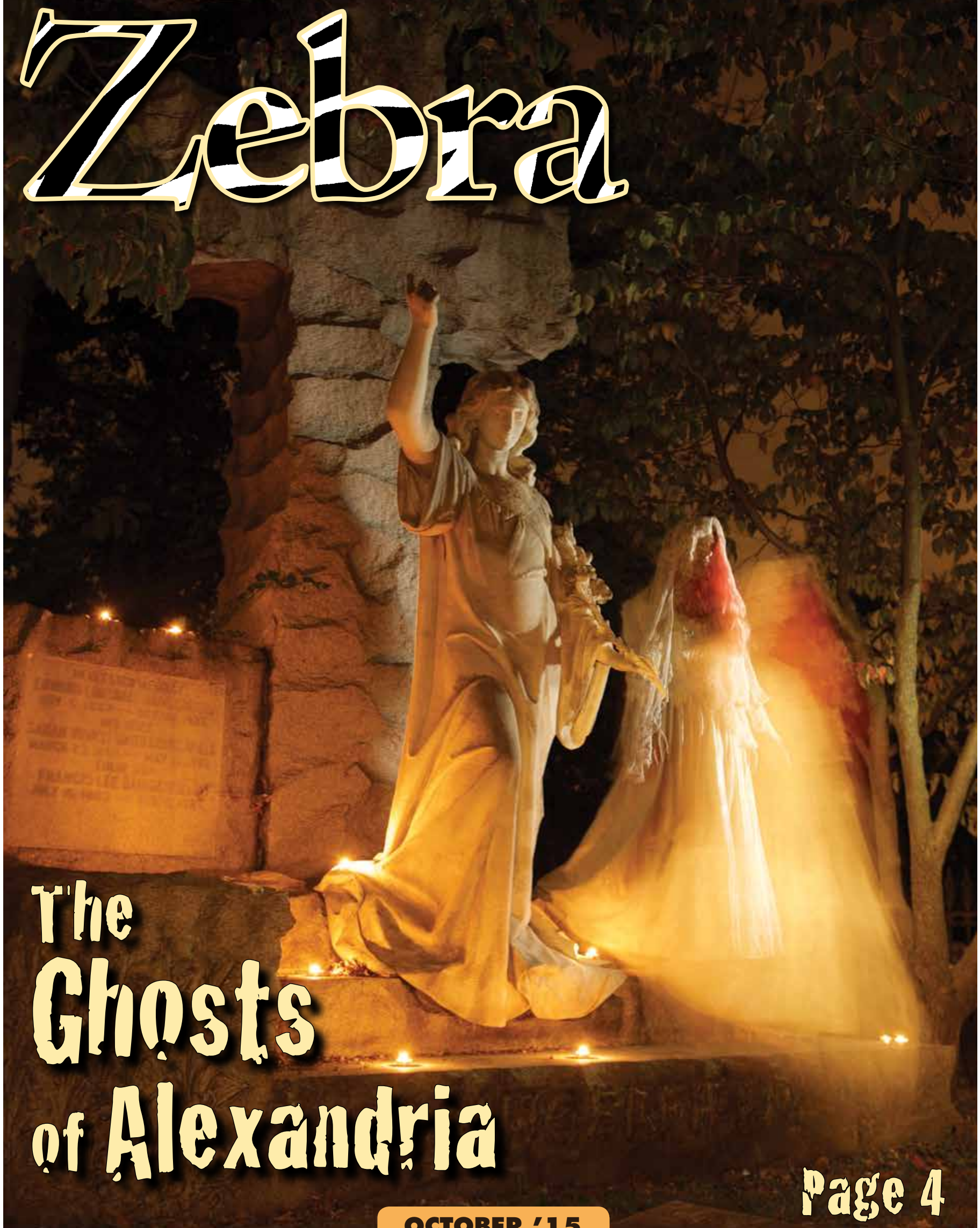


# Zebra



## The Ghosts of Alexandria

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LIVING LEGEND KATHLEEN BAKER



# Christine Garner

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

### OLD TOWN

**\$2,550,000**

Elegant 4 bedroom, 3.5 bath brick semi-detached townhouse with 3-4 off street parking located just steps from Historic King St. and the riverfront. Circa 1815 with approximately 4,400 sq. ft. of living space featuring generous room sizes, original random width wood floors, high ceilings, tall windows, exquisite woodwork and architectural details throughout. A two level sun-room offers views of the spacious walled garden and patio. Lower level walks out to the garden and features a gourmet kitchen with center island, breakfast area and adjoining family room with fireplace.



### OLD TOWN

**\$1,950,000**

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



### PORTO VECCHIO

**Coming Soon!**

Rarely available 3 bedroom, 3 bath unit with unparalleled views of the river from every room! Resort-like living with fabulous amenities. Over 2100 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 make this home perfect for entertaining. Private Master suite with balcony ample closet space, dressing room and en suite bath with jetted tub and separate shower. Coveted "wine cellar" plus an additional storage unit and 2 garage parking spaces convey.



### ALEXANDRIA/CHAPEL HILL

**\$1,599,000**

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



### OLD TOWN

**\$1,190,000**

Beautifully updated 4 bedroom, 3.5 bath brick townhouse just 1 block from the river and Lee St. Park. Spacious living room with gas fireplace flanked by custom built-ins and wet bar. 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 home with approx. 3,500 sq. ft. of well designed living space on a large professionally landscaped lot with extensive hardscape. Foyer entry welcomes you to the living room with stone fireplace and formal dining room with wet bar. Gourmet kitchen and adjoining family room with French doors to the beautiful patio, ideal for outdoor entertaining. Main level bedroom with full bath and 2nd level with 3 bedrooms including a fabulous Owner's Suite with sitting area, 2 walk-in closets and luxury en suite bath. Spacious 3rd level with full bath is ideal for a 5th bedroom or 2nd family room.



### 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. Desirable open floor plan, gourmet kitchen with granite counters, SS appliances and 42" custom cabinets and dining area. Living room with wood burning fireplace and French doors to a brick patio. Two upper level bedrooms with 2 full baths including the Master suite with updated en suite bath.



### HARBOR TERRACE

**\$259,000**

Price and location! This beautifully updated 1 bedroom, 1 bath condo with a balcony has it all and then some! Just 1 light from D.C. and a few blocks from the river, shops and restaurants in North 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. Carrara marble bath, bedroom with 2 large closets and new carpet. Stacked washer/dryer, storage unit, off street parking.



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# READER BUZZ

## 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 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, and 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

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OCTOBER '15

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## DISTRIBUTION

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

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Alexandria West	Fairlington	The Pentagon
Beverly Hills	Great Falls	Rosemont
Braddock	Mount Vernon	Seminary Hills
Heights	Old Town	Shirlington

## PUBLICATION DATES

Zebra is printed monthly.

## DEADLINES

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

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## CATCH OUR MISTAKES

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

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



# PUBLISHER'S NOTE

Do you believe in ghosts? Well, even if you don't, you're bound to enjoy the historical backdrop and the lore of Old Town's legends as we zoom



into the time of turning leaves, crisper days, pumpkin-flavored everything, hay bales, gourds and spooky goblins.

And then, there is the local election. Zebra likes to keep it simple, and usually stays out of politics, but I thought you could use a simple unbiased forum to discover the candidates and platforms in their own words, which starts on page 19.

And finally, October is Breast Cancer Awareness month. Even the local sheriffs are wearing pink badges. Be kind, don't rush, look around and be grateful. We live in a spectacular



place within a community of generous souls.

Cheers,  
 Mary Wadland

# 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 ruin my 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.



## 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!*

**COVER PHOTO:** When a tour concludes in the Old Presbyterian Meeting House cemetery, guests take photos. On several occasions, a swirl of white smoke appears. Hazy emanations in cemetery photos are not novel or above suspicion, but Wellington Watts has been present when this occurred and attests that there was no smoke or haze in the area. Photo by Greg Knott, Greg Knott Photography.

BY KRIS GILBERTSON

“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*. “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](http://www.alexcolonialtours.com).

Watts runs the hugely popular *Ghosts & 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’ tour guides 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 unflagging energy, she will work for 90 minutes to pull them into the spirit of adventure and afterward remains upbeat.

#### Privacy 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 Wellington, “but the homes 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 peeking 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 hung, 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 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 home. 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

# October Is the Month of Ghosts and Goblins

## But in Alexandria, Spirits Walk Among Us All Year Long

### Ghost & Graveyard Tours are a function of Alexandria Colonial Tours, Ltd.

201 King Street, 3<sup>rd</sup> Floor, Alexandria, VA 22314  
703-519-1749

[www.alexcolonialtours.com](http://www.alexcolonialtours.com) • [tours@alexcolonialtours.com](mailto:tours@alexcolonialtours.com)

Many of the people depicted in the upcoming PBS series *Mercy Street* were real citizens of Alexandria who now reside in Ivy Hill Cemetery. A special tour of Ivy Hill will be conducted on Friday, October 30, with emphasis on this history. Reservations can be made through the Colonial Tours website.

Del Ray resident and Zebra intern Rowan Cech modeled for this amazing shot as “the apparition.” Photo by Greg Knott, Greg Knott Photography.

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 from the floor to the wall in perfect alignment. So can you tell me more about that house?”

### Spirits and Folk Tales

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 known to be 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 banks often enough to add another



The Ghost & Graveyard Tour starts at Ramsey House, the Alexandria Visitors Center, where colonial-costumed guides organize groups. Asked what he plans to do in the future, company owner Wellington Watts said, “I see myself doing this until I retire, or become a ghost myself.” Photo by Mary Wadland.

dimension to life and death in Old Town. The 100 block of King Street is built on landfill. The natural bank of the Potomac River came to Lee Street (which was called Water Street before the Civil War). Even today, when the river floods it may rise to its original bank.

Wealthy families in old Alexandria buried their dead under tabletop tombstones. These monuments displayed family wealth and prestige. The heavy stonework also weighted 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.”

### Who owns the past?

Alexandria’s spirits have never lacked for people to chronicle their existence, but sometimes the history of a site is more contested

than the ghosts. Tradition holds that George Washington celebrated his last Fourth of July at Spring Gardens Tavern, located at 414 Franklin Street, which from multiple accounts is haunted by a Revolutionary War soldier who makes appearances around the house and grounds.

In the 1980s, the homeowner planned to build a swimming pool. This required allowing Alexandria Archeology to recover any artifacts of value, which a tavern site is expected to hold. The controversy arose because excavation uncovered no evidence that the location had ever been a tavern, contrary to the research of a prominent local historian, the late Ruth Lincoln Kaye. Battle lines were drawn between Kaye and then city historian Michael Miller and archeologist Pamela Cressey.

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.

### Mercy, Mercy

*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 Enfield, massage therapist by day, guide to other worldly visitations by night. Photo by Mary Wadland.



Hank’s Oyster Bar, just one of Alexandria’s dynamic small businesses in buildings still occupied by past residents. Photo by Kris Gilbertson.



A Tabletop Tombstone, sign of wealth and permanence. At the end of a ghost tour in the Old Presbyterian Meeting House cemetery, guide Nikki Enfield noted the common practice of families to attend services and then have a picnic on a family member’s tabletop grave. As Enfield pointed out, “It’s on Grandma takes on new meaning.” Photo by Kris Gilbertson.

## 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 Viebranz and Mount Vernon's Ladies Association Regent Barbara Lucas, 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.



## ROWERS 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.



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.

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 Gbediame 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. 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?"

## 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.



Craig Buckley. Courtesy photo.

Deputy Chief Buckley brings a wealth of knowledge and enthusiasm and begins with AFD October 13.

CONTINUED ON PAGE 9

## Plan Ahead. Pay it Forward.



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## 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.



Dr. Kathleen Mullaney and Dr. Kevin Brewer and some of the Veterans we served. Photos by Carol Jean Stalun Photography.

## 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,



Dr. Kathleen Mullaney and Mayor Euille

CONTINUED ON PAGE 9



Dr. Kathleen Mullaney and her Team



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

— Benjamin Franklin

## 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-8:45 PM	<b>First Chance Night**</b>
<i>**Friends of Duncan Library members only, but others can join that night to get first dibs, too!**</i>		
Thursday, November 5	10 AM-6:45 PM	<b>Regular Sale</b>
Friday, November 6	10 AM-5:45 PM	<b>Regular Sale</b>
Saturday, November 7	10 AM-1 PM	<b>Regular Sale</b>
	1-3 PM	<b>Bag Sale wraps up the sale!</b>

**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](mailto:duncanbooksale@gmail.com).

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# Faces in Places

All photos by Melinda Sigal, unless otherwise noted.

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



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.



Alex Pachdzhev and Borislava Krumova, Realtors at Keller Williams Realty at MVLCC "Celebration" event

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



Rotary's Andy Turner with Gant Redmon, Redmon, Peyton & Braswell LLP at MVLCC "Celebration" event



Cindy Long, Animal Welfare League of Alexandria with Amy Long, Immigration Lawyer at The Law Office of Amy A. Long, PLLC at West End Business Association (WEBA) Happy Hour.

Red Hot & Blue Kingstown's: Johnathan Alvarez and Casey Rushbrook at MVLCC "Celebration" event.

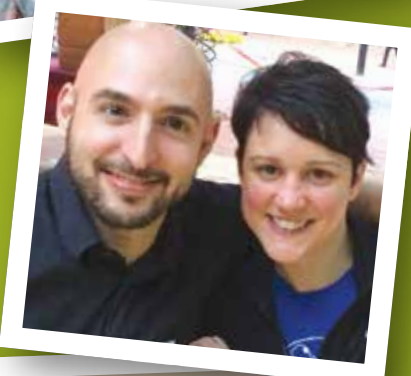


MVLCC Members helping with setup at Celebration community event are (Left to Right): Scott Stroh, Executive Director of Gunston Hall, George Kisenics, Mt. Vernon Lee Chamber President, Rosey Parker, Office Administrator, MVL Chamber and Donna Houseman, Mount Vernon Athletic Club



Joel Bernstein, Benefit Providers with Nancy Benjamin, Brahm Opticians at WEBA Happy Hour.

Angela Hartley, Exec. VP & Chief Program Officer at National Industries for the Blink (NIB) with Phil Kangas, Principal, Grant Thornton at 2015 Chamber Summit.



Paul Roberts and Dawn Anderson Physical Trainer and owners of Sand & Steel Fitness at Music Under the Stars

Kerry J. Donley and Shannon Catlett -D John Marshall Bank with Rodger Digillo, Chairman of King Street Garden Park Foundation at Music Under the Stars



Matt Whitaker, Intelligent Office with Tricia White, Prudential PenFed Realty at 2015 Chamber Summit.



Mary Catherine Gibbs Partner at Partner Hart, Calley, Gibbs & Karp, P.C. and Engin Artemel, Artemel & Associates



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.



Vickie Banks and Erika Clinkenbeard, Premier Reprographics at Eisenhower Partnership



Patricia Washington, President & CEO Visit Alexandria with Shari Bolouri, VP Marketing & Events, Alexandria Chamber of Commerce at 2015 Chamber Summit.



Frank Cole - SHRM/Society for Human Resource Management and President of Eisenhower Partnership, with Agnes Artemel., Director Investment Properties, Barnes Real Estate Company



Band at OTBPA "Music Under the Stars": Mike Gillespie & Friends: Thomas View on Base, David Martin on Clarinet, Mike Gillespie on Flute and Dan Leonard on Guitar.



CONTINUED FROM PAGE 6

## 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 in 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, a nonprofit that opens doors to those who suffer the effects of poverty in Fairfax County.

The Next Steps Family Program is an 18-unit emergency shelter for families experiencing homelessness that is located in the Route 1 Corridor of 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, sustainable and permanent housing as well as reducing the amount of time families with children experience homelessness. During their short stay at the shelter, participants frequently visit 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 houses 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](http://www.FACETSCares.org).

## Emily A. Baker Named an Alexandria Deputy City Manager

Baker had served as Acting Deputy City Manager since January 2015 when she assumed most of the portfolio Jinks held as Deputy City Manager prior to his appointment by City Council as City Manager.

"Emily has done an outstanding job in her role as Acting Deputy City Manager, by advancing major City projects and providing oversight of many of the City's core services," said Jinks. "I am confident she will continue to serve Alexandria well in the permanent role."

Baker is responsible for overseeing and facilitating the City's land use, planning, zoning, historic preservation, transportation, environmental protection, code administration, affordable housing, tourism, recreation, parks, cultural activities and museum functions.

Baker joined the City in 2000. After her appointment as the first Director of the Department of Project Implementation in 2013, she supervised the initial implementation of the City's Waterfront Plan. She previously served as the City Engineer and Deputy Director of the Department of Transportation and Environmental Services (T&ES), where she handled the Engineering Design and Construction Divisions. Baker has also served as Acting Director of T&ES. Over her 20-plus years of experience, Baker has overseen the design and construction of projects in both the public and private sectors. She has provided leadership, project management, and technical oversight for multi-million dollar, large capital infrastructure projects.

Baker has been a resident of Alexandria for 22 years and is a licensed Professional Engineer in Virginia and Maryland. She holds a bachelor's degree in civil engineering from Virginia Tech, and a master's degree in civil engineering from the University of California at Berkeley.

## DASH's Raymond Mui Honored

Alexandria Transit Company (DASH) announces Raymond Mui, Director of Planning and Scheduling, as Mass Transit's Top 40 Under 40. *Mass Transit*, the only magazine exclusively dedicated to public transportation, honors those professionals who have made significant contributions to the public transit



Emily Baker. Courtesy photo.

industry. Honorees were nominated by their peers and judged on criteria that included job commitment, industry involvement and contribution, achievement in his or her position and innovation in his or her field.

"Millions of people utilize public transportation every year, relying on it to transport them to work, school, medical appointments, social and sporting activities," says 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 the next generation," adds Editor Leah Harnack. "It was challenging to narrow it down, but we are confident that this exclusive *Mass Transit* Top 40 Under 40 list is made up of professionals who are not only extremely deserving of this honor, we expect



Raymond Mui

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

CONTINUED ON PAGE 28

## 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 make Dr. Mullaney 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."

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BY DEBBY CRITCHELEY

# FOODIE

NEWZ



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 TVs 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. The two lump crab cakes were quite good—lots of tasty crab with very little binder. What made them even

better was the sweet potato hash. It was nicely seasoned and a pleasing companion to the crab. A nightly special was the Seafood Pasta. Loaded with scallops, shrimp, and salmon with a white wine butter sauce over linguine, it was delicious! Did I mention the bread? 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 food 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 attended "Soil & Soul", a block party fundraiser benefitting 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 cash bar featuring a seasonally inspired cocktail made with local berries, cinnamon, and brandy. The evening highlighted select Virginia wines and local



brews from breweries such as Port City Brewing Company. **BRABO** 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



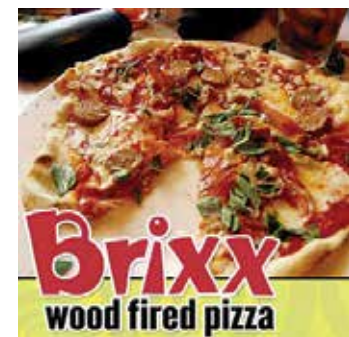
Javier Santiago, Grille at Morrison House, prepares his spicy gazpacho with sizzling shrimp.

pickled celery and preserved lemons. **Vermillion** served a late summer harvest salad composed of faro, yellow squash, broccoli, zucchini, and eggplant with a chervil lemon vinaigrette. **SELO** brought samples of their smoked salmon, bacon, pickled vegetables. They also 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 farm 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 varieties 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 Braised Lamb Shoulder

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

CONTINUED ON PAGE 13



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BRABO chefs

# BRABO GROUP DINNER BY ROBERT WEIDMAIER REVIEWED

BY DEBBY CRITCHLEY

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, melon, and vodka. Hors d'oeuvres were passed and included delightful foie gras risotto 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 eggs.

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 Crab Napoleon garnished with hackleback caviar and chervil. The flavors of both the crab and salmon popped. The first course was a Chesapeake Oyster Veloute "en Croute". We were served a white ramekin topped with a gorgeous crisp balloon of pastry. Once we broke through the pastry shell, we found a creamy lightly seasoned white sauce of oysters and vegetables. The



flavors 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 on a bed of roasted brussel sprouts, butternut squash, thyme crême, and cognac jus. This was another successful pairing of flavors with moist pheasant and some of the tastiest brussel sprouts I have ever eaten.

The fourth course was a stunning arrangement of Virginia Beef Tenderloin served with maitake mushrooms, caramelized onion, potato puree, and all napped with a bordelaise. This was one of the most beautiful plates I have had the pleasure to be served. We have to apologize for not having a picture because

we couldn't wait to eat this dish. The beef was succulent and tender, served medium rare. The mushrooms were amazing, tasting of fresh herbs. As wonderful as the dish was, I would have liked a bit fewer onions and some finishing salt on the beef. The final course was a dessert of Brillat Savarin Cheesecake served with roasted 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 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; Reisling from Bischofsbert, Rheingau, Germany; Pinot Noir from Patagonia, Argentina; Syrah from Santa Barbara County, Central Coast, California; and Port from Concietto, 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



**HOT PICK**

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](http://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.



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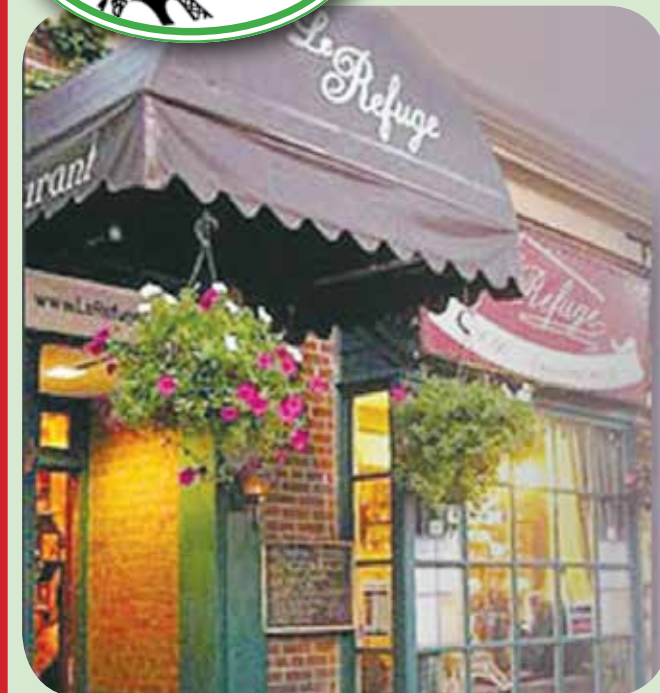


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## BOOK OF THE MONTH

### 'THE MADONNA FILES' – PUT SUSPENSION OF DISBELIEF IN OVERDRIVE AND ENJOY THE RIDE

**Review: The Madonna Files**  
**Author: Stephen K Ryan**  
**Publisher: Whiskey Creek Press**  
**Zebra Rating - 4 Stripes**  
**Reviewed by Ralph Peluso**



Stephen K. Ryan lives with his wife Tania and their children Andrew and Meredith, in Alexandria. Stephen appears to maintain a very active lifestyle. Between running a wealth management advisory firm, involvement in the unique and time-consuming hobby of ocean sailing and dedication to his online faith-based magazine, it is a miracle he had time to create such a masterful tale. In the book's dedication, Stephen expressed sincere appreciation to his wife for her capable handling of the household as he "found time to bang away at the key board." His work is a true team effort of the heart and home.

In "The Madonna Files", Stephen cleverly crafted many of the essential elements of his personal life into the plot line constructions. The use of large and small water crafts, the description of the District of Columbia and Annapolis, MD area marinas and waterways will peak the attention of most local readers. He also found a way to bake into the story the advanced analytical tools used by stock market portfolio and wealth managers. Stephen's personal drive for helping people find and maintain their faith based moral compass is also evident throughout his novel. The author provides an unexpected but pleasant journey through the battles of good versus many dangerous evils. I enjoyed very much how he brought his personal goals into his tale.

Stephen's work though is somewhat challenging in that he asks the reader to absorb another take on Armageddon using several intricate and complex story lines. At the center of the plot is a small cadre of tangentially related characters. This mighty combination of diverse characters eludes an almost Marvel Comic superhero stage. With their powerful sway and Mensa level intelligence, they control and significantly

influence everything from the global financial markets, to the Roman Catholic Church and Vatican politics, and nuclear negotiation and confrontation amongst the world's superpowers. This may be a lot for the average reader to digest.

So, I put my suspension of disbelief in hyper drive and simply let the characters provide the navigation.

At the center is a Catholic priest who managed to transition from leaving his bride, to be at the altar, to become a Vatican insider, with direct access to the Pope. This alone is a remarkable feat but to do so in the relatively short time frame in which he did had me doing a bit more fact checking that I would have liked.

However, as the story unfolded it did maintain my interest, probably because I am Roman Catholic and have an emotional connection to the "Da Vinci Code" type of intrigue. The author assumes the reader knows more about the Catholic miracles and mysteries than perhaps they do. I was lost at times; and I survived twelve years of strict Catholic theology and dogmas, including the Lady of Fatima miracles.

I would have liked to have seen the author spend more time educating the reader on the background elements in the plot and less time repeating things that had been previously stated. This may have created an easier flow of the story.


Overall the plot development did pull me in, so much so that when I looked up, I was done. The author completed filling in the pieces to the puzzle ending with a magnificent confrontation, as the world teetered on the edge of a nuclear holocaust. Of course, the good in humanity once again prevails in its struggle with evil.

Overall I recommend the book; readers will enjoy its twists, turns and surprises!

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### LONG BLACK VEIL EVENT HONORS DEATH DAY ANNIVERSARY OF FEMALE STRANGER



The Grave of the Female Stranger, a tabletop monument, is a famous historical oddity as well as a local landmark and visitor's attraction in St Paul's Episcopal Church Cemetery in Alexandria, Virginia. Courtesy photo.

Gadsby'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 Gadsby's Tavern Museum

CONTINUED ON PAGE 38

# FOODIE NEWS ...

CONTINUED FROM PAGE 10

beer 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 top-notch 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 with seating for eight at a bar

and three tables. There will also be a private dining room.

**Capital Teas** is planning a new location at 1201 S. Joyce St. by early November. The store will sell a variety of loose teas, tea infusers, teacups, teapots and other tea accessories. It's tentatively expected to open by the end of fall. "Our Pentagon Row location will have the exact same tea selection of 60 specialty teas and infusions as we have at our other stores, and the same collection of modern and exciting tea-ware, but Pentagon Row will also have a somewhat expanded tea beverage menu to serve our patrons who may be ice skating on the adjacent rink this winter, or who are just enjoying time outdoors," CEO Peter Martino said. The Pentagon Row location will be the first Capital Teas store

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 16<sup>th</sup> 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. Same 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.



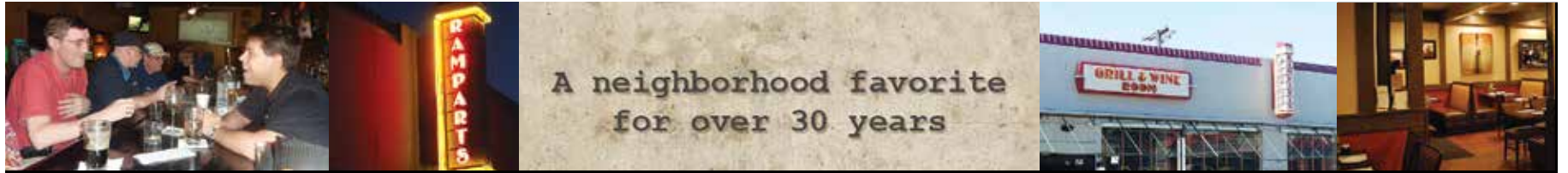
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### Alexandria Resident Wins \$1,000 Prize

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.

### 163<sup>rd</sup> Birthday Prize

In celebration of the 163<sup>rd</sup> anniversary of the founding of Burke and Herbert, there was a random drawing and Mr. Vincent R. Peterson, at left, won a BHB duffel 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.



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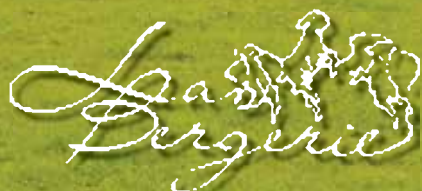
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## PICK OF THE MONTH

BY MARY WADLAND

Here's a fun way to get the kids excited about breakfast during the spooky Halloween season. Creative and kitschy 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](http://gearbest.com)



### Coffee with a Cop in Crystal City

Coffee with a Cop was held at Bob and Edith's Diner in Crystal City in mid-September. Officers of the Arlington County Police Department, 2nd District Community Policing Team met with residents to discuss any concerns they might have. The purpose of this event was to allow an exchange of ideas and promote community outreach. Photo by Harry Merritt.



Professor John Pickett (first row, center) poses with his English 111 students on their last day of class.

## 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 McClellan, 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.

**Salt of the Earth**

From what was once an ancient sea, salt crystal stone is sculpted into drinkware, meaning your next sip of tequila needs no added salt.

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QUOTABLES

“Courage is being scared to death but saddling up anyway.”  
— John Wayne

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

We are offering this museum quality framed reproduction for \$300



Todd Healy  
Artist & Framemaker

130 South Royal Street  
Old Town Alexandria  
703-549-7883

McAllister

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WASHINGTON, D.C.

photography by R. David Chomarett

McAllister Architects is a full-service architecture firm located in North Old Town Alexandria. Serving the Washington Metro Area since 1992, the firm specializes in restaurant, residential, health care, and commercial projects.

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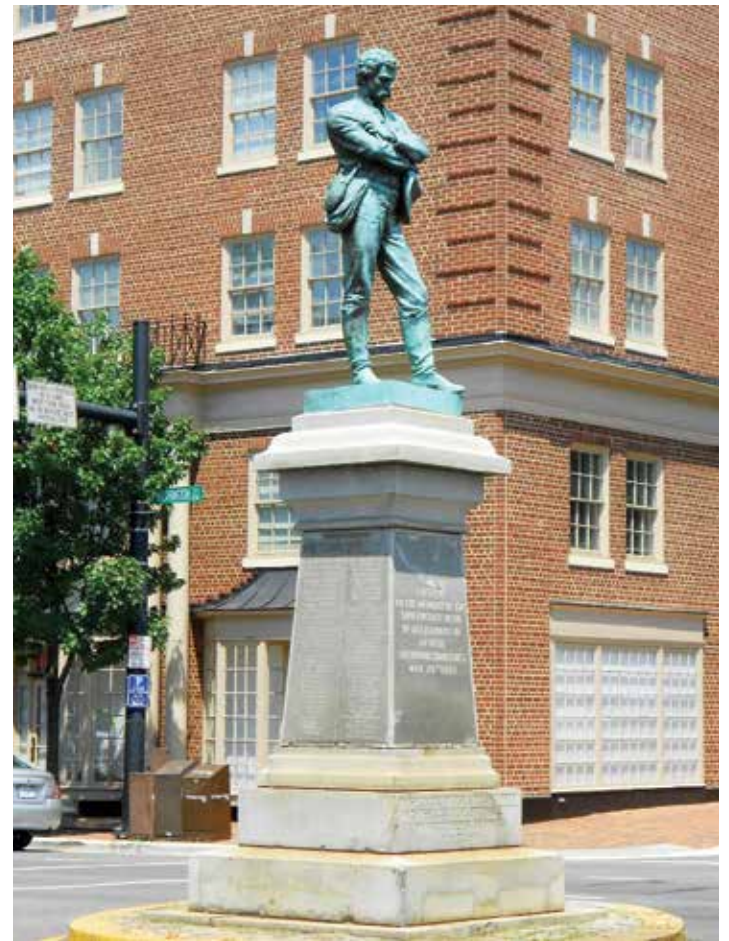
VISIBLE ART, UNDIVIDED FOR ALL

BY ROBERT F. MURRAY

All artists in the Washington Metropolitan Area should resist any prejudicial objection to our 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 pluses 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 advocates 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 unpredictability 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. But the inscription on the

CONTINUED ON PAGE 29



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.



# 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



Harper Collins publishers chose Todd Healy's hand-colored print of the unfinished Capitol dome, circa 1861, for the cover of Cokie Roberts' latest book, *Capital Dames, The Civil War and the Women of Washington, 1848-1868*. They located his art on the Gallery Lafayette Facebook page. The gallery negotiated 15 signed copies, which were sold for \$80 each, with proceeds donated to SCAN of Northern Virginia, a child abuse prevention organization.

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 anyplace 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


CONTINUED ON PAGE 18

You can find Todd Healy in person at Gallery Lafayette, 130 South Royal Street, Alexandria, VA 22314, Phone: 703-548-5266 or online at [www.capitalartifacts.com](http://www.capitalartifacts.com).

The 36th edition of Todd's calendar will be available the first week of November, and can be ordered through the Capital Artifacts website. The U.S. Capitol gift shop still stocks Healy notecards and puzzles.



Signature bow-tied, Todd Healy in front of his gallery at the intersection of Prince and South Royal Streets in Old Town, Alexandria. Photo by Harry Merritt.

The Birchmere		3701 Mount Vernon Avenue Alexandria, VA 22305 (703) 549-7500 <a href="http://www.birchmere.com">www.birchmere.com</a>		October 2015		BLUEGRASS COUNTRY 105.5 FM AMERICAN UNIVERSITY RADIO		ticketmaster® Ticketmaster.com 800.745.3000 find a retail outlet near you <a href="http://Ticketmaster.com/outlets">Ticketmaster.com/outlets</a>																											
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY	FRIDAY	FRIDAY	SATURDAY																										
Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$5.50 per ticket facility fee/tax will apply.	September 28 <b>Buddy Guy</b> 7:30pm \$89.50	September 29 <b>PATTY GRIFFIN</b> w/SAM LEE 7:30pm \$59.50	September 30 <b>NERDS &amp; MUSIC</b> An Evening with JOEL HODGSON, PAT ROTHFUSS, PAUL & STORM 7:30pm \$29.50	1 <b>José James</b> 'Yesterday I Had The Blues' The Music of Billie Holiday w/ Nao Yoshioka 7:30pm \$29.50	2 <b>PAT MCGEE &amp; FRIENDS</b> with Matt Calvareso, Brian Fehino, Michael Ghegan, Patrick McIlloin, Chardy McEwan, Jeff Pevar, John Small, Jonathan Williams w/ Brian Dunne 7:30pm \$35.00	3 <b>HIROSHIMA</b> "Songs with Words" feat. special guest vocalists Terry Steele & Yvette Nii 7:30pm \$45.00	4 <b>1964: THE TRIBUTE</b> 7:30pm \$39.50	5 <b>AARON NEVILLE</b> 7:30pm \$59.50	6 <b>MELODY GARDOT</b> 7:30pm \$69.50	7 An Acoustic Evening with <b>MATT NATHANSON</b> 7:30pm \$32.75	8  7:30pm \$45.00	9 An Intimate Evening with <b>KENNY LATTIMORE</b> 7:30pm \$45.00	10 <b>THE WHISPERS</b> 7:30pm \$75.00	11 <b>THE WHISPERS</b> 7:30pm \$75.00	12 THE BIRCHMERE PRESENTS SCOTT BRADLEE'S <b>POSTMODERN JUKEBOX</b> TUE. NOV. 3, 2015, 8:00PM THE MEYERHOFF SYMPHONY HALL, BALTIMORE, MD TICKETS ON SALE NOW THRU TICKETMASTER.COM, 800-745-3000, OR AT THE MEYERHOFF BOX OFFICE.	13  7:30pm \$35.00	14 <b>the subdudes</b> w/ Vance Gilbert 7:30pm \$35.00	15 <b>Hal Ketchum &amp; Suzy Bogguss</b> 7:30pm \$35.00	16 <b>KEIKO MATSUI</b> 7:30pm \$45.00	17 <b>HERMAN'S HERMITS</b> featuring Peter Noone 7:30pm \$45.00	18 <b>TBA</b>	19 <b>THE Wailin' Jennys</b> 7:30pm \$49.50	20 <b>MICHAEL McDONALD</b> w/Brian Owens 7:30pm \$89.50	21 <b>Avery* Sunshine</b> 7:30pm \$35.00	22 <b>DAVID BROMBERG BIG BAND</b>	23 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50	24 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50	25  7:30pm \$89.50	26 <b>LOREENA MCKENNITT (Trio)</b> 7:30pm \$65.00	27 <b>Jay Farrar</b> performs Son Volt's "Trace" w/ Holy Sons 7:30pm \$29.50	28 Visions From Cape Breton & Beyond! <b>Natalie MacMaster &amp; Donnell Leahy</b> 7:30pm \$39.50	29 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50	30 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50	31 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50	32 <b>DAVE ALVIN &amp; PHIL ALVIN &amp; The Guilty Ones</b> w/ Webb Wilder 7:30pm \$29.50

# SHEILA HARRINGTON EXPLORES SEASONAL DELIGHTS IN “EACH DAY 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, “Each Day is a Celebration,” will be featured in 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 spent the past year living in France, in the Dordogne region and the Languedoc, surrounded by verdant countryside and abundant, fresh produce. Inspiration abounded from



“First Fruit,” oil on canvas, 6”x6” by Sheila Harrington.

every direction. Daily walks through markets and lush 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 complex 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 portraiture to print 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](http://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 success. “She’s very proud of what we’ve done.”

“We’ve been married for 41 years now, but for our 25<sup>th</sup> anniversary—my wife had jewelry, nice things, so I said ‘Sweetheart, what do you

want for your anniversary’ and she said ‘I want you to paint me an Irish cottage.’ So I did. But it took some time. I had notecards made for her [of the Irish cottage].

“We always went to Williamsburg for our anniversary—it’s where we went on our honeymoon, when we were poor as church mice. We went to the Williamsburg Inn for dinner, I had a nice box wrapped with a big bow—and it’s the only time she cried when I gave her 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



Alexandria, Virginia

Todd Healy, Artist

Todd’s 36<sup>th</sup> annual Old Town calendar will be available in early November through the Capital Artifacts website. Each month showcases the architecture of historic Alexandria in detail.

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 artistic, 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.”

“These prints” are 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 friend John Benson suggested reproducing and selling them on the Internet. “So I’m not as smart as I’d

Facebook for Cokie Roberts’ book.”

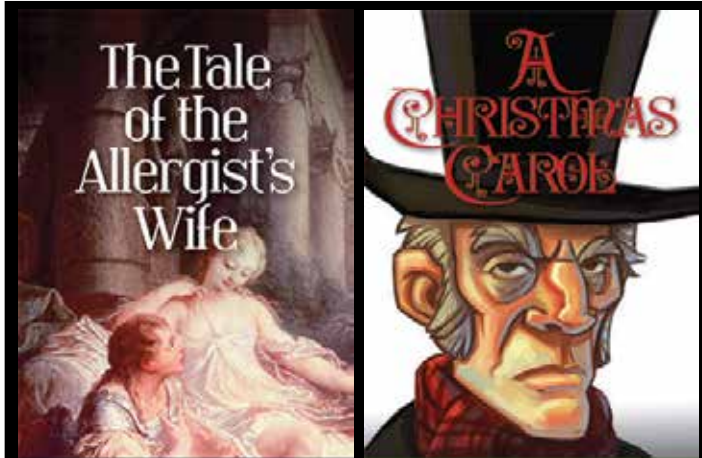
Within five years, Todd Healy wants to sell Gallery Lafayette and work from a home studio, perhaps in Richmond, through the Capital Artifacts website. “Some of the stuff I do,” he says, “is almost good.”

### Mediocre, 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 mom 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 Gilpin House Books, he adds, “I’ve sold this 150 times, and it’s almost good.”



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For their 25<sup>th</sup> anniversary, Todd painted this Irish Cottage for Laraine. Irish cottages became “another thing I like to do,” he says.



# THE CANDIDATES: IN THEIR OWN WORDS

[Editor's Note: In the interest of presenting an unbiased insight into the local candidates and their platforms, Zebra reached out with a simple four question survey and asked each candidate to reply with no more than 100 words per answer.]

## 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 ACPS and how do you plan to engage the community to address them? (Limit 100 words)
- C. What do you think about Alexandria 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 wee bit of leeway—they are politicians after all). Please be sure to VOTE on November 3.

# MAYORAL RACE



## Vice Mayor Allison Silberberg

Democratic Candidate for Mayor of Alexandria  
Non-incumbent

**Occupation:** Writer & Consultant  
[www.allisonsilberberg.com](http://www.allisonsilberberg.com)

**Facebook:** [www.facebook.com](http://www.facebook.com)

**Other Contact Info:**  
[allison@allisonsilberberg.com](mailto:allison@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? Parkfairfax

**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. Historic 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 Nannie 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  
Incumbent

**Occupation:** Consultant  
[Billeuille.com](http://Billeuille.com)

**Facebook:** William D. Euille

**Other Contact Info:** 703-346-3562 (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; 1997-2000-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 be 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 Centers, 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.

# VICE MAYOR ALLISON SILBERBERG

## DEMOCRAT FOR MAYOR OF ALEXANDRIA

"A Voice of Reason"

— The Honorable Patsy Ticer



PHOTO BY KAREN ELLOTT GRESDOFF

VOTE  
NOV  
3<sup>RD</sup>

"We are all the temporary stewards of this national treasure called Alexandria."

— Vice Mayor Allison Silberberg

### ENDORSED BY:

U.S. Congressman Don Beyer • The Honorable Patsy Ticer  
Democrats for a Better Alexandria  
Former School Board Member Eileen Cassidy Rivera

Support the Democratic Ticket: Silberberg for Mayor; and Bailey, Chapman, Lovain, Pepper, Smedberg, Wilson for Council.

Paid for and Authorized by Friends of Allison Silberberg

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

# CITY COUNCIL RACE



## Willie F. Bailey

Democratic Candidate for City Council  
Non-Incumbent

Occupation: Firefighter  
[www.bailey4council.com](http://www.bailey4council.com)  
[facebook.com/willforcouncil](https://facebook.com/willforcouncil)

Other Contact Info: 703-477-6771

**How long have you been an Alexandria resident?** 46 years

**Which Neighborhood(s) Do You Live In?** Delray

**A:** As a single parent, once my last child graduated college, I had an opportunity to give back to a city that has done so much for me. Growing up, my family lived in public and affordable housing before purchasing a home. I'm running because the opportunity that was given to me and my family growing up is becoming less possible for Alexandrians today.

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.

Alexandria must be selective in choosing which developers to allow into the city and developers must be held accountable for the impact that their new residents have on the preexisting community. The city should ask developers to contribute more to help defray the burden of educating new students.

**C:** Alexandria enjoys an AAA bond rating due to sound fiscal planning and budgeting. We should always look for every possible way to minimize city expenses.

**D:** Alexandria's tax base is unbalanced, as it is roughly three-

fourths residential and one-fourth commercial. We should do more to entice existing businesses to relocate here and give new businesses a tax break so we can increase our tax base. Recent moves by the National Science Foundation and the TSA show that Alexandria is a competitive business environment and we should build on this progress. But building on this progress places stress on public safety services. Our fire, police, and sheriff resources should receive more funding so they can protect our buildings and our citizens.



## John Taylor Chapman

Democratic Candidate for Alexandria City Council

Incumbent

Occupation: Community Use Specialist, Fairfax County Public Schools  
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**How long have you been an Alexandria resident?** I was born and raised here, so my entire life.

**Which Neighborhood(s) Do You Live In?** The Taylor Run neighborhood

**A:** The unique perspective that separates me from other candidates, other than being the only native Alexandrian, is my service on the ACPS Budget Advisory Committee and the city's Budget and Fiscal Affairs Advisory Committee. This is important because council's primary function is determining the city budget. With schools being over 30% of the city budget, it is useful to have experience with both budgets,

to ensure that resources are spent wisely. I wish to continue serving on council because we still need leadership ensuring that we improve our schools, ensure affordable housing opportunities, and meet our economic development goals.

**B:** The main challenges for ACPS are ensuring capacity to handle 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, to educate the community about the need for additional resources and partnerships to solve these challenges. I will also work with ACPS to bring forth plans to handle the capacity

challenges in an effective and fiscally sound way. Lastly, I will work with city departments to ensure that students and families in need have full access to libraries, social services and other city supports.

**C:** I believe that we need to work creatively to remain within our self-imposed debt limits, while still investing in our community's infrastructure. I believe that our city budget needs to be transparent and understandable to all residents and our budget process needs to have adequate input from our community. My main concern within our city budget is that we do not allow our debt service from recent investments to crowd out the resources that we

have available for our annual city government operations.

**D:** I believe that there are areas in the eastern sections of our city where we have reached the capacity of residential development, and there are also parts of our city, such as the Eisenhower Valley and Potomac Yards, which still have opportunity for the right mix and scale of residential and commercial development to happen. I believe that our city would be best served ensuring that our resources go maintaining our streets, our sewer and storm water infrastructure, retaining quality government employees and improving our schools.



## Timothy Lovain

Democratic Candidate for Alexandria City Council

Incumbent

Occupation: government relations consultant  
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**How long have you been an Alexandria resident?** 32 years

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

**A:** I bring a unique transportation expertise to City Council. I do transportation policy for a living and chair several transportation coalitions. I have also focused a lot on transportation issues as a Councilmember. I am the Vice Chair of the Transportation Planning Board for the National Capital Region and, if I am re-elected, I will be its Chair. I look forward to taking advantage of this great opportunity to use my

transportation expertise to address regional transportation priorities including expanding transit service and reducing incident response times on our highways.

**B:** ACPS enrollment is growing at a rapid pace (3.7% last year), which has resulted in a capacity problem. We have undertaken a capital program to build and expand our schools, which we need to continue to make a high priority. I also led the fight to increase City funding for ACPS to accommodate that increased enrollment. City funding for ACPS has been too arbitrary and haphazard. I secured a new process to rationalize City funding for schools in

last year's budget and I would like to institutionalize that process so ACPS can have greater certainty about City funding.

**C:** Alexandria neglected to invest in infrastructure during the 70's, 80's and 90's, so we face an infrastructure deficit. As a result, City borrowing has increased to finance our capital program so we can build the schools, transportation facilities, sewers, etc. that we need. Our borrowing is within our conservative debt guidelines and comparable to our neighbors. We have faced a structural deficit for several years that has forced the City to lay off workers and curtail programs. I am hopeful that our commercial

development successes will enable us to secure more revenue to help our budget situation.

**D:** Alexandria is in the heart of the DC area, so we inevitably face development pressures. We are trying to focus that development around our Metro stations, including the new Potomac Yard Metro station through walkable neighborhoods, well-served by transit. Done right, that kind of smart growth can actually reduce traffic. We need to maintain basic services, keep up with ACPS enrollment and continue our capital program to build the infrastructure Alexandria needs.



## Redella S. "Del" Pepper

Democratic Candidate for City Council

Incumbent

Occupation: Homemaker  
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**How long have you been an Alexandria resident?** 47 years

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

**A:** My years of service on Council--two times serving as Vice Mayor--gives me unique experience, perspective, expertise, and vision, which I believe will be

helpful to the next Council and to the community. I would like to be re-elected so I can continue to work toward the successful implementation of some of the projects/plans that I have been working on. Among these are: the construction of the Potomac Metro Station and the redevelopment of the whole Potomac Yard area, the redevelopment of Landmark Mall, the Eisenhower West area, Oakville Triangle, Beauregard Corridor, the Waterfront, and the completion of the remaining two transit corridors.

**B:** The expanding school population and the limited existing space to accommodate it means that ACPS will need to enlarge existing schools or increase the number of schools. This will be costly and will require the community's support, which means considerable outreach, education and advocacy by the schools, the Council, and the students' parents. Redistricting. ACPS needs to continue the academic rigor that resulted in the recent higher SOL scores by the students in core subjects. In addition to what ACPS is doing to improve scores, we need to involve parents in their children's work and in the schools.

**C:** I wish we didn't have any debt and that we could pay as we go for everything. However, we are careful about the debt we DO take on, and have set for ourselves a limit of 1.6% of our fair market real property value. That's one of the lowest in this area and we are considered very conservative. The two major bond-rating agencies assess our management of the City finances each time the City goes out to the bond market. Recently, we were given an AAA rating, meaning that we are doing a good, sound job.

**D:** For the most part, Alexandria has not over or under developed residential and commercial opportunities. Looking to the future: for areas like Landmark Mall and Eisenhower West there are significant opportunities for considerable amounts of both kinds of development. Maintaining streets, schools, parks, recreation centers, libraries, pools, civic buildings, sewers, fire stations, the police station, etc. is critical and should be the focus of our spending. All are important along with employees' salaries and the human and social services that we provide. It's a balancing act to fund even the top priorities.



# VOTE NOV 3<sup>rd</sup>

# FERNANDO TORREZ

for  
ALEXANDRIA CITY COUNCIL



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VETERAN · BUSINESSMAN · FAMILY MAN



## Paul C. Smedberg

Democratic Candidate for City Council  
Incumbent

Occupation: Director of Government  
Affairs & Advocacy

PaulSmedberg.org

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How long have you been an Alexandria  
resident? 28 years

**Which neighborhood(s) do you live in?**  
Old Town

**A:** I have had the honor of serving on Council for 4 terms and hope to be elected to a fifth term on November 3. I seek reelection for I believe my institutional knowledge, balanced approach to issues and my dedication to assuring a livable, fiscally sound and healthy community for all residents differentiate me from other candidates. I have developed a keen sense of recognizing what is appropriate and suitable for the Alexandria community, I am acutely aware of the issues deemed important, and I believe that my qualifications are essential in order to sustain both fiscal and physical stability.

**How long have you been an Alexandria resident?** 15 years (a few years as a child as well)

**Which Neighborhood(s) Do You Live In?**  
Del Ray

**A:** Elections are about the community we want our children to inherit. My vision of the Alexandria my children will inherit is one where our fiscal future is secure, our quality of life and economic growth unaffected by congestion and our children thriving. The choice is not whether we grow, but moreover, how we grow. With responsible budgeting, coordinated economic development, infrastructure expansion and remediation, as well as educational excellence, Alexandria can lead the recovery. By protecting our long-term fiscal and

**B:** The ACPS has made great strides in the past few years toward accreditation for both T. C. Williams and other schools and they are to be commended. A new challenge is looming and one that appears to be related to growth in the population of school age children. This is not a challenge that can be simply addressed by increased volunteer capacity but rather one that will demand increased resources to accommodate additional children in the schools. I would urge the community to remain vigilant in reaching out to the schools in volunteer capacity but to also remain aware that this increase in numbers of students may well result in increased costs for classrooms and auxiliary components.

physical infrastructure, expanding transportation options, ensuring the success of every child, Alexandria can be that community of choice.

**B:** School capacity constraints at every level will vex our next City Council and School Board. The Council must identify resources for school capacity. I have campaigned for the resources to address these issues. I helped lead the Long Range Educational Facilities Work Group. I am proud that this Council worked constructively to tackle this issue along with our School Board, adopting new realistic enrollment estimates and providing the funding for a new Patrick Henry (as well as capacity throughout the system). We need to work to increase the capacity of Minnie Howard and

**C:** Contrary to the cry of many opponents in this race the “sky is not falling” on Alexandria’s fiscal landscape. This City has been well served by its Staff and Councils in assuring that we are and will remain in good fiscal health. The measurements by which municipalities are constantly graded show that we are in the top percentile of cities based on our debt service, our ability to finance our fiscal needs, and our continued double AAA bond rating. We have made significant advances in the way we development 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.

address high school challenges that now loom.

**C:** Alexandria has the lowest debt of any jurisdiction in Northern Virginia. The Virginia Constitution limits debt to 10% of the value of real estate. Alexandria imposes a more stringent limit of 1.6%. This year, the capital budget approved by Council came in at 1.31%. No jurisdiction in Northern Virginia reaches a level that low. That’s precisely why Alexandria enjoys the AAA/Aaa bond rating; the highest possible. I was proud to propose a new “Cash Capital” funding policy last year to ensure that during difficult budget times debt is not used as an escape valve to avoid tough choices.

**D:** I believe that we have balanced the development of residential and commercial opportunities in a beneficial manner to the extent we are able to do so. There is, however, work to do to strike a better balance (50-50) between our residential vs commercial development as a way to alleviate a disproportional residential tax burdens. We need more commercial development near our transit hubs and in Potomac Yard. For many years, prior to this new century, many city infrastructure improvements were neglected or postponed. We are playing catch up making these much needed core infrastructure improvements. Furthermore, I positively support focusing our efforts on maintaining all streets and sidewalks.

**D:** Cities that have been around, like Alexandria, constantly evolve and reinvent themselves. The City stands at an inflection point as the quantity of redevelopment activity planned or contemplated over the next decades can reshape our City. How we implement adopted plans will shape our economic future and affect our quality of life for generations to come. Bringing Metro to Potomac Yard gives the City an opportunity to make Potomac Yard the focus of commercial development. While demand for office is down across the region, the new office space that will be developed will be in close proximity to transit.



## Justin Wilson

Democratic Candidate for City Council  
Council District At-Large

Incumbent

Occupation: City Council/Director of  
Infrastructure Program Management,  
Amtrak

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Twitter: @MMilesAlexCC,

Instagram: miles4council

**How long have you been an Alexandria resident?** Eight years, although I’ve lived in Northern Virginia since 1988.

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

**A:** I’m 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 when considering proposals. My experience running a small business gives me a unique perspective in examining how our City is run and how we might attract small businesses to alleviate our debt.

My Business Plan is something I’ve worked hard on, which has garnered community support. As an attorney and long-time community servant, I’m a natural problem solver who thinks linearly, can negotiate with others to achieve results, and who values genuine community engagement.

**B:** Overcapacity is the biggest challenge for our schools. Alexandria’s schools are bursting at the seams. Without new schools and better oversight of how money is currently being spent, the children in our schools will not receive the education they deserve. To address this issue, I suggest a study be made of how the current school funds are spent. When elected to council I would work with the School Board, educators, and parents to get their

opinions on the study and come up with solutions.

**C:** I am deeply troubled by City Council’s failure to address our budget concerns. According to the City’s five-year financial plan, by 2020, we will have a \$128 million budget deficit if proceed with the status quo, i.e. nothing is done to address our debt. We spend 10% of our total general fund expenditures servicing debt. This situation is a direct result of failed leadership, a lack of foresight and prioritized spending, and delayed action. The City will be forced to cut services or raise taxes, unless they engage the business community, as I’ve proposed in my Business Plan.

**D:** I think Alexandria should continue to explore smart growth

opportunities where appropriate. More importantly, City Council should listen to members of a community that a development would affect instead of the developer. We have a forgotten constituency that Council seems to write off or laugh at, as shown by recent complaints in newspapers. In regard to infrastructure, we must maintain the high-quality public safety services, creatively plan to improve our transportation system, and concentrate on improving our storm water infrastructure to comply with new federal standards by 2020. These three priorities will be massive spending projects but are necessary if we are to grow and continue to be a great American city.



## Monique Miles

Republican Candidate for City Council  
Non-incumbent

Occupation: Managing Principal of  
Old Town Associates, P.C., a law firm  
serving clients in Virginia and DC.

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get involved.

currently a small business owner based in Alexandria. I am a proven leader who truly cares about his community. Over the past 15 years, I authored approximately 300 public policy articles. I will listen to the needs of my fellow citizens, who currently do not receive a balanced perspective on the issues.

**B:** Overcrowding in our schools is a real problem. The school system continues to grow annually, and will require adaptive reuse restoration and new construction. We need to program funds within the Capital Improvement Program over the next ten years to accomplish this, while simultaneously attempting to address many of the other school infrastructure needs. SOL scores continue to improve, although we are still lower than all other Northern Virginia jurisdictions. I intend to work closely with the School Board to rectify these shortcomings.

**C:** Our debt has ballooned 300% in the past ten years, from \$130 to \$526 million. We have a yearly debt service of \$66 million, which will jump to \$80 million when the Potomac Yard Metro Station

development occurs. Our AAA bond rating could be in jeopardy, as we have massive infrastructure costs projected for our schools and for our combined sewer system. The City’s 5-year projection estimates the debt will increase an additional \$128 million and this will raise taxes 21% by 2020. This is only sustainable if property values continue to increase. We are only

a mild recession away from fiscal disaster.

**D:** Residential and commercial properties can be integrated successfully, just look at Old Town and Del Ray, they are walkable, and have a great mix of residential and retail establishments, which is not true of more recent developments. Regrettably, a number of our new neighborhoods do not offer similar

amenities. Regarding infrastructure, I advocate safety and security first, followed by the schools. Our infrastructure needs are gigantic. Many of our schools are in disrepair, and have not been maintained over the years. The City has been mandated to find a solution to the problems regarding our combined sewer system. This is a potential \$500 million bill payer.



## Townsend A. “Van” Van Fleet

Republican Candidate for City Council  
Non-Incumbent

Occupation: President, Van Fleet  
Associates, Inc.

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How long have you been an Alexandria  
resident? 30 years

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 23-year Army Veteran and

**JOHN TAYLOR CHAPMAN**  
Democrat for Alexandria City Council

**Re-Elect**



## D. Phil Cefaratti

Independent Candidate for City Council

Non-incumbent

Occupation: President and Principal Broker - Potomac River, Realtors

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**How long have you been an Alexandria resident?** More than 10 years

**Which Neighborhood(s) Do You Live In?** Seminary Ridge

**A:** I am truly a jack-of-all-trades. I have worked to ensure I understand all aspects of the industries I work in and the companies I work for. As a Navy Supply Corps Officer, I learned leadership, accountability, customer service, business operations, and government contracting. After earning an MBA from Georgetown, I worked for high-tech firms from Silicon Valley to D.C. in corporate finance, business process management, business development, and sales.

I reinvented myself in real estate, applied all that I know, and I currently own Potomac River, Realtors®. I have worked in both the private and public sectors and understand both.

**B:** Having spoken to the entire spectrum of City residents, no one has ever said, "I moved here because we have great schools." Many people choose to move to Fairfax, Loudoun, and Arlington Counties because of schools. Our greatest challenges: improving student performance, eliminating administrative inefficiencies, and managing the student population. It is fine to praise students who succeed, but we must raise up those who are not succeeding by providing greater focus on their

entire lives—not just during school hours. We must create programs to engage all children free of charge in recreation and cultural arts activities after school.

**C:** Alexandrians are well educated and compensated. Our AAA-bond rating is because we, as taxpayers, can afford to pay more. Although our debt is affordable, it is too high because government has invested poorly. In the short term, our debt level and debt service will increase because of the City's fiscal policy over the past 20 years. The City has failed to maintain and upgrade sewers. Our City is failing to account for the likely true cost of a Potomac Yard Metro Station. Our City has chosen to build extravagantly, taking on higher debt than needed:

T.C. Williams, Police headquarters, and Jefferson-Houston.

**D:** Landmark must be driven to completion instead of waiting on the developer. We must incur debt to invest in our sewer system. Street maintenance must be more proactive and flexible to address streets needing repair. Police and fire need to be staffed to levels allowing planning instead of reacting. Fiber must come to Alexandria, whether it is private/public, public, or private. School inefficiencies must be addressed immediately to cut waste. Monies saved can be applied to teachers and programs leading to better-expected results. School infrastructure should be renovated when at all possible, instead of rebuilding.



## Fernando M Torrez

Republican Candidate for City Council

Non-incumbent

Occupation: Small Business owner

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#201, Alexandria, VA 22314

**How long have you been an Alexandria resident?** My business has been part of this city for the past 7 years and I have been a resident for three.

**Which neighborhood(s) do you live in?** Parker-Gray

**A:** As a small business owner, Air Force Veteran, and immigrant I bring a unique perspective and set of skills. I believe in the American Dream and am proof that anyone in this great nation can achieve their goals if they join together work hard, work smart, and perseveres. I see City Council ignoring certain issues in the business community as well as in education that deserve careful attention. Our construction,

roads and infrastructure need tighter planning and control. Having become a new father recently has made me keenly aware of the need to help drive the future of our city. I want my daughter to receive an outstanding education and live in a vibrant area.

**B:** Our daughter Alexandra, will one day attend school here so ACPS is very important to us in giving our daughter a great education. ACPS's challenges come in many forms - from budget cuts, overcrowding, to accreditation issues as in the Jefferson Houston Elementary case. We all want our children to have an exceptional education. One that inspires them to expand both their horizons and intellect. These are the basic reasons for increasing community awareness,

supporting creative instructors and administrators. At its core are the teachers - those individuals that interact daily with our children and into whose hands we place the minds of our young. Their profound impact must be supported and strengthened to achieve full development.

**C:** I will bring leadership that is also a "voice of a reason". One that can will work as a team to better our city. As an elected official my focus will be on fixing problems before they start. We should prioritize our spending so that the budget becomes self-funding with reserve in moving forward. I believe that in such a vibrant city we can do much better managing our debt and stop punishing residents and property owners with continual increases

in property taxes. By expanding commercial occupancy, we can help manage the debt without undue strain on residents.

**D:** I will advocate for development that fits our city and can be maintained while preserving the historic nature of old Town. West-End success can be achieved by focusing on areas such as Van Dorn, Landmark, and Eisenhower for commercial development by a variety of businesses. It is important that we keep in mind infrastructure needs so as not to overburden existing facilities. Funding of infrastructure starts with smart negotiation of future contracts. With continuous residential development, the city will need significantly more assets to provide adequate response times.

Monique  
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for City Council

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**QUOTABLES**

**"You know you've got a problem when you're buying wine glasses in the vase department of Bloomingdale's."**

— Elaine Stritch



## Bob Wood

Republican Candidate for City Council

Non-incumbent

Occupation: Executive Vice President, Non-Profit Association

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Twitter @woodcitycouncil

**How long have you been an Alexandria resident?** Originally moved here in 1964; after Army service moved back in 2008

**Which Neighborhood(s) Do You Live In?** Seminary Valley, Lincolnia, Old Town

**A:** Following graduation from T. C. Williams and West Point, I served 36 years in the Army. I was a commander, staff officer, and team member in peace and war, from entry level to the White House, with responsibilities for leading, managing, and accomplishing tough missions and solving difficult problems. When not leading Soldiers, I was an educator, earning an MBA from the University of Chicago, teaching economics and finance at West Point, chairing a School Board, and leading the Army's Command and General Staff College. I want to continue service to my community as I also served my country.

**B:** 1. Serving the needs of a transient and extremely diverse student population while meeting and advancing education standards for all students. 2. Promoting excellence in education, across all functions,

within available resources. 3. Convincing citizens that their "return on investment" of tax revenues in public education is not only sufficient but also increasing. Diversity in our schools is a driving demographic fact. Understanding student needs requires outreach, counseling, and adaptable education programs. Celebrating excellence in education must match sports reporting in the press. Community contact, conspicuous commitment, and regular communications can affirm the value and quality of our schools.

**C:** Debt, when used wisely, is an appropriate tool in municipal spending to allow program financing, capital expenditures, and other key long term investments for public needs. But, debt is obligating present and future taxpayers and encumbering future choices. The accuracy of our assumptions underlying debt obligations must be constantly reviewed. The return on these investments must face government scrutiny and public review. Alexandria is, only now, adopting long range financial planning and, for too long, handled the budget process as yearly internal adjustments instead of a rigorous, long-term financial review of strategic goals, net results, and tough budget decisions.

**D:** Development can be good for Alexandria. It can rebalance the tax base, promote transportation options, and support expansion of business and jobs. But, too often in our city, development is out of place, out of scale, and out of touch with the community. Shortfalls in our community infrastructure - our schools, roads, sewers, communications - are repeatedly discovered after construction, deferred or ignored in budget adjustments, and discounted by city government in their search for revenue to pay down escalating debts. The results are predictable - harm to our neighborhoods, reduction in our quality of life, and elimination of our historic fabric.

# ALEXANDRIA SCHOOL BOARD RACE



## Ronnie Campbell

Candidate for ACPS School Board  
Member: District C  
Incumbent  
Occupation: U.S.P.S  
RonnieCampbellCan.org  
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Other Contact Info:  
Cell-(793) 965-3344

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

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

**A:** Experience. As a past PTA president at both John Adams and the Alexandria PTA council, as well as a parent of 3 children who attended and graduated from ACPS— a TAG student, a child with special needs and a scholar athlete, I can relate to parents' concerns. The teachers have also endorsed me every time I've run. My three terms on the board mean I'm experienced with board policy and that I know what's been done,

what has worked, and what has not. If reelected I'll continue to affect positive change and improve our schools in a seamless way.

**B:** My top challenge is to increase the academic achievement for all students especially those below grade level. This includes our English language learners and our students with special needs. We need to continue our efforts to bridge the achievement gap. It is closing for some subgroups, but additional work is needed in this area. Another challenge is capacity. We have outgrown many of our schools and I have worked to institute class size caps. John Adams alone is home to over 1000 children. I encourage

our community to get involved by joining our ACPS committees or by mentoring a child.

**C:** Alexandria City's debt is a concern for ACPS because we need our City Councilors to support our schools. When we present our budget to the City Council and it's not fully funded we have to go back to the drawing board and decide which areas will do the least damage if they are cut or reduced. School Board members are required to request what we need to support our district. The state recently changed its graduation requirements and mandated additional courses. These courses aren't fully funded by the state, so we will

need additional funding to cover these expenses.

**D:** I would like to see the city create workforce housing and affordable housing. We need to encourage our teachers, police and firefighters to live here. More and more of our workforce employees are leaving Alexandria in search of affordable housing. Also, when developers want to negotiate property in Alexandria, we need to request that they include a school in their plan. I believe the city has previously negotiated a new fire station in one of the plans. Why not negotiate a school as well? With our growing enrollment we will need additional space.



## Ramee Gentry

Candidate for School Board: District C  
Non-incumbent  
Occupation: Exhibitions Coordinator, US Holocaust Memorial Museum  
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www.facebook.com/rameegentry4schoolboard

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rameegentry4schoolboard@gmail.com

**How long have you been an Alexandria resident?** 17 years

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

**A:** I think the variety of my professional and volunteer experiences have given me a breadth and depth of experience that I can use to serve our city's schools. Through my work I have knowledge of budgeting, project management, and procurement. My volunteer experience has given me a deep understand of the needs of many different types of students: talented and gifted, special education, and English Language Learners. I have

a passion for public education, and I love that Alexandria's smaller school division allows individuals a unique opportunity to truly make a difference.

**B:** Engaging the community IS the top challenge for ACPS. Too many of our residents are dismissive of our schools, often due to persistent misconceptions that need to be eradicated. On the other hand, I have also experienced the very real frustration of engaged, committed parents who are trying to work with the schools, only to meet indifference or sometimes even resistance. A school board member should be the bridge between our schools and our community,

fostering a continuous, open dialogue between the two groups. I want to tackle the breakdowns in communication, and bring the two sides together for resolution.

**C:** A family needs to manage debt for its financial security, and that's true of cities as well. Alexandria needs to ensure that it continues to maintain its high bond rating. At the same time, debt is a necessary tool in order to accomplish long-term goals. School Board and City Council must work together to come up with a fiscally sound plan to address the overcrowding in our schools, as well as the urgent infrastructure repairs that need to be done in our older school buildings.

**D:** It's important to recognize that vacancies in commercial properties are driven by many region-wide issues that the city's government cannot control. However, we must find ways to face these economic headwinds and create a better balance between residential and commercial tax revenue. Construction funding for schools was delayed for too many years, despite forecasts of increasing enrollment and unresolved maintenance needs. The city needs to apply effective long-term planning to all infrastructure needs—not just schools—so that issues can be resolved incrementally, before they become acute.



## Cindy Anderson

Candidate for School Board: District B  
Non-incumbent

Occupation: Business owner  
CindyAnderson4SchoolBoard.com

Facebook: Cindy Anderson for Alexandria School Board

Other Contact Info:  
CindyAnderson4SchoolBoard@gmail.com

**How long have you been an Alexandria resident?** 53 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 board and am currently the Chairwoman. Through these numerous volunteer positions, I have been a tireless advocate for Alexandria's schools. I believe serving on the School Board is a meaningful new

way for me to make a positive contribution.

**B:** Capacity issues, and making sure that each student receives the necessary resources for success in school and in life are both critically important. I would advocate for forming a group of community members who could review possible sites for new schools as Arlington has recently done. Secondly, our entire community benefits from a quality public school system. While we already have many wonderful, talented commu-

nity volunteers who help ACPS students, I would like to increase community participation by specifically reaching out to groups that may not have been involved in the past.

**C:** see below

**D:** As a school board candidate and community member, I hope that school capacity and proximity will be considered as an important aspect of all residential development planning decisions.



## Hal Cardwell

Candidate for School Board: District A  
Non-incumbent  
Occupation: Water Resources Engineer

Website: N/A  
Facebook: N/A  
Other Contact Info:  
HalCardwell2014@gmail.com

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

**Which Neighborhood(s) Do You Live In?**  
Del Ray

**A:** I bring a set of characteristics, experience and expertise to my prospective service on the ACPS School Board. I've been a parent 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 engage our school's significant Latino population. I grew up in Alexandria and was an ACPS student for 10 years (TCW 82). Hence I know first-hand the value that a great education from a diverse public school system can provide. After living in other cities, states, and countries, I came back to Alexandria to raise a family.

**B:** While my kids have certainly

enjoyed lots of wonderful teachers and opportunities in their years at ACPS, there are always challenges. Capacity and aging facilities are major issues. Redistricting is in motion. And while scores have gone up, there are still too many students who are falling through the cracks and not getting the most out of the opportunities available to them in ACPS. As is planned in the redistricting process, we must design a variety of engagement opportunities to meet the diverse needs of our communities and stakeholders.

I look forward to applying my background in public participation and collaborative processes, as well as my deep roots in Alexandria helping to ACPS meet these challenges.

**C:** I think this question is more appropriately addressed by and to the candidates for City Council and mayor.

**D:** I think this question is more appropriately addressed by and to the candidates for City Council and mayor.



## Daria S. Dillard

Candidate for School Board: District C  
Non-incumbent  
Occupation: Math teacher  
www.dariadillard.com  
Facebook: Daria for School Board  
dillard4schoolboard@gmail.com

**How long have you been an Alexandria resident?** 10+

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

**A:** 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 to better weave those into sustainable educational goals that make our community and future workforce strong, capable and innovative.

**B:** The top challenge facing ACPS is ensuring our students are receiving an education that will support them being lifelong learners not just great test takers. In order to do reach this goal ACPS will have to facilitate learning

that is discovered 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 the community by promoting dialogue and negotiation, learning to work together and empowering community members to be participants in the decision-making process.

**C:** N/A

**D:** I would like to see Alexandria invest more into our school facilities. With our consistent enrollment increases, I would like to see money placed on improving our facilities and capacity issues.

## Christopher J. Lewis

District C  
Candidate for School Board

Candidate did not return the questionnaire.

### Re-Elect Councilwoman

# DEL PEPPER

## For Experience and Vision!

### Vote Nov. 3, 2015

Paid for by Pepper for Council  
Authorized by Redella S. Del Pepper



"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."

— Stanley Horowitz



## Mimi Goff

Candidate for School Board: District B  
Non-incumbent  
Occupation: Store leader  
mimigoffforschoolboard@aol.com



## Margaret Lorber

Candidate for School Board: District B  
Non-incumbent  
Occupation: Retired  
www.lorberforschoolboard.com  
Facebook: MargaretLorberforAlexandriaSchoolBoard



## Kelly Carmichael Booz

Candidate for School Board: District B  
Incumbent  
Occupation: Partnership Development Lead, Share My Lesson, American



## Veronica Nolan

Candidate for School Board: District B  
Non-incumbent  
Occupation: Adjunct Professor  
www.veronicaforschoolboard.com  
facebook.com/veronicaforschoolboard  
veronicaforschoolboard@gmail.com



Facebook: N/A

Other Contact Info: N/A

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

**Which Neighborhood(s) Do You Live In?** Seminary Hill

**A:** I have had the pleasure over the past few years to work with a great group of young ladies from TC Williams. Most were new to this country and I saw the struggles they had in school and adjusting to Alexandria. TC is a great school but when one young lady told me she wanted to go

lorberforschoolboard@gmail.com

Cell phone 703-201-4804

**How long have you been an Alexandria resident?** 35 years

**Which Neighborhood(s) Do You Live In?** Rosemont

**A:** I have been involved with the Alexandria public schools since 1988—first as the parent of 2 children who received a wonderful education there and then as the Division-wide Bilingual Parent Liaison from 2006 – July, 2015. That experience combined with over 30 years working on national policy issues in the areas of child development, child nutrition and parent involvement in education has given me a deep understanding

Federation of Teachers

www.kellycarmichaelbooz.com

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Email: kelly@kellycarmichaelbooz.com

Twitter: @kellycbooz

**How long have you been an Alexandria resident?** 10

**Which Neighborhood(s) Do You Live In?** Taylor Run

**A:** I am the only incumbent running for reelection in District B and I believe continuity is important to continue the positive momentum and gains made in ACPS and tackle the areas where we need growth. Education

**How long have you been an Alexandria resident?** 13

**Which Neighborhood(s) Do You Live In?** Rosemont

**A:** We are in a unique moment in time where there is significant potential ahead for ACPS and strong leadership will be critical to achieve our upcoming strategic goals. I love Alexandria and as a current ACPS parent I am highly committed to our schools. I'm hoping to use my 20 years of education experience as a classroom teacher, nonprofit CEO and board member of youth-serving organizations, to serve the youth in our community.

## Karen A. Graf

Candidate for School Board: District A  
Incumbent

Occupation: Technical Communication  
www.graf4schoolboard.com

Facebook: Karen Attubato Graf

Other Contact Info: @KarenAGraf

to college she revealed no one ever mentioned a college path to her. I was sad. Her father was a Doctor in their country. No guidance. All students should be treated equally and should have the same opportunities. The past year I have attended most of the school board meetings and I have the time to make a difference for the ACPS community.

**B:** The budget—must be accountable and transparent with taxpayer's dollars. The infrastructure of the schools are in decline—thoughtful

of the challenges our schools face and the steps needed to address them. My fluency in Spanish also allows me to communicate directly with the significant number of families in our community who speak that language.

**B:** Enrollment has increased dramatically and our schools are bursting at the seams. Class sizes are going up and our facilities are wearing out. Teacher morale and student achievement suffer under these conditions. Further, we can only improve academic achievement by combining a rigorous curriculum with support for students, families and teachers. The community is key to addressing these problems and I am committed to

is my profession. I have spent the last 14 years working with students, educators, 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 and advocate on the School Board if reelected. I would be honored to have one of your three votes.

**B:** Capacity is a major challenge facing both ACPS and City Council. We are working to solve these issues through modernizing and adding classrooms to our schools and through redistricting. ACPS grew over 3,200 students since the last redistricting

**B:** Having spoken to a variety of invested ACPS stakeholders the top upcoming priorities in my opinion are: - The overcrowding of several of our schools. We need to involve the community in the upcoming redistricting conversations as well as determine future spacing solutions. - The need to upgrade our facilities. We need to adhere to the facilities master plan and ensure the community is communicating the dire health hazards that exist in some of our schools to city council in an effort to ensure we have the funds to upgrade our decrepit buildings. - We need to attract, support and retain top talent so that ALL students will

**How long have you been an Alexandria resident?** 12 years

**Which Neighborhood(s) Do You Live In?** Del Ray

**A:** The motto of my campaign is: Process, Persistence, Performance. My goal last term was to provide support for teachers, parents, and the community as our division made rapid changes to better programs and staffing. This School Board did this by developing transparent and effective processes for executing thoughtful change and then persisting with those changes to ensure that they are accomplishing their goals. This resulted in higher performance in the district in several areas. In the next term, I would work towards three more goals: • Solve the capacity and building health issues • Continue strong recruitment • Improve and grow our communication practices

**B:** First, our capacity is a top priority. We have grown by over 1600 new students since I took

planning to prevent over spending on school rebuilding or renovating them. Must have maintenance budgeted. Most schools are over enrolled—need to have a new elementary school in the west end, a new middle school, and a new high school—now Test scores are improving but not as fast for gap groups—need to provide extra-support for students who need it—before, during and after school, smaller class size, commitment to English as a second language students and Special Ed students Graduation—must improve rate that is

broadening the constituency for the public schools so that citizens, with or without children in the schools, take pride in our schools and are willing to invest in them.

**C:** The responsibility of the School Board is to present a budget that meets our students' needs, both for operating funds and for our school buildings. The School Board must take great care to assure that City funds are used wisely and I am committed to strong budget oversight. At the same time we must educate the community about the operating and capital needs of our schools. The bottom line, though, is that the City has the resources and capacity to meet

in 1999. While redistricting will better align students in over-crowded schools, redistricting does not solve the classroom deficit needed to solve capacity. As it stands, our current 7th graders will not fit in Minnie Howard when they reach 9th grade. We must work with city council to fund our capacity projects to ensure both space and quality educational facilities are secured.

**C:** We are operating in a budget tight environment. As our city council tackles our debt, I look forward to continue working with city council and bringing forward a fiscally responsible budget for the school system that emphasizes stu-

be served to the highest standard possible.

**C:** Having been the CEO of a nonprofit that significantly grew during the recent recession, I understand the challenges of overseeing a budget during tight financial times while ensuring that quality of services does not suffer. The School Board needs to be prepared to bring forward to City Council a budget that they feel comfortable being held accountable to which effectively meets the students' needs. I look forward to partnering with City Council as they see through their budget concerns and ensure they understand the importance of investing in Alexandria City

office three years ago. It is imperative that the next School Board solves the capacity issues. I have a goal for supporting a long-term plan that is fiscally sound, considers future growth and, above all, advances academic excellence in our school division. Secondly, with the district's growth, our HR practices need to be supported in order to recruit, hire and develop qualified teachers and leaders in the schools and central office. Lastly, ACPS needs to develop strong communication practices, so that the community has an accurate view of what is happening in the schools.

**C:** During this term, the School Board and the city work on completing a 2.5-year project for long range planning. My goal as a member of the School Board in the coming three years is to develop a fiscal plan that looks out five or ten years in both the capital and operating budgets. With good planning, elected officials can prepare a community for proper

79.6% last year—State is 90%.

**C:** The debt ratio is already at the limit and overspending by the City beyond revenues will not aid ACPS obtaining the necessary funds needed for their infrastructures and new schools that need to be attended to sooner rather than later.

**D:** TOO many town houses being built and not a lot of thought of where the kids will go to school. Minimal land put aside for building schools and lack of maintenance has our schools now in disrepair.

the needs of our schools, and the City's debt is not an impediment to achieving our educational goals.

**D:** This question is one of greater relevance to City Council candidates, but I believe the city needs to diversify its tax base. We should not have to raise real property taxes every time we need to increase the school budget. The City has many needs to meet, from public safety to parks to social services, but quality, well-financed schools must be at the top. We owe good education to our families, and good schools increase the attractiveness of Alexandria as a place to live which in turn has the potential to bring in more tax revenue.

dent achievement for all students. Additionally, the schools must continue to find private-public partnerships and grants to support our schools.

**D:** We need to focus our dollars on building capacity and modernizing our schools. We are at a classroom deficit in ACPS. While redistricting will solve some of these issues, it will not keep up with the growth of students enrolling in ACPS. Likewise, we have old buildings and our previous band-aid approach to fixing issues is not sustainable, nor is it a good use of tax dollars. We need to reinvest in our school buildings to build capacity and modernize our learning environments.

Public Schools.

I appreciate City Council's broad scope and the varied needs of our cities. As a school board member I will be focused primarily on advocating for our students' and schools' needs. Currently we have a dire overcrowding situation in too many of our schools. Not only is overcrowding a concern but many of the facilities have gone years without much needed repair. I look forward to working with city council to ensure they're educated about the current needs of our schools so that our students and staff are allowed to learn in the conditions they deserve.

funding impacts. Currently, our city's schools have a lot of buildings that are aging and infrastructure needs being driven by increasing populations. But what is becoming more important is how the School Board supports the operating budgets so that we can afford teachers and support staff.

**D:** Schools, of course. However, I understand that there are many priorities in the city that pull at the purse strings. I do believe that this question is better directed at council candidates, as the School Board is not directly faced with having to govern over these challenges. It is clearly a balance that our City Council needs to represent on the behalf of the citizens. The School Board's role is to manage the policies and budget of the school division. We work year-round to explain our needs to the city council and hope that they continue to invest in the growth of our school population.

Re-Elect

**Paul SMEDBERG**

Democrat Alexandria City Council

"WORKING ON ISSUES THAT MATTER"

Authorized by Paul C. Smedberg. Paid for by Smedberg for Council.





## William E. "Bill" Campbell

Candidate for School Board: District A  
Incumbent

Occupation: Project Engineer  
BillCampbell4SchoolBoard.org  
Facebook: N/A  
Other Contact Info: (703) 399-9521

**How long have you been an Alexandria resident?** Ten Years

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

**A:** Perseverance and strength of character. One of six siblings raised by an underemployed single, African-American mother who quit school in the 11th grade. Began working at the age of twelve - first in family to graduate college (West Virginia University) with a degree in Mechanical Engineering. Have a Graduate Certificate in Paralegal Studies from Georgetown University. Married thirty-two years, daughter graduated from TC Williams and NC A&T. Natural son is a sophomore at TC and adopted son is a TC freshman.

Been involved with six school districts in four states. I have the highest of expectations for ALL students.

**B:** ACPS's Top Three Challenges are: 1. Raising achievement especially in our historically under-served subgroups (Hispanic, Free and Reduced Lunch, African-American and Children with Disabilities) 2. Need to increase capacity and quality of learning/play spaces at all levels (Elementary, Middle and High School) 3. Convincing the majority of our taxpayers of the criticality of the above two challenges! We must continue working to inform our community including other elected officials. We must have trust and respect between Council and School leadership. We

must also continue academic improvements so that the majority of the community builds confidence in our leadership capabilities.

**C:** I respect the challenges that Council are faced with. History indicates that Council has managed our debt well. As additional people move into our city and demands for services continue to go up, I am concerned with the widening gap between the revenues and expenditures. With land owners and contractor "by right" land use allowances, folks need to be realistic as to what Council can and cannot demand from "developers". From a revenue perspective, the mix seems about right although there will always be quibbling. As costs increase,

we'll have to share the increases across development, business, and residents.

**D:** I think my comments above are about all that I care to wade into this area! This highlights why I have ZERO aspirations to be on City Council! Children cannot choose who they are born to nor can they decide whether or not they are raised in poverty, are refugees, live in a broken home, etc. We adults, as a society, owe it to our community's children to help guide them, be positive role models, teach and prepare them to be self-sustaining and positively contributing members of our society. Research is clear that investment in our children now will return huge dividends to our future.



## Patricia A. ("Pat") Hennig

Candidate for School Board: District C  
Incumbent

Occupation: Corporate Controller  
pathennig.com  
Facebook: N/A  
pathennigforschoolboard@gmail.com

**How long have you been an Alexandria resident?** 40 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 given 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 first consideration.

**B:** 1. Making the dollars go further and the academic levels increase. 2. Communicating to the public and

the City government understand the needs and requirements of both the state and federal Departments of Education for the school system, and what it takes to comply. 3. Ensuring that we use all dollars for the classroom needs, not "special" or "pet projects".

**C:** The City debt is of concern to all citizens - as a Board member, my concern is on the requirement of Section 22.1 of the Code of Virginia, which requires that the City "adequately fund" the schools. As I

am not an elected official of the City government, like any other citizen, all I can do is lobby for transparency and accountability.

**D:** Again, I am not an elected City official. However, a tour of the City will show unattended infrastructure, such as bad roads and sewer problems. Public safety is always a concern. Schools need to be maintained and updated for optimum student learning opportunities

# HOUSE OF DELEGATES RACE



## Mark H. Levine

Candidate for House of Delegates:  
District 45

Non-incumbent  
Occupation: Talk radio host/TV pundit  
MarkforDelegate.com  
facebook.com/LevineforVirginia  
Other Contact Info: N/A

**How long have you been an Alexandria resident?** more than 14 years  
**Which Neighborhood(s) Do You Live In?**

**Which Neighborhood(s) Do You Live In?** Cameron Knoll

**A:** I bring commonsense values and principles from years of business leadership and community involvement. My critical thinking and business-case perspectives examine what works, asks why, defines how can we measure success, compares alternative approaches and explores how others faced similar challenges. My background includes active involvement on the issues, problems and solutions facing our neighborhoods, our city, the region and our Commonwealth. For example, I lead boards of civic and community organizations as well as volunteering roles with youth sports, literacy programs, animal shelters and area food banks. My experience and track record reflect how I will govern and lead.

North Old Town

**A:** I have spent my life fighting for justice for the vulnerable, whether that be victims of domestic violence, struggling families, or victims of racial, 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 hit

**B:** We must demand better results from our schools. The schools have a \$254 million budget for our city's 16 schools and our per student spending is comparable to Arlington and Fairfax. Yet, our student test results trail the entire region and rank poorly in the state. This is unacceptable. Not only are we failing our children, the weak schools depress home values, discourage companies from relocating to our city and prompt families to flee our neighborhoods to seek better schools. We must demand accountability and not tolerate excuses and poor results. We can enhance public-private partnerships; explore school choice and charter school options; encourage and enable parental and mentor involvement. Our high school can offer expanded vocational and technical training. Q4: What do you think

the ground running in Richmond. See MarkforDelegate.com Also see <http://wapo.st/1YZhWsU> (Washington Post article on me)

**B:** I support universal pre-kindergarten and revising Standards of Learning to emphasize critical thinking rather than teaching to the test. I support higher teacher salaries and more funding for ACPS, based on percentages of students who re-

ceive free and reduced lunch. See MarkforDelegate.com

**C:** Our city debt is a concern. Our credit rating is more a function of stable employment dimensions than prudent spending decisions. Our debt service metrics and financial leverage ratios compare poorly to our peers in the region. Capital access is a weak rationale for continued borrowing. We should establish a rainy day fund, much like our state's plan. We must bring back common sense principles and smart spending. In addition, our ability to extract tax revenue from homeowners will reach a cap. Our city has too many competitors and substitutes to squeeze more taxes from tourists, business visitors and restaur-

ceive free and reduced lunch. See MarkforDelegate.com

**C:** I believe in local control. I think the City should determine its own debt and budget. It should not be decided by us in Richmond.

**D:** I believe in local control. I believe that the City should determine where it needs to focus dollars and the city infrastructure. It should not be decided by us in Richmond



## Sean Lenehan

Candidate for Virginia House of Delegates: District 46  
Non-Incumbent  
Occupation: Brand Manager  
www.SeanForDelegate.com  
Facebook: SeanForDelegate  
info@SeanForDelegate.com

**How long have you been an Alexandria resident?** 31 years

703-606-9705

Twitter: @C\_Herring

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

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

**A:** I have had the honor of serving as your 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 a homeless shelter for a period of time. I went to school, and my mom searched for work. Luckily, through a state education program I was able to

go to college. I have been an advocate to ensure that we preserve a social safety net and ensure that opportunities are available to all Virginians.

**B:** As a state Delegate, I have consistently worked to make sure that

our schools have the funding they need, and that is a stance I plan to continue. I am proud to be endorsed by the Virginia Education Association.

**C:** Maintaining an outstanding

credit rating is important to continuing attract residents and business to our community.

**D:** n/a-- This seems to be a question for members running for the city council.



## Charniele L. Herring

Candidate for House of Delegates:  
District 46  
Incumbent  
Occupation: Attorney  
www.charnieleherring.com  
facebook.com/charnieleherring  
info@charnieleherring.com;

info@andybakker.com

**How long have you been an Alexandria resident?** 1.5 Years

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

This candidate did not complete the questionnaire.

## Andy Bakker

Candidate for Virginia House of Delegates: District 46  
Non-incumbent  
Occupation: Student  
www.andybakker.com  
facebook.com/AndyBakkerVA

**SEAN LENEHAN**  
**DELEGATE**  
Learn more at [SeanForDelegate.com](http://SeanForDelegate.com)

Paid for by Sean Lenehan for Delegate, PO Box 16133, Alexandria Va 22302

# OCTOBER Z-VENTS

NOW THROUGH NOVEMBER 1



## Potomac Riverboat to the National Mall See website for hours

The Potomac Riverboat Company offers a 30-minute direct water taxi between Old Town Alexandria and the National Mall in Washington, DC, docking at Ohio & West Basin Drive SW, just steps from the Martin Luther King, Jr. Memorial, Franklin Delano Roosevelt Memorial, the Tidal Basin and a Capital Bikeshare station. The water taxi effortlessly pairs the world-class experience of the National monuments and Smithsonian museums with Old Town's fabric of early American history as George Washington's hometown, amidst a walkable main street brimming with top restaurants and boutiques. See the Potomac Riverboat Co. website for exact schedule. Adults: \$28 round-trip, \$14 one-way Children under 12: \$16 round-trip, \$8 one-way

## OCTOBER 1 -31

### National Diversity Awareness Month Alexandria Libraries

Alexandria Libraries are hosting story times, movies, book club discussions, staff picks, and book displays throughout the month to celebrate Alexandria's diversity. Alexandria Library will also have a cultural display travelling to each branch location for a full week during the month of October beginning at Burke Branch, then Beatley Central Library, Barrett Branch and finally Duncan Branch. The cultural display will contain items from library staff's personal cultural experiences and/or international travel.

The Alexandria Library values diversity and inclusion that extends beyond the obvious culture, gender, ethnicity and religion to include all forms of differences. For more information on Alexandria Library's Diversity Month programs and its cultural display, visit the Alexandria Library website.

## OCTOBER 10



### Art Safari 2:00 pm - 4:00 pm Torpedo Art Factory Center 105 N. Union Street

An Alexandria family tradition, Art Safari returns for the 20<sup>th</sup> year with a day of hands-on craft activities for kids and families. Resident and visiting artists lead young visitors in creative activities across a variety of media, including clay, papier-mâché, fiber, and printmaking. Children should wear clothing that can get a little dirty. All activities are most appropriate for children age 5- 11 with some activities requiring parental assistance. There will be even more special programming to celebrate this milestone. Artist Lisa Schumaier (studio 16) will create a giant papier-mâché giraffe, inspired by the Art Safari logo. Children will help her construct it by layering decorative adhesive-soaked paper to an oversize wireframe base. Visitors can enjoy a special birthday treat and leave special greetings and memories on a wall-sized birthday card. <http://torpedofactory.org/artsafari>. Free

## OCTOBER 10

### Apothecary Museum Open House 10:00 am - 5:00 pm Stabler-Leadbeater Apothecary Museum

# Alexandria Film Festival

## 9TH ANNUAL ALEXANDRIA FILM FESTIVAL

November 6-8  
Recurring daily  
AMC Hoffman 22 Theater  
206 Swamp Fox Rd.

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 Beatley Central Library offering free programs to the public.

### 105-107 S. Fairfax Street

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 retailing, 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, Nelly Custis and Robert E. Lee. Free

## OCTOBER 10



### Civil War Artillery Day 10:00 am - 4:00 pm Fort Ward Museum & Historic Site 4301 W. Braddock 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

## OCTOBER 16

### Parker-Gray Community Outreach 2:00 pm - 9:00 pm Charles Houston Recreation Center 901 Wythe St.

Please drop off any unused or gently used clothing, children's gear, 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.

## OCTOBER 17

### 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.

## OCTOBER 17

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

### 201 S Washington St.

As Was Written exists to showcase and celebrate the quality writer. Join us for an evening of prose, poetry, music, and stand-up comedy. The handpicked lineup includes former bank robber-turned-author Clay Tumeay, nationally-renowned poet Lauren Bullock and comedian Elahe Izadi 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 12:30 pm First Baptist Church of Alexandria 2932 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 later-in-life legal and financial planning, how seniors may be affected by divorce, remarriage, and child custody issues, and the importance of communication. This free event is co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association. Call 703 836 4414 ext.110 or go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or <http://www.seniorservicesalex.org> to 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 unearth, 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](mailto:archaeology@alexandriava.gov) or 703.746.4399. Free

## OCTOBER 18, 2015

### Cauldron Tea 1:00 pm to 3:00 pm Carlyle House 121 N. Fairfax 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 funeral and mourning practices in Virginia. Costumes are encouraged. The cost is \$30 per adult and \$15 for children ages 5-12. Friends of Carlyle House receive 10% off. reservations and prepayment are required and can be made online: [https://apm.activecommunities.com/novaparks/Activity\\_Search/398](https://apm.activecommunities.com/novaparks/Activity_Search/398) Keyword: Cauldron. You may also purchase tickets by calling 703.549.2997.



## APOTHECARY MUSEUM OPEN HOUSE

### October 10 10:00 am - 5:00 pm Stabler-Leadbeater Apothecary Museum 105-107 S. Fairfax Street

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 retailing, 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, Nelly Custis and Robert E. Lee. Free

# OCTOBER Z-VENTS

## OCTOBER 23-24

**2nd Annual Halloween Pumpkin Hunt**  
**Fri 5:30 pm, Sat 1:30, 3:30, and 5:30 pm**  
**Lee-Fendall House Museum & Garden**  
**614 Oronoco St.**

Alexandria's ghosts and goblins will fill the Lee-Fendall House garden with hundreds of colorful toy-filled Halloween pumpkins for local children to discover. Other activities include crafts, refreshments, spooky stories, and a costume parade. All children of elementary school age or younger are eligible to participate in the Halloween Pumpkin Hunt. Older children and adults are welcome to enjoy all other activities. Tickets available at [www.leefendallhouse.org](http://www.leefendallhouse.org). Advance tickets are \$12 for participating children and \$5 for adults.



## BARK OR TREAT HALLOWEEN CANINE CRUISE

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

The Potomac Riverboat Company invites guests with costumed-pup in tow 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

## OCTOBER 23



**Ghost & Graveyard Special Halloween Tour**  
**7:00 pm to 9:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

For one night only, Alexandria Colonial Tours will end its special one-hour Halloween tour in the very room where one of Alexandria's most mysterious women became a ghost. Weave your way through some of Alexandria's most haunted locations hearing tales of this historic city's past and end in the bedroom of the "Female Stranger" at Gadsby's Tavern Museum. Tours will run every 30 minutes. Reservations are suggested, and tickets can be purchased online or in person. Partial proceeds benefit Gadsby's Tavern Museum. (703) 519-1749

## OCTOBER 25

**19th Annual Del Ray Halloween Parade**  
**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

## OCTOBER 25

**600th Anniversary of the Battle of Agincourt**  
**1:00 pm to 3:30 pm**  
**Athenaeum**  
**201 Prince St.**

St. Crispin's Day is the 600th Anniversary of the Battle of Agincourt. Oxford University Society, DC Chapter hosts a screening of Kenneth Branagh's 1989 film *Henry V*. Historian Ed Furgol will discuss *Henry V*, and the importance and historical significance on Agincourt.

## OCTOBER 30

**Bark or Treat Halloween Canine Cruise**  
**7:00 pm**  
**Potomac Riverboat Company**  
**1 Cameron Street**

The Potomac Riverboat Company invites guests with costumed-pup in tow 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

## 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 ancestors and spirits, their wisdom, and positive influence. A mystical, experiential and educational evening with all the thrill of Halloween spirits without the spook. 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**  
**132 N. Royal St.**

For more information, contact Anna Leider, 703.746.4050.

## OCTOBER 31

**Ghost and Goblin Archaeological Site Tours**  
**10:00 am to 2:00 pm**  
**George Washington Masonic National Memorial**  
**101 Callahan Drive**

On Halloween, Alexandria Archaeology is hosting an Open House at the Shuter's Hill archaeological site located on the property behind the George Washington Masonic National Memorial. Alexandria archaeologists will be on hand to conduct site tours and show the latest finds at this late eighteenth- and nineteenth-century plantation site. City archaeologists will share the results of a recent electrical conductivity survey as they seek to identify the foundations of an early plantation house. Visitors will be able to help archaeologists probe for the foundations. Please wear durable clothing and closed-toed shoes. Though free, reservations are required. Please contact Alexandria Archaeology at [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) or 703.746.4399. Alexandria Archaeology is a division of the Office of Historic Alexandria, and is owned and operated by the City of Alexandria. Free

## NOVEMBER 4

**Lecture: Four Founding Men**  
**7:30 pm to 8:30 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

Professor Peter Henriques brings his understanding of George Washington to a discussion of two new books on the improbable creation of the US: Edward Larson's "The Return of George Washington" and Joe Ellis's "The Quartet". \$12/

CONTINUED ON PAGE 28



## 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

# RUN FOR SHELTER

## 5K+10K+FUNRUN

*Race to end homelessness.  
 Proceeds benefit Carpenter's Shelter.*

# November 22, 2015

**REGISTRATION  
 OPEN NOW**

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

**RUN  
 FOR  
 SHELTER**

Hosted by Carpenter's Shelter

IN ASSOCIATION WITH

**Pacers**  
RUNNING SHES

# OCTOBER Z-VENTS

## EVENTS

CONTINUED FROM PAGE 27

person, \$10 for GTM volunteers and GT Museum Society members. Tickets available online at [www.shop.alexandriava.gov](http://www.shop.alexandriava.gov). (703) 746-4242

### NOVEMBER 6-8

**9th Annual Alexandria Film Festival**  
Recurring daily  
**AMC Hoffman 22 Theater**  
206 Swamp Fox Rd.

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 Beatley Central Library offering free programs to the public.

### NOVEMBER 6 - 29

**"Under \$100" Art Exhibit at Del Ray Artisans**  
Thurs/12-6pm; Fri-Sat/12-9pm; Sun/12-6pm  
**Del Ray Artisans Gallery in the Colasanto Center**  
2704 Mount Vernon Ave.

Offering artwork for \$100 or less that you can take home immediately! Join us for the Opening Reception on Friday, November 6 from 7pm-9pm. Curator: Stacy Rausch. More information: [www.TheDelRayArtisans.org/shows](http://www.TheDelRayArtisans.org/shows). 703-838-4827 Free

### NOVEMBER 6

## ART ON TAP

**Art on Tap**  
7:00 pm to 10:00 pm  
**Art League, Inc.**  
105 N. Union St.

Local brewery craft beers are artfully paired with a work of art. Local restaurants then chose a brew/artwork coupling as their muse and created the perfect complementary appetizer. The result—a truly unique brew, bite, and artwork trifecta! 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

### 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 Defenses of Washington. Tours begin in the Museum and last about 90 minutes each. Program is weather dependent. 703-746-4848. Free



## GEORGE WASHINGTON'S MOUNT ★ VERNON



### Fall Fun for Families

Fall Harvest Family Days, October 24-25  
Trick-or-Treating, October 30

[mountvernon.org](http://mountvernon.org)

## OUR OLD ALEXANDRIA

BY JOHN C. SCHOENI



## 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® Brewery and is the first to make a verbal comment. We call him Uncle Dick, but he's my father's first cousin. Dick injured his leg around 1922 when he was playing basketball and bumped it on the radiator. He put on a black dyed 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 got his ears lowered. I hardly recognized him. It's a wonder his head isn't falling to one side with all that weight loss." I'd just as soon not stand there and listen to jokes at my expense as my mother and Uncle Dick catch up on all the family news since last Christmas. But what can a kid do?

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

No doubt Gunther® Ale. In later years, he ventured out to other brands, like Hamm's® (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, "What idiot 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'?" his missing tooth shows. But he flashes that winning O'Dwyer 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 moist stogie yielding all the sweetness it

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## 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.

Those 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.

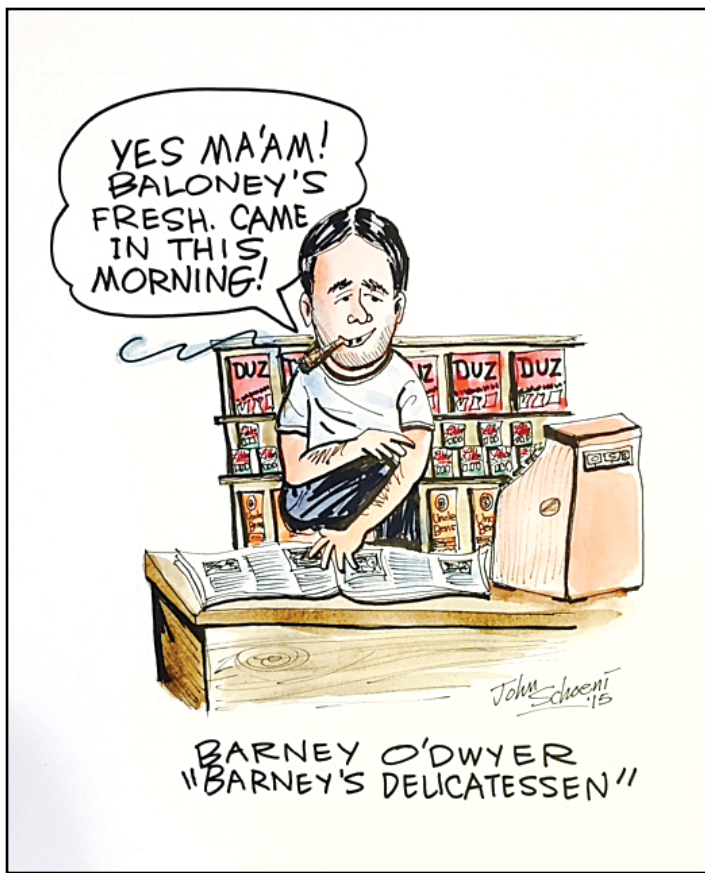
For more information about the budget process and engagement opportunities, including links to the virtual tables at the times of the meetings, visit [alexandriava.gov/Budget](http://alexandriava.gov/Budget).

# 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 slips 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. The unspoken guarantee at Barney's is: "Meat's pink, fresh, and plenty of it." The pimentos are red speckled and look unique stuck in the slices of meat. I wonder to myself if someone at the meat factory sits at a table carefully placing little pimentos into the loaf. The olive loaf is also dabbed with reds and greens.

"What else 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 in here for over two weeks now, 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!"

In the front of the store by the big picture window to the right of the door – a rack of magazines. Nothing like today's massive shelves. No impure publications. No girlie magazines here. Barney's a good Catholic, and so's his

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# STATUE

CONTINUED FROM PAGE 16

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

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* recalls 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.

# GHOSTS

CONTINUED FROM PAGE 5

two volunteer nurses: Mary Phinney, a New England abolitionist, and Emma Green, a Confederate belle. The setting is Mansion 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 even today."

The series is "inspired" by memoirs and letters from real doctors and nurse volunteers 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 & Graveyard* 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 Balbuena 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 Whitlock, saw that the lawn had been vacated 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 deathly pale. Shortly after, Kelsey moved to Hawaii.

# 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. Wildes  
Parkfairfax

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

ARTIST PHOTOGRAPHER GREG KNOTT

AM WITH THE KIDS & PM WITH THE KIDS

WWW.GREGKNOTT.COM  
GREG@GREGKNOTT.COM 202-255-3222

## A Different Kind of Family Portrait



"Crabs at Dogfish"

size 4' x 5'

acrylic on canvas



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

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

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

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

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

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

Email: cochranstudios@aol.com Studio: 703.684.7855  
Web: www.davidcochran.com

## The Perfect Anniversary Gift

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



## 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](mailto: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 \$5,000 to fund their savings goal, plus a scholarship for an educator from their school to attend the 2016 Jump\$tart National Educator Conference. See last year's winning videos at [LightsCameraSave.com](http://LightsCameraSave.com).

Burke & Herbert Bank will award the three top local winners gift cards in the amounts of \$350, \$100, and \$50 respectively. Students can submit videos until Dec. 1, 2015. Bank-level winners will be notified in December. Grand prize winners will be announced by ABA March 2016.

### St. Stephen's & St. Agnes School Excels at National Latin Convention

A group of enthusiastic SSSAS classics students bonded with their peers and won numerous awards at the 62nd Annual National Junior Classical League



Convention held at Trinity University in San Antonio, Texas this summer. St. Stephen's & St. Agnes was part of the Virginia delegation, which included 126 students from high schools around the state. Saints Latin took home awards in several categories including: Will Siegmund '15 won first place in Latin Literature V+ and in Roman History V+ and received the NJCL Doris Kays Scholarship, one of only eleven NJCL scholarships awarded this year. In addition, Gabe Rudasill '17 was named Virginia's "Spirit King" one day and Ann Bailey '16 helped lead the Virginia delegation as VJCL secretary.

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## 2016 NATIONAL MERIT SEMIFINALISTS AND COMMENDATIONS AT BISHOP IRETON

Mrs. Denise Tobin, principal of Bishop Ireton High School, announced that seniors Catherine Green and Erin Markle have been named National Merit Semifinalists.

About 16,000 students nationwide have been named semifinalists, and they will compete for 7,400 scholarships worth more than \$32 million. Students obtain semifinalist standing by scoring in the top 1 percent of U.S. high school students on the Preliminary SAT test taken by high school juniors. The finalists in the scholarship competition will be named in February.

"We are so proud of Catherine and Erin for their hard work and effort in a very rigorous academic program and congratulate them for earning this distinct honor. They represent the standards of our



National Merit Semifinalists Erin Markle, Catherine Green, and Principal Denise Tobin. Photo courtesy of Bishop Ireton.

school and we are blessed to have such talented students," remarked Tobin.

Seniors Austin Baney, Katherine Beutner, Michelle

Dwyer, Helen Hong, Annelise Miranda, Brandon Phan, Paul Poling, and Joseph Siedlarz

CONTINUED ON PAGE 38

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

Matthew Maury Elementary School has been named as 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 retain 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 offered free of charge for students K through fifth grade. Running clubs, yoga, CrossFit, fun runs and a strong garden program that includes hands-on learning for students in farm-to-table events are also offered at the school.

"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 commitment to active learning environments," said Charlene Burgeson, *Let's Move!* Active Schools Executive Director.

*Let's Move!* Active Schools works to transform the physical activity and physical education culture in America's schools. By streamlining the selection of programs, resources, professional development and funding opportunities and delivering each school a customized Action Plan, *Let's Move!* Active Schools 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 spook-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 (12 and above): \$10; 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 Halloween 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 sample AMERICAN HERITAGE™ Chocolate—an authentic historic chocolate drink recipe.



## ST. STEPHENS AND ST. AGNES ROCK *IT'S ACADEMIC*

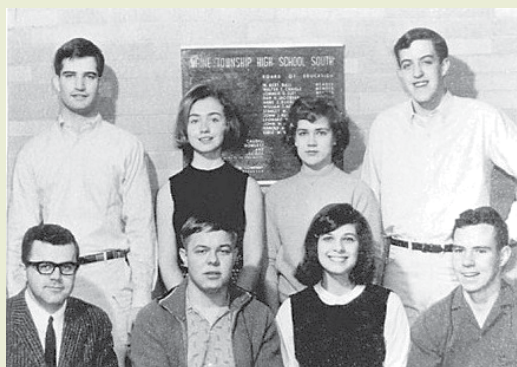
BY MARY WADLAND

Senior Anna Godek, 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 Sandoval 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, banners and bands to rally their stars to victory. In



Senior Anna Godek and juniors Sam Dubke, and Sterling Gilliam on far right quickly giving correct answers as competition grew tough. Courtesy photo.



Hillary Clinton, in 1965 in team photo (second from left in back row), Park Ridge, Illinois. Courtesy photo.

winner Sandra 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 where Presidential

candidate Hillary Clinton might have first cut her teeth answering questions under the bright lights, but she was an alternate only on her Park Ridge, Illinois high school team in 1965. However, notable journalist and author Cokie Roberts can claim the show as her first professional gig when she was hired as a producer in 1964. And political strategist and Good Morning America anchor, George Stephanopoulos was tested in 1978.

So who knows where the kids from St. Stephens and St. Agnes may go from here. They are in good company.



Young George Stephanopoulos in 1978. Courtesy photo.

### Teacher Inks School Pride

On the St. Stephens/St. Agnes Facebook page, the post said, "Never seen our school seal like this! In his twelfth year as an Upper School history teacher, Steve Ebner felt the best way to show his love for our school was to make it permanent." When asked about the new ink, Ebner said, "I will always wear it with pride. I love this community and the wonderful people in it."



## 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



Jillian Schiele, Laura Wilcox and Gareth Markel with Superintendent Alvin L. Crawley. Photo courtesy of ACPS.

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 leadership in school and community activities.

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.

This annual rite of Mother 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. Chlorophyll, the "green" present in plants, assists with photosynthesis. With fall's shorter days and less sunlight, photosynthesis slows and the green chlorophyll disappears from the leaves. Yellow and orange colors that were hidden by the green begin to show. In some trees, like maples, glucose trapped in the leaves after photosynthesis stops turns red. The brown foliage of oaks is produced from waste left in the leaves.

With a few additions to your landscape, you

can bring autumn's full glory to your yard. Maple trees are fall's most famous players with their bright yellows, golds and reds. But maples don't reign supreme on the fall stage. Our native black gum tree is spectacular. A beautiful tree year round, its dark glossy green summer leaves turn yellow, orange, bright red, purple and scarlet.

Great fall color doesn't come just from trees. Many shrubs put on a fabulous autumnal display of their own. Most of us are familiar with the winged euonymus – or "Burning Bush" – its red fall foliage common in our area. If you want to skip the obvious, choose a Virginia sweetspire. These outstanding native shrubs are covered with fragrant white flowers in July



Sedum



Firepower nandina



Oak leaf hydrangea

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 birds. The oakleaf 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 sneeze-inducing ragweed – they bloom at the same time and are both yellow. But that's where the similarity ends. Another perennial that compliments traditional fall hues is Russian sage. Prolific blue flowers atop silver foliage of this semi-woody 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 their winter interest; just cut them back in March to allow for healthy new growth later in the year.

Add pansies, mums and a few rotund 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 the *Washington Times Herald*, the *Daily News*, and the *Alexandria Gazette* with "all the news that's fit to print," at least for Alexandria.

I suggest a six-pack of sodas for tomorrow, Saturday, and Mom lets me make my picks. I get out a cardboard holder and unfold it then reach into the red metal cooler that says Coke® on the outside but has lots of other drinks inside – Royal Crown Cola (RC)®, Nehi® Orange, Hires® Root Beer, Coke®, Grape Drink. And on the other side, beer for the grownups – Gunther®, Pabst Blue

Ribbon®, Schlitz®, Miller®, Budweiser® and Blatz®. I'm always opening the cooler and studying the names. My father likes Pabst®. His nickname in the 50s was Pabst Blue Ribbon®. While I'm making my soft drink selections, the men are lined up for cigarettes. Old Gold®, Lucky Strike® (L.S.M.F.T., Lucky Strike Means Fine Tobacco), Kent® with the Micronite filter®, Pall Mall®, Camels® without filters, Raleigh® and Phillip Morris® (the same company that advertises on *Your Show of Shows*. Remember the little bellboy with the loud voice: "Call for Phil-lip Mooor-iss!")

Must have a loaf of Wonder® Bread. "Builds strong bodies eight ways!" (It was later changed to 12 when four other ways were found). A pound of Land o' Lakes® butter. One can of Spry®. One quart of Sealtest® milk to tide

us over until Thompson's® Honor Dairy makes their delivery Monday.

There's no grocery carts or hand held baskets at 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's 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 traitors 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 evening in his railroad overalls tilling his flower garden. Mr. Ed, his son-in-law is outside with his dog Tojo. Tojo greets me with a nudge and tries to lick me but I run off. The

Varners are getting in their car and Mrs. Edna Prisaznick is in her front yard weeding the garden.

My mother and I return to our house at 211 East Nelson Avenue and get ready for dinner. I know Barney's pimento baloney or any other lunch meat 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.

*John C. Schoeni is a retired writer, artist, cartoonist, Graphics Manager and sign man. John is a native Alexandrian who heads up a Facebook group: "Our Past.*

*GW, Del Ray & Alex."* He and his wife Linda live in North Carolina with their two children.



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 its 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



Above, one of the Mansion's themed dining rooms. Photo courtesy of The Washington Center.

Below, breaking 'em up in the Beatles Pool Room. Photo by Steve Houk.



All of the pictures on the wall are for sale in this dining room that also hosts the live concerts. Photo by Steve Houk.



A guitar signed by music legends Keith Richards, Jeff Beck, Eric Clapton, Buddy Guy, Neil Young, Bob Weir, John Mayer and others sits at the top of a staircase. Photo by Steve Houk.



World class Led Zeppelin cover band Lez Zeppelin performs as part of the O Street Museum Foundation's concert series. Photo by Steve Houk.

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

CONTINUED ON PAGE 36

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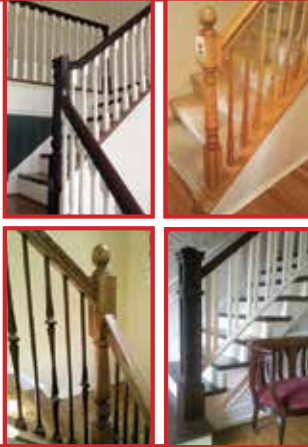
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# SERVICE DIRECTORY

## BAD MOON RISING

BY MARCUS FISK

October 13<sup>th</sup> marks the 240<sup>th</sup> anniversary of the U.S. Navy. Throughout its long history the Navy has maintained a tradition that exists today. The tradition dates 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 while the ship is underway at sea. That individual is said to have “the conn.”

On Monday September 28<sup>th</sup> the moon expanded its 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 triumphal, inter-denominational, and uplifting visit of Pope Francis to the U.S. lightened my spirit and softened my heart from its 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 coming together, creating a tipping point of unrestrained 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 onto any European beach they could find. Hundreds of thousands of refugees, evacuees from Syria and Iraq fleeing the ravages of war from both sides – ISIL and the “legitimate” government of Syria – only to be scammed 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 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 continent since the end



of World War II. I hoped that the Pope’s comments to the President, 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 chancre on humanity (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 Joachin 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 Fauquier County and homes running with the current down streets out in Southwest Virginia.

Over to CNN, I was 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 intent to support the regime of Syrian President Bashar al-Assad.

I flipped over to FOX News and

watched as Senator John McCain cited abuse after abuse of the Russians in Ukraine, Crimea, and Georgia (the country not the home of Scarlet O’Hara). Then he turned up the heat on Assad by citing his responsibility or culpability in the murder/death of over 200,000 of his own citizens over the past four years of conflict in his own backyard. Now I was hearing that the Russians were going to conduct air combat missions over Syria to defeat the enemies of 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 its 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 news conference. I waited 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 Russia joining us in pursuing a diplomatic resolution to the Syrian crisis. His next major talking

point was the importance of the 2016 DoD budget, why the government needs to avoid a shutdown, and women being admitted into the ranks of Special Operations Forces.

I sat 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 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 were brewing, spewing, or exploding all over the world I couldn’t stop wondering – *who’s got the conn?*

I switched on the radio to an oldies station and a CCR song was playing. Like Pope Francis and the lunar eclipse, I heard the strains of an all-familiar tune from my high school days. They seemed especially prescient:

I see the bad moon arising.  
I see trouble on the way.  
I see earthquakes and lightning.  
I see bad times today.  
[Chorus]

Don’t go around tonight,  
Well, it’s bound to take your life,  
There’s a bad moon on the rise.  
I hear hurricanes a-blowing.  
I know the end is coming soon.  
I fear rivers over flowing.  
I hear the voice of rage and ruin.  
[Chorus]

Hope you got your things together.  
Hope you are quite prepared to die.  
Looks like we’re in for nasty weather.  
One eye is taken for an eye.  
[Chorus]

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



## MANSION

CONTINUED FROM PAGE 33

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

“In her brain, she pictured this place,” Spero said. “When H created the house, there was a purpose, and the purpose is she wanted to create a space where people can find their passion, get out of themselves, forget about who you are. That’s why she put in secret doors. She had no money, she got about 30 credit cards, took out all the cash advances she

could, she found the one house here with a side garden, and it was 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.

“H 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 \$40,000 short for the down payment, and when she got off the plane, she had a check for \$40,000. He said, ‘What’s the address, I’ll see you in two years.’ He’s a good friend to this

day, he’s still under the radar, an anonymous guy, that’s how she got the first house. Every one of the houses is the same kind of story.”

Spero has been an integrally relied upon and very supportive right hand since he and H married 12 years ago. But he knows who really is the brainchild behind it all.

“It’s her, it’s all H. I’ve been here twelve years, she’s been here 36 years. She got the one house, then she built the second house in ‘85. There were three original houses, so she originally bought house number three in a row, then she built house number four in a row, and then got house number one, then house number two, then house number five, that’s how they’re laid out. The second

house she bought, which was house number two, #2018, was trashed, it was for sale forever, she finally bought it, she gutted it, restored it. And then she got the first house that was the original last of the three that were built at the same time. Each one has a different story on how she acquired ‘em. It’s now 30,000 square feet.”

The musical connection to the Mansion is as organic and important a part of the place as anything, from its exceptional collection of memorabilia to its very intimate and direct involvement with musicians and artists. Leonard is on the board of the Rock and Roll Hall of Fame, and along with Spero’s also-deep connections to the music industry, the pair

has been able to create almost an East Coast version of the Hall right in the Mansion, with a stunning array of musically-related items placed throughout the house that are as rare as many in Cleveland. 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 normal drag of tour hotels. In fact, the musicians who stay there are encouraged to grab and play any of the dozens of collectible instruments strewn about the place. Spero said he has stayed up until the wee hours

CONTINUED ON PAGE 42

# DOING BUSINESS WITH THE GOVERNMENT

BY MICHAEL SADE



## 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 not exceed one or two slides. The bulk of your presentation should focus on outcomes you have demonstrated with clients similar to the agency/individuals 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 the Zebra to address.

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## 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, is 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 build 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.

For more details on RSVP Northern Virginia, visit [www.VolunteerAlexandria.org](http://www.VolunteerAlexandria.org).

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- Shirlington Post Office
- St. Elmo's on Mount Vernon Avenue
- CVS on Quaker Lane
- Fire Hook Bakery on South Washington Street
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- Belle View Shopping Center
- Fox Chase Shopping Center off Duke Street
- Park Fairfax bus stops
- Fairlington bus stops



### BROWN BOXES

- Torpedo Factory, at entrance of building 201
- Visitors Center, 200 block of King
- Courthouse, 500 block of King
- Washington and King, on corner in front 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](mailto:editor@thezebrapress.com) or sending us a note at 2331 Mill Road, Suite 100, Alexandria, VA 22314.

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4/15

# Marking History

BY MARY WADLAND

Located at 3436 King Street this marker celebrates Episcopal High School which was founded in 1839 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

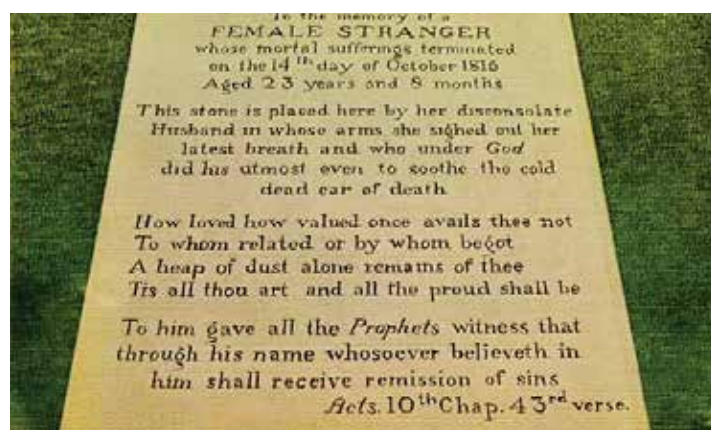
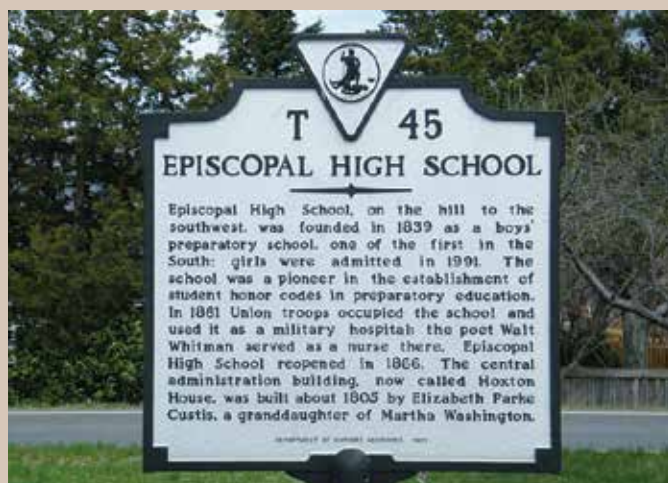
by Martha Washington's eldest granddaughter, Elizabeth Parke Custis Law.

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 in 1861. 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. Poet 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 team 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 425 students, 45 percent of whom are girls. The school is 100-percent boarding and is one of only four all-boarding schools in the United States and the only one located in a metropolitan area



This is the inscription of the Female Stranger's gravestone. Photo courtesy of Wikipedia.

## STRANGER

CONTINUED FROM PAGE 12

on Wednesday, October 14 - the 199th anniversary of her death!

As the story goes, the ailing Female Stranger arrived by sea to Alexandria and was shown to Gadsby's City Hotel where she eventually died. Her identity was never revealed and all that remains is an engraved tomb at St. Paul's Cemetery. Tickets to "A Long Black Veil Happy Hour" on the Death Day Anniversary are \$35 purchased in advance; \$45 at the door. Tickets include one Long Black Veil, as well as tavern inspired food, a Port City glass, a special presentation by Port City Brewing Company Founder Bill Butcher and tours that unravel the tale of the Female Stranger, with a visit to the room where she died.

Recent award-winners at the Great American Beer Festival, Port City's Optimal Wit and Monumental IPA will be available for purchase, along with Long Black Veil, at a cash-only bar. This event will take place in the courtyard of Gadsby's Tavern - a great place to enjoy the delicious brews, the mystery of the Female Stranger and the crisp fall air. Doors open at 6 p.m. with special remarks at 7 p.m. and tours at 7:30, 7:45, 8:00, and 8:15 p.m. Tickets can be purchased at [shop.alexandriava.gov](http://shop.alexandriava.gov).

Long Black Veil Black IPA only is available on draft. It was

crafted by Port City Brewers Josh Center and Adam Reza, under the supervision of Head Brewer Jonathan Reeves. This handcrafted IPA was brewed using Citra, Centennial and Magnum hops. The Long Black Veil is jet black in color, has a bitterness of 65 IBU and is brewed to 6.8% alcohol by volume.

The name was based on the tale of the Female Stranger, who is buried at St. Paul's Cemetery and a table-top tomb bears the inscription "In the memory of the Female Stranger..."

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 gathering place for residents - including George Washington - and visitors to eat, drink, learn, and influence history. Tavern keepers John Wise and John Gadsby hosted balls, performances, and meetings, 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.gadbsytavern.org](http://www.gadbsytavern.org).

## SEMI-FINALISTS

CONTINUED FROM PAGE 30

have been named Commended Students in the 2016 National Merit Scholarship Program. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, will be presented by the principal to these scholastically talented seniors.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2016

competition for National Merit Scholarship awards, Commended Students placed among the top five percent of more than 1.5 million students who entered the 2016 competition by taking the 2014 Preliminary SAT/National Merit Scholarship qualifying Test (PSAT/MMSQT®).

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Hype. When it comes to politics, it is inevitable that you hear the spin about a candidate's bravado before you get to fully grasp their pitch to you as to why you should invest your vote on them. Sports, to some degree, is somewhat like that, even more so with Washington, D.C. area teams.

I'm a second-generation Washingtonian born at Georgetown University Hospital. My father, Charlie Malone, was born at the old Sibley Hospital on Capitol Hill, as well as his brother, my uncle, Ed Malone. When it came to me becoming a Washington sports fan, I credit both of them for having me rooting for the Senators and the Redskins at a very early age, back at a time Washington was just a three sport town, with baseball, football, and of course, politics.

For some of us who remember both the Senators and Redskins, it might be deemed as looking back at



Ted Williams ignited all kinds of hype when he returned to baseball in 1969 to manage the Washington Senators and led them to a winning season. Courtesy photo.



# IT IS ALL ABOUT THE HYPE

'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 it 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 hyped 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, to head to Washington to take over a perennial losing franchise, the Redskins. Vince Lombardi brought about a sense of winning to the ball club,



Redskins fans today still long for the glory season of 1969 when Vince Lombardi led the way. Courtesy photo.

which so desperately needed direction. Lombardi seemed to have taken a page from Williams' handbook and the Redskins followed the Senators and had a winning season, as well. Lombardi had the Redskins so hyped up that fans were delirious. 'Hail To The Redskins' was the theme as if Lombardi was both head coach and bandleader. 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 a one man hype machine and everyone loved him.

The Baltimore Bullets moved to Landover, Maryland in 1974 to become the Capitol 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, disband, 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 'Neverland' 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

CONTINUED ON PAGE 46



## HIP FUNCTION & LOW BACK PAIN

### In Runners

When it comes to running injuries, many think of foot, ankle or heel pain, shin splints, runner's knee or ITB syndrome. But poor hip mobility and function can lead to LOW BACK PAIN in runners and also cause runners to lose power and efficiency in their runs.

### Defining the problem

The challenge is we sit way too much in today's modern world, causing our hip flexors to get tight and increasing incidence of low back pain. The hip flexor muscles sit in front and to the sides of our lower back and connect the lower back to the hip. Tight

hip flexors compress your lower back and can cause joint injury. The body's gluteal muscles stabilize the knee, hip, low back and pelvis in weight-bearing positions. These powerful muscles are also the engine driver that pushes us forward as we walk, jog or run. Tightness in the hip flexors can weaken your gluts, resulting in overworked hamstrings and lower back muscles and ultimately, LOW BACK PAIN.

The driving forces behind repetitive motion injury besides the repetitive motion are muscle imbalance and poor joint mobility. These issues are widespread in most cases of chronic musculoskeletal pain and even play a critical

causative role in acute setting sports injuries. With muscle imbalance, some muscles have become glued down and tight and need to be released, while some muscles have become weak and need to be activated in order to get them to work better. The key here is to train your muscles to develop better motor control in order to move better and to prevent re-injury.

### Assessing Movement

It is important to note that most athletes with pain lasting more than two weeks should see a healthcare professional for evaluation. Most salient is to determine how your body moves as a whole during

CONTINUED ON PAGE 42



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# 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 Volunteerism and the George Washington University.

Baker was a founder of Philomela, a women's chamber consort, in 1974. Through the recommendation of John Douglas Hall, brother of a Philomela colleague, she began interpretation work as "Mistress Kathleen, Humble Servant" at Gadsby's Tavern.

Baker initiated research into



**LIVING LEGEND**

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Baker at the gate of Carlyle House Historic Park, 2015. "She has the capacity to create a place and time for her audiences. Her energy, verbal dexterity and humor inspire enlightenment and laughter," writes Nina Tisara. Photo by Steven Halperson

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 Dakin, 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 Poor*

*Solider*, 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—soloists, chorus, orchestra, sets, lights and costumes—at the George Washington Masonic Memorial, the Ernest Theatre at Northern Virginia Community College and at the Lyceum, Alexandria's history museum, with run-outs to Annapolis and Pittsburgh, and education projects including students of Deborah Madsen at Triangle Elementary in Triangle, Virginia.

With arts 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 Theatre, for Adas Israel Congregation at the George Washington University Lisner Auditorium and the Washington Symphony Orchestra at DAR Constitution Hall, the latter with the notable 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

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 Patsy 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 workbook for 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 operas to demonstrate their understanding of the American Revolution, the Civil War, and Reconstruction. The children studied the Gladwin record, visited the excavations and conversed with



Entertaining children with an Appalachian dulcimer at Gadsby's Tavern Museum, 1981. Photo by Nina Tisara.

of 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.

CONTINUED ON PAGE 42



Illustrating the "Every Day Life in America" exhibition at the Smithsonian Museum, 1987. Photo by Nina Tisara.

Know someone in Alexandria, Virginia you consider a local hero?

Nominate them to be a Living Legend at: [AlexandriaLegends.org/Nominate](http://AlexandriaLegends.org/Nominate)



Living Legends of Alexandria is the non-profit organization dedicated to honor and chronicle individuals who have made significant contributions to the quality of life in Alexandria.

Please visit [AlexandriaLegends.org](http://AlexandriaLegends.org) for more information.  
Deadline for nominations is Thursday, October 15, 2015



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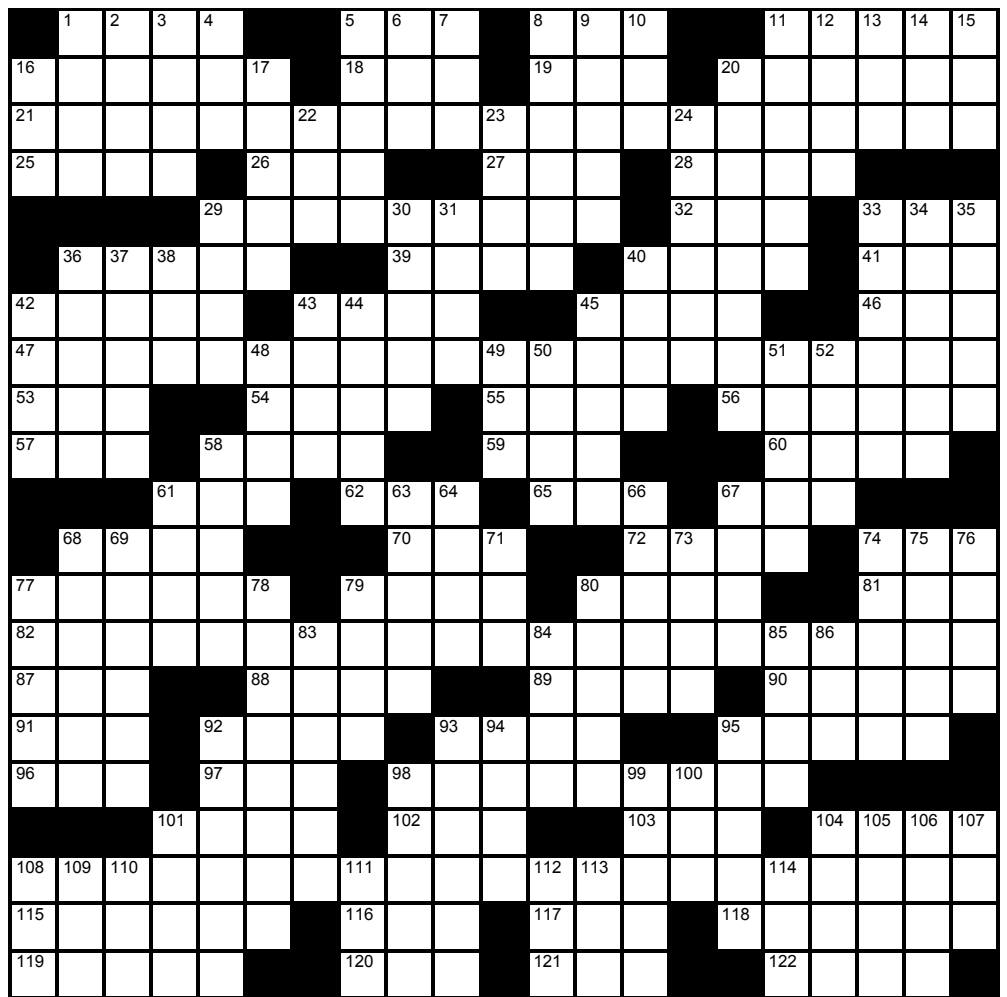


# OCTOBER PUZZLERS

## Just Saying...

### Across

- 1 Potato
- 5 River islet
- 8 \_\_\_-fi movie
- 11 Kitchen gadget
- 16 Squares things
- 18 Biblical high priest
- 19 Golfer Woosnam
- 20 Beethoven's "Moonlight"
- 21 Able to come and go as one wishes?
- 25 Poi source
- 26 Life story, in brief
- 27 Barley brew
- 28 Creme cookie
- 29 Spouses, usually
- 32 Dashed
- 33 Holy ones (Abbr.)
- 36 French romance
- 39 Greek god of love
- 40 Concert gear
- 41 Revolutionary Guevara
- 42 Bell sound
- 43 Subcompact
- 45 Go ballistic
- 46 Bird genus
- 47 A song by Bartholomew Roberts?
- 53 Short-lived Chinese dynasty
- 54 Collides with
- 55 Toward shelter, nautically
- 56 Coercion
- 57 Football goals (Abbr.)
- 58 Aspect
- 59 Voice vote
- 60 Window part
- 61 Comedienne Margaret
- 62 Hi-\_\_\_ graphics
- 65 Endorses
- 67 Farm structure
- 68 Sole supporter?
- 70 Greek letter
- 72 Numbered work
- 74 German resort
- 77 Stanwyck's Oscar nominated role, \_\_\_ Dallas
- 79 Scorch
- 80 Design detail
- 81 Hawaii's Mauna \_\_\_
- 82 Modus operandi of Ebenezer Scrooge?
- 87 Circle meas.
- 88 New Zealand parrots
- 89 King
- 90 Caterpillar hairs
- 91 One \_\_\_ time
- 92 Joker, e.g.
- 93 British gun
- 95 Type of limit
- 96 Word of possibility



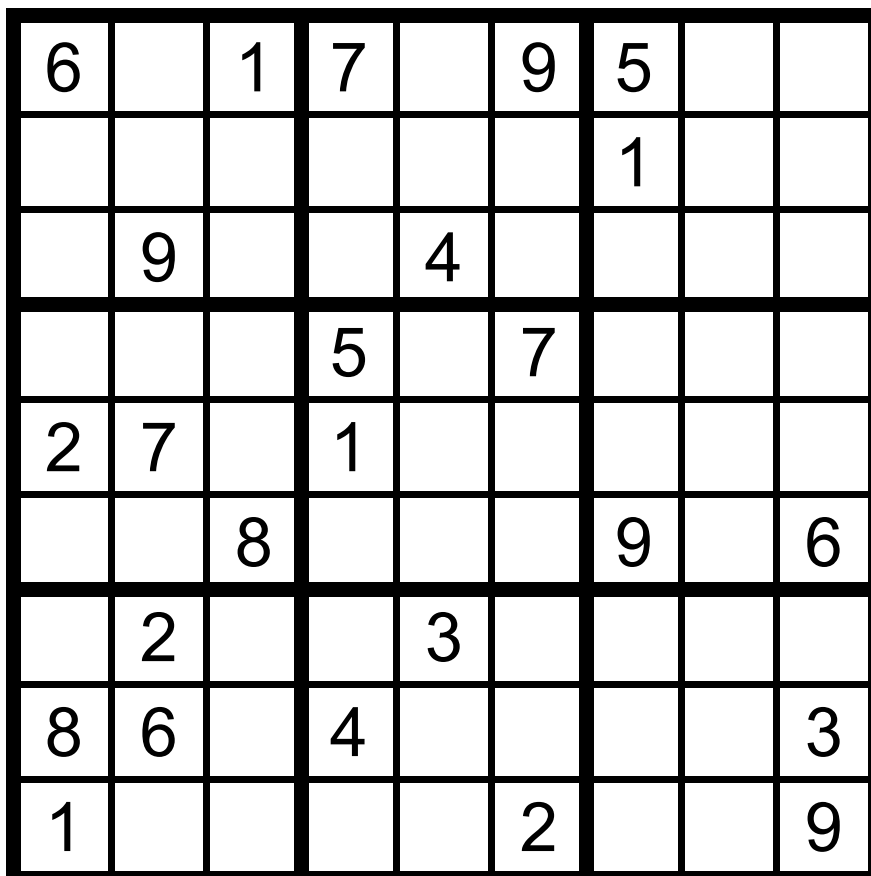
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- 97 Bullring cheer
- 98 Unforeseen crisis
- 101 Skirt feature
- 102 Soft shoe
- 103 Kind of jacket
- 104 Milky white gem
- 108 The kinship of a sports team, possibly?
- 115 Magnetism
- 116 Math subj.
- 117 Shack
- 118 Frozen dessert
- 119 Incinerates
- 120 King, in Cádiz
- 121 "Take your pick"
- 122 Very, in Versailles
- 10 One \_\_\_ million
- 11 Elders
- 12 Data
- 13 Garage contents
- 14 Hot time in Haiti
- 15 Actress \_\_\_ Dawn Chong
- 16 Toward the stern
- 17 Judicious
- 20 Trashed
- 22 Engine need
- 23 Alliance acronym
- 24 Standard
- 29 Actor Grant or Jackman
- 30 Darns
- 31 La Scala highlight
- 33 Frightens
- 34 Songbird
- 35 Clothing joints
- 36 For all to hear
- 37 Dolphinfishes, shortened
- 38 Musical Yoko
- 40 Initial stake
- 42 Skin problem
- 43 Motel employee
- 44 Bury
- 45 Hearty entree
- 48 Mississippi feeder
- 49 Aircraft compartment
- 50 Dairy case item
- 51 Expels
- 52 Skirmish
- 58 Beach souvenir
- 61 Bubbly drink
- 63 Fencing swords
- 64 *Heartbreak House* writer
- 66 Lethargy
- 67 "They were \_\_\_ good friends."
- 68 Layers
- 69 The best of times
- 71 Belfast grp.
- 73 Tennis's Sampras
- 74 Fill with joy
- 75 A single note, musically
- 76 Rice wine
- 77 Take a powder
- 78 Battery type
- 79 Herringlike fish
- 80 Smart
- 83 Rounded, in botany
- 84 Belgian river
- 85 Catch sight of
- 86 Wax producer
- 92 Flag
- 93 Big city atmosphere prediction
- 94 Kind of support
- 95 Flout
- 98 Author Zola
- 99 Hollow
- 100 Opposite of 59 Across
- 101 Bowl over
- 104 Sharif of film
- 105 Water carrier
- 106 Heidi's home
- 107 Strong cleaner
- 108 Short punch
- 109 Eskimo knife
- 110 Camera type, briefly
- 111 Prevent
- 112 Triumphant cry
- 113 Jeu de mots
- 114 It's often left hanging around

### Down

- 1 Ancient colonnade
- 2 Impoverished
- 3 Golden rule word
- 4 Viña \_\_\_ Mar, Chile
- 5 Man of morals
- 6 \_\_\_-de-France
- 7 Argentine aunt
- 8 Sashays
- 9 Coffee shops

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



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ANSWERS  
ON PAGE  
42

# HIP PAIN

CONTINUED FROM PAGE 39

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

## The Joint by Joint Approach



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, facilitate healing and fuel 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 soft 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 physiology. The BIG KEY here is that the rehab exercises help to stabilize the changes made through the hands-on treatment of 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:

1. The hip flexor Stretch:

2. Banded Gluteal Bridge:  
To take about how to do an exercise in an article is akin to getting a haircut over the phone. Best to see it in an instructional video or in person. To see videos of our two most prescribed exercises: Visit [www.potomacphysical-medicine.com](http://www.potomacphysical-medicine.com), Blog: [prehab4-performance.com](http://prehab4-performance.com), YouTube: [prehab4performance.com](http://prehab4performance.com).

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

# LEGEND

CONTINUED FROM PAGE 40

archaeologists at Freedmen’s Cemetery site. First grade students created fantastical operas about “Books We Love.” Kindergarten students studied the life cycle of the butterfly and made “The Butterfly

Opera” one year, and the next year, a water cycle opera, “Each Little Drop is Here to Stay.” Stories, text and music were the compositions of the children themselves.

Baker revived the All-City Chorus, which she conducted. At George Mason Elementary School she founded the DragonTones chorus, the

Heritage Night annual family intercultural festival, co-managed the PTA After-School Foreign Language Program and coordinated a robust PTA Reflections Program. She also created and advised the Student Council at George Mason.

From a National Endowment for the Humanities fellowship to study Mozart and The Enlightenment in Vienna, Austria in 2006, Baker adapted *The Magic Flute* for children’s voices and contemporized the text for the DragonTones.

Baker is a National Board Certified Teacher in Early and Middle Childhood Music and is professionally licensed in Virginia in French, German and Vocal Music. She was the first music teacher in Alexandria City Public Schools to achieve NBCT status. She has been honored with Washington Post Grants and in 2009 with a National Endowment for the Humanities grant to study the Mississippi Delta, “The Most Southern Place on Earth.” She is the recipient of the Alexandria Chamber of Commerce ALEX Award for

Cultural Contributions (1998), the Alexandria Commission for Women’s Award in Culture (1997), and the “Excellence in Education” Award (2007) sponsored by the Alexandria Education Partnership, a nonprofit working for the academic success of children by bringing together the Alexandria City Public Schools (ACPS) and the Alexandria community. Although Baker concluded her fulltime classroom teaching in 2010, she continued her efforts to integrate the arts and core subjects in schools and arts spaces.

She is a founder of the Alexandria Arts Forum, a coalition of area artists, arts administrators, advocates and patrons to advance the arts, and has served on the boards of the Alexandria Symphony, First Night Alexandria and KSMET (King Street Metro Enterprise Team), the latter as president in 1994.

Baker married Daniel DeBoissiere in 2003 and became proud stepmother to Andrew, Jeffrey and Gabrielle.

Though she retired in 2014, she remains active as a community volunteer recently facilitating collaboration between Living Legends of Alexandria and the ACPS Parent and Teachers Association Reflections program. She currently chairs their Family Legend committee.

Baker feels blessed to see her faith in and support for young musicians and scholars rewarded with student creativity, enthusiasm and accomplishment.

*Living Legends: The 2015 Project: Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle the people making current history in Alexandria. The project was conceived in 2006 to create an enduring artistic record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria. This is one of a series of profiles that will appear this year. To nominate a 2016 Legend, visit <https://www.alexandrialegends.org/nominate-legend>. The deadline is October 15.*

# OCTOBER ANSWERS

PUZZLES ON PAGE 39

## CROSSWORD

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

## SUDOKU

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

# MANSION

CONTINUED FROM PAGE 36

sitting around jamming with whomever may be staying there at the time.

“When musicians come here, you never know what’s gonna happen,” Spero continued. “Jackson Browne was here for a week, he took the whole house, his band, his crew, they rehearsed here, they lived here. Vanilla Ice was just here too. It was incredible for them because they usually stay in hotels. What’s a hotel, so impersonal. But here, they’ll never forget it. It’s just something about the house that allows you to be who you

are, forget about that facade. You walk in here, it’s a home, pick up a guitar, do your thing, you know.”

The O Street Museum Foundation, a part of the Mansion on O family which offers a number of varied cultural experiences and holds court over much of the Mansion’s vast collection of artifacts, puts on several intimate concerts a month in the Mansion’s parlor, with talent as deep as Led Zeppelin cover band extraordinaire Lez Zeppelin, Eagles hit maker Jack Tempchin, Hootie and the Blowfish member Mark Bryan and others. It’s a rare treat to see musicians in such a small setting, where they often interact with the crowd

as they provide a platform for the Foundation to raise much-needed funds to cover the high cost of keeping the Mansion alive. Ted and H feel that once people pay a visit to the Mansion, they’ll never forget it, and will keep coming back to see what’s new.

“We are a non-profit, we don’t have money ourselves, everything goes into this house,” Spero said. “This is our passion. And for us, every day when people walk in and we see their face, and they’re in this different place and they have this big smile on their face, and the experience they have in this house is different than anything they’ve ever had, that’s what does it for us.”

# YOU HAD ME AT WOOF!

BY ELLEN EPSTEIN



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 to 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



Now six months old, Cassie is crate trained and working on other normal puppy issues. Photo by Ellen Epstein.

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](http://www.humanesociety.org/animals/dogs/tips/excitement_urination.html).

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](mailto:info@bowwowpets.net).*



## DO YOU TAKE YOUR DOG TO WORK?

If you take your dog to work, please send us a photo, and we'll publish it as soon as we are able and send you a gift certificate to an area restaurant or retailer!

Please submit entries to [editor@thezebrapress.com](mailto:editor@thezebrapress.com).

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A Cat Welfare Organization

# King Street Cats

A 501(c)(3) nonprofit organization

King Street Cats is proud to be the only all-volunteer, cat-exclusive, no-kill rescue facility in Alexandria, Va. Because we are a free-roaming facility, you can come visit with the "cat-friendliest cats" in town.

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



### BLAZE

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Shy, fluffy kitten seeks your quiet love



### DELLA

Female, Age 1  
Tabby sweetheart was a young mom - now ready to be babied herself



### DUBLIN

Male, Age 10  
Tuxedo gentleman is a snuggler offering armloads of affection



### LILY

Female, Age 6  
Sweetest calico girl wants to be your one and only love



### PLUTO

Male, Age 6 months  
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### SCUDA

Female, Age 8  
Most beautiful tortie loves to read bedtime stories with her purrson



### WASABI

Female, Age 7 months  
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## ANIMAL TALES

# NOT ALL HUMAN FOODS ARE SAFE FOR YOUR FURRY COMPANIONS!

BY ADRIENNE HERGEN, DVM

Adrienne Hergen



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

CONTINUED ON PAGE 46



## ANIMAL HEROS

### Second Chanz

Rita, a Veterinary Assistant at VCA Old Town Animal Hospital, wanted a dog for a very long time and her busy life kept forcing that want to the back burner until one day a Good Samaritan brought a stray dog into the hospital. It was love a first sight for Rita and Chanz. Chanz had to go to the Welfare League for 7 day hold in case his owners claimed him. Rita called every day to check on him and at the end of his 7<sup>th</sup> day, brought him home with her.

Within the first week of being home, Rita noticed that Chanz had a slight limp. She brought him in to work with her to have one of the VCA Old Town doctors take a look. It was discovered that Chanz has a bone disease that was affecting his hip and he need surgery right away. Dr. Lewis performed a FHO (femoral head ostectomy) and used a therapeutic laser on the area to help post-operative healing. Today, Chanz is feeling great, running and playing like the best of them, and loves his new home and his forever family.





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

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



**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 in rural SC 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.



**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, good-natured dog who is playful and affectionate. She's currently being 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.



**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, he would do best in an adult-only home or one where there are only gentle, 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:** Plott 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 and 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.



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

Angel is a sweet, affectionate dog who loves people and is so happy when she meets you.

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 daily exercise this active dog needs. Angel would do better as an only dog so that she gets the love and attention 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 adopt Angel is your opportunity to be a hero and get a wonderful companion in return.



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

Sweet Mo, aka Midnight, 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 he gets plenty of love and attention. Mo is a very sweet, loveable 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.

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

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



**OTTO**  
**Breed Estimate:**  
 Gender: Male  
**Approximate Weight:**  
 34 lbs  
**Approximate Age:** 1 years old

Otto is a happy, playful, and sometimes mischievous little pup who is looking for his family to love. He was rescued off a chain by a concerned neighbor.

He is adorable and we think he knows it. He has the short legs and long body of a Basset, 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.

# ANIMAL TALES

CONTINUED FROM PAGE 44

and/or diarrhea within 6 to 12 hrs of ingestion of grapes or raisins. Other signs include lethargy, anorexia, abdominal pain, weakness, dehydration, increased water consumption, and tremors. While the mechanism of toxicity is unknown, in some



dogs, even one grape or raisin can cause acute kidney failure.

**Sweeteners** – Many sugarless gums, candies, multivitamins, and baked goods contain xylitol (a natural sweetener) that is extremely toxic to dogs. Ingestion can cause vomiting, weakness, a life-threatening drop in blood sugar, loss of muscle control, seizures, and even liver failure.

**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. Dogs are the only species in which clinical signs have been reported. Within 12 hrs of ingestion, dogs develop weakness, depression, vomiting, hind limb incoordination, tremors, and/or elevated body temperature. Signs generally resolve within 12 to 48 hours.

**Yeast dough** – Dough that is unbaked and contains yeast can expand in your pet's stomach or intestinal tract. As the yeast ferments, gas is released that can result in nausea, vomiting, diarrhea, and even life-threatening bloat. When the dough ferments into alcohol, signs of lethargy and alcohol toxicity can develop as well.

**Bones** – Bones, of any kind, run the risk of causing choking or intestinal obstructions. Additionally, bones that easily splinter can cause irritation in the gastrointestinal tract leading to vomiting, diarrhea, or, most significantly, intestinal perforation that can be a life-threatening situation.

**Avocados** – Ingesting avocados can cause heart muscle (myocardial) necrosis in mammals and birds and sterile mammary inflammation in lactating mammals. Caged birds tend to be more sensitive to the effects of avocado and dogs appear to be relatively resistant compared with other species. Just to be on the safe side, it is best to avoid feeding foods containing avocados.

If your pet accidentally ingests any of these foods, or if you have a question about something your pet has eaten, please contact your veterinarian. Also, the ASPCA Animal Poison Control hotline is available 24 hours a day, 365 days a year for any animal poison-related emergency. Their contact number is 1-888-426-4435.

Adrienne Hergen, DVM practices at Shirlington Animal Hospital, 2770 S. Arlington Mill Dr., Arlington, VA 22206, (703) 570-6600, shirlingtonanimalhospital.com.

## SPORTS TALK

CONTINUED FROM PAGE 39

fact that owners, management staff, coaches and players, much like us, are quite simply, all human, and as such, all have their own faults, like we do. They all of a strong desire to win, and with players, each of them, for the most part, strive to do the best of their abilities to win games.

Maybe, as in the case of any of our local teams, both professional and collegiate, they might 'get lucky' and have a winning season, but when they do not win, we have to roll with the punches and root for them, right? Wrong? What do you think?

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 when 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 great game of baseball with rooting for the Senators and 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.

If we can all build up our own hype, let us work together to share some laughs, to make someone smile, to bring some joy to someone at a game, which is, after all, our brief collective chance to get away from 'the real world', if ever so briefly. Inevitably, we are always going to see awesome plays on the field, coupled with classic screw ups. It is a part of sports that we all know and love, right?

I hope to catch you at a local sporting event where we can talk about the Washington Federals. In the meantime, please write me at malonemarketing@gmail.com to talk about local D.C. sports, or any sports in general. Thanks! See you soon!

# Now Open!



We are a full service small animal hospital in the heart of Shirlington Village. Located next to Dogma Bakery and across the stream from the Shirlington Dog Park.

We look forward to meeting you and your furry companions very soon!

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



M-F • 8 am–7 pm  
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## Shirlington Animal Hospital

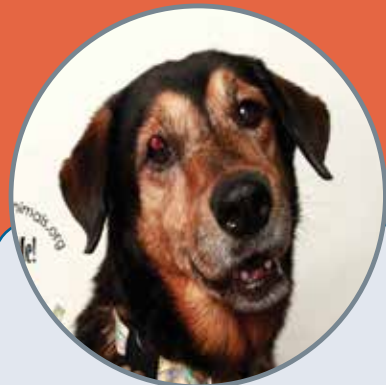
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This is Formal Tuxedo in a box with stuffed panda friend.  
—Submitted by Cynthia and John Long of Alexandria.

### CAT IN A BOX



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



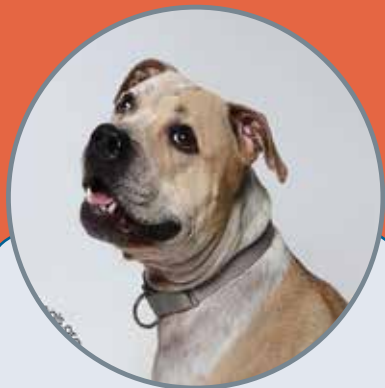
**MICHELLE**

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 loveable 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!

# SAVE THE TAILS!



**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!



**POTOMAC**

Meet Potomac! Though this 1-year old Rex is a bit shy at first, he loves to play and will warm up quickly with a little TLC. He has a sweet personality and would make a wonderful addition to any bunny-loving family who will shower him with love, toys, lots of veggies, and plenty of room to explore!



**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

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8am - 11am, 4pm - 7pm

4101 Eisenhower Ave. Alexandria, VA  
(703) 746-4774



All dogs must be leashed. All cats must be in carriers. If your pet has had a rabies vaccine before, please bring records.

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Animal Welfare League of Alexandria



Animal Welfare League of Alexandria

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FRI 7:30 AM - 7:00 PM • SAT 8:00 AM - 6:00 PM



\* For new clients only. Not to be combined with any other offer. Not good toward boarding, grooming, prescription and non-prescription medication, and retail 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. Cashier Code: 700.500. Expires 01/31/16.

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