Black and white and read all over

The Ghosts of Alexandria

Page 4

OCTOBER ’15

BRABO GROUP DINNER
FROM BRICKS TO CLICKS
MAGICAL MUSICAL MANSION
LIVING LEGEND KATHLEEN BAKER
**Old Town**

- **$2,550,000**
  - Elegant 4 bedroom, 3.5 bath brick semi-detached townhouse with 3-4 of street parking located just steps from Historic King St. and the waterfront. Circa 1815 with approximately 4,800 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 marble island, breakfast area and adjoining family room with fireplace.

- **$1,950,000**
  - Historic 4 bedroom, 3.5 bath home on “Captain’s Row” 1 block off King Street and 2 blocks from the Iconic Earle restaurant 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. Master bedroom with 6 extra 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 Kai pond.

**Porto Vecchio**

- **Coming Soon!**
  - Rarely available 3 bedroom, 3 bath unit with panoramic views of the river from every room! Resort-like living with fabulous amenities. Over 2,100 sq. ft. of living space with light filled rooms and a large glass solarium where you can enjoy watching the abundant wildlife and activity along the river. Spacious formal living room and dining room making this home perfect for entertaining. Private Master suite with balcony and a large screened porch. Spacious living room with french doors to a large screened porch. Spacious kitchen and adjoining family room with granite counters and breakfast bar. Master suite with en-suite bath with new carpet.

**Alexandria/Chapel Hill**

- **$1,599,000**
  - Fabulous 7 bedroom, 5.5 + 5 bath custom home with approximately 7,000 sq. ft. of living space on 5 acres with a 3 car garage! Great home for entertaining with a dramatic 3 story tiled stone fireplace in the living room and formal dining room with french doors to a large screened porch. Spacious gourmet kitchen with adjoining breakfast area and family room with 2 sided fireplace.

**Old Town**

- **$1,190,000**
  - Beautifully updated 4 bedroom, 3 bath brick townhouse just 1 block from the river and Lee St Park. Spacious living room with gas fireplace flanked by custom built-ins and windows. Formal dining room with wainscoting and wood burning fireplace. Renovated gourmet kitchen opens to family room with gas fireplace and French doors to a large brick patio. 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 style home with approx 3,500 sq. ft. of well designed living space on a large professionally landscaped lot with extensive hardscaping. Entertaining is easy! New kitchen 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 a luxurious en suite bath. Spacious 3rd level with full bath is ideal for a home office or 2nd family room.

**Watergate of Old Town**

- **Coming Soon!**
  - 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. Classic open floor plans, gourmet kitchen with granite countertops, SS appliances and 42” custom cabinets and dining area. Living room with wood burning fireplace and French doors to a brick patio. 2 upper level bedrooms with 2 full baths including the Master suite with updated en suite bath.

**Harbor Terrace**

- **$259,000**
  - Price and location! This beautifully updated 1 bedroom, 1 bath condo with a balcony has it all and is site! Just 1 block from C&C and a few blocks from the new shops and restaurants. New Old Town. Living room with wood burning fireplace and wood floors opens to kitchen with granite counters and breakfast bar. SS appliances and new cabinets. Ceramic marble bath, bedroom with large closets and new carpet. Stacked washer/dryer, storage unit, off street parking.
Here’s “What Bugs Me”:

When I vote in Alexandria, Virginia, and Federal elections at my precinct, I am required to enter a house of worship, Agudas Achim. Unless I vote by absentee, by claiming a “Religious obligation or conflict,” and state, “I do not choose to enter a house of worship in order to cast my vote.”

Our precinct voting location should be returned to the Charles Barrett Elementary School/Recreation Center, a public facility located within the precinct, where Parkfairfax residents previously voted. Our voting location and precinct were changed to Agudas Achim in the 1980’s when our Recreation Center was renovated.

The First Amendment of our Bill of Rights begins, very clearly, “Congress shall make no law respecting an establishment of religion...”

Some may argue it doesn’t matter so long as there are no religious symbols displayed where votes are cast? But at Agudas Achim, numerous religious symbols and

CONTINUED ON PAGE 29

Zebra Spotted in ETHIOPIA!

Jim Larsen, a local Coldwell Banker realtor, caught this photo of Zebra being read by local bar operator CHU IN Addis Ababa, Ethiopia!

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!

WHAT BUGS ME

BY DEBBY CRITCHLEY

Tell me, did you get to your destination that much sooner by not stopping at the red light before you turned right? Did you happen to notice I was almost on top of you and that I had the right of way because of the green light? Did you hear my brakes squeal as I slammed my foot down as hard as I could to not hit you? The law is very clear. You may make a right turn AFTER you come to a COMPLETE stop and then, ONLY if there are no oncoming autos or pedestrian traffic. Stop means stop. No other traffic or pedestrians means just that. So please, I don’t want to rain on your day or yours, obey the rules, stop and then go, only if you can do so safely.

If something bugs you, contact debbyc@thezebrapress.com.

Always check for spelling errors.

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.

Here’s “What Bugs me”:

READER BUZZ

numerous religious symbols and are cast? But at Agudas Achim, symbols displayed where votes respecting an establishment of Bill of Rights begins, very clearly, renovated.

to Agudas Achim in the 1980’s location and precinct were changed previously voted. Our voting and where Parkfairfax residents Recreation Center, a public Barrett Elementary School/ Barre...
BY KRIS GILBERTSON

“At about five years ago, an 8-year-old boy comes up to me while I’m selling tickets at the public tours,” said Wellington Watts, owner of Alexandria’s Original Ghost & Graveyard Tours. “He grabs my shirt sleeve and says, ‘Mister, I see ghosts.’ Which sounds a lot to me like the movie, Sixth Sense.”

“I think this kid’s pulling my leg as well as my sleeve, so I say, ‘OK, what ghosts do you see?’ He said, ‘I live in a house over on Prince Street. When I come down at night to get a drink of water in the kitchen, I see them all the time—I see two ghosts in my living room, and they are hanging from the rafters by their necks.’”

Alexandria Ghosts & Graveyards

Wellington Watts came to Alexandria in 1994. A native of southern New Jersey, Watts indulged a love of history by becoming a ghost tour guide for Doorways to Old Virginia. Within two years, he bought the company, renamed it Alexandria Colonial Tours, and developed additional tours based on other interests, which can be explored at www.alexcolonialtours.com.

Watts runs the hugely popular Ghost & Graveyard Tour from March 1 through Thanksgiving weekend. The ghost tour shuts down during the coldest winter months, then opens for their busiest season, March through the Fourth of July. When students converge on DC, tours average 320 customers a night. The 34 colonial-costumed tour guides are part-time, independent contractors. These days, Watts prefers not to give tours himself unless requested by a client because he’d rather give a guide a job.

Watts’ ghost tours come from many disciplines: students, actors, and unrelated occupations. Nikki Enfield is a massage therapist by day with a studio in Del Ray. By lantern light, she performs dynamic renditions of better-known visitations, taking in stride conditions from inclement weather to (as on a recent night) the occasional group who just won’t join the fun. With unfailing energy, she will work for 90 minutes to pull them into the spirit of adventure and afterward remain upbeat.

Privity and Tolerance

“Just to let you know,” Watts said recently. “I don’t believe in ghosts myself. I do this more as a fun thing, a business venture—so I don’t dabble in the communication—with-the-dead type of thing.”

“However,” he added, “that doesn’t mean I don’t hear stories.”

“There are a couple haunted houses that are off the beaten path,” said Watts, “but the houses are privately owned and the owners ask us not to point the house out on the tour. It is clear that Watts’ ghost tour thrives at the tolerance of residents and with respect for their privacy.

“Back when this tour got started 30 some years ago, the previous owners would take people right outside the front doors, and that was OK until afterward, when the customers came back at about 11:00 at night and knocked on the door, saying ‘can we see your ghosts?’ Or they’d start peering in the windows while the family’s trying to eat dinner. So there are a few places that obviously we keep quiet.”

Tours do not identify the part of Prince Street where the child who sees ghosts lived. At the time, Watts asked himself, “What could this child be talking about? In learning the address, I did some research.”

During the War of 1812, when Alexandria was looted of everything of value (but not burned to its foundations), two British spies were captured and hanged, not on Market Square as the norm, but in this house. When British invaders entered the house, they found the bodies hanging from the rafters, and they are still there.

A house on one block over on Duke Street is famous for being the most haunted house in the city. “It changed hands a few years ago,” said Watts, “and the new owners’ little boy kept seeing tour groups outside, knowing it was a ghost tour, and people pointing at the house. We were told no more ghost tours. So I can’t name the house or family, but very strange things happen in that house.

“One of the most chilling was about 10 years ago. I had been in this office about a year, and the [office next to Watts] was rented to an interior designer. She was hired by a family that had moved into that house. She comes up the stairs one
day as I am about out the door and asked ‘do you know anything about such and such a house?’ Well, yes, I do, what do you want to know? “She said, ‘I just came from that house and this happened minutes ago. I’m doing the interior renovation. It’s a great house, great job, but I was trying to hang a mirror on the living room wall and no matter what I could do, when I was hanging it on the hook, it would not balance evenly. It would tilt to the left or tilt to the right, and I was so frustrated that I finally picked it off the hook and set it down on the floor, leaned up against the wall.” “Carpenters were working on the mantelpiece behind me. They called my attention and when I turned around – BOOM – the mirror went around – the mirror went off the hook and set it down on the floor, leaned up against the wall. My attention and when I turned around – BOOM – the mirror went off the hook and set it down on the floor, leaned up against the wall. They called my attention and when I turned around – BOOM – the mirror went off the hook and set it down on the floor, leaned up against the wall.

Who owns the past?

Alexandria’s spirits have never been questioned is the presence of the Revolutionary War spirit. Not all Alexandria ghosts are well known or documented. You can hear stories of personal encounters with spirits in many of the city’s historic structures. The building at 1026 King Street, constructed between 1880 and 1900, has housed numerous businesses, currently Hank’s Oyster Bar, and is haunted. Ask bartender Tom Shoemaker if he’s met the ghost and he will cheerfully recount episodes of paranormal mischief. He and colleague Carlos Guillen refer to the ghost as female, but the only documented death at that address was one John Spencer in 1903. Carlos has also worked at Vermillion, in the 1100 block of King Street. Alone there one night, he heard a woman speaking behind him. Looking about, no one was there. “It was very creepy,” said Carlos, but then he forgot about it until a couple of years later. A customer asked if he’d ever heard voices in the building. She’d grown up in that house and knew of a woman who’d died there, but apparently never left.

Tabletop Tombstones

The Potomac River has left its dimension to life and death. The coffins down, keeping them in the ground during floods. ‘With an unweighted coffin in high water,’ said Watts, ‘in some places you might see your late Aunt Bessie floating around.’

The disagreement continues, with advocates on both sides, although according to Wellington Watts: “If Pam Cressey said no, that carries a lot of weight.” But what has never been questioned is the presence of the Revolutionary War spirit.

Mercury, Mercury

Mercy Street, a Civil War medical drama based on true stories and developed by Public Broadcasting System, will premiere on January 17, 2016. Set in Alexandria in spring 1862, the series will focus on

CONTINUED ON PAGE 29

Nikki Esfield, massage therapist by day, guide to other worldly visitations by night. Photo by Mary Wadland.
ROWS ARE LEAVING THE WATER BETTER

Soggy tennis balls, cigar wrappers, styrofoam beverage coolers, and shoes were among the 71 bags of trash pulled from the Potomac at Oronoco Bay Park on September 19. Sixty-seven rowers, parents and other volunteers from the Alexandria Crew Boosters (ACB) gathered in Old Town on that Saturday morning to participate in the Annual Waterfront Clean Up Day. Volunteers picked up gloves and paired off to scour the waterfront, removing trash from the waters and the shores. Held as part of the Ocean Conservancy’s 30th Annual International Coastal Clean Up Campaign and the Clean Virginia Waterways initiative, the cleanup was undertaken in conjunction with the City of Alexandria’s Department of Transportation and Environmental Services. Over one hundred people from the area participated in the effort on Saturday, Felipe Ip, Sarah DeGroot, and Wisdom Gbediane from the City of Alexandria’s Transportation and Environmental Division, helped coordinate the day’s event, supplying volunteers with rubber gloves, and extension tools to reach over rails and between the rocks.

Sixty-seven rowers, parents and other volunteers from the Alexandria Crew Boosters (ACB) gathered in Old Town on Saturday morning, to participate in the Annual Waterfront Clean Up Day.

Sara DeGroot, Senior Environmental Specialist with Alexandria Stormwater and Sanitary Infrastructure, commented, “The Oronoco Bay Park Clean Up helps clean the water in the City to protect our waterways and provide a safer and more enjoyable environment for the wild animals and humans that use them.”

Carter Weitekamp, a senior at TC Williams who rows with the Old Dominion Boat Club (ODBC) Select Fall Crew program, stated, “We just came in from our first race of the season, and we’re out here every day at practice. The trash along the shore can get pretty gross. It’s really cool that everyone is here this morning, taking care of the environment. When everyone helps a little, it makes a big difference.”

Students who participated earned community service hours for the work, and even get a Certificate of Participation, but according to T.C. Williams sophomore Cole Towers, that isn’t what it’s about, “The waterfront is—well, can be—really nice, and we’re lucky to have it. We can’t really feel good about it when there’s garbage collecting at the edge, right?”

King and Queen of Spain visit George Washington’s Mount Vernon

Their Majesties, King Felipe VI and Queen Letizia of Spain, visited George Washington’s Mount Vernon Home during their first official visit to Washington DC. Accompanied by Mount Vernon’s president Curt Veirmanz and Mount Vernon’s Ladies Association Regent Barbara Jaros, the royal couple laid a wreath at George and Martha Washington’s tomb and toured the grounds and mansion. After the tour, they met with some of the costumed staff. Photos by Harry Merritt.

Plan Ahead. Pay it Forward.

Use your SmarTrip® Card to ride DASH

Use your SmarTrip Card to ride DASH

CITY BRIEFS

Can You or Your Business Help This Year?

Every year, the Alexandria Domestic Violence Program organizes a Holiday Party for children and mothers who have been recently served by the program. At the party, the families reunite with past shelter friends and staff, eat and take pictures with Santa Clause, among other activities.

Each mother and child receive a bag of gifts to wrap and place under their own tree on Christmas Day. More than 100 families look forward to this exciting event, and our community’s generosity is what makes it a success.

The 2015 Children’s Holiday Party will be held on December 17. If you would like to participate in the party this year, we have a gift suggestion list for ideas. If you wish to donate children’s toys or other gifts, please provide newly purchased, unwrapped items. Each mother will be given wrapping paper to personalize each child’s gift.

Gift certificates to local stores in denominations of $25 are alternatively requested. This way, each woman will have the opportunity to purchase something special for herself or her children.

Donations are accepted at 421 King Street, Suite 400, Alexandria, VA from 8 a.m. to 5 p.m., Monday through Friday, except on holidays. The deadline for delivery or pick-up of unwrapped gift donations is December 15, 2015.

If you need help deciding what to purchase, or if you have any other questions about donating for this event, call Magdalia or Timeka at 703.746.4911. They would be happy to assist you.

Craig Buckley Named AFD Deputy Chief of Emergency Management & Homeland Security

Deputy Chief Buckley comes to Alexandria from the Virginia Department of Emergency Management where he served as an Emergency Coordinator and Hazardous Materials Officer. He served for 35 years in the Fairfax County FRD, retiring as a Battalion Chief in the Special Operations Division in charge of the Hazardous Materials Response team. He has developed and delivered training and response protocols for HAZ-Mat, WMD and terrorism response throughout the nation and was a member of VA TF-1, Fairfax County’s International Urban Search & Rescue team. He has extensive experience and education in Emergency Management and EOC operations.

Deputy Chief Buckley brings a wealth of knowledge and enthusiasm and begins with AFD October 13.
It Takes a Village
Rebuilding Together Alexandria teamed up with Fannie Mae volunteers to build benches and tables, carve pathways, and dig footers at Hume Springs Community Park – a revitalization partnership with the City of Alexandria Parks and Rec Dept., Running Brooke, and Rebuilding Together Alexandria. Photo provided by Shawn Flaherty.

ALEXANDRIA DENTIST DONATES $13,000 OF FREE SERVICES

On Thursday, September 10, 2015, businesses across the United States joined Freedom Day USA, a national Thank You Movement for the members of our military along with veterans. Donations included free services, goods, discounts, and various other offers. Locally, Kathleen Mullaney DDS partnered with Freedom Day USA to present free cleanings, x-rays, exams, and more. Dr. Kathleen Mullaney and Dr. Kevin Brewer and some of the Veterans we served. Photos by Carol Jean Stakun Photography.

CONTINUED ON PAGE 9

Dr. Kathleen Mullaney and Mayor Eulille

Dr. Kathleen Mullaney and her Team

Get Ready for the Duncan Library Fall 2015 Book Sale!
The Fall 2015 Duncan Library Book Sale is right around the corner! Come check out the huge collection of quality books, CDs, and DVDs that have been donated in the last six months! All funds raised directly benefit the library, paying for programming, beautification and much more.

Wednesday, November 4 7 PM-9:45 PM First Chance Night**
**Friends of Duncan Library members only, but others can join that night to get first dibs, too!**
Thursday, November 5 10 AM-6:45 PM Regular Sale
Friday, November 6 10 AM-5:45 PM Regular Sale
Saturday, November 7 10 AM-1 PM Regular Sale
1-3 PM Bag Sale wraps up the sale!

Volunteers are needed — earn a FREE BOOK for every two-hour shift worked! Help needed varies from sale setup starting Friday, October 30, to Tuesday, November 3, and sales and keeping books in order during the sale itself. You’ll have fun, and your library, community—and bookshelf—will benefit. If you’d like to help, please contact Sally Abbey at duncanbooksale@gmail.com.

Volunteers are needed — earn a FREE BOOK for every two-hour shift worked! Help needed varies from sale setup starting Friday, October 30, to Tuesday, November 3, and sales and keeping books in order during the sale itself. You’ll have fun, and your library, community—and bookshelf—will benefit. If you’d like to help, please contact Sally Abbey at duncanbooksale@gmail.com.

You Can’t Beat Burke!
Our Convenient Checking Account scores where the big banks don’t.

No monthly fees.
No Minimum Balance.
Every ATM in America is free.

Burke & Herbert Bank
At Your Service Since 1852
703.684.1655 • burkeandherbertbank.com

There is no monthly fee for a Convenient Checking Account; minimum deposit to open is $25. ©2015 Burke & Herbert Bank.

Come and Enjoy a Ride on DASH and the FREE King Street Trolley!
For routes and schedules, visit us at www.dashbus.com

Your community news is sponsored by DASH Bus

“A slip of the foot you may soon recover, but a slip of the tongue you may never get over.”
— Benjamin Franklin

Plan Ahead. Pay it Forward.
Your community news is sponsored by DASH Bus

Use your SmarTrip® Card to ride DASH and the FREE King Street Trolley!

Come and Enjoy a Ride on DASH and the FREE King Street Trolley!
For routes and schedules, visit us at www.dashbus.com

Your community news is sponsored by DASH Bus
Faces in Places

Walter C. Clarke - Burke & Herbert, Bank and chairman, Chamber Board of Directors at 2015 Chamber Summit.

Marty Devine, the Alexandria Times, with Christopher Campagna, Braddock Commercial Real Estate and Jane Hughes, Hadeed Carpet at 2015 Chamber Summit.

Volunteer Alexandria’s Billie Morin, right after being doused with rainwater as a gust of wind flipped the canvas of her tent shelter on Friday, October 2nd while distributing free sandbags at King and Lee Streets for the impending storm. Photo by Kris Gilbertson.

We don’t know his or her name, but this definitely qualified as a Face in a Place—waiting on his owner on Franklin Street outside John Marshall Bank.

Volunteer Alexandria’s Billie Morin, right after being doused with rainwater as a gust of wind flipped the canvas of her tent shelter on Friday, October 2nd while distributing free sandbags at King and Lee Streets for the impending storm. Photo by Kris Gilbertson.

Angela Hartley, exec. vp & chief program officer at National Industries for the Blind visits with Phil Knitko, partner, Frank Thompson at 2015 Chamber Summit.

Volunteer Alexandria’s Billie Morin, right after being doused with rainwater as a gust of wind flipped the canvas of her tent shelter on Friday, October 2nd while distributing free sandbags at King and Lee Streets for the impending storm. Photo by Kris Gilbertson.

Band at OTPH “Music Under the Stars”: Mike Gillenott & Friends. Thomas Howe on base, David Martin onclarinet, Mike Gillenott on flute and Sue Leonard on guitar.
**FAcETS Expands Rapid Re-Housing Efforts to Family Shelter in Alexandria**

Fairfax County recently selected FACETS to manage the county’s Next Steps Family Program in Alexandria and help more people who are homeless find housing and get connected to life-changing services through the Next Steps Family Program. “We look forward to partnering with Next Steps’ families to provide outstanding services so they can stabilize their lives. Getting people back to work and homes is critical for the health of a family and community.”

Next Steps is an important part of preventing and ending homelessness in our county,” explained Margi Preston, executive director, FACETS. “We’re excited to welcome many active duty service members and their families to our practice, providing free services to those who suffer the effects of poverty in Fairfax County. FACETS has expanded their Rapid Re-Housing efforts with the Family Shelter in Alexandria, a part of the county that has the highest number of calls for assistance. Families referred to the shelter participate in the Next Steps Family Program, which has a goal of rapidly getting families back into safe, stable and permanent housing as quickly as possible by reducing the amount of time families experience homelessness. During their short stay at the shelter, families participate frequently with trained case managers who connect them with services that prepare them to become self-sufficient.

Rapid re-housing is a proven and cost-effective strategy used by communities across the country to reduce homelessness. In fact, from 2010 to 2013 family homelessness in Virginia decreased 17 percent, largely due to rapid re-housing. It involves helping households move into housing as quickly as possible after they enter the shelter system. Families and individuals are housed in market-rate apartments or homes in the community and receive rental subsidies and/or services that are tailored to their specific needs, including a caseworker to help ease the transition. More information can be found at www.FACETSCares.org.

**Alexandria Transit Company (DASH) announces Raymond Mui, Director of Planning and Scheduling**

Alexandria Transit Company (DASH) announces Raymond Mui, Director of Planning and Scheduling, as Mass Transit’s Top 40 Under 40. "Millions of people utilize public transportation every year, relying on it to transport them to work, school, medical appointments, social and sporting activities,” said Publisher John Hollenhorst. “The individuals chosen this year are exemplary in their respective areas and show a strong dedication that exemplifies the best of the best.”

“With an aging workforce and so many more retirements in our industry every year, it’s wonderful to see the high caliber of industry professionals in our next generation,” added Editor Leah Harnack. “It was challenging to narrow it down, but we are confident that this year’s honorees are the ones who are most extremely deserving of our recognition. We hope, we expect they will continue to play a significant role in public transportation for decades to come.”

At DASH, Raymond is heavily involved with long- and short-range planning, operator scheduling, technology projects, review of city development plans and interagency coordination with the Washington Metropolitan Area Transit Authority (Metro) in Washington, D.C. He also assists the DASH General Manager, Sandy Modell, with budgeting, capital projects, vehicle specifications, rider analysis and performance measures. In 2012, he took on a project to provide a new shuttle system and over the years has worked to find efficiencies to stem service reductions due to budget constraints.

In 2011, Raymond was hired as the DASH Transit Planning and Scheduling Manager, and in 2014 he was promoted to Director of Planning and Scheduling. "I’ve always been surrounded by mass transit, so growing up, it was always something I wanted to work in,” said Raymond. “I enjoy working in the industry because it’s something I am very passionate about; it's something I believe in.”

**DO YOU HAVE THE ANSWERS?**

This fall, the City will kick off the Fiscal Year (FY) 2017 budget process with a series of community meetings to gather input on budget priorities. City Council will hear the results of these efforts at its annual retreat in November as members develop their FY 2017 budget guidance to the City Manager. The meetings will provide input on budget priorities.

**FALL INTO ACTION**

**FOR ALL YOUR PRINTING NEEDS!**

- Digital & Offset Printing
- Mailing Services
- Free Pick-Up & Delivery
- Graphic Design

**SERVICES:**

- Business Cards
- Brochures
- Invitations
- Booklets/Programs
- Banners
- Flyers
- Stationery
- Posters
- Newsletters
- Postcards
- Greeting Cards

**WHAT WE PRINT:**

- 1429A Duke Street • Alexandria, VA 22314
- 703.299.1150 • alexandria@minutemanpress.com
- www.alexandria-va.minutemanpress.com

**DENTIST CONTINUED FROM PAGE 7**

oral cancer screenings, fillings and extractions to those that serve our country. Dr. Kathleen Mullaney and her team welcomed many of our nation’s veterans and active duty service members to her practice providing free dental services. Dr. Brewer, an oral and maxillofacial surgeon from Alexandria Oral Surgery, and his assistant volunteered their services as well. Participants were asked to schedule an appointment in advance and due to increased staff availability Dr. Mullaney’s team was able to offer walk-in appointments into the afternoon. Alexandria Mayor William Euille dropped by in the afternoon to meet some of the veterans and give his thanks to Dr. Mullaney and the team. Breakfast and lunch were generously provided by local eateries. Goody bags donated from dental companies and other enterprises were given to each patient before they left. Those that came to the practice were elated, and some even decided to choose Dr. Mullaney as their new dentist. Of the practice’s success on Freedom Day, owner Dr. Mullaney said, "This has been a dream of mine for a very long time. I’m so happy that I finally made it come true and gave back to our service members." The office hopes to help a larger crowd in the years to come."
Celtic House has been recognized as one of the best in the U.S. October 3. Chef Cabot has cooked at some of the country’s most notable farms to the crab. A nightly special featured their house-made pork sausage served on a bed of braised Savoy cabbage and tomato puree. The Grille at Morrison House created a spicy gazpacho with grilled shrimp and garnished with Asian chicken noodle soup loaded with Grilled Romaine Hearts. Noe Landini (Landini Brothers, The Fish Market, and Bar Deco) and Nathan Hatfield (Baker from Restaurant Eve, Society Fair, and Le Diplomate) are taking ownership of Mancini’s as you may have heard. Much will remain the same restaurant and bakery with both indoor and outside seating. They will be adding sales and delivery of bread and other items to additional restaurants in the area. The restaurant and bakery will be renamed Baker’s Bread. Barbara Mancini said in a note to her customers, “I especially would like to thank my customers whom I tried to serve as best I could, my catering clients, my wholesale accounts, my cooking class students. It’s been a ride. A bumpy, fun-filled, thrilling one. But it’s time to get off this roller coaster and try a new ride. I’m not going anywhere, I still live in the hood, and you can still contact me.”

Clarendon’s newest pizza joint plans to open its doors this month. Brixx Wood Fired Pizza, 1119 N. Hudson St. hopes to start serving pizza and

Some friends introduced me to a little gem at 2500 Columbia Pike. Celtic House Irish Pub and Restaurant opened near the first of the year by Michael McMahon (the genial host), Rolando Canales (chef), and a third partner. It features an eclectic menu of good food and drink. There are lots of TV’s scattered throughout the bar and restaurant so expect some noise. You can bring your dog and let him roam the mini dog park next to the patio while you enjoy your meal. We started with Irish egg rolls filled with corned beef, cabbage, and carrots served with a spicy mustard sauce. Delightful. I ordered the roast chicken that came with creamy mashed potatoes and nicely cooked fresh vegetables. Loved the food but Chef Rolando needs to learn how to make chicken gravy. It was beyond good. It was a dense yet light version of Irish soda bread. Bartender Kevin pours a good drink and offers a wide selection of beers and wine. The restaurant offers a $6 Wee Ones’ menu too. Weekly specials include the all day Monday $5 Celtic burger and fries, Tuesday is Pie and Pint night for $12, Wednesday features wings and Trivia starting at 8 pm. Thursday is Ladies Night with fund raising, and drink specials, and Friday and Saturday feature Chef’s dinner specials. Have Sunday brunch from 10:00 am to 2:30 pm for $16.

Several Zebra staffers hosted “Soul & Soil,” a block party fundraiser benefiting the Old Town Farmer’s Market SNAP Dollar Matching Program held at Jackson 20 courtyard at the Hotel Monaco. The evening featured dining and drinks from neighborhood restaurants. We enjoyed seasonal bites from local restaurants that used the best products from local farms. Adam from Jackson 20 hosted a fish bar featuring a seasonally inspired cocktail made with local berries, cinnamon, and brandy. The evening highlighted select Virginia wines and local beers from breweries such as Port City Brewing Company.

BRAHIO featured their house-made pork sausage served on a bed of braised Savoy cabbage and tomato puree. The Grille at Morrison House created a spicy gazpacho with grilled shrimp and garnished with butter sauce over linguine, it was beyond good. It was delicious! Did I mention the bread? It was beyond good. A nightly special featured their wild boar pate. Senzu Juices represented Ease Yoga with a selection of six types of cold pressed juices. We were entertained by Dan Barry on guitar throughout the evening.

The Evening Star announced that Keith Cabot is their new executive chef. Chef Cabot brings a refined and regional focus to the Evening Star, with a brand new seasonal American menu debuted on Saturday, Oct. 3. Chef Cabot has cooked at some of the country’s most notable farms to table restaurants. He leverages his relationships with local farmers and will capitalize on the unique resource of the Evening Star rooftop garden where he plans to grow heritage varietals of radishes, lettuces and other produce for the menu. Look for dishes such as Pork Croquettes with shaved rooftop squash, paprika aioli and toasted Virginia peanuts, Roast Chicken Breast with yellow wax beans, marinated cow peas, toasted almonds and madras curry carrot purée, and Rainbow Trout with roasted beets, buttered leeks, potato coins, buttermilk sorrel sauce, as well as the addition of “Family Share” plates like Chili Brasted Lamb Shoulder with Grilled Romaine Hearts.

---

Visit us today for Breakfast, Brunch, Lunch or Dinner.

From the owners of La Bergerie, good neighbors serving great local, natural and organic foods.

Visit us today for Breakfast, Brunch, Lunch or Dinner.

For more information, please visit our website at www.zebra-press.com

---

From the owners of La Bergerie, good neighbors serving great local, natural and organic foods.
MARY WADLAND and I were the guests of BRABO and Chef Weidmaier and chefs from the Weidmaier Group for an elegant and delicious dinner on September 29. We began with sparkling wine and a special cocktail for the evening made with shishito peppers, miren, and vodka. hors d’oeuvres were passed and included delightful foie gras rissotto balls, pork rillettes bruschetta, tuna tartare on crispy wonton skins, and deviled quail eggs. All were delicious but I felt the tuna was overwhelmed by sesame oil. I loved the rillettes while Mary could not get enough of the deviled quail egg.

We were led into the dining room where we were treated to an amazing amuse and five delectable courses. I can’t possibly do justice to the plating so look at the accompanying pictures to see what magnificence looks like. We began with a Sockeye Salmon and chervil. The flavors of the salmon were a revelation of seafood and rich creaminess. The second course was Wild Alaskan Sablefish served with baby bok choy, Fresno chili, navel orange, and smashed parsnips. As superb as the veloute was, we delighted in the flavor of the fish and the accompanying orange flavors. This was followed by a Truffled Pheasant Roulade served with toasted figs, blueberry-pinot noir sorbet, toasted walnuts, and graham cracker crumble. This deconstructed cheesecake was a wonder. This deep rich purple sorbet was outstanding, making the cheesecake sparkle.

Each course was paired with a thoughtfully selected wine and available at additional cost. I tasted each wine and available at additional cost. I tasted each wine and found each one to be an ideal choice to enhance the flavor of each course.

A long time ago, I had to decide whether to be a lady who lunched or a woman who worked.”

— Katharine Graham (longtime CEO of Washington Post)

BRABO GROUP DINNER
BY ROBERT WEIDMAIER REVIEWED

BY DEBBY CRITCHLEY

We couldn’t wait to eat this dish. The beef was succulent and tender, served medium rare. The mushrooms were rare. The mushrooms were delicious but I felt the tuna was overwhelmed by sesame oil. I loved the rillettes while Mary could not get enough of the deviled quail egg.

We were led into the dining room where we were treated to an amazing amuse and five delectable courses. I can’t possibly do justice to the plating so look at the accompanying pictures to see what magnificence looks like. We began with a Sockeye Salmon and chervil. The flavors of the salmon were a revelation of seafood and rich creaminess. The second course was Wild Alaskan Sablefish served with baby bok choy, Fresno chili, navel orange, and smashed parsnips. As superb as the veloute was, we delighted in the flavor of the fish and the accompanying orange flavors. This was followed by a Truffled Pheasant Roulade served with toasted figs, blueberry-pinot noir sorbet, toasted walnuts, and graham cracker crumble. This deconstructed cheesecake was a wonder. This deep rich purple sorbet was outstanding, making the cheesecake sparkle.

Each course was paired with a thoughtfully selected wine and available at additional cost. I tasted each wine and found each one to be an ideal choice to enhance the flavor of each course.

A long time ago, I had to decide whether to be a lady who lunched or a woman who worked.”

— Katharine Graham (longtime CEO of Washington Post)

This space sponsored by Sade Associates Simplifying the Government Acquisition Process 703-244-6738 • www.SadeAssoci LLC.com

Out at last is a delicious Raspberry and Chipotle Sauce. It is all-natural, kosher and gluten free. Ingredients include raspberries, sugar, Lemon Juice, chipotle peppers, and chili peppers. The sauce is all-natural, kosher and gluten free.

The flavors of the second course were a revelation of seafood and rich creaminess. The second course was Wild Alaskan Sablefish served with baby bok choy, Fresno chili, navel orange, and smashed parsnips. As superb as the veloute was, we delighted in the flavor of the fish and the accompanying orange flavors. This was followed by a Truffled Pheasant Roulade served with toasted figs, blueberry-pinot noir sorbet, toasted walnuts, and graham cracker crumble. This deconstructed cheesecake was a wonder. This deep rich purple sorbet was outstanding, making the cheesecake sparkle.

Each course was paired with a thoughtfully selected wine and available at additional cost. I tasted each wine and found each one to be an ideal choice to enhance the flavor of each course. Wines provided included a Vermentino from Liguria, Italy; Chenin Blanc from Vouvray, Loire, France; and Pinot Noir from Patagonia, Argentina; Syrah from Santa Barbara County, Central Coast, California; and Port from Douro, Portugal, Oporto, Spain. The service by the sommeliers and wait staff was impeccable. I highly recommend that you make your reservations now for the next offering of the Chef Series on October 13, featuring John Melfi of the Oval Room.

Sablefish

BY MIKE SADE

BY MIKE SADE

Fall is officially here. The leaves are starting to turn and there is still time to grill outside. I discovered a wonderful Hot Pepper Raspberry and Chipotle Sauce from Robert Rothschild Farm. This sauce provides a great blend of sweet and spicy with raspberries blended with smoky, spicy chipotle peppers. This sauce goes great with any type of meat or can be used as a dipping sauce. Try using it as a baste for ribs, pork chops, wings or steak. Their website www.robertrothschild.com has several suggestions for use of this sauce including pouring over meatballs for a quick appetizer, served over a bed of cream cheese or over warm Brie with crackers.

Ingredients include raspberries, sugar, Lemon Juice, chipotle peppers, and chili peppers. The sauce is all-natural, kosher and gluten free.

For a complete list of all our advertisers, please visit www.lerefugalexandria.com

Old Town’s Longest Running Family-Owned French Restaurant

127 North Washington Street
Old Town Alexandria
703-548-4661
www.lerefugalexandria.com
The Rock It Grill sticks a de/fiant finger-in-the-eye to the creeping tide of upscale establishments lining the elegant streets of Alexandria.

— Neal Learner, The Washington Post

Gadby’s Tavern Museum will partner with Port City Brewing Company for the second time to commemorate the famous Alexandria legend of the Female Stranger with the Long Black Veil. Black IPA named in her honor. Recently awarded “Small Brewing Company and Small Brewing Company Brewer of the Year”, Port City is brewing a new batch of the craft beer to be released at a happy hour at the Gadby’s Tavern Museum.

The Grave of the Female Stranger, a tabooid monument, is a famous historical eddy as well as a local landmark and visitor’s attraction in St Paul’s Episcopal Church Cemetery in Alexandria, Virginia. Courtesy photo.
beef mid-October, barring any construction delays, according to Tim Miner, the director of marketing for the company. In addition to regular and gluten-free pizza, Brixx serves sandwiches, pasta, beer, wine, and cocktails, according to its website. Brixx does not plan to have any grand opening specials, but will start “business as usual” on the opening day, he said. The restaurant will have wine specials on Sundays and Thursdays and craft beer specials on Monday, Tuesday, and Wednesday. Miner could not elaborate on the deals because of Virginia law, he said. The pizza joint also features buy one, get one pizza, and appetizers after 11 p.m.

Rumor has it that Old Town Alexandria may be getting a high-end Japanese restaurant. Chef Yuh Shimomura has plans to open Nasime, a small 20-seat restaurant at 1211 King St., according to planning documents filed with the city. Shimomura trained in Ginza, Japan and has 15 years experience preparing high-end Japanese cuisine. The location is part of The Lamplighter holdings which will remain at 1205 and 1207 King St. The plans include a 1,000 square foot restaurant

and three tables. There will also be a private dining room. Capital Teas is planning to add matcha shots to the beverage menu. Customers will be able to buy matcha shots or add it to other drinks, Martino said. Capital Teas is an Annapolis based chain, and this will be the 16th store to open.

Sugar Shack fans are adjusting to a new schedule. If you didn’t know, the hours are now Sunday through Thursday: 6:30 am to 9:00 pm, Friday and Saturday: 6:30 am to 10:00 pm. Slightly different schedule. Some great donuts. If you are missing your Corner Bakery fix in Crystal City, look for two local chain restaurants - Sweetgreen and Taylor Gourmet to take over the space. “The Crystal City location should be opening by the end of the year though we don’t have a firm date to share just yet,” said a PR rep for Sweetgreen. And, if you haven’t been to the Harris-Teeter in Old Town lately, you are missing some great breads exclusive to the store. Capitol Baking Company is an all natural artisan bakery committed to bringing great tasting breads to people. They bake their breads and pastries with time, love, and only real ingredients. I’ve tried the Challah and Cinnamon Raisin and have enjoyed both. They also feature several whole grain and artisan wheat varieties. I also recommend their Hearty Jewish Rye. Capitol Baking is bringing fresh Bethesda Bagels and Chantilly Donuts to the store too. All are worth a trip to HT.

---

**FOODie neWs ...**

**Continued from Page 10**

**Mondays**

**Tuesdays**

**Wednesdays**

**Thursdays**

**Fridays**

**Weekends**

**1/2 Price Burger Nite! Over 30 Specialty Burgers**

**BINGO! Every Tuesday night 7-9pm**

**Chef Specials Lunch & Dinner Daily**

**$5.00 Pub Menu (Bar side only) EVERYDAY 4 - 9pm**

**Now Serving Over 250 Different Wines and Beers**

**October is Roasted Pork Month**

**Roasted Pork with October Beer & Mustard Glaze**

**Pork tenderloin herb roasted and sliced, finished with an October beer & mustard glaze and served with sautéed potato dumplings and bacon braised red cabbage**

**Flatscreens**

**Over 26 HD Flatscreens**

**www.rampartstavern.com**

**FREE DONUT October 20**

**When you bring in a copy of Zebra**

**804 N Henry St • 703-577-9023 • Open 6:30 am – 9:00 pm**

**10am - 3pm**

**Saturdays & Sundays Extensive Brunch Menu**


**1700 Fern Street Alexandria 703-998-6616**

**www.rampartstavern.com**

---

**Rib Night!**

1/2 Rack: $9.99
Full Rack: $14.99

**Specialty Burgers**

**Burger Nite!**

Available every night this month from 5:00pm - 11:00pm

**$18.99**

Available every night this month from 5:00pm - 11:00pm
Customers who opened a new Convenient Checking Account and/or used one or more of the bank's online services during the spring/summer promotion were entered automatically into the sweepstakes for a chance to win the $1,000 prize.

Alexandria Resident Wins $1,000 Prize

Life-long Alexandria resident Kyle McFarland, at top, was the lucky winner of $1,000 in Burke & Herbert Bank's recent “Win Burke’s Stash” Sweepstakes. A West Potomac High School graduate, Kyle has worked in local restaurants for several years and is currently a bartender at National Harbor. He has been a Burke & Herbert Bank customer since 2012 and entered the sweepstakes by using Online Bill Pay and Mobile Banking Deposit – two highly convenient services for busy people like Kyle.

He is pictured with Branch Manager Sandra Vasquez and Assistant Manager Christina Alvino at the Bank’s Sherwood Hall Branch.

Springfield Business Wins $1,000 Prize

A native of Pakistan, Mr. Zaid, center, opened his franchise business in 1986 and has since expanded to eight locations in Northern Virginia. He is pictured with Branch Manager Ramon Parada at the Bank’s Springfield Branch.

163rd Birthday Prize

In celebration of the 163rd anniversary of the founding of Burke and Herbert, there was a random drawing and Mr. Vincent R. Peterson, at left, won a BHB duffle filled with all he needs to throw his own ‘Stache’ party! In addition he was presented with a $200 gift card to contribute to the celebration. Vincent R. Peterson, VP, Overseas Operations, US Wheat Associates, Inc. is pictured here at Clarendon branch with Manager Mike Giles.

TRY US WITH THIS SPECIAL COUPON

Monday-Thursday • 5-8 pm

$39.99

Two Entrees and a Glass of Wine Each
Expires October 31, 2015

305 South Washington St. Old Town
703-548-9338

We’re on our way to LaBergerie.

See you there.

Whether you are visiting us for the first time or are one of our treasured and faithful regulars, we are committed to providing you with a unique dining experience in a relaxed and intimate setting.

Crilley Warehouse, Second Floor • 218 North Lee Street • Alexandria
703.683.1007 • www.LaBergerie.com

PICK OF THE MONTH

BY MARY WADLAND

Here’s a fun way to get the kids excited about breakfast during the spooky Halloween season. Creative and kitchy in design, its construction of silicone material makes it durable and environment friendly. Best suited for egg and pancake frying.

Use cooking sprays or use a pastry brush to brush oil on it, and heat the nonstick pan and the mold for about 30 seconds. Crack eggs, place a yolk in each eye, then pour the egg whites into the rest of the mold. Cook for 30 seconds on medium heat, then pour 2 tablespoons of water into the pan. Cover with a lid. Wait for about 2 minutes before you slide the egg from the pan onto a plate.

And it’s cheap. $5.20 at gearbest.com
INMATES COMPLETE COLLEGE COMPOSITION COURSE

Since the Alexandria Sheriff’s Office and Northern Virginia Community College (NOVA) launched their Open Roads Partnership in 2012, dozens of inmates have successfully completed college classes taught by NOVA professors inside the William G. Truesdale Adult Detention Center.

Most recently nine student-inmates completed English 111, a freshman-level college composition course that met three times a week for eight weeks over the summer. Students improved their critical thinking as they learned about the writing process and studied expository and argumentative writing. As part of the course requirements, they prepared different types of essays including a final argument essay which explored challenging topics of their own choosing, such as euthanasia, fuel regulation, and the role of the Confederate flag. At the last class meeting, each student discussed his final essay and answered questions from his classmates and the professor.

Although it was Professor John Pickett’s first time teaching in the jail, he found it to be a “fantastic” experience with students who were “on par with freshmen” in his on-campus courses. Professor Pickett said the students responded well to feedback he offered on their assignments, and both he and the students saw “improvements in their writing” throughout the course. He added that the students were very engaged and did a “great job.”

Sheriff Dana Lawhorne, who earned his associate degree from NOVA, and Dr. Jim McClillian, Dean of the Liberal Arts Division at the Alexandria campus, are both committed to ensuring that inmates have access to educational opportunities. In addition to this summer’s English class, inmates in the Open Roads program have taken courses in business communication, psychology, history, and student development, all standard courses offered in the Virginia community college system.
“Courage is being scared to death but saddling up anyway.” — John Wayne

Visible Art, Undivided for All

BY ROBERT E. MURRAY

All artists in the Washington Metropolitan Area should resist any prejudicial objection to or effort to remove Appomattox from the center of Old Town Alexandria at the intersection of Washington and Prince Streets. We are not ISIS prowling about destroying all evidence of a people’s history and culture. Our sculpture was created as a serious, visible piece of fine art, be it one artist’s conception and extraordinary ability to visually portray the emotional response of surrender surrounding a noble cause, an American cause, with all its phases and minuses.

Most every day I pass by this famous landmark reminding me to think, to grieve over other political and cultural problems that get thrown into the dumpster of the politically motivated advocators du jour. Although the sculpture’s sentiment is one of a surrender, it is an effort to portray the American characteristic to make honest amends, to stand up for time-honored values, face the seemingly unpredictable reality of new and better times ahead. A piece of art can carry many messages. The young man of Appomattox pauses and checks his and my own motives.

Created by sculptor M. Caspar Buberl and commissioned and erected by the Robert E. Lee Camp of the United Confederate Veterans in 1889, the form of the soldier was designed by John Adams Elder, who modeled it after a painting of the same title that shows a lone Confederate viewing the aftermath of the battle of Appomattox Court House, where Gen. Robert E. Lee ultimately surrendered to Union General Ulysses S. Grant.

Buberl captured a moment in the way of a young man, a soldier, arms crossed, shoulders slumped, head bowed, without weaponry, hat in hand, reverently moved by thoughts of the South. This is an image of the great personal impact of loss, an ending to the witnessing of the chaos and slaughter of war. Not easy and intensely traumatic. Appomattox is a fine work of art for our time. Its overall grayness down to its stone foundation, its aged bronze patina rightly facing South.

The dedication ceremony was held on May 24, 1889, and was attended by a vast crowd. It was noted that by noon of that day, a great influx of visitors had swarmed the town of Alexandria to take part in the ceremony, which was overseen by Fitzhugh Lee, who was governor of Virginia at that time. Joseph E. Johnston, former Confederate general of the Army of Tennessee, was also in attendance. The UCV foresaw the controversy that would potentially arise over the monument. Thus, they motioned in the same year to have it protected by state law. This legal protection continues to this day.

The inscription on the
FROM BRICKS TO CLICKS
OLD TOWN’S RESIDENT ARTIST CREATES IN THE PRESENT, PLANS FOR THE FUTURE

BY KRIS GILBERTSON

It was love at first sight—love of Old Town history and architecture—that inspired artist Todd Healy and his wife of two years, Laraine, to move from Virginia Beach in 1976. In following years, the Healys worked (Laraine for USAir for 26 years, Todd for National Airlines and later Colonial Parking), they had a daughter, and in his spare time, Todd painted Old Town.

Today, Todd Healy is known throughout our historic neighborhoods. Tall, with his startling shock of white hair, signature collection of 200 bowties, and sometimes gruff demeanor, Healy presides over Gallery Lafayette, 130 South Royal Street, and exhibits at the Saturday farmers market on Market Square.

He is known first for painstaking renderings of the historic residences and public buildings Alexandrians live with and in. Striving for more than accuracy, he captures their essence. “I don’t create a photograph,” he says, “rather the feeling of these buildings.” As much as 150 hours may go into each original, from which he makes prints.

Milestones and Long-term Relationships

Healy left Colonial Parking in 1984, after a gruesome murder was committed in a company lot and he was sent on site to represent the company. “News people were there, and police, and [the victim] was lying there,” Todd says. “I walked back into the office and said ‘guys, this is my last day, this is it.’” By next morning, he was a full-time artist.

Establishing a business based on meticulous artistic output can take a long time, but Healy had years of part-time effort to build on. And he had been noticed. That same year, Marriott Corporation commissioned 11 original black & white prints to enhance a hotel under construction in Richmond. (Ten years later, the hotel interior was redesigned. It is likely that now someone in Richmond has 11 original Todd Healy pen & inks on their wall.)

In 1989, the Commission on the Bicentennial of the U.S. Constitution chose Healy to create art for notecards sold in its catalog, which he recalls as “a nice coup. And they sold well.”

Healy also is widely known as a skilled and intuitive framer. “I have clients in New York, San Francisco, Philadelphia—and they don’t go anywhere else,” he says. “They always either bring it or send it.”

Mary Furlong, president and CEO of Mary Furlong and Associates, a San Francisco marketing and public relations firm, visited the studio recently with her son Michael and his girlfriend Jenna. “For 35 years,” Furlong says, “every corporate and personal milestone has been staged and framed by Todd.”

Some clients come in two or three times a year; Healy adds, “bring a
SHEILA HARRINGTONexplores seasonal delights in “Everyday is a Celebration”

Artist Sheila Harrington has always been fascinated with the cyclical, seasonal changes of life, how human beings respond, and the juxtaposition of the natural and man-made. A year living in the French countryside provided Harrington with ample inspiration and content to document the ever-changing natural world around her. Her solo exhibit of oil paintings, “Changing Direction, Looking Ahead” will be featured at The Art League Gallery October 8–November 1, 2015.

After years of drawing the shift in seasons, often food-related, in her sketchbook, Harrington returned to oil painting to further explore the subject in a small format. Harrington, who has been living in France, the Dordogne region and the Languedoc, surrounded by verdant countryside and abundant, fresh produce. Inspiration abounded from every direction. Daily walks through market and local gardens yielded ideas for new “still life scapes,” as seasonal objects such as figs, tulips, and pears begged to be painted. Once Harrington found the primary object for a new painting, she would work on creating a narrative. By incorporating elements of still life, landscape, and architecture, Harrington would build a sense of story within the small canvas, creating a visual feast for the viewer. “I love shape, color, and form but am more satisfied when creating and painting a complete story. I’m drawn to the relationship between natural and man-made objects.” Harrington paints from life but takes photos of her most fragile subjects for later reference. The small framework makes her work feel intimate, and it allows her to work quickly before her objects perish. Working in oil allows her to build layers of color and to develop a rich, velvety, voluptuous quality that lends itself to the organic forms in nature.

Harrington is a painter, illustrator, and graphic designer whose work has ranged from portrait design to museum exhibition graphics. She is a partner with her artist/designer husband, James Symons, in the Washington, DC art and design firm Studio Five. She maintains an art blog, “Each Day is a Celebration,” with the goal of posting something celebratory, such as a sketch, painting, illustrated poem, or fragment of history, each day. Her work has been exhibited throughout the Washington, DC region and is held in many private and public collections.

This exhibit can be seen at The Art League Gallery, 105 North Union Street, Studio 21, (located in the Torpedo Factory Art Center), Alexandria, VA 22314. www.theartleague.org, 703-683-1780.

HEALY
continued from page 17
stack of art work and say call me when it’s done. They don’t pick a frame, a mat, anything. I think what sets me apart, as far as my business, is I’m an artist who can frame—I’m not a framer.”

Family and Success

Todd gives thanks to Laraine for her emotional support, and her work at USAir, that enabled him to reach this point. “We’ve been married for 41 years now, but for our 25th anniversary—my wife had a nice box wrapped with church mice. We went to the church and made a donation. But it took some time. I had a gift. It’s true.”

Lauren Healy, 36, is a freelance photographic stylist in Richmond working with magazines such as Virginia Living. She has inherited talent from both Todd and Laraine. “Everything Laraine touches is art; I can draw bricks; my daughter creates,” says Healy. “We’re proud of Lauren, pleased she’s able to make a living in a creative forum. My daughter is very much like her mother in never having an agenda. The two women in my life are pure of heart.”

Changing Direction, Looking Ahead

In 2009, after nearly three decades, Healy felt an art, and practical, pull to do something new: “The economy was terrible. Old Town wasn’t selling, so I cut back on my production of Old Town and started hand coloring these prints,” says Healy. “This print” is original antique prints from newspapers, books, or steel engravings of city and country views and maps, mainly in Virginia and along the East Coast. The process is no less time-consuming than Healy’s Old Town art.

Todd’s 36th annual Old Town calendar will be available in early November through the Capital Artifacts website. Each month showcases the architecture of historic Alexandria. Healy was named the new company, Capital Artifacts. Four years ago, Fernando Torrez (currently a candidate for City Council in his neighborhood) built the www.capitalartifacts.com website. Rory McGlasson, a freelance social media consultant in Philadelphia, manages the website and Healy’s Facebook page. “He is the reason,” says Healy, “that Harper Collins found me on Facebook for Cokie Roberts’ book.”

Within five years, Todd Healy wanted to sell Gallery Lafayette and work from a home studio, perhaps in Richmond, through the Capital Artifacts website. “Some of the stuff I do,” he says, “is almost good.”

Medicine, Almost Good, Genius

“I don’t care if you’re a politician, a wife, a husband, an artist, anyone else—there’s three groups: mediocre, almost good, and genius,” Healy says. “Have you seen genius? I have. I’m not it, but you look at a Rembrandt, don’t you see genius? You see a mosaic with five daughters raised well, educated, don’t you see genius? Absolutely.”

Healy’s advice for new artists: “What I learned early is that if you don’t reproduce that image and sell it over and over, you can’t make a living. If you just sell the original, it’s gone.”

Holding an image of the old Galpin House Books, he adds, “I’ve sold this 150 times, and it’s almost good.”

“First Frost,” oil on canvas, 8" x 16" by Sheila Harrington.

For their 25th anniversary, Todd painted this Irish Cottage for Laraine. Irish cottages became something celebratory, such as a sketch, painting, illustrated poem, or fragment of history, each day. Her work has been exhibited throughout the Washington, DC region and is held in many private and public collections.
The Candidates:

In Their Own Words

WE ASKED EACH CANDIDATE THE FOLLOWING QUESTIONS:

A. What one characteristic, unique perspective, experience or expertise sets you apart and what would you bring to our community? Why are you interested? Why now? (Limit 100 words)

B. What do you see as top challenges facing APCS and how do you plan to engage the community to address them? (Limit 100 words)

C. What do you think about Alexandria’s City’s debt, budget and give your concerns about how debt is being handled? (Limit 100 words)

D. Do you think Alexandria has over or underdeveloped residential and commercial opportunities, and where do you think we need to focus dollars and the city infrastructure? Maintaining streets, parks, police/fire services, fiber optics, schools? (Limit 100 words)

Here are their answers. We made it CLEAR there was a word limit to answers. If a candidate went over 100 words, in an answer we had to “play moderator” and only print up to 120 words of their response (we gave you bit of leeway—if they are politicians after all). Please be sure to VOTE on November 5.

MAYORAL RACE

Vice Mayor Allison Silberberg

Democratic Candidate for Mayor of Alexandria

Non-incumbent

Occupation: Writer & Consultant

Facebook: www.facebook.com/allisonsilberberg.com

Other Contact Info: allisonsilberberg.com

How long have you been an Alexandria resident? I have been an Alexandria resident since 1989.

Which Neighborhood(s) Do You Live In? Parkers/Braddock

A. I am honored to be the Democratic nominee for Mayor. I am grateful that Congressman Don Beyer has endorsed me, and former Mayor and State Senator Patsy Ticer has called me, “A Voice of Reason.” Our city is at a crossroads. The question is, What kind of a community do we want to live in? All of us are the temporary stewards of this national treasure called Alexandria. History and preservation is a core value of our community, and it needs to be a core value of our elected leadership. I will never sell City Hall. And when citizens come to City Hall, they will be heard.

B. As a former educator, I feel strongly about academics. Clearly, we have an issue with capacity that will challenge our existing resources. Working shoulder to shoulder with the School Board, the City Council must address this issue head-on. One option that we should consider is looking at empty office space that could be repurposed as schools. We should also consider looking at the Annie J. Lee Center, returning it to its original purpose as a school. These are short-term answers. A long-term answer is that we must add to our existing facilities. I am proud of my reputation as someone who listens to and respects the voices of Alexandria’s citizens.

C. From 2003 to 2013, Alexandria’s debt grew exponentially from $140 million to $530 million. We must stay focused on our city’s debt and structural imbalance between our revenues and expenditures. I have a staunch commitment to economic sustainability, fiscal responsibility, and Alexandria’s AAA bond rating. My voting record as Vice Mayor demonstrates this commitment. We must grow our city’s commercial tax base in a balanced way that diversifies our economy so we are not as tied to the ups and downs of the federal government.

D. I believe we must pursue thoughtful, appropriate development that fits in, is to scale, and protects our neighborhoods and quality of life. We must stand together to preserve our architectural fabric and the Historic District of Alexandria, our jewel in the crown that we inherited and must safeguard for generations to come. My voting record is clear and consistent, that we must continue our commitment to schools, police and fire services, libraries, and the parks I support having municipal broadband. The next Council must also tackle the massive retrofitting of our city’s Combined Sewer System as well as address our school system’s capacity issue.

Bill Euille

Write-In Candidate for Mayor Independant

Occupation: Consultant

Facebook: William D. Euille

Other Contact Info: 703-346-3542 (Campaign Office)

How long have you been an Alexandria resident? Since birth 1950

Which Neighborhood(s) Do You Live In? Braddock/Parker-Gray

A. As a lifelong resident of Alexandria and a product of our public school system, I have served in elected office since 1994-1997, City Council, 1997-2001, Vice Mayor, 2000-2003, City Council, 2003-Present-Mayor. Previously, I served on the ACPS School Board from 1974-84. Since returning back home upon graduating from college, I have been a community activist and civic leader, engaged with more than 20 various Non-Profits, by giving back and helping to make a difference in lives of others. I have the experience and proven leadership to govern this city as a Team Player and Consensus Builder.

B. ACPS is experiencing enrollment and growing pains, which has impacted school and classroom capacity I have been engaged with working with the ACPS School Board and Administration on this issue and many others, such as academic achievement and compensation, for more than 30 years. I have served on the ACPS Long Range Planning Committee for more than two years, which is the community-wide engagement process to make recommendations for addressing building renovations/expansions and new facilities. I will continue to ensure that the community is fully engaged and informed as to the Capital Improvement costs and potential tax increases to pay for the additional classrooms and future buildings, as needed.

C. Alexandria has benefited for more than 30 years with an AAA Bond Rating, (the highest rating) from two major credit rating agencies, and this has continued during my 13 years as Mayor This is not accidental, and our debt is below the targeted guidelines established by Council This is a result of good governance, budgeting and leadership. We have addressed our aging infrastructure, built new schools, a new Public Safety Center, in addition to funding for Open Space, Parks, Recreation Centres, new Fire Stations, etc.

D. Over the past several years, we have experienced an imbalance between residential and commercial development, with more residential, due to the lack of market demand for commercial. It is a MUST that we make every effort to be an attractive market for increased commercial development, as we have recently accomplished with the USPTO, National Science Foundation (NSF), Transportation Security Administration (TSA); the New METRO STATION at Potomac Yard; and the redevelopment of Landmark Mall. Future funding priorities need to be focused on Schools, and our infrastructure, to include Sewers and Streets.
Having grown up in Alexandria’s affordable housing, I understand that we could be doing more for all our residents. We must push for economic diversity in our city so that our workforce can afford to live here.

Alexandria’s schools are already overcrowded and we are expected to add hundreds of new students in the next decade. This increases class size and forces the city to bus students. New residential development continues to bring in families who require the use of the city’s infrastructure - sewers, roads, parks, and, most notably, schools.

This is a challenge that requires strong leadership and a strong hands-on approach. As a former city council member, I am avidly following policy as it relates to education and have become an expert in the field. Work with community stakeholders including teachers and parents, urban designers, and city officials to create a strong educational framework.

I support our local schools in their efforts to improve. When school overcrowding becomes an issue, we need to look at this problem on a regional scale and think outside the box. Out of the box thinking is essential.

Alexandria must be selective in how it invests in new schools. We need to make sure the investment is in the most efficient and economically sound way. I will work with city departments to ensure that construction of the Potomac Metro Station is full access to libraries, social services and other city supports.

Democratic Council Candidate for City Council

City Council Race

Which Neighborhood(s) Do You Live In?

Alexandria

Other Contact Info:
facebook.com/chapman4council

How long have you been an Alexandria resident?
32 years

Which Neighborhood(s) Do You Live In?
North Ridge

I wish we didn’t have any debt and that we could clear the books and work creatively to remain within our self-imposed debt limits, while still investing in our community’s infrastructure. The balanced budget needs to be transparent and understandable to all residents and provide a financial plan that needs to have adequate input from our community.

Main challenges for ACPS are ensuring that the student population growth and having resources to attract and retain quality teachers and staff. I plan to work with community stakeholders including teachers and parents, urban designers, and city officials to create a strong educational framework.

I am hopeful that our commercial development decisions will enable us to secure more revenue to help our budget situation.

Alexandria is in the heart of the DC area, so we inevitably face development pressures. We are trying to position that development around our Metro stations, including the new Potomac Yard Metro station.

I am hopeful that our commercial development decisions will enable us to secure more revenue to help our budget situation.

Alexandria is in the heart of the DC area, so we inevitably face development pressures. We are trying to position that development around our Metro stations, including the new Potomac Yard Metro station.

I am hopeful that our commercial development decisions will enable us to secure more revenue to help our budget situation.
Re-Elect

JOHN TAYLOR CHAPMAN
Democrat for Alexandria City Council

Which Neighborhood(s) do you live in?
Old Town

A I am a 30-year resident of Alexandria, and a past President of the Old Town Civic Association. I served for 8 years on the Waterfront Commission, and 15 years on the Federation of Civic Associations. I am a 25-year Army Veteran and development occurs. Our AAA bond rating could be jeopardized. We face the same infrastructure, cost and future service challenges that you face. Our AAA bond rating could be jeopardized. We face the same infrastructure, cost and future service challenges that you face.

Townsend A. “Van” Fleet
Republican Candidate for City Council
New Innovation

Occupation: President, Van Fleet Associates, Inc.
www.ravynuyom.com
facebook.com/vanravyn
www.ravynuyom.com

Other Contact info: twitter.com / ravynuyom

How long have you been an Alexandria resident? 8 years

Other contact information: supporter@moniquemiles.com if you would like to contribute to my campaign.

Which Neighborhood(s) do you live in?
I live in the Kenwood Towers community, which is a part of the North Ridge area.

A running because I believe Alexandria can do better. We need to get a handle on our debt. Councilmembers need to prioritize and assess future impacts. We need to get a handle on our debt. Councilmembers need to prioritize and assess future impacts.

Monique Miles
Republican Candidate for City Council
New Innovation

Occupation: Managing Principal of Old Town Associates, P.C., a firm serving clients in Virginia and DC.
www.oldtownassociates.com
facebook.com/ManyAlexCouncil
Other contact information: supporter@moniquemiles.com if you would like to contribute to my campaign.

Which Neighborhood(s) do you live in?
I live in the Kenwood Towers community, which is a part of the North Ridge area.

A ember of the Alexandria Civic Police. Over the years, the City has been well served by its Staff and Councils in ensuring that we are and will remain in good fiscal health. The measurements by which we are judged are constantly graded show that we are in the top percentile of cities based on our debt service, our ability to finance our fixed costs, and our continued double AAA bond rating. We have made significant advances in the way we develop our City’s budget, measure the efficiency and sustainability of programs and services and balance the needs of all our residents in our increasingly complex urban environment.

Justin Wilson
Domestic Violence Candidate for City Council District A-L Emergency

Occupation: City Council/ Director of Information Program Management,
Annapolis
www.justin.net
facebook.com/justindet

Other Contact Info: N/A

Which Neighborhood(s) do you live in?
Old Town

A I am a 30-year resident of Alexandria, and a past President of the Old Town Civic Association. I served for 8 years on the Waterfront Commission, and 15 years on the Federation of Civic Associations. I am a 25-year Army Veteran

Which Neighborhood(s) do you live in?
Old Town

A I am a 30-year resident of Alexandria, and a past President of the Old Town Civic Association. I served for 8 years on the Waterfront Commission, and 15 years on the Federation of Civic Associations. I am a 25-year Army Veteran and
Monique MILES
for City Council
New Leadership, New Direction
Paid for and Authorized by Friends of Monique MILES

Bill Eulille
Fill it in. Write it in.
For Mayor Office 1 • Vote November 3rd
Paid for and Authorized by Friends of Bill Eulille

“You know you’ve got a problem when you’re buying wine glasses in the vase department of Bloomindgale’s.”
— Elaine Stritch
Cindy Anderson
Candidate for School Board District B
Non-incumbent
Occupation: Business owner
Cindy.anderson@kidsboard.gov
Facebook: Cindy Anderson for School Board

How long have you been an Alexandria resident? 33 years
Which Neighborhood(s) Do You Live In? North Ridge

I have been active in ACPS since 1998. My two children attended ACPS, graduating in 2011 and 2013. During this time, I served as the PTA President at George Mason, GW, TC Williams and the citywide PTA Council, and as a member of the School Board Budget Advisory Committee. Since 2010 I have served on the Scholarship Fund of Alexandria’s schools. I believe serving on the School Board is a meaningful new experience for me. I have been a teacher in ACPS for the last 11 years with kids currently at the elementary, middle and high school levels. I was PTA President at Mt Vernon elementary and on the board for 4 years. During that time my Spanish language skills allowed me to engage our school’s significant Latino population. I grew up in Alexandria and am currently the Chairwoman. Through these numbers volunteer positions, I have been a tenant advocate for Alexandria’s schools. I believe serving on the School Board is a meaningful new opportunity for me. I look forward to applying my background in public participation and collaborative processes, as well as my diverse experiences in ACPS, to meet these challenges.

I think this question is more appropriately addressed by and to the candidates for City Council and mayoral.

Hal Cardwell
Candidate for School Board District A
Occupation: Water Resources Engineer

Which Neighborhood(s) Do You Live In? West Alexandria

I am a math educator and a single African-American parent with a child in the ACPS. This provides a unique lens in which to view the needs, accessibility and inclusionary practices of diverse populations and how better shape those into sustainable educational goals that make our community and the world a stronger, capable and innovative place.

The top challenge facing ACPS is in reaching all students. ACPS are receiving an education that will support them bring lifelong learners not just great test takers, in order to do that ACPS must have to facilitate learning that is developed and mastered by students, using art to inspire and capture students imagination, technology as tools and bridges and languages as a primary education core competency. As a School Board member, I plan to engage our community in this process, through dialogue and negotiation, learning to work together and empowering community members to participate in the decision-making process.

I N/A

Christopher J. Lewis
Candidate for School Board
Candidate did not return the questionnaire.

Dee Pepper
For Experience and Vision!

Vote Nov. 3, 2015

Paid for by Pepper for Council Authorized by Rodella S. De Pepper
I am the only incumbent running for reelection in District B and I believe continuity is important to the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education is a broad scope and the varied needs of the students, faculty, and administrators from every county in the Commonwealth and from all 50 states. I want our schools to foster the greatness our children deserve and I want to be your champion for education on the School Board if reelected. I would be honored to have one of your three votes.

- Capacity: A major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding buildings, and through redistricting. ACPS grew over 3,200 students since the last redistricting.
- Making a difference: Working to improve the lives of students.

I am the only incumbent running for reelection in District B and I believe continuity is important to the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education is a broad scope and the varied needs of the students, faculty, and administrators from every county in the Commonwealth and from all 50 states. I want our schools to foster the greatness our children deserve and I want to be your champion for education on the School Board if reelected. I would be honored to have one of your three votes.

- Capacity: A major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding buildings, and through redistricting. ACPS grew over 3,200 students since the last redistricting.
- Making a difference: Working to improve the lives of students.

I am the only incumbent running for reelection in District B and I believe continuity is important to the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education is a broad scope and the varied needs of the students, faculty, and administrators from every county in the Commonwealth and from all 50 states. I want our schools to foster the greatness our children deserve and I want to be your champion for education on the School Board if reelected. I would be honored to have one of your three votes.

- Capacity: A major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding buildings, and through redistricting. ACPS grew over 3,200 students since the last redistricting.
- Making a difference: Working to improve the lives of students.

I am the only incumbent running for reelection in District B and I believe continuity is important to the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education is a broad scope and the varied needs of the students, faculty, and administrators from every county in the Commonwealth and from all 50 states. I want our schools to foster the greatness our children deserve and I want to be your champion for education on the School Board if reelected. I would be honored to have one of your three votes.

- Capacity: A major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding buildings, and through redistricting. ACPS grew over 3,200 students since the last redistricting.
- Making a difference: Working to improve the lives of students.

I am the only incumbent running for reelection in District B and I believe continuity is important to the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education is a broad scope and the varied needs of the students, faculty, and administrators from every county in the Commonwealth and from all 50 states. I want our schools to foster the greatness our children deserve and I want to be your champion for education on the School Board if reelected. I would be honored to have one of your three votes.

- Capacity: A major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding buildings, and through redistricting. ACPS grew over 3,200 students since the last redistricting.
- Making a difference: Working to improve the lives of students.
William E. “Bill” Campbell
Candidate for School Board: District A
Incumbent
Occupation: Project Engineer
B.Com, Bachelors of Civil Engineering
Facebook: N/A
Other Contact Info: (703) 599-9521

OCTOBER 2015

ThE ZEBRa PRESS

Occupation: Student
Non-incumbent
www.charnieleherring.com
Charniele L. Herring
31 years
info@SeanForDelegate.com
Facebook: SeanForDelegate

House of Delegates Race

Candidate for House of Delegates: District 45
Non-incumbent
Occupation: Corporate Controller
pathcom.com
Facebook: N/A
Other Contact Info: N/A

How long have you been an Alexandria resident? 31 years

Which Neighborhood(s) Do You Live In?
West End - Beauregard corridor

A: I have been a West End resident and school system activist, as well as working with several City groups for all of my time here. I am known for doing my “homework” on topics under discussion, read all materials I am granted and do not comment until I am sure of my position and for working to ensure that the West End - citizens, parents and student - are always my primary consideration.

B: I am a West End resident for more than 14 years
North Old Town

A: I have spent my life fighting for justice for the vulnerable, whether that be victims of domestic violence, struggling families, victims of racism, religious, or LGBT discrimination. Both as Legislative Counsel to Congressman Barney Frank and as a citizen activist, I have drafted a good deal of legislation on these issues and can therefore contribute.

B: A: I have been an Alexandria resident for 30 years
New Providence

A: I have been an Alexandria resident for nearly 30 years
Cameroon Knoll

B: I have been involved in six school districts in four states, I have the highest of expectations for ALL students.

B: I have been involved in six school districts in four states, I have the highest of expectations for ALL students.

Candidate for House of Delegates: District 45
Non-incumbent
Occupation: Brand Manager
www.SeanForDelegate.com
Facebook: SeanForDelegate
Other Contact Info: N/A

How long have you been an Alexandria resident? 5 years

Which Neighborhood(s) Do You Live In?

B: This candidate did not complete the questionnaire.

A: I spent my life fighting for justice for the vulnerable, whether that be victims of domestic violence, struggling families, victims of racism, religious, or LGBT discrimination. Both as Legislative Counsel to Congressman Barney Frank and as a citizen activist, I have drafted a good deal of legislation on these issues and can therefore contribute.

B: I have been involved in six school districts in four states, I have the highest of expectations for ALL students.

Candidate for House of Delegates: District 45
Incumbent
Occupation: Attorney
charnieleherring.com
info@charnieleherring.com

How long have you been an Alexandria resident? Nearly 30 years

Which Neighborhood(s) Do You Live In?
Addison Manor/Lincolnia

A: I have had the honor of serving as a Delegate since 2009. I entered public service to give back and give a voice to people who are not always heard in the halls of government. When I was a teenager, my family experienced tough economic times, and my mother and I ended up in homeless shelters for a period of time. I went to school, and my mother searched for work. Luckily, through a state education program I was able to graduate and earn a 4-year degree.

B: This candidate did not complete the questionnaire.

Candidate for House of Delegates: District 46
Non-incumbent
Occupation: Student
www.andybarker.com
facebook.com/AndyBarkerVA

How long have you been an Alexandria resident? 1.5 Years

Which Neighborhood(s) Do You Live In?
West End

A: I have been an advocate for our students and we must also continue academic improvement because of the community builds confidence in our leadership capabilities.

B: I have been an advocate for our students and we must also continue academic improvement because of the community builds confidence in our leadership capabilities.

Candidate for Delegate: District A
Incumbent
Occupation: N/A
info@andybakker.com
facebook.com/AndyBarkerVA

How long have you been an Alexandria resident? 25 years

Which Neighborhood(s) Do You Live In?

A: My experience and track record represents our community. I lead the Mosaic Center, Pentagon Row development, and offer expanded vocational and technical training. Q4: What do you think of the City’s debt? Is it too much? What do you think of the City’s budget?

B: I believe in local control. I think the City should determine how best to allocate the budget. It should not be decided by us in Richmond.

Candidate for Director of Public Instruction

Candidate for House of Delegates: District 45
Non-incumbent
Occupation: N/A
info@SeanForDelegate.com

How long have you been an Alexandria resident? 5 years

Which Neighborhood(s) Do You Live In?

A: I have been a West End resident

B: This candidate did not complete the questionnaire.

Candidate for Delegate: District A
Incumbent
Occupation: N/A
info@andybakker.com
facebook.com/AndyBarkerVA

How long have you been an Alexandria resident? 1.5 Years

Which Neighborhood(s) Do You Live In?
West End

A: I have been a West End resident

B: This candidate did not complete the questionnaire.

Candidate for Delegate: District A
Incumbent
Occupation: N/A
info@andybakker.com
facebook.com/AndyBarkerVA

How long have you been an Alexandria resident? 1.5 Years

Which Neighborhood(s) Do You Live In?
West End

A: I have been a West End resident

B: This candidate did not complete the questionnaire.

Candidate for Delegate: District A
Incumbent
Occupation: N/A
info@andybakker.com
facebook.com/AndyBarkerVA

How long have you been an Alexandria resident? 1.5 Years

Which Neighborhood(s) Do You Live In?
West End

A: I have been a West End resident

B: This candidate did not complete the questionnaire.
NOW THROUGH NOVEMBER 1

The Alexandria Film Festival is a yearly celebration of film, presenting short and feature length films of all genres from emerging and established, local and international filmmakers. Last year, the festival brought more than 60 films and 50 filmmakers to Alexandria from as far as Sri Lanka and Uruguay. All ticketed events will be held at the AMC Hoffman Theater 22, with Lee Street Central Library offering free programs to the public.

9TH ANNUAL ALEXANDRIA FILM FESTIVAL
November 6-8
Recurring daily
AMC Hoffman 22 Theater
206 Swamp Fox Rd.

Civil War Artillery Day 10:30 am - 4:00 pm
Fort Ward Museum & Historic Site
4301 W. Bradlee Rd.
Learn about the life and duties of an artilleryman from reenactors in the 1st Connecticut Heavy Artillery, a unit that was stationed at Fort Ward during the Civil War. Featured activities include an artillery equipment display, camp life scenarios and cannon firing demonstrations. Program is weather dependent. Free

Parker-Gray Community Outreach
8:30 am - 12:00 pm
Charles Houston Recreation Center
901 Wythe St.
Please drop off any or gently used clothing, children’s toys, small household items, etc. that you are willing to donate. We are also looking for a handful of volunteers this evening to help sort through and arrange donated items between the hours of 6:00 and 9:00 pm.

Parker-Gray Community Outreach
8:30 am - 12:00 pm
Charles Houston Recreation Center
901 Wythe St.
Parker-Gray community residents are invited to the Charles Houston Recreation Center to receive items that they may be in need of but unable to afford. We are looking for a small group of volunteers on this day to help facilitate the distribution of items between 8:30 am and 12:00 pm. We are also looking for a group of volunteers to haul away any uncollected items and drop them off to the Salvation Army. These volunteers will need to be available promptly at noon since there is an afternoon event.

As Was Written
8:30 pm - 10:30 pm
The Lyceum

APOTHECARY MUSEUM OPEN HOUSE
October 10
10:00 am - 5:00 pm
Stabler-Leadbeater Apothecary Museum
105-107 S. Fairfax St.
In recognition of October’s designation as National Pharmacy Month, the Stabler-Leadbeater Apothecary Museum will host a free open house. See the medicine of the past! The Stabler-Leadbeater Apothecary Museum was a family business founded in 1792 and operated in this location from 1805 until 1933. It represents one of Alexandria’s oldest continuously run businesses that combined retail, wholesaling, and manufacturing. The museum boasts a remarkable collection of herbal botanicals, hand-blown glass, and medical equipment, much still in its original location. It also has a spectacular collection of archival materials, including journals, letters and diaries, prescription and formula books, ledgers, orders and invoices. The names of famous customers appear in these documents, including Martha Washington, Helen Custis and Robert E. Lee. Free

1974 Swamp Fox Rd.
As Was Written seeks to showcase and celebrate the quality writer. Join us for an evening of prose, poetry, music, and stand-up comedy. The hardback lineup includes former book robo-turned-author Clay Turner, nationally-renowned poet Laurie Bilkic and comedic Elite toast of Real Time with Bill Maher. Complimentary wine and homemade desserts will be served at intermission. Advanced tickets are encouraged as this semi- annual event is expecting another sellout. $18 advance / $25 door

October 17
Fifth Annual Senior Law Day
8:30 am to 3:30 pm
First Baptist Church of Alexandria
292 King St.
The topic is, “Family Law for Seniors: Planning Early and Often”. Local experts will discuss the importance of planning for the future including, but not limited to legal and financial planning. For more information, contact Seniors Services of Alexandria and the Alexandria Bar Association. Call 703 636 4414 ext 110 or go to www.seniorseasales.org or register.

October 17
The Alexandria Archaeological Protection Code: Mysteries of the Waterfront
10:00 AM to 12:00 PM
Gadsby’s Tavern Museum
134 North Royal St.
Celebrate International Archaeology Day and Virginia Archaeology Month with City Archaeologist Francine Bromberg as she explains how the Alexandria Archaeological Protection Code works to preserve the City’s past. The lecture will highlight discoveries recovered and saved since the code’s passage by City Council more than 25 years ago. The talk will conclude with a look to the future as waterfront projects offer an opportunity to uncover, record, and interpret the buried layers and features that can provide insight into the City’s development on the Potomac. RSVP to archaeology@alexandriava.gov or 703-746-4399. Free

October 18, 2015
Caldron Tea
1:00 pm to 3:00 pm
Carlyle House
125 N. Prince St.
“Double, double toil and trouble /Fire burn and cauldron bubble.” What is brewing in your pot? Come to the Carlyle House Magnolia Terrace at 1:00 p.m. for a spooky afternoon tea that will be sure to cast a spell on your Halloween celebrations. This afternoon of fun will include a program on “Alexandria History and Legends,” and a craft for children who would like to participate. Tour the museum after the tea and learn about 18th century tea and drink making practices in Virginia. Costumes are encouraged. The cost is $30 per adult and $15 for children 5-12. Friends of the Carlyle House receive 10% off. Reservations and prepayment are required and can be made online: http://apec活动.comactivities/com/waxspate/ Activity.html. 50% deposit. Caution: You may also purchase tickets by calling 703-549-2997.

October 17
The Alexandria Archaeological Protection Code:

October 17
The Alexandria Archaeological Protection Code: Mysteries of the Waterfront
10:00 AM to 12:00 PM
Gadsby’s Tavern Museum
134 North Royal St.
Celebrate International Archaeology Day and Virginia Archaeology Month with City Archaeologist Francine Bromberg as she explains how the Alexandria Archaeological Protection Code works to preserve the City’s past. The lecture will highlight discoveries recovered and saved since the code’s passage by City Council more than 25 years ago. The talk will conclude with a look to the future as waterfront projects offer an opportunity to uncover, record, and interpret the buried layers and features that can provide insight into the City’s development on the Potomac. RSVP to archaeology@alexandriava.gov or 703-746-4399. Free

October 18, 2015
Caldron Tea
1:00 pm to 3:00 pm
Carlyle House
125 N. Prince St.
“Double, double toil and trouble /Fire burn and cauldron bubble.” What is brewing in your pot? Come to the Carlyle House Magnolia Terrace at 1:00 p.m. for a spooky afternoon tea that will be sure to cast a spell on your Halloween celebrations. This afternoon of fun will include a program on “Alexandria History and Legends,” and a craft for children who would like to participate. Tour the museum after the tea and learn about 18th century tea and drink making practices in Virginia. Costumes are encouraged. The cost is $30 per adult and $15 for children 5-12. Friends of the Carlyle House receive 10% off. Reservations and prepayment are required and can be made online: http://apec活动.comactivities/com/waxspate/ Activity.html. 50% deposit. Caution: You may also purchase tickets by calling 703-549-2997.

October 17
The Alexandria Archaeological Protection Code: Mysteries of the Waterfront
10:00 AM to 12:00 PM
Gadsby’s Tavern Museum
134 North Royal St.
Celebrate International Archaeology Day and Virginia Archaeology Month with City Archaeologist Francine Bromberg as she explains how the Alexandria Archaeological Protection Code works to preserve the City’s past. The lecture will highlight discoveries recovered and saved since the code’s passage by City Council more than 25 years ago. The talk will conclude with a look to the future as waterfront projects offer an opportunity to uncover, record, and interpret the buried layers and features that can provide insight into the City’s development on the Potomac. RSVP to archaeology@alexandriava.gov or 703-746-4399. Free

October 18, 2015
Caldron Tea
1:00 pm to 3:00 pm
Carlyle House
125 N. Prince St.
“Double, double toil and trouble /Fire burn and cauldron bubble.” What is brewing in your pot? Come to the Carlyle House Magnolia Terrace at 1:00 p.m. for a spooky afternoon tea that will be sure to cast a spell on your Halloween celebrations. This afternoon of fun will include a program on “Alexandria History and Legends,” and a craft for children who would like to participate. Tour the museum after the tea and learn about 18th century tea and drink making practices in Virginia. Costumes are encouraged. The cost is $30 per adult and $15 for children 5-12. Friends of the Carlyle House receive 10% off. Reservations and prepayment are required and can be made online: http://apec活动.comactivities/com/waxspate/ Activity.html. 50% deposit. Caution: You may also purchase tickets by calling 703-549-2997.
in the 19th Annual Del Ray Halloween Parade, Don your best Halloween costume and march Mount Vernon Ave., south of Bellefonte Ave. 2:00 pm

19th Annual Del Ray Halloween Parade and Real Estate 2015

BARK OR TREAT HALLOWEEN CANINE CRUISE

October 30
7:00 pm
Potomac Riverboat Company
1 Cameron Street

The Potomac Riverboat Company invites guests with a costume pup to cruise around the Potomac River on this 40-minute ride to Halloween tunes. Halloween doggie treats will be provided, as well as a photographer to capture the festivities. $16/adults, $10/children, dogs ride free

19TH ANNUAL DEL RAY HALLOWEEN PARADE

October 25
2:00 pm
Mount Vernon Ave., south of Bellefonte Ave.

Don your best Halloween costume and march in the 19th Annual Del Ray Halloween Parade, which historically has attracted thousands of participants. Awards will be given for Best Pet Costume, Best Decorated Business, Best Decorated Home, and Best Decorated Stroller. Awards will be presented in a brief ceremony after the parade, along with refreshments and goodie bags for the children. Adults, children, and dogs are all welcome to join. Free

$16/adults, $10/children, dogs ride free

OCTOBER 30
Rhythm & Roots Halloween Experience: Ancestors and Good Spirits
7:00 pm to 9:00 pm
Athenaeum
201 Prince St.

Rhythm and Roots performers will be taking us deep into the heart of the West African customs of ancestor and spirits, their wisdom, and positive influence. A mystical, experiential, and educational evening with all the thrills of Halloween spirits without the spooky. Highlights the use of the drums and bells in spiritual traditions and offers exciting drum and dance performance. $15

OCTOBER 31
In-Person Absentee Voting Deadline
5:00 pm
Voter Registration Office
134 N. Royal St.

For more information, contact Anna Unies, 703.746.4050.

OCTOBER 31
Ghost and Goblin Archaeological Site Tours
8:00 am to 2:00 pm
George Washington Masonic National Memorial
101 Callahan Drive

Amanda Rose, Alexandria Archaeology, will lead a tour through the Potomac River on this 40-minute ride to Halloween tunes. Halloween doggie treats will be provided, as well as a photographer to capture the festivities. $16/adults, $10/children, dogs ride free

OCTOBER 30
Lecture: Four Founding Men

November 2
2:00 pm
Mount Vernon Ave., south of Bellefonte Ave.

Don your best Halloween costume and march in the 19th Annual Del Ray Halloween Parade, which historically has attracted thousands of participants. Awards will be given for Best Pet Costume, Best Decorated Business, Best Decorated Home, and Best Decorated Stroller. Awards will be presented in a brief ceremony after the parade, along with refreshments and goodie bags for the children. Adults, children, and dogs are all welcome to join. Free
Zebra Press  October 2015

NOVEMBER 6

Art on Tap
7:00 pm to 10:00 pm
Art League, Inc.
105 N. Udorn St.
Local brewery craft beers are artfully paired with a work of art. Local restaurants then choose a brew/artwork coupling as their muse and create the perfect complementary appetizer. The result—a truly unique brew, bite, and artwork infused! Sample the creative combinations while listening to live music and drinking from a take-home art on tap beer tasting glass, and then vote for your favorite at the end of the event!
703-683-1780
Free

NOVEMBER 7

Soldier-Led Tours of the Fort In Honor of Veteran’s Day
10 am and 2 pm
Fort Ward Museum & Historic Site
4301 W. Braddock Rd.
Tour the historic fort with an interpreter who will portray a Civil War Veteran returning to Fort Ward and reminiscing about his army experience in the Defense of Washington. Tours begin in the Museum and last about 90 minutes each. Program is weather dependent. 703-746-4848. Free

GROWING UP IN BARNEY’S
by John C. Schoeni

No doubt Gunther® Ale. In later years, he ventured out to other brands, like Hamms® (from the land of sky blue waters). He holds the door for us. It’s a tan screen contraption that slams if you don’t watch it, then everyone in the store stops and looks around as much as to say, “Did they let them in?” It’s a warm, spring evening and Barney’s airing the place out and getting cool too.

The plain, hardwood floors don’t seem like a big deal. Who would have thought a store with wooden floors (much less a pot-bellied stove with a checkerboard in front of it, which Barney’s did not have) would conjure up memories now?

Barney’s at his usual place; one leg propped on a shelf behind the register. He’s chewing on a cigar and when he takes it out to say, “How you doin’?” it is bad for you and even I say, “O’Dwyer smile anyway even if you smoke.” But he flashes that winning smile anyway and everyone smiles back. No one knows that smoke is bad for you and even I enjoy the one-of-a-kind smell when Barney first lights up his monti stogie yielding all the sweetness it could ever yield.

Fall Fun for Families
Fall Harvest Family Days, October 24–25
Trick-or-Treating, October 30
mountvernon.org

ANIMALS!
by John C. Schoeni

I wonder how my first cousin, Dick, learned to lift 250 pounds into the air. I just arrived home from a month’s Army experience in the Defenses of Washington. Tours begin in the Museum and last about 90 minutes each. Program is weather dependent. 703-746-4848. Free

Answers
continued from page 9

• an overview of the FY 2017 budget process and some of the significant budgetary challenges currently faced by the City. After this brief overview, participants will break out into small facilitated groups to discuss budget priorities for FY 2017 and how to stay engaged in the budget process.

All Alexandria residents and business representatives are encouraged to participate on one of the dates listed below. Each meeting will follow the same format and cover the same material.

• Thursday, October 15, 7:30 p.m., Durant Arts Center, 1605 Cameron St.
• Tuesday, October 20, 7 p.m., Beatley Central Library, 5005 Duke St.
• Saturday, October 24, 10 a.m., T.C. Williams High School Minnie Howard Campus, 3801 W Braddock Rd.
• Wednesday, November 4, 7 p.m., Cora Kelly Recreation Center, 25 W Reed Ave.

These unable to attend in person may participate online at a “virtual table” established for each meeting, by using live streaming video and text chat to watch the meeting and engage with other online participants.

For more information about the budget process and engagement opportunities, including links to the virtual tables at the times of the meetings, visit alexandriasrv.gov/Budget.

continued on page 29

OCTOBER Z-VENTS

continued from page 27

Fall Fun for Families
Fall Harvest Family Days, October 24–25
Trick-or-Treating, October 30
mountvernon.org

NOVEMBER 6

A POUND OF PIMENTO BALONEY AT BARNEY’S DELICATESSEN
by John C. Schoeni

Grown ups getting off the bus in front of Barney’s, home from work in D.C., spot me with my new haircut. James A. “Dick” Schoeni, who lives at 1402 Mount Vernon Avenue, has just arrived home from Gunther’s Deli. Everyone says he’s the first to make a verbal comment. We call him Uncle Dick, but he’s my father’s cousin. Dick injured his leg around 1922 when he was playing basketball and bumped it on the radiator. He put on a black dried sock and the wound got infected. Over a long time of pain and prayer, he lost his leg but never let it get him down.

My mother and I are about to go into Barney’s when Uncle Dick’s voice stops us. “My, my, my. Boy who would have thought a store with wooden floors (much less a pot-bellied stove with a checkerboard in front of it, which Barney’s did not have) would conjure up memories now?”

Barney’s at his usual place; one leg propped on a shelf behind the register. He’s chewing on a cigar and when he takes it out to say, “How you doin’?” it is bad for you and even I say, “O’Dwyer smile anyway even if you smoke.” But he flashes that winning smile anyway and everyone smiles back. No one knows that smoke is bad for you and even I enjoy the one-of-a-kind smell when Barney first lights up his monti stogie yielding all the sweetness it could ever yield.

continued on page 29

by John C. Schoeni

Uncle Dick is on his way to Barney’s to get a “buster” or six, as he calls them. Beers.

In later years, he ventured out to other brands, like Hamms® (from the land of sky blue waters). He holds the door for us. It’s a tan screen contraption that slams if you don’t watch it, then everyone in the store stops and looks around as much as to say, “Did they let them in?” It’s a warm, spring evening and Barney’s airing the place out and getting cool too.

The plain, hardwood floors don’t seem like a big deal. Who would have thought a store with wooden floors (much less a pot-bellied stove with a checkerboard in front of it, which Barney’s did not have) would conjure up memories now?

Barney’s at his usual place; one leg propped on a shelf behind the register. He’s chewing on a cigar and when he takes it out to say, “How you doin’?” it is bad for you and even I say, “O’Dwyer smile anyway even if you smoke.” But he flashes that winning smile anyway and everyone smiles back. No one knows that smoke is bad for you and even I enjoy the one-of-a-kind smell when Barney first lights up his monti stogie yielding all the sweetness it could ever yield.

Fall Fun for Families
Fall Harvest Family Days, October 24–25
Trick-or-Treating, October 30
mountvernon.org

ANSWERS
continued from page 9

• an overview of the FY 2017 budget process and some of the significant budgetary challenges currently faced by the City. After this brief overview, participants will break out into small facilitated groups to discuss budget priorities for FY 2017 and how to stay engaged in the budget process.

All Alexandria residents and business representatives are encouraged to participate on one of the dates listed below. Each meeting will follow the same format and cover the same material.

• Thursday, October 15, 7:30 p.m., Durant Arts Center, 1605 Cameron St.
• Tuesday, October 20, 7 p.m., Beatley Central Library, 5005 Duke St.
• Saturday, October 24, 10 a.m., T.C. Williams High School Minnie Howard Campus, 3801 W Braddock Rd.
• Wednesday, November 4, 7 p.m., Cora Kelly Recreation Center, 25 W Reed Ave.

These unable to attend in person may participate online at a “virtual table” established for each meeting, by using live streaming video and text chat to watch the meeting and engage with other online participants.

For more information about the budget process and engagement opportunities, including links to the virtual tables at the times of the meetings, visit alexandriasrv.gov/Budget.

continued on page 29
BARNEY’S
CONTINUED FROM PAGE 28
has to offer. He’s concentrating on the newspaper, either reading the events of the day or making his picks at the track. I’m too little to pay attention or understand, but I think I heard the words “show and place” in his conversation with my mother. Mom asks for a pound of pimento baloney and Barney happily leaves his post to accommodate the order. He dashes to the white metal counter next to the register and slaps out a big loaf of meat. Then he turns on the motor of the meat cutter and it whirs. No holding up a slice and asking if it’s okay or asking if you want it thin or thick or if you want it for sandwiches. No gourmet shoppers here. No impure publications. No girlie magazines here. Barney’s a good Catholic, and so’s his mother always asks in front of me. “What can I get for you, Mrs. Schoeni?” “A pound of roast beef. Is it fresh?” “Yes, ma’am, came in today.” My mother always asks in front of everyone if the meat is fresh. Why, I think, would it be stale, and even if it was, would Barney say, “No, ma’am. It’s been here for over two weeks and it has a few moldy places next to them pimentos. But I am sure glad you asked for some of it because I was afraid I’d have to throw it out!”

continent on page 29

OCTOBER 2015              ThE ZEBRa PRESS
10/7/13   11:00 AM

so little public art given its reputation for art and artists. We have to keep what we have. Pope Francis concluded his recent public visit to us saying, rather low-toned but reflectively, “Pray for me. Don’t forget.” It is said that the most invisible art is public art. Appomattox: arrivals all to pray for the times ahead. Take a closer look at it the next time you’re waiting for the light to change, and witness an unforgettable masterpiece of human expression.

GUARDS
CONTINUED FROM PAGE 5

The series is “inspired” by memoirs and letters from real doctors and nurses at the hospital in Alexandria, the longest occupied Confederate city of the war. It is being shot in the Richmond and Petersburg areas. There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

GREEN family’s hotel that was seized by Union forces for use as an army hospital. The hotel/hospital was located on the North side of its base says it all, “They died in the consciousness of duty faithfully performed,” Black and white men gathered in this spot in our Old Town in 1861 to march off to war. Strange that Alexandria has

BUZZ
CONTINUED FROM PAGE 3

artifacts are displayed along the way to the voting room. And, out of respect to the Synagogue, poll workers are asked not to bring any meat products with them — no MacMuffins or pepperoni pizzas here!

I respect, support and defend my fellow Americans’ right to worship as they please, but the Alexandria elections Administrator has a constitutional responsibility to resolve this civil vs. religious conflict by reestablishing the Charles Barrett Precinct.

Maria T. Waldes Parkfairfax
If you want to weigh in on an issue, shoot an email to editor@thezebrapress.com.

OCTOBER 2015              ThE ZEBRa PRESS
10/7/13   11:00 AM

two volunteer nurses: Mary Phinney, a New England abolitionist, and Emma Green, a Confederate belle. The setting is Maison House, the Green family’s hotel that was seized by Union forces for use as an army hospital. The hotel/hospital was located on the now restored Carlyle House front lawn.

The story concerns the drama and common toils of everyday life behind the front lines of the Civil War. PBS describes it as “a fresh twist on a story that resonates with larger themes we struggle with everyday.”

The series is inspired by memoirs and letters from real doctors and nurses at the hospital in Alexandria, the longest occupied Confederate city of the war. It is being shot in the Richmond and Petersburg areas. There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

Ghost & Grey tour groups regularly stop on the lawn to talk about the hospital and Carlyle House history. Wellington Watts recalls one night when tour guide Ken Balbiana was addressing a group and felt a hand on his right shoulder. He turned but no one was there. Thinking nothing of it, he moved on.

Another guide, Kelsey Whidlock, saw that the lawn had beenvacated and moved her group into the same space. While giving her talk, she too felt a hand on her right shoulder. Again, no one was there. She didn’t give it another thought. At the end of the night, Ken related this strange incident to Wellington. He was in earshot of Kelsey, who all present say turned deadly pale. Shortly after, Kelsey moved to Hawaii.

There is no indication that the series will address the

Whether it’s the creation of an unforgettable masterpiece of human expression, or whether the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

The series is inspired by memoirs and letters from real doctors and nurses at the hospital in Alexandria, the longest occupied Confederate city of the war. It is being shot in the Richmond and Petersburg areas. There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.

There is no indication that the series will address the
demise of at least three period victims who died in Mansion House, not from war wounds but by falling or being pushed out upper story windows. By many accounts, they are still there.
SCHOOL BRIEFS

Award-Winning Author Visits St. Stephen’s & St. Agnes Lower School

The SSSAS Lower School was thrilled to welcome Eric Litwin, a #1 New York Times bestselling and award-winning author, who merges music and early literacy together. Eric had an energetic and engaging visit with students in junior kindergarten through first grade. He sang songs, read some of his books, told jokes, and taught students “The Polka-Dots Pants Dance!” His visit is part of a series of professional author visits at the SSSAS Lower School throughout the year.

Lights, Camera, SAVE!

Burke & Herbert Bank is seeking entries to the 2015 Lights, Camera, Save video competition. This competition inspires teens to learn about the importance of saving money. The Bank is offering a total of $500 in cash prizes and the top winner will be sent on to the American Bankers Association (ABA) national competition which is awarding a total of $5000 in prizes.

To participate, students ages 13–18-years-old can stop by a Burke & Herbert Bank branch or email save@burkeandherbertbank.com for an entry form and contest details through December 1. Burke & Herbert Bank will host the first round of judging and will submit one winning video to compete at the national level. Students can win up to $5000 to fund their savings goal, plus a scholarship for an educator from their school to attend the 2016 JumpStart National Educator Conference. See last year’s winning videos at LightsCameraSave.com.

Let’s Move! Active Schools National Award

To reach 60 minutes a day, physical activity offered free of charge for students K through fifth grade. Running clubs, yoga, Cross-fit, fun runs and a strong garden program that includes farm-to-table events are also offered at the school.

MAURY ELEMENTARY SCHOOL RECEIVES 2015 LET’S MOVE! ACTIVE SCHOOLS NATIONAL AWARD

Matthew Maury Elementary School has been named one of 525 schools across the United States to be awarded the 2015 Let’s Move! Active Schools National Award.

Maury was given the honor for its success in integrating an hour of physical activity into the school day, in line with First Lady Michelle Obama’s Let’s Move! initiative. Movement has been shown by educational, cognitive, psychological, medical, and behavioral research to be one of the best ways to get all children to gain control over their behavior and to engage with and retan what is being taught.

“I am extremely proud of the students, parents and staff at Maury. Keeping children active, engaged and healthy in the environment where they spend the majority of their waking hours, is a top priority for our school,” said Principal Lucretia Jackson.

To reach 60 minutes a day, physical education and recess time are supplemented at Maury with more opportunities for physical activity and psychology, medical, and behavioral research to be one of the best ways to get all children to gain control over their behavior and to engage with and retan what is being taught.

“The Let’s Move! Active Schools National Award is the nation’s top physical activity and physical education distinction for K–12 schools and we commend Maury’s exemplary work around and delivering each school a customized Action Plan, Let’s Move! Active School results in children moving for the nationally-recommended 60 minutes a day.

Maury Elementary will be provided with a banner, certificate and congratulatory letter from the First Lady to display at their school.
TRICK-OR-TREATING AT MOUNT VERNON

Friday, October 30, 3:30 p.m. - 6:30 p.m.

George Washington’s Mount Vernon opens its doors to trick-or-treaters for a spooky-tacular evening! Join Mount Vernon’s costumed cast of interpreters for a special opportunity to trick-or-treat in the historic area at George Washington’s estate. Take part in a scavenger hunt stopping at 12 locations on the estate! All trick-or-treaters are invited to join in the children’s costume parade around the Mansion at 5 p.m. Prizes will be awarded for the best “George” and “Martha” costumes.

Participate in a Halloween craft activity in the greenhouse. Listen to Halloween-themed stories in the straw bale amphitheater, enjoy colonial games and dancing demonstrations, and take a wagon ride. Watch special trade demonstrations like 18th-century wool spinning and laundry washing, in the historic area. Mount Vernon’s blacksmith shop will be open and providing demonstrations throughout the afternoon.

The Mansion house and Donald W. Reynolds Museum will be closed during this event. Tickets are required for all adults and children to attend Trick-or-Treating at Mount Vernon. Adults ($2 and above); youth: $5. Tickets are available online at MountVernon.org or in person at the Ford Orientation Center.

Mars Chocolate North America is proud to sponsor Mount Vernon’s Halloweens activities featuring AMERICAN HERITAGE™ Chocolate. This Halloween, visitors to Mount Vernon will be able to enjoy some of their favorite candy brands as well as learn the history of chocolate in colonial America. Guests will be able to touch, taste, see, and smell how chocolate was enjoyed by George Washington at Mount Vernon and have the chance to simple AMERICAN HERITAGE™ Chocolate—an authentic historic chocolate drink recipe.

ST. STEPHENS AND ST. AGNES ROCK IT’S ACADEMIC

BY MARY WADLAND

Senior Anna Godke, along with junior San Dubke and Sterling Gilliam crushed the competition on Saturday, September 19, advancing to the playoffs in March. Coached by faculty members Kara Sandowal and Dr. Roberta Klein, the sharp high schoolers will get to watch themselves on television when the show airs on October 10 on NBC4 at 10:30 am.

The show began in 1961 with the hope that it would spotlight shining stars of academia the same way other venues elevated gifted high school athletes, and it has worked. Still today, schools send cheerleaders, band mates and bands to rally their stars to victory. Oscar Bullock attended as a cheerleader when her Arlington, VA high school competed.

Recognized today by Guinness Book of World Records as America’s longest running TV quiz show, It’s Academic was tested in 1978. So who knows where the kids from St. Stephens and St. Agnes may go from here.

T.C. WILLIAMS SENIORS NAMED 2016 NATIONAL MERIT SEMIFINALISTS

Jillian Schiele, Laura Wilcox and Gareth Markel are among 16,000 other semifinalists competing for one of the more than 7,400 National Merit Scholarships worth more than $32 million that will be offered this spring.

“We want to congratulate our students on becoming semifinalists. We know the sacrifices they make to achieve this kind of success. The ability to balance academic success with participation in extra-curricular activities is remarkable,” said T.C. Williams Principal Jesse Dingle.

The three have already set high goals for college. Wilcox plans to apply for early decision to Swarthmore College in Pennsylvania; Schiele hopes to attend Indiana University’s Jacob School of Music while Mankel wants to attend West Point Military Academy in New York.

The National Merit Scholarship Corporation has also recognized eight other seniors, from T.C. Williams for their outstanding achievement. Erin Boyle, Celeste Claudio, Claire Costello, Frederick Delawie, Shanna Gerlach, Anders Jacobson, Elizabeth Tibebu and Amanda Wilcox were also recognized for their achievements.

“This is a notable achievement by our students and we want to acknowledge their success as we focus on becoming a high performing school division. We know that every student can succeed at T.C. Williams,” said Superintendent Alvin L. Crawley.

More than 1.5 million students, from more than 22,000 high schools across the country, entered the 2016 National Merit Scholarship Program by taking the Preliminary SAT and National Merit Scholarship qualifying tests. The National Merit Scholarship Corporation (NMSC) uses the PSAT/ NMSQT selection index scores to determine 50,000 high-scoring participants who qualify for program recognition. Semifinalists are the highest-scoring entrants in each state.

To become a Finalist, a Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by their high school’s principal and earn SAT scores that confirm the student’s earlier performance on the qualifying test. Additionally, the semifinalist and a school official submit a detailed scholarship application including a student essay and their participation and earn SAT scores that confirm the student’s earlier performance on the qualifying test.

Finalists will be notified in February.

ST. STEPHENS AND ST. AGNES ROCK IT’S ACADEMIC

BY MARY WADLAND

Senior Anna Godke, along with junior San Dubke and Sterling Gilliam crushed the competition on Saturday, September 19, advancing to the playoffs in March. Coached by faculty members Kara Sandowal and Dr. Roberta Klein, the sharp high schoolers will get to watch themselves on television when the show airs on October 10 on NBC4 at 10:30 am.

The show began in 1961 with the hope that it would spotlight shining stars of academia the same way other venues elevated gifted high school athletes, and it has worked. Still today, schools send cheerleaders, band mates and bands to rally their stars to victory. Oscar Bullock attended as a cheerleader when her Arlington, VA high school competed.

Recognized today by Guinness Book of World Records as America’s longest running TV quiz show, It’s Academic was tested in 1978. So who knows where the kids from St. Stephens and St. Agnes may go from here.

T.C. WILLIAMS SENIORS NAMED 2016 NATIONAL MERIT SEMIFINALISTS

Jillian Schiele, Laura Wilcox and Gareth Markel are among 16,000 other semifinalists competing for one of the more than 7,400 National Merit Scholarships worth more than $32 million that will be offered this spring.

“We want to congratulate our students on becoming semifinalists. We know the sacrifices they make to achieve this kind of success. The ability to balance academic success with participation in extra-curricular activities is remarkable,” said T.C. Williams Principal Jesse Dingle.

The three have already set high goals for college. Wilcox plans to apply for early decision to Swarthmore College in Pennsylvania; Schiele hopes to attend Indiana University’s Jacob School of Music while Mankel wants to attend West Point Military Academy in New York.

The National Merit Scholarship Corporation has also recognized eight other seniors, from T.C. Williams for their outstanding achievement. Erin Boyle, Celeste Claudio, Claire Costello, Frederick Delawie, Shanna Gerlach, Anders Jacobson, Elizabeth Tibebu and Amanda Wilcox were also recognized for their achievements.

“This is a notable achievement by our students and we want to acknowledge their success as we focus on becoming a high performing school division. We know that every student can succeed at T.C. Williams,” said Superintendent Alvin L. Crawley.

More than 1.5 million students, from more than 22,000 high schools across the country, entered the 2016 National Merit Scholarship Program by taking the Preliminary SAT and National Merit Scholarship qualifying tests. The National Merit Scholarship Corporation (NMSC) uses the PSAT/ NMSQT selection index scores to determine 50,000 high-scoring participants who qualify for program recognition. Semifinalists are the highest-scoring entrants in each state.

To become a Finalist, a Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by their high school’s principal and earn SAT scores that confirm the student’s earlier performance on the qualifying test. Additionally, the semifinalist and a school official submit a detailed scholarship application including a student essay and their participation and earn SAT scores that confirm the student’s earlier performance on the qualifying test.

Finalists will be notified in February.
GORGEOUS AUTUMN

You don’t need to look at the calendar to know the seasons are changing. Just take a look outside. Nothing puts you in the mood for hot cider and pumpkin pie more than a sugar maple in full fall foliage. Maryland may not share New England’s foliage fame, but we’re no shrinking violet for autumnal color. All around us, woodlands are starting to shed green for yellow, gold and red. The beauty of Nature is a colorful science.

Throughout the long days of spring and summer, plants absorb water and carbon dioxide which sunlight turns into oxygen and glucose, a process known as photosynthesis. Choose a Virginia sweetpump. These outstanding native shrubs are covered with fragrant white flowers in July and their brilliant reddish-purple fall color lasts for weeks. A landscape workhorse with excellent year-round color is nandina. The largest variety “Heavenly Bamboo” is multi-colored with its light green, yellow and red leaves. Its clumps of small white flowers give way to bright orange-red berries lasting well into winter. Compact varieties like “Gulfstream” and “Obsession” don’t have showy berries but their tri-colored leaves become more vivid in the fall. “Firepower” — the smallest nandina — gets its name from its siren red foliage. Viburnums are hefty shrubs with showy late spring flowers and deep green summer foliage that turns crimson in the fall — with deep purple berries that are lovely to the eye…and even lovelier to the palate. The hydrangea is a sprawling, large-leaved, white-flowering hydrangea that turns yellow, red and burgundy in the fall. For pure berry delight, choose a winterberry with its bright orange-red berries that persist right into Thanksgiving. But remember that these are not self-pollinating — the females produce the berries and they need a male pollinator planted nearby.

Complete your autumn landscape with any number of fall-blooming perennials. Sedum thrives despite neglect — and its late summer flowers last well into fall. The rosy hues compliment the deep red and burgundy fall foliage from surrounding shrubs and trees. Create vivid contrast to deep fall color with the bright yellow flowers of goldenrod.

This lovely perennial is often mistaken for the sneezing-inducing ragweed — they bloom at the same time and are both yellow. But that’s where the similarity ends. Another perennial that competes for traditional fall hues is Russian sage. Prolific blue flowers atop silver foliage of this semi-evergreen garden staple. It looks great planted with just about everything.

Ornamental grasses are all in full fall feather. White plumed miscanthus, purple tinged pennisetum, or frothy pink muhly grass are all great choices for a fall landscape. An added plus is that winter interest, just cut them back in March to allow for healthy new growth later in the year. Add panises, mums and a few notord pumpkins - and put the cider on the stove. Fall has arrived on our doorstep.

BARNEY’S

Continued from page 29

wife, Pat Rang O’Dwyer, and his son Thomas and daughter Monty. They’re parishioners at St. Rita’s Church on Russell Road. Anyone would blush to think of such a thing. There’s always opening the cooler and Barney’s Put your things at the edge of the counter and Barney will keep them separate. Most people only get a few things anyway this time of day.

The bill comes to $2.25. No mention of sales tax. No credit cards or waiting for approval. No sliding debit cards in a machine. No checks. No personal accounts that we know of — just cash and carry. Cash on the barrelhead. Ringing up quick and the groceries are in a brown paper bag (Barney calls it a sack) and you’re out of there for the walk home. It’s a nice evening for a walk and my mother still takes my hand crossing the street. When you’re five you think you’re a big man, but you aren’t. We decide to turn right this time on Monroe at the Safeway® parking lot. We pass the D’Elia house across the street. I go to St. Rita’s with their daughter Maria. Then there’s the little church with the hand and finger pointing to the sky — the Hand to Heaven Church. A left on Wayne Street and past Tooker’s Store. We walk quickly. We don’t want Tooker to think we’re tramps buying at Barney’s. When Tooker’s was only a few doors down from our house. We pass the Rang’s house and the elderly Mrs. Rang is in her bed by the picture window waves to us. The Butler house. Mr. Butler is a switchman at Potomac Yards but likes to work outside of an area. If you want to skip the colorful autumnal display of their own. Most of us are familiar with the winged elms — or “Burning Bush” — its red foliage common in our area. If you want to skip the colors of fall, choose a Virginia sweetpump. These outstanding native shrubs are covered with fragrant white flowers in July and their brilliant reddish-purple fall color lasts for weeks. A landscape workhorse with excellent year-round color is nandina. The largest variety “Heavenly Bamboo” is multi-colored with its light green, yellow and red leaves. Its clumps of small white flowers give way to bright orange-red berries lasting well into winter. Compact varieties like “Gulfstream” and “Obsession” don’t have showy berries but their tri-colored leaves become more vivid in the fall. “Firepower” — the smallest nandina — gets its name from its siren red foliage. Viburnums are hefty shrubs with showy late spring flowers and deep green summer foliage that turns crimson in the fall — with deep purple berries that are lovely to the eye…and even lovelier to the palate. The hydrangea is a sprawling, large-leaved, white-flowering hydrangea that turns yellow, red and burgundy in the fall. For pure berry delight, choose a winterberry with its bright orange-red berries that persist right into Thanksgiving. But remember that these are not self-pollinating — the females produce the berries and they need a male pollinator planted nearby.

Complete your autumn landscape with any number of fall-blooming perennials. Sedum thrives despite neglect — and its late summer flowers last well into fall. The rosy hues compliment the deep red and burgundy fall foliage from surrounding shrubs and trees. Create vivid contrast to deep fall color with the bright yellow flowers of goldenrod.

This lovely perennial is often mistaken for the sneezing-inducing ragweed — they bloom at the same time and are both yellow. But that’s where the similarity ends. Another perennial that competes for traditional fall hues is Russian sage. Prolific blue flowers atop silver foliage of this semi-evergreen garden staple. It looks great planted with just about everything.

Ornamental grasses are all in full fall feather. White plumed miscanthus, purple tinged pennisetum, or frothy pink muhly grass are all great choices for a fall landscape. An added plus is that winter interest, just cut them back in March to allow for healthy new growth later in the year. Add panises, mums and a few notord pumpkins - and put the cider on the stove. Fall has arrived on our doorstep.

John C. Schoeni is a retired writer, artist, cartoonist, Graphic Manager and sign man. John is a native Alexandrician who heads up a Facebook group. “Our Past. GH, Del Ray & Alex.” He and his wife Linda live in North Carolina with their two children.

Nelson Avenue and get ready for dinner. I know Barney’s pimento baloney and any other lunch meal will not be on the menu at dinner time. So I can only long for lunch tomorrow when I will have a pimento baloney sandwich with all the trimmings. I always wish now when I walk down Memory Lane that the delicatessen was still there after all these years.
On several levels, literally, the astounding Mansion on O is something to be experienced. It’s a mesmerizing and unforgettable cross between, say, the Rock and Roll Hall of Fame and Alice’s Wonderland. With maybe a dose of Downton Abbey thrown in, given in aura of grandness and formal majesty. And who knows what spirits may be wandering through the catacomb-like space.

As you carefully yet excitedly navigate the five floors, the over 100 rooms, sometimes via one of the Mansion on O’s 70 secret doors, you notice that nearly every open space is overflowing with everything from kitschy assorted trinkets to priceless art and music collectibles. You climb the meandering tight staircases (or use the mirrored elevator) and discover eclectic and stunning guest rooms like the Log Cabin room replete with a fish tank in the headboard, or the John Lennon Room with one of his guitars and his art everywhere. Maybe you wander into the Beatles billiard room with the rare Yellow Submarine juke box, or come upon the elegant sitting room with the uncommon acoustic bass.

Hey, what was that I just passed? Just a guitar signed by a dozen of the biggest rock stars of all time, ya know, Richards, Beck, Clapton, Guy, Young, etc. Oh yeah... and nearly everything in the place is for sale. And they have cool rock concerts. No, I’m not kidding. There are very few places you come across that live up to the moniker “you’ve never seen anything like it.” The Mansion on O near Dupont Circle in Washington is one of those places. An astoundingly unique series of five interconnected town houses, yes, on the one hand it is a music and curio collector’s paradise — items on display as you wander the massive space include a John Lennon letter he wrote to his laundromat, Bob Dylan & Bruce Springsteen signed guitars from their Hall of Fame inductions, original sculpture by Frederick Hart, all three signed Lord of the Rings film scripts, the list goes on.

But it is so much more than that — it’s also a high end B & B with the most unique guest rooms in town, a magical event and meeting space, and last but not least, the home of the O Street Museum Foundation that curates the collection and also serves to enrich the arts in different and unique ways.

I mean, this is one incredible place that, like the structure of the Mansion itself, is special on a number of levels.

Owner H.H. Leonards is the main reason the Mansion on O exists, it was her dream and her vision, and because of her passion and the subsequent magic of its contents, it remains...
Do you need interior railings help?

W.J. Walters
Oak Railings
Interior railings for NoVa since 1985
www.facebook.com/handrails
jacksonwalters540@gmail.com
540-226-2577 cell
Feel free to call, email, or text Free estimates of course

Kabbalistic Healing is an alternative to psychotherapy that uses a model of the human psyche that is derived from Kabbalah, Jewish Mysticism that has been used for centuries for achieving wholeness.

It is a transformational process that teaches us that we are whole in our brokenness and allows us to love and respect our true self.

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

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

Residential & Commercial Electrical Service
Class A VA Contractor · Licensed/Insured
Free ESTIMATES
We install
FULL HOUSE GENERATORS

Call 703.314.1287
info@AllegroLLC.net

Patrick Healy
202-497-2997

“By way of nourishment, not by way of knowledge.” — Rabbi Isaac the Blind

Anne Alden
Kabbalistic Healer

Need an Old Fashioned Handyman?

Serving Alexandria for Over 20 years
No Job Too Small
Garden work • Painting • Carpentry • etc.

Patrick Healy
202-497-2997

UPGRADE TO THE BEST LOCKING PLIERS. ORDER ONLINE AT WWW.AUTOGRIP.COM OR BY PHONE AT 1-800-888-5793.

Proud Sponsor of the Service Directory
Need Help Around The House?

- Firewood
- Tree Removal
- Pruning
- Snow Removal
- Seeding & Spraying
- Home Improvements
- Mulching
- Stump Removal
- Pressure Washing
- Landscape Design
- Fall & Spring Cleanup

FREE ESTIMATES

Mention THIS ad for a 10% Discount!

Red line
Outdoor Services
Fully Insured
540-937-5868 Voicemail • 804-402-2792 Cell

Call Megan at 202 270 3654
or email at megan@thegotogirlsinva.com

What would you do if you had more hours in the day? Find out by calling us. Whether it is for the smaller things such as grocery shopping, trips to Costco, and picking up your drycleaning, or larger tasks like home organizing, party planning, and relocation services, we can handle it! We look forward to helping you add more hours to your day. Just think of us as an extra you!

The Go To Girls are here to help you navigate the time challenges of modern life.

Call For A Free Estimate!
703-706-0455
Ask about our special discounts for Zebra readers

MICHALIGA MASONRY

Historic Renovation & Artisan Stonework

Award-winning mason with over 30 years of experience.

Specializing in
Custom Masonry
Brick Work • Point Up
Restoration
Patio & Water Gardens

Former head mason of the Architect of the Capitol from 1989-1996
All work done by Tom, no subs.

202-544-4484 • 202-257-8957
www.michaligamasonry.com
Free Estimates • Reasonable Prices
Licensed • Bonded • Insured

YOUR AD Should be HERE

CALL US TODAY to become part of our SERVICE DIRECTORY
703-919-7533

Heaven's Best
Carpet Cleaning
CARPET
UPHOLSTERY
ORIENTAL / AREA RUGS
HARDWOOD FLOORS

Call Megan at 202 270 3654
or email at megan@thegotogirlsinva.com

MICHALIGA MASONRY
by far one of Washington’s most special attractions, yet still one of its best kept secrets. Leonard’s husband Ted Spero hears when he speaks of the long road he has hoed to get the Mansion to where it is today.

“In her brain, she pictured this place,” Spero said. “And H created the house, there was a purpose, and the purpose is she wanted to create a space where people could be themselves and feel at ease. So she’s got out of themselves, forget about who you are. That’s why she put in secret doors. She didn’t have to get that much credit, took out all the cash advances she could, she found the one house here with a side garden, and it was close, perfect in her mind, they were actually going to sell it to someone else, they had a better offer. But when she explained what she wanted to do, to make it a bigger thing, they really wanted to sell it to her.”

Spero recollects a moment when if not for the generosity of a stranger, the Mansion might not exist.

“I was on an airplane going from New York to DC, sitting next to what seemed to be a homeless guy,” Spero said. “She started talking to him, she was kind of short for the door payment, and when she got off the plane, she had a check for $4,000. She said, ‘What’s the address, I’ll see you in two years.’”

Mr. Spero is a retired Navy Captain, Naval Academy graduate, sometime actor, sculptor, pick-up soccer player, playwright, screenwriter, and his wife Pamela are former resident of Alexandria and currently live in Connecticut where the owners a B&B.

MANSION

CONTINUED FROM PAGE 33

BAD MOON RISING

BY MARCUS FISK

October 13th marks the 240th anniversary of the U.S. Navy. Throughout its long history the Navy has maintained a tradition that each year on the anniversary of the Revolution from the days of sail, it is the tradition of identifying that individual on watch who is in charge of giving commands to the helmsman whom what is underway at sea. That individual is said to have “the count.”

On Monday, September 28th the moon expanded in audience beyond its regular enthusiasts and astronomers to include most of the Earth’s inhabitants who tuned in to observe the “Blood Moon” – the first occurrence of its kind in 33 years. The moon’s beautiful, almost magical transformation on the heels of the triumphant, inter- denominational, and uplifting visit of Pope Francis to the U.S. lightened my spirit and softened my heart in increasingly skeptical and chilling direction. Coupled with Speaker John Boehner’s surprise resignation announcement and his reasons why, my mind pondered the strange and astonishing coincidence of these forces converging, creating a tipping point of unrepresented optimism for our country and the world.

I remembered it was only a week ago that the news was filled with images of boat people wading shore unto any European beach they could find. Hundreds of thousands of refugees, especially from Syria, fleeing the ravages of war from both sides – ISIL and the “legitimate” government of Syria – only to be scrambled out of everything they had saved over the years by “entrepreneurs” living off the pain and misery of the unfortunate. Thousands upon thousands of refugees pouring into Europe looking for anything other than the chaos that has been their existence for the past four years and many dying en route without reaching the shores of tranquility. Now the leaders of Europe are trying desperately to handle the myriad of logistical issues dealing with hundreds of thousands of displaced people, the largest humanitarian refugee crisis to hit that country since the end of World War II.

I hoped that the Pope’s comments to the Congress, and the U.N. would help bring about a commitment to solving the crisis.

That evening I also watched Charlie Rose conduct a deft and pointed interview with the Eastern-European most-interesting-man-in-the-world wannabe – Soviet President, former Premier, former KGB, bare-chested equestrian, and all-around ladies- man – Vladimir Putin. Although I have long considered Putin to be a character on history (look it up – all definitions apply), this was the first time ever I thought he made some cogent, articulate, thoughtful remarks. However, all that changed the next day.

Being a total guy, I turned on the television and with the artful dexterity of a millennial, switched the channel multiple times and landed on the Weather Channel. They reported that Joachim went from being a tropical storm to a full-fledged hurricane. I watched and listened to the usual blah-blah-blah of reporters/meteorologists hashing the pros and cons of the U.S. ‘model’ versus the European ‘model’ of storm track predictions while they ran footage of cars floating away in Faquier County and homes running with the current down streets out in Southwest Virginia.

Over the years, I have been stunned to see Wolf, Christiane, Brooke, Ashleigh, and scores of talking heads from every department, agency, and think tank affiliated with the government carry-on incessantly about the employment of Russian fighter aircraft in Syria and their role in the Middle East and the regime of Syrian President Bashar al-Assad. I reflected on how absolutely insane that the Middle East has become in my lifetime. We have spent the last 35 years since President Carter declared “…an attempt by any outside force to gain control of the Persian Gulf region will be regarded as an assault on the vital interests of the United States,” and it is to be “repelled by any means necessary.” His intent was to dissuade the then Soviet Union from attempting to increase in sphere of influence.

Then the big moment came. The entire news media was focused on the U.S. Secretary of Defense, Ash Carter, as he came to the podium at the Pentagon for a conference. I wanted to hear our voice of Mars tell the Russians to ‘pack sand’ – knock it off and get the hell back in their little corner of the world – and tell Assad that he better keep looking over his shoulder because a whole bunch of countries – some 60 all told – would be coming for his scalp any day now.

Secretary Carter issued a few words of bland general condemnation about Russians in Syria then he discussed the importance of the U.S. pursuing a diplomatic resolution to the Syrian crisis. His next major talking point was the importance of the 2016 DoD budget削减, insisting that we need to avoid a shutdown, and women being admitted into the ranks of U.S. Special Operations Forces.

I was dazed wondering what the hell happened to the country – and the world – I lived in. Just a day earlier all was right with the world – or at least as right as it could be. Now, the Secretary of Go-Kick-the-Door-Down- and-Fix-it had delivered a carefully crafted speech that I had White House Advisors (read: “Attorneys”) all over it, plus a little note to Ash Carter to stay in his own sand box. With all the natural and man-made disasters that werebrewing, spewing, or exploding all over the world I couldn’t stop wondering – who’s got the gun? I switched on the radio to an old station and a CCR song was playing. Like Pope Francis and the lunar eclipse, I heard the stratos of an all-familiar tune from my high school days. They seemed especially prescient:

I see the bad moon rising. I see trouble on the way. I hear hurricanes a-blowing. I see one eye is taken for an eye. (Chorus)

I hear hurricanes a-blowing. (Chorus)

Hope you got your things together. You hope are quite prepared to die. I hear hurricanes a-blowing. (Chorus)

I was living in a place that I lived in. Just a day earlier I sat dazed wondering what the hell was going to be with the university, with the normal run of tour hotels. And through those musical connections, musicians themselves have found the Mansion to be a magical haven where they can marvel at their surroundings and concentrate on their craft while they get away from the noise of the normal run of tour hotels. In fact, the musicians who stay there are encouraged to grab and play with a group of themed-instruments strewed about the place. Spero said he has stayed up until the wee hours

Continued from page 33

Cont. on page 42

Mansion.

CONTINUED PAGE 42

October 15, 2015

TERRA PRESS
WHAT TO DO WHEN YOU GET IN THE DOOR

BY MIKE SADE

Once you have done your research and have identified your target agencies you will need to reach out and find the right people to meet. Once you get your “foot in the door” and a meeting is scheduled there are some important tips to remember.

First you must realize you are not the first company to meet with them and they are probably accepting the meeting because it is part of their job. You may only have thirty minutes to an hour to meet. Having done your research you know what they buy, what challenges they face, and how they buy. Your challenge is to peak their interest. How do you do that?

Second, you should have a presentation prepared that includes a brief history of your company including your business size, any socio-economic status (Small, Minority, Woman-owned, Veteran, or Service Disabled), and a client list. This part of the presentation should focus on outcomes you have demonstrated with clients similar to the agency/ individual you are meeting.

In terms of outcomes they should be focused on cost, schedule, customer satisfaction and all be related to what you learned about the agency and the issues they face.

Third, you must make the meeting a conversation about your accomplishments and how you believe you can help the agency. During the conversation you need to ask probing questions leveraging the knowledge you have gained from your earlier research. Questions such as: Who is helping you with the issues you face? What are you looking for in a solution? What performance metrics do you use? What is your time frame for solving your problem?

Finally, make sure you leave with a sense of who are the right individuals to follow-up with that you can have further discussions. This can include technical leads or the contracting office. Make sure you follow-up with any action items you may get from the meeting. These may include providing additional detail on a project you performed, a whitepaper on how you would approach a specific problem, or other clients they can contact to see how they handled a similar problem.

Generally you will know when you leave the meeting if you peaked their interest in your company and if that agency holds promise for future business. Don’t be discouraged if you have a sense there is interest in what you are offering the agency. Learn from the meeting. Are there other organizations and contracts that are facing similar situations that you may want to research and meet.

I welcome feedback and questions on additional topics on doing business with the government you would like to research and meet.

Brought to you by Sade Associates, LLC

www.sadecoalcl.com

RESTLESS AT HOME

BY GEORGE FREDERICK

A few months after retiring, I became restless at home. After 25 years as a diplomat and civil servant, I was ready for a change of pace, yet not willing to stop contributing to my community. An internet search brought me to RSVP Northern Virginia, a program geared to putting retired professionals back to work serving the community.

RSVP was a good fit for me. The opportunities suited my skills. Volunteering in Alexandria, my hometown, was important to me. Belonging to my community has always been about serving.

In Alexandria, RSVP is hosted by Volunteer Alexandria, a local volunteer center that links volunteers with opportunities in Alexandria, and I found a perfect position with Volunteer Alexandria. Now I help write stories for the newsletter, local papers, the website, as well as particular projects. I’ve gotten to know Volunteer Alexandria and their partners and learned their work was all around me. Their influence is dynamic and reaches all corners of Alexandria.

Although I am retired, I have a school-aged daughter who demands a good deal of my time. It was important for me to find a way to volunteer around her schedule. Volunteer Alexandria gives me that flexibility.

This year I handed out emergency preparedness kits to schoolchildren and helped other retirees built successful resumes to launch the next phase of their lives. Every month RSVP contacts me with opportunities. It is fun to work with people with similar interests and experience.

If you know of a spot where a box would be a nice addition, please let us know by emailing editor@thezebrapress.com or sending us a note at 2331 Mill Road, Suite 100, Alexandria, VA 22314.

BROWN BOXES

- Torpedo Factory, at entrance of building 203
- Visitors Center, 200 block of King
- Courthouse, 500 block of King
- Washington and King, on corner of Francesca
- 1700 King, in front of Hilton
- Alfred and King, in front of Bittersweet

If you know of a spot where a box would be a nice addition, please let us know by emailing editor@thezebrapress.com or sending us a note at 2331 Mill Road, Suite 100, Alexandria, VA 22314.
Marking History

BY MARY WADLAND

Located at 3436 King Street this marker celebrates Episcopal High School which was founded in 1803 as the first high school in Virginia. The Rev William N. Pendleton and three assistant heads initially taught 35 boys at the boarding facility which occupied 80 acres of land. It was originally known as The Howard School, from its location at the site of an earlier school. It became known affectionately as “The High School”. The central administration building, Hoxton House, dates to around 1805, built by Martha Washington’s eldest granddaughter, Elizabeth Parke Custis Law. In 1840, Episcopal’s student body tripled in size to accommodate more than 100 boys. It continued to grow until the Civil War, when it closed immediately after Federal forces occupied Alexandria. Some 500 students served as soldiers in the war, many like Rev. Pendleton (who became a Brigadier General) for the Confederacy. For the next five years, school buildings served as part of a large hospital for Federal troops. Port Walt Whitman served as a nurse in the hospital.

Reopened in 1866, the school initiated a modern academic curriculum and revered honor code as well as pioneered interscholastic sports in the South, including football, baseball, and track. EHS competes in one of the oldest consecutive high-school football rivalries in the United States.

Beginning in 1900, every fall the Maroon and the Woodberry Forest Tigers have competed on the football field. The location of the game alternates each year.

In 1991, Episcopal began a transition to coeducation by enrolling its first 48 girls, a group commonly referred to as “The First 48”. The first coeducational class graduated in 1993.

Today, the School has an enrollment of 435 students, 45 percent of whom are girls. The school is 100-percent boarding and is one of four only all-boarding schools in the United States and the only one located in a metropolitan area.

As America emerged as a nation in the late 18th and early 19th century, Gadsby’s Tavern was the center of social and political life in Alexandria as well as the new Federal City of Washington. The tavern served as the premier place to eat, drink, and socialize; as well as tavern inspired food, including George Washington and his guests to eat, drink, and socialize; as well as tavern inspired food, and their accommodations were known as the best by travelers near and far. Today, the tavern continues the tradition of opening its doors to the community through a variety of special events.

Gadsby’s Tavern Museum is located at 134 North Royal Street in the heart of Old Town Alexandria and is owned and operated by the City of Alexandria. For more information, please call 703.746.4242 or visit www.gadbystavern.org.
The Dark Ages', a time when both teams regularly had losing seasons. Sure, you went to games, you cheered for the team, but, you knew who was usually going to win the game, and quite often is was not our home teams. You enjoyed going to games, but you were resigned to watching the Senators and Redskins lose on a regular basis.

Things changed, briefly, when Ted Williams turned the 1969 Washington Senators into winners, posting more wins than fans at RFK Stadium expected. The 1969 Major League Baseball All-Star Game was also played at RFK that summer and everything seemed, ever so briefly, like 'happy days would be here again', with Teddy Ballgame at the helm of our home team. Teddy had fans hopped up and they couldn't get enough of what they hoped the ball club could become, winners.

At the same time a very famous Hall of Fame football coach left the frozen tundra of Lambeau Field in Green Bay, Wisconsin, no head to Washington to take over a perennial losing franchise, the Redskins. Vince Lombardi had fans hopped up and they couldn't get enough of what they hoped the ball club could become, winners.

Lombardi seemed like a leader who was able to grab hold of fans. The Redskins, with Williams, were as if Lombardi was both head coach and broadleader. You loved his hype.

In 1969, if you were a Senators and Redskins fan, you were on 'Cloud Nine'. What could possibly go wrong, right? In two years, the Senators, along with Ted Williams, left town for Arlington, Texas; and in the following year Vince Lombardi tragically battled cancer and sadly passed away only after briefly being at the helm of 'The Burgundy and Gold'.

In the Seventies, George Allen came to town, and much like Vince Lombardi, he focused the Redskins on the drive to win with 'The Future Is Now'. Sure it was all hype, but it worked; as the Redskins won a lot of games during Allen's tenure, most of which set him up to be inducted into the Pro Football Hall of Fame in August of 2002. George Allen was one a man one hype machine and everyone loved him.

The Baltimore Bullets moved to Landover, Maryland in 1974 to become the Capital Bullets, along with the National Hockey League's expansion franchise, Washington Capitals, where both shared digs at the then newly-built Capital Centre.

The hype was strong as Washington had transcended into becoming a four-sport town, as so many transients

in the D.C. area root for their own 'home teams', sometimes making the home venue seem as if it were 'home' for visiting teams. It was so bad, in that regard, that the Washington Bullets regularly pitched ads of players from visiting teams who were coming to the Cap Centre, instead of highlighting their own players.

And the Caps were so bad on the ice in the late Seventies and early Eighties that fans stayed away from the Cap Centre, so much so that Abe Pollin threatened to sell, dishab, or move the team. Caps fans rallied with a 'Save The Caps' campaign, buying season tickets and literally 'saving' the franchise.

All-in-all, politics aside, D.C. area sports fans have had to endure more losing seasons, overall, with all of our local teams, than many other cities who also have Major League Baseball, National Football League, National Basketball Association, and, National Hockey League franchises in their towns.

Today we live in an Internet 24/7 news cycle where the world continuously seems to be spinning out of control, with war, disease, murders, among a host of untold natural disasters, and some of us turn to sports as a diversion, as a way to briefly 'get away from the madness', to isolate ourselves, if even for a short time, in a 'Nevilleland' experience, a place far, far away from it all.

Despite our local sports teams continuously hyping up their fans to flock to their games, we have to live with the
ALEXANDRIA KATHLEEN BAKER

Kathleen Baker, performing artist and educator, is a star in Alexandria’s cultural constellation and a 2015 Living Legend of Alexandria.

By what luck did such talent come to Alexandria? Baker, originally from York, Pa., attended the University of Pittsburgh on academic scholarships majoring in French and German with a minor in Art History. She had planned to work in France as an English teacher through the York and Arles Sister City program. Her plans were derailed by the recession of 1974 and she moved to Washington, D.C. instead.

In her early years in the D.C. area, Baker worked for the American Association of University Women, the National Endowment for the Humanities, The Alliance for Voluntarism and the George Washington University.

Baker was a founder of Philomela, Alexandria’s chamber consort, in 1974. Through the recommendation of John Douglas Hall, brother of a Philomela colleague, she began interpretation work as “Maidservant Kathleen, Humble Servant” at Gadsby’s Tavern.

Baker initiated research into the lives of early American women and musical life and was invited to “reside” as volunteer at Alexandria historic sites. In 1986, with encouragement from Monta Lee Dukin, Gadsby’s Tavern museum director, she created “Publick Table,” a one-woman show and “The Opera Project,” a professional nonprofit, whose debut production was The Peas

Soldier, a favorite ballad opera of George Washington.

Encouraged by critical acclaim and successful collaborations with fellow arts organizations in cutting-edge works, the company evolved its repertoire and name to “Opera Americana.”

Opera Americana produced ten full productions—solos, chorus, orchestra, sets, lights and costumes—at the George Washington Masonic Memorial, the Ernst Theatre at Northern Virginia Community College and at the Lyceum, Alexandria’s history museum, with runs outs to Annapolis and Pittsburgh, and education projects including students of Deborah Madsen at Triangle Elementary in Triangle, Virginia.

With its own organizations’ heightened struggles for funding and the search for a permanent home unfulfilled, Opera Americana drew down its productions. Its final project in 1996 was a collaboration with District Curators to advance Anne LeBaron’s jazz opera based on the Orpheus myth with an excerpt performed at Carter Barron Amphitheatre.

The contributions of Opera America to the field of American opera are unique — a professional company in the nation’s capital, employing regional artists and presenting repertoire from the Federal era in historic sites, as well as cutting-edge and world premiere productions by American composers.

Baker also directed operas for the Shenandoah Conservatory at the Kennedy Center’s Terrace Theater, for Adas Israel Congregation at the George Washington University Lischer Auditorium and the Washington Symphony Orchestra at DAR Constitution Hall, the latter with the notables Victor Borge conducting Mozart’s The Magic Flute.

Kathleen Baker’s work as a solo performing artist and educator is distinguished by her celebration of the common person’s perspective, her use of cutting-edge and world era in historic sites, as well as primary and specific local sources for her programs and the quality of vocal performance. She has the capacity to create a place and time for the audience. Her energy, verbal dexterity and humor inspire enlightenment and laughter.

Hearing Baker’s performance in French for a 1988 visiting delegation from Caen, France, then Mayor Jim Moran asked her to work with French teacher Shirley Greenwood to develop a Sister City relationship with the Normandy regional capital. Appointed to the new Alexandria-Caen Exchange Committee by Council, she chaired the group from 1990 to 1994 and accompanied Mayor Paty Ticer to France for the signing of the twin city accords.

She performed and travelled on behalf of Alexandria and Virginia tourism locally and on missions to Japan, England, France and Germany. Her work was entirely self-funded throughout her intercultural service.

Baker created one-woman performances for both historic sites and private sector clients on the East Coast. She wrote a workshop book and trained docents in historic interpretation in the Washington region, including Mount Vernon Estate and the Maryland Hall of Records. She represented Alexandria and the Commonwealth on tourism development missions to Japan and Europe.

From 1997 to 2008, Baker brought her love of music, history and children to the Alexandria City Public Schools and until 2010 to Arlington County Schools. As a General/Vocal Music teacher she brought her relationship with Washington National Opera to George Mason Elementary School to inspire students to create original operas. Fourth grade students, with added resources from Alexandria Archaeology and the City Poet Laureate, created opera to demonstrate their understanding of the American Revolution, the Civil War, and Reconstruction.

The children studied the Gadwin record, visited the excavations and conversed with...
OCTOBER PUZZLERS

Just Saying...

Across
1. Potato
2. River slot
3. 8 of movie
4. Kitchen gadget
5. Squares things
6. Biblical high price
7. Galilei Wosunam
8. Bosphorus’s “Moonlight"
9. Able to come and go as one wishes?
10. Poi source
11. Life story, in brief
12. Barley brew
13. Crime cookie
14. Sponges, usually
15. Dashed
16. Holy ones (Abbr.)
17. French romance
18. Greek god of love
19. Football goals (Abbr.)
20. Toward shelter, nautically
21. Collides with
22. Joker, e.g.
23. One ___ time
24. Caterpillar hairs
25. King
26. New Zealand parrots
27. Circle meas.
28. Modus operandi of Hawaii’s Mauna ___
29. Ancient colonnade
30. Dashing graphics
31. Opportunities? One wishes?
32. Voice vote
33. Chocolate cookie
34. Dashed
35. Voice vote
36. One ___ million
37. Ancient colonnade
38. Improvised
39. Golden rule word
40. Viña ___ Mar, Chile
41. Motel employee
42. Musical Yoko
43. Soft shoe
44. Dairy case item
45. Heartbreak House writer
46. Bowl over
47. Opposite of 59
48. Opposite of 59
49. Kind of support
50. Catch sight of
51. Opposite of 59
52. Watch out!
53. Opposite of 59
54. Brussels sprout
55. Unforeseen crisis
56. Soft shoe
57. Vocal vote
58. Ancient colonnade
59. Ancient colonnade
60. Ancient colonnade
61. Ancient colonnade
62. Ancient colonnade
63. Ancient colonnade
64. Ancient colonnade
65. Ancient colonnade
66. Ancient colonnade
67. Ancient colonnade
68. Ancient colonnade
69. Ancient colonnade
70. Ancient colonnade
71. Ancient colonnade
72. Ancient colonnade
73. Ancient colonnade
74. Ancient colonnade
75. Ancient colonnade
76. Ancient colonnade
77. Ancient colonnade
78. Ancient colonnade
79. Ancient colonnade
80. Ancient colonnade
81. Ancient colonnade
82. Ancient colonnade
83. Ancient colonnade
84. Ancient colonnade
85. Ancient colonnade
86. Ancient colonnade
87. Ancient colonnade
88. Ancient colonnade
89. Ancient colonnade
90. Ancient colonnade
91. Ancient colonnade
92. Ancient colonnade
93. Ancient colonnade
94. Ancient colonnade
95. Ancient colonnade
96. Ancient colonnade
97. Ancient colonnade
98. Ancient colonnade
99. Ancient colonnade
100. Ancient colonnade
101. Ancient colonnade
102. Ancient colonnade
103. Ancient colonnade
104. Ancient colonnade
105. Ancient colonnade
106. Ancient colonnade
107. Ancient colonnade
108. Ancient colonnade
109. Ancient colonnade
110. Ancient colonnade
111. Ancient colonnade
112. Ancient colonnade
113. Ancient colonnade
114. Ancient colonnade
115. Ancient colonnade
116. Ancient colonnade
117. Ancient colonnade
118. Ancient colonnade
119. Ancient colonnade
120. Ancient colonnade
121. Ancient colonnade
122. Ancient colonnade

Down
1. Ancient colonnade
2. Ancient colonnade
3. Ancient colonnade
4. Ancient colonnade
5. Ancient colonnade
6. Ancient colonnade
7. Ancient colonnade
8. Ancient colonnade
9. Ancient colonnade
10. Ancient colonnade
11. Ancient colonnade
12. Ancient colonnade
13. Ancient colonnade
14. Ancient colonnade
15. Ancient colonnade
16. Ancient colonnade
17. Ancient colonnade
18. Ancient colonnade
19. Ancient colonnade
20. Ancient colonnade
21. Ancient colonnade
22. Ancient colonnade
23. Ancient colonnade
24. Ancient colonnade
25. Ancient colonnade
26. Ancient colonnade
27. Ancient colonnade
28. Ancient colonnade
29. Ancient colonnade
30. Ancient colonnade
31. Ancient colonnade
32. Ancient colonnade
33. Ancient colonnade
34. Ancient colonnade
35. Ancient colonnade
36. Ancient colonnade
37. Ancient colonnade
38. Ancient colonnade
39. Ancient colonnade
40. Ancient colonnade
41. Ancient colonnade
42. Ancient colonnade
43. Ancient colonnade
44. Ancient colonnade
45. Ancient colonnade
46. Ancient colonnade
47. Ancient colonnade
48. Ancient colonnade
49. Ancient colonnade
50. Ancient colonnade
51. Ancient colonnade
52. Ancient colonnade
53. Ancient colonnade
54. Ancient colonnade
55. Ancient colonnade
56. Ancient colonnade
57. Ancient colonnade
58. Ancient colonnade
59. Ancient colonnade
60. Ancient colonnade
61. Ancient colonnade
62. Ancient colonnade
63. Ancient colonnade
64. Ancient colonnade
65. Ancient colonnade
66. Ancient colonnade
67. Ancient colonnade
68. Ancient colonnade
69. Ancient colonnade
70. Ancient colonnade
71. Ancient colonnade
72. Ancient colonnade
73. Ancient colonnade
74. Ancient colonnade
75. Ancient colonnade
76. Ancient colonnade
77. Ancient colonnade
78. Ancient colonnade
79. Ancient colonnade
80. Ancient colonnade
81. Ancient colonnade
82. Ancient colonnade
83. Ancient colonnade
84. Ancient colonnade
85. Ancient colonnade
86. Ancient colonnade
87. Ancient colonnade
88. Ancient colonnade
89. Ancient colonnade
90. Ancient colonnade
91. Ancient colonnade
92. Ancient colonnade
93. Ancient colonnade
94. Ancient colonnade
95. Ancient colonnade
96. Ancient colonnade
97. Ancient colonnade
98. Ancient colonnade
99. Ancient colonnade
100. Ancient colonnade
101. Ancient colonnade
102. Ancient colonnade
103. Ancient colonnade
104. Ancient colonnade
105. Ancient colonnade
106. Ancient colonnade
107. Ancient colonnade
108. Ancient colonnade
109. Ancient colonnade
110. Ancient colonnade
111. Ancient colonnade
112. Ancient colonnade
113. Ancient colonnade
114. Ancient colonnade
115. Ancient colonnade
116. Ancient colonnade
117. Ancient colonnade
118. Ancient colonnade
119. Ancient colonnade
120. Ancient colonnade
121. Ancient colonnade
122. Ancient colonnade

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

Copyright ©2015 PuzzleJunction.com
functional movements such as bending, squatting, lunging, and running. Functional Movement Assessments are designed to assess seven prime movements of the body. Humans that move well have the right combination of both mobility and stability in specific areas of the body and they have great motor control over their movement. Our foot needs to be mobile; our knee needs to be stable. We need mobile hips, a stable lower back and core, and mobile upper back. In the shoulder girdle and neck, it gets a bit more complicated. We need to have controlled movement of our shoulder girdle as we move our arms overhead. So we need both stability and mobility of the shoulder girdle, upper back and a stable neck.

The Fix

As mentioned above, the driving force in chronic pain and acute setting sports injuries is repetitive motion in the face of muscle imbalance and poor joint motion. “The latest evidence-based research shows that the best outcomes come from integrating manipulation with soft tissue treatment and corrective exercises,” says Dr. Fontaine. It is always important to note that proper nutrition is essential to optimize your physiology, facilitating healing and fast performance. It is important to note that proper management of these injuries requires an overall treatment plan that is an all-encompassing approach—not just an exercise video—not just therapy or exercises—it’s a multi-pronged approach. Best practices address restricted joint and tissue mobility with a combination of manipulation, soft tissue manual therapy such as Active Release Techniques® and Graston, exercises to help stabilize the changes made with manual treatment, and proper nutrition to optimize your phosphoryl, hydration and GlucaB Key here is that the rehab exercises help to stabilize the changes made through the hands-on treatment of muscle manipulation and soft tissue therapy. These all complement each other, and if any are missing, treatment success will not be optimal. With that said, two exercises that can help are hip flexor stretches and bridging. Two of our most prescribed exercises are:

One of the best things about owning a pet care business is falling in love with other people’s fur-babies. I feel like the grandma who gets to spoil the kids and send them home to the parents to do all the work! This season has brought us lots of puppies, whom we get to introduce to life, one visit at a time. One of my favorites is Cassie, a Sheepadoodle puppy whom we met at nine weeks of age. A little ball of black and white fur with a pink nose, she stole my heart immediately. She has what is known as “excitement urination” so every time she sees me she starts to wag and leak. I worked with her new Mommy to get her crate trained and protect their brand new townhouse floors. She was a shy girl at first but we are building up her confidence and socializing her with other pups, and she is doing really well. Now at 6-months she is a big ball of black and white fur, and she loves to tumble around with her pal Copper. Copper, whom I consider my furry “nephew,” spends the day with me causing all sorts of trouble. A rescued Coonhound/Beagle mix, he tries to eat everything in sight. Loaves of bread have disappeared. A coffee cake that I schlepped back from NYC ended up in his tummy. And he loves to chase squirrels. We are trying to tame his ravenous appetite, but that Beagle nose keeps me on my toes. Of course, he gives the sweetest kisses, so he gets away with a lot! If you have a puppy that is potty trained, but still leaks when she/he gets excited, you can find out more information and positive training tips from the Humane Society of the United States at http://www.humanesociety.org/animals/dogs/tips/excitement_urination.html.

Ellen Epstein (Top Dog) at Bow Wow Meow, a full-service Pet Care Company based in Del Ray. They help with daily walks, pet sitting and referrals for all sorts of pet things in our community. Contact us at 703-850-5559 with any questions or email us at info@bowwowpets.net.
NOT ALL HUMAN FOODS ARE SAFE FOR YOUR FURRY COMPANIONS!

BY ADRIENNE HERGEN, DVM

With the holidays fast approaching, we should review some foods and other items that you shouldn’t give to your pets. Additionally, we will discuss what problems you can see when these toxins are ingested. Some of the main culprits are listed below.

Chocolate – The darker the chocolate, the more toxic it is to your pets. Baker’s chocolate is the most dangerous. All chocolate though contains theobromine that can be highly toxic to dogs. Clinical signs develop within 6 to 12 hours of ingestion. Small amounts of chocolate can cause vomiting and diarrhea but in larger quantities hyperactivity, seizures, and heart-rhythm abnormalities can be seen. If enough chocolate is eaten coma and death can result. Be very careful as Halloween approaches because candy is readily available.

Grapes and raisins – Most affected dogs develop vomiting theobromine that can be highly toxic to dogs. Clinical signs develop within 6 to 12 hours of ingestion. Small amounts of chocolate can cause vomiting and diarrhea but in larger quantities hyperactivity, seizures, and heart-rhythm abnormalities can be seen. If enough chocolate is eaten coma and death can result. Be very careful as Halloween approaches because candy is readily available.

CONTINUED ON PAGE 46
**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. 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.

www.ddbnova.org

**SLIM JIM**

**Breed Estimate:** Carolina Dog mix
**Gender:** Male
**Approximate Weight:** 21 lbs
**Approximate Age:** 6 months

Slim Jim is one very lucky dog. Someone tied him to a tree in the hot summer sun and left him there without any food or water. A kind soul found him several days later and took him to a high-kill shelter before being rescued. He is a happy, friendly guy who gets along great with other dogs and loves people. Slim Jim will make a great partner for walks or runs He is one affectionate guy! He’ll make a great pet for someone looking for a loving and gentle companion.

**DUKE**

**Breed Estimate:** Chihuahua
**Gender:** Male
**Approximate Weight:** 7 lbs
**Approximate Age:** Senior

When his mistress died, brave little Duke stayed by her side and kept barking. His reward for being loyal to his beloved mistress was to be taken to the local kill shelter and placed on the euthanasia list. Luckily, we saved him in the nick of time. Duke likes to sit in laps or cuddle close while you read or watch TV. He will follow you around the house like a little shadow. This is an adorable, happy guy with a lot of pep in his step. Due to his size and age, we recommend foster or a permanent home who can give him some TLC and time to settle in. He does well with calmer and older children. This little cutie does not need much exercise. A short stroll during potty breaks will meet his daily exercise needs.

**RUSTY**

**Breed Estimate:** Plot Hound mix
**Gender:** Male
**Approximate Weight:** 60 lbs
**Approximate Age:** 2 years old

Rusty found a path to safety thanks to a Good Samaritan who went out of her way to help him. The local Highland County Humane Society stepped up for Rusty, and was able to take him in and give him the medical care he needed. He has put on almost 15 pounds in their care, putting him at almost 60 pounds now. He is ready to find his new foster or adoptive home to continue his rehabilitation. Rusty has a very sweet disposition. He needs a calm, stable foster or permanent home who can give him some TLC and time to settle in. He does well with calmer and apparently loves kitties too.

**MO**

**Breed Estimate:** Lab mix
**Gender:** Male
**Approximate Weight:** 25-30 lbs
**Approximate Age:** 10-12 years

Sweet Mo, aka Mid-Night, spent most of his life chained and penned, isolated in a back corner of his yard. Mo is doing great in his foster home and getting excellent care. He now has regular meals, walks, and playtime, and gets plenty of love and attention. Mo is a very sweet, lovable dog. He learns quickly and is so eager to please. He enjoys walks, does well on a leash, and loves to roll around in the grass, enjoying his freedom and smelling the fresh air and sunshine. He enjoys squeaky toys and playing fetch, and is calm and friendly when meeting the neighborhood dogs.

Mo is still learning his manners and will jump a little out of excitement but he quickly settles down and is learning to sit when asked. He loves treats and his foster family is teaching him to take them gently from their hands. He does great in the car, and will lie down and nap on a ride.

**HODGE**

**Breed Estimate:** Shepherd mix
**Gender:** Male
**Approximate Weight:** 50 lbs
**Approximate Age:** 2 years old

Hodge is a sweet, friendly dog. He is a high energy guy and 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. Give Hodge a forever home and second chance and you will have a sweet, loyal companion for years.

**SARA**

**Breed Estimate:** Carolina Dog mix
**Gender:** Female
**Approximate Weight:** 52 lbs
**Approximate Age:** 4 years old

Sara, a happy, young Carolina Dog mix, is a lucky dog who is playful and affectionate. She is a trailblazer who was fostered with several dogs and a kitty and does well with all of them. She can be a little skittish around fast movements, and you get the sense that she probably was hit in the past. She thrives on love and attention, and being connected to her person. She’s active and will make a great hiking buddy, and loves to relax inside her home and snuggle up with you on the couch. Sara is crate-trained, housetrained, and has learned to sit and wait patiently for her leash at walk time. She would do well in an active home, and be a great playmate for another dog, or kids over 10.

**ANGEL**

**Breed Estimate:** Pit Bull mix
**Gender:** Female
**Approximate Weight:** 40-50 lbs
**Approximate Age:** 7 years old

Angel is a sweet, affectionate, fun-loving girl who loves people and is so happy to be a part of a family. Angel has spent much of the last 5 years of her life crated. Angel’s mom loves her, but has been unable to give her the time, affection and exercise this active dog needs. Angel would do better as an only dog so that she gets the attention and love she deserves. We are looking for a foster or adopter for sweet Angel, someone who will give her the opportunity to have a better life. Angel would make an excellent companion. She is equally happy to go for a walk or lounge on the sofa next to you. Fostering or adopting Angel is your opportunity to be a hero and get a wonderful companion in return.

**OTTO**

**Breed Estimate:** Male
**Approximate Weight:** 34 lbs
**Approximate Age:** 1 year old

Otto is a happy, playful, and sometimes mischievous little pup who is looking for his family to love. He was rescued by a chain a concerned neighbor. He is adorable and we think he knows it. He has the short legs and long body of a Bassett, and the cute little face with the soulful eyes of a Beagle. Otto is very active and loves to play and chew on his toys. He is great with other dogs, and fine with cats. We think Otto would do best in a home with another young, playful dog and a fenced yard to romp and play in. Otto needs an owner who will work with him on his manners, leash walking, and basic obedience skills, and be committed to daily walks and playtime. He is best suited for a home with kids over 10.

**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.
increased water consumption, pain, weakness, dehydration, lethargy, anorexia, abdominal or raisins. Other signs include 12 hrs of ingestion of grapes and/or diarrhea within 6 to Continued from Page 44

Onions and garlic – Onions and garlic in any form can be dangerous for your pets. Eating small amounts can result in mild stomach upset but ingesting larger amounts can cause severe anemia.

Alcohol – In animals, alcohol is absorbed rapidly into the bloodstream. It can cause dangerous drops in blood sugar, blood pressure, and body temperature. Intoxicated animals can even experience seizures and respiratory failure.

Fatty foods – Foods high in fat can cause vomiting, diarrhea, and inflammation of the pancreas, also known as pancreatitis. Certain breeds such as miniature Schnauzers, Shetland sheepdogs, and Yorkshire terriers are predisposed to pancreatitis. At holiday meals, don’t feed table scraps and give an appropriate pet treat instead.

Caffeine – Coffee, tea, energy drinks, and diet pills all contain caffeine and can be dangerous if eaten. It causes hyperactivity, elevated blood pressure, heart rate, and body temperature. If ingested in higher doses caffeine may cause seizures and death.

Macadamia nuts – These are popular in many cookies and candies. The mechanism of toxicity is unknown. Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

When you are watching a game this Fall, remember the person who might have taken you to your first game, who might have taught you how to play, who might have played catch with you, much like my father, Charlie, did in teaching me how to play golf and football, and my Uncle Ed, who taught me to love the Redskins. Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.

Many of us grew up in a time before electronic media like television and computers were available. Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

This is Formal Tuxedo in a box with stuffed panda friend. Submitted by Cynthia and John Long of Alexandria.

Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.

Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

When you are watching a game this Fall, remember the person who might have taken you to your first game, who might have taught you how to play, who might have played catch with you, much like my father, Charlie, did in teaching me how to play golf and football, and my Uncle Ed, who taught me to love the Redskins. Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.

Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

When you are watching a game this Fall, remember the person who might have taken you to your first game, who might have taught you how to play, who might have played catch with you, much like my father, Charlie, did in teaching me how to play golf and football, and my Uncle Ed, who taught me to love the Redskins. Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.

Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

When you are watching a game this Fall, remember the person who might have taken you to your first game, who might have taught you how to play, who might have played catch with you, much like my father, Charlie, did in teaching me how to play golf and football, and my Uncle Ed, who taught me to love the Redskins. Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.

Many fans choose the obvious route and just do not attend games if ‘their’ team is losing, which is a fair way of showing management their personal displeasure. That is why ownership usually panics and fires and hires coaches, in a routine procedure that we are now unfortunately accustomed to, much as if it is a magic elixir to winning games, which is usually not always the case.

When you are watching a game this Fall, remember the person who might have taken you to your first game, who might have taught you how to play, who might have played catch with you, much like my father, Charlie, did in teaching me how to play golf and football, and my Uncle Ed, who taught me to love the Redskins. Take a chance to share your passion of sports with your child, like I did with my son, Brian. If you are reading this and you are not into sports, maybe teach someone art, or science, or something fun that you can share that will bring lasting memories to each of you.
MICHELLE
Looking for a sweet, quiet girl to spend your days with? Then Michelle is definitely your girl! She is a laid-back, tolerant girl who loves to lay by your side and keep you company. Michelle is a 6-year old German Shepherd mix who would love to bring some sweetness into your life!

DAISY
Meet Daisy! Daisy is a playful Beagle who does not let her age get her down! Even at 8 years old, she is extremely obedient and loves to learn new tricks. She would be happiest in a home where she could get lots of attention and be an only child, as she has a pretty big personality! If you’re looking for a playful walking buddy who will fill your life with lots of laughter, come check out Daisy!

ELI
Meet Eli! This handsome young man is looking to go home with a loving family with plenty of time to play. Eli is a 2-year old Pit Bull who has won over all of the staff here at the AWLA with his friendly play style and lovable demeanor. Eli is always wiggly and happy to see you, especially if you are up for a good game of tug! Eli would be a perfect fit in an energetic household, so if you’ve got time to spend on a great dog Eli is the guy for you!

SKY
Meet Sky! Sky may be 10-years old, but she has a fabulous personality and a lot of spunk – guaranteed to brighten your day! Sky is incredibly affectionate and loves a nice warm lap to sleep on. She is a staff and volunteer favorite, and is always the first to say “Hi!” when you walk in the door. If you’re looking for a cozy nap partner to lounge with, Sky is definitely your girl!

BAILEY
Meet Bailey! Bailey is a sweet, quiet 2-year old boy who would love to be your lounging buddy. Bailey is a total snuggler and loves attention, and would do best in a home where he is the only cat and could be the center of attention! If you’re looking for someone to spend your days with, come meet Bailey! He’ll hop right into your lap!

MISSY
This beautiful girl is Missy, and she is even sweeter than she looks! Though she can be a bit shy at first, her loving personality shines through very quickly and she becomes very affectionate. Missy is a 4-year old Tortie, and a very quiet and loyal companion. She would be a great addition to a quiet home with plenty of love, comfortable blankets, and lots of sun spots to lounge in!

HOMBRE
Hombre is a 1-year old male piggy who LOVES his veggies and will let you know when he’s ready for some with his adorable “wheeeek wheek wheeks”! Hombre really enjoys running around and playing with toys, and would be a great addition to a family who needs a little laughter in their lives!

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

4101 Eisenhower Ave.
Alexandria, VA
(703) 838-4774

Animal Welfare League of Alexandria

GET A FREE FIRST EXAM!
It’s a risk-free way for you to see the care and special attention we give to each pet at VCA Old Town Animal Hospital.
- Complete Wellness Care
- Experienced & Caring Staff
- Dentistry & Surgery
- Ultrasound
- Acupuncture
- Boarding & Grooming

VCA OLD TOWN ANIMAL HOSPITAL
425 N. Henry Street, Alexandria, VA 22314
703-549-3647 VCAOldtown.com

Proud Supporter of Alexandria Welfare League

$10 Rabies Vaccines
Wednesday, October 21
6-8 pm - 4 pm - 7 pm
4101 Eisenhower Ave, Alexandria, VA
(703) 746-4774

FREE FIRST EXAM!

* For new clients only. Not to be combined with any other offer. Not good toward boarding, grooming, prescription and non-prescription medications, and select items. Not good toward emergency and/or specialty veterinary services. Good for up to 2 pets (dogs/cats) per household. For pet owners aged 18 and older. Carrier Code: 715.100 Expires 01/31/16.
Great Family Fun 
For All Ages!

Hay Rides • Jumping Pillow • Tire Tower • Corn Maze
Underground Slide • Corn Box, and much, much more!

ONLY 35 MINUTES FROM ALEXANDRIA, VA

$1 OFF ADMISSION

Bring this coupon for $1 off admission.
Good for everyone in your group. Cannot be combined with any other offer.

391 West Bay Front Road (Route 258) • Lothian, MD 20711
410-867-9500 • www.GreenstreetGardens.com
#greenstreetfallfest