

Zebra

On the Rivah!

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AUGUST '15

BLACK AND WHITE AND READ ALL OVER



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SONOMA
CELLAR



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"FIELDS" AT THE
ATHENAEUM



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ELEPHANT
APPRECIATION DAY



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LIVING LEGEND
JOYCE RAWLINGS



Christine Garner

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

DEL RAY

\$1,095,000

A spacious 2 story addition has transformed this beautiful 5 bedroom, 4.5 bath 1930's home. Set back from the road with perennial gardens and a manicured lawn. Gracious living room with fireplace and formal dining room. Kitchen with granite counters and breakfast bar with adjoining sunroom and family room with vaulted ceilings, wet bar and fireplace. Glass doors open to a fabulous screened porch and deck with stairs to the yard. Upper level with 4 bedrooms including the Master suite with vaulted ceiling, walk-in closet and a luxury bath. Finished attic with bedroom and full bath plus a lower level guest/nanny suite with kitchen!



DEL RAY

\$1,050,000

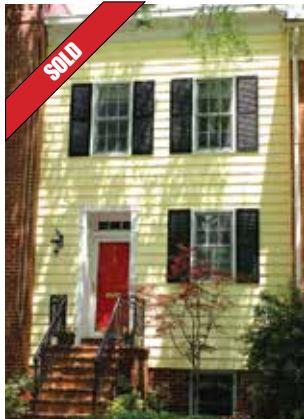
Gorgeous 4 bedroom, 3.5 bath brick home with over 3,000 sq. ft. of living space in the Heart of Del Ray with off street parking. Foyer entry welcomes you to the formal living room and dining room. Spacious new Chef's kitchen with adjoining family room and French doors to a fabulous screened-in porch and deck! Upper level with 3 bedrooms and 2 full baths including the Master suite. Top level with full bath and sun deck is perfect for a bedroom suite or office. Lower level recreation room with full size windows and large storage room with walk out stairs to driveway. Fenced yard with Putting Green!



OLD TOWN

\$1,035,000

Elegant 3 bedroom, 3.5 bath townhome with 3 finished levels and 2 off street parking spaces just a couple of blocks from shops and restaurants. Foyer entry to formal dining room and living room with fireplace and French doors to a Georgetown patio. Gorgeous new kitchen with custom cabinetry, SS appliances and beautiful granite. Upper level with 2 bedrooms suites including the Master suite with double closets and a luxurious spa bath with Carrara marble double vanity, oversize jetted tub and separate shower. Lower level with 3rd bedroom with en suite bath, family room and laundry room. Updated throughout with quality finishes, gleaming hardwood floors on 2 levels, freshly painted exterior, new roof, HVAC units and much more!



ROSEMONT

\$749,000

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



ROSEMONT

\$645,000

Delightful 2 level, 2 bedroom 1.5 bath bungalow is larger than it appears! Fabulous location just steps from The Grape & Beans, tennis courts and a few blocks to 2 METRO Stations! Circular flow and hardwood floors on the main level with a cheery living room and dining room. Kitchen with white cabinets, granite counters and SS appliances with adjacent family room and half bath. Charming front porch, fenced yard with deck and patio...perfect for entertaining!



WATERGATE OF OLD TOWN

\$599,000

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



ALEXANDRIA KNOLLS WEST

\$225,000

Enjoy carefree living in this updated 2 bedroom, 2 bath condo with 1,263 sq. ft. of living space. Spacious light filled living and dining area with access to a fabulous 28' balcony with panoramic views. Kitchen with new 42" natural Maple cabinets, ample counter and storage space. Master suite with private balcony, large walk-in closet and en suite bath. Both bathrooms have been updated with new tile and granite topped vanities. New wood floors and fixtures throughout, extra storage unit on 1st floor. Great amenities including a secure lobby with concierge service, pool, tennis, fitness center, sauna and community room.



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AUGUST '15

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

Zebra is printed monthly.

DEADLINES

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

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CATCH OUR MISTAKES

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

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

Avid reader Barbara Juszczuk caught the most – 20! Barbara wins a \$25 gift certificate from Greenstreet Gardens!



PUBLISHER'S NOTE



Doris Dove Cassedy. Photo by Kris Gilbertson.

Last month's cover story was about a wonderful family that has been continuously selling flowers at the Old Town Farmers Market since the 1800's and matriarch Doris Dove Cassedy was thrilled when Todd Healy of Gallery Lafayette, 130 South Royal Street, generously framed our cover and presented it to her on a beautiful Saturday morning in July. It's just the sort of reason we are in this business—to meet great people, tell their stories and share them with you.

This issue is overflowing with good news from all over town, and we hope you enjoy reading the feature about our gem of the waterfront, the Potomac Riverboat Company as well as all the latest highlights inside



the community, school and foodie news. This month is also Alexandria's Restaurant Week and you can get all the scoop on the special deals in our special advertising section on pages 20-21.

As always, please keep sending your suggestions and criticisms and I hope your last days of summer are days overflowing with family, fun and laughter.

Mary Wadland

WHAT BUGS ME

BY DEBBY CRITCHLEY

Hello people! Do you know how rude it is to be using your cell phone when in the presence of people who are serving you? I was in a Whole Foods where a young woman was so busy on her cell, she could barely give 10% of her attention to the service representative who was returning her wallet after she had lost it. She then continued to ignore the cashier including not answering questions when asked. She ran her debit card and continued without missing a beat in her conversation. Not a thank you or even an acknowledgement of those who took care of her. This is not a rare occurrence — I see this all the time. Talking to one another, acknowledging each other existence and their assistance is part of being part of our human society. Life exists outside your cell phone. Live it!

If something bugs you and you want to get it off your chest, email me at debbyc@thezebrapress.com. I'd love to hear from you!

COVER PHOTO: Charlotte Hall, Vice President of the Potomac River Boat Company, stands in front of the *Cherry Blossom* docked on the Potomac River. Photo by Harry Merritt.



Zebra Spotted in Sedona, AZ!

Jimmy Fairbain enjoying the *Zebra* in Sedona, AZ.

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

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

Company's Always Coming to the Alexandria Waterfront

BY KRIS GILBERTSON

Driving to her office on the morning of a chartered wedding cruise, Charlotte Hall, Vice President of the Potomac Riverboat Company, came upon a group of tuxedoed young men at the corner of Franklin and S. Union Streets. They'd been part of a rehearsal dinner the night before on *Cherry Blossom*. She asked what they were doing so far south. Their answer: "We can't find the boat."

Hall packed them into her car along with her Rottweiler and delivered the groomsmen to the City Marina, and the wedding, on time. "Even today," she says, "there are people who still don't know there's anything behind the Torpedo Factory."

East of Union Street

Hidden from the traffic on lower King and Union Streets is a dynamic business and tourist enclave on the Alexandria waterfront. It is home to the Potomac Riverboat Company's fleet.

Willem Polak is owner and CEO of PRC and a native Washingtonian. He commissioned the building of *Cherry Blossom*, an ornate 110 ft. historically accurate sternwheeler, in the early 1980s. In 1984, he founded the Potomac Riverboat Company.

A native Virginian, Charlotte Hall joined PRC in 1992, coming from a river tour company in Richmond. She says of working with Alexandria and the tourist crowds, "It's fun. You have to be willing to work hard, and it's very important to work with the community. But it's fun."

Building a fleet

Cherry Blossom is a Coast Guard-certified authentic sternwheeler—authentic because the paddlewheels work. Powered by two diesel engines, the wheels move the boat. She is classified as a Western riverboat, although in the past her category of side and sternwheel vessels carried passengers, freight, and itinerant troubadours throughout the Mid-Atlantic. A portrait depicting this history hangs in the Alexandria City Council chamber.

Cherry Blossom was built in Florida and cruised to Alexandria on the Intracoastal Waterway. "Thirty-one years ago, it was a big deal bringing a big boat like that up the waterway," says Charlotte Hall. "They'd stop in these little towns and they drew crowds. It was like they were the ice

cream man. They'd open the boat up — *this brand new boat* — and let people go through it. Willem said, they want to learn, and these are our fans."

This was only the start for PRC. In the 1980s and early 1990s, the Alexandria waterfront was developing as a tourist destination. Demand for

It's always about parking

When the Washington Nationals moved in 2008 from RFK Stadium to Nationals Park on the Anacostia River, PRC proposed a water taxi to games — the Baseball Boat. "This was Willem's idea," Charlotte says, "but I had to get it through City Hall." It

why is this a problem? People shop and dine in Alexandria all the time and businesses don't have to provide parking," Hall says. "He said it's a problem because it's a new concept and residents will complain about more cars. We want you to devise a parking plan."

"So I did."

Within a day PRC agreed with two lot operators to include parking in the Baseball Boat ticket price. Customers were assured an off-street space, lot owners would see more business, and residents would have no cause for complaint. "But I told Mark," she adds, "don't ask me to do it again soon."

National Harbor across the river was under construction at the time. PRC proposed another water taxi, between Alexandria and the Gaylord Hotel. To assure an Alexandria business community leery of how National Harbor would affect Old Town, PRC began quarterly boat trips taking merchants to meet with Kent Digby, NH Vice President of Operations, to market the plan for everyone's benefit.

The slogan became "Company's Coming." When taxi service commenced, a City press release stated:

On April 1, the Alexandria-National Harbor Water Taxi, operated by Potomac Riverboat Company,



Willem Polak and Capt. John Lake, PRC Dir. of Operations. A 16-year PRC staff member, Capt. John regularly talks with Coast Guard inspector trainees in Yorktown about boat owners' perspectives and what they expect from the Coast Guard. Photos by Harry Merritt.



The water taxi *Commander Jacques* is named for Willem's father, who helped develop the economic framework of the International Monetary Fund and was knighted by Queen Beatrix of the Netherlands.

more than charter services grew and continues to grow today. But in building the PRC fleet, now eight boats of different sizes, and the company, with as many as 25 captains and 130 deckhands, there have been obstacles to overcome.

seemed simple because the company would use an existing boat, *Miss Christin*, with already established dock space. But to City Manager Mark Jinks, it wasn't so easy.

"Where, he asked me, will more people in Old Town park? I said

will begin providing transportation between the waterfront in Old Town Alexandria and National Harbor... It is expected to bring hundreds of new tourists to Alexandria every day throughout the year, and encourage National Harbor visitors to travel to Alexandria by boat, not by car or bus—an earth-friendly strategy that benefits both the City’s residents and the environment.

“Finally, Willem said to me, you know what we need?” says Charlotte. “Company will stay by the river unless they have a way to get up King Street and out to other areas. And I said, we need a trolley. The rest is history.”

DASH operates the free King Street Trolley, which starting August 9 will run every 10 minutes from King Street Metrorail to the waterfront. In the early years, the trolley was funded with tax dollars from the hotel association because residents would have “fussed about the city putting money into a trolley for visitors,” she adds. King Street Trolley riders today are half tourists and half residents.

More taxi service

Using the Potomac more for daily transportation is in the news again. PRC’s contract with the City prohibits true commuter service until the parking issue is resolved. However, Joint Base Anacostia-Bolling (JBAB) wants PRC to operate a water taxi from City Marina to their dock, a ten-minute trip. JBAB has about 1200 people living in and around Alexandria. When they drive to work, I-295 often becomes a parking lot.

Meetings about this project include PRC, the City, the Navy, and residents with strong opinions. As always, the City is asking where to put more cars. One solution may be to start the King Street Trolley earlier from Metro to City Marina. Current start time is 10:00 a.m.

The French Ship

In August 2014, Willem Polak learned that organizers of the tall ship *L’Hermione’s* U.S. tour wanted to



Charlotte Hall at the stern of *Cherry Blossom*. The boat is certified authentic because the paddlewheels make her go.

sail to Washington, DC. This was not possible. The bridges are too low and the river too shallow for a vessel of such size to reach the District—but it could dock at Alexandria. He and Hall went to work, starting with a

The first plan was to moor the ship at Robinson Terminal, but the property was in transition with the Waterfront Plan. No one was certain who would own that pier when the ship arrived.

“Even today there are people who still don’t know there’s anything behind the Torpedo Factory.”
—Charlotte Hall

luncheon where City officials, Visit Alexandria, and business leaders met Miles Young, CEO of Ogilvie & Mather and President of The Friends of Hermione-Lafayette in America. “Mark Jinks has always been a fan of the waterfront,” says Charlotte, “and to me the right man for the job of city manager. He’s always willing to listen.”

The second plan—a berth at City Dock—would require moving *Cherry Blossom*. “Parks and Recreation is our landlord on the waterfront,” says Hall. “They asked, what about our business? We said it was only for a few days, and we thought this would be a really good deal for the community. Nobody dreamed it would bring

thousands and thousands of people, that people would be standing all the way down to King Street waiting for tickets.” Willem heard later that the ship’s crew thought Alexandria was the best stop on the whole trip.

Robinson Terminal is but one property tied into the Waterfront Plan to make the entire area more attractive, walkable and inviting. “I think Alexandria is a precious gem,” says Charlotte, “and we’re just trying to make it shine even more by getting rid of some of the old...”

The Waterfront Plan will make dependable water taxi service even more meaningful and, she says, “we only cancel when the Coast Guard closes the river.”

We only cancel when...

Late in the day September 18, 2003, Hurricane Isabel moved up the East Coast aimed at Alexandria. Willem and enough captains and deckhands to crew all PRC boats planned to spend the night on *Cherry Blossom*. If the storm endangered the fleet at the dock, they would man the boats and head out on the river.

Charlotte Hall, at home near Mt. Vernon, had lost power. It was stifling, her dogs were panting, she was lying in bed. About 7:00 p.m., the landline rang: “Miss Hall, this is the Alexandria Police Department calling to let you know the *Cherry Blossom* is about to sink.”

Charlotte rang Willem on her cell phone: “Charlie—we’re-okay-I’ve-got-the-fire-department-here-with-me-I’ll-call-you-back.” Click. “I told the police there were people on board and they would be okay,” she says. “They said, *Cherry Blossom* is really leaning bad to one side.”

The boat was moored to a piling, tossing in the rising wind and waves, the river coming up fast. She went down in a trough, got caught coming up on the rub ring around that piling, and couldn’t free herself. As the river rose, *Cherry Blossom* keeled over more

CONTINUED ON PAGE 17

THE FACTS

Potomac Riverboat Company serves about 450 thousand passengers year round, although water taxi service to National Harbor is suspended in January and February due to icing at the docks.

Cherry Blossom anchors PRC’s fleet of eight vessels, including:

Admiral Tilp (capacity 49). Built in California, then trucked across country, the *Admiral* was named for Fred Tilp, a famous local historian, who died the year before his namesake was christened.

Matthew Hayes (60) and *Miss Mallory* (80 to 100) carry the Washington by Water Monuments Cruise. *Matthew Hayes* is believed to be named for an elusive Potomac River pirate.

Miss Christin (125) is the only



Miss Mallory is *Matthew Hayes’* sister ship to help with passage between Alexandria and Georgetown in D.C. Except *Cherry Blossom* and *Admiral Tilp*, all PRC’s boats are named for Willem’s family.

PRC boat not custom built. PRC won a contract for the Alexandria to Mt. Vernon run in January 1997, with only three months to tool up. Building a tour boat takes two years. *Miss Christin* was found in Baltimore and adeptly renovated for an April launch. In 2008, *Miss Christin* also became the Baseball Boat.

Commander Jacques and *Lady Josephine*, named for Willem Polak’s parents, are water taxis between Alexandria and National Harbor.

Miss Sophie (40) joined the fleet last year. Drawing only 23 inches, *Miss Sophie* can put in where there is no dock (the National Mall).

PRC also runs special events like

the pirate cruise and monthly canine cruise. The canine cruise was moved from Thursday evening to Saturday morning so that 80 owners no longer rush home from work to get 80 dogs on a boat. Its popularity doubled.

PRC packages boat tours with other Alexandria businesses, for example, Bike and Roll. Rent a bike and helmet, take a leisurely ride to Mt. Vernon, then return on *Miss Christin* late in the day. For more information, see the website.

PRC Administrative Office:
205 The Strand,
Alexandria, VA 22314
Phone: (703) 684-0580
Toll Free: (877) 511-2628
Tour Information and Hotline:
(703) 548-9000
www.potomacriverboatco.com



2,000 SWEATERS DONATED TO WORLD VISION

BY KRIS GILBERTSON

In a sunny, inviting atrium, Goodwin House Baileys Crossroads (GHBC) marked a milestone July 14 at a punch and cookies reception for some 40 people. Since 2006, resident members of the Knit for Kids Committee have knit or crocheted 2,032 (and counting) children's sweaters for donation to the international relief organization World Vision.

The knitting group gathers for an hour weekly in a GHBC conference room, but members also work on



Knit for Kids coordinator Peg Lorenz (l) with Goodwin House Foundation Director of Development Marcia Saumweber, who said "I get joy out of helping people, and here that's part of my job." Photos by Kris Gilbertson



A sample of the children's sweaters sent worldwide.

sweaters on their own time. GHBC Executive Director Linda Lateana noted that at every meeting held, their hands are always busy.

Resident Peg Lorenz coordinates the 20 to 25 member knitting group,

which is supported in part by a grant from the Goodwin House Foundation Quality of Life initiative. Through World Vision, sweaters have gone to children in Central and South America, Africa, Eastern Europe, and the U.S. For many children, a hand-made item isn't just a sweater; it's a symbol of support for a better future.



Resident Elsa Edwards has been knitting for 80 years and says this is the "most fun committee in the place."

ALEXANDRIA LIBRARY NOW ACCEPTS PASSPORT APPLICATIONS

Alexandria Library now accepts passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports at Charles E. Beatley, Jr. Central Library located at 5005 Duke Street. The staff is available to help you with the submission of new passport applications, supply copies of applicable forms and provide information on other passport services. Passport application review and submission services are offered on a first come, first served basis Tuesday through



Thursday 3 -7 pm, Saturday 11 am to 3 pm, and Sunday 1 to 3 pm.

You will need the following items to apply for a passport: Passport application form DS-11, Proof of U.S. citizenship, Photo identification, One 2"x2" passport photo and Passport fees.

For applications forms, information on documentation required, fees, and a wealth of other passport and information, visit the only official website for passport information <http://travel.state.gov>. For more information, visit Alexandria Library's Passport Page or call 703-746-1702.

CITY BRIEFS

4MRMarket Increases Incentives for SNAP Customers

The Four Mile Run Farmers & Artisans Market (4MRMarket) increased access to fruits and vegetables for the food insecure of Arlandria and the surrounding neighborhoods while also benefitting small and mid-sized farmers in the region. The new incentive program was made possible by the USDA with \$31.5 million granted through the Food Insecurity Nutrition Program (FINI). National nonprofit Wholesome Wave received a \$3.77 million FINI grant, of which 4MRMarket, as a subgrantee, received \$4,100.

Since June 2010, the Four Mile Run Farmers & Artisans Market has been committed to bringing fresh, nutritious food to people of all income levels, provide an opportunity for local artisans and producers of goods to bring their wares



The Four Mile Run Farmers Market was the first in Northern Virginia to honor SNAP incentives. Courtesy photo.

to market, strive to reflect the diversity of the community, and improve the quality of life for Arlandria residents and visitors. With the grant, 4MRMarket increases affordable access to fresh fruits and vegetables for SNAP consumers in Arlandria, while also supporting local agriculture.

"The Four Mile Run Farmers & Artisans Market was the first farmers market in Northern Virginia to enable SNAP beneficiaries to Buy Fresh, Buy Local and we are proud to have been able to assist others with technical assistance and to see the program grow throughout the region. We are more than excited to grow this program and provide these additional incentives!," says Kevin Beekman, Co-Market Manager at 4MRMarket.

With the award from Wholesome Wave, 4MRMarket continues its groundbreaking incentive programs at its Sunday market in Arlandria. 4MRMarket will match the first \$10 of SNAP customers purchases with an additional \$10 of tokens to be used exclusively for the purchases of fruits and vegetables. Additionally, 4MRMarket will continue to provide "Double Dollars", an additional \$10 of tokens to match SNAP customers next \$10 of purchases, good for use with any SNAP-eligible product. In total, up to \$20 in additional funds are available each Sunday to enable more folks to stretch the benefits and still "Buy Fresh, Buy Local."

James M. Duncan Branch Library wins City's 2015 Beautification Award

The Alexandria Beautification Commission selected the James M. Duncan Branch Library for its 2015 Beautification Award for a public building.

Phase 1 of the Duncan Library Landscaping Plan was completed in 2014. The Circle Garden and new Butterfly



Garden are part of the second stage of the Landscaping Plan, which also includes an irrigation system as well as several new benches.

Phase 1 of the project was designed and

CONTINUED ON PAGE 9

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LOCAL GRADS SERVE THE NATION

Serving in Navy Reserve During Centennial Year

An Alexandria, Virginia native and 2008 Lee High School graduate is serving in the U.S. Navy Reserve as it celebrates its 100th year protecting America.

Petty Officer 3rd Class Phubest Thanunyano is part of a unique group of Americans who serve their country in uniform part-time while also working full-time jobs outside of the military. Created in 1915, the Navy Reserve has played an important role in nearly every conflict the U.S. has been involved with during the past decade.

“Joining the Navy Reserve gave me the opportunity to see the world and experience new things,” said Thanunyano.

Thanunyano’s current assignment is with Naval Mobile Construction Battalion 27, based in Gulfport, Mississippi. Sailors attached to NMCB 27 and other similar units, nicknamed “Seabees,” specialize in building roads, bridges, airfields and other structures for the U.S. military in areas of conflict around the world.

“I honestly enjoy doing my military job,” said Thanunyano.

Thanunyano and the rest



Alexandria Sailor Photo: Petty Officer 3rd Class Phubest Thanunyano. Photo courtesy of the U.S. Navy.

of NMCB 27 are part of the Navy’s construction force that has been around for more than 70 years. Seabees have built entire bases and bridges and bulldozed and paved thousands of miles of roadway and airstrips for the U.S. military all over the world, playing a vital role in every major conflict the U.S. has been involved with since World War II.

With nearly 600 personnel assigned to the battalion, jobs are highly varied, and every job plays a significant role in keeping the battalion ready to deploy around the world.

Thanunyano plays an essential role in the battalion as an equipment operator, responsible for maintaining and operating construction equipment. “I perform the

required maintenance and operate different construction equipment on the job site,” said Thanunyano.

As a reservist, Thanunyano is continually balancing both the expectations of working as a Sailor and as a civilian. Thanunyano said that he gained unique skills and experience on both sides and that he’s become a better-rounded person because of it. “The attention to detail and organization the Navy has taught me helps on a day-to-day basis at my civilian job,” said Thanunyano.

Thanunyano’s commanding officer, a reservist himself, said he is impressed every time the battalion meets to train

CONTINUED ON PAGE 17

SAFE ABOARD U.S. NAVY BALLISTIC MISSILE SUBMARINE

A 2003 Annandale High School graduate and Annandale, Virginia native is serving aboard one of the U.S. Navy’s nuclear-powered ballistic missile submarines, living and working at a Navy base in Silverdale, Washington.

Petty Officer 1st Class Joshua Buzzell is an electrician’s mate on USS Maine (SSBN 741), which is based in Silverdale, about 15 miles west of Seattle across Puget Sound. Electrician’s mates



Annandale Sailor Photo: Petty Officer 1st Class Joshua Buzzell. Photo courtesy of the U.S. Navy.

handle generating all electrical power for the boat.

“What I enjoy most is unleashing the binding energy of a nucleus to defend freedom and democracy around the world,” said Buzzell.

USS Maine is one of the Navy’s 14 Ohio-class ballistic missile submarines, also referred to as “boomers”, which patrol the world’s oceans for months at a time, serving as undetectable launch platforms for

CONTINUED ON PAGE 14



You cannot do a kindness too soon, for you never know how soon it will be too late.

—Ralph Waldo Emerson



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Faces in Places



Shari Simmans (Alexandria Chamber of Commerce) and Victoria Kilcullen (TTR Sotheby's) at Old Hickory Golf Course for Annual Alexandria Chamber Golf Event.



Rhoda Worku and Nora Partlow at celebration party held at Caboose Café.



Fernando Torrez (Nano Tech Computers) and Phil Sigal (Accountant/Consultant) at West End Business Association Happy Hour.

Pamela DeCandio (John Marshall Bank), Fernando Torrez (City Council candidate) and Roger Parks (American Advertising) at Old Town Business and Professional Association Happy Hour at Vaso's.



Kori McMillian, Nora Paltrow, John Partlow, with grandsons Jaden, Jordan and Justin McMillian at celebration party held at Caboose Café.



Tina Townsend (BB&T), Jana Sparling Gilbert (The Engineering Group, Inc.) and Jennifer Ferrara (BB&T) at Old Hickory Golf Course for Annual Alexandria Chamber Golf Event.



Johnny Voliotis, Vaso Volioti and Janella Volioti - all owners, at Vasos Mediterranean Bistro, 1118 King St. at Old Town Business and Professional Association Happy Hour.



Lynn Bostain (Dulles Area Transportation Association and President of WEBA) and John Chapman (Alexandria City Council) at West End Business Association Happy Hour.



Richard Stone (Wine on the Barrelhead), Tonya Chapman and Walter Clarke (Burke & Herbert Bank) at West End Business Association Happy Hour.



Renee Altman, Nora Paltrow and Willis Nichols at celebration party held at Caboose Café.



Arnold Vergel de Dios with Walter Clarke (Burke & Herbert Bank) at Old Hickory Golf Course for Annual Alexandria Chamber Golf Event.



John and Nora Partlow with Barbara Mancini, owner of Mancini's.



Carol Suplee (Imagine Artwear), Nina Tisara and Sandy Modell (DASH Bus) at Old Town Business and Professional Association Happy Hour at Vaso's.



Kris Gilbertson, Mary Wadland and Debby Critchley of the Zebra at celebration party held at Caboose Café.



Chef Cathal Armstrong (Eat Good Food Group) Clark Miller (Old Town Financial Partners) Giovanni Ciarrocchi (Maria Ciarrocchi's) Scott Boli, M&T Bank, holding Melinda Sigal (The Zebra/The Sales & Marketing Connection) with her new two hips at Old Hickory Golf Course for Annual Alexandria Chamber Golf Event.



Jeff Pennington (Kinneman Insurance) and Dana Matthews (JobLink Alexandria - Department of Community & Human Services) at West End Business Association Happy Hour.



David Martin (Goldworks), Steven Halperson (Tisara Photography) and Karla Booth (John Strongbow Tavern)) at Old Town Business and Professional Association Happy Hour at Vaso's.

CONTINUED FROM PAGE 6

installed by Sam Rich from The Green Side and entirely funded by the Friends of the Duncan Library. Duncan Branch Library is the first City of Alexandria facility with an ecologically friendly rooftop, often referred to as a Green Roof. The vegetation and soil of a “green roof” reduce rainwater to sewer run-off and naturally filter water that is discharged. Duncan’s Green Roof was sown in early 2005 with a variety of sedum; the same species of plants have been placed throughout the landscaping of the Duncan Library grounds



It Takes a Village – or Several Villages

BY ROSEMARY MURRAY

Non-profit organizations throughout the metropolitan area serve all kinds of needs, but they cannot do it alone. To the rescue – Alexandria’s Good Shepherd Church is holding its 40th annual International Festival Labor Day weekend and all the proceeds will be given in the form of grants to various charities. To date over \$500,000 has been awarded to charities such as Hopkin’s House, Alice’s Kids, United Community Ministries and The Centerville Immigration Center. On Saturday, September 5th, the festival will start with a 5K race and a White Elephant sale covering about 5,000 square feet in a lovely air conditioned hall. Donations of slightly used items including linens, china, kitchenware, holiday decorations, jewelry, watches, decorative pillows, tools and much, much more, are accepted at the church (8710 Mt. Vernon Highway) from August 15 until September 4th. Of course, a receipt for tax purposes is available. While entrance to the sale is free from 9:30 am until 4 pm, early birds are welcome at 8:30 am for a \$10 fee. This

is a greatly popular event to shop, socialize and help support some excellent charities. On Monday, Labor Day, the festival is all about fun with great ethnic foods, entertainment, games for the kids and bingo in an air conditioned environment. So, mark your calendars to enjoy a fun-filled weekend while helping others and start sorting through all those items you’ve meant to clean out. Questions? Call 703 660-1010.



Early photograph of Christ Church, one of many landmarks highlighted in the WETA documentary. Courtesy photo.

In Case You Missed It

Public television station WETA will be airing *Discovering Alexandria: The Early Years* again during the month of August. The program was an enormous hit with audiences in the National Capital region when it premiered last December, prompting station producers to commit to a sequel focused on the city’s 20th century period. Now in production, the Office of Historic Alexandria is again assisting WETA in developing content and graphics for the new show which will trace both significant and little-known facts about Alexandria, celebrating the

unusual history and diversity of the city. Originally scheduled to premiere in December 2015, the new show has been pushed back three months, and will now air in March 2016. In the meantime, butter up the popcorn and consult the schedule at www.weta.org for show times over the coming weeks.

Pitch Your Idea to the City for Better Broadband

The City of Alexandria is asking the private and nonprofit broadband industry and other interested parties to help evaluate the possibility of upgrading broadband Internet infrastructure in Alexandria. The City has issued a formal Request for Information (RFI), marking an exploratory step in reviewing options to ensure that Alexandria has the digital infrastructure it needs for both the City government and residential and commercial use. “Alexandria has long been a leader in local government technology, and home to thousands of residents and businesses that rely on access to broadband Internet,” said Mayor William D. Euille. “This RFI is an opportunity for the market – and anyone else – to help give us ideas about how to begin an exciting new chapter in municipal and community broadband in Alexandria.” The RFI addresses two separate but complementary City initiatives. First, the City plans to upgrade its fiber backbone infrastructure to support data transport among the City’s public institutions, including schools, libraries, public safety buildings, and other City facilities. The current institutional network, or “I-Net,” which was the first network

CONTINUED ON PAGE 23

Deputy Valarie Wright Cools Off Community



On July 29, Alexandria Deputy Sheriff Valarie Wright gave out dozens of bottle of ice cold water, and thanks to the donations from *Alive!, Inc.*, she was also able to offer food to people in need. The small portions are great so people can eat it when they’re hungry and not worry about it going bad. Photo courtesy of Alexandria Sheriff’s Office.

Baby Announcement

Alexandria City Council candidate, Fernando Torrez and his wife Kamila added a new member to their young family on July 19, 2015. At 9:09 AM, the Torrez family welcomed Alexandra Janina to this world. Alexandra is named after the city in which the Torrez family lives and works. Alexandra weighs 7 pounds, 9 ounces and measures 18 inches. “I am overwhelmed with the joy from our new addition.” said Torrez. “I am extremely pleased with the attention that the doctors and nurses at Inova Alexandria Hospital gave my wife during this miraculous event. We are very tired but we look forward to introducing her to the community where she will be growing up. Alexandra is one of my motivations in running for City Council, as I want her to grow up in city that is safe, has a thriving economy and a strong education system.”



Alexandra Janina Torrez



Alexandria Chamber of Commerce

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AUGUST 2015

THE ZEBRA PRESS



There’s always something happening around Alexandria and Arlington if you know where to look. **Captain Gregory’s** (named after the inventor of the hole in a donut) can be found inside **Sugar Shack Donuts** at 804 N. Henry. Inside, you’ll find a small, intimate speakeasy with unique hand-made food, desserts, and cocktails hidden behind a wall. With room for about 22, it is currently open on weekends from 6:00 pm to 1:00 am Thursday through Sunday. Reservations and walk-ins are accepted on a first come basis. Reservations are accepted in the order received via text to (571) 281-0059. “Have a great day and look out for the whiskey flag,” says The Captain.

Look for a **Papa John’s Pizza** to open in Potomac Yards. The pizza store applied to operate a delivery business from a new store in the Camden apartments at 3535 S. Ball St that formerly housed a Jerry’s Subs and Pizza. Although I don’t know when the shop will open, the hours will be 10 am to midnight on weekdays and 10:00 am to 1:00 am on weekends according to the permit application. The store also asked to be able to deliver within a 1.5-mile radius. Speaking of chains opening new locations, **Starbucks** plans to open its doors at 2413 Columbia Pike at 5:00 am on Aug. 14. Located in the former Bar TNT and Society Fair space at Penrose Square, the store will be the first Starbucks along the Pike in Arlington. In addition to the typical menu of coffee,



espresso drinks, teas, pastries and sandwiches, the new Pike Starbucks will offer Starbucks Reserve, “a special collection of unique, small-lot coffees. Customers will be able to order their Starbucks Reserve coffee brewed on The Clover Brewing System, which lets you discover new layers and dimensions within a coffee’s familiar aroma, flavor, body and acidity, brewed fresh by

the cup,” said a spokeswoman. And the opening we’ve all been waiting for is finally here. The new **Giant** at E. Glebe and Rt. 1 is opening Sept. 4. The old Giant on Monroe St. closes on Sept. 3. Carla Hall of *Top Chef* and *The Chew* fame has landed at Reagan Airport. Her new restaurant, **Page**, is a modernistic, Jetson-like 110-seat restaurant where

travelers can order their food using iPads at their table. The menu includes locally inspired dishes including a pimento cheese dip, cured ham and biscuits, Virginia she crab soup, Chesapeake oysters, vegetarian quinoa burger, lobster roll and a BBQ Cobb salad. Head to Terminal A near Gates 1-9 and grab a seat. Also opening is **Cava Grill**. According to the *Washington City Paper*, Cava Grill is introducing a Greek yogurt bar and build-your-own breakfast bowls with eggs and potatoes or grains at the Reagan National Airport location, opening in Terminal B near the end of August. Cava Grill CEO Brett Schulman says there are “absolutely no current plans” to introduce breakfast elsewhere. “I don’t know that there’s quite enough breakfast crowd for some of

CONTINUED ON PAGE 12

Alexandria Restaurant Partners is planning to open **Palette 22**, at 2700 S. Quincy Street, in the former Extra Virgin site in Shirlington in December. Expect a small-plates eatery which boasts the theme of “Food, Art, Fun” patterned after their ARP-managed restaurant **Cafe Tu Tu Tango** in Orlando, Florida. The company describes Palette 22 as Cafe Tu Tu Tango designed “for the local, millennial crowd,” and says the restaurant will emphasize authentic



international street food, street art, and a creative craft bar program. Construction should start in this month. Once completed, the

restaurant will be able to seat 168 inside and an additional 34 on an outdoor patio running along Campbell Avenue. ARP also owns **The**

Majestic, manages **Virtue Feed & Grain**, and has plans to open **Lena’s Wood-Fired Pizza & Tap** in Alexandria in September on Braddock Rd. in the Yates Plaza. Moreover, speaking of **The Majestic Café**, Lisa Marie Frantz, formerly of Founding Farmers, Brickside Food & Drink, and Farmers Fishers Bakers is the new chef. She is redoing the menu at the restaurant with the company’s corporate chef Graham Duncan. Watch for chicken fried quail, red hot peanut pork candy, and more.

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SONOMA CELLAR

BY DEBBY CRITCHLEY

Rick and Elizabeth Myllenbeck won't admit to love at first sight when they met at a California winery. Sparks flew, but Rick's job had him leaving three days later for Northern Virginia. However, love prevailed, they married, and moved to Old Town Alexandria. Now their second love, wine, is taking up most of their time. Newly opened **Sonoma Cellar, LLC** (soft opening mid-August) is an on/off premises California-inspired wine tasting room and bistro located at 207 King Street. They have transformed the more than 200-year-old building into a two-story restaurant and wine tasting room. "It has a great structural shell," said Elizabeth. They created a California feel to both the building and cuisine while maintaining the antique feel while adding modern warmth. You'll gasp at the beautiful curly maple bar built by local KC Cromwell using wood from the Mount Vernon Estate, and marvel over the original fireplace and tiles in the main room.

Sonoma Cellar is "all about the wine, all about the experience" and offers an authentic California wine tasting featuring hand-selected wines from 200+ Sonoma County boutique wineries and 20+ Virginia-based wineries. Guests have the opportunity to taste varietals from robust growing regions. Sharing their passion for wine, and doing more than just pouring and selling wine, Rick and Elizabeth provide an eclectic mix of distinctive, California-inspired, seasonal craft-foods including panini, quinoa salad, shrimp with zucchini pasta, soups, kabobs, and lamb burgers prepared by Executive



Chef Bernard Henry paired with enhancing wines. Enjoy your wine and meal on the patio or the dining areas upstairs.

The restaurant sells wines at retail plus a corkage fee in the restaurant. Customers can also taste a selection of wines with a \$10 Select tasting of five 1 oz. pours, \$15 for a Reserve tasting. "The wines we'll offer, no one else has," Rick says. They'll also have a wine club and wine dinners.

Open daily from 11:00 am to 10:00 pm. A gift shop will also carry a variety of distinctive wine-related merchandise.



A man says a lot of things in summer he doesn't mean in winter.

—Patricia Briggs

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FOODIE NEWS ...

CONTINUED FROM PAGE 10

our other locations," he says. However, he adds, "Never say never in the future." Greek yogurt bowls will come with toppings like chia seeds, granola, hemp hearts, honey, and roasted seasonal fruit. Other breakfast bowls are made with "frambled" (fried and scrambled) eggs, a choice of potatoes and grains, plus meats like applewood smoked bacon or spicy lamb meatballs. The toppings will be slightly pared down from the lunch offerings, but will still include things like feta, harissa, Sriracha Greek yogurt, tomato and onion, arugula, pickled onions, and more.

No need to go to DC if you want ramen, **Gaijin Ramen Shop** opened its doors at 3800 Lee Highway.



The shop is already packing in crowds for their bowls. Nicole Mazkour and co-owner Tuvan Pham have no prior restaurant experience but according to Mazkour, "We've been best friends, and something we've dreamed of independently is owning our own restaurant." The two bring an authentic, friendly ramen experience to Arlington. They traveled to Japan to learn how to make ramen and South Korea to learn the art of making kimchi. Everything is made fresh at the restaurant; and the ramen soup can take eight to 10 hours to

make. The owners and their staff hand shuck the corn and peel the Fuji apples that go into the ramen broth, and Mazkour said the amount of organic waste they produce from the fresh vegetables and meat is "unbelievable." The restaurant offers traditional ramen like miso ramen or spicy miso ramen, but also more creative ones like BBQ chicken ramen. Expect to pay between \$10 and \$11 for a bowl with additional toppings extra, reflecting the fresh ingredients and preparation. You can also order chicken, pork, or beef "buns." Buns are similar to sliders, but the buns are white, thick and doughy instead of traditional bread. Current hours are 4:00 -10:00 pm Tuesday through Sunday.

Texas Jack's BBQ is replacing the former Tallula and EatBar in Lyon Park at 2761 Washington Blvd. Led by a pair of Hill Country BBQ vets, the 145-seat restaurant will include a 26-seat patio. It will serve meats that are smoked on site. Plans are to remain open until 2:00 am seven days a week. Look for an April/May 2016 opening. The owners plan to keep tradition alive by using the original Whitey's bar inside. **Café Gloria** at 1900 N. Beauregard St. is changing hands according to recent filings. Nothing will change. Hours at the deli will remain 6:30 am to 4:30 pm.

I recently got take-out from one of our new advertisers. If you haven't tried **Shakthi**, 3807 M. Vernon Ave., I highly



recommend it. Shakthi took over the former Po Siam location and features South Asian cuisine including Sri Lankan, Indian, and Thai. I first sampled their Sri Lankan cuisine at Taste of Del Ray and fell in love with the food. Chef Cyril Stanley Perera and his family are from Sri Lanka and bring the flavors of their homeland to Alexandria. As a nod to the Po Siam, Shakthi also continues to provide some of the neighborhood's favorite Thai dishes. I ordered from the Sri Lankan menu, choosing the Kotthu Roti with chicken, a popular street food containing a medley of chopped vegetables, shredded roti bread, egg, and Sri Lankan spices. You can also have it made with lamb, goat, egg, or vegetarian. I was given the choice of mild, medium, or hot and chose medium. There was just enough heat to make me happy but not burn me out. I also ordered another favorite Sri Lankan dish called Deviled Beef based on a recommendation from one of the servers. It too can be made with other meat including chicken, pork, or shrimp and the heat can be tempered to your taste. The dish included onions, peppers, Sri Lankan spices, and is served with basmati rice. There was a wonderful sourness to the dish, and I loved every bite – just the right mix of heat and sour. The leftovers were even better the next day. I also observed the Sunday buffet brunch available from noon to 3:00 pm. There was a wide variety of curries available, and the dining room was filled with their delicious fragrance. Shakthi also offers dinner for two for \$29.95 on Tuesday and Wednesday

CONTINUED ON PAGE 13

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— Neal Learner, *The Washington Post*

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Friends, family, local officials, and well-wishers gathered at **The Caboose Café**, 2419 Mount Vernon Ave. to give Nora Partlow a big thank you for 19 great years of coffee and other treats. As mentioned last month, Nora sold **St. Elmo's Coffee Pub** to Culinary Concepts LLC owned by Larry and Christine Ponzi. Nora was a visionary when she opened the coffee pub and led the way to a rebirth of Del Ray. Nineteen years ago, Nora took a big chance on a little neighborhood that was generally overlooked. She opened St. Elmo's Coffee Pub at a time when Del Ray was



not such a cool place to hang out. Thanks to her vision and example, the neighborhood soon began to change. Soon the **Evening Star**, **Ann Me Me's**, and **Taqueria Poblano** followed. Nora's efforts transformed Del Ray into what it is today.

Nora received a Commendation from the Senate of the Commonwealth of Virginia in recognition of her community leadership and contributions to the revitalization as the longtime owner and operator of St. Elmo's Coffee Pub. Sen.

Adam Ebbin, who represents the 30th District, presented the Commendation. Also present were Mayor Bill Euille, Councilwoman "Del" Pepper, Councilman John Chapman, and Councilman Tim Lovain, and a host of other well-wishers. Nora says she is not leaving, just refocusing her efforts on other endeavors. She said that she received more than just income from St. Elmos, more importantly was the love she received from the community.

FOODIE NEWS ...
CONTINUED FROM PAGE 12

evenings and includes a bottle of wine. Try it, you will like it!
Some of the best burgers in the area according to Thrillist include Del Ray's Holy Cow, 2312 Mt. Vernon Ave. They recommend the Popper featuring an Angus beef patty with a smear of cream cheese, bacon, fried jalapeños, chipotle ketchup, and garlic aioli. It tastes even better because you get to contribute 25 cents to ACT for Alexandria when you buy a burger. Big Buns, 4401 Wilson Blvd in Ballston



offers the Sea Salt N' Peppa. This delicious bison burger comes with blue cheese, apple-smoked bacon, house-brined pickles, and Frank's Hot Sauce. You can feel a little better about this burger because buffalo is little leaner and full of nutrients. If you're gluten-free, order a burger bowl instead. Their slogan "damn good burgers," is no lie. Citizen Burger Bar, 1051

N. Highland in Clarendon, is where a "delicious burger is your right." Thrillist says you should order the Executive. A Timbercreek beef patty forms the base of a pyramid containing foie gras, Nueske's bacon, black onion, a fried farm egg, and garlic aioli on truffled brioche. At \$24, it's more than what you are used to paying, but it's worth it and you deserve it.
Enjoy the new patio seating at Bon Vivant Café and Farm Market, 2016 Mt. Vernon Ave. The patio was successfully crowdsourced through Kickstarter and officially opened on Saturday, Aug. 1, their one year anniversary. The patio party featured food, drink, live music, and lots of fun. And, look for patio dining at the Waffle (Waffle) Shop, 3864 Mt Vernon Ave. This local diner is a favorite morning stop for breakfast. You can't beat their breakfast special of two eggs with bacon, ham, sausage, or scrapple plus home fries, toast, and coffee for only \$5.95. More good news reported by the Washington Business Journal includes a new Virginia law

that took effect July 1 that finally allows restaurants to serve pitchers of cocktails. Previously, it was against the law to serve any mixed drink other than sangria via pitcher. Pepita, which opened last week in Ballston, is taking advantage of the new law by selling margaritas in a skull-shaped pitcher for \$40.
I'm passing along the details for a little "knife-sharpening"



business on East Glendale in Rosemont that I discovered through the Beverly Hills listserv. This is a mail-order service but, for us locals, Professional Knife Service (PKS) offers a local drop off and pick up at 7 East Glendale Ave. You place your order on the online system and select the return shipping method of "Local Drop-off & Pick-up" at no charge. Wrap your knives tightly in newspaper or a paper bag and attach a copy of your invoice (emailed to you after checkout). You then place a black plastic bin near the firewood stack in the driveway. Once you are notified by email that your knives are ready -

CONTINUED ON PAGE 14

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.
-Doug Larson



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U.S. Representative Beyer Visits Alexandria's Community Lodgings

Lynn Thomas (near left), Executive Director discusses the challenges of



providing low-income and affordable housing with U. S. Representative Don Beyer (D-VA) (right) after they toured the nonprofit's transitional housing unit on Friday, July 24. Beyer also visited the Community Lodgings' Fifer Learning Center. Beyer's team and Community Lodgings' staff and several board members also attended the tour. Community Lodgings' mission is to lift families from homelessness and instability to independence and self-sufficiency through Transitional Housing, Affordable Housing and Youth & Adult Education Programs.

BUZZELL

CONTINUED FROM PAGE 7

submarine-launched ballistic missiles. Together with land-based missiles and strategic bombers, the Navy's Ohio-class submarines are part of the nation's strategic nuclear deterrence triad. Because of their stealth, they are considered the most survivable component of the triad.

Ohio-class submarines like USS Maine have a very high operational availability due to an innovative crewing concept. Each submarine has two crews, Blue and Gold, which alternate manning the submarines and taking them on patrol. This maximizes the sub's strategic availability, reduces the number of submarines required to meet strategic requirements, and allows for proper crew training, readiness, and morale. Buzzell serves on the USS Maine Blue Crew.

As a sailor with numerous responsibilities, Buzzell said he

is learning about himself as a leader, sailor and a person.

"A submarine is like a small town, so I've learned to work with people from all walks of life," said Buzzell.

With approximately 15 officers and 140 enlisted comprising the submarine's company, jobs are highly varied. Each member of the crew plays a role in keeping the submarine's mission ready — this includes everything from washing dishes and preparing meals to handling weaponry and maintaining the propulsion system.

"We protect and defend America from below the world's oceans and no other nation can match our capabilities," said Rear Adm. Dave Kriete, commander, Submarine Group Nine in Bangor, Washington. "Our submarine force could not thrive without the professionalism and skill of our sailors. These men and women, whose mission is often unsung because of its discreet nature, represent the finest characteristics of our nation's military. Their families, friends, and the entire nation should be extremely proud of what they do every day."

Buzzell said he is proud of the work he is doing as a member of the crew,

protecting America on the world's oceans. "I like the fact that the command is like a family. The Maine family takes care of everyone," said Buzzell.

In addition to USS Maine, seven other Ohio-class ballistic missile submarines are home ported in Kitsap County, Washington, along with three Seawolf-class submarines and two Ohio-class guided missile submarines that are all assigned to the U.S. Pacific Fleet.

Fast, maneuverable and technically advanced, submarines are some of the most versatile ships in the Navy. They are capable of conducting a variety of missions that can include engaging enemy vessels in the sea, launching missiles at targets on land, providing a platform for SEALs to operate from, and conducting intelligence and surveillance around the world.

Because of the demanding nature of service aboard submarines, sailors like Buzzell are accepted only after rigorous testing and observation that can last several months. The crews have to be highly motivated and adapt quickly to changing conditions.

"When I'm out to sea, I know my family is safe and that I'm protecting the freedoms they enjoy," said Buzzell.



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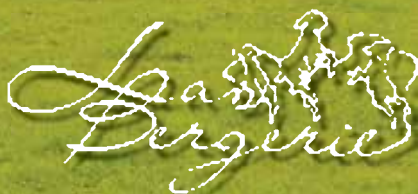
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Whether you are visiting us for the first time or are one of our treasured and faithful regulars, we are committed to providing you with a unique dining experience in a relaxed and intimate setting.



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FOODIE NEWS ...

CONTINUED FROM PAGE 13

often the next day, pick them up from the bin used for drop-off. You can find more details on their website, <http://www.precisionknifesharpening.com>.

Don't miss **Alexandria's Restaurant Week, August 21 – 30!!!** Over 60 Alexandria restaurants feature a \$35 three-course dinner or a \$35 dinner for two during Alexandria Summer Restaurant Week. More than two dozen restaurants are also offering lunch specials at \$10, \$15 or

\$20 per person in addition to their dinner specials. Check out the complete list of participating restaurants and make your reservations at: <http://www.visitalexandriava.com/restaurants/restaurant-week/>. Be sure to check out our special advertising section featuring these restaurants in this issue.

Have a recommendation of a restaurant for me to review, news about a new or existing restaurant in the area, let me know and I will include it, debbyc@thezebrapress.com.

Until next time, eat well and enjoy!



dashbus.com



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To the Old Town Pool!



**Now - Labor Day
Ride the DASH
AT10 FREE!**

**Mon. - Fri. 9:30 a.m. - 3:30 p.m.
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**!Dase un Chapuzón con
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Enjoy FREE Admission to the pool: Sat., Aug. 29th!

Thank You Business Sponsors!

Alexandria
Gazette Packet

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Alexandria Times

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for Books!**



“FIELDS” AT THE ATHENAEUM

BY ROBERT F. MURRAY, THE VON BRAHLER LTD.

Your imagination will be challenged and reawakened by the contemporary abstract works within the neo-classic walls of The Athenaeum, located at the epicenter of Old Town Alexandria at the corner of Prince and Lee Streets. This appealing and extensive show is called, “Fields,” featuring artists, Pat Goslee and David Carlson. Each one claims the use of “fields” as the core idea for their experiences in the creation of their work.

Coming through the front doors, two works caught my eye and interest. Both by Pat Goslee and titled, #14 “Refuge” and #22 “Weathering.” You may be struck by several other pieces, but my experience says that immediate attraction is the best promotion. By design, the titles do not appear on the wall next to the work, so that leaves a challenge to the experienced as well as the casual gallery-goer.



“Refuge” by Pat Goslee. Photos courtesy of the artists.



“Weathering” by Pat Goslee.

When this happens, the viewer has to reach into his own consciousness for meaning. By their very nature, abstracts demand creative artists and imaginative viewers. No imagination, no fun. The subject matter may or may not be related to some real object but an idea, a stream of consciousness, etc. You have to open up your own eyes to what is going on there – through your eyes to your own meaning. It is the game gallery-goers play all the time with any work of art that has any substance at all or reason to be set aside to be ‘looked at.’

By way of the history of art movements towards abstractionism (an always growing process with new artists and new mediums), Cubism, Russian Constructivism, German and American Expressionism and others fostered art using line, color and form to express the real but unrecognizable or differently realized world around us. It is a similar phenomenon in the developing circle of contemporary, jazz and



“Diving Board” by David Carlson.

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“
QUOTABLES
The problem with political jokes is they get elected.
—Henry Cate

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McAllister Architects is a full-service architecture firm located in North Old Town Alexandria. Serving the Washington Metro Area since 1992, the firm specializes in restaurant, residential, health care, and commercial projects.
ph. 703.519.8623 | email@mca-arch.com

photography by R. David Chomberg

WATERFRONT
CONTINUED FROM PAGE 5

and more toward the dock, close to taking on water. Willem alerted the Fire Department: "Bring us a jack and we can pry ourselves off." They did, and Cherry Blossom bobbed upright instantly. Crisis averted, but, says Willem, "the rest of the night was harrowing." Hurricane Isabel pushed a 9-1/2 ft. storm surge into Alexandria. "Admiral Tilp and Matthew Hayes were so high above the dock," says Willem, "you could see their bottoms." The media reported that a paddleboat had flipped over

in the storm. He thanks Fire Captain Rodney Masser for proving that untrue. The PRC offices on The Strand did not fare as well. Charlotte had to talk her way past a police barricade at Duke and Union Streets to walk into the damage zone. Roads were piled with massive debris and filth, but by mid-morning the Potomac had returned to its banks. Except in the PRC office. Through large front windows, Charlotte watched her precious family photographs bobbing in 4-1/2 ft. of river water. The office was not Isabel's only PRC victim. A wedding was planned that day, with a reception cruising aboard

Cherry Blossom. Charlotte called the father of the bride saying they must cancel because the dock was unsafe, there was no way to get to the boat, and in any case, the Coast Guard had closed the river. "He said, what are you going to do for my daughter?" she recalls. Through extraordinary efforts and cooperation from several businesses suffering the same disaster, the wedding and reception were relocated. Although not on the Potomac, it was still a great success. "I'm sure to this day he thinks I waved a magic wand," she says, "but we wouldn't be here if it weren't for our customers. Customers are the bottom line."

GRADS
CONTINUED FROM PAGE 7

throughout the year by the professionalism of his sailors. The Reserve is a major component of the Navy representing about 20 percent of its total forces. Congress authorized the establishment of the Federal Naval Reserve on March 3, 1915. Initially, the only Sailors eligible to enroll were enlisted Navy veterans. On Aug. 29, 1916, with the prospect of America's entry

into World War I looming, the Federal Naval Reserve reorganized to allow the enrollment of non-veterans and was designated as the U.S. Naval Reserve Force. Since Sept. 11, 2001, there have been more than 70,000 Selected Reserve mobilizations, along with an additional 4,500 deployments by full-time support sailors, including more than 8,000 who have done a second combat tour. Since the Reserve's establishment in 1915, five U.S. presidents have served in the Navy Reserve.

Senior Academy
CALLING ALL SENIORS
60+

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

The Little Theatre of Alexandria
IN THE HEIGHTS
LAUGHING STOCK
JULY 25 - AUGUST 15, 2015
SEPTEMBER 5 - 26, 2015
LTA owes the successes of its productions to all of its talented members. We welcome all theater enthusiasts willing to work including actors, backstage "techies," set builders, designers, ushers, catering staff, and box office workers. Visit our website to see how you can get involved.
600 Wolfe Street | Alexandria
703-683-0496 | thelittletheatre.com

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July 26 Big Bad Voodoo Daddy
7:30pm \$39.50
2 Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY! A \$5.50 per ticket service charge will apply.
3 Jorge Drexler
7:30pm \$35.00
4 TBA
5 An Evening with GRAHAM NASH
7:30pm \$90.50
6 KASEY CHAMBERS w/ Scott Miller
7:30pm \$35.00
7 Kim Waters
7:30pm \$35.00
8 TBA
9 TBA
10 TBA
11 TBA
12 TBA
13 JAZZ BAND
7:30pm \$35.00
14 Dry Branch Fire Squad and Lou Reid & Carolina
7:30pm \$25.00
15 TANK
7:30pm \$59.50
16 Edwin McCain (Trio) w/ Jenn Grinels
7:30pm \$29.50
17 TBA
18 TBA
19 TBA
20 In the Flex/Stage! CHRIS STAPLETON w/ Sam Lewis
7:30pm, Doors 6pm \$20.00
21 Firefall & Atlanta Rhythm Section
7:30pm \$39.50
22 JAKE SHIMABUKURO
7:30pm \$45.00
23 WAR
7:30pm \$55.00
24 TBA
25 An Evening with gregg allman
7:30pm \$89.50
26 JUSTIN HAYWARD THE WATCHING & WAITING TOUR SPECIAL GUEST MIKE DAWES
7:30pm \$69.50
27 LUKE JAMES
7:30pm \$35.00
28 J.D. CROLEY THE CANCELED! Refunds at place of purchase.
7:30pm \$35.00
30 Larry Graham & Graham Central Station
7:30pm \$69.50
31 TBA
September 1 TBA
September 2 TBA
September 3 BILLY BOB THORTON & THE BOXMASTERS
7:30pm \$35.00
September 4 EUGE GROOVE
7:30pm \$39.50
September 5 The Seldom Scene & Jonathan Edwards
7:30pm \$29.50

AUGUST Z-EVENTS

DAILY

Taste and Style of George Washington Tour George Washington's Mt. Vernon 3200 Mt. Vernon Hwy.

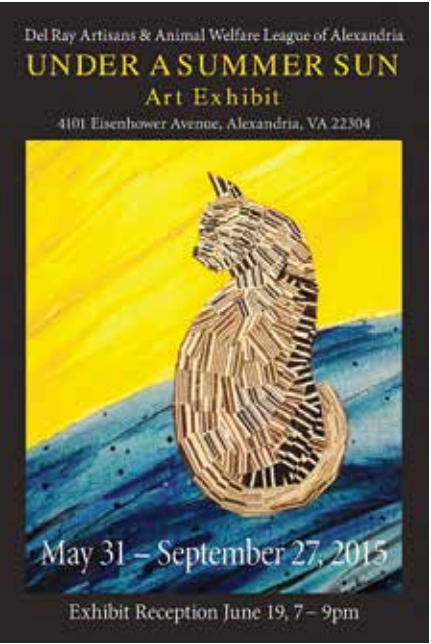
George Washington paid keen attention to his material surroundings throughout his life. He understood that certain objects denoted gentility, sophistication, enlightenment, and wealth. This tour, which includes the Mansion as well as the museum, explores Washington's tastes and his selection of decorative fine arts for his home. Ticket required and no extra charge over estate admission. Adult \$17, Youth (6-11) \$9, Senior (62 and over) \$16, under 5 free

WEEKENDS NOW THROUGH DECEMBER

Dinner for the Washington's George Washington's Mt. Vernon 3200 Mt. Vernon Hwy.

Take a tour of what the typical Washington's Dinner would have been like. The tour lasts approximately 1 hour and is a walking tour. A portion of the available tickets are offered in advance. The remainder are sold at the ticket window the day of the tour. Tickets are required for each person on the tour. Daytime Tour times are specific. Daily Mansion Tours have specific times and are determined by admission choices. Children under 12 must be accompanied by an adult 18 years or older. Estate Admission is required. \$5.00

NOW THROUGH - SEPTEMBER 27



"Under A Summer Sun" - Art Exhibit Monday, Tuesday, Thursday, Friday 12-7pm, Sunday 12-5pm Vola Lawson Animal Shelter 4101 Eisenhower Ave.

Warm up after the long, cold winter with Del Ray Artisans' summer art exhibit and the Animal Welfare League of Alexandria's furry friends. Exhibit reception and "Three Minutes with Three Artists" talk is on Friday, June 19 from 7-9pm. View the exhibit on weekdays (closed Wednesday) from 12-7pm and weekends from 12-5pm. www.TheDelRayArtisans.org/GWW



TAKING SHAPE

August 5-September 7
10:00 am - 6:00 pm
Art League Gallery
105 N. Union Street

The Art League's annual sculpture exhibit features three-dimensional works by Art League members and is juried by sculptor Jessica Beels. Opening Reception: Thursday, August 13, 6:30-8:00 pm

NOW THROUGH - SEPTEMBER 2

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

Chill out after class with summer cool drinks & treats from St. Elmo's Coffee Pub, Senzu Juicery and more. Suitable for all levels. So grab a mat & 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. Info: 703-967-8884 or yoga@prasadayoga.com

AUGUST 5-SEPTEMBER 7

Taking Shape
10:00 am - 6:00 pm
Art League Gallery
105 N. Union Street

The Art League's annual sculpture exhibit features three-dimensional works by Art League members and is juried by sculptor Jessica Beels. Opening Reception: Thursday, August 13, 6:30-8:00 pm

AUGUST 5-SEPTEMBER 7

'Scapes
10:00 am - 6:00 pm
Art League Gallery
105 N. Union Street

'Scapes, the annual August landscape exhibit

at The Art League Gallery, will feature works illustrating all elements of our external world. Artwork inspired by all environments may be a part of this juried all-media exhibit - urban and rural, industrialized and primitive, coastal and arid, and the beauty and destruction created by Mother Nature. Member artists are encouraged to explore unique perspectives, literally and figuratively, as well as varying moods and color. 'Scapes is juried by Elizabeth Peak.

AUGUST 5-SEPTEMBER 7

Fields Art Exhibit by David Carlson
and Pat Goslee



Thursdays, Fridays, and Sundays 12-4pm;
Saturdays 1-4pm
Athenaeum

FIELDS is an art exhibit by David Carlson and Pat Goslee; both are abstract painters deeply interested in spiritual exploration and energy fields. Free

AUGUST 7-30

Au Naturel
Del Ray Artisans
2704 Mount Vernon Ave.
Thursdays 12-6 pm, Fridays & Saturdays 12-9 pm, and Sundays 12-6 pm

This art exhibit goes beyond the traditional interpretation of nude or naked. In this exhibit, artists express their unique interpretation of "au naturel" as they celebrate the natural and exposed, the pure and untouched, the bare and raw, and the candid. Their work interprets figures, objects, emotions, and feelings; uncompleted projects and unintentional steps "in the process". Patrons can expect to see the vulnerable, the powerful, and expressions with no cover or filter—objects or beings in full exposure or that are in their truest and most candid form and natural state. Free

AUGUST 13

SECOND THURSDAY ART NIGHT
6:00 pm to 9:00 pm
The Torpedo Factory

Enjoy a special after-hours event at the Torpedo Factory Art Center every month. Browse open studios and galleries, interact with artists, and enjoy special programming. Stop by on your way to dinner and make an evening of it! Visit torpedofactory.org/events for details of each month's events.

AUGUST 14, 15, 21, 22, 28, 29

Wee Ones Story Time
10:30 am to 11:00 am
Hooray for Books
1555 King St.

Wee Ones Storytime



Join us as we explore the exciting world around us with some of our favorite stories and songs! Ages 2 and under. Free

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 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

'SCAPES

10:00 am - 6:00 pm
Art League Gallery
105 N. Union Street

'Scapes, the annual August landscape exhibit at The Art League Gallery, will feature works illustrating all elements of our external world. Artwork inspired by all environments may be a part of this juried all-media exhibit - urban and rural, industrialized and primitive, coastal and arid, and the beauty and destruction created by Mother Nature. Member artists are encouraged to explore unique perspectives, literally and figuratively, as well as varying moods and color. 'Scapes is juried by Elizabeth Peak.



AUGUST Z-EVENTS



AU NATUREL

August 7 - 30
Del Ray Artisans
2704 Mount Vernon Ave.
Thursdays 12-6 pm, Fridays & Saturdays 12-9 pm, and Sundays 12-6 pm

This art exhibit goes beyond the traditional interpretation of nude or naked. In this exhibit, artists express their unique interpretation of “au naturel” as they celebrate the natural and exposed, the pure and untouched, the bare and raw, and the candid. Their work interprets figures, objects, emotions, and feelings; uncompleted projects and unintentional steps “in the process”. Patrons can expect to see the vulnerable, the powerful, and expressions with no cover or filter—objects or beings in full exposure or that are in their truest and most candid form and natural state. Free

10:00 am - 12:00 pm
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

WMPA Free Summer Chamber Music Series:
West Shore Trio
3:00 pm to 4:30 pm
The Lyceum
201 South Washington St.

West Shore Trio: violinist Heather Haughn, cellist Diana Flesner and pianist Jay DeWire. Music of Mozart, Piazzolla and Brahms. \$10 suggested donation.

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

AUGUST 21 - 30

Alexandria Restaurant Week



More than 60 Alexandria restaurants are featuring a \$35 three course dinner or \$35 dinner for two this week. Over two dozen are also offering lunch specials for \$10, \$15, or \$20 per person in addition to dinner specials. Here's your chance to explore those restaurants you've been thinking about trying from fine dining to casual. Search menus and make reservations online using the link on www.visitallexandria.com/restaurants/restaurantweek/

AUGUST 21

Gentleman Distiller: Whisky Tasting and Dinner
George Washington's Mt. Vernon
3200 Mt. Vernon Hwy.
6:30 pm - 9:45 pm

Learn more about Washington's role as “Distiller in Chief” at this exclusive event! The evening begins with a reception at the Distillery & Gristmill, where guests will get a first-hand look at how whiskey

was produced in Washington's time. The event continues on the estate with a brief talk by Mount Vernon's resident distiller, followed by a whiskey tasting and seated dinner at the Mount Vernon Inn Restaurant. \$125/person

AUGUST 23

WMPA Free Summer Chamber Music Series:
Clarinetist Rogelio Garza and Friends
3:00 pm to 4:30 pm
The Lyceum
201 South Washington St.

Clarinetist Rogelio Garza with woodwind quintet. \$10 suggested donation.

AUGUST 29-30, SEPTEMBER 6

Get Your Artwork Photographed!
12:00 pm - 1:00 pm
The Art League Gallery
105 N. Union Street

When someone looks at your artwork online — whether a juror, a customer, or a gallerist — an accurate photo can make all the difference. Put your best foot forward with a professional image of your artwork! \$10 per photo, up to five (\$50) per artist

AUGUST 30

WMPA Free Summer Chamber Music Series:
Violist Samuel Matzner and Friends
3:00 pm to 4:30 pm
The Lyceum
201 South Washington St.

Violist Samuel Matzner and pianist Edward Leung. Music of Haydn, Vieuxtemps, Chopin, Hindemith, Lowell Liebermann, Arthur Benjamin and Mily Balakirev. \$10 suggested donation.

SEPTEMBER 3

First Thursday in Del Ray: Party Time

6:00 pm - 9:00 pm
Along Mount Vernon Avenue in Del Ray

Party Time in Del Ray -- Weddings, birthdays, anniversaries, showers. Anything! Party! Free

SEPTEMBER 4-27

ALTARS: Religious Rituals
Del Ray Artisans
2704 Mount Vernon Ave.
Thursdays 12-6 pm, Fridays & Saturdays 12-9 pm, and Sundays 12-6 pm.

Del Ray Artisans and Art Latin American Collective Project teamed up to create this collaborative exhibit that symbolizes—literally and figuratively—the use of altars in religious rituals worldwide. The exhibit features artwork from the members of both organizations and calls to mind altars, which vary from places of heavenly worship to nether worldly sacrifice, from simple raised platforms to elaborate structures. Free

SEPTEMBER 5-26

LAUGHING STOCK
Wednesday - Saturday at 8pm, Sun at 3pm
Little Theatre of Alexandria
600 Wolfe St.

A play within a play! Laughing Stock gives audiences a backstage look at a ragtag troupe of actors and their backstage mischief as they attempt to stage three repertory productions. Hamlet, Charley's Aunt, and Dracula have never been performed like this! This show is a hectic and hilarious testament to theaters everywhere that never seem to have enough time, staff, money, or talent to pull off the show, but in the end, the show must go on! Tickets: www.thelittletheatre.com 703-683-0496

SEPTEMBER 5 - 18

Angel Soldier Dance Sublime
Daily/10am-6pm; Thursday/10am-9pm

Torpedo Factory Art Center
105 N. Union Street

Four women artists from the Blue Hill Peninsula in Maine explore ideas of femininity in a purportedly post-feminist climate in Angel Soldier Dance Sublime. Samantha Jones, Kari Van Tine, Heather Lyon, and Ana Antonovych Metcalf combine sculpture, photography, drawing and performance to depict the balance between feminine and masculine.

SEPTEMBER 11

Four Mile Summer Movie Festival: Cool Runnings
Movie starts at dusk
Four Mile Conservatory Building
4109 Mt Vernon Ave.



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

SEPTEMBER 13

WMPA Free Summer Chamber Music Series
3:00 pm to 4:30 pm
The Lyceum
201 South Washington St.

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

SEPTEMBER 19-20

George Washington's Mt. Vernon
3200 Mt. Vernon Hwy.
9:00 am - 5:00 pm



Fifty colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leather-workings, weavings, furniture, and much more. “General Washington” will be on hand overseeing the lively Revolutionary War military drills and 18th-century entertainment including music, fire-eating, sword-swallowing, puppet and magic shows, plus hearty specialty food for sale on site. Costumed interpreters will be demonstrating the 18th-century chocolate-making process using an authentic colonial recipe! This weekend only, 40-minute sightseeing cruises on the Potomac River, courtesy of Spirit Cruises and Potomac Riverboat Company, are free of charge (while supplies last). Adult \$17, Youth (6-11) \$9, Senior (62 and over) \$16, under 5 free



ALTARS: RELIGIOUS RITUALS

September 4 - 27
Del Ray Artisans
2704 Mount Vernon Ave.
Thursdays 12-6 pm, Fridays & Saturdays 12-9 pm, and Sundays 12-6 pm.

Del Ray Artisans and Art Latin American Collective Project teamed up to create this collaborative exhibit that symbolizes—literally and figuratively—the use of altars in religious rituals worldwide. The exhibit features artwork from the members of both organizations and calls to mind altars, which vary from places of heavenly worship to nether worldly sacrifice, from simple raised platforms to elaborate structures. Free

Alexandria restaurant week

August 21-30, 2015

Vist www.visitalexandriava.com/Restaurants
for a complete list of the 60+ restaurants
participating this year.



Try New Places During Restaurant Week

BY MARY WADLAND

Certainly there are those restaurants you have heard about and wondered if you would like, but were maybe afraid to make a large commitment to a hefty dinner check, just on a whim. Well, now is the time to take advantage of the price breaks and indulge your foodie curiosities by hitting as many of Alexandria's participating restaurants as you can this month during Restaurant Week, August 19-30, 2015. 60 restaurants throughout the city will feature a \$35 prix-fixe three-course dinner or \$35 dinner for two. Many are also offering lunch specials. Savor the flavors of Alexandria's distinctive collection of eateries, from fine dining establishments to casual neighborhood favorites, with special offers available exclusively during this event. You can see whole list at VisitAlexandria.com but please check out these special opportunities from our advertisers.



La Bergerie

218 N. Lee Street, Old Town
703-683-1007 • Labergerie.com

\$35 Three Course Dinner (per person)

Our Restaurant Week menu offers 4-6 choices for each course and includes items that are typically found on our a la carte menu.

\$20 Two Course Lunch (per person)

Lunch includes an Entrée and choice of Appetizer or Dessert.



Three Course \$35 per person dinner. Three Course \$15 per person lunch

Historic 18th-century tavern, Colonial entertainment nightly.
Mon.-Sat. 11:30 a.m.-10 p.m.; Sunday brunch 11 a.m.-3 p.m.
Fine Dining Since 1770

Gadsby's Tavern

138 N. Royal Street, Old Town Alexandria
(703) 548-1288
www.gadsbystavernrestaurant.com



Three Course \$35 For TWO! MENU HAS BEEN UPDATED!

Choice of one from each category. 1st course: New England Clam Chowder or Caesar Salad. 2nd course: Chicken Pot Pie or Slow Roasted Spare Ribs. For dessert, homemade white chocolate mousse

Fireflies

501 Mount Vernon Avenue, Del Ray Alexandria
(703) 548-7200
www.firefliesdelray.com



Three Course | \$15 per person lunch

Each restaurant week participant will be greeted with some sparkly cheer! For lunch, we'll offer a starter: soup or salad and choice of a sandwich. Wine tasting room and bistro focusing on Sonoma County wines and products in tasting room and for retail sale with California craft foods.

207 King Street • www.mysonomacellar.com • 703.966.3550

Three Course Dinner \$35 per person and \$22 Three Course Lunch during Restaurant Week.

Bastille offers elegant and contemporary French bistro cuisine in a comfortable yet, upscale setting. Highlighting the cooking of acclaimed chefs Christophe and Michelle Poteaux, Bastille features an award-winning wine list. Locally sourced ingredients exemplify the cooking of this duo and an amazing display of local artists are just a sample of what awaits you at Bastille. Outdoor seating available during weather permitting. Ample free street and lot parking. Reservations suggested. Reservations are required for parties greater than 8. Serving Lunch Tuesday to Friday, Brunch Saturday and Sunday, Dinner Tuesday to Sunday. Closed Monday.

Bastille

606 N. Fayette Street, Old Town Alexandria
(703) 519-3776 • www.bastillerestaurant.com



Dinner for Two \$35 \$10 per person lunch

Serving classic American cuisine & steaks, seafood, salads and burgers. Kitchen open 'til midnight Sun.-Thur., 1 a.m. Fri. & Sat., Sun. brunch 10 a.m.-4 p.m. Family friendly! Reservations accepted for parties of 5 or more.

Chadwicks

203 The Strand
Old Town Alexandria
(703) 836-4442
www.chadwicksrestaurants.com



Three Course Dinner \$35 per person \$20 per person Three Course Lunch

Adjacent to Hotel Monaco Alexandria, Jackson 20, which takes its name from President Andrew Jackson and his visage on the \$20 bill, is a 125-seat Modern American tavern with a warm ambiance and clean, simple lines. The menu features regional cuisine with a "southern accent" utilizing local ingredients. Dishes are complemented by a strong American wine list and a bevy of creative cocktails. Sunday "bottomless mimosa" Brunch and "Green Plate" weekday lunch specials make Jackson 20 perfect any day of the week.

Jackson 20

480 King Street
Old Town Alexandria
(703) 842-2790
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QUOTABLES

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.
—Alfred E. Newman

Incredible Opportunity!



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BACKPACK DRIVE IS HUGE SUCCESS

To assist low-income families who are struggling, United Community Ministries' annual summer Back to School campaign collects new backpacks and monetary donations for the school supplies to fill them. This year, more than 800 students in Kindergarten through 12th grade will get to choose a new backpack at United Community Ministries (UCM), filled with school supplies for their grade level.

"We are thrilled by the outpouring of generous support to invest in our Mount Vernon kids for their academic success," says Susan Johnson, UCM Back to School coordinator. "Support for our campaign means so much more than backpacks and school supplies: you're giving creativity, literacy, and empowerment to vulnerable kids and youth in our community. These supplies mean that our kids have more motivation to study, that they can fit it with their more fortunate peers, that they gain confidence – and that they can start to see other possibilities in their future."

Organizations hosting Back to School collection drives for UCM included: Aldersgate United Methodist Church (Vacation Bible School), Antioch Baptist Church



"United Community Ministries is grateful to the numerous organizations hosting collection drives and the outpouring of community support for our annual Back to School Campaign," says Susan Johnson, UCM campaign coordinator. "Thanks to our caring community, more than 800 students from low-income families in the Mount Vernon area will get to choose new backpacks and school supplies, ensuring they start school next month ready to succeed." Susan (right) is pictured with Inova Mount Vernon Hospital's Margaret Shipp (center) who delivered check donations totaling more than \$1,000, collected from hospital staff. Helping to thank Margaret is UCM Basic Needs Manager Alex Pytel at left. Monetary donations designated to "School" are still being accepted via www.ucmagency.org or via check mailed to UCM, 7511 Fordson Rd., Alexandria VA 22306.

(Vacation Bible School), Calvary Presbyterian Church, Good Shepherd Catholic Church (including Vacation Bible School), Heritage Presbyterian Church, Inova Mount Vernon Hospital, Kol Ami Jewish Congregation, Mount Vernon High School Dance Team, Mount Vernon United Methodist Church, Nativity Lutheran Church, Party World (Woodbridge), Plymouth Haven Baptist Church, St. James Episcopal

Church, Virginia's Finest Auto Club, and Vornado/ Charles E. Smith.

The deadline for donating backpacks has passed, but financial donations designated to "School" are still being accepted online via credit card or bank withdrawal at www.ucmagency.org – or via check payable to UCM mailed to 7511 Fordson Rd., Alexandria VA 22306.

WRITING CONTEST FOR 7TH, 8TH AND 9TH GRADERS

Alexandria Library and the For Love of Country Foundation have teamed up to host 1st Annual 'For Love of Country' Essay and Poetry Contest, "Surviving (Safety, Privacy, and Security) and Thriving in Today's World." Eligible applicants for the essay and poetry contest are upcoming 7th, 8th and 9th graders, as of September 2015. All entries for both contests are due no later than Monday, August 31 at 5 p.m.

Essay work will be judged on originality and creativity; persuasiveness; clarity, coherence and organization; and grammar and spelling. Poetry work will be judged



on originality and creativity; relevance to contest topic; clarity and coherence; spelling.

All work submitted must be original material and one entry per student is permitted (one essay or one poem). Paper submissions can be turned in by visiting your nearest Alexandria Library. Electronic submissions are accepted by e-mailing dprice@alexandria.lib.va.us or submitting an

electronic application through our website. Essays and poems must be accompanied with a completed cover sheet (available here for download).

Winners will be selected and notified by Thursday, October 1, and prizes will be awarded during Teen Read Week (October 18-24). Essays and poems will not be returned. Alexandria Library will distribute multiple awards in each of the following categories: \$100 Gold; \$50 Silver; and \$25 Bronze.

For more information on the For Love of Country essay and poetry contest, please e-mail dprice@alexandria.lib.va.us or call 703-746-1753

CONTINUED FROM PAGE 9

of its kind in Virginia, now connects nearly 95 municipal and educational facilities. Second, the City wishes to enhance broadband connectivity for Alexandria’s residents, businesses, and anchor institutions, by expanding the range and quality of available bandwidth and data transport services. This may include both additional broadband providers, and additional broadband infrastructure such as fiber to the premises (FTTP).

Currently, the majority of Alexandria is served by a single broadband provider, which uses its own cable infrastructure. Responses to the RFI will allow the City to learn about the capabilities of different types of participants in the broadband market, and will help inform decisions about what types of public or private initiatives may be a good fit for Alexandria’s needs. Both City Council and the Council-appointed Commission on Information Technology have been active in working to ensure expanded consumer broadband options.

The deadline to respond to the Request for Information is September 3, 2015. To read the full RFI, visit www.alexandriava.gov/Purchasing.

Sheriff’s Office Reaccredited

Alexandria Sheriff Dana Lawhorne is proud to announce that the Alexandria Sheriff’s Office has been reaccredited by the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA).



Sheriff Dana Lawhorne was proud to accept CALEA's reaccreditation certificate and to present Accreditation Manager Debra Defreitas with a certification of appreciation from CALEA. Photo courtesy of Alexandria Sheriff's Office.

The Office received its formal reaccreditation at a ceremony Saturday, July 25, during CALEA’s summer conference in Colorado Springs, Colorado.

As part of the reaccreditation process, CALEA assessors visited the Sheriff’s Office in April for a

FUTURE LEGENDS

Families of students in the ACPS 3-5 Grade Summer Enrichment Program joined their children recently at an end-of-class celebration. Among the activities was sharing the stories they wrote as part of the Family Legends book-making activity. For



Jesus Sans smiles broadly while reading his story aloud. Photos by Nina Tisara/Living Legends of Alexandria

three-day on-site assessment to examine the Office’s policies and procedures, management, operations, and support services related to law enforcement. While the Alexandria Police Department is the primary law enforcement agency for the City of Alexandria, the Sheriff’s Office does have law enforcement responsibilities, serving as a secondary responder with its primary mission of operating the William G. Truesdale Adult Detention Center, managing courthouse security, transporting prisoners, and serving legal process and warrants.

The CALEA assessors evaluated the Sheriff’s Office on its compliance with more than 300 standards related to law enforcement. In its very favorable assessment report, the CALEA assessment team noted that the Office is a “proactive agency geared towards working with the community, surrounding law enforcement agencies, municipal government, and city leaders. In the face of budgetary and personnel constraints the agency has been successful in adopting innovative approaches to effectively serve the community.”

CALEA first accredited the Alexandria Sheriff’s Office in July 1990, and the Office has been reaccredited every term since then. The Office is also accredited by the American Correctional Association and the National Commission on Correctional Health Care and certified by the Virginia Department of Criminal Justice Services and the Virginia Department of Corrections.

See 19th century Mount Vernon in 3-D

New Exhibition Showcases Historic Views of George Washington's Estate

Visitors to George Washington’s Mount Vernon will have the chance to travel back in time, and in 3-D,



Patrick Henry Elementary School summer principal Seazante Oliver and teachers Emily Fenn and Celia Ochs model their shirts.

the event children donned special t-shirts with the message “Future Legends.” The teachers’ shirts said, “I’m Teaching a Future Legend.”

Family Legends is a program of Living Legends of Alexandria led by local artist-educator Sushmita Mazumdar.

to see how the estate appeared more than 100 years ago through a special photography exhibition, *Mount Vernon in 3-D: Then & Now* which began August 1.

The show features 20 rare historic images from Mount Vernon’s collection dating from the 1850s to the early 1900s. Presented in 3-D form, the images capture various interior and exterior views of the Mansion, along with locations such as Washington’s tomb, the wharf, and the gardens. By comparing the historic images with scenes from modern times, visitors will instantly note how the estate has changed over time thanks to the tireless preservation efforts of the Mount Vernon Ladies’ Association, which purchased the home from the Washington family in 1858.



To bring these historic images to life for today’s guests, Mount Vernon partnered with the Center for Civil War Photography to digitally scan the stereoview cards, overlaying them as modern 3-D images, or anaglyphs. The resulting 3-D images will be mounted on signs and placed in their corresponding locations across the estate.

The featured images originally appeared on stereoview cards—an early form of 3-D technology in which two photographs were printed side by side on a single card. When examined through a viewer called a stereoscope, the two flat pictures blend into a single image, giving the illusion of depth. This photographic technique originated in the 1840s and was popular until the 1930s when movies and other modern media took center stage. A few of the Mount Vernon photographs come from noted photographers Alexander Gardner and Frederick and William Langenheim.

During this installation, Mount Vernon will offer complimentary 3-D glasses and a map calling out the locations on the estate where the images can be viewed. The map also includes interpretive notes indicating the changes that have taken place on the estate since the early photograph was taken. For example, in an 1880s view of the Mansion’s west front, the sundial is missing. A circa 1900 view of the gardens reveals the absence of the greenhouse, which had been destroyed in a fire in 1835.

Long a part of Mount Vernon’s collection, these stereoviews served an important role in the preservation work of the Mount Vernon Ladies’ Association. In its early years, the Association raised funds to support its extensive and costly preservation work by selling images of Mount Vernon. Stereoviews, which “transported” people to faraway locations and landmarks, proved an important source of revenue.

The exhibition, included in admission, will remain on view through November 20. For more information and to view the historic stereoview images as well as the modern 3-D anaglyphs, visit www.mountvernon.org/3D.

Elephant Appreciation Day 2015

Ten Thousand Villages celebrates their fifth annual Elephant Appreciation Day, on Saturday, August 22.

“Many of our products carry an elephant motif, and Elephant Day started as something fun to do to break up a hot summer,”

explained store manager Kate McMahon. “But, somewhat to our surprise, our customers loved it, and now look forward to the annual celebration.”

For the fifth annual celebration they wanted it to be really special – even elephantine. “In addition

to raising money for elephant conservation, we’ll have an EQ (Elephant Quotient) test for adults, a famous elephant quiz for kids, an elephant tattoo “parlor,” elephant themed refreshments, discounts on elephant items, product giveaways, an auction, and more!”

The program officially begins at 12:00 noon, with a demonstration of elephant dung paper making in Sri Lanka, followed by a presentation by Samantha Rose of the African Wildlife Foundation. Ms. Rose will discuss the work of the foundation, as well as ways citizens can become more involved in protecting the world’s dwindling elephant populations.



CONTINUED ON PAGE 25



ORNAMENTAL GRASSES: 101

A workhorse in just about any landscape, ornamental grasses are as varied as the gardens they inhabit. They come in many sizes and shapes, from small clumps of carex at home in the shade to the towering, showy pampas that thrives in our summer heat and humidity.

Ornamental grasses came into gardening vogue about 30 years ago with the help of internationally acclaimed landscape designer Wolfgang Oehme. His signature “naturalized landscapes” often included mass plantings of grasses along with native flowers like Black Eye Susans, coneflowers, and Joe Pye Weed. One of Oehme’s most prominent landscape projects was the renovated Ronald Reagan National Airport, where ornamental grasses and their companion plantings thrive today.

Grasses are incredibly versatile – beautiful mixed in a perennial border, excellent

when used in pots, and can make great specimen plants. The larger varieties are useful for screening busy roads or, ahem, neighbors. Most are drought resistant and very low maintenance. Moreover, as an added bonus, grasses are not a favorite food of our resident deer population. Many of you are probably familiar with the more commonly used grasses like fountain grass, maiden grass, and pampas grass. Here are a couple of lesser-known varieties that are worth checking out:

Panicum virgatum, commonly referred to as switch grass is a hardy native perennial grass that grows from three to six feet tall with stiff upright clumps and showy, airy flowers of pink, red or silver in mid to late summer. Switchgrass attracts birds and is useful for screening, water gardens or prairie gardens. The variety ‘Northwind’ has broad bluish foliage and an upright habit that is a focal point in a garden



Japanese forest grass compliments other shade loving plants like hostas. Courtesy photo.

or landscape. ‘Cloud Nine’ grows 6 to 8 feet tall while bushier sky-blue ‘Prairie Sky’ gets half as big. ‘Heavy Metal’ has beautiful frosted lavender blue foliage that can grow to 5 feet tall. Switch grasses have lovely fall-through-winter inflorescences – the plumes or seed heads – which range from spear-like to feathery.

Sporobolus heterolepis or prairie dropseed is a North American native. This smallish grass – its average growth is three feet by three feet – is a good choice for ground cover and foundation plantings. Its graceful foliage is lovely in the fall, turning gold to light bronze. Tiny rounded mature seeds drop to the ground from their hulls in autumn giving this grass its common name.

Schizachyrium scoparium or ‘Little Bluestem,’ another native grass, typically grows two to four feet tall. It’s an upright grass with a tinge of blue at the base. Purplish-bronze flowers rise above the foliage in August. An outstanding feature of this grass is the bronze-orange fall foliage color.

Muhlenbergia capillaris or Pink muhly grass is one of our favorites. Its cotton candy pink plumes are show-stoppers, especially when planted in masses of three or more plants. This little grass (24” – 36” high and wide) is perfect for smaller gardens. Pink muhly prefers to be on the dry side during the winter months, so make sure to plant it in a well-drained site.



Pink muhly grass.



Carex shines in the shade garden.

Carex or sedge grass grows shorter and bushier than most ornamental grasses and unlike their cousins, they are happy growing in the shade. They are great in the middle or front of the border and in containers and are lovely planted with hosta and coral bells. ‘Evergold’ is a variety that tolerates moist soils, and like most ornamental grasses, is deer resistant.

Another shade loving grass is Japanese Forest Grass or *Hakonechloa*. It is low and mounding, rarely growing taller than a foot. Like carex, it is a welcome addition to

the shade garden, its foliage providing a contrasting bright spot in a shady nook.

Most ornamental grasses prefer full sun, though some, like sedge and Japanese Forest grass, tolerate or prefer shade. Grasses generally need to be cut back hard in early spring. If after cutting it back you see that the center of the clump is brown and dying, it’s time to dig up and divide. Easy to care for, established ornamental grasses rarely need fertilization and don’t require irrigation except in very sandy or drought conditions.



Great for wildlife, grasses provide food and shelter all year long. Courtesy photo.



Ornamental grasses in a perennial border.

CONTINUED FROM PAGE 23

Steve Mason to Head Human Resources in Alexandria

Alexandria City Manager Mark B. Jinks has announced the appointment of Steven J. Mason, Sr., as Acting Director of Human Resources for the City of Alexandria, effective July 20, 2015. Mason succeeds William L. Mitchell, who has resigned to pursue other professional opportunities.



Steve Mason. Photo courtesy of the City of Alexandria.

“Steve has been a key senior leader in the City’s Human Resources organization and I look forward to his helping to continue to improve the services and support that the Department of Human Resources provides to the entire City government and its employees,” said Jinks.

Mason joined the Human Resources Department in 2009 after serving four years as Special Assistant to the City Manager. In his role as Assistant Director of Employee Relations and Talent Management, Mason has been responsible for guiding initiatives related to employee relations, recruitment and employee development. Mason has also served in the Office of Human Rights and as the City’s Affirmative Action Officer. His first 22 years in City government were in the Police Department, where he rose to the rank of Lieutenant.

Mason holds a degree in criminal justice and certifications in human resource management and human capital strategy.

Queen Street Library Closed for Renovations

Alexandria Library’s Kate Waller Barrett Branch Library and Special Collections Branch Library – both located on 717 Queen Street – will be closed for renovations from Monday, August 17 to Sunday, August 23. The Barrett Branch and Special Collections will reopen to the public on Monday, August 24, at 1:00 p.m.



If you have items on hold, you may have the hold suspended during the closure. Please contact any Alexandria Library for assistance with your hold requests. Materials may still be returned through the outdoor book drop at the Barrett Branch, or to any of our other locations. Items borrowed from the Barrett Branch should not be due during this time period. Customers are encouraged to visit other libraries in the area during the temporary closure. For more information on the renovations, please contact Renee DiPilato by email at rdipilato@alexandria.lib.va.us or by phone at 703-746-1701.

Living Legends Elects New Board Members

The Living Legends of Alexandria Board of Directors elected several new members to help fulfill its mission—to identify, honor and chronicle Alexandria’s recent history makers. The new members add experience in nonprofit management, event management, nonprofit legal consulting, grant writing, fundraising and marketing:

Jennifer Ayers is an independent consultant to nonprofit organizations. She is the Secretary of the Board of Directors of PRS, Inc., an organization serving Northern Virginia and D.C., providing a myriad of services to those with mental illness or facing a crisis. She is an active member of her community and has resided in Alexandria since 2000 with her husband, two children and dog.

LOCAL DENTISTS DONATE SERVICES

The dentists and staff at Mt. Vernon Center for Dentistry devoted a full day of work on Saturday, June 13 to provide emergency dental services at their office for 25 clients of United Community Ministries (UCM). “At least now I can sleep at night,” said one patient who works in construction and does not have medical or dental insurance. “For months I have woken at night with the pain. I have to start my job early, so you can imagine how tired I always was.” In total, services valued at \$12,555 were donated that day to alleviate the pain of neighbors in need. Pictured (from left) is Rogelia Campos, UCM Basic Needs Counselor, with the team at the dental center: Dr. Zeyad Mady, Anita Haas, Ebony Swann, Dr. Rolin Henry (Mt. Vernon Oral Surgery), Dr. James Geren, Cindy Anderson, Jennifer



Brinkley, and Maria Greene. (Not pictured but helping that day: Jeremy Smith.)

United Community Ministries (UCM) mobilizes the power of community to equip, educate, and empower people to measurably improve their lives. For the past 46 years, UCM has provided a vital connection between people in need and the people committed to helping them thrive. Services include immediate help for families and individuals in crisis, food, financial aid, and counseling, education and employment

services such as job training and coaching, full-day early care and learning, ESL and citizenship classes, parental education, after-school programs and leadership training, engaging youth and families in broader social networks for success and overall helps people achieve stability. In Fiscal Year 2014, thanks to generous community support, UCM provided life-changing assistance in the Alexandria portion of Fairfax County to more than 11,000 individuals in 4,152 families.

Jason Fuchs is a leader in the Alexandria community, investing time and experience to lead others in social good. He is dedicated to improving the lives of children through his non-profit work with Kiwanis and through his weekly trips to local preschools where he has the opportunity to read to children. In addition to spending time with his fiancée, Leslie, Jason is very energetic and enjoys a variety of outdoor sports.

Jennifer Gniady has a law practice specializing in nonprofit organizations. She is on the Board of the Junior Friends of The Campagna Center, co-chairing the Scottish Christmas Walk Weekend to serve Alexandria’s children and families. Ms. Gniady is a graduate of Syracuse University and earned her J.D. at Fordham. She and her husband, Russell Stoll, have three children.

Sally E. Richards, J.D., came to the Alexandria area from northeastern Ohio where she managed her own law firm. While she has been exploring a new career in the nonprofit sector, she has volunteered for many Alexandria area organizations including Volunteer Alexandria where she assisted with grant-writing and fundraising and Del Ray Business Association in helping with cultural and civic events.

Brian Story, an Alexandria native, serves as the vice president for the Del Ray Business Association. He graduated from Virginia Tech in 2009 and worked as a chemistry teacher in Fauquier County. His family continues to work after 60 years of service in Alexandria as police officers and in city administration. He advises families and businesses, helping develop and manage their financial goals.

Paul Williams spends most of his time working at Idea Sandbox, the brand and marketing agency that helps companies stand out from their competition. For fun, he and his wife Shannon write, publish, and market a series of children’s picture books called KeeKee’s Big Adventures.

Kathleen Baker will chair LLA’s new Family Legends/Education committee. Baker, an artist, educator and advocate, was herself recognized in 2015 as a Living Legend of Alexandria for her founding leadership of Alexandria-Caen Sister Cities, Opera Americana, Alexandria Arts Forum, and her innovative approaches to child music education. Her Board service includes KSMET (now the Old Town Business and Professional Association), the

Alexandria Symphony, and the International Visitors Information Service of Washington, D.C.




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HELPING HIGH SCHOOLERS PREP FOR COLLEGE ENTRANCE EXAMS

(StatePoint) Whether taking the SAT, the ACT or both, excelling on college entrance exams can significantly strengthen one’s school applications.

While students need to take personal initiative when prepping for these crucial tests, families can lend a helping hand in many ways.

Prioritizing Study Time

Good study habits are important for academic achievement and will come in handy in college. They are also especially important during college exam preparation.

Ensure your student has a quiet area to study for the big day, free of distractions like televisions, squabbling siblings and social media.

A study schedule should be practical. If possible, consider giving your student a free pass from chores on days he or she takes a full practice test -- this will require several hours and be mentally taxing.

The Right Tools

Mathematical coursework, test-taking and preparation require the right gear. Set up your student for achievement with scientific and graphing

calculators that feature a range of high-level functions. Remember, some questions in the math sections of the SAT can’t be solved without a scientific or graphing calculator.

Choose one that is right for the task. For example, Casio’s CLASSWIZ fx-991EX is the first scientific calculator to feature spreadsheet functionality. It enables users to create spreadsheets with up to five columns and 45 rows. It can also convert graphs into QR codes which can be displayed on a projector screen, allowing students to work seamlessly with their teacher or test prep tutor.

Designed for elementary, middle and high school students, Casio’s range of calculators focus on such subjects as general math, trigonometry, statistics, algebra, geometry and physics, and are available in a wide variety of colors (a potential motivational tool for students who want to do math in style!).

Whatever model you opt for, be sure it is authorized for use during the test and has an intuitive interface that will speed up calculations when time matters.



(c) Diego Cervo - Fotolia.com

Deeper Understanding

It’s not always enough to memorize materials. A competitive edge is gained with true comprehension. Fill your home with books and magazines on a wide range of subjects. Picking up new words in a practical context will happen naturally without feeling like work.

On the math front, check out practical tools that encourage

deeper understanding of difficult concepts, such as research-based books and education workbooks on topics like critical thinking, algebra, geometry and statistics.

Test Day

The night before the test is not the time to cram. Students should arrive at the test site refreshed, well-rested and well-fed. Fatigue or an empty stomach will prove

distracting. Fill up on brain food containing Omega-3s, antioxidants and vitamin E. For those needing a morning boost, consider jogging the brain into action over breakfast with a challenging article or math problem.

College entrance exams can significantly impact an academic career. Take every step you can to ensure a maximum score.

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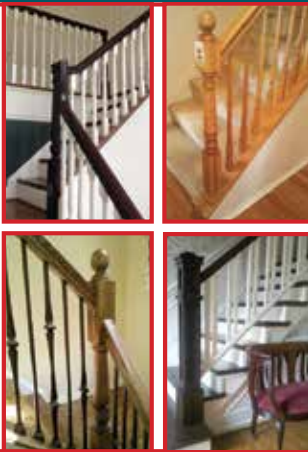
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not by way of
knowledge.”

— Rabbi Isaac the Blind



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THE GREAT RACE

BY MARCUS J. FISK

In past columns I profiled many of our former presidents who were veterans and how they fared as Chief Executive. It was a bit of a toss-up in terms of tying military service to success as a president. In the main however, someone who had walked point, stood the Midwatch, or mustered in a National Guard Armory seemed to have fared much better as president than those who had not served.

Ironically, the same cannot be said for the titans of industry, finance, or business. In tough financial times, there is an uncontrollable urge to look to the business community for a candidate to resuscitate an ailing economy. America loves an exciting, flamboyant, business “winner.” We admire our Horatio Algers, the risks they took and their rise to fortune and fame. Some failed businessmen have done fair to outstanding jobs as president. Successful businessmen who occupy the Oval Office, however, have rarely knocked it out of the ballpark in the job.

Early in his career a 23-year-old Abraham Lincoln (16) became a partner in a general store. Business in New Salem, Illinois was rockin’ at the time, but his store nose-dived and in a year Lincoln sold his share at a loss and took up the law. The rest, as they say, is history.

Warren G. Harding (29) was a 19-year-old whiz-kid when he bought the *Marion Star* newspaper

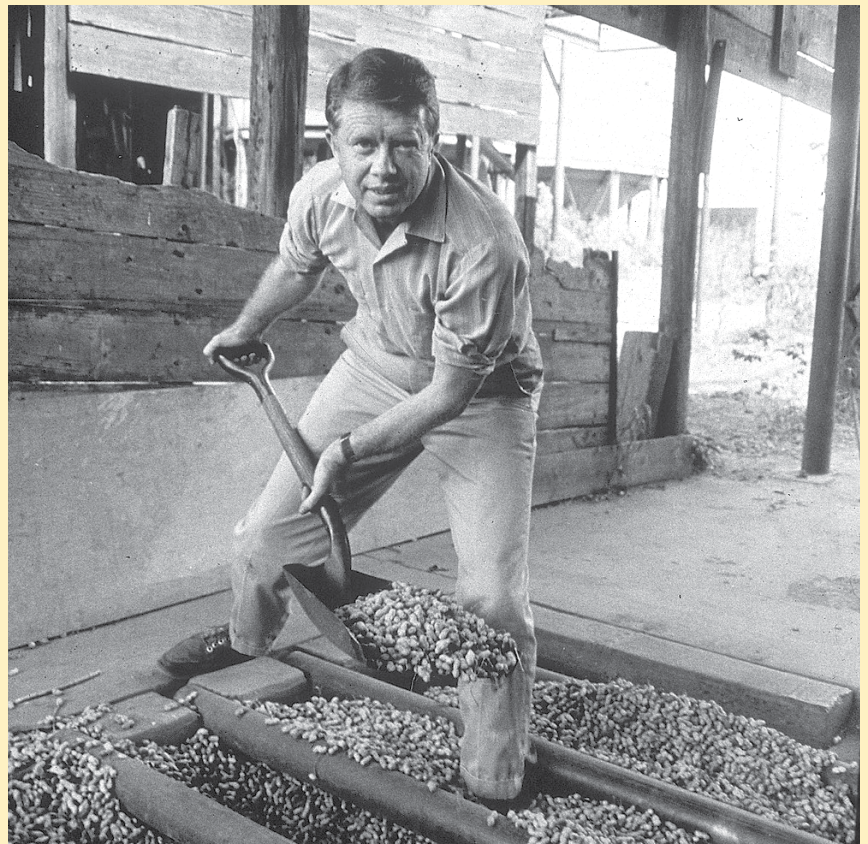


President Harding and Andrew Mellon his Secretary of the Treasury. I wonder what’s in the envelope. Courtesy photo.

in Marion, Ohio and turned it into a hugely successful paper. He believed, “Less government in business and more business in government” was the way to run a country. His administration had more than a few bad apples, notably his Secretary of the Interior and Director of the Veterans Bureau. The former leased oil-rich land owned by the Navy in Wyoming called the Teapot Dome to his buddies for a cut of the profits, and the latter made deals with construction companies building government funded veterans’ hospitals for which he received a substantial



Herbert Hoover, shown here with his dog, King Tut, was a hugely successful mining engineer and ran a company employing 175,000 people. As President many felt he ran the country into the ground. Who knew? Courtesy photo.



Before politics, Jimmy Carter was a successful and highly profitable peanut farmer. His presidency, however, was less successful. Today he is one of our most notable elder statesmen. Courtesy photo.

kickback. Harding was “stunned” that his “friends” were involved in such illicit activities. Harding died after only two years in office, and they ultimately went to jail.

Herbert Hoover (31). Hoover was one of those self-made millionaires that everyone just gushes over. He was a young engineer who started his own engineering company, ultimately having 175,000 employees. He made tons of money; so much so, that when he wasn’t digging ore out of the ground in Australia, China, and Malaysia, he was invited to key positions in Washington. In 1928 with America sliding into economic oblivion, the GOP tapped Hoover as their candidate. After all, they thought, he made a killing digging minerals out of the ground, maybe he could dig us out of the Wall Street mess at the end of the Roaring 20s. Unfortunately for Hoover, there was this pesky thing

called the Smoot-Hawley Tariff Act that was taxing Americans out the wazoo. Add that to Prohibition and you can see how really unpopular Hoover was with the voters in 1932 so, like on the *Apprentice*, they fired him.

Harry S. Truman (33) grew up poor on a farm. He served as a Captain in WWI and loved it. In the Army he and another Officer, Eddie Jacobson operated the Base Canteen and it made money! After the war they figured they were so successful at running the Canteen that they opened a Haberdashery together in Kansas City, MO. Two years later that tanked and in hock up to his you-know-what Truman entered politics to pay the bills. He did pretty well after that.

CONTINUED ON PAGE 29

GREAT TRAVEL IDEAS FOR WINE LOVERS

(StatePoint) If you're searching for inspiration for a trip that encompasses sightseeing, local cuisine and outdoor experiences, start with one of your passions: wine.

Consider these travel ideas from the expert winemakers of The Seeker, a global brand with wines from the most popular grape-producing regions worldwide.

Argentina

Mendoza, a province renowned for its Malbec, is an up-and-coming destination for wine loving travelers, and has also long-attracted a mixed crowd of outdoor enthusiasts. Whether mountaineering, horseback riding or rafting is your pleasure, the Mendoza province of Argentina makes a beautiful backdrop.

After a day of discovering majestic scenery, travelers can fill evenings with good company, an authentic meal and a smooth, spicy Malbec.

Over the years Mendoza has been influenced by Spanish and Italian cultures, creating an infusion of colorful and flavorful local fare.

Many meals begin with

fresh warm bread and a sample of olive oil, another specialty of the region.

Main courses are consistent with the region's Creole culture, featuring various cured and grilled meat dishes, such as the "patitas aliñadas," baked veal served with chimichurri sauce that pairs well with a glass of The Seeker Malbec, a bottle of which will typically cost about \$14 in the U.S.

France

If you're looking for a trip that is a bit more technical, the volcanoes at the Auvergne Regional Park, located in Auvergne Rhône Valley of France, will be sure to please.

Take a guided hiking tour to the peak of a volcano to learn about the region. You may find yourself becoming a wine connoisseur while learning about the rich volcanic soils and its power to grow prosperous crops. The region produces five quality grape varieties in the terroir.

The Pinot Noir varietal, in production since the 11th century, is the oldest. Today, wineries such as The Seeker make the most of the region's warm days and cool nights,



along with its mineral-rich soil to grow delicate, finessed grapes for its Pinot Noir wines.

Travelers can enjoy breathtaking natural wonders by day and bask in their experiences by night with wine and local cheese, or a traditional potée auvergnate, a rich specialty combining tangy cabbage with the finesse of French pork meat.

New Zealand

If you've always longed to visit New Zealand, now is the time. Plan to see the

Marlborough region for an outdoor adventure and refreshing, fruity, acidic Sauvignon Blanc, the region's specialty.

In the 1970s, Marlborough began the modern wine movement; over the years Sauvignon Blanc wines have become its front running grape varietal.

Satiate your appetite with a glass of the Seeker's Sauvignon Blanc (priced typically at about \$14 a bottle) and other local cuisine such as the local fresh, green-lipped mussels, a delicacy well-known for its

health benefits.

Marlborough has much to offer travelers who love the outdoors. There are gorgeous nature trails through varied landscapes for hiking and photographing. Another option would be to mountain bike down the 70 kilometer scenic Queen Charlotte Track.

Plan your next international wine journey with one great formula: seek out top reliable, quality wines, delightful regional meals and breathtaking outdoor adventures.

THE GREAT RACE

CONTINUED FROM PAGE 28

Jimmy Carter (39) started out as a successful Naval Officer. When his father up and died Jimmy took over his dad's peanut farm. The first year's crops failed because of drought, so he took out huge lines of credit to keep everything afloat. He, the wife, and kids even lived in public housing during those bleak days. After years of struggle, Carter turned the corner and made a whopping success out of peanuts. Despite being a hit as a State Senator and Governor back in Georgia, as a President, Carter had a few setbacks; Americans lined up for hours in gas lines, the Iranian Hostage crisis, the 1980 Olympics Boycott, and double-digit inflation, just to mention a few 'bumps' in his administration. He scored one term.

George (HW) Bush (41) started out in the Texas oil business at age 27 after service in WWII. With a little help from his dad (Senator Prescott Bush – R-CT) and some capital from his dad's buddies like Averill Harriman, George 41 began a business career which made him a millionaire by the time he entered politics. He had a good run as a Congressman, CIA Director, UN Ambassador, and Envoy to China. Being VP to Reagan was a cake walk. Drat – that old recession thing came along and coupled with the "vision thing," VEEP Dan Quayle's spelling mistakes, his "no new taxes" overshadowed his "thousand points of light" speech and it became a punchline on the "Tonight Show." 41 enjoyed one term.

George "W" Bush (43) enjoyed the silver spoon life his ancestors bequeathed him. The initial \$400,000 investment bankrolled by his dad and uncle for the Texas Rangers baseball team ultimately blossomed into a \$15M payout to "Dubyah." He was elected President by the Supreme Court decision and soon

everybody was naming his or her son "Chad." As President he could have ridden the 9-11 patriotic popularity wave for a long time were it not for Saddam Hussein not really having the weapons of mass destruction our intelligence folks said he had. Vying for bottom ratings with Harding, Van Buren, Pierce, Fillmore, Tyler, and Buchanan, Bush 43 despite his low voltage performance, still had a likeability the others sorely lacked.

Now we have the have Donald "The Donald" Trump stomping – not stumping – across the country, lips pouting, hair flailing in the wind, snarling at anything and everything. Trump, whose obtuse support of the troops is demonstrated by dumping on Vietnam Vets like John McCain, never served, although he was eligible. He said he was 'too busy' at the time. He made millions off other peoples' investments in his ventures, often leaving them to flounder, gasping for air, demanding they keep his name on the venture and then leave them to die financially. His "empire" has declared bankruptcy four times in his career, which he claims is a "successful business model." Now that's the kind of guy we may want to take a second look at before we jump on his bandwagon.

Having Trump as the GOP nominee gives a whole new meaning to "Red State Candidate." Think about it.

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.





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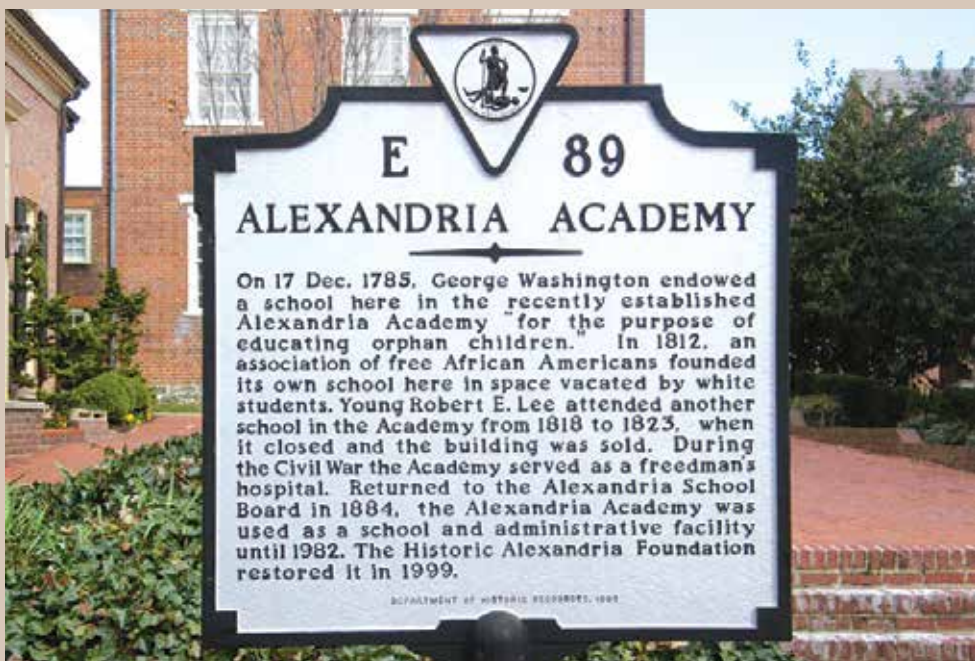
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Marking History

BY MARY WADLAND

This is a **NEW** monthly feature. Alexandria's history is rich and long, and every day we walk and drive through incredible landmarks all around us. Over the coming years, we will attempt to introduce you to some of the important places that mark our heritage. Should you have suggestions, please contact us via email at editor@thezebrapress.com.



This marker is located at the intersection of South Washington and Wolfe Streets. It says:

“On 17 Dec. 1785, George Washington endowed a school here in the recently established Alexandria Academy “for the purpose of educating orphan children.” In 1812, an association of free African Americans founded its own school here in space vacated by white students. Young Robert E. Lee attended another school in the Academy from 1818 to 1823, when it closed and the building was sold. During the

Civil War the Academy served as a freedman's hospital. Returned to the Alexandria School Board in 1884, the Alexandria Academy was used as a school and administrative facility until 1982. The Historic Alexandria Foundation restored it in 1999.”

In addition to sharing another local landmark, next month I'll relay all the scoop about how historical markers come to exist in the first place. How you get one, who makes them, who maintains them and all the facts about which only historical nerds like me wonder.

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- Eisenhower Ave, at bus stop across from Courtyard Marriott
- Eisenhower Ave, At Bus Stop Across from Stratford University/Aldo Italian Kitchen
- John Carlyle, in front of Starbucks, across from 7-11
- CVS on South Washington across from Capital One
- Outside of Todd Healy's Studio, 130 South Royal Street
- Wythe Post Office
- 2311 Mt Vernon, at Oxford Bus stop
- Stuart and Mt Vernon
- Shirlington Post Office
- St. Elmo's on Mount Vernon Avenue
- CVS on Quaker Lane
- Fire Hook Bakery on South Washington Street
- Hollin Hall Shopping Center
- Belle View Shopping Center
- Fox Chase Shopping Center off Duke Street
- Park Fairfax bus stops
- Fairlington bus stops



BROWN BOXES

- Torpedo Factory, at entrance of building 201
- Visitors Center, 200 block of King
- Courthouse, 500 block of King
- Washington and King, on corner in front of Francesca
- 1700 King, in front of Hilton
- Alfred and King, in front of Bittersweet

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4/15

The long hot dog days of August are here and many of us who follow baseball look at a landscape that once held great promise for the Washington Nationals now see it all seemingly go adrift.

‘Adrift,’ I say? Yes, adrift, as many local and national publications touted the Washington Nationals as ‘the team to beat’, this year, almost a ‘mortal-lock’ (Think of the bar scene in the movie ‘Let It Ride’) to win the World Series, but, alas, as things often come about in sports prognostication, predictions of a post-season parade down Pennsylvania Avenue look somewhat bleak, at least for this season.

The Nationals, to their defense, have had many players battle very substantial injuries, which has caused their manager, Matt Williams, to use a ‘Band Aid’ approach to try to shore up needs of the team to attempt to remain both competitive on the field and in the race to win the National League East division.

The considerable list of the Nationals’ ‘walking wounded’ has been extensive, starting with Denard Span, Anthony Rendon, Jayson Werth, Casey Janssen, Erik Davis, Nate McLouth, Craig Stammen, Yunel Escobar, Felipe Rivero, Max Scherzer, Reed Johnson, Stephen Strasburg, Doug Fister, Sammy Solis, Ryan



“LET’S GO NATS!”



Zimmerman, Aaron Barrett, Bryce Harper, and David Carpenter. Many of those players have been on the disabled list so many times, as a matter of fact, that one might think that the chances for the Nationals to win their division is totally hopeless, which is not the case.

Fortunately, the Nationals have had a strong cast of

players who have been called up, such as Michael Taylor, Clint Richardson, Trea Turner, Joe Ross, and Wilmer Difo, to name a few, all who have made their mark with strong contributions to fill in voids, while some have become true ‘fan favorites’. Some players, while their time up to ‘The Bigs’ may have been short, it also gave fans an excellent

opportunity to see some of the potential that the Nationals has for its future.

Fans sometimes grouse and complain about the Nationals, especially when they drop a game or two, thinking that they are ‘losers’, who are not giving their all to win games, but it would be wrong to make that assumption. Everyone, players, coaching staff, and the entire

front office of the Nationals organization is now on the same page to try to have the team win a World Series trophy, very soon, as team owner, Ted Lerner, will be 90, this October, and they want to bring home a championship under his watch.

Hope springs eternal, though, as there is still some time left for the Nats to get their ship righted and to have the team back on track to get ready for the 2015 National League Playoffs. Many players who have been on the disabled list for much of the season are now coming back from their injuries eager to jump back in the breach to win games and make Nats fans proud.

The Nationals, with a growing fan base, are a great distraction from reality from the rough and tumble world that many of us try to escape from on a daily basis. Each and every player wearing a ‘Curly W’ for the Nationals wants to hit a game winning home run, make a diving catch to win a game, or pitch the lights out (figuratively) to have their fans stand up, shout, and cheer with the joy, thrill and passion that comes with the spirit of the game.

Washington Nationals baseball. Be a fan. Embrace it. Treasure it. Make it yours.

See you at the ball park!

Plantar fasciitis is perhaps the peskiest problem that plagues runners. An important contributing factor leading to plantar fasciitis is decreased ankle/foot mobility. With repetitive motion, like running, the decreased mobility leads to tearing of the muscles of the foot. As these heal, the tightness becomes more severe, and this cycle repeats until pain emerges.

The typical characteristic of this condition is a sharp, tight, painful sensation at the base of the heel that can be anywhere from annoying to excruciating. Other symptoms may also include cramps in the calf / foot or numbness/ tingling in the foot. Nerve entrapment often occurs with plantar fasciitis.



HEEL PAIN & PLANTAR FASCIITIS

Increasing running mileage by too much too soon is a huge risk factor for plantar fasciitis, heel pain, shin splints, and stress fracture. Only increase mileage by 5-10% per week and every 3-4 weeks take a de-load week occasionally.

If you have been a runner for any length of time, surely you have had foot pain. For many runners, this can force them

to stop running. However, that doesn’t have to be the case. A treatment called Active Release Techniques (ART) can help resolve this issue.

Are you amongst the running wounded?

Your foot pain could be linked to some possible causes:

Overuse Injury — Repetitive motion can result in tightening of the small muscles in the foot and deep calf. With exercise, even just walking, these tissues rub, causing micro-tears. The body attempts to heal by gluing the tissue down.

Joint Function — The foot has some 55 bones and roughly 28 joints. Running with restricted motion in your feet can quickly lead to joint and soft tissue injury.

Heel Spur — A heel spur is a calcium deposit (abnormal growth of bone) on the underside of the heel bone. An

X-Ray will show a heel spur. However, they are frequently associated with plantar fasciitis.

Nerve Entrapment — A large number of cases of heel and foot pain are due to nerve entrapment at the heel. The medial calcaneal nerve travels between two muscles (abductor hallicus and flexor digitorum brevis) located along the side of the arch and bottom of the foot. Tightness and scar tissue in these muscles can entrap the nerve, resulting in sharp pain, numbness, and tingling.

Know your Foot Type: Proper Footwear is the Key

Normal Arch - Flexible Foot

A normal arch can accept weight and bear weight equally, much like a roof truss. Dysfunction of the foot is often the result of the foot losing its structural support, thus altering its shape. You

need a neutral sneaker.

High Arched-Rigid foot

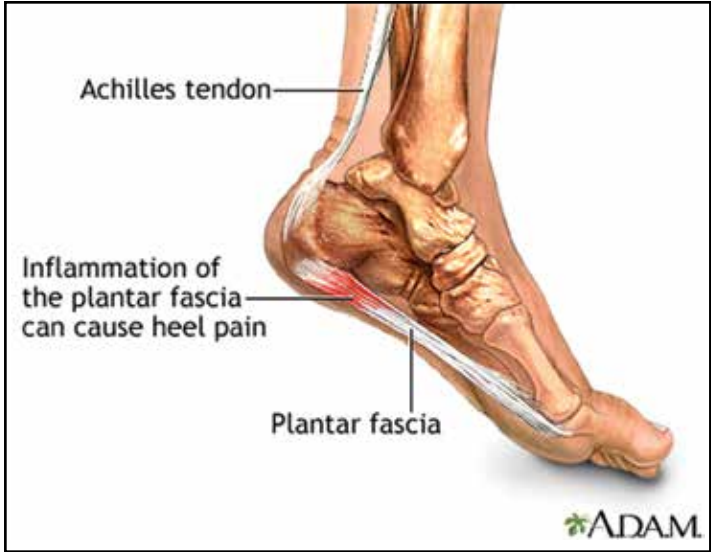
If you have a high arch, but a very inflexible foot. With the foot so rigid, it cannot absorb ground forces well. A rigid foot type sounds like a Clydesdale if you run next someone with this condition. Only about 10-20% of the population have this foot type. These runners often have chronic plantar fasciitis and low back pain. You need a neutral running shoe.

High Arched - Flexible Foot

Runners with a high arch when standing band a very flexible foot, often crash into pronation when running or jumping. Even if you cross train/cross fit, you can strain the foot. You will need a stability or motion control sneaker.

Flat Arched - Flexible Foot

Many people can acquire a flat foot type over time. If you have a flat arch when standing and your foot is very flexible, then you tend to over-pronate (arch collapses) when you run. Alternatively, you may pronate too late during push off. A major factor in causing a flat arch may be increased tension



CONTINUED ON PAGE 35

2015 LIVING LEGEND OF ALEXANDRIA JOYCE RAWLINGS

BY DONNA WALKER JAMES

If it has to do with families in Alexandria, Joyce Rawlings was (and is) there! Her volunteer and professional work have led to myriad parent, school and community initiatives and to her selection as a 2015 Living Legend of Alexandria.

Joyce Rawlings collaborated with former School Board member Susan Johnson and Mount Vernon Community School Parent Liaison Rosa Landeros to advocate and create Alexandria's Family Resource Learning Centers, the precursor of Family and Community Engagement (FACE) centers. The goal of the FACE is to provide opportunities and resources for students, families and community members to participate in activities relevant to the academic achievement of Alexandria City Public School (ACPS) students.

Rawlings believes strongly that parents and community members need connections to the schools out in the community. Services needed include advocacy, homework help, tutoring, attending Individual Education Plan (IEP) meetings with parents, translation, General Equivalency Diploma (GED) prep for parents, workshops and field trips. Dr. Jay Grymes of ACPS appointed these women to find out-of-school sites for the centers which



Perhaps Joyce Rawlings' favorite award was the Phenomenal Mother Award (2012) which included the quote, "Life is not about waiting for the storms to pass, it is about learning how to dance in the rain." Photo by Steven Halperson

are in place at Community Lodgings, Essex House (now called Brent Place), T.C. Williams High School and Alexandria Redevelopment and Housing Authority's Ruby Tucker Center and 910 Montgomery Street Center. The 910 Montgomery Center has since been demolished and some services are now offered at the Charles Houston Recreation Center.

Taking on the role of Program Coordinator at the Montgomery Street FACE

Center, Rawlings provided everything from tutoring to clothing. One of her projects was to create a garden with assistance from Shirley Harris and Marti Myers. Always looking for "teachable moments," Rawlings had the children "throw some seeds" in the unmaintained back yard of the re-purposed public housing unit used as the youth center. The garden flourished and provided an opportunity to teach about health, nutrition and appreciation

of a variety of cultures. This gardening program is now funded through a Healthy Families Alexandria grant. Having always "planted seeds" to get valuable programs going in Alexandria, Rawlings continues the educational gardening as a volunteer at the Alexandria Black History Museum.

One of seven children (siblings: Bruce, Matthew, Wilson, Tenna, Doretta, and Marjorie), Rawlings was raised in Calvert County, Md. and in Washington, D.C., by Landous Beatrice Rawlings and Clarence Irby, grandparents Ashby and Sarah Rawlings, and by stepfather Clarence Smith.

Rawlings has three sons: Donnell who served six years in the Air Force and is now a well-known professional comedian/actor; Dwayne, a graduate of Brown University and Georgetown Law; and Dawud, an educator with Alexandria City Public Schools, a community advocate, mentor and entrepreneur.

Rawlings moved to Alexandria in 1978 and was embraced by and became deeply involved in the Lynhaven neighborhood. Several programs she helped implement are still in existence: the Parent Leadership Training Institute (PLTI) with Joyce Woodson, Fay Slotnick and Karen Parker-Thompson; Project Discovery (as a parent); and Jireh's Place at Cora Kelly Recreation Center with her daughter-in-law Jireh's Place is a girl's empowerment program that meets twice a month. Among programs she was involved in that have not continued, are

This Way House, a house for runaway teens; Families First which advocated on behalf of underserved special needs children and parents; the Youth Activities Program at Cora Kelly Recreation Center; and We Care, an initiative involving parents, children and faith communities to combat drug abuse. She was also a licensed foster mother to eight children. In Washington, D.C., she was an elected member of the Head Start parent's Policy Council with jurisdiction over 16 Head Start Centers.

In addition to being a PTA officer in two schools, Rawlings has served on Alexandria City Schools Strategic Planning Committee, Concerned Alexandria Parents, Cora Kelly and Mt. Vernon Recreation Center's advisory groups and the White House Blueprint Committee for a Drug-Free America. She is currently a member of the Cora Kelly Parent Advisory Group and the Children, Youth, and Families Collaboration Commission where she helped develop the City's Youth Master Plan.

Rawlings has been the recipient of numerous awards including the Alexandria Commission for Women's Salute to Women Adult Community Services Award (2014); Black Roots of Alexandria Community Leadership Award (2014) [Black Roots was established to give African American artists a showcase for their talents and to educate and encourage all ages of the community through the arts]; First Friday Women's Ministry Group Black Girls Rock Community Service Award (2013); Departmental Progressive Club's Outstanding Community Service Award (2010); Project Discovery Special Advisory Board Award for Advocacy on Behalf of Alexandria's Youth (2003); Tenant and Workers Support Committee Community Activist of the Year (1998); Community Praise Center Church's Certificate of Recognition of high standards of excellence in ministering to the community (1998); Economic Opportunities Commission's Martha Miller Award for outstanding service and dedication to Alexandria's low-income community (1987); Alexandria Park and Recreation Commission Recognition of dedication and effort in improving the quality of life in the City of Alexandria (1986); Optimist Club of Alexandria-Optimist International Law Enforcement Award; and the Alexandria Red Cross Award for tutorial volunteering.

CONTINUED ON PAGE 34



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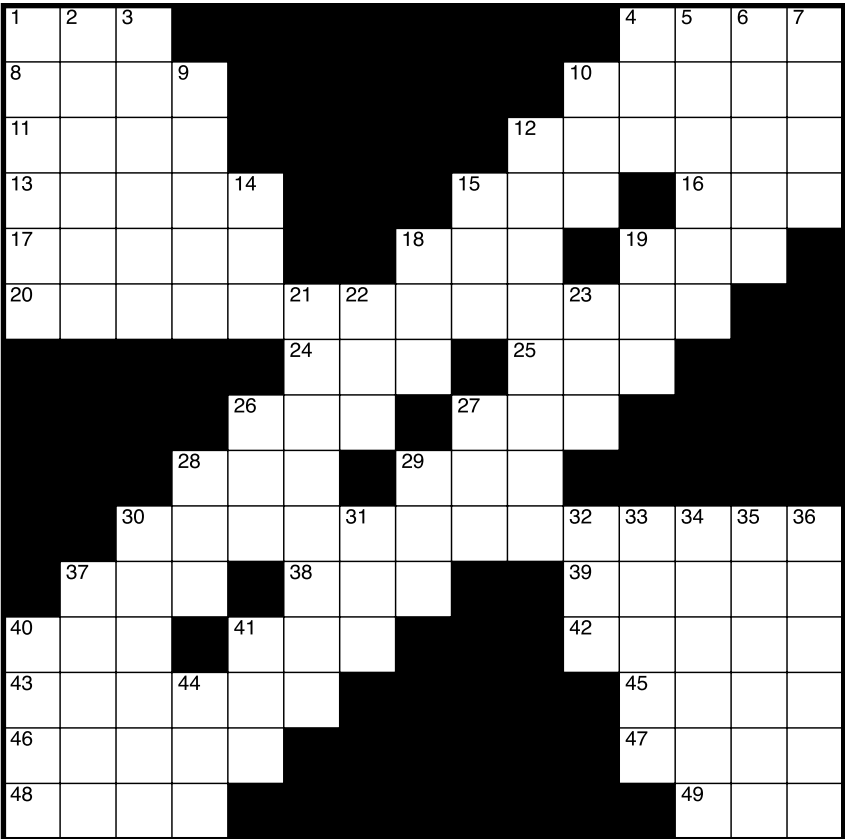
CLUES ACROSS

1. Munich jazz label
4. A lump of clay
8. Showy ornament
10. ___ Girl, brand of beer
11. Aka Kissavos
12. Warmest season of the year
13. 2nd longest Bulgarian river
15. Records the brain’s electric currents
16. Cutting part of a drill
17. Colorful Italian city
18. The last part
19. Pouch
20. “Mad Men” creator
24. No (Scottish)
25. Actress Farrow
26. Focus cars (Co. initials)
27. Snakelike fish
28. One point E of due S
29. Grey sea eagle
30. Female “Mad Men” star
37. Actress Lupino
38. Time units (abbr.)

39. Moses’ elder brother
40. 4th Caliph of Islam
41. Treaty of Rome creation
42. Theatrical play
43. Told on
45. “To tie” in Spanish
46. Amidst
47. Exchange for money
48. Bar game missile
49. Pluto or ___ Pater

CLUES DOWN

1. Selfishness
2. Cinnamon source
3. Revolutionary firearm
4. Br. university town river
5. Lower back region
6. Relating to oil
7. Soil
9. Cause to lose courage
10. Pushed in nose dog
12. Dregs
14. Part of a cheer
15. Point midway between NE and E
18. Female sheep



19. Main shape
21. In a way, tangled
22. WWII female grunts
23. Nothing
26. Hoover’s organization
27. Before
28. Patti Hearst’s captors
29. One point S of due E
30. Film splicer & viewer
31. Something curved in
32. Possessed
33. Patagonian hares
34. Gave a formal speech
35. Resident of Mogadishu
36. Tangles
37. Annona diversifolia
40. Mures river city
41. Same as 15 across
44. Explosive

JUST BEING SILLY ...

What happens to a frog’s car when it breaks down?
It gets toad away.

Q: Why was six scared of seven?
A: Because seven “ate” nine.

Q: What do you call a bear with no teeth?
A: A gummy bear.

A teacher asked her students to use the word “beans” in a sentence. “My father grows beans,” said one girl. “My mother cooks beans,” said a boy. A third student spoke up, “We are all human beans.”

Q: How do you count cows?
A: With a cowculator.

Instead of “the John,” I call my toilet “the Jim.” That way it sounds better when I say I go to the Jim first thing every morning.

Q: How do astronomers organize a party?
A: They planet.

Q: What did the blanket say when it fell of the bed?
A: “Oh sheet!”

Q: Can a kangaroo jump higher than the Empire State Building?
A: Of course. The Empire State Building can’t jump.

Q: Did you hear about the kidnapping at school?
A: It’s okay. He woke up.

SUDOKU

SUDOKU

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

Level: Intermediate

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

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

LEGEND
CONTINUED FROM PAGE 32

Perhaps her favorite award was the Phenomenal Mother Award (2012) which included the quote, "Life is not about waiting for the storms to pass, it is about learning how to dance in the rain." This award was presented to her by appreciative members of the community, many of whom lived in public housing or had low-income housing vouchers, and who wrote: "You have demonstrated a phenomenal faith throughout your journey. Continue to dance in your storm while showing others how to dance in their storm."

After several years working for the City's jail (1979-1985), Rawlings became discouraged by high recidivism rates and determined that she wanted to focus on positive intervention at younger ages. She spent the rest of her career helping children and families as a Family Service Supervisor for Alexandria Head Start; at an after-school program; as a counselor and program coordinator at Residential Youth Services; as a program aide to young mothers at Resource Mothers; as a parent educator workshop facilitator in a transitional housing program; and as a parent support group facilitator for SCAN of Northern Virginia.

Rawlings also served as aide to Vice Mayor Bill Cleveland when his aide Rosalind Bovey ran for Council.

Rawlings fondly remembers her work with Mrs. Eula Miller at Northern Virginia Community College on a higher education grant to help get young mothers into college in the late 1980's. She described her role as "door knocking with follow-up support." She would go to a young woman's house, tell her it was "time to go to school and to get the baby ready," then wait until finally the young woman complied. Rawlings has kept in touch with many of the young women and knows about their career successes.

Rawlings sees her role in the community as being approachable for people of all races, cultures and faiths. She described her work as tying knots in the rope to help people climb up and not fall too far back down when they slip. Now she has gone from a "door knocker" to a teacher of others, trying to bring a new generation into community leadership. She continues to plant seeds. She has more ideas for improving education and community relations in the City, but does not want to reveal her next project yet. Her advice to others is, "You should never completely stop trying to contribute to your community."

LIVING LEGENDS PORTRAITS PART OF CITY'S HISTORIC COLLECTION

The Board of Directors of Living Legends of Alexandria announced that their gift of the Living Legend portraits has been accepted by the Office of Historic Alexandria and will be part of its permanent collection. Approximately 100 framed prints of Alexandria's Legends from 2007, when the project began through the present, are being donated to The Lyceum, Alexandria's History Museum, and additional photographs will be added annually.

Gifts to the Office of Historic Alexandria's historic collections and libraries become the property of the City of Alexandria, Virginia. They are held by the museums in public trust, to be preserved and used as a resource and legacy for future generations of residents, visitors and researchers.

The Lyceum's collection includes the original 1839 Lyceum building as well as over 5,000 objects related to the history of Alexandria, Virginia. In 1992, The Lyceum achieved accreditation by the American Association of Museums, a distinction awarded to the nation's leading museums. Although Alexandria is fortunate to have several specialized



Vola Lawson, who served as Alexandria's City Manager for 15 years was among the inaugural group of legends first honored in 2007. The Alexandria Animal Shelter is named in her honor. Vola passed away in 2013 at the age of 79. She is missed by the entire community, but her portrait, along with the other Living Legends, will now be forever preserved and protected. Photo by Nina Tisara.

institutions, The Lyceum is the only one that collects and interprets artifacts and history from all periods of the City's past, from the years before its founding in 1749 through the present day.

In a letter to then-chair of the Alexandria Commission of the Arts, Sydney-Chanele Dawkins, Lance Mallamo, director of the Office of Historic Alexandria, wrote "Living Legends is doing the

research and recording the history of today's Alexandria. However, as important as that is, Living Legends is also an art project. The individual photographs are of extremely high quality. Different from standard head-and-shoulder portraits, these images are akin to master portrait paintings that tell a story. The settings artfully incorporate something about the subject's passion concerning Alexandria."

Living Legends: The 2015 Project

Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle the people making current history in Alexandria. The project was conceived in 2006 to create an enduring artistic record of the people whose vision and dedication make a positive, tangible difference to the quality of life in Alexandria.

This is one of a series of profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a future Legend, visit www.AlexandriaLegends.org or contact Info@AlexandriaLegends.com.

I have lived temperately....I double the doctor's recommendation of a glass and a half of wine each day and even treble it with a friend.

—Thomas Jefferson

AUGUST ANSWERS

PUZZLES ON PAGE 33

CROSSWORD

E	C	M					C	L	O	D
G	A	U	D				P	A	U	L
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SUDOKU

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

MORE SILLINESS ...

- Q: Why shouldn't you make fun of a paleontologist?
A: Because you will get Jurasskicked.
- Q: Did your hear about the man with a broken left arm and broken left leg?
A: Don't worry he's "ALRIGHT" now!
- Why is it that your nose runs, but your feet smell?
- If you ever get cold, just stand in the corner of a room for a while. They're normally around 90 degrees.
- Q: What is Mozart doing right now?
A: Decomposing.

WOOF GANG BAKERY & GROOMING OPENS IN ALEXANDRIA

Woof Gang Bakery, a leader in the pet products and services industry, opens its first Alexandria location. People and their pets are invited to a grand opening event on August 15 from 10 a.m. to 6 p.m. at the new store located in the Landsdowne Centre.

Woof Gang Bakery & Grooming Alexandria is a locally-owned business, offering full-service grooming and a wide selection of pet foods and supplies including the signature line of Woof Gang Bakery Treats.

Local resident Mina Kim is

the franchise owner of Woof Gang Bakery & Grooming Alexandria. After working in her brother's Woof Gang store in Chapel Hill she fell in love with the products and the people. "I am excited for the opportunity to serve people and their pets" states Mina. "I believe pets are an integral part of our families and I am dedicated to providing outstanding service and quality products for all my customers and their four-legged friends."

To kick-off her commitment to support the well-being of pets in Alexandria and to



HEEL PAIN

CONTINUED FROM PAGE 31

in the gastrocnemius/ soleus muscle groups. You need a stability or motion control running shoe.

Preventing Plantar Fasciitis

Go to Prehab4performance.com channel to watch videos on how to roll out and stretch your arch and calves. Mobility exercises are available on Youtube.

Research shows that most people suffer from a lack of stability or mobility, motor control, and joint dysfunction. You must address these issues to fix and prevent these regularly occurring foot injuries. Here are some frequently asked questions:

Can I fix Joint Motion?

Decreased joint motion in the foot and ankle can be addressed by manual manipulation. Band assisted ankle mobility exercises, and deep posterior calf stretches can also help.

Should I get an Evaluation?

The sooner you get it evaluated and treated the better and faster the outcome. See a sports medicine physician for an assessment. A sports chiropractor certified in Active Release Techniques (ART) is specially trained to deal with soft tissue repetitive motion injuries, in addition to rendering manipulative

therapy.

Do I need an X-Ray?

In most cases, an X-Ray is unnecessary until you have tried conservative treatment for 4-6 weeks. Some recalcitrant cases or acute trauma may warrant an X-Ray, MRI, or bone scan.

What about a Stress Fracture?

A true risk for stress fractures occurs in runner who increase their mileage too quickly and by too much. If your pain is unresponsive after a few weeks of conservative treatment, your doctor may order a bone scan or MRI.

How do I Rehab the Injury?

The priority to resolving your heel pain is to address the joint restriction and release the scar tissue in the soft tissue. Manipulation and ART should be your first line of attack. Then proper rehabilitation exercises can be prescribed to stabilize the changes made with manual treatment.

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.

show her support of the local community, the new store's grand opening event will feature adorable and adoptable dogs from Bull Terrier Rescue Of Virginia from 11am to 1pm. Plus, the first 20 customers at the store on August 15th will receive free dogs treats for a year!

In addition, the grand opening event will have fresh, free samples of signature Woof Gang Bakery treats, a variety of free product samples and festivities for both people and pets.

About Woof Gang Bakery

A remarkably high demand exists for the pet products and services offered by Woof Gang Bakery. According to the American Pet Products Association, approximately 82 million homes in the U.S. own a pet. Americans will spend more than \$58 billion this year on pet supplies and care.

Woof Gang Bakery is at the forefront of the pet industry, providing the very best in pet care with unparalleled service and products. Since the first Woof Gang Bakery opened

in 2007, the company has expanded across the United States with more than 60 franchises and five corporate locations.

The company was named best overall multi-unit retailer by Pet Business Media, ranked among the nation's Top 15 pet food retailers by *Pet Business Magazine* and recognized by *Pet Insight* magazine as one of the nation's fastest growing pet chains.

The store is located at 6462 Landsdowne Centre Drive, Alexandria, VA 22315. The phone number is 703-417-9311.

A Different Kind of Family Portrait

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

Joe	Toby	John	Chris	Grace	Gates	Teach	Flash	Hank	Chopper

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

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

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

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

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

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

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

The Perfect Anniversary Gift

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

My mother was a good recreational cook, but what she basically believed about cooking was that if you worked hard and prospered, someone else would do it for you.

—Nora Ephron



A Cat Welfare Organization

King Street Cats

A 501(c)(3) nonprofit organization

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

To meet a King Street Cat,
please email
contact@kingstreetcats.org.



MUNCHKIN

Female, Age 9

Amazingly affectionate blue-eyed beauty zooms around on tiny legs.



NIKE

Female, Age 2

Tiny tortoiseshell girl loves to give and receive head rubs.



GODAFOSS

Female kitten, Age 7 months

Family-friendly love bug has heart of gold and sweetest face.



WINSTON JR.

Male, Age 4

Mellow mini mountain lion is longing to relax and chill with you.



HAMLET

Male, Age 10

Happy, humble and handsome boy will purr and purr for your love.



MAMA

Female, Age 4

Soft, gentle people-loving girl will be your loyal friend. Likes nice dogs too.



FETTUCCINE

Female, Age 5

Quiet, gentle sweetheart with lovely fur wants to be your "one and only" best friend.

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

KING STREET CATS

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www.kingstreetcats.org



ANIMAL TAILS

PET TRAVEL TIPS

BY ADRIENNE HERGEN, DVM

With the summer months upon us, more and more people will be going on vacation. In recent years, pet owners have been taking their pets along in greater numbers when they travel. According to a poll conducted by Travel Industry Association of America, over the past three years 29.1 million Americans have shared their travel experiences with their pets.

Always consider your pet's personality when thinking about taking him or her out of their normal surroundings. This can be shocking for pets and be very stressful for them depending on how adaptable they are. Think carefully about traveling with very young, very old, sick, injured pets, or animals that are prone to high levels of anxiety. If you are in doubt, please discuss this with your veterinarian.



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

Also always consider the mode of travel carefully. While driving is the most common form of transportation, many others will fly. Trains and buses don't allow pets, but service animals are allowed. If you are planning to drive to your vacation destination and your dog or cat is unaccustomed to the car we recommend doing shorter practice runs ahead of time.

When driving, dogs should

always be restrained using either a carrier or harness and cats should always be in carriers. Puppy pads can be helpful to line the carrier because they can be easily disposed of and replaced if they become soiled. If your pet is unfamiliar with the carrier, it is a good idea to leave it out for a few days beforehand with the door open so that they can become comfortable with it. Placing a favorite toy or treat inside can entice them to explore it further.

Dogs should never sit in the front seat as they can be hurt by a deployed airbag. Also, dogs should not put their heads out the window. They can be injured by roadside debris and other flying objects. Opening the window just a few inches to allow them to feel the breeze is ok.

Skipping the meal immediately prior to your trip

CONTINUED ON PAGE 38

Planning A Trip?

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

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

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

4748 Eisenhower Ave., Alexandria, VA
703.751.3649 (DOGZ)



WALLACE

What's up, Wallace? This handsome dude is on the lookout for a new best friend who's just as far-out as he is! Wallace is a lovable, high-energy goofball who loves to play and cuddle. This smiley one-year-old Pit Bull mix doesn't care how much he weighs, he'll climb right up in your lap if you give him the chance! We also just learned that Wallace gets along well with cats! Think Wallace could be your match made in heaven? Come to the AWLA and adopt him today!



CHARLIE

Charlie is a sweet senior dog looking to spend his golden years with a loving home that can support his needs. He is a neutered male Beagle, estimated to be about ten years old. Charlie is the elder statesman here at the AWLA and has a wealth of knowledge about squeaky toys, ear scratches, and peanut butter treats that he would love to share! In his old age Charlie can be a bit cantankerous with people around his food, so an experienced family with no pre-teen children would be best to manage his quirks. If you are looking for a great older beagle with plenty of love left to give Charlie is the man for the job! **Thanks to a generous sponsor, Charlie's adoption fees have been paid!**



KIRBY

Hi Kirby! Kirby is a handsome and seasoned seven-year-old Pit Bull mix who's looking for a home with all of the squeaky toys! This fun loving guy hasn't been here long but has made friends with all of the staff and loves to play with everyone he meets. While Kirby has been labeled a "bully breed" there is nothing intimidating about this goofball, and spending just a couple minutes with him will tell you all you need to know about his loving demeanor. If you're looking for a loyal dog to make an instant connection with, Kirby is the dog for you! **Thanks to a generous sponsor, Kirby's adoption fees have been paid!**



RILEY

Hi there, I'm the friendly gal they call Riley! I'm a spayed female Shih Tzu and Bichon Frise mix, estimated to be about five years old. I love people, so I'd love for you to come visit with me today. A couple years ago, I was diagnosed with Intervertebral Disc Disease so I'll need a home that can provide me with acupuncture and other forms of physical therapy to treat my condition. When we spend some time together, you'll soon find out that I don't let this get in the way of a good cuddle session! I love other dogs, but big dogs scare me a little, and my doctor says I have to be careful when I play with other dogs that so I don't hurt my back. If you think I'm the right dog for you, come take me home today!

SAVE THE TAILS!



DUMBLEDORE

Dumbledore has put a spell on all of the AWLA staff and volunteers- he's just about the most affectionate Kitty you'll ever meet! Dumbledore is a neutered male Domestic Shorthair, estimated to be about twelve years old. He loves to give hugs and meets your hand more than halfway to rub his cheeks up against it. As the famous wizard once said, "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." We guarantee that if you adopt Dumbledore, happiness will ALWAYS find you! **Thanks to a generous sponsor, Dumbledore's adoption fees have been paid!**



SISI

Say hello to Sisi! She is a spayed female Domestic Shorthair, estimated to be about eight years old. Sisi has been through a lot since she arrived at the AWLA in January and she has made a dramatic transformation! She can be timid when you first meet her, but once she opens up to you it's impossible not to fall in love with her sassy personality. Sisi is living in an office area here at the shelter where she supervises productivity and keeps our laps warm. Ask us about Sisi and let her steal your heart today! **Thanks to a generous sponsor, Sisi's adoption fees have been paid!**



SNOOPY

Snoopy is a big kitty with a big personality to match! He's a neutered male Domestic Shorthair, estimated to be about three years old. Much like Snoopy the beloved cartoon character, this Snoopy is playful and marches to the beat of his own drum. He LOVES to pretend he's a hunter, always ready to pounce on his toys! If you're looking for an adventurous kitty who will keep you on your toes, come adopt Snoopy today!



SABRINA

Introducing the beautiful Sabrina! Sabrina is a spayed female Domestic Longhair, estimated to be about twelve years old. Even though she's a senior kitty, she's still as spry and enchanting as Sabrina the teenage witch! One of her favorite activities is getting her long, gorgeous fur brushed. Just take one look into her spell-binding green eyes, and you'll be falling for Sabrina!

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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* For new clients only. Not to be combined with any other offer. Not good toward boarding, grooming, prescription and non-prescription medication, and retail items. Not good toward emergency and/or specialty veterinary services. Good for up to 2 pets (dogs/cats) per household. For pet owners aged 18 and older. Cashier Code: 700.500. Expires 01/31/16.

This is Tommy and like all cats, he loves to squish himself into just about any box available. — Submitted by Susan Batchelder (Long and Foster, Old Town). Photo courtesy of King Street Cats.

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



ANIMAL TAILS

CONTINUED FROM PAGE 36

or at least waiting a few hours after a meal to travel can minimize the chance of your pet getting carsick. Ice cubes are also a good thing to have on hand as they are easier to manage than a bowl of water. Never leave your pet unattended in the car for any period of time. Even in the shade with the windows cracked, the temperature can rise quickly to dangerous, life-threatening levels.

Flying with your pet will require additional planning. Certain regulations restrict the age of pets allowed to fly. They must be at least eight weeks old and weaned at least five days before travel. You will need to have your veterinarian examine them, usually within ten days of travel. It is always best to check with your specific airline for timelines and policies just to be on the safe side. The very best option is to have your pet ride in the cabin with you if they are small enough to fit in a carrier under the seat. Alternatively, larger pets will have to go in cargo.

If your pet has to go in cargo, there are some additional considerations. Some airlines will not accept pets as cargo during certain months of the year when outside temperatures are extremely hot or cold. In the summer, it is best to try and schedule flights

in the early morning or late evening when temperatures are cooler. Directs flights are the best to minimize transfers and delays. The pet's carrier should be clearly labeled with your contact information. Do not take your pet out of its carrier while inside the terminal unless instructed to do so when going through the TSA checkpoint.

Once arriving at your destination it will be significant to consider where you and your pet will be staying. Many pet-friendly hotels are available, but they do include additional fees. If staying with a friend or relative, you want to make sure that pets are welcome and that allergies aren't a concern. Think carefully about whether your pet will be comfortable in unfamiliar surroundings when left alone. If they might be destructive or bothersome to others, it may be a better option to look into having a pet-sitter come to your house. If staying in a hotel, be sure to secure pets when leaving them unattended. Place the "Do Not Disturb" sign on the door when out, so that the cleaning service doesn't inadvertently allow your pet to slip out the door and get lost.

Lastly, always make sure your pet has a collar on with a current id tag. We also would recommend a microchip that would serve as a permanent form of identification if they were lost or separated from you.

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



PET OBITS

GANDALF

Gandalf crossed the Rainbow Bridge on Monday, July 20. He was Debby Critchley's loyal and loving companion. She adopted him from the Alexandria Animal Shelter almost 16 years ago. The Shelter thought he was about a one-year-old Spitz (now called American Eskimo). Originally named Hercules, he was renamed Gandalf after Gandalf the White, the all-powerful wizard in the Lord of the Rings trilogy since he cast his spell on Debby the moment she saw him. Debby was his true one and only love, and she loved him back. He was an elegant, handsome, and noble dog, allowing people to pet him when Debby asked him

to. He was amazingly gentle and tolerant with children. He was best known for his ability to seek out and get treats from people. He would look so terribly cute and offer his paw. If you did not succumb to his charm, he might actually bark at you to remind you that he was deserving of your treats. At about 16 ½, he was having trouble walking and was suffering from dementia. He maintained his beautiful demeanor throughout his illness. Gandalf passed peacefully in Debby's arms with the help of Dr. Adrienne Hergen at the new Shirlington Vet Hospital. Thank you all for giving him the treats he so loved at the both Utah and Simpson parks.



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

DERRICK CAMPANA
Director of Orthotics
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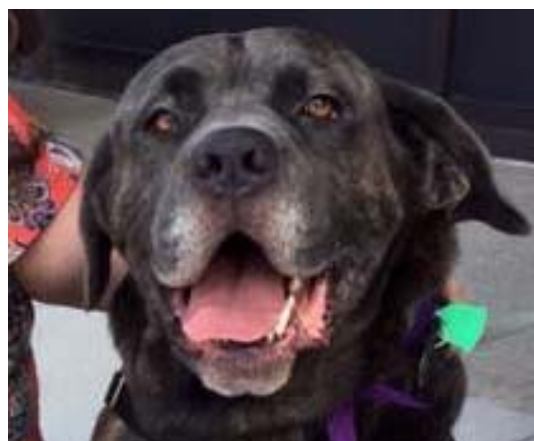
Meet **Luna**, a one-year-old, female shepherd/lab mix with adorable ears! She is a happy and playful girl, despite being found in a high-kill shelter. Luckily, she was rescued and will soon be on her way to DC to find the forever family she so richly deserves! Luna is a young and energetic girl, so she will need a family that will give her a lot of attention and exercise. Shepherds are smart pups so Luna would love to go to obedience school to learn some new tricks! She loves other dogs and can't wait to meet some new friends at the dog park! She would also love to accompany her new family on long walks or hikes!

Luna is good with kids – cats, not so much. Ideally, Luna would prefer a home without a feline sibling.



Georgie is a 2-year-old male Pug Pekingese mix who weighs in around 15 pounds. He's out of the shelter and looking for a home of his very own. He is the quintessential lap dog and loves to snuggle and go for short walks. George would be perfect for a low-energy household, he doesn't need much exercise but lights up and dances when his people come home. He has even been known to give a couple of kisses now and then. He is the perfect traveling companion and does extremely well in the car. This little gentleman will make his new person the centerpiece of his world. If you are looking for a friend to binge-watch TV, Georgie is the dog for you.

Georgie is good with cats and would be good with older children. He lives at a slower pace, so would appreciate dogs who are calm and respectful.



This sweet **Tank** of a dog lives big and loves life and giving big, sloppy Mastiff kisses to his people. The two-year-old male is looking for a special family who can welcome a big boy into their home.

He found himself in a hard place when he landed at a one-way pound where they were only one way in and no way out. But his luck turned when DC PAWS upgraded him to a freedom ride to DC, where he can find a forever home!

At 85 pounds, Tank is all love and kisses. He's very sweet and walks nicely on a leash (he loves a good harness!), though it is important to note he is *very* strong.



Diamond is an adorable 6-month-old Great Pyrenees puppy with a charming personality and a gold-and-white, freckled coat that's even cuter in person.

She is a social butterfly and who loves to make new friends – be they dogs, cats, kids or adults – and then go for a celebratory romp with them. When it's hot out, she likes to play inside or play in the water. But after Diamond gets that puppy energy out, she's content to cuddle in your lap or curl up at your feet.

Her foster mom, who's very experienced with puppies, calls her an "all-around awesome dog." This girl just wants to find an equally awesome forever home.



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