Making Alexandria Glow for Over 65 Years:
The Lamplighter’s Lillian Vasilas turns 90!
See page 4
Alexandria does benefit from tourism

To the Editor: As President & CEO of the Alexandria Convention & Visitors Association, I was pleased to see discussion about the economic impact of visitor spending in the July issue of Zebra. The Tourism Marketing Summit brought together Alexandria citizens, businesses and policy makers who did answer the question, “Who benefits from tourism in Alexandria?” Alexandria residents and taxpayers benefit.

Alexandria welcomes more than 3.5 million visitors annually, benefiting our businesses with $635 million of spending, and generating $22 million in city tax revenue — that equals 7 cents on the property tax rate. On average, visitors spend more than $900 per party per visit in shops, restaurants, attractions and hotels. In the coming year, ACOVA’s advertising will reach 100 million households — including residents and neighbors of Alexandria — generating more than 1 million visits to VisitAlexandriaVA.com to plan a getaway or daytrip to “Shop, dine and celebrate on Alexandria’s historic main streets.” The city’s investment in tourism promotion returns $4 in city tax revenue for every $1 that is spent. The city’s independently owned shops and restaurants are a significant draw to visitors. This distinctive characteristic was cited when the city received the prestigious Distinctive Destinations designation from the National Trust for Historic Preservation, and when Money magazine rated Alexandria as one of the “Best Places to Live” among small cities.

I am delighted that new shops are being added to the retail mix. See INBOX on page 10

Publisher’s note

When I was a little kid, I remember Saturday and Sunday mornings when the sun’s rays broke through my bedroom curtains at maybe 5:30 or 6:00 am, and I’d bolt out of bed with one mission in mind: GO FISHING! A friend and I would meet, carrying Glad sandwich bags filled with bait — slices of white bread and bacon (if we were lucky) — and we’d plant ourselves under the biggest shade tree at Morris Lake, named after the old man who owned it, and cast our lines. We’d watch our bobbers go up and down — wondering if their movements signified just a ripple in the water or an actual strike. Then one of us would jerk the rod and pull, hoping we had snagged the elusive large-mouthed bass we neighborhood kids had nicknamed Bruiser.

Summer reminds me of those days, and how long it has been. But my heart is still right there, and I’d give anything to turn back the hands of time and climb out my Florida window and think only of catching fish.

Yet, here I am, a grown-up lady publishing a community magazine. And summer now brings different achievements. Zebra is proud to have joined the Alexandria Chamber of Commerce this month, accepted an invitation to be a sponsor of the 1st Annual West End Wine and Arts Festival, and created a partnership with Fairfax County’s Job Discovery Organization, which will help us with our expanded home delivery program.

Fish or no fish, the break of day still makes my heart thump — time to get going and moving and making a difference. I hope you’ll agree, Zebra is doing all of that. And who knows? Perhaps Bruiser is still dodging the hook in Morris Lake, creating a summer of memories for other little girls.

Mary Wadland
Owner/Publisher
PS: Please let us know if you want your particular neighborhood to receive home delivery. Just email circulation@thezebra.org or call our offices at 571-522-0215.
She has left the light on for Alexandrians for 65 years. On August 1, she turned 90 years young. And, the glow can still be seen in both her and her Old Town Alexandria institution.

“She” is Lillian Vasilas, owner of The Lamplighter at 1207 King Street, which she and her late husband Emanuel, “Manny,” founded 65 years ago. Prior to it becoming a lamp and shade store, it was a radio shop owned and operated by Manny, the bachelor, and his partner commencing in 1935.

That all changed with America’s entrance into World War II and Manny’s enlistment in the U.S. Coast Guard as a radio technician. Twenty-one year old Lillian Spaulding from Corry, Pennsylvania, also enlisted in the Coast Guard and reported to boot camp in Florida.

“It was early 1942 and the snow in North-western Pennsylvania can get very heavy along Lake Erie. Also, everyone wanted to get into the war effort and serve,” Lillian said.

“I was assigned as a driver in Florida after boot camp but my commander said there was no money in being a driver and they needed radio operators more. I told him I didn’t particularly want to go to radio school which didn’t go over so well,” Lillian said.

Finding out that one doesn’t get to pick and choose in a wartime military, Lillian was sent to radio school in Atlantic City, New Jersey. “I actually discovered that I loved being a radio operator,” she recalled.

Lillian was then assigned to U.S. Coast Guard Headquarters in Washington, DC. There was only one problem — headquarters had teletype but no radios.

She was then transferred to the Coast Guard station on Telegraph Road in Fairfax County as a radio operator where she met a certain radio technician of Greek heritage from Brooklyn, NY, who co-owned a radio store in Alexandria. They were released from active duty in May 1946, got married the next day and came to Manny’s radio store in Alexandria.

“We bought out his partner who had run the radio shop, known as ‘The Radio Hospital’ throughout the war years,” she said.

That first shop was located at 1021 King St. and Lillian, who also had a substantial collection of phonograph records, opened a record store next to the Waffle Shop. Next they bought a building in the 400 block of King Street and relocated the Radio Hospital. “However, we were eventually urban ‘renewed’ out of there,” she stated.

“When that happened we decided to take a trip to Europe. We bought a Volkswagen camper, packed up our three boys, and decided to see Europe — particularly Greece,” Lillian said. “Although Manny was Greek he had never been there.”

They enrolled their children in school and took turns making sojourns to visit various sites. “He’d travel and I’d stay with the kids. Then I’d take trips and he’d take care of the kids,” she explained.

Following their return from Europe, the couple bought the building that currently houses The Lamplighter. Originally, it consumed only the center building. In the 1970s, they acquired 1205 King Street and in 1996 added 1209. Unfortunately, Manny died that same year.

Today, the store’s day-to-day operations are run by two of their sons, Roger and Steven. “I’m just the hired help now,” said Lillian.

Well, not quite. She is there every day except Fridays waiting on customers and giving advice on their lighting needs. And, that can cover a wide array of choices.

At any given time Lamplighter customers have their choice of more than a hundred table lamps, about a dozen hanging light fixtures, and over a thousand shades of all shapes, sizes and designs. The Lamplighter is also the place to take a lamp or light fixture in need of repair or restoration.

▼ See LIGHTING THE WAY on page 5
Most of our income today is from repairs. People are tending to keep lamps and fixtures longer and they often have items that are no longer available that they like and want to keep,” Roger said.

“I try to stay away from real high-end lamps. Our prices range from $39 to $3,000. But, we only have one at $3,000,” he emphasized.

In the 1980’s, The Lamplighter kept as many as 3,000 lamp shades in stock. “That isn’t necessary today because of the warehousing. We can get most any shade within a day or two now. That did not used to be the case,” Roger explained.

The wide variety of lamps and shades coupled with the family’s expertise at restoration, repair and workmanship has created a huge customer base, many of whom have been with them for years. One of those extremely satisfied customers is Vick Patrick, former owner of “Patrick’s Different by Design.”

“I began dealing with The Lamplighter in 1984 and they have been just wonderful. No matter what the need they can get it done. I believe they could create a lamp out of shoe leather if that’s what you wanted,” Patrick said.

“It’s basically the only game in town for those kinds of services and expertise. They helped me become a success in Alexandria when I had my business,” he emphasized. “Patrick’s Different by Design” closed three years ago.

The Vasilas’ customers are not limited to Alexandria and its immediate environs, but instead they are spread throughout the metropolitan area and in some cases the nation. Peter Grey’s design-build business is located in the District of Columbia. He has relied on the Vasilas family for lighting, shades and wiring needs for more than 20 years.

“I always have a ball when I go there and talk with Lillian. You would never guess she is going to be 90. She is just true blue and always tells it like it is,” Grey exclaimed.

Lillian is often recognized by her clientele no matter where she is in the world. “I was walking across the Acropolis in Greece one day and a lady called out “Hi Mrs. Lamplighter.” I can rarely go anywhere without someone recognizing me,” Lillian said.

In addition to running the Old Town shop over the years, “Mrs. Lamplighter” is also a collector of antique oil lamps. “I have over 100 in all shapes and sizes,” she noted. “I also keeps quite active — 90 or no 90. “Over the years I’ve done a lot of ice skating and swimming. I still go swimming four times a week. That’s probably why I got so old. Maybe, exercise really is the answer to longevity,” she speculated.

However, there was one form of exercise where she drew the line — shoveling that lake effect snow that tends to literally bury cities and towns along the Great Lakes where she grew up.

“I knew it was time to leave Corry when my dad said I was old enough to shovel snow,” Lillian admitted.

Leaving Corry proved not only to be a plus for the nation, given her service during World War II, but also for her many customers, friends and admirers throughout Alexandria and the entire Washington Metropolitan Area.

Happy Birthday Lillian! “The Lamplighter” and you are still burning bright.
Parkfairfax: Defense Housing That Stands the Test of Time

What do the Empire State Building, Franklin Delano Roosevelt, Gerald Ford, and steel have to do with Parkfairfax? Built for $8.5 million dollars by Metropolitan Life Insurance Company (MetLife) from 1941 to 1943, the complex has a history so rich it is listed as a historic district on the National Register of Historic Places and on the Virginia Landmarks Register. Tucked into the rolling hills of the North Ridge just after the Alexandria-Parkfairfax fans out across 132 acres near the Alexandria-Arlington border. The community is bounded by Quaker Lane, Interstate 395, Beverly Drive, Wellington Road, Gunston Road, Valley Drive, Globe Road, and Four Mile Run.

The Birth of Parkfairfax

Parkfairfax’s location near the Pentagon offers the key to its conception. In the early 1940s, just prior to World War II, the Washington, D.C. area experienced an acute housing shortage as the federal government expanded to prepare for war, hiring thousands of defense and military workers. Roosevelt’s New Deal also created federal jobs. According to rumor, President Roosevelt requested help from his friend Frederick Ecker, the Chairman of the Board for Metropolitan Life Insurance Company (MetLife), in building “defense housing” to alleviate the housing crisis. Already a player in the rental housing market, MetLife engaged architect Leonard Schulzre and Associates, landscape architects Gilmore D. Clarke and Michael Rapuano, and builder Starrett Brothers and Eken. A top-notch team, Schultze had served as Chief of Design for New York’s Grand Central Station, and Starrett Brothers and Eken had constructed the Empire State Building and the Lincoln Memorial.

Materials shortages during the war posed a challenge to building Parkfairfax’s 1,684 townhouse-style apartments, housed in 285 buildings. Originally the design of the buildings called for reinforced concrete; however, the steel reinforcing rods were delivered just after the ban on steel that the government prohibited the use of steel except for high priority projects. The rods went unused, only to be sold as scrap metal after the war. Though the buildings of Parkfairfax are all in the Colonial Revival style and appear similar, they vary considerably in materials, in design, and in architectural details. Various types of brick were spread evenly throughout the neighborhood: some buildings consist of red clay fired brick, while some are sand brick. Clearly the builders and architects had to be resourceful and flexible.

The design philosophy behind Parkfairfax yielded similar communities such as Fairlington, located next to Parkfairfax, Colonial Village in Arlington, and McLean Gardens in Washington, D.C. Parkfairfax’s “low-rise” two- to three-story buildings back to open, park-like areas, with the kitchens and bathrooms in the front and the primary living spaces facing the back, emphasizing privacy and views of the outdoors. Parkfairfax has 13 apartments per acre, set gently into the landscape with abundant open space. At the time of its creation, the neighborhood had few trees. The winding streets were intended to limit speeds to 25 miles per hour. The name “Parkfairfax” derives from the Fairfax family, affluent eighteenth century Virginia aristocrats. However, the land for Parkfairfax was no longer part of Fairfax County after 1801. Parkfairfax belonged to Alexandria County (formerly Alexandria County) until the City of Alexandria annexed it in 1929.

The Early Days

Initially MetLife employed 80 people to care for the grounds and buildings of Parkfairfax. Upon its completion in 1943, the community filled up immediately, with a waiting list hundreds long. Original rents averaged $61.25 for a one bedroom, $78.75 for a two bedroom, and $90.00 for a three bedroom. The management strongly preferred families and did not rent to single tenants except for widows. Apartment size was based on family size. Married couples with a child could not stay in a one bedroom apartment: they were required to move to a two-bedroom apartment. Rules were strict: no dogs, no cats, and no vegetable gardens, which were popular at the time. Like many similar apartment communities, Parkfairfax did not rent to African Americans or Jewish people.

Famous Residents

Nicknamed the “cradle of presidents,” Parkfairfax was home to Gerald Ford (resided there 1951-1953) and Richard Nixon (resided there 1943-1944 and 1947-1951) while both men served in Congress. Other well-known residents include Dean Rusk, Secretary of State under John F. Kennedy; Bobby Baker, aide to Lyndon Johnson; Sherman Adams, aide to Dwight Eisenhower; Edward White, astronaut; and Sundar Vavuso, NBC newscaster.

Parkfairfax Today

Now a condominium complex, the last Parkfairfax renter moved out in 1979, completing the conversion to condominiums by PIA/IDI Corporation. PIA/IDI bought Parkfairfax in 1977 from MetLife and from Arlen Realty, the New York company that had purchased the Parkfairfax buildings and leased the land from MetLife in 1968. The condominium conversion trend swept through many similar apartment rental communities in the 1970s as people sought affordable, high-quality housing in metropolitan Washington – a tough market, as in the 1940s. Today Parkfairfax’s prime location still draws the “defense workers” that keep the federal government ticking, and the community has matured into a beautiful landscape graced with almost 100 species of trees that add shade and color to Parkfairfax.

Meg Peters is a web designer, a history buff and a contractor at the Library of Congress. Formerly a resident of Arlington, she now lives in Alexandria, just over the boundary line.

Be slow in choosing a friend, slower in changing.

—Ben Franklin

The Seven-Foot “Spite” House

At a whopping seven feet wide and boasting only 325 square feet, the two-story gem at 523 Queen Street has often been called “The Spite House” because legend has it that it was built in 1833 by adjoining owners John Hallowell just to keep horse-drawn wagons and loiterers out of his alley.

Limited editions of this print are available at Todd Healy’s Studio at 320 King Street in Alexandria, 703-549-7863. Todd is also available for private commissions.
## Apocalyptic!

The name says it all.

This sauce packs a hefty punch with a smooth flavor. One thing I really like about this sauce is it is not heavy on the vinegar. This sauce is great for adding flavor and a kick to any dish. Most folks stand back when I add this to a creamy soup or sauce with a meal because it makes their eyes water.

Contributed by Mike Sade

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### Z- Hot Sauce Pick of the Month

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### In Remembrance

**By Harry Merritt**

It is with great sadness to hear of the passing of longtime Alexandria resident and First Lady Betty Ford. In my 40-plus years as a photographer, I have been lucky enough to work and meet with many famous people. In 1976, I was on assignment in the White House and had a private photo session with Mrs. Ford, who was an Honorary Chairwoman of a Hospitalized Veterans Bicentennial event. The photo session went very well. At the end of the shoot, Mrs. Ford turned to me and graciously asked "Would you like to be photographed with me?" I said sure and gave my camera to her secretary. To this day, I think what a wonderful gesture. She expressed infinite qualities of kindness and consideration for others. In my mind, she would be the First Lady even if she had never lived in the White House. She was that special.

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**Pick of the Month**

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Contributed by Mike Sade

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### Christine Roland Garner

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### Real Estate Listings

- **Beverly Hills**
  - $1,125,000
  - Spacious 4 bedroom, 4 bath Arts & Crafts home with over 4,000 sq ft of well designed living space. Wonderful open floor plan, 2 fireplaces, 3 finished levels and an attached garage.

- **Del Ray**
  - $699,000
  - Lovely 3 level, 3 bedroom Bungalow with 2 (new) baths and a large kitchen addition with breakfast room. Refinished wood floors, off street parking and large fenced yard with deck.

- **Old Town**
  - $635,000
  - Perfect In-Town Home with 3 levels, 3 bedroom & 1.5 baths. Beautifully updated with spacious kitchen, bath with double vanity, fireplace, skylights and 2 porches. 1 block off King St and just 3 blocks from METRO!

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**Mt. Vernon/Woodley Hills**

- $449,000
  - Located on .97 acres with an inground pool. Vaulted ceilings, walls of windows, 3 bedrooms, 2 baths, 2 fireplaces and endless opportunities!
Q: I have an old Gilbert table clock that has been in my family forever. It has not worked in years. Can you fix it and tell me about this clock.

Rick A.

A: It’s a little of good news and bad news when it comes to this clock. The company was founded in 1871 by William L. Gilbert (1806-1890). Your clock is pre-World War II and is only a one-day wind with an alarm. I can restore your old clock movement but the repairs to the clock would total about $80. This clock is not a collector’s dream and is only worth about $5.00 in its current condition. After a full restoration it would be worth maybe $100. I would suggest converting it to a quartz battery unit.

Q: I have a Howard Miller Grandfather clock and my wife says I cannot set the hands backwards because if I do, I’ll damage the clock.

A: The clocks made today have a special slipping lever that allows them to be set backwards. However, most clocks made before 1920 that strike the hours CAN NOT be set backwards. In fact, there are some French clocks made in the 1800’s where setting the hands backwards just a few minutes can cause hundreds of dollars in damage. So, tell your wife the Clockman says it’s “OK to turn the hands backwards” on your modern Howard Miller.

Phil Wadland is a third-generation clockmaker and horologist, residing in Manchester, New Hampshire. If you have questions for the Clockman, email clockman@thezebra.org

PHOTOS BY PHIL WADLAND

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QUOTABLE:

You think whenever your brain has a thought, it has to just drop down onto your tongue like a gumball.

—Jack Weston as Danny
The Four Seasons, 1981

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Signature Theatre Makes Musical Theatre History

Matthew Gardiner; and The Boy Detective Fails (book by Joe Meno; music and lyrics by Adam Gwon), directed by Signature Theatre Artistic Associate Joe Calarco. Both musicals have been commissioned by Signature Theatre as part of its groundbreaking American Musical Voices Project: The Next Generation.

“It is essential for Signature to continue to break new ground in the production of new musicals for the American theatre,” Signature’s Artistic Director Eric Schaeffer said. “Producing this Repertory Series is a significant step forward in the work we are doing with some of the best writers working in musical theater today. It is a tremendous challenge that is both exciting and important for the future of the American musical.”

Each production will run in rotating repertory, with performances of both shows on every Saturday and Sunday to provide audience members the opportunity to see both in one day.

“With our extensive history of developing new musicals, we are proud that this first-time repertory will have its home at Signature,” Schaeffer continued. “This is sure to be a major theatrical event in Washington this fall.”

Managing Director Maggie Boland added, “With more than $780,000 in direct support having been awarded to musical theater artists through our American Musical Voices Project to date, Signature is very proud to extend our commitment to these Next Generation composers to include full production of their extraordinary new works.”

The Hollow is a distinctive reinterpretation of Washington Irving’s classic tale Sleepy Hollow as created by Hunter Foster and Matt Conner. Following Nevermore and Partial Eclipse, this is Conner’s third musical composition production at Signature Theatre. “I am so thrilled and honored to be a part of this historical project,” said Conner. “New works come to life thanks to the leadership and vision of Eric Schaeffer along with the generous support of Ted and Mary Jo Shen. Their dedication to the theater gives rise to opportunities for works that otherwise may be left on a shelf.”

Foster recently wrote Summer of ’42 as well as the new musical Bonnie and Clyde; among his many performing credits is the role of Molina in Signature’s production of Kiss of the Spiderwoman.

The Boy Detective Fails is based on the popular Joe Meno novel of the same name. In the twilight of a childhood full of wonder, Billy Argo, “boy detective,” is brokenhearted to discover his young sister and crime-solving partner, Caroline, has committed suicide. Ten years later, Billy, age thirty, returns from an extended stay at St. Vitus’ Hospital for the Mentally Ill to discover a world full of unimaginable strangeness. The score is by Adam Gwon, who most recently premiered Ordinary Days for Roundabout Theatre Company.

Signature Theatre is located at 4200 Campbell Avenue in Shirlington. For tickets and more information, call 571-527-1860, or visit signature-theatre.org.

CURTAIN CALL

AUGUST 2011 The ZebrA

9

If you hear a voice within you say “You cannot paint?” Then by all means, paint and that voice will be silenced.

— Vincent Van Gogh

Stop suffering today!

Aches and pains?

An Invitation

No obligation on your part whatsoever!!

If you are unhappy with your current Physical Therapist, or even if you haven’t tried one yet, we would like to extend an invitation to you to visit our office and experience the caring, compassionate care that will have you feeling your best in just weeks.

No obligation, please come and see for yourself.

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Advanced Alexander Technique, Inc.
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703-752-1298

Make an appointment for the HEALTH of it!

Be slow in choosing a friend, slower in changing.

— Ben Franklin
COMMUNITY NEWS

With suggestions from Santa, Alexa Hafner and her Aunt Kirstin Dufrene paint nutcrackers for the holidays.

Mike Gilbert of Velocity Bicycles provided pedicab bike ride for sisters Julie and Jackie Wharam.

Susan Gerock trims her Christmas tree at Zoe Boutique.

The Mars Rodeo band of Fox Vernon, Tom Coyle, Nandan Kantharath and Hollis Williams provided great music for the audience on Union Street.

Architectural Ceramics, Barbara Eberle and Tim White ham it up with a Christmas cookie.

Cheri Hennessy and sister Fay Carter (not shown) owners, The Christmas Attic, provided the focal point the Union Street Christmas in July celebration.

Kate Hudson and Mum (Melissa) examine the merchandise at The Christmas Attic.

Maura Harty, President and CEO of MAKE-A-WISH FOUNDATION of the Mid-Atlantic poses with Mr. and Mrs. Santa Claus in their beach attire (aka JR and Sharon Aruthur).

The Christmas Attic was the center of the Christmas in July activities.

Alexandria Celebrates Christmas in July

Hosted by the Christmas Attic and other Union Street Retailers, Alexandria had a joyful and slightly early Christmas event. Free slushies, Christmas cookies and snacks were available to the public. Mr. and Mrs. Santa Claus were there for pictures and entertainment. The local retailers really got into the spirit and put up Christmas decorations inside and outside their establishments to add to the festivities. Family-friendly events were held for all ages. Across from The Christmas Attic live bands performed providing great music for all to hear. A portion of the proceeds generated from this event was donated to the MAKE-A-WISH FOUNDATION of the Mid-Atlantic.

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Kate Hudson and Mum (Melissa) examine the merchandise at The Christmas Attic.

Maura Harty, President and CEO of MAKE-A-WISH FOUNDATION of the Mid-Atlantic poses with Mr. and Mrs. Santa Claus in their beach attire (aka JR and Sharon Aruthur).

The Christmas Attic was the center of the Christmas in July activities.

Architectural Ceramics, Barbara Eberle and Tim White ham it up with a Christmas cookie.

Cheri Hennessy and sister Fay Carter (not shown) owners, The Christmas Attic, provided the focal point the Union Street Christmas in July celebration.

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Spectrum of events celebrates the arts of the ‘Third Best Arts Destination Among Mid-Size Cities’

With dozens of art events throughout the fall, Alexandria’s Fall Arts Jubilee is a true celebration of the arts — and a delightful time to enjoy the town voted ‘Third Best Arts Destination Among Mid-Size Cities’ by AmericanStyle magazine readers.

The Fall Arts Jubilee features a spectrum of signature events throughout the city, from outdoor art festivals to indoor performances, exhibitions, and films. The 9th annual King Street Festival of the Arts transforms Old Town into an outdoor art gallery with original fine artwork by over 200 artists from the US and abroad, plus live music and the interactive Alexandria Art Experience which includes artist demos, hands-on activities, and a sale of ceramic ice cream bowls made by local artists.

Del Ray’s 16th annual Art on the Avenue includes over 350 juried artists stretched along 10 blocks of Mount Vernon Avenue with four stages for music plus American and ethnic food and kids’ art activities. Kaleidoscope focuses on visual and performing arts in Alexandria with theater, music and dance performances as well as art exhibitions throughout the city. The West End Art & Wine Festival features more than 90 juried artists, crafters, a Taste of the West End, a wine garden featuring award-winning DelFosse Vineyards and Winery, entertainment, children’s activities, and more. The 5th annual Alexandria Film Festival brings high-quality short and feature length films, documentaries, filmmakers panels, and arts presentations to venues throughout Alexandria.

Round out an Alexandria art experience with a visit to the world-famous Torpedo Factory Art Center and shopping crafters, a Taste of the West End teasing the taste buds with culinary delights from 15 ethnic restaurants; a wine garden featuring award-winning DelFosse Vineyards and Winery; captivating local entertainment; children’s activities and sponsor booths. Saturday 10 a.m.-7 p.m. Sunday, 10 a.m.-5 p.m. Admission: art festival - free; wine garden - $5. 703-751-6455 www.WestEndArtandWineFestival.com

Alexandria Fall Arts Jubilee

The Christmas Attic Seeks Artists

The Christmas Attic is seeking 25 qualified artists to help produce a temporary exhibition featuring illuminated canvases of art to be revealed in each of the store’s windows for The Christmas Attic’s Holiday Advent Calendar Event — part of the store’s 40th Anniversary Celebration.

All art designs must be seen from a distance and weather-proofed. Artist participation submissions/concept sketches are due, October 3, 2011, with artist selections announced on October 17, 2011. Individuals can download the Call for Artist information and application at www.christmasattic.com.

From December 1 through December 25, 2011 each day at sundown, the store will reveal “advent art” featuring a variety of local artists’ holiday creations. All art will be placed either in the windows or on the brick of the building on the front side facing Union Street. At the closing of the Advent Calendar event, the canvases will be available for auction at a post-event celebration (to be scheduled). Proceeds from the auction will go to the Make-A-Wish Foundation of the Mid-Atlantic. The Make-A-Wish Foundation of the Mid-Atlantic grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

For a complete list of art events and much more, go to www.VisitAlexandriaVA.com.
Across
1. Timber wolf
5. Puts on a show
9. Burst
14. Squawkers
18. Chrift anew
19. Marinate
20. Modern Greek coin
21. Wing-shaped
22. Bistart
23. Arizona Native
22. Blatant
21. Wing-shaped
20. Modern Greek coin
19. Marinate
14. Squeakers
5. Puts on a show
4. Word repeated after
Suit
3. UPS tracking devices
1. Left, prefix

Down
1. A Sun
2. What’s on your
3. Like some arms
4. Thinking men
5. Puts on a show
6. Lovey-dovey sounds
7. Spanish snack
8. After a diet look?
9. Snow transports
10. Lost, French version
11. ___-ski
12. Ancient colonomade
13. Sweet, dark wine
14. Squeakers
15. E.g.
16. Word repeated after
Suit
17. Poet’s Muse
18. Arabian Nights
menace
19. Rancher’s concern
20. Money
21. Imitate
22. 1967 Monkees song
23.שׂ

CROSSWORD ANSWER

SUDOKU ANSWER

August Sudoku

12

CHANCE FOR ADVENTURE & PRIZES
WANT TO GO ON A LOCAL SCAVENGER HUNT?

Do you know your haunted city? Washington is a ghostly town, famous for its many hidden treasures and mystifying secrets that lie concealed beneath the pavement and throughout its historic monuments. Now it is time to explore the unknown as Virginia’s Signature Theatre is hosting a detective-themed scavenger hunt in celebration of its two world premiere musicals – The Hollow and The Bay Detective Fails – opening in rotating repertory on August 23rd and launching the new 2011-12 season.

“The Hunt” will take place rain or shine on Saturday, August 27th from 10am – 1pm throughout Washington, DC. Promotional partners of the scavenger hunt include the National Theatre, The National Building Museum, Cheesetique, and Signature Theatre. The scavenger hunt will take teams throughout the downtown area, providing clues along the way, reminiscent of an escape room. Teams must decipher clues along the way, rendezvous with contacts and access trial code words in a race to finding Billy Argo – wherever he may be.

Participating teams must include ___-to- ___ people (at least one of whom must be 18 years or older). To register, teams must email hunt@signature-theatre.org by Friday, August 26th at 5:00pm. Each team member (name, email, and phone number) is required in case of emergency. Participants will receive liability waivers – to be completed and brought to the sign-in table on the day of the hunt. Once registered, teams will be emailed their very first clue.

The winning detective team will win the Grand Prize – 4 tickets to Signature Theatre’s production of The Bay Detective Fails, four tickets to see The Hollow, a Signature Theatre prize package, a $50 gift certificate to Cheesetique and ghost tours with the National Building Museum and Washington Walks. If the Grand Prize winner is a member of PostPoints, the prize will also include four tickets to Jersey Boys at the National Theatre and get to meet the director of The Hollow.

The two running up the two teams will each receive 4 tickets to The Bay Detective Fails and The Hollow. Every participant of “The Hunt” will win a 20% discount to Signature Theatre’s production of The Bay Detective Fails!

A BEAUTIFUL MIND By Miles Mellor www.themecrosswords.com

JUST FOR FUN

12

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117. ____-ski
118. ____-ski

YOU WILL NEED:
• A pen/notebook
• A phone

LEVEL: MEDIUM

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller 3X3 blocks. Place the numbers 1 to 9 in each block so that each digit appears exactly once in each row, column, and block. Each row, column, and block consists of 9 squares, each containing one of the numbers 1 through 9. Puzzles come in three grades: easy, medium and difficult.
The U.S. military is going through its next national security strategy review right now trying to cut costs and still meet our commitments around the world. These mental gymnastics allow policy folks, academics, gray beards, military officers and other prophets to grapple with what they think the potential threats are to our national security and then look at what arrows we need in our quiver to meet those threats.

These strategic soothsayers write meaty articles for publication, blah-blah-blah endlessly on the Sunday morning talk shows, and espouse creative phrases guaranteed to fog your brain. It’s fun to watch Generals and Admirals doing the drinking bird, nodding their approval to the latest catchiest Pentagon phrases.

The problem with these made-up phrases is they don’t defeat an enemy. You can’t give a soldier, mariner, sailor or airman a pithy word or phrase and ask him or her to defeat al-Qaeda. It just doesn’t pack the same punch.

As we try to wrap Afghanista into a tidy little package and look for the next “Peace Dividend” to pay our bills, we realize that the Department of Defense acquisition program has reared two entire generations with champagne tastes. Now we’re asking these trustfund babies of the military-industrial complex to exist on a beer budget.

Now we’re asking these trustfund babies of the military-industrial complex to exist on a beer budget. So why are we building great ships, designed to travel in a big fleet, assisting Marine strike forces ashore as well as performing littoral, air and sub-surface warfare.

Congressman Jim Moran holds budget exercise at Ballston Commons

By Marcus Fisk

Back to Basics – Fighting Pirates

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Now we’re asking these trustfund babies of the military-industrial complex to exist on a beer budget. So why are we building great ships, designed to travel in a big fleet, assisting Marine strike forces ashore as well as performing littoral, air and sub-surface warfare.
The Friends of Alexandria Archaeology (FOAA) and the Athenaeum are co-sponsoring an illustrated lecture about Alexandria's historic cast iron downspouts. The lecture will be held on Saturday, September 3, at 10 a.m. at the Athenaeum, 201 Prince Street. Archaeologist Mark Michael Ludlow will present The Mid-Nineteenth Century Decorative Cast Iron Downspouts of Old Town Alexandria: Decorative and Functional Architectural Statements of Social Status and Their Connection to the Two T.W. & R.C. Smith Foundries, the Early Hugh Smith Family, and Alexandria's Early Locomotive Manufacturers. Ludlow, a PhD candidate in archaeology at the University of Wales, Trinity Saint David, estimates there are 36 residences in Old Town with these downspouts. The lecture is expected to last about 45 minutes, and audience members will have an opportunity to ask questions at the end. The lecture is free and open to all, but reservations are required. To make a reservation, contact Paul Nasca at Alexandria Archaeology at paul.nasca@alexandriava.gov or 703.746.4399.

Alexandria Lingerie Shop wins Best U.S. Concept Store

Alexandria-based, European bra fitting salon, The Full Cup, received the prestigious industry award for Best U.S. Concept Store at the 2011 International Best of Intima—Best Shop Awards Gala held July 31st in New York City. With over 150 nominations submitted and only 25 finalists selected for four award categories, this industry event celebrates retail excellence, leading innovators, and valuable specialty stores in the lingerie industry.

Best of Intima honors the best lingerie stores from across the country, placing this event as one of the top American lingerie events. The Best Concept Store award recognizes a boutique with a clear, defined, and powerful theme that carries a variety of high-end merchandise paired with impeccable customer service. The store's brand, marketing, and products must be in perfect harmony with the store's theme and appeal to targeted customers.

“First and foremost, I thank our Heavenly Father for allowing us the privilege to serve the women in our communities,” said Franchesca Carrasquillo, Founder & Owner of The Full Cup. “It is a ministry of our heart and we are humbled to be able to have their trust and confidence in us. I am thankful to our wonderful staff, they are the soul of our business, to our vendors for working with us, and to our family for believing in us.”

The Full Cup is dedicated to educating women on the benefits of wearing the proper fitting bra but most importantly to teach women how to acknowledge and take care of their breasts. The boutique specializes in lingerie for women who wear band sizes 28-48 and cup sizes A-K. The boutique is also very active in the local community by giving back and participating in various breast cancer events and other local women’s charity organizations.

How insensitive!

To the Editor:

Ms Wadland, for all you know, one of the “little boy”‘s parents could have gotten very bad news that day in the waiting room… Also I don’t think you should speak for the other people in the waiting room. For all you know it brightened their day to see an innocent “little boy” (who has no concept of insensitivity) have some fun with a toy placed there for just that purpose. For all you know he and his sister were there. You must be a real hoot to hang out with—you’re the one that needs to be throttled!

Regards,

Michael Primeau
Early in August the Chinquapin Organic Gardens group held their annual community picnic. Creative dishes of fresh fruits and vegetables from the nearby gardens delighted the participants. Almost 200 plots of land make up the Chinquapin Gardens, which are leased to the public by the City of Alexandria. The Chinquapin Organic Gardens Committee acts as an educational and regulatory group to assist the gardeners. This marks the 13th year for the community picnic. Awards for Best Garden – Vegetables, Best Garden – Flowers, Best Melon Patch and other categories added to the event. Excellent food and fellowship was the mainstay of the picnic. Graced by good weather, a good time was had by all.

Join with millions of Americans who will be honoring the 9/11 heroes, victims, and survivors with a time of service and hope. Make a difference - help us end homelessness.

New Hope Housing Rock and Stroll Mini Walk
(Acacia Federal Rock & Stroll)
Saturday, September 10, 12:30 p.m.
Cameron Run Park
Join us in service to neighbors in need.

Pay tribute to the heroes, victims, and survivors of 9/11.
On Saturday, September 10th, you can participate in the Acacia Federal Rock & Stroll at Cameron Run Park, a community service and fundraising event to end homelessness. Wesley Housing is joining together with homeless service providers including ALIVE!, Arlington-Alexandria Coalition for the Homeless, Carpenter’s Shelter, Community Lodgings and New Hope Housing to host the event on Service Saturday, a time of national service.

Bring your family, friends, youth group, faith community, and co-workers to join this Help the Homeless Mini-Walk, learn more about the causes of homelessness, and enjoy a BBQ lunch with entertainment by “Frank Sullivan and Dirty Kitchen”, games, and prizes. The easy stroll to the lake is just right for all ages and is wheelchair accessible.

Registration for the Acacia Federal Rock & Stroll is $20 for youth to age 25 and $30 for adults. Fee includes picnic lunch, entertainment, Walk registration, and T-shirt.

For more information, contact Michelle Jannazo by email or phone 703.799.2293.

Join with millions of Americans who will be honoring the 9/11 heroes, victims, and survivors with a time of service and hope. Make a difference - help us end homelessness.
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 August during Summer Restaurant Week, August 19-28, 2011.

62 restaurants throughout the city will feature a $35 prix-fixe three-course dinner or $35 dinner for two. 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.

Restaurant Week menus and online reservations are available on VisitAlexandriaVA.com. Food lovers can feast their eyes on the full list of participants, which includes OpenTable Diners’ Choice Winners La Bergerie, A la Lucia, Tempo, the Grille at Morrison House, and the Wharf, plus restaurants from Washingtonian ‘Best’ lists, including Cheese-tique, Bastille, Jackson 20, and Grape + Bean.

With more than two dozen participating restaurants offering outdoor dining, Alexandria is a lovely setting to dine al fresco and bask in the glow of late summer evenings. Paired with a stroll through the neighborhood and a variety of nightlife choices, a dinner out becomes a whole night to remember.
### Participating Restaurants

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<th>$35 Three-Course Prix Fixe Dinner</th>
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<td>A la Lucia</td>
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<td>GRAPE + BEAN</td>
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<td>The Mount Vernon Inn Restaurant</td>
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<td>Chadwicks Old Town</td>
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<td>Cheesetique</td>
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<td>Duke’s Bar &amp; Grill</td>
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The ZebrA
AUGUST 2011

Ramparts Tavern & Grill

Enjoy Dinner for Two
$35

During Restaurant Week 2011

A local Alexandria restaurant
and pub since 1978.
Recent renovations make this
neighborhood spot comfortably
elegant with great lunch and dinner
specials every day

1700 Fern Street
Alexandria
703-370-7900
rampartstavern.com

Now OPEN!

T.J.
STONE’S

GRILL HOUSE & TAP ROOM

Featuring a celebration of American cuisine
with libations from around the world!
Enjoy our house smoked barbeque and more with over 350
beer and wines to pair with your meal

Join us during Restaurant Week for a
$35 Three-Course Prix Fixe Dinner

Visit us at: Tstones.com
606 Montgomery Street
Alexandria VA 22314
703.548.1004
Join us on Facebook!

Tempo Restaurant

4231 duke street
alexandria, va
703.370.7900
call for hours & reservations
www.temporestaurant.com

“European and California cuisine consistently hits the high notes.”
–mid-atlantic magazine

La Bergerie

Three Course Dinner
August 19-28
$35

Award-winning French and Basque Cuisine

La Bergerie is renowned for its charming atmosphere
and Old World setting. Among the house specialties are
lobster bisque, fresh foie gras, Dover sole, venison chops
and dessert soufflés.

Extensive wine list that has won Wine Spectator’s Award of Excellence.
703.683.1007
www.laberge.com
218 N. Lee Street • Old Town Alexandria
Providing memorable dining experiences for over 30 years.
**May Island**

Japanese & Chinese Cuisine | FRESH SUSHI EVERYDAY

$3.00 OFF with this coupon (minimum $20 order)
Expires September 15, 2011

1609 Quaker Lane (next to 7-11), Alexandria
703-575-4455
Go to www.mayisland1.com for complete menu.

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**Mango Mike’s**

A tropical paradise. Mango Mike’s features delightful Caribbean cuisine, specializing in seafood and fresh fish. Surrounded by full grown palm trees, waterfalls, and Alexandria’s largest outdoor deck, Mango Mike’s welcomes you to family-friendly dining and a popular island bar hangout for the adults.

Come visit us during Restaurant Week!
$35 Dinner for Two!

4580 Duke Street | Alexandria | 703-823-1166
mangomikes.com

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**Gadsby’s Tavern**

Dine where George Washington ate during Restaurant Week for $35 for a Three-Course meal!

138 North Royal Street
Old Town Alexandria
703-548-1288
gadsbystavernrestaurant.com

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**Shooter McGee’s**

An incredible menu in a “CHEERS”-like atmosphere

Voted BEST RIBS in Town

$35!

5239 Duke Street
Alexandria
703-751-9266
shootermcgees.com

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**The ZebrA**

An incredible menu in a “CHEERS”-like atmosphere

Voted BEST RIBS in Town

5239 Duke Street
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703-751-9266
shootermcgees.com
Meet Disco, the therapy dog. Disco is a 10-year-old, pet-therapy-certified, Jack Russell Terrier who has been going to work at the dental office of Dr. Lawrence Singer, DMD at NOVA Smiles at 809 Cameron Street in Alexandria five days a week for most of his life. A typical day for Disco involves greeting each patient as they come through the door, making sure their waiting room experience is enjoyable, and easing their nerves as they sit in the dentist’s chair.

If you have fun pictures of your dogs hard at work in your life, please send them to mary@thezebra.org. We will be happy to try and get them published as soon as we are able.

Help us prevent and end homelessness in Northern Virginia

www.newhopehousing.org | 703-799-2293
8407-E Richmond Highway, Alexandria, VA 22309

If you have fun pictures of your dogs hard at work in your life, please send them to mary@thezebra.org. We will be happy to try and get them published as soon as we are able.
By way of exceptional loving care, our staff will provide for your pet a safe haven. Belle Haven Animal Medical Centre

A privately-owned ultra modern complete small animal dental, surgical and medical facility.

By way of exceptional loving care, our staff will provide for your pet a safe haven.

1221 Belle Haven Road, Alexandria, VA 703-721-0088 • www.bhamc.com
Dr. Robert Knapp speaks out about the unique dangers children face during auto collisions, and offers a straightforward guide on child booster seats.

In the United States, auto accidents are the leading cause of death for children between one and fourteen years of age. And although marketing for the majority of new vehicles is positioned toward the family, very few modern cars, trucks or vans are built with any consideration for the specific safety needs of children.

Robert Knapp, Doctor of Chiropractic practicing in Alexandria, VA, wants people to realize that this dangerous oversight puts children at risk for serious, even fatal, injuries.

Says Dr. Knapp, “Child safety advocates have, for years, recommended seatbelt-positioning booster seats for all children who have outgrown traditional child safety seats.”

Indeed, many parents and caregivers make the mistake of assuming a child is properly restrained and, therefore, protected if he is secured using an adult-sized seatbelt. Unfortunately, seatbelts are designed to protect adults. They do so by distributing the force of impact across the bony pelvis area during a collision. When a child is restrained with the same seatbelt, however, the belt straddles the soft abdomen. In a collision, this can result in internal injuries such as life-threatening intestinal wounds, as well as serious spinal dislocations.

Compounding this problem is the fact that such internal and spinal injuries are frequently overlooked during routine examination.

According to Dr. Knapp, “The other significant problem I see with securing children in vehicles by using an adult-sized restraint system is the shoulder harness. It’s designed to fit across an adult’s shoulders, crossing the middle part of the collarbone. But this is not the case when a child uses the same shoulder harness. Instead, the shoulder strap rides dangerously close to the neck which, in an accident, can crush vital arteries. It also puts the child’s upper spine at significantly increased risk of serious damage.”

To avoid the enormous hazards associated with using adult-sized seatbelts on child-sized bodies, always secure your children in age- and size-appropriate booster seats. Adds Dr. Knapp, “There are a few very easy ways to determine whether your child should be using a booster seat or not. The first is height. If your child is under fifty-seven inches tall, he should use a booster seat every time he gets into a vehicle.

But if your child is this height or taller and cannot sit all the way back against the back seat with his knees bent over the top of the seat, he still needs a booster seat. Another thing to look for are the positions of the seat belt and shoulder harness. If the seat belt rides across the abdomen instead of the lower pelvic area, or if the shoulder harness rides close to the neck instead of across the middle portion of the collarbone, the child should be secured in a booster seat.”

There are two basic types of booster seats currently on the market, but they are certainly not created equal. The first is a simple backless booster seat. Although the National Highway Traffic Safety Administration endorses this type of child booster seat, Dr. Knapp strongly advises against their use. Per Dr. Knapp, “Backless booster seats, in actuality, are just as dangerous to a child as an adult-sized restraint system. A much better, safer choice is a high-back booster. This style of booster seat provides a child with the benefit of head restraint during a collision. Plus, it offers the additional benefit of head restraint on both sides of a child. This is particularly important when you consider the tremendous risk of long-term whiplash injury. In fact, I just read a study that found high-back booster seats reduced collarbone-related injuries by an amazing seventy percent.”

It is also wise to check your state’s laws regarding child passengers. Several states have laws that require children to be secured in a booster seat until the ages of six or seven.

“The bottom line is this,” says Dr. Knapp, “Don’t allow your child or grandchild to become another tragic statistic. Always make sure that he is properly secured in a high-back booster seat. Before ever backing out of your driveway, make sure your child’s safety and well-being number one priority.”

To Keep Your Children Safe In The Family Vehicle, Give Them A Boost

The Alexandria Chamber of Commerce hosted an event on July 27 at Clyde’s in the Mark Center which introduced the Chamber and WBEA memberships to the new Senate district starting in November. On hand was the current Senator George Barker (D) and one of his potential Republican challengers, Scott Martin. They both spoke for a few minutes about what defines them as a candidate and their small business platform. Also present were Senator Dick Saslaw (D), Delegate Charniele Herring (D), Vice Mayor Kerry Donley (D), and Councilman Frank Fannon (R).

Chamber Corner

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 **Apothecary Museum Offering Discount to Harry Potter Moviegoers**

**See Dragon’s Blood, Unicorn Root and Other Curious Remedies**

Harry Potter and the Deathly Hallows, Part 2, the long-awaited last installment of the movies based on the books by J.K. Rowling, came out on July 15, but the magic doesn’t end there! Alexandria’s Apothecary Museum, where potions were mixed and sold for 141 years, is full of thousands of curious objects, herbs and remedies. Their elixirs may not have promised luck to the user, but many were considered cure-alls in their time.

The Stabler-Leadbeater Apothecary Museum is offering $1 off the regular admission fee for each person presenting a ticket stub from “Harry Potter and the Deathly Hallows, Part 2.” Visitors will discover the real uses fordragon’s blood, unicorn root, mandrake root and other mysterious but powerful plants on a 30-minute tour of the historic family business at 105-107 South Fairfax Street. Regular admission is $5 for adults (ages 13 and up) and $3 for children (ages 5 to 12).

For those desiring an even more magical experience, the Apothecary is offering an hour-long “Potions and Lotions” program to groups. Visitors tour the museum and then mix their own bottle of lotion to take home. The “Potions and Lotions” tour is open to groups of six or more and makes an unforgettable birthday party for kids and tweens or a unique “girls day out” for teens and adults! Rates begin at $6 a person. To book a “Potions and Lotions” tour or get more information, call 703.746.4739.

The Stabler-Leadbeater Apothecary Museum in Old Town Alexandria is noted for its outstanding collection of medicinal herbs, shop furnishings, apothecary bottles and equipment, many still in their original location. It also has a spectacular collection of archival materials, including journals, letters and diaries, prescription and formula books, ledgers, orders and invoices. The names of famous customers appear in the documents, including Martha Washington, Nelly Custis, and Robert E. Lee.

For more information about the Apothecary Museum, visit www.apothecarymuseum.org or call 703.746.3852.

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**QUOTABLE:**

“It’s my feeling that God lends you your children until they’re about eighteen years old. If you haven’t made your points with them by then, it’s too late.”

–Former First Lady Betty Ford

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**THE VINTAGE RECIPE BOX**

**Icebox Cherry Cream Cheese Pie**

Here’s a quick Labor Day dessert that will become a family favorite.

1 graham cracker pie crust  
1 can Comstock cherry pie filling  
1 large block of Cream Cheese  
1 can Eagle Brand condensed milk  
½ cup lemon juice  
1 tsp vanilla

Using a hand or stand mixer, combine cream cheese, condensed milk, lemon juice and vanilla until smooth. Pour into pie crust. Put in freezer for at least 45 minutes. Top with cherry pie filling just before serving. Store in refrigerator.

Submitted by Wendy Miller

If you have a tried and trusted recipe that is quick and easy and gets rave reviews, please share it with us by emailing us at recipes@thezebra.org.
Dr. Lawrence D. Singer, DMD, PC, the owner of DC Smiles, a comprehensive dental, oral health practice of providing patient care from two locations; DC Smiles in Washington, DC and NOVA Smiles in Alexandria, VA, partnered with Sonitus Medical of San Mateo, and a Washington, DC team of physicians in the release of a virtually invisible, in-the-mouth and behind-the-ear hearing system, offering a non-surgical solution to single sided deafness.

The new solution, appropriately named SoundBite, fits like a retainer to the teeth and communicates through a controlled magnetic frequency with a corresponding behind-the-ear device, delivering clear sound to the inner ear. Even more impressive, the sound waves travel via bone-conduction; from the teeth, through the bone, to the cochlea of the inner ear. Furthermore, power emitted from the SoundBite is less than one ten-thousandth (1/10,000) that of a cell phone, is harmless to surrounding tissue, and is FDA approved.

Sonitus Medical has currently hand-selected only twelve physician teams across the country in the SoundBite pre-pilot implementations. These groups, labeled alpha providers, will have exclusive prescribing authority throughout the pre-pilot launch, expected to last through December, 2011.

Included in the nine million people affected by SSD is Singer’s 5-year-old son, Max. Born with both microtia and atresia (no external ear or ear canal), Max’s treatment options thus far have been less than desirable; the aforementioned bone-anchorage implant, or a visible headband with a box attached.

“When Sonitus approached me with the opportunity of a partnership, I couldn’t believe how close to home this hit for me,” said Singer. “I’m excited to be one of the first dentists to work with a product that may not only change my son’s life, but the lives of millions.”

For more information on Dr. Singer and DC Smiles, please contact Amanda Mitchell at dc.nova.smiles@gmail.com.

Alexandria Dentist Helps Patients Regain Hearing

SoundBite device as seen on tooth model.

The ZebrA
AUGUST 2011

Mary Wadland

Bag the Bottle in Local Art!

These days, with the frequency of cocktail parties and summer gatherings, we all need inventive hostess gifts as we walk in the door. Most of us go with the quick and easy answer, swinging by our local wine shop to pick up a good red or white before heading to the party. But instead, STOP! Make your wine THE special gift by wrapping it in classic Todd Healy artwork. Featuring images of either Mount Vernon (pictured) or Old Town, envelop your Cabernet or Chardonnay in this delightful woven cotton sack adorned with a black ribbon. Trust me, your potent potable will stand out from the rest.

Available at Todd Healy’s Studio, 320 King Street in Alexandria, 703/548-5266.

Mary Wadland

The behind the ear microphone unit when worn.
**AUGUST**

**Activities and Events**

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**Second Thursday Art Night**
August 11
Torpedo Factory Art Center
Target Gallery
105 North Union Street
Alexandria
301-874-9008

**Foster Parent Orientation**
August 31
UMFS Northern Virginia
5400 Shawnee Road, Suite 101, Alexandria
703/941-9008

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**Attention ALL Restaurants:**

Fox TV’s *Kitchen Nightmares* is Casting Now in the DC/Baltimore Area

Do you have a hard time turning your tables? Is your food not quite up to snuff? Is your kitchen dirty? Chef Gordon Ramsay can turn your nightmare into a dream. Call 866/226-2226 or go to Fox.com for more information.

---

**States of Mind** Del Ray Artisans
August 5-28
Del Ray Artisans Gallery
2704 Mount Vernon Avenue
Alexandria
703/407-6992

Exhibiting encaustics with horsehair or raku, dreamlike landscapes, abstract art, figurative works, stained glass, handmade cards, jewelry, mixed media mirrors & artwork. Free!

---

**Hadeed Carpet**
Alexandria West End Art and Wine Festival 2011

October 8-9
10:30 a.m. – 7:00 p.m. Sat.
10:30 a.m. – 5:00 p.m. Sun.
Cameron Station & Ben Brennan Park

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The Civil War Series/Part 3

August 1861 – Civility Leaves the Civil War

BY CHUCK HAGEE

A ugust of 1861 served seri- ous blows to the leader- ship of both the North and the South. The Battle of Bull Run, as it was known in the North, or First Manassas, as designated by the Con- federacy, in late July was a wake-up call for both sides.

For President Abraham Lin- coln it highlighted the dys- functionality of his military command structure. For Con- federate President Jefferson Davis it pointed out the criti- cal material shortages and mana- nerevability restrictions faced by the Confederacy in their break-away efforts from the Union.

August 1861 also ushered in two elements of The Civil War that would last recognized over the past 150 years — organized objec- tion to secession and a perma- nent change in naval warfare.

On August 1, the U.S.S. Minnesota captured the schoon- er Sally Mears at Hampton Roads, Virginia, thus initiating the naval portion of the conflict. That feat was accompa- nied by the first balloon ascent from a naval ship in history when Union naval officer John LaMountain began floating skyward in a tethered balloon over a shipyard to serve as an observer of the Hampton Roads area.

On that same date, the Con- federate vessel Petrel exposed the vulnerability of the Union navy when it managed to slip through the Union blockade at Charleston, SC. One day lat- er, August 2, 1861, the U.S.S. Carolina initiated a blockade of Galveston, TX. On August 6, the second session of the Second Wheeling Convention convened in Wheeling, western Virginia, to consider the establishment of a new state in opposition to secession by Virginia. It adjourned August 21. West Virginia was admitted to the Union in 1863, directly because of their citizens’ objection to secession by Virginia.

But, perhaps one of the most significant events of that fateful August was the decision-mak- ing process President Lincoln faced in his efforts to estab- lish a successfully functioning military command while navigating the egos-driven protocols of the military hier- archy. General-in-chief of the Army Winfield Scott expected all decisions concerning Army structure to flow through him and his chain of command.

Lincoln had other ideas. Es- pecially, as a result of the Union retreat at First Manassas. If Jefferson Davis had been able to carry out his plan to attack the retreating Union Army from the rear and take Washington, DC, the Civil War might have been a one battle campaign.

Thrashing Davis’ desire was the weariness of his troops due to the prolonged battle at Manassas and the capability of crossing the Potomac by boat. This changed Lincoln’s mind on who should be command- ing the Union forces and he summoned General George B. McClellan to Washington.

Upon his arrival on July 24 at the White House, Lincoln placed the city and all troops “in the vicinity” under his command. Lincoln also asked McClellan to attend the up- coming cabinet meeting. For Scott, this added unkind to in- jury and he prevented McClellan’s attendance. McClellan agreed with Scott on this ac- tion since he too was a product of military protocol — Presi- dent vs. General.

But, as a result of McClellan’s elevation by Lincoln, the relationship between Mc- clellan and Scott deteriorated to the point that Scott resigned. On August 2, McClellan, now free of protocol restrictions, presented Lincoln with a plan for defeating the Confederacy.

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Throughout the early part of the war this became Lincoln’s greatest problem — finding a commanding general who could truly lead the Union Army to victory without be- coming a military dictator. That would not happen until he finally settled upon Ulysses S. Grant.

In Richmond, Davis had a different problem. Confeder- ate troops were exhausted from Manassas One. There were too few of them to take on the fortifications protecting Wash- ington and they had no means to cross the Potomac from Manassas.

On August 21, Davis met with his Generals Pierre Be- auregard and Joseph Johnston at Fairfax Courthouse to dis- cuss again the possibility of invading Washington. Again both advised against it given the number of troops needed, estimated 60,000, and the Confederacy’s lack of weapons and ammunition.

Robert E. Lee was not in charge of troops in the field at this time. He was assigned to Richmond as an aide to Davis directing troop training and field assignments. However, he left Richmond in late July to travel to western Virginia to stop the bickering between Generals Henry Wise and John Floyd and coordinate their union to stop Union troops from advancing on the Vir- ginia-Tennessee Railroad, the main rail line to Richmond.

By late August, Lee had advanced the troops of Wise and Floyd to within striking distance of Confederate troops at Huttonsville, Beverly and Cheat Mountain. But, he was thwarted by bad weather; the constant rain had made the roads impassable and beds for supplies in and out of the area. This created the need to dis- tinguish attacking of meaces on his troops, which was exacerbated by the weather conditions.

As an alternate plan, Lee set up a line of defense that pre- vented the Union forces from advancing into the Shenando- ah Valley. On August 1, adoption of Scott’s plan to seize the mouth of the Mississippi, to cut off supplies, and drive Confederate forces out of Missouri.

To accomplish this grand plan McClellan requested 225,000 men to form 250 regi- ments. He envisioned a large-scale, sweeping attack of the Confederacy in full- scale. This vision was excor- iated by McClellan’s other views, seeing himself as an American Napoleon.

But, the most significant na- val event occurred on August 18 when Confederate Secre- tary of the Navy reported that the Union frigate Merrimack had been raised, docked and was undergoing repairs and refitting. The Merrimack, re- named the C.S.S. Virginia, had been scuttled when Union forces abandoned the Norfolk Navy Yard at Portsmouth, VA, at the commencement of The Civil War.

Her refitting consisted of four inch iron “placed at such angles as to render her ball- proof.” She was armed with the heaviest ordnance available at the time and sent against “the enemy (Union) fleet.”

This action initiated modern naval warfare using “torpedo”-rather than wooden warships and laid the groundwork for the most famous naval battle of The Civil War — the Confeder- ate Merrimack (C.S.S. Vir- ginia) versus the Union “Monitor” on March 8, 1862 at Hampton Roads. The battle was a standoff but naval warfare was forever changed.

August 1861 ended what many considered, at the outset of the war, the golden silk gentleman’s conflict. By its conclusion, it was the bloodi- est and most destructive war in American history, both financially and destructively, as well as in terms of human sacrifice — over 600,000 troops were displaced — even fought on American soil. It remains to this day.
I'm often asked what someone should do when involved in an automobile accident. The property damage to the vehicle is not usually extensive and the drivers do not feel as if they are severely hurt at the scene.

This is a difficult question. The issue as to the damage to the vehicles is controlled by the technology regarding safety, particularly bumpers and other safety innovations. The most frequent accident of this sort is the rear-end collision or known as the “rear-end.” The present technology regarding bumpers and driver protection often prevents property damage which would otherwise be depicted and show a serious impact. In addition, many people do not feel severely hurt at the scene of an accident, but often times they have severe problems later in the evening of the day of the accident or the next morning. It has been explained to me by numerous health care providers that the lack of complaints at the scene of the accident may be due to high adrenal levels experienced by someone otherwise hurt in the accident and very anxious as a result of the accident. Less than $2,500 damage to your vehicle will be considered by most insurance companies to be “minor damage.” Due to the minimum property damage to your vehicle and a minor injury apparent at the scene, the case will be resisted by the insurance company for the driver who is at fault. Many people should be compensated are not, under these circumstances.

The question is: What do you do to protect yourself if you are involved in such an accident? At the scene of the accident, you should of course get absolute identification from the other driver and his/her insurance information as well. If the police appear, get a copy of the information gathered by the police officer, and be sure to get his information as well. Also get the case number from him if at all possible and ask if there will be an accident report filed and how to get it. If you are able, photograph the vehicles involved. This is usually pretty easy since most cell phones now have cameras. Of course, if you feel hurt at the scene you should go ahead and ask for assistance to protect yourself. If you do not feel that injured at the scene of the accident, pay particular attention to how you feel later that day or the next day or so. If you experience discomfort such as this, you should seek treatment to be on the safe side. Keep in mind, that in my experience physical symptoms from this type of impact will often surface later and be significant in many cases. Even more often than not, the injuries I see are to the neck. Although I dislike the term, these injuries are often referred to as “whiplash” injuries. Health care providers have advised me that this is often the case since the structures in the neck are delicate and support the head which weighs approximately as much as a bowling ball. I have even demonstrated this before a jury by actually using a bowling ball with the medical expert testifying.

In conclusion, the steps I suggest may seem daunting but they will be well worth it should your injury be more serious then you expected and you need to retain an attorney.

Christopher Paul Schewe is a former City of Alexandria attorney and has been practicing over 32 years specializing in personal injury cases. If you have a question for Chris, please email him at cpschewe@verizon.net or call his office at 216 South Patrick Street, Alexandria at 703-684-8200.
“By way of nourishment, not by way of knowledge.”
—Rabbi Isaac the Blind

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

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

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

Sessions can be in person or over the phone. Call 703.521.4598.

Anne Alden
Kabbalistic Healer

RESCUED

28 — Rabbi Isaac the Blind

Rosie and Sebastian aka Seabass

Both rescued locally by Gera Clark and Brian O’Dwyer

Our cat Smokey still loves boxes, even though he’s often too big to fit inside them these days! He tries anyway, as you can see. Brother Domino looks at the effort and sighs.

SUBMITTED BY THE SMALLEY FAMILY OF ARLINGTON.

Food Donations Urgently Needed

United Community Ministries’ food pantry depends on community donations and its shelves are becoming increasingly bare this summer! Canned meat and fish are greatly needed, as well as canned soups, fruits and vegetables.

You can help by dropping off food donations at UCM’s main office, located at 7511 Fontson Road, Alexandria, VA. 22309. UCM’s food pantry accepts food donations Monday – Friday, from 9 am to 5:30 pm and the first Sunday of the month from 9:30 am to 1:00 pm.

For families who are struggling, summer is a particularly difficult time. Households need more food because children do not receive free or reduced meals each day at school. Without help, many families face the long days of summer without enough food in their cabinets, and children go hungry. Fortunately, with the community’s help, UCM provides a dependable life-saving source of food to get families in need through the long, hot months.

United Community Ministries (UCM) is a community-based non-profit human services provider in Fairfax County, established in 1969. UCM provides some of the most comprehensive assistance programs for low-income individuals, families, and neighborhoods in Fairfax County. The organization helps people fight poverty, hunger, and homelessness and become self-reliant members of the community.

UCM’s programs include emergency services, job skills training and job placement, professional child care services, youth development, the Creeside and Sacramento neighborhood development centers, a highly successful child abuse and neglect prevention program, transitional housing programs for the homeless, and the Back Porch thrift store. In its fiscal year ending June 30, UCM provided direct assistance to more than 12,400 people in Fairfax County.
## Monthly Home Sales Recap

July 2011

### Old Town

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<tr>
<th>Address</th>
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<th>Close Price</th>
<th>Close Date</th>
<th>Beds</th>
<th>Baths</th>
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If You Decorate It, They Will Come

I’m sorry – it just drives me crazy. It should drive me crazy, but it just doesn’t when folks spend money to decorate their home to the nines – and then fail to get around to entertaining. It’s like buying Jimmy Choos and never wearing them in public! It’s just wrong, people! Step 1: Make your home lovely. Step 2: Show it off.

How hard was THAT?

Step 1: Make your home lovely
Step 2: Show it off

Another point of etiquette that has been sadly forgotten these days. Reciprocation means that when you invite someone over, then they are supposed to invite you to something in the next few weeks or months. So then you can go to their house and be wined and dined and enjoy their lovely home. And PLEASE, keep your allergies, food sensitivities, quirks and dietary eccentricities to yourself and be a well-behaved, gracious guest!

On the other hand, Should your friends fail to reciprocate, it might mean that they really just don’t like you! Or, more likely, their home’s interior isn’t up to par and they need direction with a freshening-up project. If which case – let them know “you have contacts in the Interior Design world”…ME!

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I can hear your objection: “Costs too much Money” Entertaining does not mean spending a lot of money. You know, people didn’t always live in the opulence we have adopted in recent times. But they still entertained – probably more. Some ideas are Desert Party, Cocktail Party, Cocoa Party in winter, Charades Party or Dinner Party.

“Hosts did not used to provide for every dietary variation of each and every guest. Believe it or not, according to etiquette, it’s perfectly fine to offer ONE meal, ONE form of cocktail. ONE beverage with meal and/ or ONE desert. You do NOT have to devise an offering that is gluten-dairy-nut-fat-free Macrobiotic Vegan. No, you don’t.

Too much Effort!”

You plan your party. You plan your food. You offer what you offer. And your guests are supposed to act appreciative of it. When served food they can not, or will not consume, they are to discreetly keep it to themselves, eat and drink what they can, and not ask you for anything that was not provided.

One final reason to entertain: reciprocation! Another point of etiquette that has been sadly forgotten these days.
A forever home rescue foundation is a non-profit dog rescue group located in Chantilly, Virginia that operates in the Northern Virginia / Washington Metropolitan area. We strive to make quality dogs available for adoption and do our best to match prospective adopters with the right animal!

Because AFH is a 100% volunteer-run organization, we cannot function without your help. In particular, we need: foster homes, transports for adoptions and vet visits, handlers at adoption days, and help at fundraising events. If you think you would like to help, e-mail volunteer@aforeverhome.com.

A F O R E V E R - H O M E R E S C U E F O U N D A T I O N

AFH is ALWAYS in need of foster homes!

It is fun and rewarding. Without enough foster homes we can’t save as many pets. Since AFH tries hard to not use boarding facilities, we cannot accept new, deserving animals into our program without ready foster homes. If you are interested in making your home available to a deserving pet, please drop us an email at Foster@aforeverhome.org.

**Buddy** (Male) - Available

Breed: Shih Tzu / Maltese Mix
Age: 22 Months
Weight: 15 Pounds

**Juliet from Roane** (Female) - Available

Breed: Yorkshire Terrier Yorkie
Age: 16 Months
History: shelter
Description: Juliet is a pure-bred gold-colored Yorkshire Terrier. She is a very sweet little dog that just loves affection. Juliet delivered 4 beautiful pups on 6/6/11. The father is a purebred Pekingese named Romeo. You can see him on our website. Once her pups have weaned, Juliet will be ready to look for a new home.

**Juliet’s Pups (Roane) - (Male) - Available

Breed: Yorkshire Terrier Yorkie / Pekingese Mix
Age: 8 Weeks
History: Born AFH’s Care
Description: Here we are...debut for the world to see. We are adorable YORKINSEES pups. Mom is pure golden yorkie and dad was pure white pekingese. We are so very adorable. We are all boys and are beginning to “walk up” to the world around us. We are doing great so far and enjoying the puppy life. We are already half way to being ready for our new homes and still have a lot to learn...we will not be able to be seen at foster home until we have our 1st shots at 6 weeks...but already people are intereted...please send an application in ASAP in order to get in the queue to meet us...You WILL miss out BIGTIME if you are not quick.

**Fiesta** (Male) - Available

Breed: Corgi / Shetland Sheepdog Sheltie Mix
Age: 21 Months

**Kia** (Female) - Available

Breed: Yorkshire Terrier Yorkie Mix
Age: 3 Years
History: shelter
Description: Kia is a Yorkie mix. She was given up to the shelter because her owner could no longer care for her. She is a housebroken and a lovely dog.

**Tench** (Male) - Available

Breed: Corgi / Shetland Sheepdog Sheltie Mix
Age: 5 Years
History: Owner Release
Description: Tench is a great dog. He is housetrained and crate trained. He likes other dogs and walks well on a leash. He does not chew and is a super dog.

**Desi** - (Male)

Breed: Corgi / Shetland Sheepdog Sheltie Mix
Age: 5 Years

**Buddy** (Male) - Available

Breed: Border Collie / Spaniel Mix
Age: 5 Years

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703.651.2500 • Facebook: For Pet’s Sake Inc.
www.forpeltsakeofalexandria.com

“IF your pet’s not becoming to you, then you should be changing to US!”

Located on Quaker Lane for 34 years!”

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**Bailey** - (Male) - Available

Breed: Poodle / Black Labradoodle Mix
Age: 5 Years

**History:** Owner Release

Buddy recently lost their home due to their family breaking up.

**History:** Shelter

Description: Bailey is a 1 ½/year old Shih Tzu, Maltese mix. He has a docked tail and weighs about 15 lbs. He was left at the shelter by his owner because his kids were allergic to him. He is very sweet and friendly. He is good on leash, seems to do well with other dogs, children. Update: Bailey had surgery on Monday, 7/11, to correct an issue with his back leg. The surgery went well, and Bailey is now home recuperating. He has to stay very quiet in a crate for the next few weeks, but he is still cute, so that seems to be okay with him for now. In a few weeks, the doctors will have him start stretches and exercises. But for now it? just rest and eat! Fortunately, he loves his food!

**Boo** (Susie) - (Female) - Available

Breed: English Springer Spaniel / Black Labrador Retriever Mix
Age: 8 Years

**History:** Owner Release

Description: Boo and Buddy recently lost their home due to their family breaking up.

**Story:**

These furry friends (and many others) are looking for loving homes...
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