year or four-year achievement average.

To be fully accredited, schools have to achieve SOL pass rates of 75 percent in English (reading and writing combined) and 70 percent in math, history and science tests. Schools must meet all benchmarks in the current year, or a three-year or four-year average to be considered fully accredited.

T.C. Williams achieved 86

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## GROWING AMAZING MAZES

Pumpkin patches, hayrides, apple butter and corn mazes scream “fall on the farm.” As agritourism continues to grow in popularity, so do corn mazes. Our six-acre corn maze is the centerpiece of our wildly popular Fall Festival, and an average of 15,000 visitors per year— young and old alike – have tried their luck at finding their way out. On the weekends, our farm is a great family fun filled place to be! During the week, our farm and maze are used for school educational purposes

via field trips. Many schools from far and wide visit not only to have fun but to learn about agriculture. Greenstreet Growers feels very strongly that it’s important to educate the next generation about the importance of agriculture. The most-often asked questions are: *Has anyone ever really gotten lost in the maze? How do you make it grow like this?* So far everyone has made it out! And this is how we grow it:

Growing an incredible maze starts when there is still snow on the ground, in mid-winter



Greenstreet Gardens’ 2015 maze celebrates pollinators. You’ll be busy as a bee trying to find your way out of it. Photos courtesy of Greenstreet Gardens



Not just for kids! If you give up, wave the flag and you’ll be rescued.

when we decide on what design we want in the maze. We brainstorm as a company on pop culture, popular movies or trendy themes. The maze sets the theme for that year’s Fall Festival.

We use a no-till method of planting our corn, to minimize erosion. Our field is cross planted at 22,000 kernels in each direction! The area is entirely planted in rows, not in a maze pattern. That comes later.

Yes, we plant real corn, but it’s not the sweet corn you buy at farm stands or your grocery stores. It’s field or feed corn, which is used for other

applications like animal feed. We don’t grow our corn for anything more than the maze. At the end of our season, we offer any remaining corn to a neighboring farmer to come in and harvest.

We begin irrigating the corn field immediately unless it rains every day. We use drip irrigation tape & water slowly to maximize the efficiency and decrease excess evaporation.

When the corn grows to about four inches high, it is time to cut the maze. At this point, the young corn is still soft to the touch. If we wait until the corn was older, the corn couldn’t be cut flush with

the ground.

All those intricate circles and designs are not cut “free-hand.” The Maize Company cuts our maze using backpack GPS technology, and it takes 3 or 4 people about 10 hours to complete.

Once the maze design is cut, we continue to irrigate the field to encourage thick, sturdy and tall corn. The thicker and taller the better! A maze in a short, scrawny cornfield would be too easy to escape...

So I’ve told you how we grow our maze, but I’ll leave it to you to find your way out of it!

## GOVERNOR DECLARES HONEY MONTH IN VIRGINIA

September is Honey Month in Virginia. Some may ask, “Why honey?” or “Why September?” The Virginia Department of Agriculture and Consumer Services (VDACS) has ready answers to those questions.

**Why honey?**

Honey is a back-to-basic food that people can feel good about using in culinary or wellness applications. It is delicious as a food or ingredient, is the perfect natural sweetener and makes the age-old drink of mead. It is an energy booster; a teaspoon

of honey with lemon water on an empty stomach kicks up the metabolic rate. Honey possesses antibacterial and antioxidant properties that can improve digestive processes and boost immunity, and a glass of warm milk with honey at night helps fight insomnia. (Source: National Honey Board)

Honey production and its correlative service, pollination, are integral parts of the agricultural industry. Important Virginia crops such as apples, tomatoes, cucumbers, squash and strawberries are dependent on pollinators

to develop their fruits fully. Production of other crops such as soybeans, sunflowers and even peanuts receive benefit from pollination by honey bees and other insect pollinators. In fact, pollination by honey bees contributes more than \$15 billion to the value of U.S. crop production each year. MOMS Organic Market on Mt. Vernon Ave. maintains 3 hives on their roof to pollinate our neighborhood gardens. The honey produced is not sold but is left to feed the hives.



**Why September?**

Governor McAuliffe proclaimed September as Honey Month because much of the honey in Virginia and the U.S. is harvested during

September. As other crops wind down, honey harvest ramps up, and September is a great time to find local honey at farmers’ markets, festivals and other local celebrations.

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FREE EVENTS

CONTINUED FROM PAGE 7

Wong, Director of the Asian American Studies Program at the University of Maryland. Guests may view a traveling exhibit **Remembering 1882: Civil Rights Under the Shadow of the Chinese Exclusion Act.** The exhibit will be on display for a week in the museum’s Watson Reading Room of ABHM.

Panel discussions and screenings will be held on September 29th and October 1st. The first roundtable is on Tuesday, September 29, 7:00 to 9:00 pm focuses on the role of African Americans and Chinese during the Civil War and its aftermath. Speakers include National Park Service historians, ABHM museum staff and area educators.

On Thursday, October 1, 7:00 to 9:00 pm, a second panel moves the focus into the modern era as panelists share their memories of the Civil Rights Movement in Alexandria and share eye-witness accounts of how



The 1965 law, which opened the door to immigrants from Asia, Africa and Latin America and changed the demographic makeup of our country, was signed by President Johnson at the foot of the Statue of Liberty on October 3, 1965. Courtesy photo.

DC Chinatown was affected by the Martin Luther King assassination in April 1968. Speakers include African-American and Asian residents of the Metro area. Film clips from the documentaries Freedom Riders, The Loving Story, and Through Chinatown’s Eyes: April 1968

will aid the discussion. On Friday, October 2, from 9:00 am to 2:30 pm, A one-day workshop on teaching diversity will be offered. Area educators and staff from Alexandria museums will discuss resources and lesson plans. Excerpts from the films **Out of Obscurity** (on the 1939

Alexandria Library Sit-in) **Through Chinatown’s Eyes: April 1968** will be shown. Lunch will be provided, and reservations are required. To close the week, on Saturday, October 3, 3:00 to 6:00 pm, and to commemorate the anniversary of the 1965 Immigration and Nationality

Act (also known as the Hart-Celler Act), author Martin Gold will give a lecture entitled, *Forbidden Citizens: Chinese Exclusion and the U.S. Congress.* Gold will discuss the fascinating history of the passage of racist exclusion laws that still have significance today. The lecture will be held at the Charles Houston Recreation Center at 3:00 p.m. Following the lecture, a reception and book signing will be held at the Black History Museum, located across the street from the Charles Houston Recreation Center.

Reservations are suggested for these free activities and presentations. Please call the museum at 703.746.4356 to reserve a seat for the events to be held at the Museum. The Alexandria Black History Museum, is located at 902 Wythe Street, Alexandria, VA, and is five blocks away from the Braddock Road Metro on the Yellow and Blue lines. Ample Street parking is available. You can also go to the website: [www.alexblackhistory.org](http://www.alexblackhistory.org) to learn more.

SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH

Studies show that children who are read to in the home and who use the library perform better in school. September is Library Card Sign-up Month, a time when the Alexandria Library joins with the American Library Association and public libraries nationwide to make sure that every student has the most import school supply of all – a free library card.

Today’s libraries aren’t only a place of quiet study, but also creative and engaging community centers where students can collaborate using new technologies, learn how to use a 3D printer or just relax with peers. Our library offers access to a variety of

print and digital resources, including e-books through Overdrive, foreign language instruction with



Mango Languages and online test preparation through the Testing and Education Reference Center that can be accessed in person or online. “Our library provides access and programs for students of all ages,” says Rose T. Dawson, Director of Alexandria Libraries. “For preschool

age children we offer early literacy and lap sit story times to encourage school readiness, for older children and teens we supplement education with hands-on science, technology, engineering, arts and math (STEAM) programs and innovative makerspaces, and for older teens we have information and tools to help prepare for college and future careers.

There’s really something for everyone and it’s all free with a library card.”

For more information on how to sign up for a library card, visit the Alexandria Library in person or visit the library online at [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us).



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CONTINUED ON PAGE 32


## ARTIST PHOTOGRAPHER GREG KNOTT



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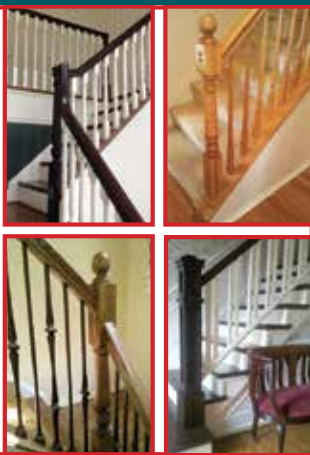
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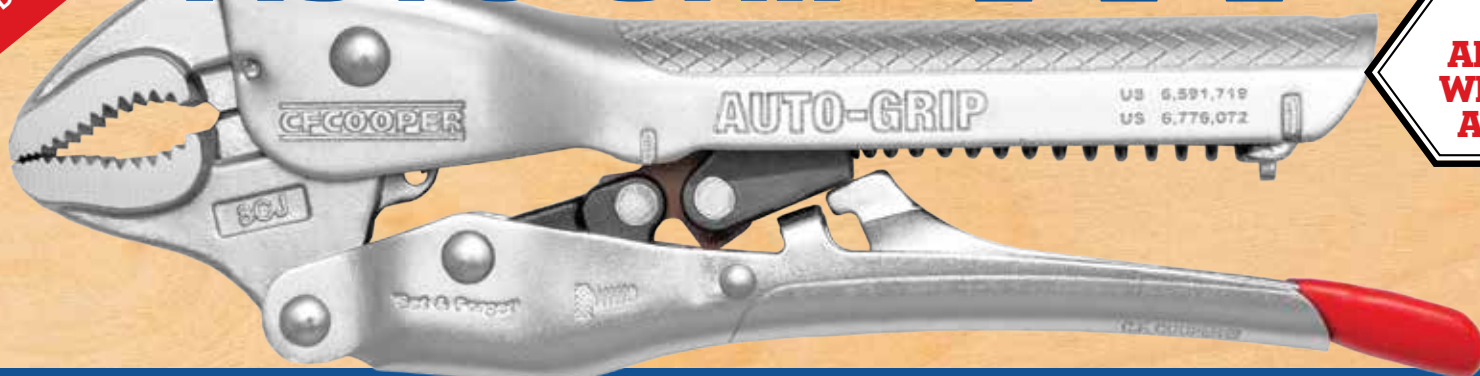
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# ALEXANDRIA IS SELLING TREES

The City of Alexandria’s Department of Recreation, Parks, and Cultural Activities, with support from Alexandria’s Environmental Policy Commission and Virginia Master Naturalists, is offering residents two ways to beautify and shade our City:

1. Residents may purchase, for just \$20 each, a variety of trees and shrubs, including White Oak, Eastern Redbud, American Hornbeam, Elderberry, American Hazelnut, White Fringetree, River Birch, Black Gum, and Pitch Pine. Orders must be placed by September 27, and plants must be picked up on October 3 between 10 a.m. and 2 p.m. at the Jerome “Buddie” Ford Nature Center, 5750 Sanger Ave.; or
2. Residents may make a Tax-Deductible Gift

to the City of Alexandria Living Landscape Fund. Donations will be used to purchase trees and shrubs that will be planted in October at the Chambliss Street crossing of Holmes Run (at the western end of Dora Kelly Nature Park). Donors are invited, but not required, to participate in the planting event.

For additional information, view the Fall 2015 City of Alexandria Tree Sale Flyer; contact Susan Gitlin, Vice Chair, Environmental Policy Commission, at [smcg611@gmail.com](mailto:smcg611@gmail.com) or 703.819.8410; or contact Mary Farrah, Center Director, Jerome “Buddie” Ford Nature Center, at [mary.farrah@alexandriava.gov](mailto:mary.farrah@alexandriava.gov) or 703.746.5525.



## SOLARIZEALEXANDRIA LAUNCHES TO HELP RESIDENTS GO SOLAR

SolarizeAlexandria, a program to make it easier and more affordable for residents to install solar power systems on Alexandria homes, launched September 7 and will run through November 10. The program provides a free home energy efficiency check-up and solar site assessment; discount pricing through bulk purchasing; project facilitation and qualified installation; financing and federal tax incentive options; and qualification for the City of Alexandria’s Solar Energy Equipment Tax Exemption.

“I am very excited to see SolarizeAlexandria launch in our community,” said Mayor William D. Euille. “Solar power can provide energy cost savings to homeowners and enhance their homes’ quality and value while helping meet our Eco-City Alexandria goals such as reducing greenhouse gas

emissions.” Homeowners who register for the program will receive a free home energy check-up and no-obligation solar site assessment. During this visit, a qualified technician will give advice on ways to lower home energy costs, and will determine whether solar power is a good option for the home. Homeowners who would like to pursue solar can take advantage of discounted prices that leverage regional bulk pricing. Since 1978, the Alexandria City Code has provided a real estate tax exemption for the value of certified solar energy equipment.

To get started with a free home energy check-up and solar site assessment, and to learn more about cost-effective home solar power options, visit [www.solarizealexandria.org](http://www.solarizealexandria.org).

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# UNITED NATIONS?

BY MARCUS FISK

In past columns, I have written about a smorgasbord of ideas, history, issues, and fun-facts-to-know-and-tell. Usually, I have tried to do it with a broad brush of satire or at least a dash of humor to take the edge off of what would normally be the heavy load on our shoulders.

**WARNING:** *What you are about to read is no holds barred.* There is no intent on my part here to take a balanced, light, or nuanced view. If you are a more moderate individual, you may want to skip this column and read something else. There is certainly something for everyone in the *Zebra*, but this is probably not for you.

I have lived all over the world in my formative years as an Army brat and later in my career as a Naval Officer. Growing up my parents were very encouraging about immersing ourselves in the culture where we were stationed. Through life, I frequently went off the beaten path in my military travels. I went on photo safaris in Kenya, on a long distance sampan (canoe) trip in Burma, hiked jungle trails in Malaysia, climbed Australian mountains, had a family dinner in a tenement building with a family in Mexico, collected natural fruits and vegetables for a local, home-cooked meal in Panama, swam in waterfalls in the Philippines, and eaten every sort of local cuisine off of carts on street corners in over 29 countries of the world. I cut my diplomatic teeth in Iraq when I arranged the delivery of a donated, 1,000 lb. radio transmission tower for the only all-women talk radio station in Baghdad in 2006. This was accomplished via out-of-pocket cash paid to my interpreter to a wide and creative variety of local ‘contractors’ who provided trucks, cranes and heavy equipment to install the tower atop one of the tallest buildings in town.

I had regular dealings with the United Nations Assistance Mission Iraq (UNAMI) and have the highest opinion of them. When a diplomat goes to work every day in a *really*, *really* bad part of town, unarmed –



has been blown up four times in his SUV with IEDs and shot at from other ‘small arms’ -- that’s major-league huevos.

However, the United Nations today has lost its *punch*. It used to be a bunch of disgruntled ‘Members’ which all got together to put an economic or military voodoo curse on the offender until the derelict came into compliance -- or at least until he said he was sorry, would not do it again, and wrote a great big check of penance. The offender realized if he wanted to sell poorly made cars at bargain-basement prices overseas, open hotel resorts in forgotten villages, have Hollywood movies filmed there or have millionaires build gated condo developments with significant tax breaks, then they would have to promise to play well with others, or else the U.N. would send over a multi-national military force and stomp on them. It really sucks when some soldier in a blue beret who can’t order a Coke in your language, read a street sign, or doesn’t pray to your God, comes to town carting an automatic weapon and an attitude (remember, he’s away from home), and tells you what time you have to go home from Disco Damascus.

At least in the old days, if the civilized world said you were being ‘contrary’ or a meanie-bo-feeinie then the entire world’s military would show up on your doorstep and knock you into the last century.

Today, it seems that the U.N. is

losing its teeth or whatever teeth (or tooth) remaining are so decayed and neglected -- that it is rootless.

Example: Da-ish (in Arabic) or ISIS/ISIL (to the rest of us). It is not a religious sect. Ask any Muslim in the Washington Metro area and they will affirm that Da-ish (ISIS) is nothing more than a bunch of horribly deranged ne’er-do-wells who have blasphemed their faith or abused its tenants to attain riches and power. They have cleverly and sadistically melded rape, murder, sodomy, slavery, kidnapping, blackmail, and destruction of antiquities into a corrupt religiosity that hides its desire to annihilate the rest of the world and its institutions. Da-ish has *absolutely no moral, religious, ethical, nor legal justification for their tactics*, therefore, in my humble opinion, they must be severely dealt with by a multi-national force of member nations from the U.N.

If you think I am being too harsh on the U.N. or I am completely missing the intent or value of diplomacy, the U.N. Charter itself has a couple of interesting articles dealing with bad apples and what to do if they won’t play ball. Check this out:

## Article 42

“...the Security Council...may take such action...as may be necessary to maintain or restore international peace and security...by forces of Members of the United Nations.”

And another ‘golden oldie’ to consider:

## Article 49

“The Members of the United Nations shall join in affording mutual assistance in carrying out the measures *decided upon by the Security Council*.”

Seventy years ago in September 1945, the entire world unified against a common enemy after diplomacy failed to secure peace. It wasn’t pretty, it cost billions in human treasure and bled our financial institutions, and took almost a decade to bring to a conclusion. It’s time again for the whole world to unite and bring ISIS/ISIL to its knees. Many countries where ISIS plays would probably welcome an occupation force just to give the local constabulary a breather from all the excitement.

It’s time the U.N. stepped up to bat, lived by its principles, and took action – *mean, big, tough, and THOROUGH military action by ALL ITS MEMBERS* -- to add meaning to their ideologies and to ensure peace and stability in the world.

After all, it’s their job. It’s what we pay them to do.

---

*Marcus Fisk is a retired Navy Captain, Naval Academy graduate, sometime actor, sculptor, pick-up soccer player, playwright. He and his wife Pamela are former residents of Alexandria and currently live in Connecticut where they own a B&B.*

# ROWING

CONTINUED FROM PAGE 22

and McLean High School senior Kaela Wilbur won top honors in the race.

Patrick Marquardt, Coach for the ODBC Girls, said, “Friday’s race was a great way to start the season. Our rowers raced down the course in both double and quad sculling boats, as well sweep rowing 4s. While these are not normally what they’ll row during the season, it is a lot of fun for

our experienced rowers to get in shape on different types of boats.”

With over 120 athletes on the team, this year’s ODBC Select Crew is one of the largest in memory. The athletes – who are drawn from such area high schools as T.C. Williams, West Potomac, J.E.B. Stuart, Washington-Lee, Wakefield, Yorktown, and McLean – are guided this fall by Head Girls Coach Patrick Marquardt and Assistant Girls Coaches Jaime Rubini, Cathy Hott, and Gracie Barbara.

The ODBC Boys are led by Head Coach Pete Stramese and Assistant Coaches Enoch Cleckley, and Tyler Buxton.

Marquardt stated, “Having outstanding rowers from across the region participate together in ODBC is a significant benefit for our rowers. While many will compete against each other during the high school spring crew season, the fall ODBC program allows them to get to know one another and test their skills together.”

ODBC rowing has a long

history in Alexandria. In 1947, ODBC members Julian Whitestone and Jack Franklin began training young men from George Washington and Francis Hammond High Schools in rowing. The fall ODBC Select Crew program, which brings together elite rowers from across the region, has its origins in this event. For 2015, rowers will train at the Dee Campbell Rowing Center and compete in East Coast head races, including the Head of the Schuylkill in Philadelphia and the Head

of the Charles in Boston. A “head race” is a race against the clock, usually significantly longer than the 1,500 meter races done in the high school spring season. Alexandria Crew Boosters, with support from ODBC, hosts the ODBC Select Crew Program.

The ODBC Select Crew’s first races are a scrimmage at the Dee Campbell Boathouse on September 19 and the Head of the Potomac in Georgetown on September 27.



# DOING BUSINESS WITH THE GOVERNMENT

BY MICHAEL SADE



Two months ago I wrote about starting your quest for government business.

In this article, I would like to address the specifics of getting to know your potential customer.

Do your homework. Identify the agencies that need what you are selling or providing. There are many free government tools available online that can help you understand what the potential government customer does, what they buy, and how they buy it. A few that are important are:

Every agency is required to publish their contracting opportunities for the upcoming year. Although the quality of these forecasts varies, it is an excellent source of information. Go to an agency website and search for their procurement/contract forecast. On the site, you will find what the agency plans to buy in the upcoming year. The information includes

information such as what, when, how, and whom to contact regarding the opportunity.

The Federal Procurement Data System – Next Generation is a government-wide database that includes information on all contracts awarded by agencies. This information is available based on agency, contract, date of award, dollar amount, and type of contract. This information will help you learn more about the buying habits of an agency you target for opportunities.

Social media is a powerful resource as well. All agencies have a Twitter, Facebook and LinkedIn account. Link to those pages and join. You will find useful information including current news, upcoming events, and points of contact within the agency.

Finally don't forget your basic internet search engine tools. With a few keywords, you can learn about staff within the agency and their

presentations and speeches from crucial individuals within the agency. Some of the key staff in an agency to search would be the CIO, Procurement Executive, and the Small Business Directors.

With these free resources you can learn a great deal about your potential agency customers. The more you know the better opportunities you will have in making an introduction and improve your chances to win a contract.

Please give me your feedback and questions on additional topics on doing business with the government by sending a note to [editor@thezebrapress.com](mailto:editor@thezebrapress.com), Attention Mike Sade.

*Mike Sade spent his career in federal procurement before founding his Alexandria consulting company, Sade Associates, LLC, [www.sadeassocllc.com](http://www.sadeassocllc.com).*

## SCHOOL BRIEFS

CONTINUED FROM PAGE 23

percent in English, 72 percent in math, 79 percent in history and 76 percent in science in this year's SOLs.

Patrick Henry increased performance by an average of 20 percentage points across all four content areas in the last two years to reach full accreditation this year. Patrick Henry achieved 79 percent in English, 78 percent in math, 86 percent in history and 78 percent in science in this year's SOLs. Last year, the school was warned in English and science.

"The staff and students at Patrick Henry Elementary have worked very hard to achieve the gains that have resulted in our school meeting all benchmarks for accreditation. I am proud of the transformation we have made over the past three years to build and establish a school culture that is built on our motto 'work hard to get smart,'" said Patrick Henry Principal Ingrid Bynum.



### Alexandria School Districts Changing

Alexandria City Public Schools selected an independent third party to assist ACPS in the work of redistricting elementary schools across the city.

J.R. Reingold & Associates Inc., a communications and community engagement consulting firm based in Alexandria, has promised a comprehensive and collaborative approach that will engage the community throughout the process.

Reingold will immediately begin working with ACPS

staff to select a committee of parents and members of the public, called the Redistricting Review Committee, to work alongside the Redistricting Steering Committee, composed of School Board members and ACPS staff. Reingold will handle proposing options for redistricting that will be deliberated on and assessed by the Redistricting Review Committee.

Applications for the Redistricting Review Committee have already been solicited, and the public will be

CONTINUED ON PAGE 34

“  
QUOTABLES

**I always wanted to be somebody, but now I realize I should have been more specific.**

—Lily Tomlin

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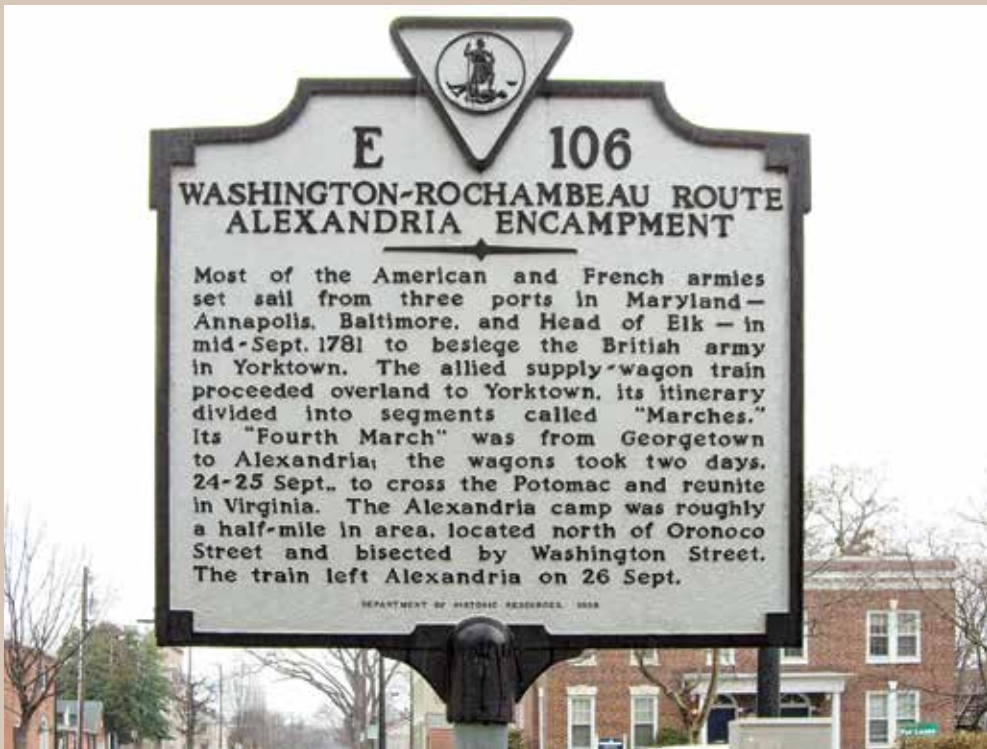
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# Marking History



BY MARY WADLAND

This marker is located at 609 Oronoco Street.

As promised, here's a little background on our historical markers. With their texts of black lettering against a silver background and their distinctive shape, Virginia's state historical highway markers are hard to miss. There are now more than

2,200 of them erected in Virginia to commemorate people, places, or events of regional, statewide or national significance.

Virginia's historical marker program is the oldest such program in the nation, beginning in 1927 when a handful of markers were erected along U.S. 1 between Richmond and Mount Vernon. Originally the Conservation and

Economic Development Commission was tasked with creating historical markers. In 1949, the Virginia Department of Highways was assigned the responsibility for installing and maintaining new markers, and in 1950 the Virginia State Library took over researching and approving new markers.

512

CONTINUED FROM PAGE 17

author, he seamlessly blends fact and fiction with the ease of a more experienced novelist. I found myself googling to fact check. (I guessed wrong nearly every time.)

The author does not allow the story to labor on the most common views of Ruth: a big fat drunk, a crude oaf as depicted by John Goodman, or the lame character portrayal by William Bendix, in their movie roles. With the calculation of a chess player, Ralph draws you into an emotionally scarred Ruth who is repeatedly abandoned or disappointed by the father figures in his life. Ruth is resolute and driven to succeed. He fights through each adversity and the evils surrounding the game. Ruth emerges as baseball's first true full blown superstar. Of course he had the help of a strong willed woman, his second wife Claire. (There is always a good woman behind a strong man). The fun loving side of Ruth is there, just not Ruth the fool. There are sub-plots aplenty as the story navigates through Ruth's career, including a fifteen year battle of wills with the game's nasty commissioner.

Before reading 512, I had no idea how good of a pitcher Ruth was. Peluso said, "Ruth was considered among the top five pitchers by age 23! As he matured there is little doubt he'd have been seen as the best pitcher of his day."

Ralph is a 'card carrying' member of the "Society of American Baseball Researchers" (SABR) but he did not use statistics to rule his story or justify Ruth's ability to succeed in breaking Cy Young's record. He weaves tale after tale in the fabric of the book validating Ruth's chase. Ruth needed baseball; and baseball desperately needed a hero, the perfect symbiotic relationship.

Although the book is stockpiled in history and facts, I never felt mired in them, nor did I tire of the fascinating characters dotting each chapter. This baseball



Ralph Peluso

themed book has plenty of baseball lore, but it is not just for sports fans. 512 will appeal to a broad audience, and keep reader's attention.

512 is a captivating yarn, with a very different perspective on baseball's most iconic figure. Ruth's life and personae has been told and retold, but never presented from this author's angle.

I enjoy baseball; I understand its basics and recognize the names of today's stars. But I'm not a fanatic. After reading the book, I was convinced Ruth had actually won 512 games. (Ruth didn't, I googled it.)

Ralph Peluso was born in the New York City in 1950. He told me pinstripes run through his blood. After 45 successful years in business, Ralph turned to his early life passion, creating stories. With the support and encouragement of his caring wife, he pushed forward with his dream. Beating long odds, Solstice Publishing made his dream a reality.

Ralph is a member of SABR's Overlooked Legends Committee. He helps identify potential Hall of Fame candidates who played the pre-1900 era. He has been active in the Northern Virginia Junior CYO for over twenty years and is an avid sports fan.

I asked him if he could write a successful outcome to this year's Washington Nationals season.

He laughed and quipped, "Now that would be some real story telling"

512 gets five zebra stripes out of five!

—Mary Wadland

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HONEY

CONTINUED FROM PAGE 24

Meaderies (producers of mead, or honey wine) are located in Northern, Central and Tidewater Virginia, with new ones being regularly added. Keith Tignor, State Apiarist at VDACS, says, "In recognition of the variety of delicious honey flavors, its medicinal properties and versatility, every Virginian should take part in celebrating honey month and take actions that will ensure a continued supply of this super

food and its maker, the honey bee."

Tignor suggests that one of the most helpful things consumers can do to help sustain Virginia's honey bee population is to plant a pollinator garden with a diversity of nectar and pollen sources or to become a beekeeper. The Virginia State Beekeepers Association can help by suggesting a local group to answer questions or mentor a new beekeeper.

So celebrate with gusto. If beekeeping doesn't suit, then a tankard of mead may hit just the right celebratory note.



It's September and football season, both collegiate and professional, has begun with fans in full-throated excitement for the sport. Talking heads of football are having a virtual yak fest over whether Nick Saban will stay long-term at Alabama, was Tom Brady guilty or not guilty during 'Deflategate', and which NFL teams, one, maybe two, will potentially land in Los Angeles for the 2016 season.

Some of those same football pundits have been watching with joyous glee and great disdain of the continuing carousel of ongoing controversies of the once vaunted Washington Redskins franchise, with head coach Jay Gruden's benching their former 'star' quarterback, Robert Griffin III, in favor of backup, Kirk Cousins. Who would have ever predicted that call this past June or July, with the Redskins front office and coaching staff expecting a spectacular 'comeback season' for 'the best quarterback in the league', and even placing him on their Opening Day ticket?

In 2013, RG3's uniforms were flying off the shelves, not only here in the D.C. area, but also nationally, as it was the top-seller of all NFL jerseys for the year. Now Griffin's 10 swag does not even make it in the top-50 NFL jersey sold across



# “HAIL TO THE REDSKINS!”



Will QB Kirk Cousins be the ticket the Redskins need this season? Courtesy photo.

the country. As a matter of fact, not one Redskins jersey is in that ranking. The best-selling Redskins jerseys, to date, currently are Ryan Kerrigan's 91, followed by Kirk Cousins' 8, and even their sales numbers are abysmally low.

Mark Brunell and Rex Grossman both wore 8 for the Redskins, so if you have one of their jerseys buried somewhere deep in your closet, with some duct tape and a Sharpie, you're all set for this season, right? Remember, Kirk's last name

is spelled COUSINS and get used to hearing his name a lot this season.

Griffin has been injured for most of his brief career with the Redskins, which has noticeably lessened both his local and national exposure,

as well as interest among fans who once thought of him as being a potential savior for the franchise. In his three years with the Redskins, Griffin has gone through a change of coaching staff and offensive coordinators, so he has not seen any consistency with the program, plus the often-porous offensive line has not done him any favors, either.

Look folks, Griffin is a proud football player who hates losing, and no doubt hates the situation that he is in right now, but he is just one of a 53-man roster and while he is the team leader while he is on the field, all of the other players have to mesh well for a team to have a chance to win. Griffin is also still very young and has said some things that I am sure he no doubt regrets.

We live in a 24/7 news cycle that highlights everything and Griffin has been under the microscope so much that every bit of introspection of him is magnified so that the guy really can't catch a break. Trust me, he doesn't want to lose.

Since the Redskins won Super Bowl XXVI, their fortunes both on and off the field have spiraled out of control, with the team almost consistently losing games, so

CONTINUED ON PAGE 34

## BY DR. MATT FONTAINE

Most of us lead hectic schedules day to day. We often rush into workouts in the interest of saving time. Triathletes are often quick to push off warm ups, especially on their runs. They can ease in and warm up on a bike and most swim workouts have a good built in warm up. However, the run is often just lace 'em up and go. Spending a few minutes prepping for your run can result in better running form and less chance of injury. Other athletes across other sports typically utilize a well-planned warm up and drill set before the real work of practice or the workout begins. But what about proper warm up in the gym before strength training? During strength and conditioning, be it bodybuilding, powerlifting or CrossFit, all these athletes would do well to implement these warm up strategies for better, safer workouts. In fact, we can learn a lot from the powerlifting community. They have long practiced long sets before a relatively shorter "hard work period" and a proper cool down.

Getting to workout at Trident in the same gym as so many of my patients train allows for some common ground. If you notice, the coaches at Trident do an



# WHY PROPER WARM UP MATTERS

excellent job of making proper warm up a consistent thing. Warm ups tend to make up a substantial component to the days' overall workload. Notice how the actual "WOD" is shorter, allowing for longer warm ups and cool downs. We are fortunate to have coaches that understand the importance of this paradigm. The science only reinforces why we need to warm up properly.

Here is a quick rundown of how your workouts can and most likely should be set up.

### 1. Heating up the tissues:

Takes about 2-5 minutes. You can row on the Erg, run, jump rope or bike on the always punishing Airdyne. The point is to increase core body temperature, helping to make tissues temporarily more elastic. More importantly it begins to ramp up the nervous system.

### 2. Prep your problem areas:

If you have tight spots and/or you're working through limitation or injury, spend a few minutes on a lacrosse ball

or foam roller to ease out these tissues. Keep in mind most soft tissue regeneration is best saved for after the workout.

### 3. Cold In/Cold Out:

The body needs a proper warm up to get to temperature and prepare the nervous system and the musculoskeletal system to move efficiently and with speed, strength, and power. Static stretching is antiquated and simply does not reduce muscle stiffness nor reduce injury rates. Dynamic movements do reduce muscle stiffness and prepare the body to move better. Moreover, dynamic movement prep has a great capacity to reduce the likelihood of injury.

### 4. Do enough warm up sets:

Dynamic warm ups like movement prep and even skill work drills are a great way to ramp up the nervous system. A great way to coach proper technique is using a PVC bar to work through a progression

of skilled movements, each building on the previous movement, culminating into a technical lift like a snatch, clean and jerk or deadlift. Many CrossFit coaches utilize this technique for skill work, and it can be very effective. There is no better way to warm up for a technical lift than to break that movement down and drill those movements.

### 5. Keep your main workout shorter:

Unless you are bodybuilding and need a higher volume of "sets & reps", you should strive to keep the main body of your workout to about 60% at most of your total workout. That leaves the other 40% to be spent on proper warm up and cool down.

### 6. Take the time to Cool Down:

Most workouts will leave you tight. If you leave the gym in that state, you will be tight. In just 10 minutes, you can do some simple mobility drills that will begin the regeneration process. So grab a lacrosse ball, foam roller, and monster band and work through your body. You can spend extra time on problem areas. Proper cool down down-regulates your physiology from being in an excited state with your engine revved up from the workout

CONTINUED ON PAGE 35





# GOVERNOR HOGAN APPOINTS RAY GREENSTREET TO MARYLAND AGRICULTURAL COMMISSION

Governor Hogan appointed Raymond E. Greenstreet II to the Maryland Agricultural Commission for a term of three years.

The Maryland Agriculture Commission is appointed by the Governor of Maryland and serves as an advisory body to the secretary and deputy secretary of agriculture. The commission consists of 30 members representing various commodities across Maryland, and includes both a consumer and a University of Maryland (ex officio) representative.

“Thank you for making this strong personal and professional commitment to serve the best interests of our citizens. I know we will succeed in our goal to make a positive difference for all Marylanders, especially with your assistance and support,” says Governor Hogan.

Greenstreet Gardens is one of the country’s premier retailer and growing garden centers. The Maryland location is located at 391 West Bay Front Road in Lothian, and the two Virginia locations are located at 1721 West Braddock Road and 1503 Mt.Vernon Avenue, both in Alexandria.



Alexandria business leader, Ray Greenstreet of Greenstreet Gardens is sworn in by Maryland Governor Larry Hogan as newest member of the Maryland Agricultural Commission. Courtesy photo.



## ALEXANDRIA VACATION.COM STAFF GIVE BACK

Employees at Vacation.com’s Alexandria headquarters, 1650 King Street, recently donated nearly 280 pounds of food to support the Capital Area Food Bank in Lorton, VA. Vacation.com staff collected the non-

perishable items at their main office on King Street, and volunteered more than 90 hours at the Capital Area Food Bank. The philanthropic initiative was part of a larger “Day of Giving” effort in

which Vacation.com joined other Travel Leaders Group companies, travel agencies and travel agents throughout North America on July 9 in a concentrated effort to reduce hunger. Courtesy photo.

## COMMUNITY LODGINGS HONORED BY ALEXANDRIA KIWANIS CLUB

Claude Mayo, board member and Community Service chair of the Alexandria Kiwanis Club (left), presents a check to Lynn Thomas, Executive Director of Community Lodgings, to support their Youth Education Programs for low-income and transitional children in Arlandria. Community Lodgings’ after school program for children



in grades 1-12 begins September 14. Community Lodgings serves the Arlandria community by lifting families from homelessness and instability to independence and self-sufficiency through transitional housing, affordable housing and our youth education programs. Photo by Jasmin Witcher, Community Lodgings.

## ALEXANDRIA RESIDENT JAMES DURKIN NAMED PRESIDENT OF MILLION DOLLAR ROUND TABLE

James V. Durkin, CFP, CLU, of Lincoln Financial Advisors in Vienna, Virginia, has been named President of the Million Dollar Round Table (MDRT) Foundation – the philanthropic arm of MDRT, The Premier Association of Financial Professionals – effective Sep. 1, 2015.

As MDRT Foundation President, Durkin will expand global member involvement with the addition of an international member task force and encourage participation in



James Durkin.

global service projects.

Durkin is a financial planner for Lincoln Financial Advisors, focusing on charitable estate planning and retirement income planning. His client base mainly includes local retirees and pre-retirees. Durkin was born and raised in Alexandria, Virginia, where he now lives. He is a graduate of Gonzaga College High School and George Washington University. He also served with the United States Army in Vietnam.

“

I was eating in a Chinese restaurant downtown. There was a dish called Mother and Child Reunion. It’s chicken and eggs. And I said, I gotta use that one.

—Paul Simon

”

## RE-TWEET

CONTINUED FROM PAGE 25

led program putting a playful spin on the brand standard of retweeting fan comments. This fall, to truly celebrate fans like Armstrong who share their love for Diet Coke on social media, the brand is surprising dozens of fans with public and unexpected displays of affection— from custom

jewelry to a feature in Times Square, one of the most iconic and public places in the world. Chris Armstrong’s tweet, “All you need is love and Diet Coke” was transformed by acclaimed artist Marta Cerda and is currently live in Times Square for millions of people to see. This Times Square surprise is the very first execution as part of the Diet Coke campaign.

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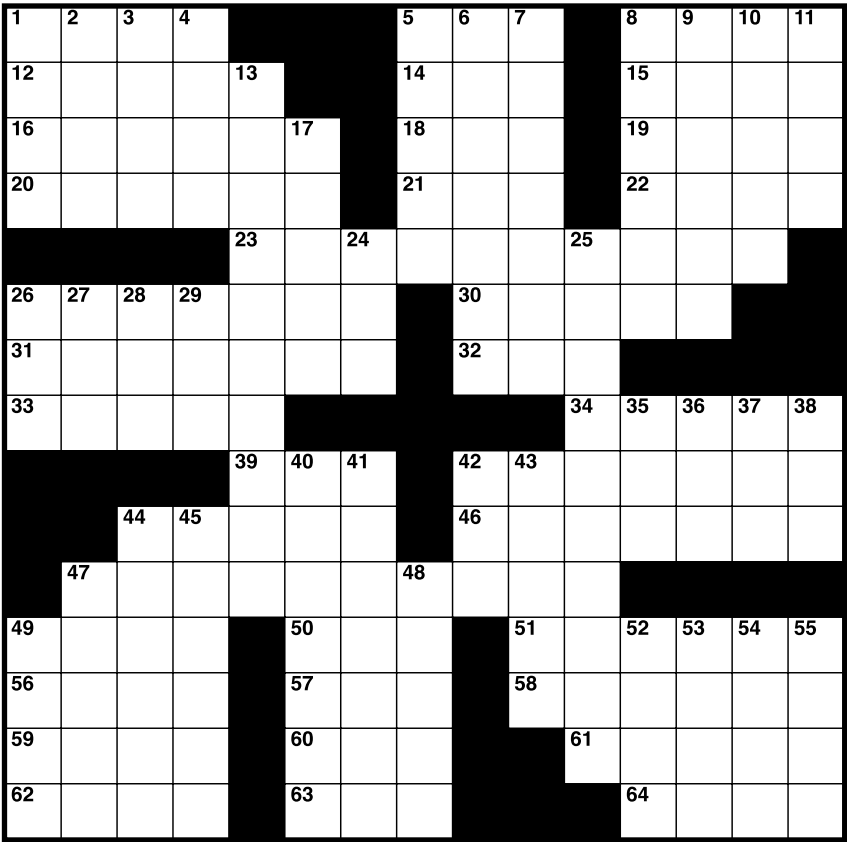
CLUES ACROSS

- 1. W. Loman’s failed son
- 5. Largest English dictionary (abbr.)
- 8. Wanes
- 12. Lifeless geologic period
- 14. No (Scottish)
- 15. Filled chocolate cookie
- 16. Circular chordophones
- 18. Short-term memory
- 19. Any small compartment
- 20. Poisonous gas
- 21. Cologne
- 22. Scaleless fishes
- 23. Ormolu
- 26. Well-known & respected
- 30. Man-made river embankment
- 31. Yearned after something
- 32. Before
- 33. Garlic mayonnaise
- 34. California white oak
- 39. CNN’s founder Turner
- 42. Removed contents
- 44. Frighten
- 46. Responded
- 47. “Extant” star
- 49. Aba \_\_\_\_ Honeymoon
- 50. Box (abbr.)
- 51. Reptile leather
- 56. Norse goddess of old

- age
- 57. Drive obliquely, as of a nail
- 58. Inspire with love
- 59. Affirm positively
- 60. European sea eagle
- 61. Congresswoman Giffords
- 62. Emit coherent radiation
- 63. Fall back time
- 64. Masses of fish eggs

CLUES DOWN

- 1. Leavened rum cake
- 2. Moslem women’s garment
- 3. Quilting duo: \_\_\_\_ & Porter
- 4. S W Pacific state
- 5. The start of something
- 6. Edible
- 7. More coy
- 8. From 56 to 34 million years ago
- 9. Small wind
- 10. Disney heroine
- 11. Helios
- 13. Existing at birth but not hereditary
- 17. Paris river
- 24. Confined condition (abbr.)
- 25. More than charged
- 26. A major division of



- geological time
- 27. Japanese apricot
- 28. Initial public offering
- 29. A quantity of no importance
- 35. Securities market
- 36. Sharp part of a tool
- 37. Downwind
- 38. Doctor of Education
- 40. Built up
- 41. Borrowers
- 42. Stray
- 43. Country singer Haggard
- 44. Eurasian marten pelts
- 45. Fashion magazine Marie \_\_\_\_
- 47. Turkish candy
- 48. Regarding
- 49. Distribute game cards
- 52. Princess Anne’s daughter
- 53. Planned pipeline from Burgas to Vlore
- 54. An academic gown
- 55. Removes moisture

JUST BEING SILLY ...

- It’s hard to explain puns to kleptomaniacs because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, look what’s telling me that.
- The midget fortune teller who kills his customers is a small medium at large.
- A farmer in the field with his cows counted 196 of them, but when he rounded them up he had 200.
- What does a nosey pepper do? Get jalapeño business.
- What is Bruce Lee’s favorite drink? Wataaaaah!
- The dyslexic devil worshipper sold his soul to Santa.
- You kill vegetarian vampires with a steak to the heart.
- There was a prison break and I saw a midget climb up the fence. As he jumped down her sneered at me and I thought, well that’s a little condescending.
- If you want to catch a squirrel just climb a tree and act like a nut.
- A magician was walking down the street and turned into a grocery store.
- A blind man walks into a bar. And a table. And a chair.

SUDOKU

# SUDOKU

	6	5		3				
	7	9						
3			2				5	
				7		3		
8		6					1	
			5		4			9
1	8					4		
								8
	3			4		2	6	

Level: Intermediate

**Here’s How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**Fun By The Numbers**  
Like puzzles? Then you’ll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!





# REDSKINS

CONTINUED FROM PAGE 31

much so that Dan Snyder has been removing seats out of upper deck end zones at FedEx Field, en masse, a field which once had the largest seating capacity of any stadium in the NFL. Did the Redskins exhaust their seemingly endless season ticket waiting list?

The battle over the use of ‘Redskins’ for the franchise has been a cash-cow for lawyers defending the team in court, as a District Court judge recently upheld the U.S. Patent and Trademark Office’s decision to remove the trademark registration in the team’s name, where it is predicted the case will eventually make its way to the Supreme Court.. One team out of 32 NFL teams has to fight to save its name, which, for me, as a New York Yankees fan can easily be blamed on the Boston Red Sox.

George Preston Marshall founded the Boston Braves in 1932, with his franchise playing their inaugural season at Braves Field, home of the National League’s Boston Braves. After some difficulties with Braves Field management over field maintenance issues, among other things, Marshall moved the team in early 1933 across town, to Fenway Park, home of the American League’s Boston Red Sox. He had uniforms and gear with Native American motifs on them, so he wanted to have fans in Boston get accustomed to going to Fenway, where the Red Sox played, thus he came up with the name ‘Redskins’.

A lot can be said for Marshall’s stance against

integrating the Redskins, that he was racist in having his club be the last NFL franchise to sign an African American to their roster, but the fight over the team name, today, has drawn indignation and disgust from a myriad of groups and governments who say that the team’s name is racist with hopes that the franchise will be forced to change officially their moniker that was somewhat born somewhat out of desperation, in Boston, in 1933.

With the 2015 season now upon us, though, all controversies aside, how will the Redskins do this season? Will general manager Scot McCloughan’s draft, trades, and acquisitions bear fruit for a winning season this year, or will the team continue with double-digit losses, once again? Will Kirk Cousins become the phoenix to help the Redskins rise out of the ashes and into the playoffs, or will he become a pariah in a very long list of quarterbacks who have played in Washington over the past twenty or more years?

As a life-long fan of the team, brought up by a first-generation Washingtonian, my father, Charlie Malone, who’s been a life-long fan himself, and partially raised by his brother, my uncle, Ed Malone, who was also a die-hard fan, too, I hope things turn around this season as I still fondly join my family in the spirit of rooting for and saying aloud, ‘Hail to the Redskins’!

Please let me know your thoughts on the Redskins and the NFL by emailing me at malonemarketing@gmail.com. I sincerely look forward to hearing from you!

Facebook was flooded with Back to School pictures of your kids, and Zebra wants to publish a big collage of all the Alexandria kids who want to be in a newspaper!  
(If you forgot to take a picture the first day, do it now...who'll know??)

Send your first day of school pics to editor@thezebrapress.com. We'll try to publish them all!!

# SCHOOL BRIEFS

CONTINUED FROM PAGE 29

notified about those selected to serve on it by October 1.

“The Redistricting Steering Committee was particularly impressed with Reingold’s wealth of experience, track record working with neighboring school districts and their strong community engagement program. They presented a tailored plan that considered our outreach requirements in Alexandria City,” said Redistricting Steering Committee Chair and School Board Member Stephanie Kapsis.

Reingold has previously carried out redistricting work for Arlington Pu and Washington, D.C., and is known for its development of online computer models that let the public try their own hand at redistricting.

“We stand ready to begin work immediately alongside the ACPS team. Our project team members will be full

partners every step of the way. We have assembled an experienced team with the expertise and know-how to help ACPS realize its vision for a sustainable redistricting model,” said Reingold partner and Chief Operating Officer Kevin Miller.

The last time Alexandria City Public Schools changed school boundaries was in 1999. Since then, ACPS enrollment has grown by more than 3,200 students. Redistricting is needed because all but two elementary schools are at capacity and enrollment is projected to continue to grow over the next decade. Student enrollment is expected to rise by 4 percent, or 500 students, every year through 2030. Considerable numbers of students are currently transferred out of their neighborhood school and bussed to another school because of a lack of space.

The creation of optimal learning environments is one of the major components of the ACPS 2020 Strategic Plan. “The School Board wants

to make sure that changes to school districts are balanced against budget and capacity solutions and fit with the ACPS Strategic Plan. Most importantly, redistricting needs to contribute to a vision for academic excellence for our division. We look forward to working with Reingold and our community to accomplish this goal,” said School Board Chair Karen Graf.

The School Board aims to ensure that the process surrounding the change of school boundaries, the timeline, activities and decision-making is clear and transparent. ACPS will post a full calendar of meetings after October 1.

The process will involve parent and community input through a variety of venues. The redistricting page on the ACPS website at www.acps.k12.va.us/redistricting will be regularly updated with news and information about the process, ways in which the public can get involved, and related School Board decisions.

# SEPTEMBER ANSWERS

PUZZLES ON PAGE 33

## CROSSWORD

B	I	F	F			O	E	D		E	B	B	S
A	Z	O	I	C		N	A	E		O	R	E	O
B	A	N	J	O	S		S	T	M		C	E	L
A	R	S	I	N	E		E	A	U		E	E	L
				G	I	L	T	B	R	O	N	Z	E
E	M	I	N	E	N	T		L	E	V	E	E	
R	E	P	I	N	E	D		E	R	E			
A	I	O	L	I						R	O	B	L
				T	E	D		E	M	P	T	I	E
		S	C	A	R	E		R	E	A	C	T	E
	H	A	L	L	E	B	A	R	R	Y			
D	A	B	A		C	T	N		L	I	Z	A	R
E	L	L	I		T	O	E		E	N	A	M	O
A	V	E	R		E	R	N		G	A	B	B	Y
L	A	S	E		D	S	T				R	O	E

## SUDOKU

4	6	5	9	3	1	8	2	7
2	7	9	4	8	5	1	3	6
3	1	8	2	6	7	9	5	4
9	5	1	6	7	8	3	4	2
8	4	6	3	9	2	7	1	5
7	2	3	5	1	4	6	8	9
1	8	2	7	5	6	4	9	3
6	9	4	1	2	3	5	7	8
5	3	7	8	4	9	2	6	1

## MORE SILLINESS ...

Why don't you ever see hippopotamus hiding in trees? Because they're really good at it.

Did you hear about the Mexican train killer? He had locomotives.

How does NASA organize their company parties? They planet.

Why can't you hear a pterodactyl go to the bathroom? Because the "P" is silent.

What kind of shoes do ninjas wear? Sneakers.

Why does Snoop Dogg carry an umbrella? Fo' drizzle.



# NEW PRINCIPAL, NEW ERA: AN INSIDE LOOK AT DENISE TOBIN AND HER PLAN FOR BISHOP IRETON

BY SARAH RUSHFORTH

As Bishop Ireton is about to embark on a capital campaign to expand its infrastructure, the school now welcomes a new principal to expand its academic programs. Denise Tobin’s personality and experience show that she is the person for the job. Ms. Tobin has a friendly, approachable demeanor and speaks candidly about herself and education. Unlike her recent predecessors, she did not graduate from Bishop Ireton and, in fact, she moved to Northern Virginia to accept this position. Tobin studied biology at Stockton State College in Pomona, N.J., in 1976, and then received her teaching certification from Lycoming College in Williamsport, Pa., in 1996, and her master’s in education administration from the University of Scranton in 2009. She also taught for 15 years at St. John Neumann Regional Academy High School in Williamsport, Pa. and then transferred to administrative work for eight years. Tobin’s resume reveals she is extremely experienced working in a Catholic high school environment, but on September 1<sup>st</sup>, I interviewed her to find out what she has in store for Ireton.

**Q: Describe your experience at Ireton so far in one word.**

DT: “Welcoming.” Everyone was so kind and gracious making me feel like a part of their family.

**Q: Why work at a Catholic school? Why specifically Ireton?**

DT: I have been at this for 19 years, and I think most teachers will tell you it becomes much like a vocation and a mission. Teaching at Catholic schools is also very liberating because you can talk about God’s plan and the wonders of creation



Bishop Ireton welcomes first female principal. Courtesy photo.

together in biology class. Incorporating theology and religions make it easier to teach because the natural world and our faith go hand in hand. You can thank my children as to why I came to Ireton. Two of my children who live in the DC area saw the job posting in a local church bulletin. We always talked about living closer together, and this was the perfect opportunity. The whole process happened so quickly. Overall it was lots of fun but a little bit overwhelming at times.

**Q: What motivated you to switch from teaching to education administration?**

DT: First I was a research scientist. I did not even start teaching until I was much older. Then I taught for fifteen years at St. John Neumann Regional Academy. I always enjoyed working on a team to resolve issues around the school, whether it was curriculum or something else. I found that work to be satisfying. Then the Diocese of Scranton asked if I wanted to join the administrative program, and my career in administration just took off from there.

**Q: Ireton frequently uses quotes or mottos like “advance**

**always” and “be who you are”, to reinforce its philosophy. What is your favorite quote or motto in terms of how you approach work?**

DT: “When it gets tough just jump right in and handle the issue.” It’s an original, but it has always been my motto. Life is tough so just resolve things.

**Q: Ireton cites St. Francis De Sales and St. Jane de Chantel as the school’s Salesian role models, whom do you consider your role model/ idol?**

DT: I have long admired Pope John Paul II because of the way he approached life and Church issues. He lived his life, to me, about as close as you could live to Jesus, especially the way he took the lead in the conflict between Poland and the Soviet Union. Overall, he lived a holy life and then went through a lot of suffering before he died, similar to what to Christ had done.

**Q: If you were to add one tradition/ holiday to Ireton what would it be?**

DT: I was talking about this with some of the seniors, and I think I would add an Ireton Olympics. It’s indoor activities, and you don’t have to be an athletic, just willing to participate in some fun during Catholic Schools Week. We could end the festivities with a

faculty versus seniors volleyball game.

**Q: What is your reaction towards being the first female principal at Ireton?**

DT: I was surprised to find that out, but I had been one of the first four women to be admitted to St. Joseph’s University. I was also the first lay women to be principal at my former school. So I guess I am kind of used to accepting such a role. At the same time, it was a bit overwhelming to hear that. I have some very large shoes to fill, but I take very seriously my stewardship of the school.

**Q: I saw you were a biology teacher, is it a goal of yours to encourage more STEM at Ireton?**

DT: Oh, 100%! That is definitely one of my goals. We want to make sure that Ireton, which is so strong in humanities, is equally as strong in science and mathematics. I have been a quality control scientist and I have a good knowledge of curriculum and types of partnerships we need to advance. We need collaborations with programs outside of the building to further our STEM program here at Ireton.

**Q: Throughout the years Ireton has sought to integrate technology into the education**

**curriculum, what are your views on technology’s role in education and how do you hope to instill these views at Ireton?**

DT: Technology is changing so quickly, and we need to be on the cutting edge to prepare our students for the future job market. I would again form some partnerships with businesses and Ireton parents to consider how the school can use the existing resources more effectively and obtain new technologies as needed. We don’t want the students to work with slide rulers or anything. Do you even know what slide rulers are?

We then ended the interview with a thorough search on Google of these mysterious slide rulers (they looked rather complicated). However, this part of the interview proved to be the most revealing of the new principal’s character. She is hands on, dedicated, and seeks to form relationships and bonds with the students of her school. Overall, Denise Tobin made me wistful that I would only be spending one more year at Ireton.

Sara Rushforth is a senior at Bishop Ireton, 201 Cambridge Street, Alexandria.

## WARM UP

CONTINUED FROM PAGE 31

and gets you back to neutral.

**The take home points:**

Warm up properly. It only takes 2-5 minutes to get your core temperature up. Then you are ready for a bit longer movement prep, 20 minutes or so working on drills and skills. Keep your primary set relatively short. Get a little better each day, with each workout. Live to fight another day. Spend 10-20 minutes on proper cool down. Get your body’s engine back to neutral. Help the body to stabilize the changes that you stimulated

during the workout and begin the recovery process correctly.

Remember, proper nutrition and sleep and recovery are critical elements to being prepared for your next workout and prevent overtraining.

Dr. Matt Fontaine is a board-certified Doctor of Chiropractic Medicine, who focuses on combining chiropractic, sports medicine, and Active Release Techniques® (A.R.T). An avid athlete, he is dedicated to athletes and understands the needs of active individuals. He is also team sports doctor to the Alexandria Aces and runs Potomac Physical Medicine at 113 N. Henry Street in Old Town, Alexandria, www.PotomacPhysicalMedicine.com.

### A Different Kind of Family Portrait

“Crabs at Dogfish” size 4’ x 5’ acrylic on canvas

Joe Toby John Chris Grace Gates Teach Flash Hank Chopper

Tobey Frederick wanted to surprise Joe with a special 15th anniversary gift. She had been following Dave Cochran’s ads and admired how he interpreted the likeness and personality of his clients, so she finally contacted him.

She learned that he worked from photos (NO sittings!) and that she could be involved in determining the background. Dave came to her home to help determine the best size for the painting and to look through photos of her family members. Tobey wanted to depict all seven dogs that she and Joe had since they were married (past and present). In the foreground, Dave painted the family’s beloved bulldog, Chopper, who is constant entertainment and fun loving, just like her blended family.

The background that Tobey chose was the beautiful home they built on Plaindealing Creek in Easton, MD. It reflects many of the activities that the family loves, such as eating crabs, messing with dogs and boating.

This 4ft x 5ft painting was ready and unveiled on their anniversary. Joe was completely taken by surprise and rendered speechless by this thoughtful and very personal gift.

Tobey now worries what she possibly can do for their next anniversary.

Giclée prints of this painting were given to various family members.

### The Perfect Anniversary Gift

“I paint from photos to create a completely unique family portrait, frequently presented for an anniversary or special event. Call or Email me with your questions or ideas.”

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A Cat Welfare Organization

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A 501(c)(3) nonprofit organization

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To meet a King Street Cat,  
please email  
[contact@kingstreetcats.org](mailto:contact@kingstreetcats.org).



**SOSO**  
Female, age 8  
Gentle, mellow sweetheart seeks warm lap for snuggles and purrs



**STAR**  
Male, age 5 months  
Purrfect playmate may be tiny but he has a huge personality



**TOM**  
Male, age 3  
Sweet mellow fellow loves belly rubs and naps in the sun



**CHINA DOLL**  
Female, age 1  
Everything about this little beauty is loving and sweet



**JELLYBEAN**  
Female, age 8  
Talkative tabby beauty is an elegant sweetheart



**PUMPKIN 2015**  
Male, age 7  
Low-key, low-maintenance boy seeks independent purrson for companionship



**COOKIE**  
Female, age 5  
Our sweetest darling Cookie has the cutest little ears

Our adoption open houses are every  
Saturday and Sunday from 1:30 to 4:30 p.m.

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## ANIMAL TAILS

# CATS NEED EXERCISE TOO!

BY DANA CARR, DVM

Did you know that household cats, especially those who live exclusively indoors, have little to do and can easily become bored? This can lead to behavioral issues, excessive weight gain, and eventual health consequences. Although it may be tempting to allow your cat outdoors, there are many safety and health concerns that pose a much higher risk than keeping your cat indoors. Even if you do not think your indoor cat seems bored, the following are some of the potential consequences of boredom and important reasons to provide enrichment opportunities for your feline companion:

1. Cats who lack enrichment can become aggressive in play with both humans and other animals in the
2. Young cats without adequate development opportunities often bother their owners for play at inappropriate hours of the day and night.
3. Cats may become destructive with furniture, plants, or other household objects.
4. They may become

house.

5. Cats lacking regular play may overreact to the presence of outdoor cats and become very distressed.

Luckily, there are many great ways to keep your indoor cat

CONTINUED ON PAGE 38

Dana Carr



## ANIMAL HEROS

Hi my name is Milo, but everyone I meet calls me "Miracle Milo." In June, I was in an accident, and I lost my sight, hearing, and sense of smell. The doctors gave me 50% chance to live, and my parents were afraid of what the quality of my life would be if I did survive.

However, then, the miracles began. My family kept everything in the house in the same place, and I learned how to walk around without bumping into things in a couple of days. We learned how to communicate with touch, which worked wonderfully. And I had the best doctors in Alexandria at VCA Old Town — Dr. Lewis, Dr. Barker, Dr. Stapleton, and Dr. Chamberlain — who literally took care of me from my head to my toes. Everyone I met remarked their surprise at how active and happy I was.

Then I started to get many of my senses back. I am now a lively sniffer, my hearing has improved, and I can see shadows, all of which helps me be more active and confident. I go to a great doggie daycare and make new friends to play with each day.

Every day is a new adventure, and the miracles keep coming!







**DOGS DESERVE BETTER** is a nonprofit organization dedicated to freeing chained and penned dogs and bringing our ‘best friends’ into homes and family. Our local chapter serving the Washington metropolitan area dogs can be viewed at [www.ddbnova.org](http://www.ddbnova.org). We are a voice for chained and penned dogs, whose sadness speaks only through the eyes. As the days become years, many of these dogs sit, lay, eat, and defecate within the same 10-foot or less radius. They exist without respect, love, exercise, social interaction, and sometimes even basic nourishment. They live as prisoners, yet long to be pets. These dogs have love to give and want only to be part of a family. Once rescued, they share their love with people. Dogs live in the moment and do not think about the past which is why dogs really are man’s best friend. If you are interested in adopting, please contact [adoptions@ddbnova.org](mailto:adoptions@ddbnova.org)

[www.ddbnova.org](http://www.ddbnova.org)



**BANDIT**  
**Breed:** Beagle/MinPin mix  
**Age:** 1 year old  
**Weight:** 13 lbs

his is Bandit, who is awesome. Are you looking for a sweet Beagle/MinPin mix who promises to give you love and affection forever? If so, you’ve clicked on the right dog. Bandit

was headed to a shelter because his owner had to move, but he was rescued, and is coming to the DC metro area to steal some hearts and find himself a loving home. He is a fabulous boy with a great personality, and has never met someone he didn’t like. He is friendly with people, dogs, and cats, and his ideal home would be with someone who will take him for regular walks in the neighborhood and come home to hang out on the couch. He is small enough to fit in as a resident just about anywhere. We aren’t sure how much training Bandit has had, so he may need a refresher course in house manners, leash walking, and basic obedience, but he is a smart boy and should quickly learn whatever you would like to teach him.



**DAWSON**  
**Breed:** Leonberger mix  
**Age:** 4-6 years old  
**Weight:** 63 lbs

Dawson was found as a stray in rural SC and was in a high-kill shelter. The shelter is always extremely overcrowded. So, DDB brought him to the DC area to find a home.

This is such a darling, happy, quiet boy. Dawson does well with dogs. Since he has a high-prey drive, it is best that he not be placed in a home with cats. It was obvious that his previous owners neglected him. Dawson is receiving treatment for heartworms since he was not kept on a regular dose of monthly preventatives. Since he had been living outdoors, Dawson is getting a refresher course in house manners, leash walking, and basic obedience. This sweet guy needs to find a special person or family to give him the new life he deserves. Can you please give this lovable teddy bear the forever home he needs? He will repay you by snuggling next to you, kissing away your tears, and loving you wholeheartedly. Please apply to adopt Dawson today.



**EBONY**  
**Breed:** Terrier/Lab mix  
**Age:** 1 year old  
**Weight:** 35 lbs

Ebony was found as a stray and taken to a rural high-kill shelter in SC. This girl is just adorable, happy, and loves attention. She loves people and is good other with dogs.

Ebony would do best with another high energy dog to be her playmate or someone active who will commit to giving her daily vigorous exercise. She would appreciate the finer things in life—a soft bed, air conditioning, toys of her own, and someone to love. But who could blame her after being stuck in an outdoors shelter for months. We do not know how much training she has received. So she might need training in house manners, leash walking, and basic obedience. Since she was not kept on monthly preventatives, she has tested positive for heartworms. She will receive treatment and will soon be good as new. Ebony will be a great companion for some lucky person or family. Can you provide Ebony with a caring home? If you do, she will reward you with memorable moments and years of love. Please apply to adopt Ebony today. Thank you for helping to save a life!



**PRECIOUS PIPPI**  
**Breed:** Aussie/Beagle mix  
**Age:** About 2 years old  
**Weight:** 35 lbs

Meet Precious Pippi, a sweet little Aussie/Beagle mix who is only about 1 year old and weighs 34lbs. Pippi is one lucky pup, who was saved from life on a chain by our DDB team

in SC, and is now being fostered in Arlington, VA. Pippi is a little shy at first, but has a great disposition, and gets along well with everyone – kids, dogs, cats, even ducks. She loves to run and play, and go for walks and car rides, but also loves to cuddle. She is a very gentle soul, and will make an excellent family dog. Pippi is doing well in her foster home, and really enjoys the companionship of the other animals. Pippi’s foster mom jokingly says that she believes she’s a cat. She mimics what the cat does, follows her around the house, and will jump on the table near the window to lay down next to her to watch the birds. Pippi is also buddies with her canine foster sister, Sara. They chase each other around the house and are great about sharing toys and bones.



**SARA**  
**Breed:** Carolina Dog Mix  
**Age:** 4 years old  
**Weight:** 52 lbs.

The Sara we have come to know and love is a happy, good-natured dog who is playful and affectionate. She’s currently being fostered with several dogs big and small, and

a kitty too, and does well with them all. She likes to play chase with the younger dogs, and is respectful of the small dogs and seniors that come through her foster home. She’ll chase the cat on occasion, but Sara understands that the cat rules the roost, as they tend to do. After a quiet first few days in her foster home as she assessed her new environment, it only took Sara a short time to come out of her shell and show her true sweet disposition. She can still be a little skittish around fast movements, and you get the sense that someone probably hit her in the past, but despite that experience she’s a dog who really thrives on love and attention, and being connected to her person. She will make some lucky owner a great companion. I took Miss Sara on a hike through Rock Creek Park last weekend and she did great. She was respectful and social with both of my dogs, greeted new dogs and hikers on the trail with ease, and had no reaction to the horses who

trotted by. She does have an interest in squirrels at times, but she’s easily redirected. Sara is only 4 years old and weighs about 52 pounds, and is coming into that perfect age where she’s active and will make a great hiking buddy, but also knows how to relax inside the home and snuggle up with you on the couch. She was excellent in the car, calmly sitting on the seat and watching the world with interest, and was just a pleasure to spend time with. Sara is crate-trained, housetrained, and has learned to sit and wait patiently for her leash at walk time. She loves to go on walks and gets excited to sniff the world around her, so she could probably use a little practice on her leash walking skills. She’s the kind of dog you can take with you anywhere, and is always up for a new adventure. She would do well in an active home, and be a great playmate for another dog, or kids over 10. Most of all, she needs a stable home and an attentive family with the time and love to give to this affectionate pup.



**ANGEL**  
**Age:** 6 years old  
**Weight:** 50 lbs

Angel is a wonderful girl who loves people. She has not been exposed to children and does not get along with other dogs. So, Angel will do best as a single dog in an adult-only home. Angel will be thrilled to get all

the attention from her people. Can you give this darling girl the forever home that she desires? She promises to love you forever.



**HODGE**  
**Breed:** Shepherd mix  
**Age:** 2 years old  
**Weight:** 50 lbs

Unfortunately, Hodge found himself in a high-kill rural SC shelter. He did not understand why his family had not come to take him home. Luckily, DDB was able to bring him to the

DC metro area so he can move on to a better life. Hodge is a sweet, friendly dog. Since Hodge is a high energy guy, he needs to find an active person or family with whom he could go on long hikes and runs. He is working on a refresher course in house manners, leash walking, and basic obedience. His ideal home would be one where he gets lots of daily exercise and love. Could you give Hodge a forever home so he can get the second chance he needs? In return, you will have a sweet, loyal companion for years. Please apply to adopt Hodge today. Thank you for helping to save a life!



**MO**  
**Breed:** Lab mix  
**Age:** 10-12 years old  
**Weight:** 35 lbs

This sweet boy is Mo. Unfortunately, his owner has kept him chained and penned his whole life in a far back corner of his yard. Since he was not kept on monthly flea preventatives,

rescuers found that Mo was covered in thousands of fleas. The flea bites caused him to develop a severe allergic reaction. As a result, Mo lost most of his coat and became severely anemic. He also lost a lot of weight. Rescuers loaned fence panels to his owners to create a small pen for Mo. This pen was attached to the house. A month later, the owners moved the pen to the far corner in the yard because they did not want to be around his feces. Finally, his owners agreed to surrender Mo to DDB so he can have the life he deserves. Mo is currently being kept indoors, but needs to move soon.

**Dogs Deserve Better is in need of foster homes with extra love and patience to help shy dogs learn how to be brave and happy dogs. There is nothing like the delight you will feel when your foster dog feels safe and begins to enjoy life!**

**If you are interested in making your home available and are willing to help a dog in need, contact [foster@ddbnova.org](mailto:foster@ddbnova.org).**



This is ZIVA and like all cats, she loves to squish herself into just about any box available.

—Submitted by  
Hannah K. and Bob N.  
of Old Town Alexandria.

The truth is the truth. Cats love exploring boxes. The next time your cat finds his or her way into a cardboard predicament, snap a photo and send it to us and if yours is the cutest, you will be published and win a \$25 gift card to an area retailer or restaurant. Be sure to include your name and neighborhood, as well as your cat's moniker. Please send photos and copy to [mary@thezebrapress.com](mailto:mary@thezebrapress.com).



## CAT IN A BOX

## ANIMAL TALES

CONTINUED FROM PAGE 36

happy and to ensure a long, healthy life inside your home. You can quickly provide environmental boosts for your cat(s). Try these tips and ideas:

1. Provide a variety of interactive toys that keep them physically and mentally stimulated. Rotate through your stock of toys every few days to provide your cat a "new toy" and prevent him or her from getting bored with a particular toy. Provide opportunities for your kitty to "hunt" – move toys in a way that mimics the movements of a mouse or bird, use a laser toy or kitty fishing pole. Ideally, you should provide several minutes of play with these playthings per day to provide much-needed exercise and an outlet for your cat's natural prey drive.
2. Provide objects for your cat to explore – cardboard boxes, paper shopping bags, a dripping water tap, or an aquarium with real fish can provide great entertainment!
3. Provide appropriate surfaces on which your cat can scratch. Cats have individual preferences, therefore, providing a variety of scratching posts and surfaces in several different areas of your house is best.
4. Be sure there are climbing opportunities on furniture, shelves,
5. Provide several small meals per day and avoid free-feeding (keeping your cat's bowl full at all times). If your schedule is too hectic to provide scheduled feeding, try purchasing a feeder with a built-in timer.
6. Training your cat can provide a great mental stimulation. Cats, just like dogs, can learn tricks and commands.
7. Teach your cat to walk on a leash and harness is a safe way to take your indoor cat on outdoor adventures. Be sure your cat always wears ID tags when walking outside.
8. Many cats enjoy the company of other cats, and in some cases dogs. A companion can provide the opportunity for exercise, play, mutual grooming, and affection while you are away from home.

Dana Carr, DVM practices at Shirlington Animal Hospital, 2770 S. Arlington Mill Dr., Arlington, VA 22206, (703) 570-6600, [shirlingtonanimalhospital.com](http://shirlingtonanimalhospital.com).

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**Dana Carr, DVM & Adrienne Hergen, DVM**



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**Shirlington  
Animal Hospital**

2770 S. Arlington Mill Dr. • Arlington, VA 22206

## AEDs

CONTINUED FROM PAGE 15

Department and then purchased six more. Cruisers assigned to deputies who serve civil process and one assigned to deputies who transport inmates and other subjects now have AEDs in carry bags so they can use them in the community. Deputies at the courthouse, already trained on AEDs, are now working to familiarize other courthouse employees with AED use.



Mr. Campana:

"We just wanted to tell you how much our dog, Meghan, loves her Stifle Brace. We were referred to you by Animal Hospital of Waynesboro. I'm not sure what I expected but it is very comfortable for her and when we take it off she gets upset because she wants to leave it on. Great work and design."

— Bill and Nickie Aldridge

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### BOOMER

This handsome gentleman is Boomer! Boomer is a 4-year old Blue Tick Hound. He is a sweet, active boy who is very affectionate and silly! He loves to play, snuggle and be outside. Boomer is blind, but he doesn't let that bring him down! He has a love for life and would love to go to an active home where he could get plenty of exercise. Does Boomer sound like your new best friend? He would love to meet you!



### MINNIE

Meet Minnie! Minnie is a spayed female Domestic Shorthair, estimated to be about six years old. This petite kitty is everything you could want in a pet: she loves to snuggle and play! Minnie also has a pretty mellow personality, so she never puts pressure on you to entertain. She's a true loungeur and would love to be your snuggle buddy! Think Minnie could be your purrrfect match? Come fall in love with her today!



### LOVEGOOD

Lovegood is a 3 year old domestic shorthair looking for someone to really take some time with her, get to know her, and let her warm up in her own time. She really warms to some easy petting, and loves to have someone just hang out with her for a bit! We think over time she will really open up and blossom into a very affectionate cat. She may even be playful once she feels comfortable. Could you be the home Lovegood has been looking for so that she can come out of her shell? Come meet this darling girl today!



### TIGER

This handsome tabby is Tiger! Tiger is 4-years old and is looking for his forever lap! Tiger loves to be pet and is extremely affectionate – definitely not ferocious like his name suggests! Tiger loves to play and tell you all about his day. He would love to go to a home where he would get lots of attention!

# SAVE THE TAILS!



### CLYDE

Meet Clyde! Clyde is a 7-year old domestic longhair with beautiful green eyes! He is super mellow and would be perfect in a quiet home with plenty of couch space to lounge on! Clyde loves to be pet and has an awesome purr that he is not shy about showing off! How can you resist those eyes?!



### ARTHUR

This fabulous hair belongs to Arthur, a one-year old Lionhead who has the personality to match his silly 'do! Arthur is pretty playful, and while he doesn't love to be handled, he loves to run around and play! He is really fun to watch and would be a great addition to any family!



### CALIOPE

This beautiful girl is Caliope, a one year old domestic rabbit who is as sweet as her name sounds! Caliope loves to be pet and is a very mellow, gentle rabbit. She has lived with other rabbits so would probably be great in a pair! If you're looking for a little sweetheart to add to your family, come down and meet Caliope!



### DOUG

Meet Doug! Doug is an 8 year old Bichon mix who could not be sillier! He is a sweet, silly boy who loves to play and snuggle. Doug would love to go to a home where he would get lots of attention! Are you looking to add a playful goofball to your family? Come by and meet Doug!

#### SHELTER HOURS:

Monday, Tuesday, Thursday, Friday:  
12-7 for Visitation/Adoption, 9-7 for Business  
Saturday, Sunday: 12-5 for Visitation/Adoption,  
11-5 for Business



Animal Welfare League of Alexandria

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Alexandria, VA  
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