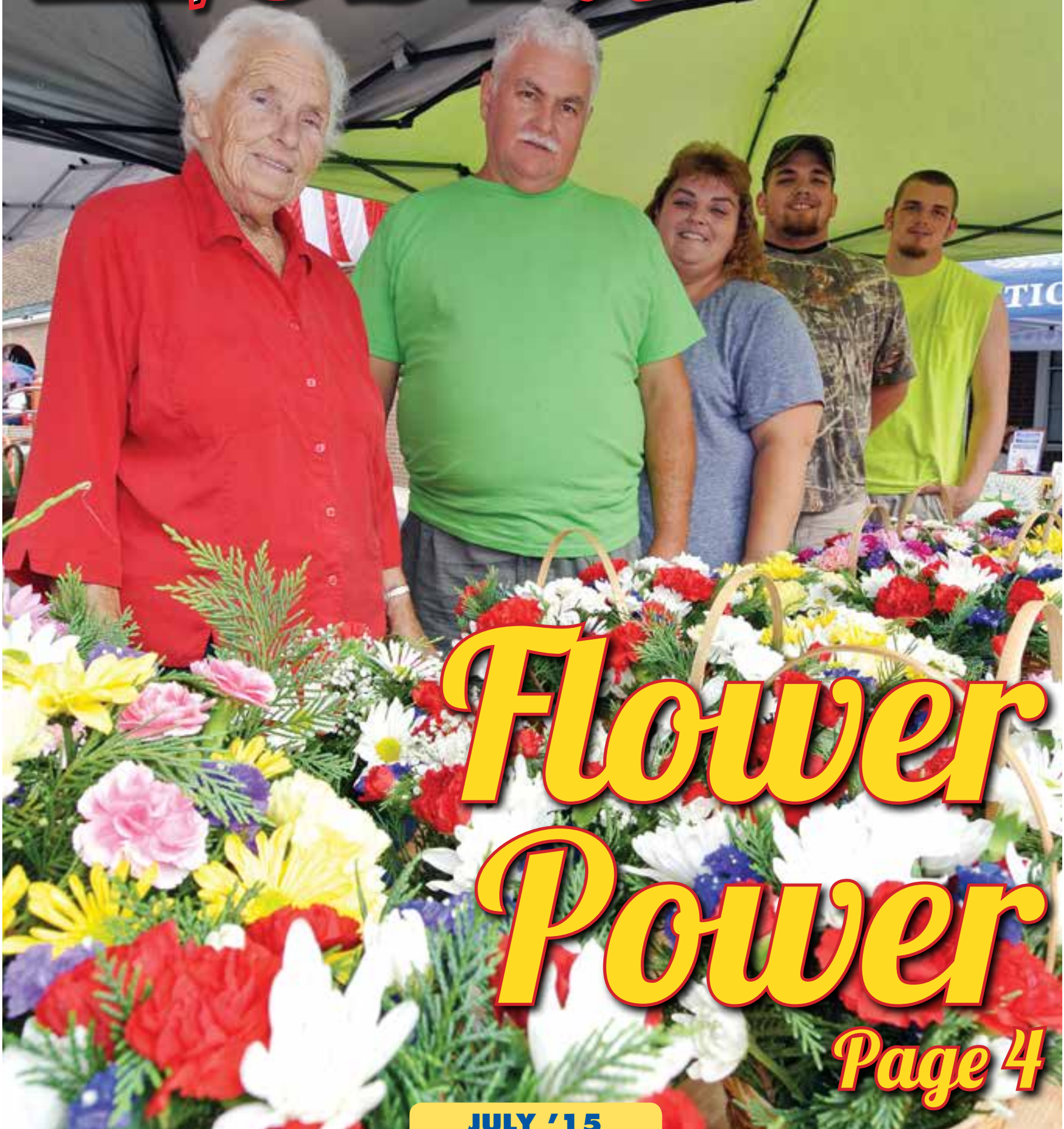


# Zebra



JULY '15

BLACK AND WHITE AND READ ALL OVER



DINING AT  
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SUMMER SCHOOL  
"CAMP-STYLE"



LIVING LEGEND  
BETTY WRIGHT



CANINE  
INFLUENZA





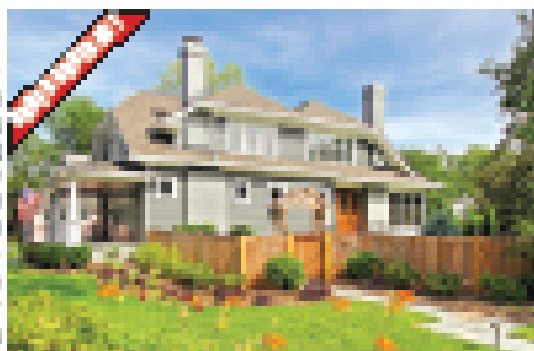
# Christine Garner

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

### DEL RAY

**\$1,595,000**

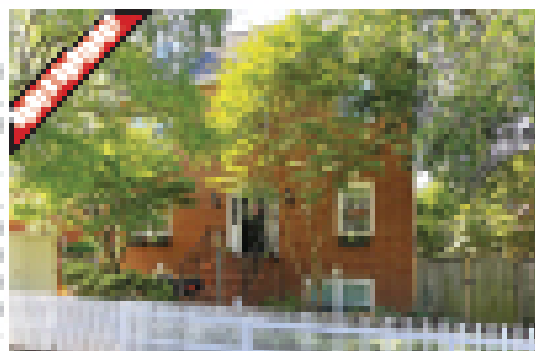
extensive upgrades, one-of-a-kind, built-in a beautiful, sun-drenched, stone home on a private, wooded lot. This property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view. The property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view. The property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view.



### DEL RAY

**\$1,050,000**

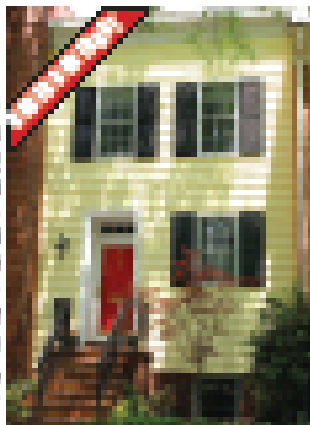
beautiful, one-of-a-kind, built-in a beautiful, sun-drenched, stone home on a private, wooded lot. This property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view. The property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view.



### OLD TOWN

**\$1,035,000**

beautiful, one-of-a-kind, built-in a beautiful, sun-drenched, stone home on a private, wooded lot. This property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view. The property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view.



### OLD TOWN

**\$1,950,000**

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### COLLEGE PARK

**\$1,049,975**

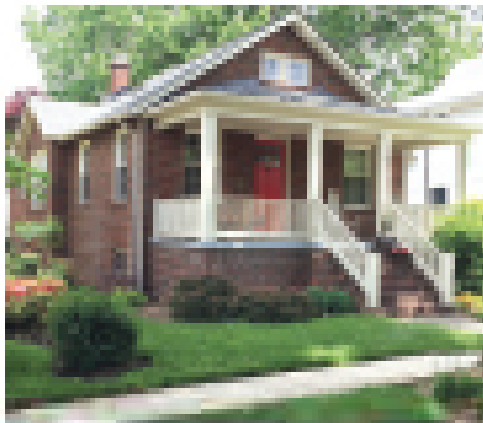
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### ROSEMONT

**COMING SOON**

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### ROSEMONT

**\$645,000**

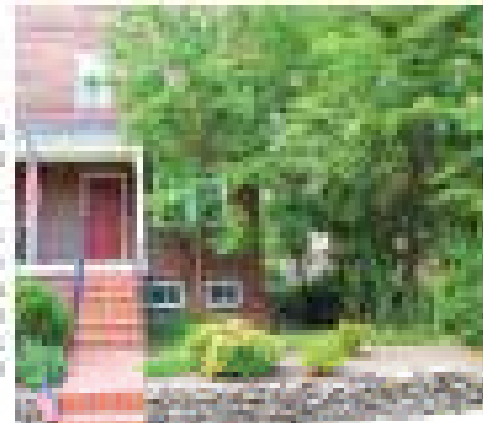
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### ROSEMONT

**COMING SOON**

beautiful, one-of-a-kind, built-in a beautiful, sun-drenched, stone home on a private, wooded lot. This property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view. The property is a true gem, offering a rare opportunity to own a home with a great location, a great price, and a great view.



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## PUBLISHER'S NOTE

It was a big month for me. I moved into the Del Ray/Rosemont part of Alexandria after delightful decades spent in Fairfax. All these years working in Alexandria and I am only NOW an actual resident! Right off

the bat, Zebra made a sponsorship pledge to the Simpson Dog Park (which by the way could use a few more sponsors, so local companies... take note... a great way to give back to the community. If you are interested, contact me and I will get you in touch with the right folks.) so, my two "kids" (Toddler and Teddy) will have a new place to play. And they are ready to play too! In another big move this month, the boys had their "necessary" surgery, expertly performed by Dr. Adrienne Hergen at Shirlington Animal Hospital. If you are in need of veterinary services, I can't say enough great things about the whole team there at Shirlington. They made the process smooth and easy, and followed up with us throughout the whole



recovery week.

I hope you enjoy our July issue. The story about the Dove family on our cover is a real inspiration. A couple of our columnists are away on vacation, but will return in August, when we will feature Charlotte Hall and the Potomac Riverboat Company.

In the meantime, please continue to send us your ideas and criticisms, and enjoy the summer!

Mary Wadland



Toddler and Teddy are thrilled to become Alexandria residents, finally! Photo by Jackie at Pet For the Sake.

## WHAT BUGS ME

BY DEBBY CRITCHLEY

I was driving to an appointment the other day using my GPS. The system said, "Your destination is on your left." I realized that there were multiple buildings on my left. Which one was the correct one? Where were the address numbers on the buildings? It makes me crazy when I try to find an address, but I can't find the number. Do you have your house number visible from the street? I had someone tell me once that the number was painted on the curb. Great, but you parked your car in front of the numbers. Think about it, would the fire department, police, or an ambulance be able to find your house? Del Ray Hardware,



Lowe's, and Home Depot sell numbers in various styles that can be hung by your door. If you can't decide what size to get, get the larger ones. Make it easy for those of us coming to visit.

If you have a pet peeve or something that bugs you and you want to get off your chest, please email me at debbyc@TheZebraPress.com.



JULY '15

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Seminary Hills  
Shirlington

### PUBLICATION DATES

Zebra is printed monthly.

### DEADLINES

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

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Alexandria, VA 22314  
thezebra.org

For advertising information call 703-919-7533

### 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.





Marianne Ginsburg of Alexandria chooses a bouquet from Lenny Dove. Photo by Harry M.



# Keeping Tradition Alive at the Old Town Farmers Market

BY KRIS GILBERTSON

It's common lore in Alexandria that the Saturday morning farmers market on Market Square is the oldest farmers market in the U.S. continuously held at the same site, and dates from 1751. Less well known is the robust and diverse roles, on open ground and in buildings, that Market Square (the city block bordered by Royal, King, Cameron, and Fairfax Streets) played as the heart of Alexandria, which is what the planners intended.

The square has been a meeting place for assemblies called by the town crier, and a marshaling area for militia and later for professional soldiers. It has been the site of the county seat, a school, a jail (including stocks and pillory), a museum, an open-air horse market, numerous small businesses, the *Alexandria Gazette*, and one of George Washington's favorite taverns. Just to name a few. But through all the uses and changes over 264 years, the one constant has been the farmers market.

The market has maintained in part because families of



Doris Cassedy picking flowers at the Spotsylvania farm in 2010.

vendors have adapted to changing conditions and just kept showing up. This is the story of one of those families, the Doves, who sell flowers ten months a year on Market Square and have done so for generations.

## A Family Tradition

Senior family members today are Mrs. Doris Dove Cassedy and her brother Lenard (Lenny) Dove. Doris and Lenard are helped at market by Doris's youngest daughter Stacey (Missy) Pettitt, and grandsons Robbie and Charlie Pettitt. In all, 21 family members—aunts, uncles, brothers, sisters, cousins—have sold at the Old Town market. But the first Dove on scene was Doris and Lenny's great-grandfather, Will Kitson, in the late 1800s.

The family used to own 35 acres on upper Van Dorn Street (then called Oakwood Road) in Franconia. Will Kitson and his daughter Norma (Nanny) Talbert raised vegetables, flowers, and chickens, and made butter and crafts that they took to market by horse and buggy. Later, Nanny and

her niece Virginia continued to sell flowers, foods, and crafts. Nanny bought a Ford Model A, although she never had a license, so that Virginia could drive them to market with their goods. Virginia married Vernon Dove in 1932. They had ten children, of whom Doris is second oldest and Lenny the youngest.

## The Market Square of Old

Before 1960, Market Square, including City Hall, was far different from today. City Hall was a U-shaped building dating from 1871. It faced Cameron Street, with wings stretching a half block south on Royal and Fairfax, creating a 3-sided courtyard. The market took place in the courtyard, under open sheds that gave shelter from the sun, but not heat or cold. During the coldest weather, vendors moved into the Royal Street wing of City Hall.

The plaza didn't exist. Sharpshin Alley, some 20 feet wide, ran mid-block from Royal to Fairfax. Market Alley

CONTINUED ON NEXT PAGE

## TRADITION

CONTINUED FROM PAGE 4

ran from King to Sharpshin, again at mid-block, dividing the plaza area into two quarter blocks. Both were in commercial use until the 1965 Plaza project.

The project was a response to general urban decline suffered nationwide during the 1950s. In 1961, the city began to revitalize the area by renovating City Hall to build office space and court chambers in the courtyard. Chauncey's Grocery, a business on the plaza area, had gone out of business; the market moved into its empty building.

When they finished City Hall, work began on the plaza and underground parking garage. All the small buildings in that section of the Market Square were razed. Vendors were first moved inside the new City Hall, but then were put out onto Cameron Street.

The market did poorly on Cameron Street. Many very long-time vendors quit. By the time the plaza was finished in 1967, only eight or nine, including Doves Flower Stand, were left. City government debated closing the market, but those eight or nine vendors and many city residents strongly resisted that plan. Support for the market was bolstered by assertive townswomen and a claim (untested) that the original deed gave the land only for a town market and, if the market closed, it would revert to the trustees' heirs.

Eugene Barnwell, Director of General Services then, stated, "Cameron Street doesn't lend itself to a good market. If the city doesn't encourage it or make a place for it, it could well die out. It would be a shame to lose it because it's a vestige of Alexandria's former days." And so the market moved one more time, to Market Square.

## Building the Bellway

During reconstruction of Market Square, another significant building project took place—I-495, the Beltway. To build through Franconia, the state claimed 11 acres of the Dove family



Kissing Balls created for the City to adorn Market Square at Christmas.



Above, Virginia Dove (seated) with Doris Cassedy at the market in 1980.

At right, Lenny Dove and his niece Janet Cassedy, already market veterans in 1964.

property. "We had a family cemetery there and they just destroyed it," says Doris, "took some of the bodies, what they could find, and put them in different cemeteries."

The land was not taken easily. When protest failed, Doris's grandmother Elsie McGuin, shotgun in hand,

faced off with the bulldozers saying she wouldn't have the graves disturbed. "She stopped 'em," says Doris, "until..." The Virginia Supreme Court ruled that the cemetery could not stop construction as long as the state paid to move the bodies. And many more bodies, including the graves of slaves and Confederate soldiers, were unearthed during road construction.

Did family have a say in where the bodies went? "Nobody had a say but Judge Brown," says Doris. "Thank God he had a heart attack." For the 11 acres taken, the family received \$1,100.

## "Rain, snow, blow - it's outside!"

The market operates 52 weeks a year. Some vendors come every week, but the Doves take a break in January

and February. "It's just too cold," says Doris. But weather is not the only challenge.

In recent years, the requirement to grow or make whatever you sold went away. "We're getting too many people bringing in the same thing," says Doris Cassedy. "Now they're just buying everything. Before you had to raise your stuff; you couldn't just open a stand like they do now."

Todd Healy, artist and owner of Gallery Lafayette and long-time market vendor, noted that the proliferation of farmers markets in the area has dispersed the customer base. Where each town used to have just one, most now have several to choose from.

"They wanted more vendors in the [Old Town] market," says Lenard Dove. "There's no way in the world you can work a farm and go ahead and do these farmers markets two or three days a week. It takes all the time you've got to do your own work all week long, one week to the next."

Market hours have also fluctuated, from true farmers hours of 5:00 to 9:00 through various time slots to the current 7:00 to 12:00. The Doves depend on loyal customers they've had for 30, 40, even 50 years, who tend to come early, so they get there by 4:00 a.m.

Festivals and shows staged on the square often cut into market time. The plaza is sometimes so crowded there's hardly room to move, which causes parking conflicts, too. Vendors have permits now, but they used to feed meters like everyone else.

"I remember being the runner," says Missy. "When the fountain comes on, it's 8:00 a.m. And 8:00 a.m. is when the meters start. I would hear them yell for me and then I'm going across the square gathering a whole bunch of quarters for whoever needed quarters in their meters, so no one would get a ticket. There were some meter maids down there at 8 o'clock just to be mean, knowing we were there selling, and that we might not get to the vehicle in time. So I'd run along and put one quarter in each, then go back and fill up however many

CONTINUED ON PAGE 15

## Did You Know?

- During the 1918 flu pandemic, the numbers of victims overwhelmed city services. It was a bitterly cold winter, so bodies were stored in Market Alley between the Royal Cafe and the *Alexandria Gazette* awaiting burial.
- City Council manages the market, but traditionally the City Manager appointed a Market Master who was also the "weights and measure man" for all of

Alexandria. His job was cleaning the square, assuring quality in products sold, and testing the accuracy of wine, dry, and lumber measures and balanced scales throughout the city.

- At graduation, kids used to put soap in the plaza fountain and sometimes got bubbles three or four feet high. The fire department had to come in and wash it all down the street.
- The fountain level is kept low during market because wind would blow water

all over the vendors and customers.

For information about the Old Town Farmers Market: [www.alexandriava.gov/OldTownFarmersMarket](http://www.alexandriava.gov/OldTownFarmersMarket)

\*Vola Lawson, Alexandria's City Manager from 1985 to 2000.  
Hon. Patsy Ticer, former Councilwoman, Mayor of Alexandria, VA State Senator.  
Jim Moran, former Mayor of Alexandria and U.S. Representative.



# COMMUNITY news



Chief Earl Cook and Sheriff Dana Lawhorne congratulate their officers and deputies who graduated from the Northern Virginia Criminal Justice Training Academy. Courtesy of Alexandria Sheriff's Office.

## NEW POLICE OFFICERS AND DEPUTY SHERIFFS GRADUATE FROM CRIMINAL JUSTICE ACADEMY

Fifteen Alexandria police officers and six Alexandria, deputy sheriffs graduated from Session 132 of the Northern Virginia Criminal Justice Training Academy on Friday, June 26. Sheriff Dana Lawhorne and Police Chief Earl Cook joined command and training staff of both agencies at the graduation ceremony at Dominion High School in Sterling. The new law enforcement officers completed 20 weeks of training including emergency vehicle operations, firearms training, defensive tactics, crash investigation, basic legal



Class president Deputy Lemuel Houston, Jr., addresses the audience during the graduation program. Courtesy of Alexandria Sheriff's Office.

training and other important areas, and the deputies completed four additional weeks of training in jail and courthouse procedures.

CONTINUED ON PAGE 7

# Senior Academy

## CALLING ALL SENIORS 60+

To learn more, or to register for the Senior Academy, download the application at [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call Mary Lee Anderson at 703-836-4414, ext. 111.

Senior Services of Alexandria is partnering with the City of Alexandria to launch the first

### SENIOR ACADEMY

Wednesday mornings  
10 a.m. – noon  
Starts September 9

The four-week course is designed to provide Alexandria's seniors with an opportunity to gain exposure to the City's various government functions, learn about local organizations that provide services and programs to Alexandria's seniors, and help seniors get involved! **Enrollment is limited to 25 City residents ages 60 and older.** The Academy is a **free program** with light refreshments each week. A special graduation ceremony will take place during a City Council meeting at City Hall in October. **Registration closes on Friday, August 14 at 5 p.m.**

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## CITY BRIEFS

### Alexandria Police Accepting Applications for the Citizens' Police Academy 34th Session

Get to know your Police Department! The 10-week Alexandria Citizens' Police Academy provides an opportunity for residents to learn about various aspects of the Police Department, such as administrative philosophy, internal policies and the guiding principles of law and ethical conduct governing the delivery of police services. Classes are a combination of lecture and interactive activities. Class topics will include patrol operations, gangs, crime prevention, crime scene investigations, criminal investigations and the Special Operations Team.

The academy will be held every Wednesday from 6:30 p.m. to 10:00 p.m. at the Police Department's Headquarters at 3600 Wheeler Ave in the Community Room, located on the 1st floor. Classes begin on September 9, 2015 and will end with a formal graduation ceremony on November 18, 2015.

The program is offered free of charge, however as a condition of participating in the Citizens' Police Academy, each participant will be asked to volunteer for a minimum of 10 hours per year post graduation. This would involve events such as assisting with parades, road races, National Night Out, Project SafeAssured, etc.

Class size is limited to twenty participants. Due to the popularity of the class, we also ask that participants commit to attending all 10 sessions. Participants of the Police Citizens' Academy must be at least 21 years of age and live or work in the City of Alexandria. In addition, Criminal History checks will be conducted on all applicants for final approval of acceptance.

The curriculum covers the core elements that are essential for participants to gain a greater understanding of police operations. As a result of their participation, residents can make more informed judgments about the Alexandria Police Department and its daily operations. The Police Department is simultaneously able to acquire a greater understanding of the views and concerns of the community through an enhanced relationship with the public.

For more information on the Police Citizens' Academy or to request an application, visit [www.alexandriava.gov/police](http://www.alexandriava.gov/police) or e-mail the Volunteer Office at [Virginia.obranovich@alexandriava.gov](mailto:Virginia.obranovich@alexandriava.gov). The deadline for registrations is August 15, 2015.

### Alexandria Citizens Academy Now Taking Applications

The Alexandria City Academy is a nine (9) week program offering residents (over the age of 18) and business owners (located within the city limits) the opportunity to learn how their local government works and how they can become involved in the City. This program will also prepare individuals for public service on a board, commission, task force or other involvement in the City's governance.

Participants will learn about the many responsibilities and functions of the City Government, the relationships between the City Departments and the community and how services are provided. The Academy's goal is to educate the public and to increase awareness about what their local government does for them, provide an inside look into government operations, and to develop a better understanding of their role in city government.

Applications are now being accepted for the 2015 Fall Session, which will begin on Thursday, September 10, and end on Thursday, November 5. Each class will begin at 6:45 p.m. and end at 9 p.m.; light refreshments will be provided. A Graduation Ceremony will be held on Tuesday, November 10 during the City Council Meeting. Class size is limited to 22 students. The deadline for registration is Friday, August 14.

CONTINUED ON PAGE 11

## HISTORIC BUILDINGS GET FUNDING IN ALEXANDRIA

The Stabler-Leadbeater Apothecary Museum was recently awarded \$3,220 from the non-profit Historic Alexandria Foundation to replicate the decorative ceiling medallion at the 18th-century drug emporium that has been missing for many years. Replication of the medallion will be executed using pieces from the original plaster casting and from historic photographs in the museum's collection dating from the early 20th century. Replacement of the medallion will enhance the recent interior restoration of the apothecary that now interprets the 1904 period, a time when the U.S. Food and Drug Act was passed that regulated consumable medicines and food products for the first time. This is the second award to the



The Stabler-Leadbeater Apothecary Museum. Courtesy photo.

museum in as many years; last year the foundation provided resources to replicate the historic glass show globes in the front windows

Two other institutions were also awarded funding this year.

The Athenaeum at 201 Prince Street received funding for restoration of exterior stucco finishes and the Lee-Fendall House at 614 Oronoco Street was awarded funding to restore a deteriorated porch.



DASH and area businesses complete a connection, getting kids to the Old town pool this summer. Photo by Erica B. Tappis Photography.

## DASH PARTNERS WITH COMMUNITY BUSINESSES TO GET KIDS TO THE POOL THIS SUMMER

Warwick Pool is closed this summer for renovations, and that leaves a lot of kids stranded in swim suits with

no place to swim. DASH initiative to get families and children to the Old Town Pool

instead, approximately a dozen local businesses, along with

CONTINUED ON PAGE 24

## ACADEMY GRADUATES

CONTINUED FROM PAGE 6

The police officer graduates are Andrew Compton, Daniel Cornell, Thomas Evans, Stephanie Frank, Patrick Fuller, Joel Hughes, Michael Izz, Marcell Jones, Lisa Kutz, Johnny Larios, Michael Matteson, Michael McGhee, Jr., Kaitlyn Potts, Rachel Shockey, and Joshua Smigielski. The deputy graduates are Patrick Cushing, Lemuel Houston, Jr., James Kennedy, Giovanna Moya, Lindsay Wood and Gerald Wooden.

Alexandria members of Session 132 distinguished themselves with Deputy Lemuel Houston, Jr., being selected as Class President, Officer Stephanie Frank being chosen as Vice-President, and Deputy Patrick Cushing earning top academic honors for the four-week deputy school.

Several Alexandria graduates also have strong family ties to Alexandria law enforcement. Deputy Houston is the son of Alexandria Police Sergeant Lemuel Houston, Sr., Officer Andrew

Compton is the son of retired Alexandria Police Lieutenant Jack Compton, Deputy Gerald Wooden is the son of Alexandria Deputy George Wooden, and Deputy James Kennedy is the son of retired Alexandria Police Detective Tom Kennedy and the grandson of retired Alexandria Police Detective Tom Morehead.

The Academy serves 17 participating law enforcement agencies: the Alexandria Police Department, Alexandria Sheriff's Office, Arlington County Police Department, Arlington County Sheriff's Office, City of Fairfax Police Department, City of Falls Church Police Department, City of Falls Church Sheriff's Office, George Mason University Police Department, Leesburg Police Department, Loudoun County Sheriff's Office, Manassas City Police Department, Manassas Park City Police Department, Middleburg Police Department, Northern Virginia Community College Police, Purcellville Police Department, Washington Metropolitan Area Transit Police and the Metropolitan Washington Airports Authority Police.

## BACKPACKS FOR BRIGHTER FUTURES

If you are looking for a meaningful way to engage your employees and give back to the community, look no further than The Child and Family Network Centers Backpacks for Brighter Futures event this August. We are partnering with ten corporate sponsors to provide 175 backpacks stuffed with school supplies for our incoming class of preschoolers in Alexandria, VA. Contact Alexandra Hatch at [ahatch@cfnc-online.org](mailto:ahatch@cfnc-online.org) for how your company can get involved.



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# FOODIE

## NEWS

BY DEBBY CRITCHLEY

It's quieted down a bit, but there's still a lot going on around town. We've got new Vietnamese locations nearby. **Pho Deluxe** owners Dan and Hue Nguyen have opened a third



location at 2300 Clarendon Blvd. in the former Toscana Grill location in Arlington, Va. According to their website, "Our dishes are made with a blend of high-quality ingredients using in-house recipes. Come and indulge in the rich aromas of Vietnamese cuisine." For those not familiar with Pho (pronounced Fa), it is a flavorful beef soup that is garnished with a variety of meats of your choosing. Add bean sprouts, slivered onions, hoisin, sriracha, and thai basil to taste. You can also get Pho Ga, the chicken soup version. Both are wholesome and healing.

**Four Mile Run Farmers Market** is growing. The newest vendor is **Selo Market & Eatery**. Matt Pellerito, owner, and chef says, "Selo Market & Eatery combines locally-grown products and worldly influence in everything we do. With a focus on detail and design, the market represents

our love and passion for food, from childhood memories to experiences traveling and living abroad. "Selo" means "village" to us (Matt and Joanna) it also means home-grown and local, meant to be shared with family, friends and community." **Furloughed Feds** started as an idea borne out of the Federal Furlough. This local pair brings home-baked goodies (cupcakes, brownies, coffee cakes, caramel candies) and breakfast treats (muffins, biscotti,

granola) to the market for a reasonable price.

More good news about our Mt. Vernon Ave. friend, **The Happy Tart**, 2307A Mount Vernon Ave, will be adding a second location in Falls Church sometime in mid-summer, according to a post on its Facebook page and information on its company website. If you have never been in the Del Ray location, they create gluten-free baked goods, ranging from cakes

and cookies to cupcakes and pies.

**Magnolia's on King**, 703 King St., opened July 1 with southern food flavors, tropical ceiling fans, and a pineapple chandelier. They boast, "A contemporary twist on classics and new dishes sure to be favorites, our cuisine offers locally and sustainably sourced seasonal ingredients." The lounge features craft cocktails by Zachary Faden including the signature

CONTINUED ON PAGE 10

## Banh Ta Deli

The Eden Center in Falls Church is welcoming the **Banh Ta Deli**. They feature banh mi sandwiches as well as buns and summer rolls. Find them at 6783 Wilson Blvd., Falls Church, Va. If you have not had a banh mi, you are in for a treat. The sandwich starts with a wonderfully crusty French roll



and is filled with your choice of meat and then topped with pickled daikon, carrots, fresh cucumber, cilantro, and jalapenos. These sandwiches are a

fine example of the French influence on Vietnamese cuisine. Try the one made with pate; my favorite is the roast pork version.



## Blackwall Hitch

BY DEBBY CRITCHLEY

Have you been to **Blackwall Hitch** yet? They took over the pavilion behind



Michael Wagner, the Executive Chef

the Torpedo Factory on the waterfront, 5 Cameron Street. The entire building has been updated and provides beautiful views of the waterfront and the Woodrow Wilson Bridge. The first location is located in Eastport, MD near Annapolis. The name refers to a particular knot used by sailors to tie up their ships to the hooks attached to the docks in London's Blackwall Port. I attended a media dinner the other evening and was able to sample several of the dishes offered on the menu. Before dinner, we were offered Watermelon Saketinis made with watermelon puree, Odzaki sake, fresh mint, and fresh lime juice. They were a great way to cool off from the heat outside. We started our meal with the Antipasto Chopped Salad featuring romaine lettuce, salami, pepperoni, green beans, roasted red peppers, buffalo mozzarella, and tomatoes, with a Parmesan-oregano vinaigrette. The

CONTINUED ON PAGE 12



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Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

—Carl Band

## FOODIE NEWS ...

CONTINUED FROM PAGE 8



Chef Brian Rowe



Magnolia's Old Fashioned. Chef Brian Rowe, formerly of several Wolfgang Puck restaurants including Spago, prepares sweet tea-brined buttermilk fried chicken, molasses-crust pork belly, and bison meatloaf. Hans Fogleman is baking the pastries. They are currently open

for dinner and will feature a Sunday brunch in August.

Check out **Yammi Market and Café**, a coffee shop in Landmark Center 5245 Duke St. They feature indoor and outdoor dining. They are currently serving breakfast and lunch.

*Washingtonian* recently singled out two local businesses. **Balducci's**, 600 Franklin St., as the Best Shop for Charcuterie. They offer an exceptional selection of smoked and cured delicacies including Virginia-made Surryano ham and Olli salamis, aged prosciutto di Parma, juniper-smoked German ham, and *jamón Ibérico* made from acorn-fed Spanish pigs.

**Fresh Crunch** was named for the best pickles. You can find Virginia native **Matt Bressan's** handcrafted pickled veggies and cucumbers at the Del Ray Farmer's Market every other Saturday. Pickles come in 10 different flavors; my favorites include the Balsy, made with balsamic vinegar, and the Hot and Savory. Other specialties include sweet and savory pickled veggies such as the Curried Cauliflower. For \$7 a jar, you can snack on locally-sourced green beans, okra, or radishes, and enjoy unusual flavor combinations such as Citrus Ginger Beets. Bressan offers pickling classes in the winter.



There is no better way to spend a warm summer evening than on the patio at **Los Tios**, 2615 Mt. Vernon Ave. I had the good fortune to do that a few weeks ago. The margarita was exactly what to drink while enjoying the gentle breeze as the sun set. I had the beef fajitas. They came with tortillas, great Mexican style beans,

CONTINUED ON PAGE 12

## Giant Food

Speaking of **Giant Food**, the old **Giant** at 425 E. Monroe Ave. is closing in August. The new Giant – no opening date yet – is going in the new apartment building at the corner of E. Glebe and Rt. 1. More Giant news includes Chef Robert Irvine and Giant Food of Landover, Md., announcing that the renowned Chef's new company of nutritionally improved food products will initially be available exclusively at Giant's 168 stores throughout the mid-Atlantic region.

"Building this company and launching these products is one of the most important projects of my career to date. It allows me to finally share some of my favorite foods with a healthier approach. These foods are



Chef Robert Irvine

CONTINUED ON PAGE 12

## CITY BRIEFS

CONTINUED FROM PAGE 6

Applications may be found and submitted online at alexandriava.gov/CityAcademy

or picked up at City Hall, 301 King St., Room 1900. Submit the completed application by return email, regular mail, by fax to 703.838.6426, or in person to the above address. For additional information, contact Elaine Scott at 703.746.4317 or by email: elaine.scott@alexandriava.gov.

### Valencourt Scholarships Awarded

United Community Ministries (UCM) announced its Valencourt Scholarship Fund awards for 2015. Thanks to a generous bequest from her estate in 2014, UCM's Lois Valencourt Scholarship Fund enables students who have graduated from high schools in the Mount Vernon area to pursue training and career advancement after high school graduation.

"Education means higher wages and is a key connector to financial and family independence," says UCM Executive Director Nichelle A. Mitchem. "We are grateful to Mrs. Valencourt for her generous gift and commitment to education that means students and families can achieve self-reliance." She told the students: "We congratulate you and your families. You have worked so hard, and we are all so proud of you. As you embark on your educational paths, we wish you continued success with your careers."

Graduating seniors, as well as recent graduates from the previous three years, at Bryant Alternative High School, Mount Vernon High School, and West Potomac High School are eligible to apply for these scholarships. The four Valencourt Fund Scholarship awardees for 2015 are **Renas**



Pictured at the recent ceremony to announce UCM's 2015 Lois Valencourt Scholarship Fund awardees are: (from left) Nichelle A. Mitchem, UCM Executive Director, and awardees Tatiana Robles (West Potomac High 2015), Israel Archila (Bryant Alternative High 2015), Lesly Maldonado (West Potomac High 2015), and Renas Emmad (Bryant Alternative High 2015). Courtesy photo.

**Emmad**, a graduating senior at Bryant Alternative High School who plans to study art and medicine at Northern Virginia Community College; **Lesly Maldonado**, a graduating senior at West Potomac High School who plans to attend Northern Virginia Community College. Her passion for working with children and babies led her to choose Neonatal Nursing as a career; **Israel Archila**, a graduating senior at Bryant Alternative High School currently enrolled at Northern Virginia Community College; and **Tatiana Robles**, a graduating senior at West Potomac High School who plans to pursue a career in Public Relations and Communications at Northern Virginia Community College, with hopes to work in the entertainment industry.

"Mrs. Valencourt was particularly interested in helping Hispanic students, in part due to many

happy years spent living in South America with her husband," says Harry Wood, executor for her estate. "When she returned to the United States and settled in this area, she became involved in and supported many local organizations. UCM and its work with low-income families was particularly dear to her. She would be more than 100 years old, if she were still alive today. On her behalf, I congratulate each of you receiving a scholarship and encourage you to be all that you can be."

United Community Ministries (UCM) mobilizes the power of community to equip, educate, and empower people to measurably improve their lives. For the past 46 years, UCM has provided a vital connection in the Alexandria portion of Fairfax County between people in need and the people committed to helping them thrive.

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## FOODIE NEWS ...

CONTINUED FROM PAGE 10

rice, guacamole, pico de gallo, and sour cream. Let's not forget that Herman serves some of the thinnest and crispiest tortilla chips with homemade salsa that is one of the best around. Happy Hour runs from 3 to 5, Monday through Friday at your table or from 4 to 7 at the bar. Choose from horchata, tamarindo, maranon, pina colada, or a strawberry daiquiri. Margaritas are a specialty, and you can choose from a gold margarita, the El Patron, frozen margarita,



or home-made sangria. There is also a good selection of Mexican beer available. Until next month, eat well!

## BLACKWALL HITCH

CONTINUED FROM PAGE 9

colors and flavors were bright and refreshing. The next dish was Crispy Soft Shell Crab. These seasonal crabs were lightly breaded and fried. They were perched atop of a parsley tabbouleh with lemon butter sauce and turmeric oil. Michael Wagner, the Executive Chef, may have come from Florida but he knows his way around Maryland crab. His Diver Scallops resting on a mushroom risotto made me forget that I don't like scallops. They were seared perfectly and drizzled with a balsamic reduction. The next



course was the table favorite – Braised Beef Short Ribs. This dish was the perfect pairing of aromatic vegetables, red skin mashed potatoes, and crispy onion straws. This dish was a 10 pointer. As if we hadn't been fêted (or fed) enough, our meal closed with an



Apple Dumpling made with granny smith apples with an oat crumble topping, baked inside flaky puff pastry, and served with a scoop of vanilla bean ice cream. I like apple dumplings and I loved Chef Wagner's version. Everyone at the restaurant is there to make you happy. The servers and kitchen were happy to adjust dishes to meet diner requests. One of my tablemates was allergic to mushrooms and received a lovely mixture of orzo and summer squash to replace the risotto. Another diner did not eat beef and was served the apricot and orange glazed chicken. I will definitely order it the next time I am at the restaurant.

## GIANT FOOD

CONTINUED FROM PAGE 10

perfect for busy families across the country who strive to

improve their diet, but lack the time or resources to do it on their own," said Chef Irvine. If you don't recognize his name, Robert Irvine has more than 25 years in the culinary profession, cooking his way through Europe, the Far East, the Caribbean and

the Americas. He is the host of one of the Food Network's highest rated shows, *Restaurant: Impossible* and is the author of two cookbooks, *Mission: Cook!* and *Impossible to Easy*, and one healthy living book, *Fit Fuel: A Chef's Guide to Eating Well and Living Your Best Life*.



**Once you've accepted your flaws, no one can use them against you.**

**—Tyrion Lannister, Game of Thrones**



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BY STATEPOINT

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## Health Benefits

Between walks in the morning, walks in the evening and daily play time, dogs get everyone in the family active and moving each day -- an important part of a healthy lifestyle.

Dogs may have pervasive positive effects on human health, according to the National Institutes of Health, which reports that groups of new pet owners showed a significant reduction in minor health problems compared to those without pets. Other studies have shown that spending time with animals can reduce blood pressure and cholesterol levels.

## Why Adopt?

Between six and eight million homeless pets enter shelters every year. Because shelters cannot handle all the dogs that need a place to live, many that don't get adopted are euthanized. Adopting a dog is a conscientious decision to make because it means you are saving a life.

Furthermore, animals in shelters receive medical care during their stay. As an adopter, you can be better informed about the state of your new pet's health, as shelters keep great records on vaccinations and other treatments.

Lastly, adopting a pet is a much more affordable route to dog ownership than buying a dog from a breeder or store.

## Where to Adopt

Dog adoption events are an excellent way to meet lots of potential pets at once, helping you find a dog whose temperament would be a good fit for your home and family.

Thankfully, many groups are helping to make such events happen. For example, Coldwell Banker Real Estate is teaming up with Adopt-a-Pet.com to organize the Homes for Dogs National Pet Adoption Weekend on August 1-2, 2015. This nationwide

event builds on the success of the "Homes for Dogs Project," a national campaign hosted by Coldwell Banker and Adopt-a-Pet.com, which aims to find homes for 20,000 adoptable dogs in 2015.

"It's shocking to think of how many homeless dogs enter shelters each year," says Sean Blankenship, chief marketing officer for Coldwell Banker Real Estate LLC. "That's why we launched this program; between our 86,000 sales associates and the 15,000 Adopt-a-Pet.com shelters and rescues, we're hoping that we can truly make a difference."

The Homes for Dogs National Pet Adoption Weekend is expected to be one of the largest adoption events of the year. A list of pet adoption events is available at [www.adoptapet.com/homesfordogs](http://www.adoptapet.com/homesfordogs).

To add laughter and love to your life, consider sharing it with a dog in need.

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- 1700 King, in front of Hilton
- Alfred and King, in front of Bittersweet

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## TRADITION

CONTINUED FROM PAGE 5

were needed. And then do it again."

Vendors prefer parking on the Royal Street side where there are no steps. The Doves park on Fairfax Street. "After they build the City Hall with the jail, there was a cut in the curb and they used to back the paddy wagons in there to take them to court on Saturday mornings, while the market was going on," says Lenny. "When Mrs. Lawson\* was in there, she gave permission for us to do it."

"And Lenny's truck was perfect!" says Missy. "You could back up to the steps, flip the tailgate down, and walk right out on the top step."

"Vola Lawson was very nice and friendly," says Doris. "Also Patsy Ticer. Jim Moran was always very good to us, a real gentleman. We did flowers for his first wedding."

"That's one of my earlier memories," says Missy. "Mrs. Lawson would come into market and get her things, and she'd give me \$2 to take them down to her car. She always left her car unlocked and she was always in the first spot in the parking garage."

### Spotsylvania

Doris and Lenard's mother, Virginia, died in 2000. With ten heirs, keeping the Van Dorn Street property wasn't feasible, so they sold it.

Doris, Missy and her sons moved to 27 acres in Spotsylvania where they grow

the field flowers for which they're known: yarrow, zinnias, cox comb, sunflowers, Russian sage and wildly popular tuberoses (*coming in late July and August!*). All the work is done by hand. Lenny buys flowers they can't grow from wholesalers in the District and Newington and takes them to the farm, where he and Doris do the arranging themselves. Doris also sews quilts to sell.

Doris was born in Franconia. Of the family's houses, only the one where Lenny lived with their mother Virginia had running water. Doris and her family went up to Virginia's house to use facilities. Doris didn't have running water until the move to Spotsylvania in 2000. She was 65. This family can't see the attraction of camping.

"But I'll tell you one thing," says Doris, "you can still live and be happy if you don't have all that. It's how you were raised up."

### Customers of Dove's Flower Stand

Some people have bought the Doves' flowers for so long that even when Doris and Lenny don't know their names, they do know what will be ordered. "The customer walks up and these two just look and say, 'Oh you want your 25 wreaths and your six bunches of this and that,' and they remember these orders. And I don't know how they do it," says Missy. Do they keep a log? "Nope," says Doris, "we just know it."

A representative of Reebok once brought them 50 high-

top tennis shoes to make fresh flower centerpieces for a conference. A woman years ago ordered dried flowers for The White House. One gentleman comes in every other week and buys four mixed bunches of flowers. His name is Mr. Ritz, and "he's a really neat guy."

"We have people come back that we did weddings for 30 years ago, and they're still our customers," says Doris. During the 1980s and 90s, she arranged flowers for as many as 60 weddings a year. Now, "it's down to four or five," says Doris, "but at one recent Old Town wedding, the bride's mother was pregnant with her when she first came into the market."

At the Christmas season, the Doves create 40 Kissing Balls for the city, with 400 lights in each, to be strung on lamp posts around market square. They also make boxwood Christmas trees—"little trees for little homes"—a nice way to wrap up their season.

### Looking ahead

In 2014, Doris Cassidy was diagnosed with her second occurrence of cancer. She was gone for a few weeks for treatment, during which word spread. Customers sent more than 40 cards in two weeks, many including stories of how the Doves' flowers had raised their spirits. One message arrived on a delicate handmade card and read in part:

*My daughter made this when she was about eight years old. It has been in my "special" drawer for the past thirty-seven years...*

*just being saved for a very special person.*

From another:

*In 1980, my husband of 13 years left me and took our joint bank account with him...It was a very sad and difficult time for me, but somehow I managed to scrape together the \$1 or \$1.50 for a bouquet...Your flowers have kept me going for nearly 35 years now,*

*along with your cheery Saturday "hellos"...When my current husband and I were married twenty some years ago—your flowers were there!*

"If my mom couldn't go to the market," says Missy, "I know that would be it. As long as she can go, she'll be fine."

**Either write something worth reading or do something worth writing.**

**QUOTABLES**

**—Benjamin Franklin**

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<p>2 Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY! A \$5.50 per ticket service charge will apply.</p>	<p>3 <b>Jorge Drexler</b> 7:30pm \$35.00</p>	<p>4 <b>TBA</b></p>	<p>5 An Evening with <b>GRAHAM NASH</b> 7:30pm \$90.50</p>	<p>6 <b>KASEY CHAMBERS</b> 7:30pm \$35.00</p>	<p>7 <b>Kim Waters</b> 7:30pm \$35.00</p>	<p>8 <b>TBA</b></p>
<p>9 <b>Edwin McCain</b> (Trio) w/ Jenn Grinels 7:30pm \$29.50</p>	<p>10 <b>TBA</b></p>	<p>11 <b>TBA</b></p>	<p>12 <b>TBA</b></p>	<p>13 <b>JAZZ BAND</b> 7:30pm \$35.00</p>	<p>14 <b>Dry Branch Fire Squad</b> and Lou Reid &amp; Carolina 7:30pm \$25.00</p>	<p>15 <b>TANK</b> 7:30pm \$59.50</p>
<p>16 <b>Edwin McCain</b> (Trio) w/ Jenn Grinels 7:30pm \$29.50</p>	<p>17 <b>TBA</b></p>	<p>18 <b>TBA</b></p>	<p>19 <b>TBA</b></p>	<p>20 In the Flex Stage! <b>CHRIS STAPLETON</b> 7:30pm, Doors 6pm \$20.00</p>	<p>21 <b>Firefall &amp; Atlanta Rhythm Section</b> 7:30pm \$39.50</p>	<p>22 <b>JAKE SHIMABUKURO</b> 7:30pm \$45.00</p>
<p>23 <b>WR</b> 7:30pm \$55.00</p>	<p>24 <b>TBA</b></p>	<p>25 An Evening with <b>gregg allman</b> 7:30pm \$89.50</p>	<p>26 <b>TBA</b></p>	<p>27 AN INTIMATE EVENING WITH <b>JUSTIN HAYWARD</b> THE WATCHING &amp; WAITING TOUR 7:30pm ALL LEVELS \$69.50</p>	<p>28 <b>TBA</b></p>	<p>29 <b>J.D. CROWE &amp; THE NEW SOUTH "Flashback"</b> feat. Phil Lebetter, Don Rigby, Richard Bennett, Curt Chapman 7:30pm \$35.00</p>
<p>30 <b>Larry Graham</b> Graham Central Station 7:30pm \$69.50</p>	<p>31 <b>TBA</b></p>	<p>September 1 <b>TBA</b></p>	<p>September 2 <b>TBA</b></p>	<p>September 3 <b>BILLY BOB THORNTON &amp; THE BOXMASTERS</b> 7:30pm \$35.00</p>	<p>September 4 <b>EUGE GROOVE</b> 7:30pm \$39.50</p>	<p>September 5 <b>The Seldom Scene</b> Jonathan Edwards 7:30pm \$29.50</p>



# JULY Z-EVENTS

JULY 17 - 18

**13<sup>th</sup> Annual Comcast Film Festival**  
**Gates open at 5:30 pm**  
**Waterfront Park**  
**1A Prince Street**

Come spend a night under the stars the Comcast Outdoor Film Festival. Friday, July 17 – How to Train Your Dragon 2 PG, Saturday, July 18 – X-Men: Days of Future Past PG-13. Films beginning at dusk. Be sure to bring blankets and beach chairs so you are comfortable during the feature presentation. Visitors to the historic district are encouraged to bike, walk or take the Metrorail Yellow or Blue lines to the King Street Station and take the free King Street Trolley to the festival. Street parking is limited. Free

JULY 18 - 24

**Jon Meadows: A Soldier's Voice**  
**Torpedo Factory Art Center, The Art League Gallery**  
**105 North Union Street**

The Torpedo Factory Art Center partners with The Art League for this upcoming exhibition in The Art League Gallery. Part of The Art League's IMPart program, Jon Meadows tells the narrative of his war experience through visual art. IMPart offers a creative outlet for Injured Military Personnel and their caregivers to experience the transformative nature of the visual arts, while aiding their transition to health and healing. Free

JULY 18

**Tons of Trucks**  
**10:00 am - 1:00 pm**  
**Chinquapin Park**  
**3210 King St.**



Children of all ages will have the unique opportunity to explore their favorite vehicles, get behind the wheel and meet the people who protect, build and serve our City. Event is rain or shine. Free

JULY 18

**"Solo Baroque" Concert**  
**3:00 pm**  
**Lyceum**  
**201 S. Washington St.**

Michael De Sapio, Baroque violin: composers have long used the unaccompanied violin as a vehicle for mind-boggling virtuosity, profound introspection, and poetic flights of fancy - sometimes all at once. Take a journey down some less-traveled roads of the Baroque solo violin repertoire with works by Biber, Tartini, Telemann, and Johan Helmich Roman (the "Swedish Handel") performed on a period instrument. MichaelMartinD@gmail.com. 703-409-5859 Free but donations will be gratefully accepted

JULY 18, JULY 25, AUGUST 1, AUGUST 8

**Special Family Tours of Gadsby's Tavern Museum**  
**10:00 am - 1:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

## QUIETLY CUTTING THROUGH: WHIMSICAL JAPANESE HAND-CUT PAPER ARTWORK BY SHIHO K. RICE

**July 9 - August 3**  
**Torpedo Factory Art Center, The Art League Gallery**  
**105 North Union Street**

New York artist Shiho K. Rice explores the Japanese medium of Kirijō (Kee-ree-yay), in which a single piece of paper is cut by hand to create an intricate image. Her artwork is an expression of her perspective of both cultures. With this basic material, Rice is able to depict both the fantastic and the mundane: bathtubs and shoes mixed with bunnies making tea or an elephant visiting a girl reading. Her artwork is often inspired by overlooked elements of the world around us. Rice says that growing with two working parents allowed her time alone to develop a rich imagination, which she now uses to bring her tiny cut out worlds to life. [www.theartleague.org](http://www.theartleague.org) 703-683-1780 Free



The more flexible tour format will allow families to start a tour as soon as they arrive and move through the museum at their own pace. Young guests will be able to connect with the museum through their peer tour guides, plus have fun with hands-on activities at the end of the tour. In July, activities in the ballroom explore the science behind the historic ice well as part of National Ice Cream Month. Activities include making (and tasting) ice cream! August features activities about 18th century travel, highlighting a letter written by Thomas Jefferson outlining his route from DC to Monticello as well as art projects revolving around the theme. \$5 adults (\$4 with AAA), \$3 children ages 5 to 12, and 4 and under are free. Alexandria City Public School families and Blue Star Families are free and coupons, including the Key to the City, accepted.

JULY 19

**Presidential Salon with James Madison**  
**3:00 pm - 4:30 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

The date is March 15, 1815 and the war with England has drawn to a close. The salon with President James Madison discussing events as they unfold in his time is part of on-going series of presidential salons which began in 2010 honor of the bicentennial of the War of 1812. Public questions and opinions related to the salon topics are welcome and encouraged. Check-in is at Gadsby's Tavern Museum, 134 North Royal Street. Reservations are recommended. Madeira, Port and other libations will be available for purchase at the event. \$15 per person, \$10 for high school/college students. 703-746-4242

JULY 19

**New Family Art Lab at the Apothecary Museum**  
**3:00 pm - 4:00 pm**  
**Stabler-Leadbeater Apothecary Museum**  
**105-107 S. Fairfax St.**

Guests can explore the Family Art Lab Sundays from 2-4pm June 28 through Labor Day weekend at the Stabler-Leadbeater Apothecary Museum, located at 105-107 S. Fairfax Street. The Lab features a new activity every week that brings together history, science, and art in a way all ages will enjoy. Families can come back throughout the summer and experience something new every time. No tour necessary to create in the Lab! Lab only admission is \$5 per family. If taking a tour, cost is included in regular admission. Alexandria City Public School families and Blue Star Families are free and coupons, including the Key to the City, are accepted. 703-746-3852

JULY 23, JULY 30, AUGUST 6

**Jane Austen Dance Class**  
**7:30 pm - 9:30 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

In preparation for the Jane Austen Ball on August 8, learn 18th-century English country dancing from expert dance instructors. Reservations recommended. \$12 per class or \$30 for the series of three. Tickets can be purchased online at The Alexandria Shop. 703-746-4242

JULY 25 - AUGUST 30

**Leigh Merrill: Cloud Seeding**  
**Reception: August 13 - 6-8pm - Artist Talk**  
**with Leigh Merrill at 7pm**  
**Torpedo Factory Art Center, Target Gallery**  
**105 North Union St.**



Texas-based artist Leigh Merrill shows photography and video in her solo exhibition Cloud Seeding. Merrill's work examines the construction of desire, fiction, and beauty in urban landscapes by digitally compositing thousands of images and videos into imaginary spaces. She was selected as the winner of our annual Open Exhibition competition by jurors John James Anderson and Amy Boone-McCreesh. A catalog will accompany the exhibition. Free

JULY 22, 29, AUGUST 5, 12, 19, 26,  
SEPTEMBER 2

**Cool Yoga**  
**6:30 - 7:30 pm**  
**Just ASK Publications**  
**parking lot**  
**1900 Mt. Vernon Ave.**

Free outdoor yoga class in Del Ray. Chill out after class with summer cool drinks and treats from St. Elmo's Coffee Pub, Senzu Juicery and more. Suitable for all levels. So grab a mat and c'mon down for the coolest yoga in town. Presented by Prasada Yoga. Generously sponsored by Steinmetz Center for Integrative Medicine, Smart Moves for Living, Just ASK Publications & Professional

Development, Senzu Juicery & Pure Prana Yoga Studio. 703-967-8884, [yoga@prasadayoga.com](mailto:yoga@prasadayoga.com). Free

JULY 19

**4MRStage Concert Series - Dan Barry**  
**10:00 am - 12:00 pm**  
**Four Mile Run Park**  
**West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run**

Dan Barry is a NY native singer/writer living in the DC area in same vein as Ben Harper, Jack Johnson, or Dave Matthews Band. <http://www.reverbnation.com/danbarry7>. 804-464-7861 Free

JULY 22

**Canal Plaza Concerts**  
**12:00 pm - 1:00 pm**  
**Canal Center Plaza, Canal Center Plaza Amphitheater**  
**44 Canal Center Plaza**

Concert series with a performance by The Sidley's featuring Soul Infused Rock. Amphitheatre seating, bring your picnic lunch and enjoy music on the waterfront. Offered in partnership with American Real Estate Partners. Free

JULY 24

**Hogarth Nights: Gin Lane**  
**5:30 pm - 8:30 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

Enjoy a specialty 18th-century gin cocktail, beer, and wine, while chatting with your local tavern keeper and trying your hand at period games. Attendees will receive one drink ticket, and enjoy an evening of socializing and 18th-century fun. Tavern fare and additional beverages will be available for purchase. #HogarthNights \$10 per person. Must be 21 to purchase ticket.

JULY 24

**Beasley Outdoor Movies**  
**6:00 pm - 7:30 pm**  
**Just ASK Publications**  
**parking lot**  
**1900 Mt. Vernon Ave.**

Free outdoor yoga class in Del Ray. Chill out after class with summer cool drinks and treats from St. Elmo's Coffee Pub, Senzu Juicery and more. Suitable for all levels. So grab a mat and c'mon down for the coolest yoga in town. Presented by Prasada Yoga. Generously sponsored by Steinmetz Center for Integrative Medicine, Smart Moves for Living, Just ASK Publications & Professional

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## 4MRSTAGE CONCERT SERIES

**Sundays, 10:00 am - 12:00 pm**  
**Four Mile Run Park**  
**West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run**

# JULY Z-EVENTS

JULY 25

**Bike Clinic at the Market with VeloCity**  
**9:00 am - 12:00 pm**  
**Market Square**  
**301 King St.**

Haul your bike to the Market this Saturday and have VeloCity staff take a look at your ride. Pump available for proper inflation, lube for eliminating that squeaky-mouse chain problem, learn how to fix a flat, get your brakes adjusted, your derailleur realigned, or a spoke tightened. Get advice on bike routes to work, how to transport kids and groceries, etc. 703-746-3200 Free



JULY 25

**Bike for Good at the Market**  
**11:45 am - 1:00 pm**  
**Market Square**  
**301 King St.**

Help your neighbor and community by increasing access to healthy food! Come to the Market and rescue donated food using bicycles and cargo trailers! We will bicycle the food to the Annie B. Rose Senior Home. Free

JULY 25

**Docent-Led Tour of Friendship Firehouse Museum**  
**12:00 pm - 1:00 pm**  
**Friendship Firehouse Museum**  
**107 S. Alfred St.**

Volunteers, concerned for the well-being of Alexandria, formed the Friendship Fire Company in 1774. Come for an in-depth guided tour of Friendship's firehouse and learn about the company's firefighting procedures and equipment, as well as the different roles the organization played in serving the community. Age 10 and older. \$5 for adults, \$4 ages 10-17. Reservations are required, as space is limited. 703-746-4994

JULY 26

**4MRStage Concert Series - Mike Elosh**  
**10:00 am - 12:00 pm**  
**Four Mile Run Park**  
**West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run**

Mike Elosh plays guitar, piano & harmonica to accompany his roots-based music. [4MRStage@Arlandria.org](mailto:4MRStage@Arlandria.org). 804.464.7861 Free

JULY 28

**Art Uniting People - Second Exhibit Reception**  
**6:00 pm - 7:30 pm**  
**St. Elmo's Coffee Shop**  
**2300 Mt. Vernon Ave.**

Join us for a reception for the second exhibit of this year's art exhibition, Art Uniting People: Celebrating Recovery, Creativity and Mental Health. The exhibition is presented each year to reduce stigma and foster understanding by engaging the Alexandria community in a conversation about each person's uniqueness and the commonality we all share. The exhibit presents the work of those whose lives have been affected by mental illness, addiction and developmental disabilities. This exhibition, which runs through September 8, is the second of four. <http://artunitingpeople.wix.com/artunitingpeople>. Free



JULY 30

**Music at Twilight Concert - John Carlyle Square Park**  
**7:00 pm - 8:00 pm**  
**John Carlyle Park**  
**300 John Carlyle St.**

City concert series with a performance by The Muddy Crows featuring Modern/Americana, and Folk-Rock music. Feel free to bring chairs or a blanket and a picnic supper. 703-746-5592 Free

JULY 31

**Science behind Harry Potter!**  
**3:00 pm - 10:00 pm**  
**Stabler-Leadbeater Apothecary Museum**  
**105-107 S. Fairfax St.**

In honor of Harry's birthday, visit the Stabler-Leadbeater Apothecary Museum and explore the real world of science and medicine behind J.K. Rowling's series Harry Potter. Family Tours from 3 - 7 p.m. | Tour includes a special take-home activity book and trivia run by local business Hooray for Books. Tickets on sale in advance for timed entry. Adult Social from 8 - 10 p.m. | Tour includes DIY Dragon's Blood tooth powder, light refreshments, birthday cake, and special herb-infused adult beverage. Family Tours: \$6 per person. Adult Social \$30 per person. 703-746-3852

JULY 31

**City Concert Series**  
**7:30 pm - 8:30 pm**  
**Market Square**  
**301 King St.**

City sponsored summer concert at Market Square featuring Alexandria Citizens Band. 703-746.5592 Free

AUGUST 1

**Family Dig Days**  
**1:30 pm - 3:00 pm**  
**Shuter's Hill.**  
**101 Callahan Drive**

The event is presented in three parts, beginning with an introduction to the history and archaeology of the Shuter's Hill Site, followed by a site tour, and finally gathering around the screens to sift through excavated soil collecting artifacts. The bags of artifacts will be sent to the laboratory in the Museum. All the necessary equipment will be furnished, but please wear comfortable clothes, boots or sturdy shoes (no sandals), and bring a water bottle. \$5 703-746-4399

AUGUST 2

**4mrstage Concert Series - Jong Lee**  
**10:00 am - 12:00 pm**  
**Four Mile Run Park**  
**West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run**

4MRMarket veteran musician Jong Lee. Jong runs Jive Sound a bass guitar shop on the Avenue in Arlandria and his performances are a lot of fun. [4MRStage@Arlandria.org](mailto:4MRStage@Arlandria.org). 804.464.7861 Free

AUGUST 2

**257th Army Band Concert**  
**6:00 pm - 7:00 pm**  
**Market Square**  
**301 King St.**

City sponsored performance by the 257th Army Band, "The Band of the Nation's Capital", featuring "All Entertainment"--music from the stage, the screen, and the ring. Bring chairs or sit on the



## JON MEADOWS: A SOLDIER'S VOICE

**July 18 - 24**  
**Torpedo Factory Art Center, The Art League Gallery**  
**105 North Union Street**

The Torpedo Factory Art Center partners with The Art League for this upcoming exhibition in The Art League Gallery. Part of The Art League's IMPart program, Jon Meadows tells the narrative of his war experience through visual art. IMPart offers a creative outlet for Injured Military Personnel and their caregivers to experience the transformative nature of the visual arts, while aiding their transition to health and healing. Free

bench seating around the Square. 703-746-5592 Free

AUGUST 3 - 6

**GSK Science in the Summer Level I**  
**10:00 am**  
**Beatley Central Library**  
**5005 Duke Street**

Join Alexandria Library at Beatley Central this summer for a fun and free science education program that helps elementary school children "grow into science." Taught by certified teachers, this program gets kids excited about studying science with hands-on experiments. Level I is for 2<sup>nd</sup> -3rd graders. Register in person at the Youth Services Desk at Beatley Central Library. 703-746-1702.

AUGUST 3 - 6

**GSK Science in the Summer Level II**  
**12:00 pm**  
**Beatley Central Library**  
**5005 Duke Street**

Join Alexandria Library at Beatley Central this summer for a fun and free science education program that helps elementary school children "grow into science." Taught by certified teachers, this program gets kids excited about studying science with hands-on experiments. Level II is for 4<sup>th</sup>-6<sup>th</sup> graders. Register in person at the Youth Services Desk at Beatley Central Library. 703-746-1702.

AUGUST 5

**Canal Plaza Concerts**  
**12:00 pm - 1:00 pm**  
**Canal Center Plaza, Canal Center Plaza Amphitheater**  
**44 Canal Center Plaza**

Concert series with a performance by The Glimpses featuring folk music. Amphitheatre seating, bring your picnic lunch and enjoy music on the waterfront. Offered in partnership with American



Real Estate Partners. 703-746-5592 Free

AUGUST 6

**Music at Twilight Concert**  
**7:00 pm - 8:00 pm**  
**John Carlyle Park**  
**300 John Carlyle St.**

City concert series with a performance by Vintage #18 featuring Blues & Soul. Feel free to bring chairs or a blanket and a picnic supper. 703-746-5592 Free



AUGUST 6

**First Thursday**  
**6:00 pm - 9:00 pm**  
**Del Ray - Mt. Vernon Ave.**

First Thursday is an event sponsored by the Del Ray Business Association. Businesses along Mt. Vernon Avenue have different monthly themes to promote Del Ray as a great place to live, work and shop. 703-258-4516 Free

AUGUST 8

**One Love Festival**  
**12:00 pm - 6:00 pm**  
**Braddock Road Field**

"One Love Festival," an annual multi-cultural family event to celebrate the City of Alexandria and to bring people together in unity and love to foster positivity and self-empowerment. This community event held in honor of Lenny Harris to continue his legacy. Performers and vendors will be on site along with entertainment for children. 703-589-7537 Free

AUGUST 8

**Jane Austen Ball**  
**8:00 pm - 11:00 pm**  
**Gadsby's Tavern Museum**  
**134 N. Royal St.**

Step back to the time of Jane Austen at this late-1790s era ball. The evening will feature a variety of English Country dances in the historic ballroom, live music, and "iced refreshments." Period costume optional, "after-five" attire encouraged.. \$45 per person, reservations required.

AUGUST 9

**4MRStage Concert Series - Back Alley Blues Boys**  
**10:00 am - 12:00 pm**  
**Four Mile Run Park**  
**West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run**

Back Alley Blues Boys is a Metro DC based trio comprised of Art Hildebrand, Shawn Askin and Joe Weber. They play acoustic and electric guitar-driven blues, folk, and roots music, as well as some softer acoustic numbers and rock and roll tunes. [4MRStage@Arlandria.org](mailto:4MRStage@Arlandria.org). 804.464.7861 Free



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## SCHOOL BRIEFS

### St. Stephen's & St. Agnes School Named Top Place to Work

St. Stephen's & St. Agnes School named one of the 2015 Top Workplaces in the Washington, D.C. area by *The Washington Post*.

SSSAS was ranked No. 2 among the best mid-sized employers in the region, in the newspaper's annual Top Workplaces awards. A total of 150 employers were selected for the list.

Evaluation for Top Workplaces was based solely upon feedback from an employee survey conducted this winter by WorkplaceDynamics, LLC, a leading research firm on organizational health and employee engagement.

"We are honored to be recognized for this award, because it comes directly from our faculty, staff, and administrators," said Kirsten Adams, head of school at St. Stephen's & St. Agnes. "Their passion, professionalism, and dedication to our students and each other is remarkable. You find a deep commitment to our mission from the moment you step on campus—in every person, in every part of the school. I am proud and grateful to be part of this extraordinary community of first-rate educators and lifelong learners."

### Superintendent Crawley Names New Principal of Ramsay Elementary School

Alexandria City Public Schools Superintendent Alvin L. Crawley has selected Michael J. Routhouska as the new principal of William Ramsay Elementary School. Routhouska has been the assistant principal of Patrick Henry Elementary School for the past three years. He will assume his new position beginning July 6, 2015.

"Mr. Routhouska has helped to lead dramatic improvements in student achievement at Patrick Henry. I'm confident he will do the same at Ramsay Elementary," said Crawley. "He has also shown his collaboration skills in helping to create learning environments that positively impact and change the school culture."

Routhouska served as assistant principal of Ramsay Elementary from 2011-12, and previously served as an administrative intern at George Mason Elementary, Matthew Maury Elementary, and Ramsay. He also was an English teacher at T.C. Williams High School's Minnie Howard Campus.

"I'm so pleased to be returning to Ramsay Elementary to lead the outstanding staff and students and to collaborate with families and community to reach our goal of every student succeeding," said Routhouska.

He holds a Bachelor of Arts degree from the Nazareth College of Rochester in New York and a Master of Arts degree in educational leadership from George Mason University.

### Cardinals Get Proactive on Injury Prevention

The Bishop Ireton Girls' Volleyball team finished the 2014-2015 season with a respectable regular season above .500 record, which they rode into the WCAC and VISAA playoffs. Coach Kathy Gutmann had much to be pleased about on the court with her team's successes, but one area concerned her: a slight spike in injuries. "Volleyball is a very physically demanding sport on both the upper and lower body that requires quick, explosive movements. With a tough schedule and one that was stretched into November with playoff runs, I think the elongated season took a toll on the girls' bodies," said Coach Gutmann.

Rather than sit back, she and the team decided to get proactive. "I talked with our athletic trainers to get their thoughts on what we could do. As a coach and team, we want to continue



Amy Holm (far right) with her parents. Photo by Melinda Sigal.

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## PIERRETTE P. HALL NEW PRINCIPAL FOR FRANCIS C. HAMMOND MIDDLE SCHOOL

Alexandria City Public Schools Superintendent Alvin L. Crawley has named Pierrette P. Hall as the new principal of Francis C. Hammond Middle School. Hall is currently the eighth grade academic principal at George Washington Middle School. She will assume her new position beginning July 1, 2015.

"Ms. Hall has the skills, experience and vision that we need to lead the students and staff at Hammond Middle School," said Crawley. "She is a proven leader and educator who has created environments that promote student learning and achievement and has fostered positive relationships with students, teachers, parents and the community."

Hall was previously the principal of George



Pierrette P. Hall. Photo courtesy of ACPS.

Washington 2 Middle School, and lead academic principal and academic principal of mathematics and science at T.C. Williams High School. In addition, she has served as a ninth-grade biology teacher at Wakefield High School in Arlington, Va., and a seventh- and eighth-grade science

teacher and department chairperson at James Madison Middle School in Upper Marlboro, Md.

"I look forward to creating a collaborative environment among Hammond's staff that will promote a shared responsibility for all our students' success. I will be focused on influencing student achievement through best instructional practices, and ensuring our students can grow academically, socially and emotionally," Hall said.

Hall earned a Bachelor of Science degree in biology from the University of Maryland Eastern Shore, a master of education degree in the master teacher program at Regent University, and a master of education degree in educational leadership from George Mason University.



Burke and Herbert and West Potomac High School develop model to foster financial literacy and honor student achievements. Courtesy photo.

## BURKE & HERBERT BANK PARTNERS WITH WEST POTOMAC HIGH SCHOOL

Burke & Herbert Bank, Virginia's oldest bank and West Potomac High School PTSA (Parent Teacher Student Association) have joined together to enhance student academic recognition for the

2015-16 school year. The bank is working with the WPHS PTSA to celebrate student achievements in the classroom including honor roll students and students demonstrating significant growth in

individual subject areas.

In addition, Bank executives will be working with the college and career center specialist at WPHS and

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Author Sushmita Mazumdar shows Patrick Henry summer enrichment program students how to make their own books. Courtesy photo.

## SUMMER SCHOOL "CAMP-STYLE" WORKS

A brand new summer enrichment program is already being hailed as a success by both parents and staff for its incorporation of a summer camp style with high standards of learning.

"We have been bowled over by the enthusiasm for this new program. Teachers love the way the curriculum engages the children in unbelievably imaginative ways and parents are telling us that their children cannot wait to get on the school bus in the mornings. This is a real success for us at ACPS as we continue to strive to achieve excellence for every child," said Terri Mozingo, Chief Academic Officer for Alexandria City Public Schools.

The enrichment program for approximately 450 students in grades three through eight encourages the love of learning through creative learning methods, such as a Family Legends writing workshop and conversations with the members of the Alexandria Aces baseball team.

Middle school students participating in the program at Francis C. Hammond Middle

School are being encouraged to improve their skills in the core subjects by studying local aquatic systems through the hands-on study of live animals and fish in the "Our World of Water" program. They also participate in field trips once a week, such as a trip to the Capitol Building to visit the House and Senate and learn first-hand about the process to pass a bill and a behind the scenes tour of the Smithsonian Institution's National Museum of Natural History.

The idea behind the program is to give students a variety of experience-based learning activities that will stimulate their love of learning over a four-week period. The aim is to connect literacy and math skills to real life through exploratory and investigative experiences. Students for whom the enrichment program was thought to be most beneficial were identified and invited to join by their principal.

Students attending summer school at Patrick Henry Elementary School and Lyles-Crouch Traditional Academy will be talking part in a four-

week-long Family Legends writing workshop where they get to interview family members about their stories, illustrate and make a book that is personalized to that story. The workshop is run by author Sushmita Mazumdar who makes her own books from scratch including writing, designing, illustrating and even stitching the pages together.

The author, who originates from India, could not find books to tell her children about her own country and so she created her own. She now hand-makes books for schools all over the district, many of which are personalized for people she met on buses or in her neighborhood. Students at Patrick Henry and Lyles-Crouch could not get enough of the stories she told about yaks, how her brother came to like mangos, how her dad claims he saw a ghost, and life at the time of segregation in Alexandria.

The primary resource for the middle school program is called "Seeds of Science Roots of Reading: Aquatic

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Alexandria Aces, Kevin Scott Superko (left) and Griffin Charles Harms (center) have lunch with Patrick Henry summer enrichment program students. Courtesy photo.

## Z-EVENTS

CONTINUED FROM PAGE 17

### AUGUST 15

**Zumba at the Market**  
8:45 am - 9:45 am  
Market Square  
301 King St.

Come to the Market and try Zumba dancing on the stage with Your Life Energy Holistic Center. Zumba is a fun and invigorating activity for all ages that tones your body, burns calories, increases your blood circulation, and is an enjoyable cardiovascular workout! Buy your fruit and veggies at the market after this great workout. Each class is limited to 10 participants. Bring water. RSVPs highly encouraged at [www.yourlifeenergy.com](http://www.yourlifeenergy.com) or (571) 319-0093

### AUGUST 15

**Cinema Del Ray**  
8:00 pm - 10:00 pm  
Mount Vernon Recreation Center  
2701 Commonwealth Ave.  
Community Movie Night where

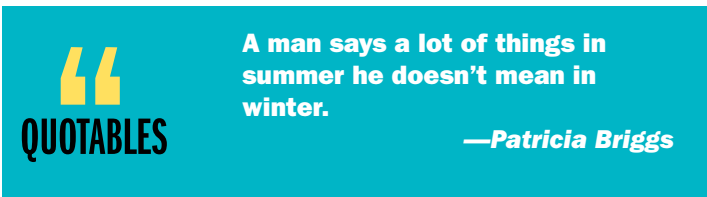
attendees sit and enjoy family movies. This event will take place on the recreation field. 703-683-3560 Free

### AUGUST 16

**4MRStage Concert Series - Matt Buchanan**  
8:45 am - 9:45 am  
Four Mile Run Park  
West end of Four Mile Run Park where Mt. Vernon Ave crosses the Run  
Matt Buchanan plays folk, rock, alternative, and blues, and you may have seen him playing at St. Elmo's Coffee Pub in the past. 4MRStage@Arlandria.org, 804.464.7861 Free

### AUGUST 16

**Arlandria Chirilagua Festival**  
Four Mile Run Park  
3700 Commonwealth Ave.  
12:00 pm - 7:00 pm  
The Arlandria Chirilagua Festival is an annual community event in celebration of Latino culture featuring live entertainment, food and vendor sales. Event held on the softball field. 703-684-5697 Free



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# MYRTLE MAGIC

Crape myrtle. Or crepe myrtle. Or just myrtles. Or if you prefer Latin, *lagerstroemia*. By any name, its abundant blossoms are the bright spot in the July landscape.

This all-American plant is actually a transplant, brought here in 1790 by Andre Michaux, a French botanist. On our shores, it was first planted in Charleston, South Carolina where it thrived despite the heat and humidity. It grew in popularity and, after more than 200 years of cultivation, there are an enormous number of varieties available to today's gardener. And those summer flowers we so love range in colors from classic white to deep red, with almost every shade in between.

Treasured mainly for those flowers, crape myrtles are an all-season plant. Most varieties have brilliant fall foliage, and the mottled bark provides lovely winter interest. Some modern cultivars like "Red Rocket" have burgundy-tinged foliage, lending color to the landscape even before it begins to flower. An added bonus: crape myrtles are usually deer resistant. I say *usually* because if they're hungry enough, deer will nibble anything. However, for the most part, they find

something else more to their liking.

Crape myrtles are easy to grow in our area, but we are at the northern-most limit of its winter hardiness. These are true southerners, disliking long hard winters.

The most common complaint we hear about crape myrtles is that they get "too big" for where they've been planted. Rather than chopping the tree to fit the space (more on pruning later), choose the cultivar that best suits the space you have. They range in size from a true dwarf (3 to 6 feet) and grow all the way up from there, some varieties easily reaching 30 feet. Choose the plant that will not outgrow its boundaries and will be allowed to grow, displaying its natural, graceful habit with minimal pruning.

Moreover, about that pruning. Crape myrtles do not require heavy pruning. Somewhere along the line, somebody started the practice of hacking off the tops of the tree, leaving nothing but stumps atop a trunk. Some people think this is necessary for the tree to flower, others do so because the plant has outgrown its space; others just see others doing it and



think they need to do the same. We call this *Myrtle Murder*. Please resist. There are some cases where heavy pruning is necessary – for example where there has been storm damage. But in most cases a light pruning is all that is needed. All crape myrtles produce flowers on new growth. It will produce flowers without any pruning, but light pruning results in larger and more abundant blooms. Prune in late winter or early spring before new growth emerges. Remove any damaged branches, those that are rubbing against one another, and shoots growing into the center of the canopy. To train as a multi-trunked tree, remove branches from the ground up to desired level, usually a couple of feet. This is called "limbing up." Crape myrtles naturally "shed" old



If leftover seed heads bother your sense of aesthetics, it's ok to remove them, but doing so won't encourage more blooms. Once it matures, allow nature to take its course. The seeds will drop, the plant will bloom and you will fully enjoy the natural grace of the plant.

Crape myrtles need full sun and average water, about an inch or so a week will do it. If you plant in the fall or early winter, lay down a layer of mulch to blanket the roots through the first winter. Come spring, remove the mulch and top dress with some compost or fertilizer.

These versatile plants have a place in just about every landscape. Choose a cultivar to fit the space, and it will give you years of enjoyment.



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# OUR FLOUNDERING FATHERS

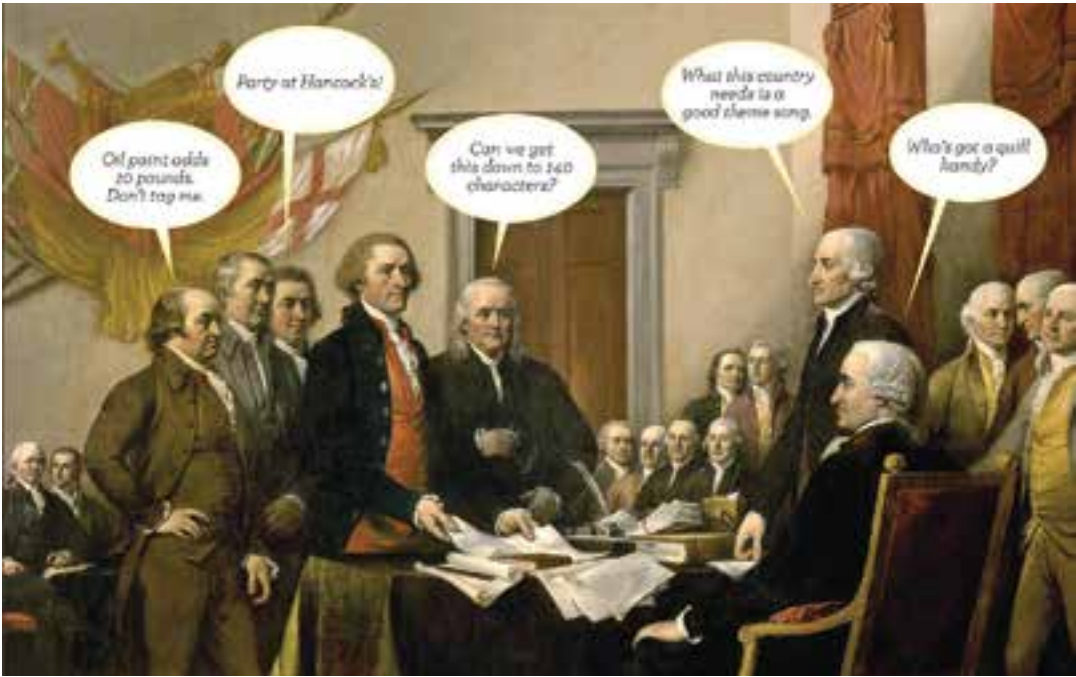
BY MARCUS FISK

Trapped somewhere in old, dusty, scholastically-mired history books are some ripping yarns of how we got started as a country just begging to become a Final Jeopardy answer.

Who would have thought that John Adams, the political Buzz Aldrin of his time, and good ol' Thomas Jefferson, an early and overly-enthusiastic champion of racial diversity, once joined at the hip to rip England a new one, would go from being best buddies in Philadelphia to sending one another hate mail for nearly two decades? The bile rising from these two Founding Fathers became so notorious that when Congress commissioned John Trumbull, a big-deal artist from Connecticut, to paint a picture depicting the entire cast and crew of the Declaration of Independence, it *appeared* that TJ's foot was standing on top

of Adams's. Art historians have since debunked that theory saying Jefferson's foot is just really, *REALLY* close to Adams's. Ironically, these two veterans of those halcyon days when we were busy frustrating England with our own brand of terrorism, went from being close allies to bitter enemies to becoming BFFs again at the dusk of their lives. And they died on the SAME DAY – July 4<sup>th</sup>, 1826 – the 50<sup>th</sup> anniversary of our Independence. How's that for boring history?

And John Hancock? The First Continental Congress was held from September 5<sup>th</sup> – October 26<sup>th</sup>, 1774 with Peyton Randolph (VA) presiding and succeeded by Henry Middleton (SC). Hancock presided over the Second Continental Congress and therefore, purists say he should be recognized as a President of the U.S. – a good decade plus before George W. was President (not to be confused with the other



John Trumbull's "Declaration of Independence, July 4, 1776." It depicts all the attendees of the Congress that led to the signing of the document (some didn't sign). Legend has it that the Adams-Jefferson rivalry was so nasty, that Trumbull captured it by showing Jefferson's foot on top of Adams's. It's a myth. But fun to consider, huh? Courtesy photo.

George W).

Trumbull's picture includes the "Big Five" of the Second Continental Congress, left-to-right, Adams (MA), Roger Sherman (CT), Robert Livingston (NY), Jefferson (VA), and Benjamin Franklin (PA), all of whom helped Jefferson with his draft. These men had absolutely no idea what this country was supposed to be when it grew up. All they knew was that we were seriously pissed off over England taxing us blind without being represented and we felt we needed some kind of a press release to let Parliament know that we were really bent out of shape over the whole colony thing. If they saw how Congress represents us today they might have backed off on the 'taxation without representation' bit since today we sure have plenty portions of both.

Adams was a lawyer from Boston and a good one. He was so good that he even defended the British soldiers responsible for the Boston Massacre in front of a hometown Boston jury – and *got them off.* (I didn't say he was *popular.*) He was brilliant, and if they didn't know – he told them. This attitude carried over into Congress and later was probably the reason he didn't make the first cut for President in 1790. He was sure persistent though and convinced everyone to let him be VEEP.

Next in line is Roger Sherman. Sherman was a cobbler who also later became a lawyer, a Congressman, the treasurer of Yale, and the Mayor of New Haven, Connecticut. He was Mayor for nine years – which is no small feat if you're familiar with the crime rate in New

Haven. He was a big 'joiner' and is the only Founding Father who signed all four of the primary documents, the Declaration, the Articles of Association (who knew?), the Articles of Confederation, and the Constitution. And like George W. anybody who was anybody back then he was also a surveyor. Roger Sherman was a doer, not a talker. TJ's review of him, "Mr. Sherman of Connecticut, a man who never said a foolish thing in his life."

Next is Robert Livingston. Livingston made his money the old-fashioned way – he inherited it. His dad was a judge who did well and married the richest girl in New York, starting a dynasty. Robert Livingston was one of nine siblings all of whom settled in the Hudson Valley, and all did very well (In New York, money is how you get appointed to everything). He was also a lawyer and went on to become the first Chancellor of New York, the state's highest judicial slot. Everyone called him 'The Chancellor' until his death, kind of like Trump is called 'The Donald' today. Like Trump, he was also into real estate, and became the Minister to France under Jefferson, and was our go-to guy in France who negotiated the Louisiana Purchase.

Thomas Jefferson is what Americans love about a President. He was a revolutionary, opposed taxes, spoke six languages, dabbled in architecture, invested in real estate (see Louisiana Purchase above), and like LBJ, Reagan and Bush, had a big spread out in the country. TJ also cut a handsome figure at 6'4" and red hair. He was also a Governor, Minister to France, Secretary of State, Vice

President, and founder of the University of Virginia. A good shrink today would diagnose Jefferson as having A.D.D.

Franklin was the true "Father of His Country," and really enjoyed being ambassador to France later on in his career. The original "Most Interesting Man in the World" Franklin could have been a spokesman for Viagra. In addition to 'inventing' the Franklin stove, printing Almanacs, flying kites to prove electricity, and dropping clever, witty sayings with the press every chance he got, he did more to solidify relations between the French and Americans than Bridgette Bardot and Jerry Lewis did two centuries later.

The final Declaration vote was on July 2<sup>nd</sup>, 1776 but dated July 4<sup>th</sup> because of the printers (wonder who got the printing contract?) and hit the Colonial version of the NY Time Best-Seller's list. We were the first country in recorded history to revolt and start our own country. Like a political Improv Company, we were ad-libbing 'Democracy' without any clue whatsoever how this whole political experiment thing would turn out. They were enthusiastic, faithful, but clueless. And that's why they should have been called our 'Floundering Fathers.'

Now there's a couple of trivia questions worth a beer or two at Ramparts.

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



## THE COVERT REPORT

BY HARRY M. COVERT

# THE PRATTLING OF SOUTHERN HATERS

I am in no way a racist. I am a lover of history, good, bad or indifferent. I was all set to ignore all of the hand-wringing about the battle flag. Then I saw the headline and story, "How the South Skews America. We'd be less violent, more mobile and in general more normal if not for Dixie."

The above writing came from a Texas writer the other day, published by *Politico.com*. Now this is an example of things to come from those reprobates who hate everything Southern.

Little by little those who hate the south are going to keep on prattling about the meanness and hatefulness and religiosity of those from the south. These haters want to rewrite history, they want to erase everything about the south. How many people from the south 'retire' to the nawth? Not many.

It might not be pleasant but the "Story of Virginia" was taught for years and years and taught the historic arrivals in Jamestown, life in Colonial Williamsburg, about Virginia the mother of presidents, even if you count Woodrow Wilson.

The changes of late in the Commonwealth of Virginia and throughout other states below the Mason-Dixon Line really are the result of too many Yankees, sorry about that, too many northerners invading these areas. They don't know history except that most born and bred southern Americans must be dumb

and ignorant, and, with a broad brush, everybody is racist.

Another story emanating from Twitter is a fact that Abraham Lincoln "hated Thomas Jefferson." So what, I might reply. They were from totally different times and lived years and years apart. While Mr. Wilson, the president, was born in Staunton, VA, he was known for his years in New Jersey. And, was one of the most racist politicians of the past century. Check out his hiring practices. Just for the Texans, there's no need to beat up on LBJ today for his comments (taped by the way) before his Great Society.

A Texas congressman I know used to introduce LBJ at political rallies in the Lone Star State. He started with an anecdote how LBJ baked cakes. "First, you steal a dozen eggs." After several times, the future president got a bit angry. Once funny, but not dignified later.

A lot of nit-picking is available about racism in the country of years past, not including the carpetbaggers' time, but in the mid-1900s.

The fellow who wrote the earlier comment, "We'd be less violent, more mobile and in general more normal if not for Dixie," is certainly welcome to his opinion no matter how stupid and insidious.

It is offensive to hear southerners of times past called traitors, even those who like to wrap up in the battle flag, or take time to be

reenactors strutting around Gettysburg.

Who talks about Dixie anymore? Senator Claghorn from radio days? "I say, I say."

I do remember a night at the Marine Barracks in the District. The American vice president hosted the Chinese vice president. The bands were marching, everybody in full dress. As the Navy band proceeded with the Navy hymn and then the anthem, Dixie, a brigadier general and VMI graduate accidentally rose up. Suddenly the entire audience of military brass and guests stood. There were salutes en masse.

It is time for people to get a grip, relax a bit. What's better than being American? Just think of the joys. Political correctness is way out of line. Because people enjoy history doesn't make them racist or hateful or demagogues.

Have you seen signs like this: "Thank God I'm an American but I'm sure glad I was born in Maryland?" Or this one, Thank God I'm an American but I'm sure glad I was born in \_\_\_\_\_." (Readers can fill in the blank. States' rights, you say?

Those who want a respite from all this stuff, I can suggest author Robert Skimin's book "Gray Victory." It's a fun book, an "exciting novel of conspiracy and intrigue set mostly in Richmond. Its 1866, the year after the South won the war."

Pass the biscuits and gravy, PLEASE.

44 QUOTABLES

I've learned that people will forget what you said, people will forget what you did, but they will never forget how you made them feel.

—Maya Angelou

Papier mache rooster, Haiti \$59

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## QUOTABLES

**The best revenge is massive success.**

**—Frank Sinatra**

## POOL

CONTINUED FROM PAGE 7

the support of the USA Swimming Foundation — Make a Splash, are sponsoring free rides during July and August on DASH's AT10 route, which provides service between Potomac Yard and the King Street Metro, via the neighborhoods of Arlandria, Warwick Village, Del Ray, and Rosemont.

Since providing any type of shuttle service would have been cost prohibitive, DASH offered a creative and cost effective way to get residents of the affected areas to the Old Town Pool on Cameron Street. Since the AT10 route serves all those neighborhoods, the route becomes the free Pool Bus during the week between 9:30 a.m. and 3:30 p.m., and on weekends from 11:00 a.m. and 7:00 p.m., for the entire summer, through the Labor Day weekend.

DASH, RPCA, and AAA put out a call to the business community to sponsor the estimated loss of revenue on that route for the promotion period. "The participating business

sponsors signed up almost as soon as they were informed about this effort," stated Sandy Modell, DASH General Manager. "Alexandria's business community is very generous and they wanted to help and thought this was a great idea!"

Business sponsors include **High Dive Sponsors (\$5,000 +)** Jen Walker Team — McEneaney Associates, Inc., and The JBG Companies; **Kiddie Pool Sponsors (\$1,000 - \$2,500)** Advocates for Alexandria Aquatics, First Transit, Inc., Bobi Bomar — The Homes of Alexandria, Del Ray Business Community, McLaughlin Ryder Investments, Speck — Caudron Investment Group of Wells Fargo Advisors, Warwick Village Citizens Association; **Wading Pool Sponsors (\$500 - \$975)** Pulte Homes, Sports Authority — Potomac Yard, The Liz Luke Team, Sport Fair, Inc., Yates Automotive Group, Yates Dry Cleaners, Wes Greenway's Alexandria VW; and Alexandria Hyundai, The *Alexandria Gazette Packet*, The *Alexandria Times*, Hooray for Books and The *Zebra* are providing in-kind and other business contribution sponsorships.



## SCHOOL SUMMER CAMP

CONTINUED FROM PAGE 19

Ecosystems". This resource was developed by the University of California's Berkeley Lawrence Hall of Science. It integrates scientific investigations with

literacy using a do-it, talk-it, read-it, write-it approach. Students use scientific instruments, observe and investigate living organisms and their interactions, create models, engage in scientific argumentation, read and discuss fiction and non-fiction texts, and engage in various forms of writing.

Alexandria Aces have also been attending the summer school program to have lunch with the students and hand out free tickets to upcoming baseball games.



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## PARTNERS

CONTINUED FROM PAGE 18

will share their career experiences with students through the AVID (Advancement Via Individual Determination) program and in lunch-and-learn opportunities. The Bank also will work with West Potomac High School to enhance financial literacy among the school community.

West Potomac PTSA welcomed the new collaborations and the generosity of Burke & Herbert Bank.

"We are thrilled with Burke &

Herbert Bank's support of West Potomac High School. Hearing from community business executives provides excellent opportunities for our students to gain a better understanding of personal finance as well as possible careers in the financial sector. We welcome the opportunity to work with businesses to support our students in achieving their potential," remarked Kevin McMahon, Director of Student Services at West Potomac High School.

"We are excited about developing a stronger partnership with a school right here in the Bank's hometown of Alexandria," commented Terry Cole,

Senior Vice President at Burke & Herbert Bank. "We are looking forward to working with the school to foster financial literacy, student achievement, and prepare students for a successful financial future."

### About West Potomac High School

Located near the Potomac River between George Washington's Mount Vernon mansion and the City of Alexandria, West Potomac High School (WPHS) was established in 1985 by combining two existing schools and communities. The school's motto is: *Excellence is a Tradition*, and WPHS has

always been known for expecting a high level of academic and personal achievement. Drawing from an area that is economically, racially, and ethnically mixed, WPHS serves one of the most widely diverse student bodies in northern Virginia. Students come from more than 50 countries and speak 35 different languages in their homes. Socioeconomic and ability levels are just as widely spread. Staff members and students alike benefit from this cross-cultural experience. West Potomac's diversity is an asset to celebrate and explore.

## JULY PUZZLERS

ANSWERS ON PAGE 26

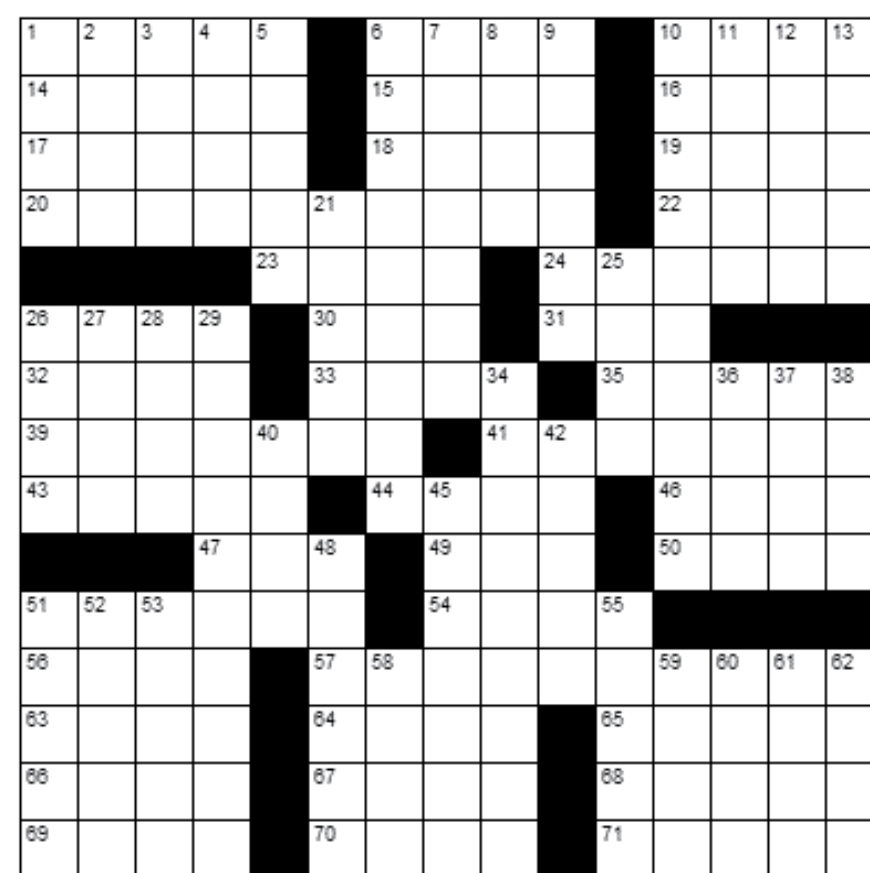
### ACROSS

1. Hillocks
6. Beige
10. Killed
14. Dole
15. Lampblack
16. Novice
17. A keyboard instrument
18. Not false
19. 500 sheets
20. Composer
22. Kitty (poker)
23. Identical
24. Occurring together
26. Strip of wood
30. Children's game
31. Soak
32. Curved molding
33. Bit of gossip
35. Termagant
39. Detective (slang)
41. Whenever
43. Old photo color
44. Bristle
46. Wicked
47. Pull
49. Gist
50. Egghead
51. Skewer
54. Gloat
56. Encircle
57. Denizen

63. 62 in Roman numerals
64. Chair
65. Severity
66. Greek liqueur
67. Sharpen
68. Gladden
69. Not closed
70. Picnic insects
71. Scatter

### DOWN

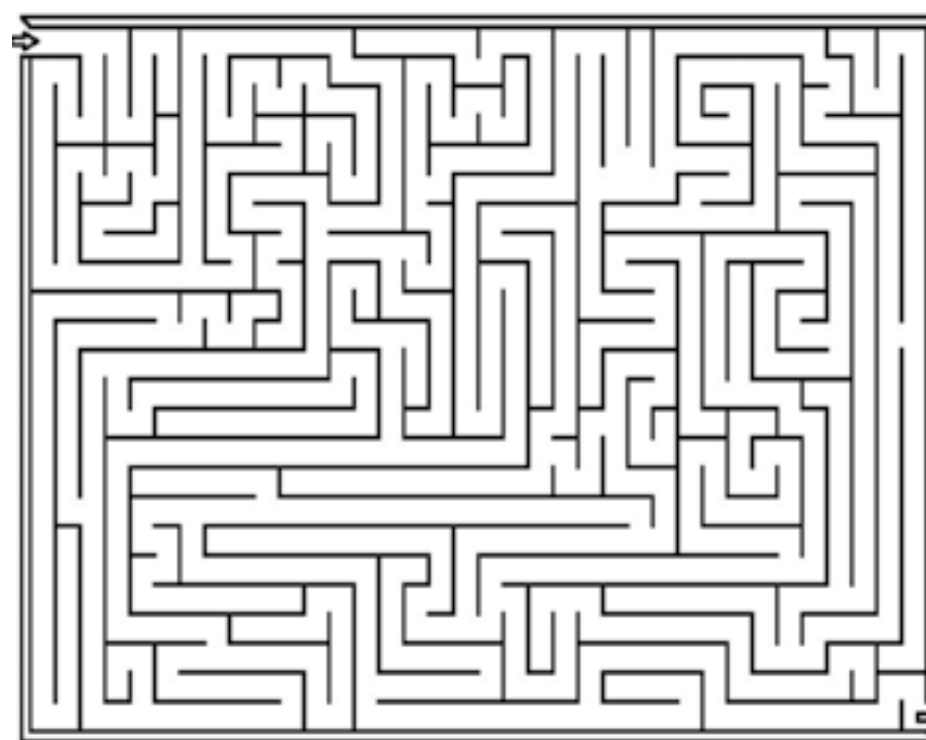
1. Faucets
2. Hodgepodge
3. Custard dessert
4. Chinese mafia
5. Tucks away
6. Guesses
7. Procession
8. Debauchee
9. Womb
10. Unbend
11. Property claims
12. Muse of love poetry
13. Adult females
21. Relative magnitudes
25. Prying
26. Records
27. Chills and fever
28. Temporary worker
29. Vacillation
34. Ripens
36. Rend



37. Arab chieftain
38. Join
40. Transport in a vehicle
42. Wealthy man
45. Beguile
48. Japanese hostess
51. Snow house
52. Confusion
53. Award

55. Filaments
58. A noble gas
59. Lean
60. Food thickener
61. Memo
62. An old spelling of "True"

### IT'S A-MAZE-ZING



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8	3					4		



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# 2010 LIVING LEGEND OF ALEXANDRIA BETTY WRIGHT

BY STEPHANIE MANSFIELD

Don't let Betty Wright's Southern manners fool you.

Underneath that polite reserve is a woman with a sly wit, often irreverent observations and an infectious laugh which sets her eyes sparkling with a girlish mischievousness.

"You see her head turn sideways a little bit," laughs former Alexandria Mayor Patsy Ticer, now a State Senator. "And she doesn't flaunt her accomplishments. You would never know that she's had such an illustrious history."

Smart, savvy and generous, Betty Wright has made an impact on everything she touches, from historic preservation to Old Town civic causes to funding a nationally recognized literacy advocacy program in Alexandria for underprivileged children "The Wright To Read."

"This was her baby. And it's really thriving," adds Ticer, who has known Wright since the late 1950's.

Born in Asheville, N.C., Betty Dale Rhoads arrived in Washington in 1942. She married insurance broker Frank Lester Wright, Jr. in 1949 and settled in Arlington.

One evening, she and her husband attended a production of The Beggar's Opera at The Little Theatre of Alexandria and the Wrights began their lifelong love affair with Old Town. The actor who played Mr. Peachum later sold them their first house in Old Town, 316 South Lee Street, in July, 1953 and the Wrights were early and staunch supporters of the theatre.

In 1979, they purchased the historic property on South Fairfax Street known as "The Doctor Brown House", once owned by William Brown, Surgeon General of the American Revolution and author of the first American Pharmacopeia. The Wrights lovingly preserved many detail of the property, including the period woodwork, wide plank floors, hardware and even the original goat hair plaster.

The couple also joined the burgeoning effort to preserve and protect the historic properties in Old Town, many of which were in disrepair and threatened with destruction. Their love of architecture was only rivaled by their keen interest in food and fine wine.

That year, she and Frank began the Frank and Betty Wright Foundation and launched a unique mentoring and teaching program "The Wright to Read" giving the gift of literacy to underachieving children. The landmark program matches tutors with inner city students from kindergarten to the 5th grade and has helped thousands of children get a head start in life.

"She was really ahead of her time," says longtime

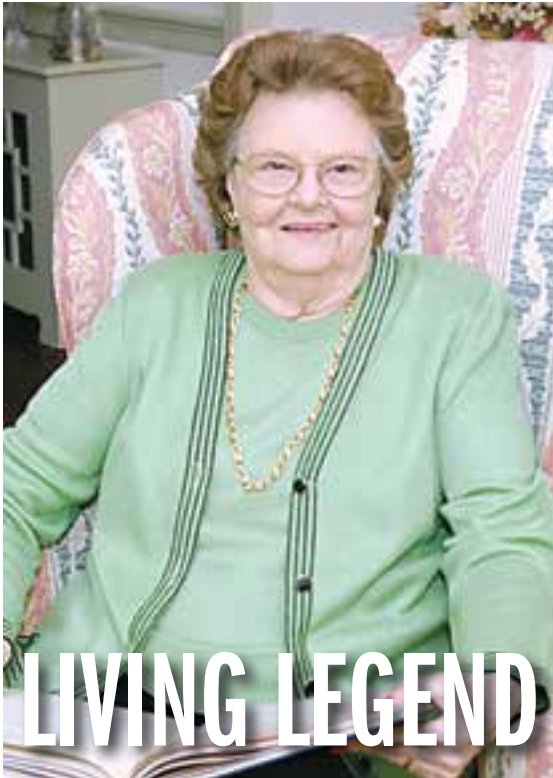


Photo by Nina Tisara/Living Legends of Alexandria

Excerpted from notice in  
*The Washington Post*, June 23, 2015.

## Betty Rhoads Wright

Named in 2010 as one of Alexandria, Virginia's "Living Legends" and founder of "Wright to Read", the literacy advocacy program for underprivileged children in Alexandria, died at her home in Old Town, Alexandria on June 20, 2015 at the age of 90.

She was predeceased by her husband, Frank Lester Wright, Jr. and her brother, Robert Stanley Rhoades [sic]. She is survived by her nieces Robin Rhoades Holmes of Silver Spring, Maryland, Sharon Rhoades Plank of Mt. Joy, Pennsylvania, Patricia Sky Rhoades of San Francisco, California, and her grandnieces Dana Holmes and Paige Holmes.

Old Town resident Caroline Abshire. "This city would not be the same without Frank and Betty Wright."

Frank Wright died in 1993 after a battle with cancer. He was 73.

Betty Wright began her professional career at U.S. News & World Report as the Promotion Manager, and then joined the Historic Times

Inc. in Harrisburg, Pennsylvania as a partner. The company eventually published seven magazines, including British Heritage, Civil War Times Illustrated, Historic Times Illustrated and Early American Life. She retired when the company was sold to Coles Media.

Wright has had a lifelong passion for antiques. As a member of The International Society of Antique Scale Collectors, she is known for having one of the finest collections in the United States and is often fiercely bidding against other collectors on eBay.

After retiring as president of the Landmark Society, which then owned the Stabler-Leadbeater Shop Museum, she learned of the availability and purchased a large group of original records, letters and orders from the earliest days of the shop and donated the items to the Stabler-Leadbeater Apothecary Museum.

"I found out how important the records are," she once said. "It's really a record of Alexandria history. George and Martha Washington and Robert E. Lee all got their medicines there."

The collection includes an inventory of documents dating from the 1790's to the 1930's. One famous order from Martha Washington asked for a quart of his finest castor oil to be delivered to Mt. Vernon. She was even able to track down Edward Stabler's 1790 journal, which is currently one of the most fascinating items in the museum. (The museum is now owned and operated by the City of Alexandria.)

Wright has been honored with many awards for her generosity, among them an award from The Alexandria Commission for Women in 2002, and a special award in 2004 from the Alexandria Historical Society.

During the 1980's, Wright became an integral part of refurbishing the State Department's official reception rooms.

"For more than 20 years, Betty Wright has been a valued member of the Fine Arts Committee, U. S. Department of State," said Marcee Craighill, Curator of the Diplomatic Reception Rooms at the State Department. "Betty joined the committee because of her very persuasive friend and neighbor, Clement Conger. She remains a loyal, generous and engaged supporter of the Diplomatic Reception Rooms. Her contributions of objects, ideas and funds helped build a great national collection of Americana that provides a magnificent setting for American diplomacy. We truly congratulate Betty on becoming a Living Legend in Old Town."

As a Smithsonian Associate, Wright also funded

CONTINUED ON PAGE 30

In the confluence of Washington, D.C. area sports, there probably never been a better time to be a fan of our local teams. While we've seemingly had a host of perennial losers for decades, the slate is building up to a renewed energy of optimism for fans, with both ownership and players working hard to try to bring home championships for their perspective sports.

The Washington Nationals, picked by many to 'win it all' and bring a World Series title back to D.C., has played through a series of many injuries, so much so that there have been times when the ball club appeared to be stuck in neutral while waiting for players to heal up. Max Scherzer, a key off-season acquisition for general manager, Mike Rizzo, has been pitching lights-out baseball for the Nats, becoming a leader both on the field and in the locker room, who absolutely loves Hershey's Chocolate Syrup!

D.C. United, with former all-star team member, and MLS championship winner, Ben Olson, as their head coach, leads the Major League Soccer's Eastern Conference, and has local soccer fans excited with anticipation of the club bringing another championship to D.C. The strong balance of support for the franchise was solidified with the D.C. city government recently agreeing to build D.C. United a new stadium



within walking distance from Nationals Park, as both facilities will serve as catalysts for redevelopment over a blighted area of the city that has been neglected for decades.

The Washington Capitals have, as of late, been somewhat frustrated when it comes to their recent playoff experience, but with some key acquisitions this summer, most notably, Justin Williams, and T.J. Oshie, coupled with a solid core of seasoned veterans surrounding perennial all-star and future hall of famer, Alex Ovechkin, has Caps fans hoping that this year might be 'their year'. Anticipation of a potential

'Stanley Cup season' has Caps fans eager and waiting for the first puck to drop at Verizon, along with the many other restaurants and businesses nearby the venue in Chinatown that take in huge crowds of hungry and thirsty fans before and after games.

Drop by outdoor basketball courts this summer (when it's not raining) and you quite often see people playing both day and night, wearing Washington Wizards togs, driving down their lanes as if they were on the floor at Verizon. Wizards fans have been somewhat energized the past few seasons, as the

team has most recently gone deep in the playoffs, led by stellar play of John Wall and Bradley Beal, two key blocks in the redevelopment of the franchise, led by both head coach Randy Whitman and general manager, Ernie Grunfeld.

If you've been a fan of the 'Burgundy and Gold' the past twenty or so years, you've been in a collective funk as the Washington Redskins have played some of the worst football in the history of the franchise. Team owner Dan Snyder, and president, Bruce Allen, recently brought in Scot McCloughan as general



Have you seen Max Scherzer in action, the newest superstar for the Washington Nationals? Courtesy photo.

## HEAT ILLNESS

Muscle cramps, nausea, dizziness, tunnel vision, sudden fainting, elevated heart rate, headache, skin pale, cool and clammy or dry and hot. The most severe sign of heat stroke is altered mental status.

Heat illnesses comes in many forms—ranging from minor heat cramps and heat syncope, to the more serious heat exhaustion or most severe, heat stroke. All of them can be easily exacerbated if you're not paying attention.

### Heat Cramps

Exercising in hot weather can lead to muscle cramps, especially in the legs. Signs of heat cramps include muscle



pain, dehydration, cool, clammy skin.

### Heat Rash

Heat rash, also known as prickly heat or miliaria, is a type of skin irritation (e.g. hives) cause by excessive sweating.

### Heat Syncope

Someone who experiences heat syncope will experience the sudden onset of dizziness or fainting as a result of overheating. As with heat cramps, the skin is pale and sweaty but remains cool.



### Heat Exhaustion

Can be a precursor to heat stroke. Heat exhaustion is characterized by a moderate rise in body temperature, dizziness, nausea and vomiting, and a headache. You might also experience weakness, lack of coordination, heat cramps, heavier than normal breathing and a fast, weak pulse.

### Heat Stroke

Heat stroke is a serious, life-threatening condition that occurs when the body loses its ability to control its temperature. When exercising in high temperatures and humidity, the body cannot successfully cool temperature through sweating. Symptoms include strong rapid pulse, staggering, dizziness and altered mental status, confusion, and lack of sweating.

Heat stroke is a true medical emergency. If a person has the symptoms of heat stroke, you should notify emergency services (911) immediately.

### Hyponatremia

This is a little known condition that occurs when the level of sodium in your blood is abnormally low. Sodium is an electrolyte and is essential for optimal cell function. It is needed for all electrical impulses and regulated cellular osmotic pressure. When sodium levels in the body are too low, water tends to enter cells, causing them to expand or even rupture. When this occurs in the brain, it is referred to as cerebral edema.

### When does hyponatremia occur?

This condition can occur anytime there is pro-fuse sweating in combination of overhydrating without electrolytes. Therefore, athletes must be aware that this can occur from overhydrating with plain water. Consuming excessive amounts of water causes electrolyte depletion which can lead to dizziness, illness and even death.

manager and in a short amount of time he's helped to turn the tide of enthusiasm around that has many people taking notice. Training camp open this month in Richmond and Redskins fans are waiting to see if Robert Griffin III, coupled with the talent that McCloughan has surrounded him with, can bring a Lombardi trophy back to D.C. after a twenty-four year absence.

Lastly, I can't close out this column without tipping my cap to Alexandria Aces head coach, David DeSilva, and the great job he's done with our local ball club this summer. The Aces have played through a skein of some tough injuries, have met some strong Cal Ripken Collegiate Baseball League opponents, and appear to be on an upswing as the season comes to a close at the end of this month. Salutes also go out to Aces first-year general manager, Lou Nolan, who has brought both his great love and passion for the great game of baseball, as well as strong and dedicated veteran leadership to the organization.

If you haven't had a chance to get out to Frank Mann Field yet this summer, what are you waiting for? I'll see you there! For more info on the Aces, please go to the team's official website at [www.alexandriaaces.org](http://www.alexandriaaces.org).

You can also email me at [malonemarketing@gmail.com](mailto:malonemarketing@gmail.com), as well. I look forward to hearing from you!

## Sports Drinks vs. Water

The key to proper hydration is how quickly can the fluids be absorbed. This is largely dependent on the composition of the fluids in terms of carbohydrate (sugar), sodium (salt) and potassium concentrations. For training over an hour at medium to high intensity, look for a drink that provides between 13-19 grams of carbohydrate per 8 oz serving, and at least 80-110 mg sodium—and even more for longer duration training.

Because of the high sugar content in most sports drinks, absorption can take longer. So it is best to dilute the drink in half with water.

*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.*

## JULY ANSWERS

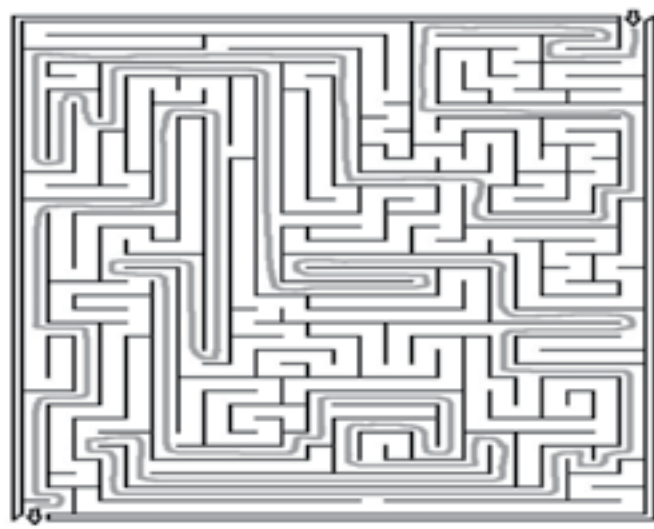
### CROSSWORD

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### IT'S A MAZE-ZING





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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## ANIMAL TAILS

## WHAT IS CANINE INFLUENZA?

BY DANA CARR, DVM

Influenza in dogs is caused by the canine influenza virus es (CIVs). The two main CIVs in circulation internationally are H3N8 and H3N2. Dogs are occasionally infected with human influenza viruses. These viruses are highly contagious. Currently there is no evidence to suggest that people can contract CIV. The recent outbreak of the more severe H3N2 strain began in the Chicago area in March 2015. It seems to be mostly contained to the Chicago area, but cases have been reported in neighboring Midwestern states. Due to limited surveillance and reporting, the outbreak may be wider than reported. The 2004 outbreak caused by the milder H3N8 strain has remained in circulation in the U.S. dog population. We are seeing sporadic disease caused by H3N8 since then. Unfortunately, the currently available influenza vaccines are not likely to be cross-protective against the H3N2 strain involved in the current outbreak. Influenza viruses can change over time making them able to evade

host defenses. All previously unexposed dogs are susceptible to disease, regardless of age, sex, breed, or vaccination status. However, the disease is more likely to become clinically significant in dogs housed in populations such as animal shelters, boarding facilities, and daycare settings.

Clinical signs range from subclinical infection, or mild fever and lethargy, to severe and life-threatening pneumonia. Most clinically affected dogs have signs that are typical of kennel cough, such as a mild cough in an otherwise active and normal dog. Distinguishing CIV from other causes of acute respiratory disease (kennel cough) based on clinical signs is difficult to

impossible. The milder form requires minimal supportive care similar to any mild case of kennel cough (i.e. cough suppressants and isolation from other dogs). Some dogs will go on to develop a more severe form of illness with high fever, loss of appetite, lethargy, nasal discharge, rapid breathing, and secondary pneumonia. The severe form will require hospitalization and treatment is largely supportive. Intravenous fluid support and coverage with broad-spectrum antibiotics are required. Because this is an emerging disease, few dogs will have immunity to it. Although vaccination does

CONTINUED ON PAGE 30

Dana Carr, DVM



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**BANJO**

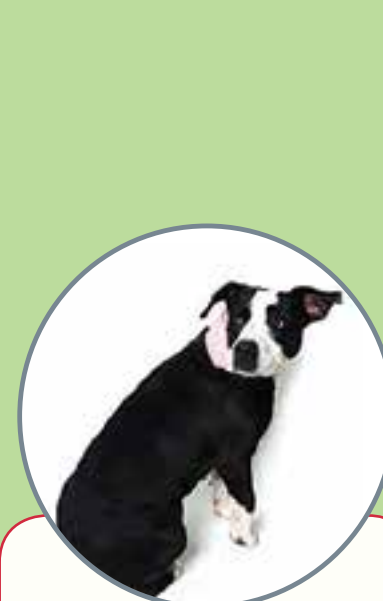
Howdy, y'all! We'd like to tell you a little bit about our great friend named Banjo. Usually you'll see him with a wagging tail and a toy hanging out of his mouth because he LOVES to play! Banjo promises that if you welcome him into your home, he'll fill your life with happiness and your house with the music of his squeaker toys. If you're looking for a dog sweeter than southern tea who will make every day feel like a holiday, come adopt Banjo today!

\*\*Thanks to a generous sponsor, Banjo's adoption fees have been paid!\*\*



**ACE**

Hi Ace! Ace is a friendly and energetic young man who would love to leave his mark on your family! He is a neutered male Pit Bull Terrier mix, estimated to be about two years old. Ace is a very high energy dog, and while he likes meeting new people he can often get distracted by all the sights and smells around him. With that, he also has a tendency to urine mark so preventative measures like a belly band and training will go a long way to making your match a success. If you're looking for a dog who loves a good run and don't mind spending a lot of time wearing him out, Ace may be a perfect addition to your family!



**SWEETIE**

Allow us to introduce Sweetie! She is a spayed female Pit Bull Terrier, estimated to be about three years old. Some of her favorite things include: snuggling up with her human friends, playing tug-of-war, eating treats out of Kong toys, and running around in the fresh air. Sweetie's name truly says it all- come to the AWLA and find out how sweet she really is!



**MCGONAGALL**

Have you met McGonagall? McGonagall is a spayed female Domestic Shorthair, estimated to be about three years old. She, along with seven other cats, has quite a unique story to tell. They were discovered by a Good Samaritan who heard meows coming from an abandoned U-Haul, and then were brought to the shelter by one of our Animal Services Officers. Since then, all of the cats have made dramatic transformations! McGonagall sometimes needs a moment to warm up to strangers, but she is a lovely cat who is wise beyond her years! Come take a chance on her and find out how magical she is!

# SAVE THE TAILS!



**GEOFFREY**

Say hello to Geoffrey! He is a neutered male Domestic Shorthair, estimated to be about three years old. Geoffrey is an absolute lovebug from ears to tail. He is a friendly little guy who will put a smile on your face the second he rubs up against you to say hello. Geoffrey is a special kitty in many ways, including the fact that he is positive for FIV. We can assure you that Geoffrey never lets that get him down! If you're looking for a handsome, affectionate new feline friend, come adopt Geoffrey today!

\*\*Thanks to a generous sponsor, Geoffrey's adoption fees have been paid!\*\*



**ITCHY**

Do you have an itch for some excitement in your life? If so, Itchy may be exactly the cure that you're looking for! She is a spayed female Domestic Shorthair, estimated to be about six years old. This petite kitty is everything you could want in a pet: she loves to snuggle and play! Itchy also has a pretty mellow personality, so she never puts pressure on you to entertain. Think Itchy could be your purrrfect match? Come fall in love with her today!



**DONKEY XOTE**

Hola! My name is Donkey Xote and I'm ready for my next real adventure with you! I'm a neutered male American Sable rabbit, estimated to be about two years old. Aside from my courageous spirit, I'm also incredibly good-looking (as you may be able to tell from my photo) and can pull off a Mohawk better than any rabbit I know. If you're looking for a furry new source of inspiration and style advice, come take me on a journey today!

\*\*Thanks to a generous sponsor, my adoption fees have been paid!\*\*



**DOBBY**

Such an honor it is to meet you! My name is Dobby the guinea pig, and I'm here to save you from your pet-less life! I am a male guinea pig, estimated to be about two years old. If you choose to be Dobby's new master, Dobby promises to be loyal through the thick and thin!

Starting the week of April 13th, the shelter will be closed on Wednesdays and open on Fridays.  
Monday, Tuesday, Thursday, Friday:  
12-7 for Visitation/Adoption, 9-7 for Business  
Saturday, Sunday: 12-5 for Visitation/Adoption, 11-5 for Business



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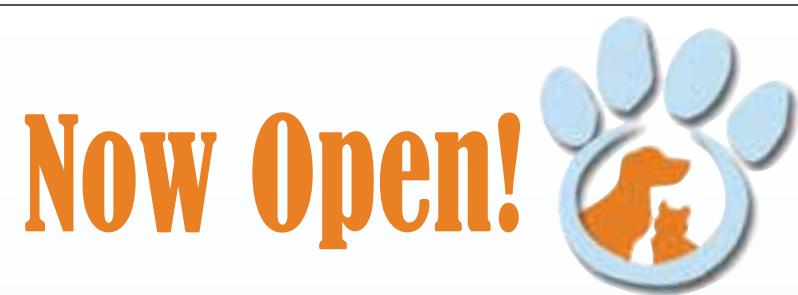
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# QUOTABLES

Remember that not getting what you want is sometimes a wonderful stroke of luck.

—Dalai Lama



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

— Bill and Nickie Aldridge

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## CAT IN A BOX

Tabitha gets into every box that comes into the house. This day she was ready to be mailed!  
—Submitted by Brattnie Dilly.

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 prize. Be sure to include your name and neighborhood, as well as your cat's moniker. Please send photos and copy to mary@thezebrapress.com.

## LIVING LEGEND

CONTINUED FROM PAGE 26

one of their new display cases to feature objects not related to a specific exhibit. But it is literacy and books which are closest to her heart. In recognition of her work, Betty Wright received a special Daily Points of Light Award at the 2005 convention of the Points of Light Foundation held in Washington.

When she learned in the late 1990s that there were no funds to build a "reading garden" for the newly constructed Charles E. Beatley, Jr. Central Library, she offered to

construct the 4,500 brick garden featuring benches, shade trees and colorful annuals.

The garden, which was dedicated in June 2000, is a tranquil respite for reading, and is the site of chamber concerts and other events. The garden is also a living tribute to Betty Wright's warm and generous heart and commitment to the future generations of Alexandrians.

*Stephanie Mansfield, a resident of Old Town, was a staff writer at The Washington Post and The Washington Times, and is now an acclaimed free-lance writer who travels the world on high-profile assignments.*

## INFLUENZA

CONTINUED FROM PAGE 28

not prevent infection, it can reduce the severity and duration of disease, and should be considered in high risk dogs. All dogs scheduled for boarding or other group events should be seen by their veterinarian at least 2 weeks prior to boarding to discuss recommended vaccinations and any necessary preventative measures.

Control of CIV relies on reducing the spread of virus between dogs by preventing individual animal exposure. This is difficult as CIV is spread in part through aerosolized particles and droplets making it difficult to contain. Also, some dogs may be subclinical and appear healthy while still shedding infectious organisms. For dog owners living in known infected areas, minimize contact with other dogs. Limit your exposure to dog parks, doggy daycare, grooming facilities, boarding facilities, training classes, and group gatherings. Anytime your dog has respiratory signs (i.e. coughing, gagging, hacking, difficulty breathing) call your veterinarian beforehand so that we can take extra precautions to minimize contamination when you arrive. If your dog has respiratory signs after traveling to an influenza endemic area, it is best to leave your dog in the car and have our veterinary team meet you at the car to triage the situation.

The bottom line:

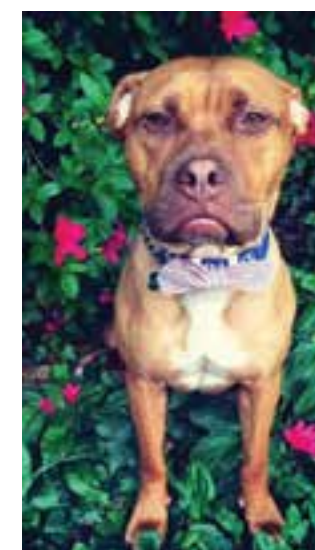
- Keep your dog's annual or biannual wellness visits to your veterinarian up-to-date. This gives us an opportunity to discuss lifestyle and risk factors and ensure your dog is vaccinated properly.
- If your dog is coughing do not ignore it and call your veterinarian.
- Do not allow your dog to socialize with coughing dogs.
- If your dog develops nasal discharge, lethargy, and a cough expect your veterinarian to perform chest radiographs and consider hospitalization.



Lucky Dog Animal Rescue (LDAR) is a volunteer-run, 501c3 organization, based out of the Washington, DC area, working to save shelter dogs from certain euthanasia. Since its founding in May 2009, LDAR has rescued more than 8,000 dogs from high-kill, underfunded rural shelters.

With no facility of its own and only two full-time employees, LDAR is run and administered by unpaid volunteers who welcome dogs at transports, provide them with loving foster homes, drive them to and from adoption events, and carefully screen prospective adopters. LDAR is an all-breed rescue and will not turn an animal away simply because he or she has an expensive medical condition.

LDAR recently won the Washington City Paper's 2015 Readers' Poll "Best Place to Volunteer" and as runner-up for "Best Non-profit" in DC!



## BUSTER

Resident Jokester

Buster is an 8 month old, 57 lbs, pit mix who is full of energy and love. People immediately fall for his underbite and winning personality. Buster is super-sweet with people and good with dogs off-leash. He's a typical young pup who needs to be enrolled in training classes and go to a family that will keep him active. Doing well in his foster home, you can often find him lounging around with his foster brother and starring in his foster mom's Instagram photo shoots!

## GISELLE

Definitely Model Material

NYC's runways don't have anything on our resident supermodel! Giselle is a 2 year old, 35 lbs, terrier mix looking to sashay herself right into your heart. She is a sweet, little lady who is great with kids and other dogs. Giselle does get anxious when separated from her humans so she'd do best in a single family home and not an apartment. Giselle would love to strut her modeling skills in your home as a foster, or be the runway star in your home forever!



## GYPSY GIRL

Sweet as Cotton Candy

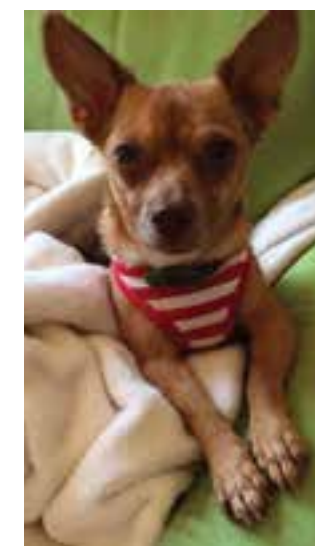
Gypsy Girl is a 2 year old, 60 lbs, Shepherd mix looking for an active family to call her own. She is a sweet pup who is full of love and looking to win over your heart. She's an energetic young lady and would make an excellent running partner. Good with kids and other dogs, Gypsy Girl would make a wonderful family dog. This sweet as cotton candy girl wants nothing more than to share the love in her heart with you. And really, how can you resist those smiling eyes!



## CITRUS

Orange-ya Adopt Me

Citrus is a 62 lbs, 1.5 years old, Plott Hound mix looking for her next big adventure. She would love a family that will keep active and get her involved in some formal training classes! She is an energetic lady and would make a good running or jogging buddy. Citrus always has a smile on her face and would love to be your partner in crime. Can't adopt? Citrus is also looking for a foster home until she finds her forever home.



## CANI

Coy Little Princess

Cani is a 6 year old, 8 lb, Chihuahua mix looking for a patient and loving family to call her own. This sweet girl seeks a home that will love her diva Chihuahua personality and help her build her confidence. Cani may be shy, but once you win her over you've got a best friend for life! Do you have a royal pillow where this sweet princess can rest her paws? Please know that Cani would also do best in a home without small kids.

## MITZY

The Girl Next Door

Mitzy is a 5 year old, 40 lb, Lab/pit mix who wins the hearts of all who meet her. After her previous owner fell on hard times, Mitzy found herself living in a shelter. Now in a loving foster home, she longs for a forever family to shower her with tug toys and water bottles to crunch on. While Mitzy has lived with older kids, and has done well at events with kids under 5, she'd prefer to be the only dog in your home and heart.



## BUNNY

Ready to hop into your heart

Bunny is a 3.5 year old, 60 lb, Chocolate Lab mix who is ready to hippy-hop into your home and love you forever! Bunny is doing swimmingly in doggie daycare and would love to help you reach your marathon goals by being your running partner! At the end of the day, she would love nothing more than to relax on the couch with you as you catch up on your DVR. Bunny needs a foster or--BETTER YET--forever home!



## BUMBLE

Won't you BEE mine

Bumble is a 4 year old, 65 lbs, Pit mix who has more spunk and charisma than a whole hive of bumble bees. She loves other dogs and is a total snuggle bug with her humans. Don't let all that spunk and charisma mislead you, Bumble is mellow and good in the home. But she will need a family that will invest in training and provide her with plenty of daily exercise. Would you consider welcoming Bumble and her bouncy ears into your home?

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