

Zebra

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Historic Bank Eyes Future

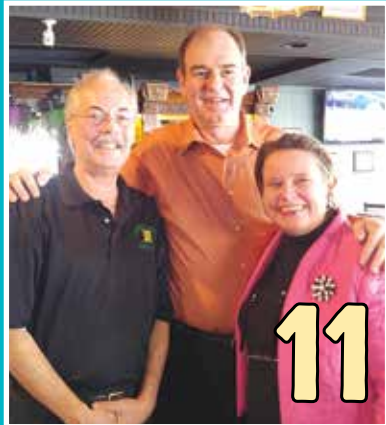
NOVEMBER '15

BLACK AND WHITE AND READ ALL OVER



7

LOCAL CHARITY HELPS
FEMALE SOLDIERS



11

CELTIC
HOUSE



15

EX-NAVY SEAL UNLEASHES
OUR INNER BOURNE



22

THE GOLDEN DOOR
IS CLOSING



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

\$1,850,000

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

\$1,299,000

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

\$1,149,000

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.



ROSEMONT

\$649,000

Totally renovated 3 bedroom, 2.5 bath semi-detached townhouse with off street parking just blocks from METRO! Desirable open floor plan on the main level with light filled living room, dining room. Fabulous new kitchen with granite breakfast bar and counters, SS appliances and espresso cabinetry. Upper level with 3 bedrooms and new full bath. Lower level family room with tall ceilings, luxury bath, walk-in closet and storage room with outdoor egress. Fenced yard with patio & manicured lawn.



WATERGATE OF OLD TOWN

\$599,000

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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NOVEMBER '15

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DISTRIBUTION

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

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

The hard-fought election is finally over, the community rallied at the polls and congratulations are in order for all the winners, while heartfelt admiration goes to all



Your City Council, from left Justin Wilson, John Chapman, Paul Smedburg, Tim Lovain, Mayor-elect Allison Silberberg, Willie F. Bailey and Del Pepper. Photo by Wayne Hulehan.

of the candidates who vigorously campaigned night and day.

Our cover story is about Alexandria's oldest bank, and we hope you find their fascinating past and exciting future as interesting as we did. This month we welcome Cheryl Spangler and FORBZ Real Estate as our new real estate columnist and sponsor of the school news, and also show you a preview of our upcoming Holiday Gift Guide among all the regular features you look for in every issue.

Enjoy these beautiful autumnal days and we hope you enjoy a spectacular Thanksgiving with family and friends.

Mary Wadland



WHAT BUGS ME

BY DEBBY CRITCHLEY

What part of Reserved for Handi-capped Parking do you not understand? Do you have a handicapped placard or license plates? No? Then why are you parking there? Leaving your engine running does not mean you are not parked. "I'm just waiting for someone" doesn't confirm eligibility.

The sign does not say you can park there when there are no other spaces available. Handicapped persons are inconvenienced enough by their disabilities. There is no good reason for anyone to inconvenience them more. Park in another space. You can walk a few extra feet to get to your destination. Handicapped persons can't. Something bugging you? Tell me about it at debbyc@thezebrapress.com.



Zebra Spotted in the GALAPAGOS ISLANDS!

Renee Peluso took along her October copy of Zebra when she hooked up with her globe-trotting son at Puerto Ayora, Santa Cruz Galapagos Islands.

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.

Renee just picked up a \$25 gift certificate from Celtic House Restaurant!

COVER PHOTO: From the left: Adriana Johnson, Suman Barua, Richard Niquen, David Wallace, Arpine Tenkerian, Elizabeth Ray, E. Hunt Burke (chairman and chief executive officer), James Holmes, Samira Rahi, Ezmaray Mohtasebzada, Larry Ogunnaike. Photo by Tisara Photography.



Rebranding for the new century involved changing signs on all 25 branches to be consistent—same color and same wording: Burke & Herbert Bank. Photos courtesy of Burke & Herbert Bank

A BRIEF GLIMPSE OF ALEXANDRIA HISTORY

BY KRIS GILBERTSON

When John W. Burke, 27, and Arthur Herbert, 23, opened the Burke & Herbert Banking & Exchange Office on August 14, 1852, gas lighting and running water had just been introduced to the busy port city of Alexandria, Virginia.

Their banking enterprise at Prince and Lee Streets (Lee was called Water Street then) was the fourth bank in the city. The business would move four times before settling in a neoclassical building built in 1903 at 100 S. Fairfax Street. The partners’ shared values and ethics would influence the Alexandria business community for generations.

Banks in the 19th century were private entities with no government regulation. In addition to deposits, the first Burke & Herbert firm handled stock sales, negotiations for real estate and land warrants, even silver sales, and the business swiftly established a solid footing.

Then, on May 24, 1861, six weeks after the Battle of Fort Sumter, 11 regiments of Union troops landed at the foot of King Street and began the longest occupation of a southern city during the Civil War.

Arthur Herbert left immediately to assume a command position in Company H (“Old Dominion Rifles”) of the Seventeenth Virginia infantry, CSA. He would engage in 12 battles in the course of the war and rise to the rank of colonel.

John Burke remained in Alexandria, in jail or under house arrest throughout the war. Knowing that assets would be confiscated, he closed the business. The *Alexandria Gazette* later reported that depositors in the Burke & Herbert firm lost no money during the northern occupation.

Mount Vernon intrigue

One of those depositors was John Augustine Washington, the last family member to own Mount Vernon, which he had just sold to the new Mount Vernon Ladies Association for \$200,000.

The Union command wanted that money and knew that it was hidden in the city. The Burke family suffered harsh treatment in the effort to flush it out.

Conducting a vigorous search of the Burke household, Union soldiers rampaged through the family’s belongings until reaching a bedroom where Mrs. Burke stood by a closed door. “It is my closet,” she said, “and you may search it if you must.” Still a gentleman, the commander declined to search a lady’s intimate items and left. The \$200,000 was concealed under Mrs. Burke’s neatly folded clothing.

But the threat was only delayed. To get the funds out of Alexandria, John Burke called on Miss Sarah Tracy, secretary to the Mount Vernon Ladies Association founder and close friend of the Washington family. Miss Tracy was from New England. As a Yankee and a woman, she was allowed to travel across lines.

Sarah Tracy secreted the money in a basket of eggs. Alone, she drove a one-horse cart past 75,000 Union soldiers, crossing the Potomac River to reach Burke’s trusted colleague, “Mr. Riggs at the bank in Washington,” where she stashed the money in a safe

deposit box. (She left the eggs on Riggs’ desk. He paid her for them.)

Union harassment of the Burke and Herbert families continued throughout the war. When peace finally came, the partners reopened their business in a city that would take decades to fully recover. By this time, John Burke had three sons working in the bank. Colonel Herbert had only daughters.

The aftermath of war

Alexandria’s growth remained slow moving into the new century. Through the Great Depression, the unregulated bank’s self-imposed business practices kept it solvent during a period of massive bank closures.

Upon taking office, President Roosevelt declared a four-day “bank holiday” and pushed legislation

regulating bank activities through Congress. Under the U.S. Banking Act of 1933, banks could no longer issue, underwrite, or distribute securities *and* take in deposits. They had to choose. And to continue as commercial banks, private banks must submit to state or federal regulation. The firm obtained a state charter, becoming the Burke & Herbert Bank & Trust Co. on January 25, 1934.

The bank’s customer base grew. In 1954, the first of 24 new branches opened in Del Ray, followed every few years with another in a widening area. As the industry computerized, Chairman C.S. Taylor Burke Jr., resisted the impersonal nature of account numbers. In 1976, however, a *New York Times* article

CONTINUED ON PAGE 5

BURKE & HERBERT BANK

ALIVE AND WELL, AND MOVING FORWARD

BY KRIS GILBERTSON

It’s the oldest bank in Virginia, in business for 163 years—yet Burke & Herbert Bank doesn’t look or act its age.

“The bank loves its history. It’s a very grounding feeling to be at a company that’s been here for 163 years, still owned by the same family, the Burke family – you just don’t see that,” says Jane Petty Lichter, Branch Marketing & Community Relations Director. “But we’re really focused now on looking to the future.”

How to thrive in a changing world

Until this century, word of mouth, solid performance, and community involvement were enough to build a strong customer base, but in the 2000s, competition, economic downturn, and rapid changes in banking regulation require more.

In 2009, W. Scott McSween became the new president and COO. Six months later, Terry Cole joined the bank as Sr. Vice President, Products, Marketing & Sales. For Cole, it was an opportunity to contribute fresh ideas



Runyon, the Burke & Herbert Bank mascot, makes friends with a future customer at the Friendship Firehouse Festival. Photo courtesy of Burke & Herbert Bank

and skills to an organization investing in the future.

Her mission has included rebranding Burke & Herbert Bank as having “a great combination of old-fashioned focus on personal customer service and attention, but added to that are things people might not expect from Burke & Herbert Bank because we look old –we *are* old – like online banking, mobile banking, apps for iPhone, Android, and iPad. We added a [checking account] that offers fee-free use of ATMs across the country.

“People want anytime, anyplace convenience. To compete with larger banks that have much larger networks, we needed something else. So we said, let’s make it *every ATM is your ATM* without worry about transaction fees.”

The bank absorbs the cost, but has more than doubled its checking account customer base since offering fee-free ATMs, to 45,000+ personal checking relationships.

Part of rebranding was renovating the interiors of many branches, updating all 40+ ATMs to models with touch screens and scanning of deposits, and changing the signs on all 25 branches to be consistent. There had always been variations in graphics that confused corporate identity, e.g., signage in different colors, and “Burke & Herbert Bank & Trust Co.” v. “Burke & Herbert Bank.”

With new signs, people began to notice Burke & Herbert Bank more, often thinking that a branch had just opened when it had been there for years, sometimes decades. “Before, you wouldn’t make connections because the branches weren’t branded in a consistent fashion,” says Cole. “Now we have a noticeable presence in the marketplace.”

On the business banking side, Vice President Walter Clarke joined the bank five years ago, bringing experience with First Union, Chemical Bank of New York, and Bank of America. One of Burke & Herbert Bank’s four business bankers, Clarke had not worked

CONTINUED ON PAGE 5

highlighted the bank’s lack of computers, and Mr. Burke gave in.

On “Computer Day” in 1977, Taylor Burke Jr. hung black crepe over the door of 100 S. Fairfax Street as the mainframe, too large to get



Rebranding in progress. Photo courtesy of Burke & Herbert Bank

in the front door, was hoisted through upper windows. Dubbed “Isabelle”, the machine weighed so much that she strained the floor joists. Still, computerization was so popular that staff gave Isabelle a one-year birthday party.

Having a drink

Transforming Old Town from a warehouse district into today’s dynamic historic district dates from the early 1970s, when the Virginia legislature passed what is still known as the “liquor by the glass” bill. It opened massive business possibilities, and the bank supported Old Town renovations.

“Burke & Herbert was doing the financing for restoration when no one else would touch it. A lot of people just wanted to tear all the historic structures down,” said Trudy Fowler, widow of former US Treasury Sec. Henry Fowler and long-time Burke & Herbert Bank customer.*

Members of the Burke family have contributed to numerous civic projects including founding the local Red Cross chapter (before World War I), supporting the Little Theater of Alexandria, and serving on the board of Stabler-Leadbetter Apothecary museum.

“Burke & Herbert is living history in the heart of Alexandria, Virginia, and the legacy its founders established in 1852 of trust, character and integrity lives on.” —Julia Williams, author.

**Burke & Herbert celebrates 150 years: a living legacy of commitment and service, Julia M. Williams, 2002.*

FORWARD

for small community banks, but was aware of them from his upbringing in Tidewater Virginia. During the economic downturn of 2009-10, he says, “a lot of the larger banks were changing focus and the way they do business.

“Here I’m able to offer the same types of services to my client base that I could at a larger bank, but do it more efficiently, more effectively, because the decisions are made locally.”

Clarke calls this “high touch” service. “I am easily accessible by email or cell phone, which I pride myself on. Working for some other banks, it’s 9 to 5, but for me, I have no limits and no walls. If I’m awake, I will answer.”

Burke & Herbert Bank currently maintains more than 15,000 business customers and, as of September 30, 2015, \$2.2B in deposits; \$2.68B total assets.

Modern banking with old-fashioned values

Burke & Herbert Bank’s long-term success has always been tied into service to Alexandria and the Northern Virginia area. In recent weeks, bank volunteers have supported or participated in community workshops, festivals, and events ranging from the Taylor Run block party to the Marine Corps Marathon family festival.

This holiday season, activities include:

- Volunteer Alexandria’s toy drive (toys only) for children ages 1-12 in the city. Toys can be dropped off at any Burke & Herbert Bank branch. See www.volunteeralexandria.org for suggestions on appropriate

donations.

- The American Bankers Association *Lights, Camera, Save! Video Contest* is happening now. Teens 13 to 18 compete to produce

“One of the branch managers used to be a caterer. A caterer! You know, you’ve got this image of branch managers as people who are little financial or math experts, but really, they’re just people, from many different walks of life and nationalities. That’s the future. What I love is that the bank is able to keep the good [values and personal services] while adapting to the future.”

—Jane Petty Lichter

- 90-second videos on the importance of saving and using money wisely. Burke & Herbert Bank is the Virginia sponsor.
- The entry deadline is **December 1**. The top winner’s entry will go to the national contest, where the top prize is \$5,000. There are smaller cash prizes all along the way. Search *Lights, Camera, Save! Video Contest* at www.burkeandherbertbank.com for details.
- Partnership with West Potomac High School to provide financial education and sponsorship of student recognition programs.
 - In November, Burke & Herbert Bank will support food and toy drives for families in need. Details are or soon will be posted on at www.burke&herbertbank.com.
- Business bankers participate

throughout the year in local organizations such as the Southeast Fairfax Development Corporation (revitalization of the Route 1 corridor from the beltway to Fort Belvoir), Hope House (shelter for homeless mothers and children), Fraternal Order of Eagles, historically black colleges and universities, and local Chambers of Commerce. Walter Clarke is the 2015 chair of the Alexandria Chamber of Commerce.

“Our people are out there,” says Jane Lichter. “It’s a philosophy of the bank—folks are encouraged to interact with their neighbors, to see where there’s a need. We are the official bank of *Visit Alexandria* and were voted best business last year by the Alexandria Chamber of Commerce.”

Preparing future leaders

Unlike companies where only a sales force goes out to meet clients, almost everyone in the bank deals directly with customers and must have sharp customer service and banking skills. Burke & Herbert Bank ensures that employees have these abilities through training.

“Encouraging personal community involvement (festivals, volunteering, workshops) is a form of customer service,” says Lichter. But Burke & Herbert Bank goes further to ensure that they will have leaders in the future.

The Leadership Development Program, new this year, brings 10 assistant branch managers into training classes every other week for 6 months, with special assignments between gatherings. This is in addition to their branch duties. “All identified as bright leadership management



Chairman and CEO Hunt Burke with Adriana Johnson and Ezmaray Mohtasebzada, assistant branch managers in the Leadership Development Program. Photo by Tisara Photography

Preparing the Leaders of the Future

Adriana Johnson and Ezmaray Mohtasebzada are two of ten Burke & Herbert Bank assistant branch managers selected to take part in the bank’s first Leadership Development Program, which began in May 2015.

The LDP consists of multiple modules with in-class training and individual assignments over a six-month period, in subjects such as operations, security, team leadership and coaching, and interacting with customers. It is designed to identify employees that exhibit natural leadership, to strengthen skills needed in their job, and to teach skills needed to lead in the bank.

Adriana Johnson

Born in Baltimore, Adriana Johnson was five years old when her father, a nephrology specialist, took the family back to his native Peru. “When I grew up, I wanted to spice up my life,” she says. “So many people were dying to go to the U.S. and I had everything on a plate. I came, and since then, no regrets.

Adriana started with Burke & Herbert Bank as a customer when she arrived in America in 2001. Her sister worked (and still works) for the bank, so Adriana applied and started with Burke & Herbert Bank in 2002. It was a departure from her journalism background.

She describes dealing with customers as a “life-changing experience. It shows you that the world doesn’t end with your story. You learn about yourself, about them, about everything really. For me, coming from letters and artistry to numbers was really quite shocking ... I was only supposed to be here for a year, but things didn’t work out and I’m glad they didn’t. I’m here now. I’m a people person so I think that’s also what attracted me. I like to talk, I like to interact, I like cultures, and languages.

“[LDP] involves a lot of preparation, giving you the information, the skills, the ability, the opportunity to practice, and maybe make

some corrections when going into leading your team – so we are the leaders within our position in the branches and hopefully we will recommend people who have the same attributes (for future LDP sessions).”

Ezmaray Mohtasebzada

Ezmaray came to the United States from Afghanistan in 2007 to study on a Fulbright Scholarship at Drake University in Des Moines, Iowa. He moved to Virginia in 2011 and two months later applied to Burke & Herbert Bank.

A friend told him community banks are focused on customer service. “Your hard work will be recognized and you can find a place there—you’re not going to be just an employee where nobody knows you. You’ll know all the members, and I have really experienced that,” he says.

“We have a very friendly relationship with upper management. Like today, the CEO of the bank, Mr. Burke, came and we were having fun and talking as if we’ve known each other for a long time. A lot of places, you might have been working there for 10 years but not know who your CEO is. It’s a huge difference.”

“In [LDP] we probably learn things that you would learn in a year in college classes. There are practices, checks and balances: We go to class today; right after class, we debrief our manager; after debriefing, we send an email explaining what we told our managers to our trainers; at the next training, we talk about this.

“So what we learn today, we will repeat four times—and the least talented person will remember what they have done if you repeat four times.”

Ezmaray has been with Burke & Herbert Bank for four years and does not plan to leave. “It’s important to feel comfortable in a bank. I feel that this bank counts on me, and looks on me as a member, as someone who has an important role in the bank.”

2015 SALUTE TO VETERANS AWARD WINNERS

A new program of the Alexandria Chamber of Commerce will recognize businesses that demonstrate leadership in hiring and empowering veterans and transitioning service members, or are representative of the entrepreneurial success of a local veteran business owner. The second portion of the program will recognize local citizens as a Distinguished Patriot.

For 2015, the Chamber has selected the following businesses for recognition:

Fluet Huber + Hoang, PLLC, NanoTech Computer Consulting, LLC, PHYLEO Private Investigation Services and Woods Peacock Engineering Consultants, Inc. Being honored in the Distinguished Patriot Category are Bill McNamara and Warden Foley. Mr. McNamara was the publisher of *Stars and Stripes* during WWII and landed on the beaches of Normandy during the D-Day invasion. Closer to home, he was the commander of American Legion Post 24 when the Legion gifted



Distinguished Patriot Bill McNamara holds a copy of the Stars and Stripes newspaper dated Aug. 14, 1945. Courtesy photo.

Gadsby’s Tavern to the City of Alexandria back in 1972. Mr. Warden was part of the Legion at this time and both were instrumental in preserving the historic significance of the building prior to the city taking possession.

The awards program, presented by Grant Thornton, LLC, will honor the winners at its Salute to Veterans event on November 12, 2015, hosted at George Washington’s Mount Vernon. The event will begin at 8am and will be followed by a breakfast reception.

“The Alexandria Chamber

is deeply proud to honor these businesses and distinguished patriots who have not only served their country, but continue to serve Alexandria with significant contributions. It is their service and leadership that continue to make Alexandria a vibrant and thriving community” stated Walter Clarke, 2015 Board Chairman.

The Alexandria Chamber of Commerce is one of the oldest chambers in the country, having been founded in 1906, before the United States Chamber of Commerce.

Run to Help End Homelessness

CARPENTER’S SHELTER TO HOST 5TH ANNUAL 5K, 10K & FUN RUN

It’s a brisk fall morning and hundreds of runners are lining up for one purpose—to race to end homelessness on Sunday, November 22nd at 8:00 AM. Carpenter’s Shelter in association with Pacers Events is proud to host the 5th Annual Run for Shelter, featuring a 5K, 10K and Fun Run with proceeds benefiting Carpenter’s Shelter. Whether you run for personal records, health or fun, make sure you Run for Shelter.

Run for Shelter is a great opportunity for the entire family to get involved in giving back and kick-off the holiday season. The out and back course, starting at the USPTO Madison Building on Eisenhower Ave in Alexandria,

is flat, fast and suitable for all skill levels and ages. Dogs on leashes and children in strollers are welcome to join in on the fun.

Registration for the 5K and 10K is \$40 and registration for the Fun Run is \$30. Tickets can be purchased in advance at Carpenter’s Shelter’s website listed below and on-site registration will begin at 7:00 AM the day of the event. Prizes for the top male and female 5K and 10K finishers, the top fundraiser and the best costume will be given out at the event. Carpenter’s Shelter would like to thank The Motley Fool, R&B Inc. Heating and Air Conditioning, Applied Policy, McGuire

Woods, The Neighborhoods of EYA, Centennial Contractors Enterprises, Inc, Clarke & Sampson and PCI for their sponsorship of Run for Shelter.

Carpenter’s Shelter supports homeless individuals and families in achieving sustainable independence through shelter, guidance, education and advocacy.

For additional race information, please visit www.carpentersshelter.org/run-for-shelter.

Contact rebeccahightower@carpentersshelter.org for information about registration discounts for groups of 10 or more participants.

CITY BRIEFS

Foster Kids in Alexandria Need Coats

The Fund for Alexandria’s Child invites you to help children in foster care or at risk of abuse or neglect keep warm this winter through its annual Fall Coat Drive, running now through November 20, 2015.

Donations of coats, hats, scarves, and gloves help ensure that all Alexandria children can stay warm during what promises to be another bitter winter. Those interested in donating can do so through an Amazon Wishlist or by purchasing items elsewhere and delivering them to: Alexandria DCHS, ATTN: Community Resources Program, 2525 Mt. Vernon Avenue, Alexandria, VA 22301



WWII Planes Fly Over Arlington Cemetery

The Zebra’s own Harry Merritt was there to capture this spectacular patriotic nod on Friday, October 9 when WWII aircraft flew over Northern Virginia to honor veterans. A formation of 16 T6 Texan aircraft led by a B-25 Mitchell Bomber flew over the Pentagon and Arlington Cemetery in honor Disabled American Veterans (DAV). (Photo by Harry Merritt)

Black History Museum Receives Donation

Alexandria’s Black History Museum recently received a major donation from the survivors of long-time activist, Carlton A. Funn, Sr., one of the city’s most respected and influential residents, recognized as an Alexandria Living Legend in 2008. Alexandria-born in 1932, Funn served in the United States Army and was a



Carlton A. Funn, Sr.

teacher at Lyles-Crouch Elementary School for 38 years. Early in his teaching career Mr. Funn objected to the school textbooks on Virginia history that he felt did not record the achievements and challenges of African Americans in the state.

To overcome this issue, he began collecting materials for what came to be known as a “Diversity Exhibit” celebrating the history and culture of African Americans and other minorities and promoting positive images for young people to inspire them to achieve their dreams. Ultimately, his self-prepared exhibit contained thousands of items ranging from posters, photographs and documents to school blankets, stadium cushions, and personal artifacts. An ongoing project for decades, Mr. Funn’s “portable” exhibit grew so large that it needed scores of 8’ tables for its full display, and he personally installed it over 600 times. Finally unable to

CONTINUED ON PAGE 9

Plan Ahead. Pay it Forward.

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LOCAL CHARITY HELPS FEMALE SOLDIERS

Spa Swag for Warriors can use your help. Arlington based, Spa Swag, is a nonprofit dedicated to providing high-quality bath and body products to deployed female service members to increase the morale, well-being and retention of women in the military, and reduce the stresses of hardship tours. They accept in-kind donations of high-quality bath, body and beauty products, which are then packaged into “spa swag” bags and mailed to female service members overseas. Female soldiers put up with a lot on hardship tours – unhealthy conditions, long hours, and extended time away from friends and family.



Female soldiers stationed abroad happily show off goodies from a recent shipment from Spa Swag for Warriors. Courtesy photo.

The retention of qualified women in the armed forces is essential to our security as a nation – women who serve bring institutional knowledge, and will serve as mentors and leaders to the next generation of soldiers. After a long hard

day, Spa Swag thinks they deserve the best available face wipes, skin care, eye creams, lavender aromatherapy sprays, and hair masques. Spa Swag has gained traction because they are the only nonprofit organization in the area) focusing specifically on meeting the unique needs of female soldiers. They are currently accepting financial and in-kind donations to send to female soldiers in hardship locales for the holidays. If you would like to make a donation, or are interested in becoming a Corporate Sponsor, please visit spaswagforwarriors.org for more information.

“

QUOTABLES

If we all did the things we are capable of doing, we would literally astound ourselves.

— Thomas Edison

2015

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2015 CHAMBER BUSINESS AWARD WINNERS

Srikant Sastry, National Managing principal of Advisory Services for Grant Thornton LLP, was honored on October 21st as the 2015 Alexandria Chamber of Commerce Business Leader of the Year at a sold out Business Awards Celebration, held at the George Washington Masonic National Memorial, presented by EagleBank. As well as paying tribute to Mr.Sastry, the Chamber honored businesses selected as Best in Business in their nominated categories: **Association/Non-Profit Business of the Year (tie)** Carpenter's Shelter and Offender Aid and Restoration (OAR); **Rising Star Business of the Year** – Frolick Dogs, LLC; **Small Business of the Year** – Skyline Wellness; **Medium Business of the**

Year – DiMuro Ginsberg, PC; **Large Business of the Year** – Stratford University, Alexandria Campus **Overall Business of the Year** – Renner and Company, CPA, PC. After the awards presentation, over 200 guests were treated to tastings from Chef Cathal Armstrong's restaurants including Restaurant Eve, Society Fair, Eamonn's A Dublin Chipper, and Club PX Lounge. Chef Armstrong was honored in 2012 as the Chamber's Business Leader of the Year. Dessert was provided by Alexandria Cupcake. According to Walter Clarke, 2015 Chamber Board Chairman, "The Chamber's Business Awards is the flagship awards program in the community that recognizes excellence in

business. Conducted annually this 'sold out' event is one of the most eagerly anticipated events on the Chamber's calendar. We are proud to salute those who contribute to a vibrant and thriving Alexandria business community." The Alexandria Chamber of Commerce is one of the oldest chambers in the country, having been founded in 1906, before the United States Chamber of Commerce.



Chamber Business Award honorees. Photo by Tisara Photography.

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CITY BRIEFS

CONTINUED FROM PAGE 6

keep the exhibit at home, he needed to rent a commercial storage unit to store the display for the last years of his life.

In 2012, Office of Historical Alexandria contacted Mr. Funn about the possibility of donating his exhibit to the City to preserve his lifetime commitment to diversity for future generations. Ironically, an appointment was established for a week later, but he became seriously ill just two hours before the meeting was to take place. Sadly, he never recovered and died on September 11, 2012. In the years since his death, an agreement was reached with his children to preserve their father's legacy by transferring ownership to the City. However, soon after, a flood at the storage facility this summer threatened the paper-based exhibit. Fortunately, OHA staff was able to mitigate immediately the potential disaster and worked for several weeks in 90+-degree heat to move the materials to a safer location and properly conserve damaged items. Cataloging of the massive collection is now underway and is expected to take several years.

Gregg C. Fields Named Alexandria's Director of Code Administration

City Manager Mark B. Jinks has announced the appointment of Gregg C. Fields as Director of Code Administration for the City of Alexandria, effective October 24, 2015. Fields has served as Acting Director since December 18, 2004.



Gregg C. Fields Courtesy photo.

"Gregg has shown outstanding commitment to public safety and customer service over nearly 15 years with the City," said Jinks. "I look forward to Gregg's continued leadership in the permanent director role."

Fields joined the City in 2001 as the first trade combination plans examiner, responsible for assisting homeowners and small businesses with the permit review process. He was later promoted to Division Chief of Plan Review and then Deputy Building Official, and has been responsible for the Small Business Facilitation Program and significant improvements to the City's one-stop Permit Center.

Prior to his work in Alexandria, Fields served for 15 years as a project sales manager for two large Washington, D.C., metropolitan area contracting firms, where he sold and managed more than \$100 million in construction projects.

Fields serves as Second Vice President for the Virginia Building and Code Officials Association (a chapter of the International Code Council) and is slated to serve as president of the organization in 2018. Previously, he served as chairman and public information officer of the Northern Virginia region of

the association. Fields served in the U.S. Army and the Virginia National Guard, and was awarded the Army Achievement Medal and the Virginia Emergency Services Ribbon.

Fields is a Building and Property Maintenance Code Official, certified by the International Code Council and the Virginia Department of Housing and Community Development.

Alexandria Employment Program Receives Top Honors

A City of Alexandria program that supports low-income families in achieving independence through employment was ranked #1 in Virginia three times during Fiscal Year (FY) 2015.

The Alexandria Workforce Development Center's Virginia Initiative for Employment Not Welfare (VIEW) Program, under the auspices of the Virginia Department of Social Services (VDSS), provides employment related services to City residents who receive Temporary Assistance for Needy Families (TANF) benefits.

VIEW Participants are provided with vocational counseling, job readiness training, job placement assistance, and supportive services to assist with job placement and retention. VIEW focuses on the participants' strengths and provides services to help them overcome job-related challenges, as well as personal, medical and family challenges that affect employment.

"The VIEW program is one of many ways Alexandria

supports families in need," said Kate Garvey, Director of Community and Human Resources. "VIEW helps promote individual dignity and workforce development, while reducing the need for public assistance."

According to VDSS, Alexandria's VIEW participants earned the highest average wages of clients in January, May, and June 2015, and the second highest in five additional months. Also

during FY 2015, the program ranked in the top 5% of all 120 localities for each month of the fiscal year and attained ninth ranking in the state for the percentage of clients who retained employment for at least three months, at 86%. Since its inception in 1996, the City's program has consistently received top rankings for highest average monthly earnings for clients and job retention rates.

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We bid a fond farewell to **Chez Andre**. After 50 years, the doors are now closed. The family has sold the business to an unnamed restaurant in Old Town. No word yet as to what will open in its place. I will miss the duck a l'orange and the celery remoulade. **Mancini's** is now closed and no word yet on when the new **Baker's Bread** will open. **Reserve 2216** restaurant has also closed



“for a brief hiatus,” according to Eric Reid and Darrell Bernard. The note on their website says that the popular spot above **Del Ray Pizzeria** is looking for a larger location due to its popularity. According to the city, the restaurant was raising zoning issues because Reserve 2216 caused the Del Ray Pizzeria to exceed their special use permits including parking spaces. The website says patrons should “look for the skillet along The Avenue, or find them on Facebook or Twitter to find out when and where our new home will open up to Del Ray!”

The Happy Tart in Del Ray has opened its new location at 410 S. Maple Ave in Falls Church. This is the second location of the gluten-free bakery. To quote their website, at the Happy Tart we believe that gluten free



Happy Tart Thanksgiving pies



Happy Tart macarons

and delicious belong in the same category. **Will Artley**, formerly of Evening Star, has moved from Reston to become the new executive chef at **Nonna's Kitchen**, the tasting menu-centric spot above Alphonse in D.C. Chef Artley will have his hands full creating and maintaining an Italian multi-course tasting menu. **Dolci Gelati's** first Virginia location is now open



Dolci Gelati

at 107 North Fairfax St. in Arlington. They offer a wide variety of all natural gelatos and sorbets, coffees, teas, and other desserts. Dolci Gelati, an artisan gelato company, was started in Washington DC in 2006 by pastry chef Gianluigi Dellaccio. They offer products made with local dairy products and handpicked fruits. Chocolate is imported from a small sustainable farm in

Ecuador. Chef Gianluigi makes his creations with a perfect harmony between fruit, sugar, milk, and chocolate. Gianluigi uses an authentic Italian recipe that has been in his family for generations but mixes in local ingredients and exotic flavors to create a modern twist to a traditional Italian favorite.



Dolci Gelati cones

The **Spring Mill Bread Company** has opened its doors at 2209 N. Pershing Dr. in Arlington. Spring Mill sells fresh-baked breads, baked treats and soups, sandwiches, coffee, and sodas. Spring Mill Bread Co. has been baking all-natural whole grain breads in small hand-made batches from scratch since 1993. You will find a variety of whole grain and multiseed breads and rolls. Look for daily breads to include baguettes, honey whole wheat, peasant white, seven grain crunch, three seed healthy loaf, and white and whole wheat rolls. It has existing locations on Capitol Hill, in suburban Maryland and in Pennsylvania.

Chester's which should

CONTINUED ON PAGE 13

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Bartender Steve Ryan, Danny McFadden, and Mary Wadland

BY DEBBY CRITCHLEY

Meet Danny McFadden, the third partner of Celtic House. *Zebra* publisher Mary Wadland and I visited Celtic House to find out more about him and the restaurant. Danny is a charming Irishman born in northwest County Donegal. He emigrated to New York in 1987 looking for new opportunities. He spent 18 years in business there before he and his wife, Jackie, decided to try their luck in Washington, DC. If Danny looks familiar, it's because he ran Kitty O'Shea's in the District and Courthouse in Arlington. Kitty O'Shea's was named the top Irish Bar in the District under his management.

Danny opened the area's



Fish and Chips

first Irish sports bar, Celtic House, in December 2014 with his partners Rolando Canales and Mike McMahon. As I mentioned in last month's column, the food is terrific. Mary had the fish and chips. The large portion of fish was covered in a crackling crisp breading and was tasty. The restaurant-made tartar sauce was superior to any I have tasted in a while. I had the chicken pot pie. Forget

about Swanson's. This dish tasted as good as it was beautiful. Under the lovely topping of puff pastry was a creamy filling of chicken and vegetables. We recommend both without reservation!

Celtic House can host your next reception or private party. Don't want to cook on Thanksgiving? Come here for a meal as good as you could cook yourself for \$24.95. The menu features a choice of butternut squash soup or the Celtic house salad. Then choose an entrée from traditional roast turkey and ham, Magners roasted pork loin or crab stuffed 'Galway Bay' salmon. Finish your meal with a slice of pumpkin pie with homemade Bailey's whipped cream or pecan pie ala mode. Call 703-746-9644.

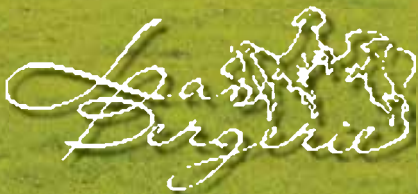


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— Neal Learner, *The Washington Post*

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BY MIKE SADE

Fall is here, and the weather is getting colder. I had to turn my heat on, and most entertainment has turned to the indoor setting. So outside of warming up the house how about heating up some of your favorite dishes?

I discovered a green hot sauce that can do the trick for many traditional dishes. It is the Crazy Cassidy Emerald Fire Hot Sauce. This hot sauce brings a quick hint of heat to most dishes. I rated this sauce a two on my heat scale, so it is comfortable for most tastes. This sauce was awarded third place in the 2008 Scovie unique hot sauce category.

Crazy Cassidy Fiery Foods is a family owned and operated, all natural, gourmet hot sauce and



salsa manufacturer out of Western Massachusetts. They offer chile peppers, whole and powdered, as well as spices, BBQ rubs and blends. You can find their products on their website at www.crazycassidy.com.

The ingredients include jalapeno peppers, vinegar, serrano peppers, red bell peppers, garlic, habanero peppers and lime juice.

I mixed some with turkey meat for an excellent burger the other night, and it was delicious. I also recommend this sauce as a tasty addition to a pesto sauce for use on fish, pork or pasta. Add some to your guacamole for that subtle bite.

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REBUILDING TOGETHER ALEXANDRIA RECOGNIZES EXCEPTIONAL VOLUNTEER PARTNERS

Three outstanding volunteer partners recently received Raise a Roof Awards from Rebuilding Together Alexandria, a volunteer-based nonprofit that focuses on creating community stability and more socially, culturally, and economically diverse neighborhoods. It does so by maintaining affordable housing, revitalizing community spaces, and creating homeownership opportunities.

"We are powered by volunteers. Our volunteer corps gives thousands of hours every year to revitalize and stabilize our city by helping struggling neighbors maintain their homes and improving the community's shared spaces. This year, these three volunteer partners stood out for us in their commitment to making Alexandria a better place to live," explained Katharine Dixon, president and CEO, Rebuilding Together Alexandria.

Eric Weiss, who volunteers with his church, was recognized as Rebuilding Together Alexandria's Volunteer of the Year. As a long-time volunteer, Jeffrey Feller, who originally came to volunteer through



Jennyfer Lee of Fannie Mae, Mayor Euille, Gina West of Fannie Mae. Courtesy photo.

his employer—Booz Allen, was honored with a Lifetime Achievement Award. In addition, Fannie Mae received Rebuilding Together's Partner of the Year award.

Volunteer of the Year: Eric Weiss

During the day, Weiss works as a specialist at the Congressional Research Service. Other times, he can be found making a difference in the greater community. Over the last decade, he has worked with Rebuilding Together Alexandria as Westminster Presbyterian's captain or co-captain for Rebuilding Day and Energize Alexandria. He has also volunteered on Rebuilding's efforts to rehab

foreclosed homes and to sell them to first-time, low-income families. Weiss is also a member of the Alexandria Housing Affordability Advisory Committee.

Lifetime Achievement: Jeffrey Feller

Originally from St. Louis, Mo, Feller and his wife moved to the DC area in 2001. With over 22 years in the strategic communications and creative field, he spent the last 12 years with Booz Allen Hamilton where he is a principal leading the Firm's Defense & National Security communications business. Feller's interest in renovation

CONTINUED ON PAGE 26

FOODIE NEWS ...
CONTINUED FROM PAGE 10

have opened by the time you read this, is bringing billiards back to Shirlington.
Chester's Billiards Bar & Grill is opening in the same



Chester's, former Lucy's location
building that housed pool hall Lucy's until 2013, said co-owner Derrick Fulghum, Sr. Fulghum says he is offering "a busy atmosphere with great food," more of a focus on live entertainment and on families. Fulghum will bring entertainment including standup comics, bands, and DJs. The menu currently includes appetizers like chicken tenders, buffalo wings and crab cookies, salads, soups and a raw bar. The restaurant is opening with a special of barbecue and "all you can eat salad" for \$8.75. They will be serving food from 11 a.m. to midnight Monday through Wednesday, and later on Thursday, Friday and Saturday and open until 11 p.m. Sunday, according to Fulghum.

The Zebra staff visited

Gadsby's Tavern on October 14 to celebrate the anniversary of the death of the Female Stranger. We then decamped to Le Refuge at 127c N. Washington St. for dinner.



Lamb, Le Refuge

Tracking ghosts works up an appetite and we were ready to dig in. Le Refuge has been open for 32 years and the walls contain memorabilia, I had the pate de champagne maison, a delicious country pate garnished with cornichons.



Le Refuge



Rockfish, Le Refuge

Mary and Kris enjoyed the escargots with diced tomatoes in garlic butter. We moved on to entrees. Mary ordered a special of the night - rockfish stuffed with crab meat. The fish was nicely cooked and topped with



Pate, Le Refuge

a lovely béarnaise sauce. Kris enjoyed the escalope of veau Normandy - veal scaloppini in a brandy cream sauce with mushrooms. Delightful. I followed my heart and had the carré d'agneau classique - rack of lamb with mustard bread crumbs, and garlic and thyme sauce. The portion was big enough to share. The lamb was cooked to a perfect medium rare. Vegetables and potato au gratin accompanied each dish. Of course, we had to have dessert. Mary begrudgingly

allowed each of us to taste her crème brulee. It was perfection. My pears Belle Helene and Kris's Peach Melba were wonderful. Once small nit, the whipped cream was gummy as if it contained some form of stabilizer. Le Refuge offers a wide selection of cocktails and wines by the bottle or glass. Service is highly competent and knowledgeable. Consider Le Refuge for your next special dinner date.



Belle Helene, Le Refuge

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DOWN TO OLD TOWN IN SHIPS

BY BOB MURRAY,
ARTS REPORTER

Embedded in much of Old Town's history are the stories of ships, docks, warehouses and the economic life on the Potomac that grew since the 17th century. Marine Art is famous in Alexandria in many aspects, particularly the paintings, historic photographs and sculptures found in local galleries. The Icon Galeria at 101 North Union Street offers some of the finest paintings of historic naval battles, made famous by a variety of many nations' ships battling in clouds of smoke and fiery cannonballs reflected in turbulent waters. Only the best artists can capture the drama of these spectacularly outfitted vessels in action.

The Icon Galeria presents artists who are dedicated to images of history and exploration. Their artists have already achieved notoriety and hold very developed resumes. For instance, Anna and Andrew Olinski from Poland



Patrick O'Brien's, 24x36 inch, "Battle of Lake Erie" is oil on canvas.

have devoted their careers to researching and painting the mysterious allure of the high seas and fleeting tall ships. Each painting contains intricate and exciting subject matter (see "The Battle of St. Vincent," Oil, 19 x 27"). The light and compositions in each canvas are appealing down to every detail. That fantastic quality of marine art draws collectors of all ages. The Orlinskis have done several commissioned pieces that can be negotiated through The

Icon Galeria.

Alexandra Mattson, the manager of the Galeria, will be happy to speak about another important artist, Patrick O'Brien from Baltimore whose work is on display now. I'd refer to these paintings as masterpieces demanding serious attention. His paintings command an investment anywhere from \$13,000 to \$17,000 for the larger canvases and less for smaller, well-framed works. At first sight,

CONTINUED ON PAGE 15

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1 THE TREES ARE GETTING HARDER TO CLIMB! The Polyphonic Spree 15TH ANNIVERSARY TOUR 7:30pm \$35.00	2 Indigo Girls w/ A Fragile Tomorrow 7:30pm \$59.50	3 JOSHUA RADIN solo & acoustic with his special guest ANNA MARINA 7:30pm \$35.00	4 Delbert McClinton with Damon Fowler 7:30pm \$45.00	5 Delta Adams 7:30pm \$45.00	6 Suzanne Westenhoefer 7:30pm \$45.00	7
8 An Evening with GEORGE WINSTON 7:30pm \$39.50	9 HOADIES 'HERETICS TOUR' w/ IN THE WHALE 7:30pm \$25.00	10 Ry Cooder Sharon White Ricky Skaggs 7:30pm \$69.50	11	12 An Evening with COLIN HAY 7:30pm \$39.50	13	14 Tom Paxton & Friends 'The Last Roundup' with special guests Janis Ian, Robin & Linda Williams, Jim Rooney & more! 7:30pm \$45.00
15 Lee Ann Womack 7:30pm \$35.00	16 ACOUSTIC ALCHEMY 7:30pm \$35.00	17 Nanci M. Menden New Date To Be Announced. 7:30pm \$39.50	18 Three Dog Night 7:30pm \$69.50	19	20 PAULA POUNDSTONE 7:30pm \$49.50	21
22 An Evening with Jerry Douglas 7:30pm \$29.50	23 boney james 7:30pm \$65.00	24 2CELLOS Sun. Feb. 21, 2016, 8pm DAR Constitution Hall, Wash DC Tickets on sale now through Ticketmaster.com/800-745-3000!	25	26 HAPPY THANKSGIVING! 7:30pm \$35.00	27 The Seldom Scene & Bumper Jacksons 7:30pm \$35.00	28 The Seldom Scene & The Kennedys 7:30pm \$35.00
29 Madisen Ward AND THE Mama Bear 7:30pm \$20.00	30 Delta Rae Winter Acoustic Tour - a holiday celebration w/ Penny and Sparrow 7:30pm \$29.50	December 1 A Peter White Xmas feat. Mindi Abair & Rick Braun 7:30pm \$49.50	December 2 sheilaE. 7:30pm \$49.50	December 3 BLOOD SWEAT & TEARS featuring Bo Bice 7:30pm \$49.50	December 4	December 5 Cheryl Wheeler & John Gorka 7:30pm \$35.00



EX-NAVY SEAL UNLEASHES OUR INNER BOURNE

Clint Emerson spent two decades defending our great nation as a member of the prestigious Navy SEAL Team 3. He is not shy about sharing thoughts from personal experience that when it comes to surviving precarious situations whether domestically or on foreign soil the best practice is 'be aggressive or be killed'. Clint does not want his recently released book viewed as just another 'how to' survival guide. He is passionate the reader comes away with pragmatic and easy steps, preventive or action orientated, that most anyone can utilize to stay alive when in life a threatening situation.

Let me start by saying after speaking with Clint, I am very grateful that the forces of nature were at work in providing him the impetus to embark on his journey to join the SEALs.

While waiting to catch a flight at the Frankfort airport, a thirsty ten-year-old boy wandered towards the closest Coke machine. There he noticed a rather large man. What caught young Clint's attention were



100 Deadly Skills
Author: Clint Emerson
Publisher: Simon and Schuster
Zebra Rating: 5 Stripes

Clint Emerson shares genuine life-saving skills readers can master.

the many tattoos adorning the stranger's sculpted arms, specifically a three-pronged spear with barbed ends. Filled with curiosity, Clint asked the stranger what that tattoo was. "Trident," said the stranger, "the insignia of the Navy SEALs." Clint did not know what the Navy SEALs were so he asked. The stranger explained they were a highly trained team within the Navy that covertly infiltrated areas targeted for U.S. airstrikes. Their mission was to take out

the anti-aircraft gun making it safer for the bombers. "Cool, I want to do that," said Clint. He was hooked; his destiny set in stone. Clint discovered years later the Navy SEALs do not go in as an advance team to take out anti-aircraft guns. Mostly likely, the stranger was never a SEAL, just one of the overwhelming numbers of frauds who claim to have been a member of a Special Forces team (SEALs, Green Berets, and Rangers). Thankfully Clint still elected

to become a SEAL and to this day he continues working to keep Americans safe.

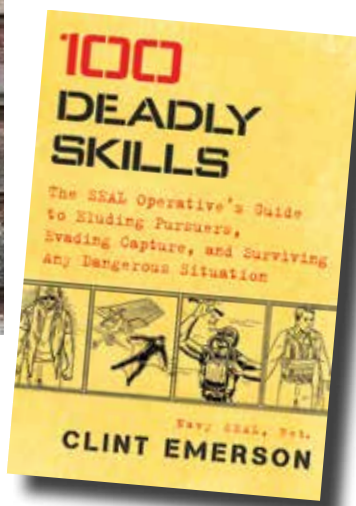
The release of this book is extraordinarily timely. The world seemingly gets angrier and deadlier by the day. His book contains detailed

can master with practice. "The key element," Clint said, "is tapping into everyone's inner violent, nomadic good guy predator." After a pregnant pause, sensing I may be confused, he continued, "Those are the hidden men who protect us covertly. You know the Jason Bourne types." He added that when you find yourself in harm's way you need to stay calm, think clearly and creatively.

Fox and Friends did a featured segment with Clint the morning after he spoke to us at the Zebra Press. On Fox, he demonstrated how to make weapons from items found in the household: the daily newspaper and a ballpoint pen for example. It was fascinating watching him transform, within seconds, these simple items into extremely effective weapons. Even better, such items are never questioned at airport security checkpoints.

Clint commented one of the most perilous situations one will ever face is personal

CONTINUED ON PAGE 30



instructions and illustrations, which just may come in handy someday. Although stealing and flying a plane seems a bit impractical, Clint provides all you need to do to get it done.

Clint told me there are dozens of essential skills the average citizen, man or woman,

SHIPS

CONTINUED FROM PAGE 14

his paintings appear influential, powerful and memorable. Any serious collector will recognize the value and substance in an O'Brien painting (see "Battle of Lake Erie," Oil, 24 x 36").

On the right as you enter, facing into the gallery, is an oil of crashing green waves, "Gold Wave," by Sally Ladd Cole, an engaging fairly new artist to Icon Galeria. This elongated canvas is an eye-catcher just waiting for the right spot in an Alexandria home.

As a devotee of vintage, historical, 17th, 18th & 19th-century photography of the Alexandria/Washington area, Icon offers resources for finding old maps and ordering specific scenes in various sizes and forms. The previous shipbuilding docks and days in Alexandria are in racks and print drawers for convenient perusal. Also, this gallery offers many signature pieces--- those of Presidents Washington, Jefferson, and Lincoln.

A block away on the water, closer to the far corner of Prince Street stands a sculpture by Michael Curtis of "The Shipbuilder." This significant work of art took its stand in 2004 after Michael had finished the preliminary



Andrew and Anna Orlinski's, Battle of St. Vincent 19x27 inch, oil on canvas

modeling of this bronze in his studio in Old Town on Alfred St. No doubt "The Shipbuilder" itself greatly resembles the artist himself, but he did have the motivation and devotion to commemorate a pivotal piece of Alexandria history on the Potomac. Again, it surprises me, if I am correct, there is no other public art in Old Town commemorating the reputation and importance of commercial shipbuilding that went on here, some of which were ships built to make the difficult voyages around the bottom of the continent bound in action towards the California Gold Rush. The Icon Galeria has impressive historic photos of several of these ships at dock in Alexandria. It would be

wonderful if those architects and artists designing the questionable, new Waterfront project could incorporate some photographic artwork, outdoor imagery or architectural relief work into their building and designs reflecting the memory of the ships and shipbuilders that make up the American legacy in Alexandria.

Old Town Alexandria is a town of ships, shipbuilders, merchants, art and marine artists. Icon Galeria is rightly situated on the water in the Port of Alexandria (in the pedestrian pass - though from King Street to the Waterfront) where art lovers, ship and boat lovers and Alexandrians come together.



Giving Thanks

The fair trade way

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The Little Theatre of Alexandria



The Tale of the Allergist's Wife

OCTOBER 24 - NOVEMBER 14, 2015



A CHRISTMAS CAROL

DECEMBER 4 - 19, 2015

LTA owes the successes of its productions to all of its talented members. We welcome all theater enthusiasts willing to work including actors, backstage "techies," set builders, designers, ushers, catering staff, and box office workers. Visit our website to see how you can get involved.

600 Wolfe Street | Alexandria
703-683-0496 | thelittletheatre.com

NOVEMBER Z-VENTS

GEORGE WASHINGTON'S THANKSGIVING PROCLAMATION

Daily through January 6, 2016
George Washington's Mt. Vernon

On October 3, 1789, Washington issued his Thanksgiving proclamation, designating for "the People of the United States a day of public thanksgiving." George Washington's signed Thanksgiving Proclamation was drafted after a contentious 1789 debate in Congress calling upon the President to "recommend to the people of the United State a day of public thanksgiving and prayer to be observed." On view in the Donald W. Reynolds Museum and Education Center, this historically significant document marks the first national celebration of Thanksgiving for November 26, 1789. Included in general admission.

NOVEMBER 3

Walt Whitman in Washington, D.C., The Civil War and America's Great Poet

7:00 pm- 8:30 pm

The Lyceum

201 S. Washington St.

Walt Whitman was already famous for Leaves of Grass when he journeyed to the nation's capital at the height of the Civil War to find his brother George, a Union officer wounded at the Battle of Fredericksburg. Whitman eventually served as a volunteer "hospital missionary," making more than six hundred hospital visits and serving over eighty thousand sick and wounded soldiers in the next three years. With the 1865 publication of Drum-Taps, Whitman became poet laureate of the Civil War, aligning his legacy with that of Abraham Lincoln. He remained in Washington until 1873 as a federal clerk, engaging in a dazzling literary circle, and fostering his longest romantic relationship, with Peter Doyle. Author Garrett Peck details the definitive account of Walt Whitman's decade in the nation's capital and Alexandria. Free

NOVEMBER 4

Four Founding Men

7:30 pm-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/ person, \$10 for GTM volunteers and GT Museum Society members. Tickets online at www.shop.alexandriava.gov

NOVEMBER 5- NOVEMBER 8



9th Annual Alexandria Film Festival

AMC Hoffman 22 Theater

206 Swamp Fox Rd.

The 9th Annual Alexandria Film Festival returns with an outstanding program of features, short films, and special events. More than 60 films from filmmakers across the world (Aruba, Australia, China, France, India, Israel, Lebanon, Lithuania, Mexico, Spain, Sweden, Venezuela, Vietnam, the U.K. and Canada) and the USA will be showcased over four days of programming. This year's festival also includes many local films and filmmakers from the DC-metro and Alexandria, Virginia area. This year's event kicks off on Thursday, November 5th with the Alexandria Premiere of the new PBS



A CHOCOLATE EVENING

November 7

7:00 pm-11:00 pm

Belle Haven Country Club

6023 Fort Hunt Rd.

An Evening of Great Music, Dancing, Mimes and Jugglers, Flawless Elegance & Chocolate Martinis to benefit the Hopkins House Children's Preschool Scholarship Fund. Includes free Chocolate Martini, Venetian mask or face painting, photobooth, hors d'oeuvres, live music and dance, free parking, and coat check. A portion of your ticket is tax-deductible to the extent provided by law. Contributions are fully tax-deductible. \$125 <https://www.hopkinshouse.org/events/buyeventtickets/>

original program, "Mercy Street." Film screenings begin on Friday, Nov. 6th, with two free days of programming at Beatley Central Library (Nov. 6, 7). Seating is first come, first served. Film Showcases, many with special guests and filmmaker Q&A sessions, will be shown at AMC Hoffman Theater 22, on Saturday, November 7th and Sunday, November 8th. All events at AMC require tickets. For more information, learn about volunteering, or purchase tickets: alexandriafilm.org

NOVEMBER 5

Comedy Improv: The Retrocessionists

8:00 pm- 9:30 pm

Athenaeum

201 Prince St

An evening of off-the-cuff improv comedy! Cash bar at 7:30 pm, then take a seat at 8 pm Make suggestions that this talented group will turn into scenes and games, for your enjoyment. 703-548-0035 \$15

NOVEMBER 6-29

"Under \$100: Affordable Masterpieces" Art Exhibit

Thurs 12:00-6:00 pm; Fri-Sat 12:00-9:00 pm;

Sun 12:00-6:00 pm

Del Ray Artisans Gallery in the Colasanto Center 2704 Mount Vernon Ave. Member artists showcase affordable artwork for \$100 or less. This is an opportunity for art patrons to collect and own a precious piece of art at a "pocketbook-friendly" price and take it with them at time of purchase. Opening reception Nov. 6 from 7-9 pm. Closed Thanksgiving Day. Black Friday Shopping Reception Nov. 27 from 6-9 pm. www.TheDelRayArtisans.org

NOVEMBER 6

First Friday: "Sadie Hawkins Dance"

6:00 pm-8:30 pm

Durant Arts Center

1605 Cameron St.

"Come now, gals and don't be slow...Grab a partner to do-si-do!" Couples, singles, and families are welcome. Light refreshments will be on hand, complements of the Office of the Arts. Dance begins at 6:30 pm. No experience is necessary. Children must be accompanied by one adult. Advance reservations \$5 residents; \$10 nonresidents. At door: \$10 residents; \$15 nonresidents. www.alexandriava.gov/webtrac

NOVEMBER 7

Beyond the Battlefield Walking Tour

10:00 am

Lee Fendall House

614 Oronoco St.

A guided walking tour of Civil War sites in Historic Old Town on Saturday, November 7. The tour will begin at 10:00 AM outside The Lyceum at 201 South Washington Street. See locations and stories associated with soldiers, citizens, and the enslaved, including the occupation of Alexandria and emancipation. Stops on the tour include locations to be featured in the upcoming PBS drama, "Mercy Street," which airs in January 2016. The tour will last approximately 2.5 hours and the tour route is



approximately 1.75 miles. (703) 548-1789 \$15 in advance, \$20 day of

NOVEMBER 7

Soldier-Led Tours of the Fort In Honor of

Veteran's Day

10:00 am - 11:30 am, 2:00 pm - 3:30 pm

Fort Ward Museum

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 at 10 am and 2 pm, and last about 90 minutes each. Program is weather dependent. 703-746-4848

NOVEMBER 7

A Chocolate Evening

7:00 pm-11:00 pm

Belle Haven Country Club

6023 Fort Hunt Rd.

An Evening of Great Music, Dancing, Mimes and Jugglers, Flawless Elegance & Chocolate Martinis to benefit the Hopkins House Children's Preschool Scholarship Fund. Includes free Chocolate Martini, Venetian mask or face painting, photobooth, hors d'oeuvres, live music and dance, free parking, and coat check. A portion of your ticket is tax-deductible to the extent provided by law. Contributions are fully tax-deductible. \$125 <https://www.hopkinshouse.org/events/buyeventtickets/>

NOVEMBER 8

Music in the Gallery: The Navy Concert Band

2:00 pm

Athenaeum

201 Prince St

The Navy Band Chamber Music Series features musicians from the U.S. Navy Band in Washington,

DC, the Navy's premier musical organization, and one of the top professional wind ensembles in the world. This chamber music recital will feature traditional and modern music for woodwinds and brass. Free

NOVEMBER 12

Volunteers are the Heart of Alexandria & 35

Years of Service to the Community

6:00-8:30 pm

U.S. Patent and Trademark Office

600 Dulany St.

Gene Steuerle will receive the Marian Van Landingham Lifetime Achievement Award for his work with ACT for Alexandria, Susanne Arnold will receive the Grassroots Volunteer Service Award for her service with St. Rita's Church & School and ALIVE!, Steve Nearman will receive the Grassroots Volunteer Service Award for his work with the Child & Family Network Centers, and Isabella Lovain will receive the Youth Volunteer Service Award for her service with the Alexandria Democratic Committee and T.C. Williams. \$20 <https://squareup.com/market/volunteer-alexandria/volunteer-recognition-event>



NOVEMBER 14

St. Rita 5k and Fun Run for Education

8:30 am

Kids' Fun Run (1k) 8:00 am

Patent and Trademark Office

Eisenhower Ave.

The day features a 1 mile Fun Run for kids, followed by the 5K Run / Walk, and an awards ceremony featuring tons of great



CHRISTMAS AT MOUNT VERNON

November 27- January 6, 2016

9:00 am-4:00 pm

George Washington's Mt. Vernon

Visit George Washington's estate and see Aladdin the camel on the grounds, in honor of the camel that Washington paid to visit Mount Vernon in 1787. Stroll through Mount Vernon's modern buildings and view sparkling holiday decorations, featuring 12 dazzling Christmas trees, and historical chocolate-making demonstrations. Experience Christmas how the Washington's would have celebrated it on a tour of the Mansion. Go behind-the-scenes and tour the rarely-open third floor of the Mansion. Included in general admission.

NOVEMBER Z-VENTS

cash & gift card prizes. Limited to 600 entrants. Registration by 10/31 \$25, by 11/13 \$30, Race Day \$35. <http://www.strita5k.com/>

NOVEMBER 14

Alexandria Community Health Fair
9:00 am- 4:00 pm.
Francis Hammond Middle School
4646 Seminary Rd.

All non-elderly (18-64) adult uninsured residents of the City of Alexandria are invited to attend the City's first Community Health Fair. Attendees will be offered a range of preventive health screens and services by licensed health care providers. These include flu shots, blood pressure tests, tests for diabetes, vision and hearing screens, mental health screens, dental education, HIV tests, and counseling, and many more. Attendees can also receive information on applying for ObamaCare and for other health and social services available in the City. No registration required. 703- 746-4357 alexvauninsured@aol.com

NOVEMBER 14

A Taste of Thanksgiving: Thanksgiving from 1621 to the Present, 1:00 pm
Cooking Up the Past, 3:30 pm
Lee Fendall House
614 Oronoco St.

An interactive cooking experience with Thanksgiving recipes will demonstrate how to read a recipe from the 19th century (and earlier!) while offering hands on experience recreating them. Historical equipment will be used to churn and wash butter, grind spices, whip eggs, and flavor foods. \$25 Members \$20.

Cooking Up the Past explores the political, social, economic, and cultural traditions that have made Thanksgiving the truly American holiday that it is. Attendees will learn how Thanksgiving has transformed itself over time from the celebration of Harvest Home as practiced by the Plimoth Plantation settlers in 1621, and discover how the holiday has been influenced by prominent figures such as George Washington, women's magazine editor Sarah Josepha Hale, and Franklin D. Roosevelt. They'll learn that not only have the reasons we celebrate Thanksgiving changed over time, but so has the food!

Samples of Thanksgiving food from four centuries: a 17th century. Native American stew, 18th c. Thanksgiving cakes, 19th c. Cranberry Tarts, and 20th c. Pumpkin Tarts. \$15 Members \$5. A combination ticket for both programs for \$35.

NOVEMBER 14



Treaty of Ghent Banquet and Ball
Banquet 5:30 pm, Ball 8:00 pm
Gadsby's Tavern Museum
134 N. Royal St.

Join us for a special evening in the year 1815 as the US and Great Britain officially end the recent aggression. Celebrate with a period-inspired banquet and program in Triplett's Hotel with President and Mrs. Madison and members of the presidential cabinet. Then move to the Ballroom for a festive evening of dancing. Black tie or 1815 attire encouraged. Ball only: \$45; banquet and ball: \$145 seated w/Pres. Madison, \$125 seated w/Mrs. Madison,

\$100 seated w/Mayor Sims. Tickets www.shop.alexandriava.gov.

NOVEMBER 15

.US NATIONAL 12K
2015 ALEXANDRIA, VA | U.SATF
PRESENTED BY neustar.

.US National 12K
7:30 am
Oronoco Bay Park
100 Madison St.

Open to runners of all abilities, the .US National 12K will unite road racers and local fitness enthusiasts with some of the best athletes USA Track & Field has to offer, on a course through beautiful Alexandria. Runners and families can enjoy a kid fun run, live entertainment and a beer garden. Festival is dog-friendly. Registration \$60, Members, military and police \$55 (prices increase over time)

NOVEMBER 21

Cider Tasting
7:00 pm-9:00 pm
Gadsby's Tavern Museum
134 N. Royal St.

In partnership with the Alexandria-Caen Sister Cities Committee, enjoy a cider tasting as part of Virginia Cider Week! Cider is a product of both Virginia and the Caen region of France and was a common drink at Gadsby's Tavern in the 18th century. Samples of Virginia cider and light hors d'oeuvres will be available at this event. \$45 www.shopalexandriava.gov

NOVEMBER 21

The "General's Tour" – Walking Tour of Robert E. Lee Sites in Alexandria
1:00 pm
Lee Fendall House
614 Oronoco St.

A guided walking tour of Lee family homes in Alexandria's Historic Old Town. The tour highlights locations and stories associated with the Confederate general's life in Alexandria, his hometown from the age of five and residence of his "earliest and oldest friends." The tour lasts approximately 90 minutes. Tour space is limited, advance purchase is highly recommended. Participants are encouraged to wear comfortable shoes. Tickets available in advance for \$10, through the museum for \$15.00 at the door. Free for Members. http://www.leefendallhouse.org/?page_id=36

NOVEMBER 26

Happy Thanksgiving!

NOVEMBER 27-28, DECEMBER 4-5, AND DECEMBER 20

Mount Vernon by Candlelight
5:00 pm-8:00 pm
George Washington's Mt. Vernon

During Mount Vernon by Candlelight, enjoy character-guided tours of the first and second floors of the Mansion, 18th-century dancing and fireside caroling. On the final stop of the Mansion tour, guests will hear about Washington's holiday cooking and see a reproduction of Martha's Great Cake. "Mrs. Washington" and Aladdin the Christmas camel will also be on site. \$22 adult, \$15 youth.

NOVEMBER 27- JANUARY 6, 2016

Christmas at Mount Vernon
9:00 am-4:00 pm
George Washington's Mt. Vernon
Visit George Washington's estate

and see Aladdin the camel on the grounds, in honor of the camel that Washington paid to visit Mount Vernon in 1787. Stroll through Mount Vernon's modern buildings and view sparkling holiday decorations, featuring 12 dazzling Christmas trees, and historical chocolate-making demonstrations. Experience Christmas how the Washington's would have celebrated it on a tour of the Mansion. Go behind-the-scenes and tour the rarely-open third floor of the Mansion. Included in general admission.

DECEMBER 4-6, 11-13, 18-20

Fine Art & Fine Craft Holiday Market 2015

Fri-Sat 6:00 pm-9:00 pm; Sun 11:00 am-6:00 pm
Del Ray Artisans Gallery in the Colasanto Center
2704 Mount Vernon Ave.

The market offers unique handmade fine arts and fine crafts from local artists including pottery/ceramics, photography, jewelry, cloth, paper crafts, and glass. Different artists each weekend. www.TheDelRayArtisans.org/HolidayMarket. Free

DECEMBER 4-6



45th Annual Scottish Christmas Walk Weekend & Parade
The Campagna Center and other locations in Old Town

Warm your heart with holiday cheer and join a full lineup of festivities that celebrates the rich Scottish heritage of Old Town Alexandria including Scottish Christmas Walk Parade, Heather and Greens Sales, Taste of Scotland, Holiday

Designer Tour of Homes, Deck the Halls with Santa, and Holiday Marketplace. All events will take place rain or shine.

DECEMBER 5

Torpedo Factory Art Center Holiday Open House
4:00 pm- 9:00 pm
Torpedo Factory Art Center
105 N. Union St.

During Alexandria's biggest holiday weekend of the year, artists will keep their studios open late for visitors to find special handmade gifts. Enjoy live music, hands-on art projects, and more. Free

DECEMBER 6

Winter Warmer Tea with Martha Washington
3:00 pm- 4:30 pm
Gadsby's Tavern Museum
134 N. Royal St.

Enjoy the hospitality of "Martha Washington" as you sip tea or chocolate and sample 18th-century desserts, then tour the museum. \$35 www.Shop.Alexandriava.gov



Alexandria's Original
Ghost & Graveyard Tour

You'll follow an 18th century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town.

On this entertaining tour you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge.

Appropriate for ages 9 and up.
No pets please.

NOVEMBER 1 to 28
Fridays & Saturdays
7:30 & 9:00 pm

Tours depart from the Ramsay House Visitors Center, 221 King Street in Alexandria — only two blocks from the Potomac River. Please arrive 5-10 minutes in advance.

RUNFORSHELTER

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

November 22, 2015

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SCHOOL BRIEFS

School Lunch Menus Add Fresh Alternatives

School lunch menus now include new fresh options in response to student tasting panels where students were given the opportunity to say what they liked.



Since September, T.C. Williams High School has been serving a greater variety of fresh and roasted vegetables on the lunch menu that were tested in terms of popularity with students. The pizza option has also been altered to make it a better quality and healthier.

These changes are in response to multiple student tasting panels that took place last year where students were given the opportunity to sample different food options.

“As a result of the feedback we received from the student panels, we upgraded the pizza and continued serving fresh and roasted vegetables, including freshly shucked ear corn at T.C. Williams. We want to provide every student with a well-balanced, nutritious meal, so they are set up for success in the classroom and for a day of learning,” said Cynthia Hormel, Director of Nutrition Services.

“School cafeteria managers are given flexibility with alternative food options that allows them to create a lunch menu based on their students’ population. We are seeing more schools move towards adding more fresh fruit and vegetables to the menu that are popular with the group of students they serve,” Hormel said.

ACPS has also made it easier for parents to know what their child is eating at school. The ACPS mobile app allows you to view your child’s breakfast and lunch menu options, along with the nutritional value of each meal.

Alexandria Library Debuts innovative, Virginia-based Beanstack

Alexandria Library is launching Beanstack, an innovative new way to connect children and their families with books, educational programs and apps that match each child’s specific age, interests, reading level and background. The online portal offers free personalized recommendations for books, apps, events and more.

Beanstack provides tools that help families, and classrooms keep track of what they are reading and earn fun badges as

CONTINUED ON PAGE 24



T.C. WILLIAMS PRINCIPAL MAKES HOME VISITS

Dr. Jesse Dingle (left), principal of T.C. Williams High School, meets Andrew Veney, T.C. William class of 2021, at the Community Lodgings learning center site in the Brent Place apartment complex in October and visited several of his students’ homes to meet their families and learn more about Alexandria. Also pictured is Melanie Ficke (center) of Community Lodgings and AmeriCorps member Jakeeya Veney, who is assigned to Community Lodgings.



MILLIONS OF STUDENTS UNITED ON WORLD MATHS DAY

On October 13, St. Stephen’s & St. Agnes Middle School students participated in World Maths Day. Roughly five million students in more than 200 countries simultaneously competed against each other playing 60-second games. Each contest involved mental math problems appropriate for each age group, which tested the accuracy and speed of the students as they competed. A live digital Hall of Fame on the World Maths Day homepage tracked the top scoring students and schools from across the world during the challenge. At the end of the event, medals and trophies were awarded to the top students and schools. The goal of World Maths Day is to help raise numeracy standards,

increase global relationships, and show that all people are united in mathematics.

In addition, classes used this global activity to discuss what education looks like in other parts of the world. During the competition, students in all math classes mapped the countries of their opponents so they could see the “reach” of their competition.

Not only was World Maths Day a fun and challenging competition for our students, it also provided a unique service-learning opportunity. World Education Games hosted the free online event, which is partnered with UNICEF, a United Nations Program that provides long-term humanitarian and developmental assistance

to children and mothers in developing countries. By participating through the answering of questions on World Maths Day, students earned UNICEF points, which will be converted into money that will go directly to supporting UNICEF education programs.


Our math classes discussed the impact of playing and how points will help provide a “School-in-a-Box” for those in need around the world. A School-in-a-Box kit contains supplies and materials for a teacher and up to 40 students. Prior to World Maths Day, students watched videos about the UNICEF program to better understand how their participation in the event will help.

ST. STEPHEN’S & ST. AGNES SCHOOL PRESENTS “THE 39 STEPS”

St. Stephen’s & St Agnes School present a comedic version of “The 39 Steps,” adapted from the 1915 novel by John Buchan and the 1935 film thriller by Alfred Hitchcock. Watch the cast play multiple characters, with lightning-fast changes! From heroes to villains, cleaning




CONTINUED ON PAGE 24



Grace Episcopal School

Alexandria, Virginia
Preschool - Grade 5



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- Service Learning Projects & Character Development
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DAN SNYDER WANTS TO KNOW WHAT BISHOP IRETON KICKER IS DOING SUNDAY

BY TREY LOVISON '16

Crowds are chanting his name. 53-yard field goals. 4.3 GPA. *Sports Illustrated* showing him some love. This could only be one man. David Robert Cooper, Class of 2016, aka “DC” or “Coop”.

Football didn’t always come easy to David Cooper. Growing up in Korea, his team never kicked field goals and rarely kicked extra points. Coop had just met all of his new teammates at Bishop Ireton



Bishop Ireton Senior David Cooper is kicking it up on the field, long and far. Photo provided by Bishop Ireton.

when he was put on the spot by Head Coach Tony Verducci. After running two 300 yard sprints, Coach made a wager with the team. Cooper would kick ten field goals of varying length and for each one he missed, the team would have to run an extra 100-yard sprint. Cheers for Coop echoed all around Fannon field; half in an uneasy anticipation of the new kicker and the other half praying we would not have to run more. The first kick was less than impressive, just warming up his leg, right? Nope. The team breathed a sigh of relief when Coach Verducci said we didn’t have to run all 7-100-yard sprints. “I was embarrassed,” Cooper says, “I knew I was capable of so much more, and I was very frustrated with how my first impression with the team went.” But Cooper would not be embarrassed for long.

About a month later the team was at Randolph Macon Academy for summer practices when “DC” made a statement: the same kid who could barely make an extra point not long ago was kicking 30-yard field goals with ease. His teammates stood in shock on the sideline as they began to comprehend the weapon that the U.S. Army had given them from Korea. All except for Bryce Simpson, who has repeatedly claimed he

knew his special teams buddy was great from the start.

Cooper’s junior campaign began modestly, a few somewhat long field goals and kickoffs into the end zone but nothing that would be ESPN worthy. Until week three against St. Albans, when the kicking prowess of David Cooper was unveiled to the area: a 42-yard field goal, in the rain, with the wind blowing in his face, with room to spare on the kick. Not only would this kick set the school record for longest kick, but it would also set the stage for David to break his own record multiple times.

Fast forward about a year to the day and Cooper is driving his foot through another ball against St. Albans, this time from 53 yards.

Moreover, according to the St. Albans game announcer, even Redskins owner, Dan Snyder, was taking notice of Coop. Tongue in cheek, he proclaimed, “David Cooper? Dan Snyder wants to know if you’re busy on Sunday.”

Oh yeah! About that whole *Sports Illustrated* thing. Coop was featured in the “Faces in the Crowd” section of the October 5th issue of *Sports Illustrated*, “I’m definitely not used to the attention, but I really appreciate the fact that my teammate Ryan (Verducci) nominated me for the spot in “Faces in the Crowd.” I was just doing my job, and I was lucky enough to be rewarded with something I’ll never forget.” When asked if he had anything else to say, in normal David Cooper fashion, he deferred to his teammates. “I just want to thank my teammates, especially Bryce Simpson, who has been there from the beginning, for all of their support and always making me look good.”

We at Bishop Ireton cannot wait to see what the future holds for such a great young man and outstanding athlete like David Cooper.

Trey Lovison '16 is a classmate and fellow teammate of David Cooper at Bishop Ireton HS.

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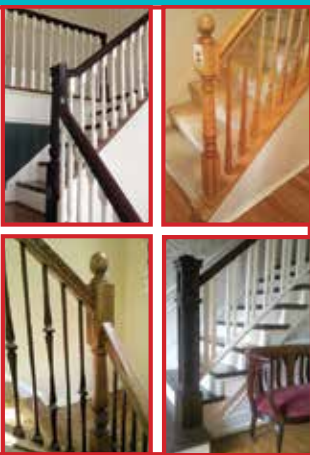
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— Rabbi Isaac the Blind



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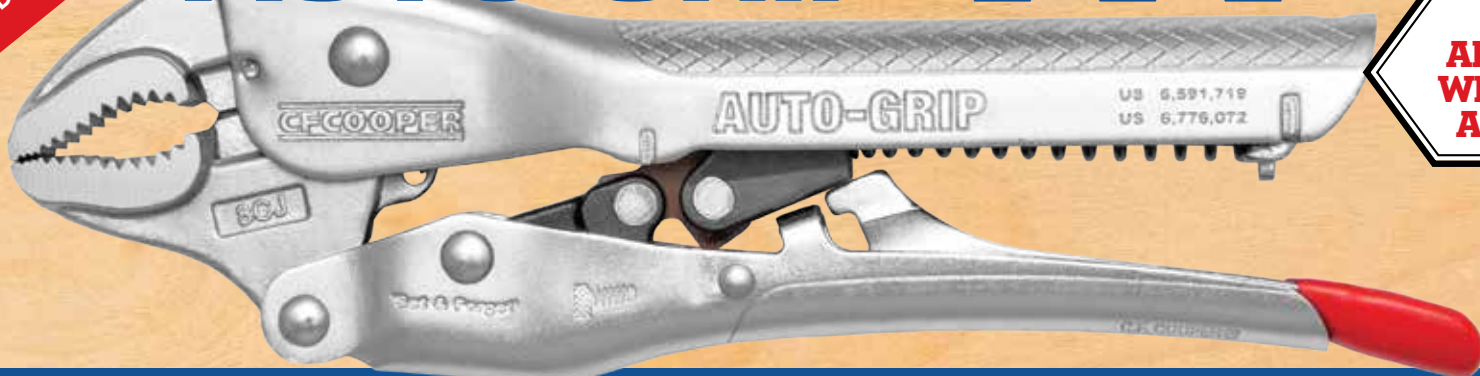
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I was named for my great-grandfather, Marko Danculovic. He emigrated here from Croatia in 1895 but his entry in the Ellis Island log book indicates he was from “Austria.”

Huh? Oh, right. It was called the Austria-Hungarian Empire back then. Everyone else that hailed from the Balkans was considered part of the “Hungarian” hodge-podge and far too confusing to delineate. So Marko was “Austrian” and after walking down the ship’s gangway in Baltimore, he moved to Cleveland, got a job as a shop supervisor in a factory, and began his life as one of the huddled masses yearning to breathe free.

He taught himself English by reading the newspaper and talking with everyone he could corner in a conversation. He mandated that that only English would be spoken in the house, but as soon as he left for work, my great-grandmother countermanded his order, so my grandmother spoke Croatian, too.

If one links a Croatian background with the Irish stemming from the O’Donnell side of my family tree, then you have a living, breathing example of the very essence of immigration and a window into Lazarus’ *New Colossus*. But a Croat coming from the same region where Archduke Ferdinand was assassinated (considered the fueling cause of World War I), and an Irish Catholic from Northern Ireland, home of the Irish Republican Army, the thorn-in-the-side of the Royal Family of Great Britain for decades, and you have a healthy recipe for a revolution of some sort. I’m guessing that in today’s Homeland Security environment, Marko Danculovic and John O’Donnell would have about as much a chance of getting a Green Card today as Edward Snowden has of getting his U.S. Passport reinstated. It’s probably easier coming across the Mexican border. That is until President Trump builds his ‘Superwall’ with low-cost Mexican labor. After all – *they love him* – down there.

Something awaited hundreds of thousands of these people coming from Europe at the sunset of the 19th and the dawn of the 20th centuries. They were escaping a chaotic world, depicted vividly by FDR in his ‘Four Freedoms’ speech to Congress in 1941; Freedom of speech, freedom of worship, freedom from want, and freedom from fear, the latter being the biggest motivator. When bombs and bullets are falling in your neighborhood, even downtown Detroit looks awfully inviting.

Who could blame them? Europe was a soup sandwich at the beginning of the 20th century. There were Triple Alliances and Triple Ententes all over the continent, royal families all intermarrying, and Kings and Emperors

THE GOLDEN DOOR IS CLOSING

“...Give me your tired, your poor,
your huddled masses yearning to breathe free.
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door.”

—*The New Colossus* by Emma Lazarus



We are a nation of immigrants, millions of whom entered the United States via Ellis Island. Photo courtesy of Ellis Island

constantly bumping into their cousins looking for raw materials and cheap labor in Asia, Africa, and the Middle East; and all of them constantly rattling their sabers whenever a miffed businessman back home saw a country slip through his fingers to a competitor.

Sound familiar? It’s clear that not much has changed in a hundred years except deals are no longer struck in smoke-filled rooms but via Tweets or email.

Instead of complaining about businesses moving their enterprises offshore to other countries, why doesn’t Congress headline immigration policy, write new laws, and welcome the new, cheaper labor force with open arms? Shouldn’t we be encouraging and embracing the labor force coming to America? Shouldn’t the golden door be wide open? If we opened our doors to all comers, maybe all those coming to America would swell the labor force and drive labor costs down. Today it is nearly impossible to get young people to work tough, manual labor jobs. If our kids don’t because they consider

it’s beneath them, then somebody has to do the day-to-day jobs.

In 1975, some 130,000 Vietnamese fled their country after the fall of South Vietnam. This was followed by waves of Vietnamese ‘Boat People’ in the 1970s and 80s. We welcomed them with open arms, clothed them, fed them, housed them, and today there are over 1.3 million Vietnamese immigrants living in the U.S. – the fourth largest immigrant population in the U.S. They enjoy ‘lawful permanent residence’ status (Green Card).

Daily on the news there are stories of wave-upon-wave of migrants fleeing war-torn Syria and Iraq one step ahead of either ISIL (Da-ish) or al-Queda. Brought to the shores of Europe by small, unstable, unseaworthy craft making a desperate dash to Europe, their mile-upon-mile lines of humanity have been compared to the mass-migrations in Europe in the past century. It is the unpalatable and ethically-challenged entrepreneurial efforts of the boat operators that must be addressed as well as what to do with the refugees.

Now that the seasons have changed, the waters of the Mediterranean, the Aegean, and the Adriatic are far more treacherous. Families are split, children or parents perish in the turbulent waters leaving survivors to fend for themselves. Children are forced to become adults way before they are due, and the boat smuggling entrepreneurs are ignoring or violating maritime safety for misbegotten lucre. The image of a Turkish Policeman carrying the fresh corpse of a young Syrian boy ashore to his final resting place riles the emotions.

There are things that can be done to help ease the suffering, build human understanding and set the stage for universal international cooperation in the spirit of the United Nations.

To defeat the dangerous, bush-league smugglers, I would propose an international coalition at sea of major capital ships from UN member navies who would transport the refugees *for free* away from the chaos of Syria and Iraq to the safety of UN member countries. The rewards are two-fold: 1) It makes the transit a safe one, protected by military forces against militants; and 2) It takes away any financial reward for doing the right thing and what needs to be done anyway.

The UN ships will have made a friend with the refugees protecting them both physically and financially from danger. It will force all member nations to more effectively cooperate with the relocation of refugees. It will help balance the load of refugees and ease the burden that exists on a small number of countries. Finally, it will provide an outlet valve for civilians to evacuate their homelands, leaving only warring parties to remain there, and decreasing the risk of injury or death to non-combatants/civilians and collateral damage to infrastructure and antiquities.

Perhaps the U.S. should step up to the plate and put our money (and other resources) where our mouth is. We did it successfully for the Vietnamese, so why not for people escaping from Syria and Iraq?

Maybe it’s time we opened that open golden door again that was once open to our ancestors.

I think that would have made Marko proud.



Marcus Fisk is a retired Navy Captain, Naval Academy graduate, sometime actor, sculptor, pick-up soccer player, playwright. He

and his wife Pamela are former residents of Alexandria and currently live in Connecticut where they own a B&B.

BANK

CONTINUED FROM PAGE 5

talent that we want to invest in,” says Terry Cole, “to ensure that the bank continues to have the right kind of people with the right set of knowledge, skills,

and confidence, able to deliver banking services as managers.

“They are already better assistant branch managers than at the start of the program,” she adds. The group graduates on December 1.

Future and past tied together

In the end, it is clear that the

people who work with Burke & Herbert Bank are its greatest strength. Nearly everyone contacted for this article said two things: 1) they had only planned to stay for a year; and 2) it really is like family.

There are numerous accounts of husbands and wives, brothers and sisters, close friends—all

working at various branches, many for a long time. “Burke & Herbert Bank is family-oriented, personal; it doesn’t have that big corporate feel,” says Terry Cole. “People who have only worked here will say, what do you mean? But it’s not like elsewhere.

“It’s genuine that people help

each other out and care about each other. And I think it makes for a different experience for customers. People have banked with us for years and years, seeing the same familiar faces in the branch network. That doesn’t happen at many other institutions.”



WHAT'S THE DEAL WITH GOVERNMENT SUBCONTRACTING?

Over the last several months I have shared my thoughts on how to find opportunities and marketing directly to the federal government (link is external). One method I have not discussed for getting your foot in the door is becoming a subcontractor to a company that is already doing business with the federal government.

Not only can subcontracting be profitable, the experience gained can help you improve your government procurement know-how and prepare you for prime contracting opportunities down the road.

Why would a large business subcontract any of their government work to a small business? Over the years, several laws have been passed regarding subcontracting to small companies. These laws require that prime contractors who have contracts exceeding \$500,000 (or \$1,000,000 for construction of a public facility) must

provide “maximum practicable subcontracting opportunities to small businesses”. So companies are always looking for small businesses to help them meet these subcontracting goals.

Here are some tips to help you understand how and where to find the opportunities:

How to find subcontracting opportunities

Finding subcontracting opportunities requires a multi-pronged approach similar to the approach to finding prime contracting opportunities discussed in previous articles in the *Zebra*.

You can find out about potential subcontracting opportunities through the GSA Subcontracting Directory (<http://www.gsa.gov/portal/category/108219>), which publishes subcontracting opportunities with General Services Administration (GSA)



prime contractors, or the SBA's own Subcontracting Network (<https://www.sba.gov/subcontracting-directory>) that is designed to help prime contractors and subcontractors find each other.

How to identify the right contractors to pursue

A good way to do this is to reach out to those prime contractors who are winning government contracts in your industry. I recommend subscribing to daily notices to several free subscription services that write daily

about who is winning big contracts. In addition you can use other online publications such as FedBizOpps' award announcements and the Federal Procurement Data System. These sites publish information about government contract awards and usually include contact information for the prime's procurement manager – the person who negotiates the contract and the subcontracts that support it.

Network

Go online and identify potential prime contractors

that you believe you can help with your offering. Most large government contractors have offices that are dedicated to identifying potential small business partners. So pick up the phone, network at government and prime contractor events, and sell your pitch. It is also important to clearly identify your business status such as woman-owned, small disadvantaged, veteran-owned, or HUBZone business information.

I welcome feedback and questions on additional topics on doing business with the government you would like the *Zebra* to address.

Mike Sade spent his career in federal procurement before founding his Alexandria consulting company, Sade Associates, LLC, www.sadeassocllc.com. He welcomes your feedback and suggestions for future columns and can be contacted via editor@thezebrapress.com



Alexandria Real Estate

ASK "REALTOR® CHERYL"

By Cheryl Spangler

Welcome to my new real estate column where I intend to keep you up to date on neighborhoods, market conditions, trends that are changing the Alexandria market, successful marketing strategies, and how real estate in Alexandria, VA

is improving. Expect to hear local real estate stories, tips, videos, images, insights and data that will make you laugh, read, enjoy and want to be a part of this extremely open and interactive real estate forum. I encourage everyone to send in

questions, request topics to be covered, share your story by emailing: Cheryl@CherylSpangler.com. Any question sent in will be answered at the beginning of the next month's article. Cheers!

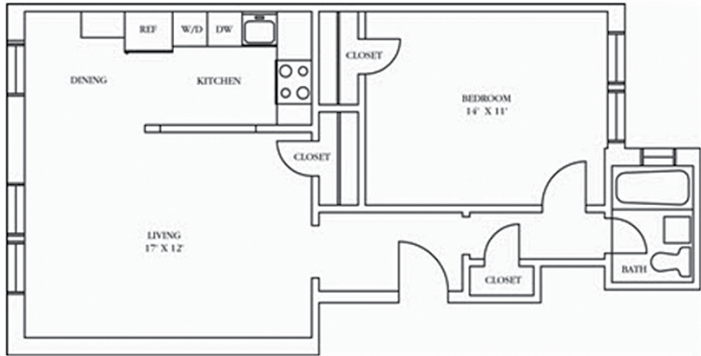
ALEXANDRIA IS THE NEXT DESTINATION FOR RAPID GROWTH IN MICRO-CONDO INVENTORY

BOTH MILLENNIALS AND PROFESSIONALS ARE TRADING IN SQUARE FOOTAGE FOR CITY LIVING

Highlights:

- The upswing of condos are re-envisioning the way we live, putting less importance on the size of our home and more importance on the ability to play, dine, shop, work and live all within walking distance.
- Micro-unit communities place significant emphasis on multiple amenities outside the units themselves, such as shared communal spaces that encourage socializing and foster a sense of community.
- While suburbia isn't dying, people of all ages are tired of their car-centric lives and are concerned with finding a home in a location that's compatible with their interests and values.

Luxury condos in general are on the rise in and around



the DC Metropolitan area, which includes VA, DC and MD. The growing demand of micro-condos and is effecting local communities including Alexandria City.

Micro-condo market

Mini size apartments and condos are common in Tokyo and many European capitals as a smart growth, lower-priced solution to a housing phenomenon: people living alone. Nationwide the share of households occupied by a single person has reached over

27 percent. Areas where that number exceeds 40 percent include Atlanta, Cincinnati, Denver, Pittsburgh and Seattle, according to the National MultiFamily Housing Council (NMHC). Other areas of concern where single residents are continuing to rise are San Francisco, New York and the DC Metro Area, which includes Alexandria, VA which is only 5 minutes away.

Construction

Micro units are typically about 350 square feet in size,



but can range from less than 250 square feet to 500 square feet, depending on the city building code. They have no separate bedroom, sleeping space is combined with living space, but they do have fully functional bathrooms and kitchens. Micro-unit communities place significant emphasis on multiple amenities outside the units themselves, such as shared communal spaces that encourage socializing and foster a sense of community. Design that enhances the quality of life

with more windows, higher ceilings, rooftop gardens, less maintenance including artificial turf, more durable materials and systems. Micro-unit buildings place emphasis on laundry room, assigned parking, fitness center, Wi-Fi and cafes. Micro-unit interior places emphasis on potential washer/dryer, built-in storage and convertible furniture.

Target Market

The target market profile for micro units is predominantly

CONTINUED NEXT PAGE



Poinsettias

MAKING YOUR HOME BEATUFUL WITH SOME EASY STEP BY STEP CARE

History: The poinsettia, a contemporary symbol of Christmas in many parts of the world, was cultivated by the Aztecs in Mexico. Poinsettias first arrived in the United States in 1825 by Joel Robert Poinsett. While serving as the first United States Ambassador to Mexico, he had occasion to visit Taxco and found the flowers growing on the adjacent hillsides. Joel distributed plants to botanical gardens and to horticultural friends, including John Bartram of Philadelphia. Bartram, in turn supplied plants to Robert Buist, a Nurseryman who first sold the plant as *Euphorbia pulcherrima* Willd. Ex Klotzsch. Of the Euphorbiaceae family. However the name poinsettia has remained the common

name in English-speaking countries. Poinsettias are a tropical plant and just like your rubber plant, needs very similar care. Just follow the steps below for Successful Christmas Color!

- Always buy your poinsettia from a good reputable grower or garden center.
- Poinsettias should be out on display for purchase without a sleeve on them. Prolonged storage of poinsettias in any type of sleeve may result in epinasty (wilting). Poinsettias should never be displayed in their sleeves.
- After you have selected your favorite color and sizes of poinsettias, the garden center should offer you a sleeve to transport your plant(s) home. This

will protect them from physical damage and cold temperatures. They should also offer a nice color foil for your poinsettia pot.

- Once home, immediately remove sleeve. It's best to tear off the sleeve like a present, never try to push poinsettia out of a sleeve.
- Now find a place in your home to put your poinsettia on display. Poinsettias like the same home temperatures we do. 62-72 is perfect. Just like you don't want the heating vent blowing on you, poinsettias don't like the direct heat either.
- Watering – One of the easiest ways to check the watering of a poinsettia is just to lift the pot. If it feels "heavy" it probably does



not need water. If it feels light, time to water! Put your poinsettia in the sink, remove the foil pot cover and water the soil with tepid water. Give it a good drink and let the water run out of the bottom of the pot. Leave poinsettia in the sink for 2-5 minutes to let excess water drain from the pot. Put the pot cover back on and place your poinsettia back on display. In a cool home you will need to water weekly; in a warmer drier home, most likely 2 times a week. One of the most important things when watering a poinsettia is not to let them sit in a foil or saucer with

extra water. Poinsettia roots like to breath and don't like sitting in water; it basically drowns the plants.

- No fertilizer is needed during the Christmas season. If you wish to grow your poinsettias after Christmas, a monthly liquid plant food will keep your plant happy and healthy.

Set the record straight: Poinsettias are not toxic to your family or family pets. If an individual has an allergy to latex, they may experience a mild reaction if they contact the plant's milky sap. Other than that, this holiday charmer is a mild-mannered, safe addition to your holiday celebrations.

REAL ESTATE

CONTINUED FROM PAGE 23

young professional singles, typically under 30 years of age, earning between \$40,000 to \$60,000 per year, both males and females, according to an article published by the Urban Land Institute's Multifamily Housing Council. Other market segments include couples, older single empty nesters and temporary residents. Singles currently living with roommates tend to be the most interested in making the switch from a traditional unit to a micro-unit. There is a bigger desire to sacrifice space for "quality" location, shortening commutes and walking more.

While Suburbia isn't dying, it's clear many homebuyers and renters are moving downtown where work, home and retail are at their doorstep. People of all ages are tired of their car-centric lives and care less about square footage and more about finding a home in a location that's compatible with their interests and values.

Trends and why

Those interested in micro

units are seeking to lower their rental or purchase costs, including both primary owners and investors. They are also drawn to the trendy locations such as Alexandria, VA where micro units tend to be built, and by the ability to live alone, walking access to grocery stores, restaurants, gyms and entertainment. Motivating factors include location, price, proximity to work and education institutions, neighborhood amenities, the ability to live alone and proximity to transit.

Generation Y (Millennials) are a large part of the group interested in micro condos listing the following reasons: delayed marriage, increase in single person households, tendency to accumulate fewer belongings and participate in a sharing economy.

A highlight of just a few of Alexandria's micro-condo communities:

- Alexandria Square, located at 1801 Dewitt Ave, Alexandria, VA 22301
- Bearings South, located South Washington St, Alexandria, VA 22314
- Harbor Terrace, located on the GW Parkway

- Alexandria, VA 22308
- Pavilion On The Park, located at 5340 Holmes Run Pkwy, Alexandria, VA 22304
- Port Royal, located at 801 N Pitt St, Alexandria, VA 22314
- Riverton, located at 610 Bashford Ln, Alexandria, VA 22314
- Rosemont, located on Commonwealth Ave, Alexandria, VA 22301
- The Jamieson, located on Jamieson Ave off Duke St in Alexandria, VA 22314
- Twenty-One, located at 140 South Van Dorn St, Alexandria, VA 22304

Cheryl Spangler is Co-founder + Luxury and International Broker for FORBZ Real Estate Group located at 1940 Duke St Ste 200, Alexandria, VA 22314. Cheryl is Author of "Multiple Offers: How to Get Many Qualified Offers When Selling Your Home, Regardless of the Economy." Writer for www.inman.com, the industry's leading source of real estate information. www.forbzgroup.com, Direct: 703.216.1491 Email: cheryl@cherylsangler.com

SCHOOL BRIEFS

CONTINUED FROM PAGE 18

they read more. The service is powered by children's curation company Zoobean and gives the library access to a database using over 1,600 tags unique to children's books to help patrons find the right content for their families.

Residents of Alexandria can sign up and use Beanstack from their home computer, mobile device, or at their local Alexandria Library branch. Every week, a book in the library's collection, along with a relevant program or event at their preferred branch, will be suggested specifically for their child. Recommendations are sent with a learning tip by email and are also available via an online profile that

families can access anytime. In addition to helping families discover great books, the web application includes a reading log and fun badges. Residents do not need a library card to get started.

"Beanstack is an excellent resource for easily discovering new and interesting titles for children up to age 12," said Diana Price, Central Library Youth Services Manager. A natural extension of the library's commitment to serving Alexandria's growing population of families with young kids, Beanstack will be available to all community members, helping to engage them with their local library.

For more information on about Beanstack, please visit alexandria.beanstack.com or contact Diana Price at 703-746-1735.

39 STEPS

CONTINUED FROM PAGE 18

ladies, airplane pilots, children, and even the occasional inanimate object. The film's serious spy story is played mainly for laughs! Don't miss our fun twist on "The 39 Steps" from the SSSAS Cappies Award-winning

Stage One Players. The play opened on November 5 with two additional performances on Friday, November 13 and Saturday, November 14. All performances begin at 7:30 p.m. in the Chapel/Performing Arts Center at 1000 St. Stephen's Road in Alexandria. For more information, call 703-212-2950 or visit www.sssas.org/arts.

It's November and the crisp autumn air sometimes brings back memories of past sporting events this month, especially on Thanksgiving, a time where we all try to collectively give thanks for the many good things we might have in our lives. As a fan of the Washington Redskins, though, when it comes to Thanksgiving contests, have you been thankful?

The Redskins have played in eight Thanksgiving games, with the first at the Cotton Bowl, in Dallas Texas, against the Cowboys, on November 28, 1968. Does anyone remember the Redskins starting quarterback for that game? It was none other, yes, you guessed it, Jim Ninowski, a true journeyman quarterback who had seen his better days playing for the Cleveland Browns. Sonny Jurgensen had made the trip to Dallas but had come down with a very bad case of what was described to the press as the flu. Ninowski, subbing for Jurgensen, played a reasonable game, as he kept the Redskins close in the contest, with three touchdowns and three interceptions, only to lose the game, 29-20. Needless to say, the Redskins first taste of Thanksgiving football was not all to their liking.

In 1973, the Redskins were coming off of an 11-3 season in 1972 which took them to Super Bowl VII against the undefeated Miami Dolphins. Head Coach George Allen had his Over the Hill Gang thinking that “the future is now”, traveling to Detroit to play the Lions at Tiger Stadium, on November 28,



IT'S NOVEMBER, BUT ARE REDSKINS FANS THANKFUL?



1973, with quarterback Billy Kilmer and spectacular defense beating them, 20-0.

The NFL schedulers seemingly gave Redskins fans a gift in 1974, sending the team to Dallas to play the Cowboys at Texas Stadium, but a backup quarterback will long live in the memories of Washingtonians who were stunningly given a case of very bad indigestion that Thanksgiving evening. Redskins linebacker Dave Robinson knocked Cowboys

starting quarterback, Roger Staubach, out of the game in the third period and George Allen sensed that his Redskins had the chance to feast on the opportunity of playing against a quarterback who had never started in an NFL game, a backup who the Cowboys had picked up from the Cincinnati Bengals prior to the start of the season. Enter Clint Longley, who unquestionably played above and beyond what anyone had expected, rallying the Cowboys to a 24-23 upset

of the burgundy and gold that has Redskins fans still grouching today.

Joe Theismann was the Redskins starting quarterback playing against the Dallas Cowboys on Thanksgiving Day, November 23. D.C. area Grateful Dead fans had a better fan experience, watching the band play at the Cap Centre, rolling with Friend Of The Devil, as the Redskins virtually played dead that evening to the devilish Cowboys, 37-10.

Remember running back,

Emmett Smith? The Redskins sure did on the evening of November 22, 1990, as the rookie from the University of Florida carried the ball 23 times, running 132 yards, and scored two second-half touchdowns, as the Cowboys wreaked havoc for the final 17 points of the game, beating the Redskins, 27-17.

In 1996, the Redskins lost to the Cowboys, 21-10, in a rather unspectacular, but almost regular Thanksgiving drubbing in Dallas on November 28. Same day, but fast forward to 2002, did not serve the Redskins any better, as the Cowboys came together from being down by a score of 20-10, with Emmitt Smith tearing up the field with 144 yards, becoming the only player to eclipse the 17,000 yard mark, as the Boys in Blue won the contest, 27-20.

Robert Griffin III may be out of favor this season, but on November 22, 2012 he was the talk of the town in Washington, as he returned to his home state of Texas, rousing his team to a 28-3 halftime lead, to have the Redskins beat Dallas, 38-31, before a stunned Thanksgiving crowd at Cowboys Stadium.

The Redskins 2-6 Thanksgiving record is not something to be thankful for, but this month, especially this Thanksgiving, I would like to say thank you for reading the *Zebra*, and my Sports Talk column.

If you've got a game or sports memory you would like to share with me, please send me an email at malonemarketing@gmail.com. Thanks!



SPORTS, HEALTH & FITNESS: THE MODERN LABORATORY OF HUMAN MOVEMENT

“All Athletes and Weekend Warriors Have One Thing In Common... Soft Tissue Injuries to muscles, tendons, ligaments, and nerves.”

Sports and training have the potential to wear us down over time and lead to soft tissue injuries that result in muscle and joint pain syndromes.

“The biggest pattern of movement dysfunction we see in athletes and active individuals in general is poor movement, a lack of stability & mobility motor control, resulting in repetitive motion injuries.” says Dr. Matt Fontaine of Potomac Physical Medicine.

The best practices in physical medicine often arise out of professional, collegiate and Olympic level sports. When championships hang in the balance and millions of dollars are on the line, the TEAM approach is king. This team consists of coaches, strength coaches and trainers, physicians, chiropractors, physical therapists and surgical specialists.

High level athletes get the best care available because they have incredible resources at their disposal.

Professional and Collegiate level sports provide the state of the art laboratory of human movement and

performance. The wheel has been invented and the latest research tells us not only how to resolve muscle and joint pain syndromes, but also how to predict future injury. Using the Functional Movement Screen, a baseline test of 7 basic movements of the human body, the data collected by physicians and athletic trainers from thousands and thousands of high level athletes has led to the discovery of trends in dysfunctional movement.^{1,2}

Why do you have pain during or after a workout?

Humans are subject to

CONTINUED ON PAGE 27

POTOMAC
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It's Friday afternoon, May 7, 1954, and I'm taking my mother's hand as we rush out the house at 211 East Nelson Avenue. I've just come home from St. Rita's Elementary School, and it's a great day to walk to the Sugar Bowl and get ice cream. It's not a great day to spend in a dark barbershop getting a haircut. But I'm a child and have no rights, so it's Cecil's instead of the Sugar Bowl.

We pass Leon Music's house as Thompson's Honor Dairy makes a delivery; past the Motons, the Bonds, Duncan Thompson's house; Mrs. Shaver's old house; Raymond and Annie Fogle's house and to the corner. The signpost up ahead... "Mt. Vernon Avenue." Mom tugs me left and we pass an empty lot with weeds (one day it will be a small apartment building) and a look in Helen's Bakery. Mrs. McGurgan is at the counter in her white costume trying to do a million things at once. There's a long line for raisin bread, jelly donuts, and sugar cookies. Mrs. McGurgan wrestles a loaf of raisin bread thick with icing into a white wax bag as her daughter Mary Ann rings it up, and her son Franklin comes from the back with a load of dinner rolls. My mother picks up the pace. "Let's get going!" she commands.

We pass the Safeway® where more buying goes on. Then the traffic light at Mt. Vernon and Monroe. "Hold my hand," she says sternly, "you don't want to get run over." Always precautions... "Don't go swimming until an hour after you eat." "Don't drink milk after you have tomato soup. It will curdle in your stomach." "Don't swallow chewing gum, your insides will stick together." "Don't ever swallow apple seeds because an apple tree will grow in your stomach." Past the Texaco gas station across the little driveway and into Cecil's Barber Shop.

We take the last two chairs – they are red vinyl with aluminum arms and legs. There's nothing to do now but look around the shop and pretend you didn't just sit down. There's a small sign on the door, like the drugstore across the street – a penguin with a cigarette in his beak. The penguin says, "Come in, it's KOOL® inside." But it

MY OLD ALEXANDRIA

BY JOHN C. SCHOENI

HAIRCUT DAY AT CECIL'S

isn't cool inside. Cecil does not have the new air conditioning and it's an unusually warm May day in Alexandria. His ceiling fans are revved to high though, and the KOOL® sign I hear is an extra one the drugstore gave him to attract customers.

Cecil's in his white smock with green visor perched over his eyes. I'm wondering what his last name is because since he's been cutting my hair, to me, he's always been just Cecil.

I stare at the red, white and blue sign my father, James G. (Jay) Schoeni must have painted for a free cut. (My father grew up in Tunnel Town at 518 South Fairfax Street from 1908 to 1926 and knew everyone in Alexandria, and they knew him, and that he could paint signs). The sign lists Cecil's services: Haircuts... Adults 75 cents, Children 50 cents. Saturdays, Adults \$1.25, Children 75 cents. Also, Massages (for the head). Shaves. Razor cuts. Shampoos. I think to myself, "What's a razor cut?"

Cecil's staring at my mother motioning that I will be next. He reaches to the side of his chair and brings up a long, brown strap as he watches me to see how I'll react. It reminds me of the razor strap I've heard my parents talk about that's used on small children when they get a date in the woodshed with dad. He pulls out a silver razor and runs it back and forth over the strap. When he's done and tests the blade's edge with his thumb, the man in the chair gets his sideburns and around his ears shaved.

I'm not much on skimming through grown-up magazines and there's nothing for kids to read unless you like the National Geographic, so I study the shop with my eyes and listen to everything the men are talking about. Over the barber chair is a framed print of George Washington, the portrait that looks unfinished, like he's behind a cloud, (I knew nothing of Gilbert Stuart then). There's another chair next to



Cecil that's always empty. Cecil hopes one day to have an extra barber but that may be a long time coming because Cecil likes to run things and make all the money himself. But sometimes it gets so crowded Cecil calls in reinforcements. Perhaps that's the first time I saw Jim Pelletier who later owned the barber shop next to Jimmy's Delicatessen a few doors from the Sugar Bowl. It was later owned by Van A. White who also helped Cecil out in the early days.

The men talk about "the disease most feared by parents soon being eradicated because of tests by Jonas Salk." They mention "POLIO!" It's a scary word. I remember the pictures of iron lungs in my schoolbooks at St. Rita's. (Kids were vaccinated right after that). I hear "Spirit of St. Louis" and "Charles A. Lindbergh winning an award 27 years after his solo adventure." "The Lakers and the Syracuse Nationals and the NBA championship!" A man waiting for a haircut looks up from his newspaper sarcastically and asks Cecil if he's got any news we haven't already heard. Cecil ignores him.

The barber's done! The

customer hops out of the chair and hands Cecil three quarters. They chitchat some at the door about things I can't hear then Cecil turns and points to me as he looks at my mother. "Boy's next!"

Cecil reaches behind the chair and I think he's going to bring out that long razor strap but instead lifts a thick board and sets it on the chair arms. I try my best to... "climb on up here." But it's hard for a little shaver. And I'm self-conscious. I feel the customers are staring at me although they really aren't. They're reading magazines and newspapers so they're not stared at by the people getting a haircut. (It's kind of a paranoid world in the 1950s).

Cecil reaches for his scissors and the cutting begins. I hope to myself that my grandfather, Charles H. (Buck) Schoeni who lives with us, likes the haircut and doesn't once again say when I get home, "Looks like Cecil put a bowl on the boy's head and cut around it."

When Cecil's cut all he can with the scissors he brings out the electric clippers and finishes me up. He holds up a mirror and asks my mother to inspect

the job. She approves and they chat too. She goes back to her seat while Cecil takes a large bottle of green, sweet smelling liquid from the shelf behind him. The stuff looks good enough to drink, like soda pop, and he douses my head with it then rubs it into my scalp. He combs my hair very neatly. "Mrs. Schoeni, does the boy want a pompadour?" I feel funny being talked about in the third person, but then, I'm just a kid. "Oh yes, please, a pompadour." "Part it on the right?" "Yes indeed." I'm dusted with powder from a big brush and feel like Uncle Miltie looked on TV when he yelled, "Makeup!" in that classic skit. Powder's all over my head, around my ears and on my shoulders. Finally, the smock comes off like the unveiling of a painting masterpiece and my clothes are given the whiskbroom as I climb down and try not to step in the pile of hair that was once attached to my head. Just a few short years ago when Cecil gave me my first haircut I thought it would hurt.

Cecil offers me a fishbowl full of colored lollipops and I shyly take one, then my mother's hand. Cecil collects his two quarters as I look back at the big clock over the barber chairs. It's five o'clock. I look at Cecil over my shoulder as he removes his visor. I think to myself that this must be sacrilege, seeing him remove his trademark. I feel like I'm looking at the Lone Ranger® taking off his mask and that I shouldn't be a voyeur (the only word I knew then was nosey). Cecil puts his brown sports jacket over his smock and a brown hat over where the green visor was. I pass the scrawny, yellowing fern in the pot by the big window and Cecil is behind us locking up.

I want to walk next-door to Barney O'Dwyer's Delicatessen for something good to eat but my mother says it's too close to dinner time and it will spoil my appetite. Then she says, "We do need a pound of pimento baloney for Saturday's lunch, but we're not eating ice cream this late! Your father will be home in an hour from the Southern Railway (in Washington, D.C.) and the canned codfish cakes have to be warmed up." Ice cream sounds a lot better...

REBUILDING

CONTINUED FROM PAGE 12

grew from helping his father renovate their 1960's era home. Through Booz Allen's sponsorship of nationwide Rebuilding Together projects, Feller became involved in Rebuilding Together Alexandria in 2003 and has

been volunteering ever since.

Partner of the Year: Fannie Mae

Fannie Mae's corporate giving and employee volunteers have bolstered Rebuilding Together Alexandria's work and ability to reach more low-income homeowners and strengthen the surrounding communities by renovating parks and non-profit facilities.

Fannie Mae serves a critical role in the nation's housing finance system. In the secondary mortgage market, Fannie provide reliable, large-scale access to affordable mortgage credit across the country at all times so people can buy, refinance, or rent homes. This commitment to making a positive difference in the communities where

they live and work is reflected in its values and extends to its long-standing tradition of volunteerism and community support.

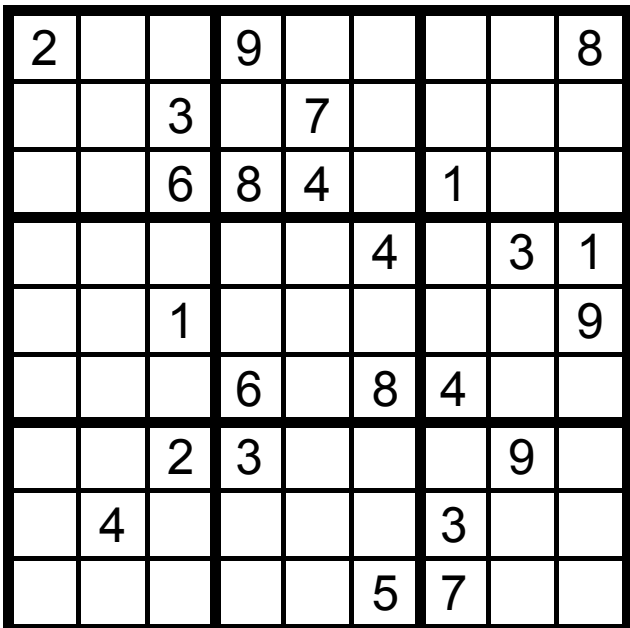
Rebuilding Together Alexandria is an award winning, non-profit that creates healthy neighborhoods for City of Alexandria residents by maintaining affordable housing, revitalizing

community spaces, and creating homeownership opportunities. Over the years, more than 24,000 volunteers have worked on 1,800+ projects, leveraging \$6.9 million worth of in-kind value to Alexandria. To learn more, visit www.RebuildingTogetherAlex.org or call 703-836-1021.

NOVEMBER PUZZLERS

ANSWERS ON PAGE 30

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

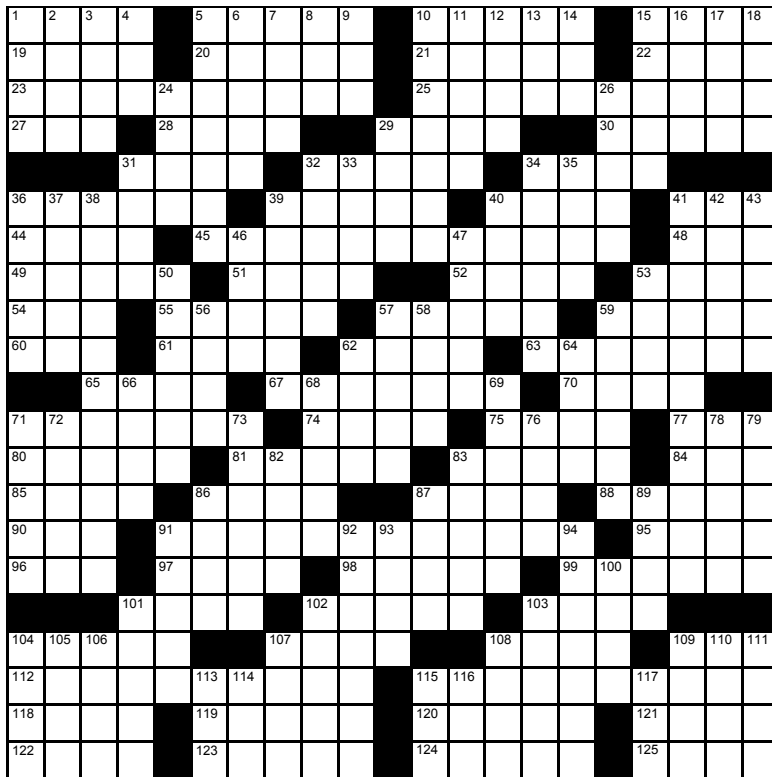


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This Bud's For You

Across

- 1 Gradation
5 "The Crucible" setting
10 French clerics
15 Primary
19 Prefix with dynamic
20 Foolish
21 Hum
22 Plus
23 Ringing bud?
25 Ferocious but cool buds?
27 One (Fr.)
28 Auto pioneer
29 Sailing vessel
30 Void
31 Silk (Fr.)
32 Golf course part
34 Jewels
36 Discount
39 Medicinal plants
40 Palm starch
41 Compass pt.
44 Talipot palm
45 A bud for a Gless?
48 Global business group (Abbr.)
49 Some vacation trips
51 Mil. school
52 Strays
53 Back end
54 Unlock (Poet.)
55 Lengthen a skirt
57 Contradict
59 Combustibles
60 Renegade, briefly
61 Ancient lt. deity
62 Peer
63 Sweet sultan, for one
65 Clods
67 Canine bud?
70 Actor Guinness
71 Daisy relations
74 Compacts
75 Mine entrance
77 Test site
80 Wing
81 Model Crawford
83 At that place
84 Mineral
85 Ball of yarn
86 Perfume name or forbidden: Var.
87 Contemplate
88 Rambles
90 Chapeau
91 Tomlin bud?
95 Let off steam
96 Method (Abbr.)
97 Bullfight cheers
98 Half a sunken ship
99 Mus. dramas
101 Galls



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- 102 Treacle
103 Paradise lost
104 Prayer words
107 Short statue
108 Bitters
109 Boston subway inits.
112 Bread spread holders in bud form?
115 Helicade buds?
118 Consumer
119 Thick sauce
120 Actor Davis
121 At the summit
122 Indian buzzard
123 Jovial
124 Gash
125 Some stingers
- 8 Compass pt.
9 Boulogne-sur-____
10 Speak to
11 Intellect
12 Bell sound
13 Cease
14 Envision
15 Injures
16 Drooping
17 Negative contraction
18 Snoopy
24 Hoof
26 Citrus fruit
29 Black Angus
31 Coal-rich German region
32 Shine
33 Crucifix
34 Loft
35 Selves
36 Eggbeater
37 Skip the big wedding
38 Sad topper buds?
39 Rise
40 Hindu frock
41 Sugary bud?
- 42 Procrastinate
43 More than bad
46 Hawaiian island
47 Conversation starter
50 Word ending
53 Deceptive maneuver
56 Space org.
57 Off-color
58 Cupid's counterpart
59 Air cleaner
62 Mild oath
64 "Aquarius" musical
66 From scratch
68 Confess
69 Another daisy relative
71 Scott and Taylor, to friends
72 Filling
73 Alarms
76 Wooded hollow
78 Stadium
79 Outsmarts
82 Egypt. wading bird
83 Old World bulbous herb
- 86 Chatter
87 Japanese ship name
89 Pizzeria fixture
91 Code name
92 Homer's epic
93 Ilk
94 Sang, in a way
100 Baja bread
101 Prefix with venous
102 Topnotch
103 Mischievous
104 Adjoin
105 Contemplate
106 Fr. seasons
107 Aaron or Raymond
108 Korean apricot
109 Columbian river
110 Ounce name
111 Vipers
113 Engine stat (Abbr.)
114 Pool stick
115 Germinate
116 G.I. entertainers
117 Card game for two

Down

- 1 Jungle boy of film
2 Adolescent
3 ____ Stanley Gardner
4 Candidate (Abbr.)
5 More slappy
6 Electrode
7 Rules

SPORTS HEALTH

CONTINUED FROM PAGE 25

poor postures and repetitive motion injuries in certain regions of the body resulting in compensated, dysfunctional movement. Athletes are not immune to these dysfunctions, they simply have a greater capacity to compensate and hide their dysfunctions better. Excluding acute sport setting injuries, when injury occurs, it can be traced back to these dysfunctions in movement being repeated over and over time and under load.

Assessing the athlete at the highest level

When dealing with the injured high level athlete, the Head athletic trainer coordinates the efforts of several healthcare professionals to achieve the following:

1. An examination and Functional Movement Assessment by a trained healthcare professional to identify pathology and dysfunction.
2. Addressing soft tissue injuries and muscle imbalance by manipulating scar tissue utilizing Active Release Techniques® and other manual methods.
3. Manipulative therapy when appropriate to restore normal joint biomechanics.



4. Functional exercises to reinforce the changes made from hands on manual therapy and retrain the body to move properly.
5. Sport specific training and ultimate return to normal form and function of sport specific activity if applicable.

So what can we learn from treating athletes at the highest level?

What works for the elite athlete will work for the active individual. Almost every major sport utilizes the Functional Movement Screen to evaluate their athletes in the pre-season and at the start of the off season. And here's why!

Because the FMS is a baseline diagnostic for the human frame in motion. The FMS simply gives us a baseline blueprint

for human movement. It allows an individual treatment plan to address an injury and helps to guide programming for a functional corrective exercise program. It uncovers muscle imbalance that results in defective stability and or mobility motor control.

Why can't I just use the foam roller and stretch to fix these issues?

Addressing the tight muscular components with only stretching and weak muscular components with strengthening does not completely resolve the problem. For decades this was our approach in physical medicine and it failed badly. Attempts to stretch muscles that are glued together by adhesions is flat out ineffective. Often times a chronically tight muscle is compensating for a weak synergist (helper) muscle.

A good example is tight hamstrings. Are the hamstrings really tight or are they just overstimulated because the gluteals are weak? The research from the human laboratory gives us the definitive answer. We must detect and retrain the weak muscles in most cases. Thanks to advances in physical medicine, we now have better knowledge and skill sets to resolve these issues.

3 Keys to Improving Your Performance

To optimize your movement and enhance performance we must look at:

1. Joints: Restricted joint motion benefits from manipulation. Compressed or misaligned joints can actually weaken muscle function neurologically.
2. Muscle, & Fascia: Some muscle get overworked and tighten while others become weak and inhibited. We must find the weak muscles as well as release "glued down" muscle.
3. Functional Rehab Exercise: To retrain the body to move correctly, we need to activate weak muscles, perform dynamic mobility exercises to move joints and soft tissues. The key to success is to first see a Sports Medicine professional get

manual therapy, including manipulation and soft tissue work. Once those improve mobility, exercise becomes essential to nailing down the changes to ensure long term resolution.

The Best Practices Evidence tells us the best results are achieved by combining joint manipulation, soft tissue manual therapy and functional exercise. This is where Chiropractic manipulation, Active Release Techniques and functional rehab exercise come together and augment each other well in order to achieve the best possible clinical outcome for the patient. Like baking a cake, you need all the important ingredients for a good result. If we leave any one of these out, we simply fail to get our desired result.

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.

QUOTABLES

The pilgrims made seven times more graves than huts... nevertheless, set aside a day of thanksgiving.
— H. W. Westermeyer



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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.

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Tiny family-friendly girl will make the best cuddle buddy you could hope for



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Playful baby girl will run to greet you when you come home and spoil you with kitty kisses



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This mellow sweetheart could not possibly be any more "handsome"



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Quiet, gentle sweetheart offers you her love in exchange for being your "one and only"



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Female, age 4
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ANIMAL TALES

TIPS ON GETTING YOUR CAT TO THE VET

BY DANA CARR, DVM

One of the biggest obstacles to cats receiving veterinary care is actually getting them to the hospital. If you know cats like we do, then you will understand that they usually do not show signs of illness until it is too late. Therefore, in order to prevent and/or diagnose disease it is imperative that they receive regular (annual to biannual) thorough physical examinations and wellness care (i.e. vaccinations, preventatives, fecal testing, +/- bloodwork and urinalysis). We understand that cats prefer to stay home in their familiar environment. However, this should not take priority over seeing the veterinarian and providing essential health care. Hopefully the following tips will help make traveling to and seeing the vet less stressful:

- Talk to your veterinarian about antianxiety and/or motion sickness medications that may be needed short or long term to help your cat tolerate the car ride more easily.
- Get the right carrier. A carrier is the best way to travel with your cat. A hard-sided carrier with side and top openings is

Dana Carr, DVM



recommended so that your cat can be easily and safely removed and returned to a secure environment. An extra bonus would be a carrier where the top half can be removed easily, as many cats find comfort in remaining in the bottom half of the carrier during their examination. Your cat's carrier should be kept out and open at all times and/or frequently in your home so that it is not only associated with going to the veterinarian. Offer special treats and praise when your cat explores and spends time in the carrier. Hopefully your cat will then see the carrier as a safe retreat and be more comfortable

when it is used for travel. Covering the carrier with a towel can also help some cats from the stress of moving scenery or other pets in the waiting area.

- For especially anxious cats a pheromone spray, such as Feliway, can be used prior to and during travel to reduce stress.
- Consider using a harness and leash as frightened cats can get loose and bolt away within seconds. Help get your cat become accustomed to the harness and leash prior to a trip to the vet. Be sure your cat also has an ID tag and microchip (with up-to-date registration) as

CONTINUED ON PAGE 29

"This is our crazy cat, Ernie, thinking he is very sneaky in a box! I hope he gets published!"

—Submitted by Julia and Creighton Byrnes of Alexandria.

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

CAT IN A BOX

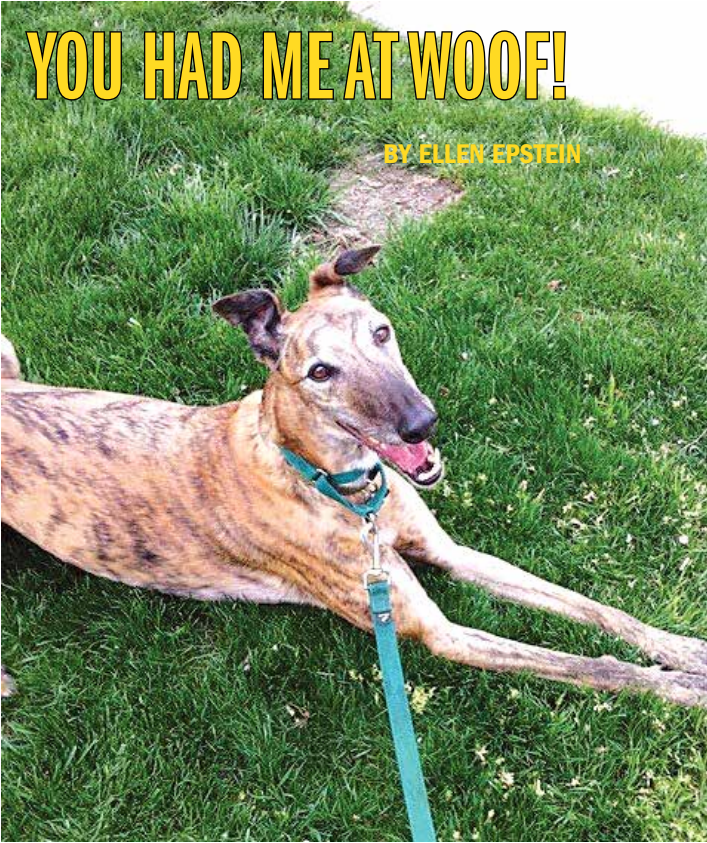


A few weeks ago I got the opportunity to attend a fantastic event at Dewey Beach, Delaware called Greyhounds Reach the Beach, which is attended by Greyhound aficionados from all over the country and their dogs. Greyhounds are truly a special breed, and as someone who only recently fell in love with them, I can tell you how incredible these gentle creatures are as pets.

My favorite boy is Bob the Greyhound (Racing name “Marble Ghost”). He was born on July 4, 2007, and rescued and adopted out when he was 18 months old. His kennel name was “Bob”, or Robert if at a formal affair. He raced in Rhode Island until he was rescued by Greyhound Rescue Inc., based in West Virginia.

His dad is Craigie Whistler, famed racer (sire of thousands of other greyhounds) and his grandfather was Molotov, who is in the Greyhound Hall of Fame. Bob was in a couple of races, but his performance was awful. Vets think he was injured during racing since his back leg is lame. You should see how funny he looks going down the stairs!

He had gone through two homes (including the foster home for ‘bad dogs’) before he found his FOREVER home in Rosemont. Because of his separation anxiety (among other things), he is missing his



front canine tooth, which he broke trying to escape from his crate. His new family, who are the BEST, found out that he had terrible ear infections and a seizure disorder, which had been previously undiagnosed. He is truly a lucky guy who has his own psychiatrist, vet, and dentist. And a wonderful dog-walker! He takes his meds on a daily basis, either hidden inside hotdogs or a tuna sandwich! He is an incredible boy.

Now that Bob is finally happy his true personality shines through. Bob is

an affectionate, sweet, goofball. His favorite toy is an orange gorilla that has been with him since his first home. He likes to hoard pens, clothes, and paper towels. His favorite treats are the puppy pops from the Dairy Godmother in Del Ray.

Bob spends most of his time sleeping, lying on soft surfaces (probably 18 hours a day). He LOVES to go on walks and sometimes when he sees me he gets really excited and does crazy fast sprints in circles in his little front yard! It’s a good life for Bob now!

ANIMAL TALES

CONTINUED FROM PAGE 28

forms of identification to help return your cat home safely if he/she does escape.

- To spare yourself undue stress, know where your kitty is when you are ready to leave for your appointment. If you cat is likely to hide, place him/her in a small bedroom or bathroom with food, water, a litter box, and

toys well before you need to leave so that he/she cannot roam too far. Once you are in the car be sure that your cat does not become too hot and never leave your cat alone in the car, especially on a hot day.

We know that traveling with cats inherently has its challenges. However, cats can learn to travel well. Work with your veterinarian to help keep your cat’s stress to a minimum, make your cat feel secure, and prepare for any potential health issues.

DOGS AT WORK

Meet Asher!

I work at Principle Gallery at 208 King Street in Old Town and I bring him to work with me most days. When the doors are open he tends to sit on the brick stoop and greet people as they enter. Ash is a three year old Australian Cattle Dog/Fox Terrier mix, or at least that’s the best

guess. He even has his own hashtag, #AsherAtPG.

Submitted by Clint at Principle Gallery. If you take your dog to work, send us a photo and a little write-up and if we choose your special pal, you’ll win a gift certificate to an area retailer or restaurant. Clint just picked up \$25 to the Celtic House Pub! Submit photos and copy to editor@thezebrapress.com.



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— Bill and Nickie Aldridge

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OCTOBER ANSWERS

PUZZLES ON PAGE 27

CROSSWORD

S	T	E	P		S	A	L	E	M		A	B	B	E	S		M	A	I	N	
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SUDOKU

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

Z ANIMAL HEROS

We have all heard of acupuncture and some of us have experienced it for ourselves, but did you know it's wonderful for animals too? An acupuncture point is a small area in the body that has a high density of free nerve endings, mast cells, small arterioles and lymphatic vessels. When such a point is touched by a needle or pressure, there is a release of beta endorphins, serotonin and other neurotransmitters. These are substances in the body that help regulate pain, inflammation and movement. Acupuncture has been performed on animals for thousands of years. It can be used to help with musculoskeletal problems such as back pain, arthritis, nervous system problems such as seizures as well as intestinal issues such as constipation and vomiting. Dogs, cats and even fish receive acupuncture! A lot of animals find it relaxing. Here is Aubrey at VCA Old Town



receiving acupuncture for degenerative myelopathy- a condition that affects his ability to use his hind legs. His treatments have given Aubrey a new momentum.

BOOK OF THE MONTH

CONTINUED FROM PAGE 15

abduction. There are five MUST have skills everyone should learn and use which can thwart an abduction attempt. First, how to conceal the two small items on your person needed to initiate a successful escape, if your hands have been bound: a razor and a handcuff key. Bad guys usually secure their target with handcuffs, tape or nylon ties. Having these items will set you free. Next is changing your appearance or hiding in plain sight. These easy evasive tactics are especially important for women when a stalker is on their trail. Third, intimately knowing how your

car handles in escape-oriented situations. Not every car drives the same. How well you maneuver your vehicle in a crisis just may save your life. He demonstrates several maneuvers that you can practice in a parking lot. Staying with the auto theme, bad guys generally throw their captives into the trunk. Practice your escape technique. Climb inside the trunk of your car, find and pull the release handle in the dark from different positions. Lastly, know your environment. Many of us, when traveling think once we are in the hotel, whether at home or abroad, we have reached an oasis of safety. The reality is, it is not an impenetrable fortress. Check your room position when registering. Ask for a room that is equidistant between the elevator and an exit stairwell. Avoid rooms higher than the third floor. The probability of surviving a jump higher than that level is small.

Because of the all too many horrific massacres we've seen of innocent Americans each of which has torn out our insides, I had to ask him, "What should one do, if placed in the unenviable position of a confrontation with an assassin where there is a high potential for mass murder?"

Without hesitation he said, "Become aggressive; quickly go on the attack. Usually, it takes just two or three adults working as a team to take down a potential killer. Each person must be OK with the risk they're getting injured. But, you're better off getting stabbed in the arm than shot in the head, as you beg for your life. The priorities when

No. 004: Make a Concealable Compass

CONOP: Construct and conceal a fail-safe backup compass.

COA 1: Improvised compasses are more discreet than their manufactured counterparts and are easy to make using ordinary tools.

COA 2: Cut six inches or more of Kevlar thread. Clamp thread between two rare-earth rods.

COA 3: Dangle the magnets. Use a compass to determine which rod is north. Mark north rod with marker.

COA 4: Small enough to be sewn into a heel, the resulting compass can be concealed in a variety of places.

BLUF: Poor navigation is the number-one cause of recapture after escape.

subduing the assassin are: gain control the weapon, control the head and control their balance. Break the assailant's legs if you have too. Forget lock down drills. Hiding puts you into a position of inaction and danger. Concealment is different than hiding." Right then and there I could feel my inner 'Bourne' stirring.

As a parting question, I asked if any of the skills are appropriate for children. Clint said children as young as eight can start learning these skills. Clint told me, "Escaping when bound with duct tape does not take enormous strength." His ten-year-old daughter has mastered the technique described in *100 Deadly Skills*. She easily breaks her wrists free, even when the tape is wrapped seven times around.

This is must read if simply to learn one or two tricks to avoid or escape danger. Thank you, Clint, for the long and dedicated service you made to our country and for your thoughtful contributions towards our continued well-being and safety.

100 Deadly Skills is a FIVE Stripe read: a real repository of tips to stay safe.

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HELEN

Helen was found living under a trailer on the Eastern shore with her litter of puppies. A group of volunteer rescuers brought them to the Animal Welfare League of Alexandria, where Helen and her puppies went into foster care. Now that her pups are all grown up and have found new homes, it's Helen's turn! Helen is a sweet, shy 9 year old girl who appreciates the quiet life. She can be timid at first, but has lots of love to give once she gets to know you. Come meet Helen today!



CHESTER

If you are looking for a calm, affectionate cat, look no further than Chester! Chester will spend most of his day cuddled up next to you on the couch, and always loves when it's chin-scratch time! He does love to have all the attention on him, so he would prefer to be the only cat in the home. Chester has been patiently waiting for his forever home and is ready to start a new life, so come and visit today!



THEODORE AND SAMANTHA

Theodore and Samantha are best buddies looking for a new home together! Theodore is a 2 year old shorthaired rabbit and Samantha is a 5 year old Holland Lop. Bonded bunnies can be easier to care for than just one, because bonded pairs provide companionship, mental stimulation, and bonded pairs tend to be happier and more sociable with people. If you think you have room for these floppy-eared friends in your home, come meet this adoptable pair!



FAT CAT AND CEE-CEE

Fluffy felines Fat Cat and Cee-Cee not only look amazingly alike, they're best friends! These 9 year old pals are looking for a nice quiet home together, with warm spots in the sun to lie in and a soft sofa to lounge on. Cee-Cee's adoption fee has already been paid for by a donor through our Adopt It Forward program, so the lucky family that adopts these guys will get two amazing cats for the adoption fee of one!

SAVE THE TAILS!



Saving Lives through the Shelter's Lenses: Art show running November 7, 2015 - January 31, 2016

The Animal Welfare League of Alexandria will be hosting Saving Lives through the Shelter's Lenses, a photographic art show showcasing the work of our talented volunteer photographers. The show's artists donate their time and professional photography skills to take beautiful, captivating photographs of our adoptable animals to help them appeal to potential adopters. The show will feature a mixture of favorite pieces of our shelter animals and the photographers' personal picks from their body of work. Visitors will be able to attend during the Animal Welfare League of Alexandria's normal operating hours at 4101 Eisenhower Ave. in Alexandria. Pieces will be available for purchase, with a portion of the proceeds donated to the Animal Welfare League of Alexandria.

Upcoming Events:

Saturday, November 7, 2015:
Barksgiving, a reunion and open house for dogs adopted from the Animal Welfare League of Alexandria

Tuesday, December 1, 2015:
Giving Tuesday

Friday, December 4 - 6, 2015:
Santa Photos at Old Town School for Dogs

SHELTER HOURS:

Monday, Tuesday, Thursday, Friday:
12-7 for Visitation/Adoption,
9-7 for Business

Saturday, Sunday: 12-5 for Visitation/
Adoption, 11-5 for Business



Animal Welfare League of Alexandria

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MON-THU 7:30 AM - 7:30 PM
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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