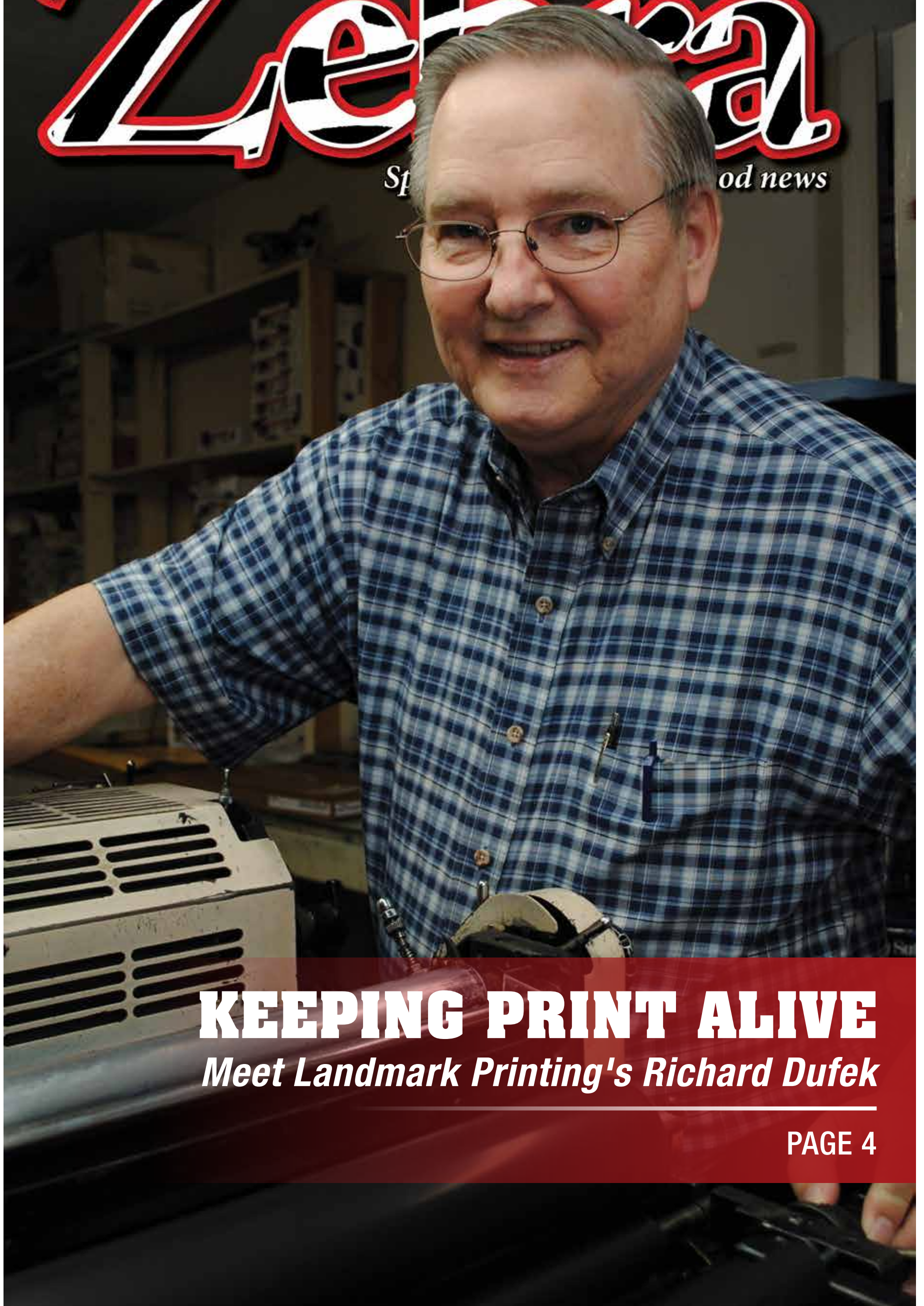


The Alexandria/Arlington

It's **read** all over!
September 2012

Zelma

Sp... od news



KEEPING PRINT ALIVE

Meet Landmark Printing's Richard Dufek

PAGE 4



Christine Roland Garner

I sell more because I do more!

ROSEMONT



SOLD

\$895,000

Beautiful 5 bedroom, 3 bath home with a 2 story addition and fabulous open floor plan. Blocks to Metro, shops & restaurants!

DEL RAY



UNDER CONTRACT

\$535,000

Enjoy Del Ray living in this 3 bedroom, 1.5 bath brick duplex located just a block from shops & restaurants on "The Avenue". Light filled living room and dining room with large replacement windows. Updated kitchen & family room addition with access to the fenced yard with patio. Expanded lower level with walk-out stairs features a rec room, storage room, laundry room and 1/2 bath.

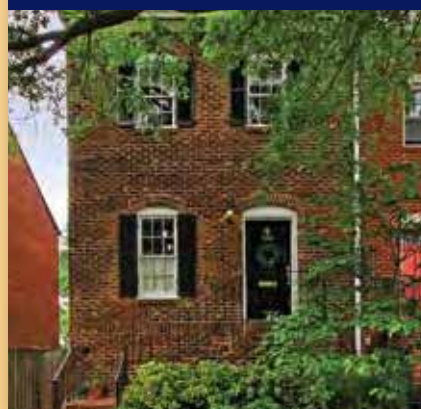
BEVERLY HILLS



\$985,000

Spacious 4 bedroom, 2.5 bath Arts & Crafts home with a fabulous Great Room and Master Suite addition, 2 fireplaces and 3 finished levels. Fenced yard with deck, patio, mature landscaping and off street parking.

OLD TOWN



\$849,000

Wonderfully updated 3 bedroom, 3.5 bath townhouse with 4 finished levels and over 2,500 sq ft of living space. Open floor plan with refinished wood floors, custom built-ins and 2 wood burning fireplaces. Lovely fenced yard with planting beds and patio. Blocks to METRO, shops & restaurants.

SEMINARY



UNDER CONTRACT

\$550,000

Wonderfully updated and surprisingly spacious 5 bedroom, 3 bath home with a new kitchen, 3 season sunroom and 3 finished levels. Beautiful yard, (approx. 10,000 sq ft) with patio & off street parking. Close-in neighborhood just minutes to Old Town, Arlington & D.C.

BEVERLY HILLS



COMING SOON

Spacious 4/5 bedroom, 4 bath home with a fabulous Great Room and Master Suite addition with over 2,700 sq ft of living space. Gourmet kitchen, breakfast room and home office. Custom built-ins throughout, rooftop deck & rear stairs. Lower level recreation room, fenced yard with wrap around deck and off street parking.

THE ECLIPSE



\$8000 CLOSING COST CREDIT

\$569,000

Luxury 2 bedroom, 2 bath condo with balcony and garage parking located just blocks from Crystal City, METRO & Potomac Yards. Open floor plan with split bedrooms for maximum privacy. Kitchen with 42" Cherry cabinets, SS appliances and granite counters. Abundant amenities including concierge service, on site Harris Teeter, fitness center, pool, rooftop deck and community club.

MT. VERNON GROVE



\$549,000

Awesome opportunity! Spacious 5 bedroom, 2.5 bath home on over 1/3 acres across from the Mansion House Swim and Tennis Club. Generous room sizes, 2 wood burning fireplaces, main level family room and recently finished lower level with high ceilings. Upper level with 5 bedrooms including a Master Suite with sitting room and fireplace. Hardwood floors, attached garage and lots of potential.

Weichert, Realtors®

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Publisher assistant Lucy Wadland donned her pearls and jewels for Alexandria's First Fashion Night Out!



INSIDE



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COVER PHOTO: Richard Dufek in Landmark Printing store.
Photo by Harry Merritt



INBOX

HOW TO GIVE US FEEDBACK

If you would like to send us a comment, send your mail to mary@thezebra.org or Zebra, PO Box 6504, Arlington, VA 22206. Submission of a letter constitutes permission to publish it. Letters may be edited for reasons of space and clarity.

Dear Editor,
I loved your story on the Potomac River in August, and wanted to get another copy from your Belle View drop location the following day, but they were all gone. Do you ever reload locations, and how do I get an extra copy?

Sincerely,
Ann Brinley

[Editor's Note: We distribute 25,000 copies to over 600 locations around town, including approximately 7,500 private homes, but they do run out. If you need an additional copy, you can download it on our website for free at www.thezebra.org or you can call us directly at 703-224-8911 and we will mail one to you.]

PUBLISHER'S NOTE

Somewhere around 1440, a guy named Gutenberg invented the printing press. What he really did was revolutionize the world. You see back in those days, people slowly copied books by hand or printed them from wooden blocks where each letter of every page had to be carved separately. Gutenberg learned to make metal letters that he called "type." He could pick up the letters and place them in rows to build pages. Gutenberg's movable type helped him to make copies of books faster and more cheaply than ever before. It has been called perhaps the greatest single invention in history.

Almost 600 years later, there is now great debate about the value of "print" With eBook readers, and tablet computers, and even smartphones, everything travels through the air now—news, invitations, business letters, personal notes, even obituaries. Does that make it right? Do you have anything to hold in your hand?

Our cover story features a man keeping print very much alive. You appreciate real print or you wouldn't be reading this *Zebra* right now.

Here's to paper and ink!

Mary Wadland
Publisher



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For Advertising Information, call 703-224-8911

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PRINT IS NOT DEAD

BY CHUCK HAGEE

Henry Ford once said, “You cannot build a reputation on what you are going to do.” That is particularly true in business. One’s reputation rises or falls on accomplishment not rhetoric.

Richard Dufek, the founder of Landmark Printing, is living proof of Henry Ford’s admonition for success. After 15 years in the advertising agency world, eight with one of the Washington area’s top firms, Abramson

Associates, handling a wide array of high profile clients, such as Britches and Clydes, Dufek became a casualty of the early 1990’s economic downturn.

“There was a severe cut back in the ad world. I was looking around at a variety of possibilities. I knew something about printing from earlier experience and from purchasing it for so many years as part of advertising,” he stated sitting at his desk in the rear of his storefront enterprise at 5145-D Duke Street in Alexandria.

On January 2, 1992, Dufek transitioned from advertising

executive to printing business entrepreneur. His enterprise has been growing ever since.

When he first opened his shop it was located just next door to his present location. “After six years in business the location next to me opened up. It had a basement where we could put our press, cutters, folding and photo machines, and other heavy equipment,” Dufek explained.

“We still do everything by metal and oil base,” he said. That is evident by the quality of the printing on the end products of his customer’s orders. They

include everything from business cards to personal invitations, to stationery, envelopes, and large order commercial printing assignments.

“Our dozens of commercial clients are really the heart of our business,” he noted. And, Dufek takes care of them very well.

“I have records of every transaction I have ever done for each and every commercial client from day one,” he emphasized. Those records are maintained both in hard copy form and on the computer. “When they call in a new order I can retrieve a prior order and show it to them. They are amazed.”

Prior to entering the high-pressure world of commercial advertising, Dufek was a linotype machine operator in the 1950’s and 60’s, during his high school years in Jordan, Minnesota, where he graduated in 1962. “I worked in the print shop that printed the local newspaper,” he said.

When the family moved to Long Island, NY, after his graduation, he went to work for an art studio and then to the *U.S. News and World Report* from 1970 to 74. He eventually became the production chief of that magazine’s art department. “I did all the covers for the magazine during those years,” he stated.

Over his career, both in advertising and printing, Dufek has seen a virtual changes in the printing industry -- from the old linotype hot metal printing process that included everything from creating each hard metal letter for the letterpress to today’s computer age process. “Today most non-commercial

printing is done by computer,” he explained.

“It was predicted at one time that this type of small print shop would become obsolete and go out of existence. Then it was predicted that we would become a hub for various types of printing. And, that is exactly what has happened,” Dufek stated.

“We really don’t have any competitors because we have established a true niche in the printing business,” he pointed out.

Today Dufek is joined by his four employees who each work part-time, including himself -- splitting the work day into morning and afternoon shifts. Rodney Richardson has been with him for 11 years. Steve Dwinnell and Walter Sanabria have each been on board for six years.

“I actually work a full day, serving my commercial clients from my home computer in the mornings. It ties directly into my office computer so I have all the information I need at both locations,” he explained.

“In addition to our commercial clients we have a large walk-in customer business. This past June we served 731 customers,” he said. “But, our dozens of loyal commercial clients are the heart of our business.”

Dufek firmly believes that there will remain a need for this type of printing business well into the future. “People come here even after they have gone to the internet to get their printing done because they run into mistakes and there is no recourse,” he explained.

Dufek knows something about staying power and lon-

"We still do everything by metal and oil base."



Richard Dufek in front of his Alexandria store on Duke Street.

Photos by Harry Merritt



gevity. He was number nine in a family of 15 children. He lost two brothers to leukemia but all the rest are alive and well. His mother died just short of her 97th birthday.

The family now counts 59 grandchildren and 80 great grandchildren with five or six great, great grandchildren. He himself has three grown children living in Baltimore, MD; Milwaukee, WI; and Mechanicsville, VA, respectively. “However, those numbers can change daily,” he cautioned.

“I believe there is going to be a need for this type of printing business well into the future. But, there is no doubt that it is dwindling,” he admitted.

“I’ve been very happy since I made the change back in the early 90’s. I love what I do and intend to keep right on doing it,” Dufek emphasized.

Richard does differ with Henry Ford’s philosophy in one respect. The latter once said, “Any customer can have a car painted any color that he wants as long as it is black.”

In the case of Richard Dufek and Landmark Printing, the customer can have their order done in any color, shape or type style they want -- period. It’s all about customer service and satisfaction. It’s what they do. Not what they’re going to do.

[After 21 years at the Duke Street address, Landmark Print-

ing has decided to close the walk-in business. At press time it was uncertain where they will locate their new "corporate" offices. They wish to continue all their relationships they have developed over the years with their corporate customers and plan on focusing much more of their time and energy serving them in the future for many years to come.

This was a very difficult for Dick as he knows how important this location is to his walk-in trade and he even feels bad about leaving here. He wants to thank all the people who have supported him over the years and he hopes a lot of them will stay in touch.]

"I believe there is going to be a need for this type of printing business well into the future. But, there is no doubt that it is dwindling."



Mr. Dufek still does the hands-on print work ensuring customer quality.

"I love what I do and intend to keep right on doing it."



Landmark Printing uses a vast array of specialized machines.



Rodney Richardson and Richard Dufek behind the counter of the Alexandria store with customer Robert Johnson.

Living Legends of Alexandria

THE STEUERLE FAMILY

BY DIANE BECHTOL

Once there was an Alexandria family of four that regularly acted on an individual's responsibility to serve others in need. Each member was well educated and appreciated the community's "diversity of people – racially, financially, in thought and in socio-economic status, that for the most part embraced Alexandria's potential." They were givers. On September 11, 2001, one of them, the mother, was taken away. Norma Lang Steuerle, a local clinical psychologist who worked intensively with families and children, was killed in an airplane crash the whole world mourned.

Out of the tragedy, father Eugene Steuerle and daughters Kristin and Lynne found a new

direction for their family that benefits thousands of Alexandria each year – the creation of the Alexandria Community Trust. It is a "living legacy" in honor of Norma, but also a continuation of a service-to-others ethic they have always practiced.

Each family member politely - but firmly – deflects praise for their generous role in changing the face of charitable giving in their community. The three Living Legends of Alexandria recipients are quick to credit others and say their role in creating the Alexandria Community Trust (ACT) was in concert with others.

"Most of what is done is not due to us," says Gene. "All we were was the catalyst. It is a fascinating organization with many resources. The opportunity to do things is amazing because Alexandria is

fairly rich and well educated. In comparison to other communities, overall, we suffered much less than others in the recession. If we couldn't do it in Alexandria, who the heck could?"

Despite the Steuerle family's modesty, ACT touches almost every non-profit organization in the City and is the center of a vast interconnected web of philanthropists and movers and shakers. Among the outgrowths of ACT are the Center for Alexandria's Children (preventing child abuse and neglect); Give Back Alexandria (teaching young adults how and where to volunteer in the city) Action Alexandria (giving residents a local focus for proactive community involvement) and Women's Giving Circle (women organizing to fund social service needs.)

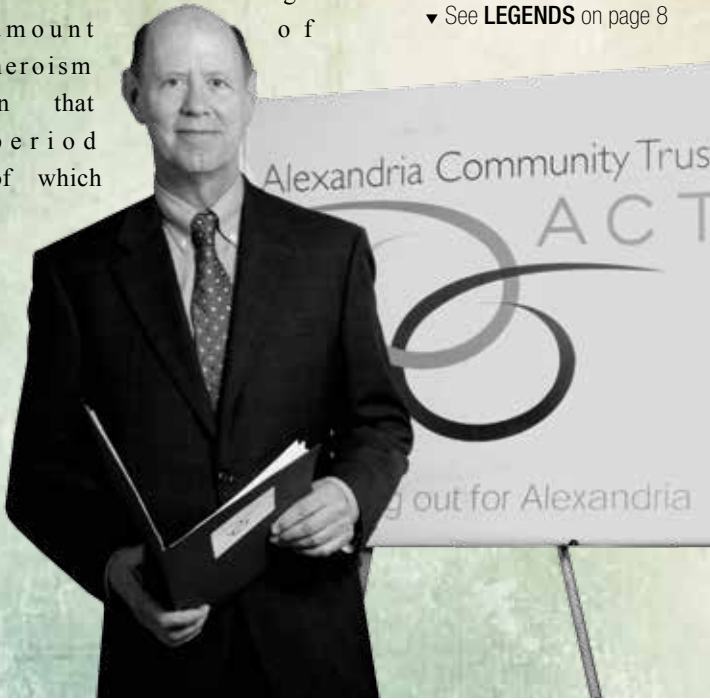
"Although it is always an honor to receive recognition,"

says Lynne Steuerle Schofield, Ph.D, a statistics professor at Swathmore College, "what is best for our family is that we know lots of other amazing people are doing the hard work every day."

"After Mom died, so many people supported us. There was a huge amount of evil, but also a huge amount of heroism in that period of which

I was a recipient. In many ways, the creation of the Trust strengthened us as a family. Although we all have heard it before, the three of us learned again that when you strengthen others, you strengthen yourselves. To me, to battle that form of hatred is to embrace others."

▼ See LEGENDS on page 8



COMMUNITY NEWS

Alexandria's Terrence Jennings Brings Home the Bronze



Terrence Jennings brings home the Bronze.
Photo Courtesy of Team USA Taekwondo

Adding to its plethora of long achievements, Alexandria now boasts an Olympic medalist. City native and T.C. Williams High School graduate **Terrence Jennings** lost his Olympic debut in London, but managed to fight his way back into the medal picture and eventually took bronze in the featherweight (68kg/150 lbs) weight class in early July at the 2012 Summer Olympics in London. Jennings, whose love of the

Teenage Mutant Ninja Turtles led him to take up taekwondo, beat Brazil's **Diogo Silva**, 8-5, in the second repechage bout to secure one of two third-place medals handed out in the weight class. Jennings didn't have an easy go of it in his first bout. Not only was he competing in his first Olympic competition, but he was doing so against the No. 1-ranked competitor in the world, Turkey's **Servet Tazegul**. Jennings put up a strong

fight, but eventually lost that one, 8-6. Jennings then worked his way through the repechage bracket, beating Ukraine's **Hryhorii Husarov**, 3-2, to get him within striking distance of the bronze. "After losing the first match of the day I had to focus and make the bronze medal my gold medal," Jennings told NBC. His opponent was Silva, and the outcome was as tight as they come. Jennings got out to an early 4-0 lead and maintained the lead late into the final round. But with 20 seconds left, Silva finally got a head shot on Jennings to tie the score at 5. As the final seconds ticked off the clock, Jennings made one attempt to win it -- and did. His twisting kick seemed to connect with Silva's head. Initially it wasn't scored, but after a challenge he was awarded three points, and an 8-5 win.

"The last two matches were about closing it out and being as efficient as possible," Jennings told NBC. "I gave up two shots at the end, but I fought to the last second and it paid off. I knew I made contact with his head I just didn't know if it scored before time ran out." Jennings said it was bittersweet that he wasn't able to strike gold, but he's happy to



have a medal. "Of course I wanted gold," he told News4's Dan Hellie. "My ultimate plan was to come here and win the gold medal. I can't complain because of the simple fact that I still medaled and this is my first Games. Four more years and I'll be back again." Oh, and if you're friends with Jennings and sent him a text message after his win, well, there's a chance he hasn't seen it yet.

"I have about 300 text messages that I haven't opened yet," Jennings said. "A lot of Facebook, a lot of Twitter messages. I've had a lot of support from the beginning. Everyone back home has been a big support and a big help for me. Everyone's on Twitter telling me to keep going and keep your head up, especially after I lost the first (bout). It really helped."



It did not take long for Topps to start selling Terrence Jennings collectible cards.
Courtesy Photo



OLD TOWN COMMONS

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Middle East Dancing comes to Rosslyn

Sahara Dance studio provided a most delightful belly dance venue at the Rosslyn Artisphere complex.



Over 100 dancers from the Sahara Dance studio provided entertainment for a sold out event at the Artisphere.

Photo by Harry Merritt



Sahara Dance instructor along with her students and volunteers from the audience demonstrate some of the basic belly dance moves

Photo by Harry Merritt

▲ LEGENDS from page 6

In the aftermath of tragic events, the Steuerle family was awarded a large sum of money from the 911 Victims Compensation Fund. “There was a period of grief, of course, but it is a healthy thing to turn your grief to action. You can’t control events, but you can control your reaction. You take the positive energy,” says Kristin. “We wanted to give back to all of the people who supported us during that time.” Kristin is now a pediatrician for Kaiser Permanente.

In providing the seed money for the Trust, says Gene, an economist for the Urban Institute, “the bottom line is that the money we put up was only a catalyst. We were surrounded by a lot of people with a lot of good ideas.”

Eugene, Kristin and Lynne suffered an unimaginable loss on September 11, 2001 when wife and mother Norma Lang Steuerle’s American Flight 77 crashed into the Pentagon. She was killed traveling to Japan to visit Kristin, who was stationed there as a Navy doctor. Gene was traveling on business in Singapore at the time.

“I’ve always said that her death was a much more public event and received more attention than other people’s losses, but the fact is that you don’t rank death. Everyone suffers when they lose a loved one.”

Norma Lang and Eugene Steuerle met at the University of Dayton before she transferred to Carnegie Mellon University, where she was class valedictorian. She earned her master’s degree from Temple University and a doctorate from the University of Wisconsin, as did Gene. “My mom was little. She was only five foot three, but she had the energy of a person eight foot

“We are honored to receive this award, but the very best thing about it is the opportunity to share our story and hope that people will be motivated to contribute in their own way.”

three,” recalls Lynne. “She dedicated her professional life to people as a clinical psychologist.”

Norma and Gene married after he served in Vietnam and raised their two daughters. Gene became a budget, tax and economic policy expert who served as a senior fellow at the Urban Institute from 1989 to 2008. After serving as vice president of the Peter G. Peterson Foundation, he returned to the Urban Institute. Dr. Steuerle has written 15 books and over a thousand briefs and articles. Both of the Steuerle

daughters attended T.C. Williams and George Mason University for their undergraduate work before Kristen earned her medical degree and Lynne completed her Ph.D. in statistics and public policy.

The Steuerle family elected to form two trusts, the Alexandria Community Trust, which has blossomed beyond expectation, and another one that serves wider interests

minded citizens (“I’m almost afraid to name them, because I’m afraid I’ll forget to say someone’s name and not give them the credit they deserve.”) ACT became an organization that funded modest grants for local non-profits. But mostly, it “sponsors ideas” through training, legal and financial expertise and organizational mentoring. It also assists or helps underwrite events of other groups to enhance their fund-raising potential. Gene explained that through the financial vehicle of donor-advised funds, ACT has educated city non-profits to show families and individuals how tax-deductible contributions can be directed over time to give to charities. The concept is now “keeping things running” for organizations that had shorter term financial goals.

Gene points to future charitable needs Alexandria will face in the future. “The classical problems that any community faces. We have an aging population that is fragile. Children’s abuse is also in Alexandria and we need to expand activities to prevent it.”

Always in mind is Norma Lang Steuerle, a family and child therapist, “who would have loved” the work of the Alexandria Community Trust, says Kristin. She de-

scribes both of her parents as active in community affairs and who gave their own money for many years to benefit others before her untimely death. One such project established a fund at T.C. Williams High School to assist students with school supplies, clothing and other physical needs. They also raised money for the school’s scholarship fund.

“She’d be very happy,” agrees Gene. “She was always action-oriented.”

“It was the right thing to do,” says Kristin. “As a child and family therapist, she gave to her community all of her life. She would have been absolutely over the moon over the children’s programs and they way ACT brings resources together for children. I also think she would be very proud of the Women’s Giving Circle.”

“We are honored to receive this award, but the very best thing about it is the opportunity to share our story and hope that people will be motivated to contribute in their own way,” she concludes.

“For me,” adds her sister Lynne, “I feel very blessed. We have experienced the generosity and kindness of an amazing community of people doing the hard work. That feels like a success.”

LIVING LEGENDS: THE PROJECT

Living Legends of Alexandria is an ongoing 501(c)(3) photo-documentary project to identify, honor and chronicle Alexandria's Living Legends. The project was conceived in 2007 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.

Platinum and Gold sponsors this year are the Alexandria Commission for the Arts, Club Managers Association of America, Dominion Foundation, Erkiletian Real Estate Development, John McEneaney in memory of Ginny, Renner & Company, CPA, P.C. and the Rotary Club of Alexandria.

This is one of a series of profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a Legend for 2013, visit www.AlexandriaLegends.com or contact Nina Tisara, AlexandriaLegends@ninatisara.com.

Woodrow Wilson Bridge Half Marathon Sets 2012 Prize Money

Unique American Incentives Once Again to Bolster U.S. Emerging Athletes

Officials at the Woodrow Wilson Bridge Half Marathon today announced its prize money structure, which includes attractive, unique incentives for emerging American runners and a total prize purse of \$15,050 plus bonuses.

Top overall male/female prize for the October 7 race will be \$1,500, with the top American male and female earning \$1,200. Double dipping will be allowed.

In addition to American-only prize money, any U.S. runner who placed in the top 10 in any event at the 2012 U.S. Olympic Track and Field Trials – including the marathon – and who earns prize money at the 2012 Woodrow Wilson Bridge Half Marathon will have that prize

money doubled. For example, if the winning American placed in the top 10 at the Trials, the cash reward would be \$2,400.

“We are totally committed to our American athletes and to helping them be competitive on the world scene,” event founder and director Steve Nearman stated. “Last year, we offered bonuses to runners who qualified for the U.S. Olympic marathon trials and we are proud that four gentlemen earned tickets to those trials in Houston last January. One runner Ricky Flynn was 12th in those Trials and another runner Bobby Mack went on to win the USA Cross Country Championships a month later.”

An additional \$1,000 bonus is being offered to any male or

female who sets a new course record. The male record is 1:02:37 and female record is 1:12:44.

About Woodrow Wilson Bridge Half Marathon

This 13.1-mile USATF-sanctioned footrace begins at historic Mount Vernon and ends in the modern resort of National Harbor. Now in its third year, the race serves as the Road Runners Club of America Virginia State Championship, the Potomac Valley Association/USATF Championship and the NIB Visually Impaired National Half Marathon Championship. Six national/local charities benefit from the Woodrow Wilson Bridge Half Marathon.



Coutesy Photo

QUOTABLE:

“My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something.”

—Groucho Marx



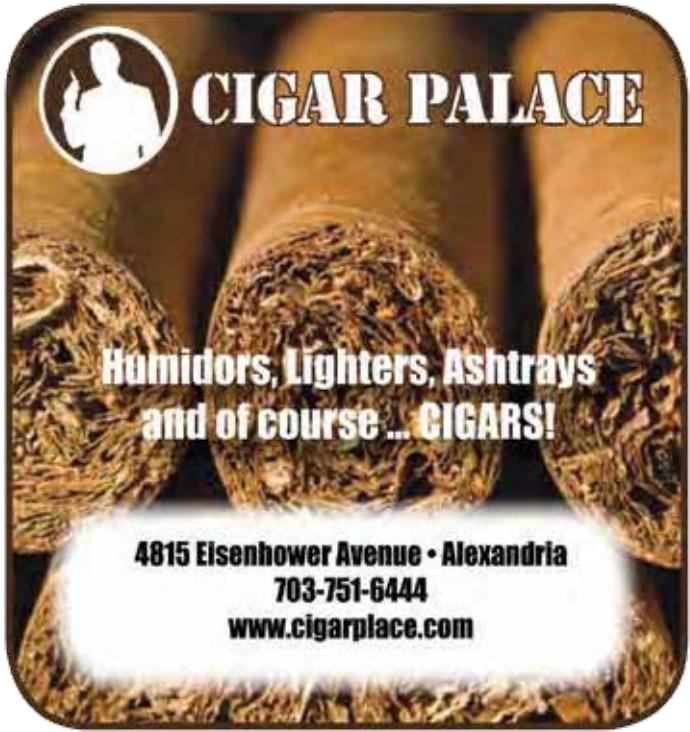
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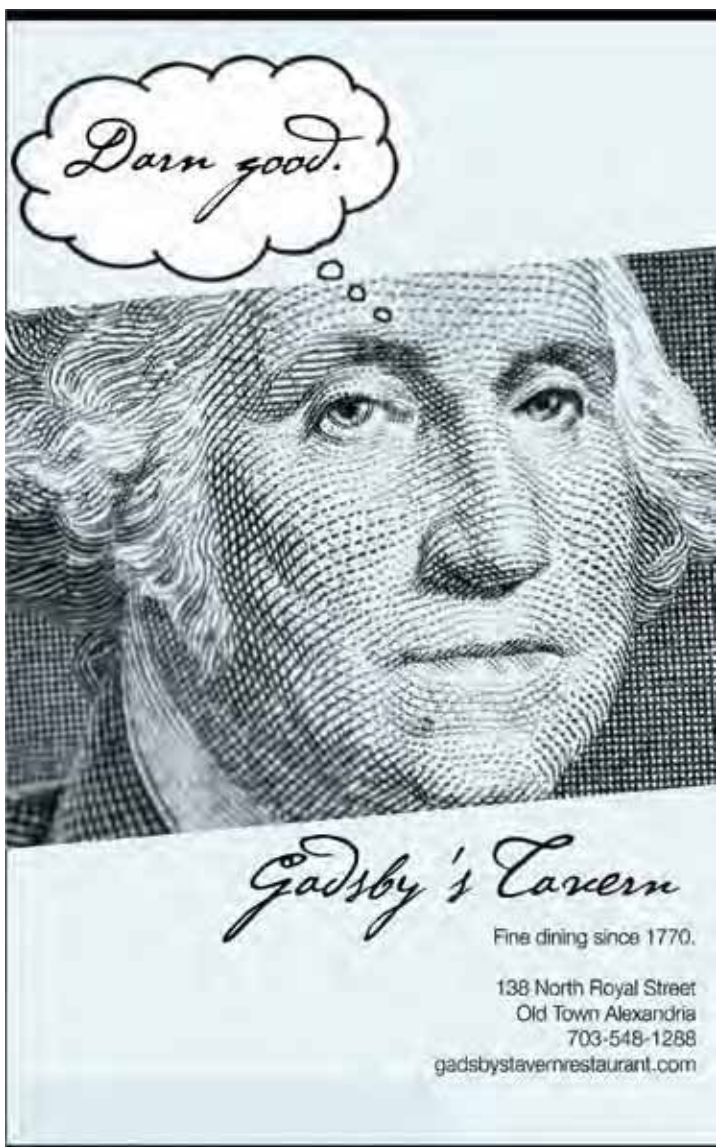
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HEAT INDEX

If you don't want it in your burger or on your ham, slip it in as a sweet twist to potato salad or cole slaw. It's not too hot and adds a sweet kick. Some will notice the subtle heat but will enjoy the taste and the kick it gives to your dish.



BY MARI STULL



Maybe you can't judge a book by its cover,
but you can judge a lot about a wine by its bottle

Hoch - Sloping shoulders like Burgundy, but taller and slender neck. Look for Rieslings in this shape. The Germans bottle wines from the Mosel region in green bottles, Rhine regions go in brown bottles.



Châteauneuf-
du-Pape



Burgundy



Bordeaux



Chianti



Reisling

VV

The Vino Vixen™ is a syndicated wine writer whose musings appear in over 25 publications nationwide. She's also a correspondent on Wine Taste TV (WineTasteTV.com), national and international wine judge, and Wine Critic to WinesTilSoldOut.com – one of the Internet's largest (and cheapest) source of fabulous wines. Have a question or wine tip for The Vixen? Email her on VinoVixen@VinoVixen.com.



SCOUT'S HONOR



Every boy got to launch and keep his own rocket.
Courtesy Photo



Cubs with a Pearl Harbor survivor.
Courtesy Photo



A Webelos crosses a long monkey bridge.
Courtesy Photo

The Cub Scouts of Pack 301 have had a busy summer! They participated in a week-long day camp where they went fishing, learned camping skills, studied nature, and shot BB guns and bows and arrows.

The Webelos Scouts (boys in grades 4 and 5) camped for a whole fun-filled

week at Goshen Scout Reservation where they went swimming, boating, hiking, and did lots of other cool stuff.

The Pack had a rocketry event and every boy got to launch and keep his very own rocket. They also visited the Capitol and met with Senator Tom Harkin and Representative Eric Cantor.

The boys also expressed their appreciation to those who sacrificed so much for the freedom we enjoy today. The Pack met an Honor Flight of WWII veterans, escorted them, and asked a lot of questions.

Pack 301 is open to all boys, of all faiths. If you are interested in joining Cub Scouts, and for more information, contact Dan Derbes at dan_anne_derbes@cox.net.

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A Vibrant Meadow in Every Season

Children love to explore the meadow's paths, like Colin Surovell of the Mount Vernon area.

Photo by Glenda Booth



BY GLENDA C. BOOTH

The idealized image of an unspoiled, verdant meadow sparkling with wildflowers of bright yellow, purple and magenta hues is imprinted in the psyche of many people early on by children's nursery rhymes, stories and songs. Remember the tune, "Over in the Meadow"? How about "Little Boy Blue"? Where were the sheep?

Few people have likely romped through a meadow in northern Virginia lately. "Meadows are rare in our area," says Charles Smith, the Fairfax County Park Authority's head of the Natural Resource Management and Protection Branch.

Northern Virginians can tout an outstanding example of a thriving, four-acre meadow at the American Horticulture Society's (AHS) River Farm headquarters in the Mount Vernon area, four miles south of Alexandria on the Potomac River. From 2004 to 2008, 100 local volunteers put 100,000 plant plugs into the ground, transforming what was previously a large grassy field.

It is named for André Bluemel, the son of former AHS Board Chair Kurt Bleumel. "Monocultures, like grass, are sterile environments," says David Ellis, AHS Director of Communications. Today, on a gentle slope between the ha-ha wall and the river is an ever-unfolding botanic tapestry, intriguing in every season – to most.

What You Will See

Visitors can experience sensory overload all year. In summer, the meadow is abuzz with butterflies, bees, wasps and flies that nectar, feed and pollinate blossom to blossom, on plants like black-eyed Susans and Joe Pye weed. The sweet aroma of mountain mint lures bees and other insects. Bald eagles and hawks soar overhead. Swallows swoop. A turkey might waddle by. Foxes scamper through.

Chickadees chirp. Mourning doves coo.

In the fall, nodding brown and black seed heads provide sharp visual contrasts to the bronze and gold "heads" or inflorescences of five-foot-high grasses like switch grass and Indian grass as they swish in the breeze. Goldfinches and chickadees feast on the seeds. In winter, the seed pods provide picturesque "posts" for the frost and snow, while much of the meadow's vegetation is at rest.

All year, the river laps at the shoreline or during storms, lashes.

Children enjoy scampering along the meadow's meandering paths. "They can almost hide," Ellis mused, "and even if they cannot understand it, the meadow holds more fun than mowed grass." Children are more accepting than

involves no watering or fertilizing. To prevent it from becoming a woodland, managers remove some woody plants, like tree of heaven or cedar seedlings that take root. They also have prescribed burns every two or three years to help control invasive plants and reinvigorate the vegetation. Burns can reduce matted vegetation and encourage better air circulation. The burn is ideally slow and steady, not a "raging inferno," says Sylvia Schmeichel, Farm Manager and Horticulturist. After the spring 2012 burn, within several weeks, the scorched earth turned green once more, she said.

Meadows are "sustainable by design," says AHS's website. Plants tend to be drought-tolerant and native plants provide habitat for wildlife. The Bluemel Meadow slows and

"My ideal is to wake up in the morning and run around the meadow naked."

—DARYL HANNAH, ACTRESS

some grown-ups, he maintained.

"Some adults think there are bugs down there, that it is messy," he said. To those who prefer tidy, manicured gardens, the meadow may seem like a rough jumble of weeds, an eyesore. But to many, it is a place of beauty and solace.

AHS has no regrets, said Ellis, calling it one of the organization's most significant accomplishments, "something unique to northern Virginia."

A Meadow's Life

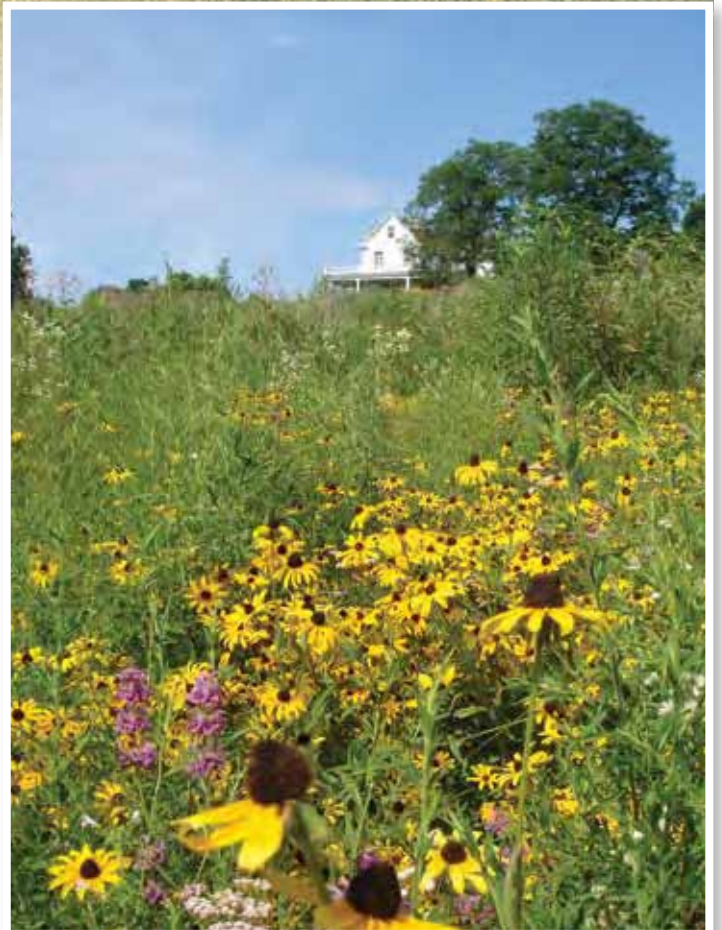
"It is an evolving ecosystem," notes Ellis. "It's never done." AHSers say that it in-

absorbs storm water runoff, thus reducing pollution into the nearby Potomac River and stemming erosion, Ellis stressed.

In terms of blooms, the meadow has two flushes of color, generally in June and September.

Meadows Here Thousands of Years

"Meadows are one of the fastest disappearing habitat types in Northern Virginia," said Charles Smith. "Treeless areas are often converted for active human uses. There is a lack of understanding by the general public of the importance of tree-



The meadow abloom and AHS headquarters on top of the hill.

Photo by Glenda Booth

less habitat types that provide critical habitat for many plant species and the animal species that are associated with and depend upon them," he explained.

Smith said that when the Europeans arrived in Virginia, meadows were here and in fact, existed long before then. "Work done by paleobotanists identifying pollen in sediment cores reveals that not only were there grass dominant ecosystems in our region during the last glacial period, but that after the retreat of the glaciers, there was a period of significant heat and drought approximately 8,000 years ago which likely resulted in significant reduction in forest cover and extensive coverage of upland areas by meadows. So

meadow species and meadow ecosystems have been present in our region for many thousands of years," Smith expanded.

A Rich, Bio Diverse Habitat

The Bluemel Meadow has almost 100 species of grasses and herbaceous perennials native to eastern North America. A 2011 survey documented 18 species of butterflies, 10 species of dragonflies, and 32 species of birds. On a hot August day this year, two dragonflies were mating above the parking lot!

Smith explained that many rare and uncommon plant and animal species rely on non-

▼ See EXPLORE on page 13



A bumblebee visits a coneflower.

Photo by Glenda Booth



Visitors exploring the meadow in summer.
Photo by Glenda Booth

▲ **EXPLORE** from page 12

forested ecosystems, including purple milkweed, sugarcane plume grass, Torrey’s mountain mint, eastern meadowlark, prairie warblers and short-eared owls and insects as monarch butterflies and black oil beetles.

“If there is one animal species that defines eastern meadows, it is the eastern meadow vole, a hamster-like rodent larger than a mouse,” Smith pointed out. “Eastern meadow voles are considered the most abundant mammal in North America. Up to 8,000 voles can inhabit one acre of high-quality meadow. Studies on meadows in New England show that long after human interference in meadows has stopped, voles can prevent reforestation, essentially managing the meadow by eating most of the tree seedlings that begin to sprout. The voles convert plant biomass to animal protein. Breeding year round, they form the basis of the vertebrate food chain and are the preferred food source for snakes, foxes, hawks and owls. When foxes cache food-kills for later consumption, they always return to their cached voles first.” It’s all connected, as naturalists like to say.

Amy Bolton, AHS Board Member and volunteer, explained why she loves the Blue-mel Meadow: “The meadow is a wonderful example of the creative use of plants to beautify a space and attract wildlife. It offers our visitors and members inspiration for incorporating this type of landscaping into their own back yards—both large and small. One of my favorite activities is to walk along the meadow pathways, see what’s in bloom and watch the birds and insects go from plant to plant. Creating the meadow has transformed the former lawn into a vibrant habitat. It is a must-see in any season.”

River Farm

River Farm, at 7931 East Boulevard Drive, Alexandria 22308, is the headquarters of the American Horticultural So-

ciety (www.ahs.org). The AHS property borders the Potomac River. In the 18th century, the property was George Washington’s northernmost of his five farms.

River Farm is open to the public from 9 a.m. to 5 p.m., Monday through Friday, excluding national holidays. Through September 25, it is open on Sat-

urdays from 9 a.m. to 1 pm.

Events:

Through September 25, Botanical Watercolors Exhibit, 9 a.m. to 5 p.m. weekdays; Saturdays, 9 a.m. to 1 pm.

September 22, Annual Gala, call 703-768-5700 x132 for details.



The inflorescence of one of many native grasses.
Photo by Glenda Booth

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“...The Eagle Has Landed”



Armstrong on the surface of the moon.

Photo by NASA

BY MARCUS FISK



Armstrong again 43 years later still puts a lump in my throat and waters my eyes. Finally an hour after he and Colonel Buzz Aldrin went back into the Lunar Module and called it a night, I stepped outside my house in Fairfax and looked up at the moon and marveled at the place where I had just watched two men bouncing around ghostlike on its surface.

For you who weren't around to experience it, let's just say that for my father's generation, the *Apollo 11* mission was like blending Charles Lindbergh and Flash Gordon -- engineering and science fiction -- courage and contraptions. Neil Armstrong possessed that same combination of mastering the miracles of science with the sheer determination of a test pilot, and displayed the same humble character that Lindbergh did after he piloted his *Spirit of St. Louis* across the vast Atlantic Ocean 42 years before Armstrong landed the *Eagle* in the Sea of Tranquility.

For my generation, Alan Shepard, Buzz Aldrin, Mi-

chael Collins, Pete Conrad, John Glenn, Scott Carpenter, Frank Borman, Jim Lovell, Wally Schirra, Gus Grissom, and Armstrong -- these were household names. They were our heroes. Mercury, Gemini, and Apollo were the 'programs' that took them aloft and their faces were as recognizable as Washington and Lincoln portraits were in our classrooms. We all wanted to be like them, some of us wanted to grow up to become astronauts and some, like Pierre Thuot who went to Fairfax High School and the Naval Academy with me, did. We were so enamored by the space program and watched these men so closely on TV that we even knew what all the acronyms and lingo meant -- LEM -- Lunar Excursion Module, CM -- Command Module, EVA -- Extra Vehicular Activity -- and the Saturn V -- the rocket that propelled the Apollo Astronauts into space.

Our country was in the throes of the Vietnam War, that ugly 'little' war, and anti-war demonstrations were the daily news fare. Yet, on that July night back in 1969, the entire world sat together as one, transfixed at the marvels of science and engineering that put two men on our moon.

The *Eagle* had landed on the moon, but the American "Eagle" was in trouble. A year earlier we watched the Tet Offensive sweep across Vietnam, bringing America's dominance and our policies

in that struggle into sharp question. It was the time we learned of the horrible atrocities committed by the men of CHARLIE Company, 1st Battalion, 20th Infantry Regiment under the command of Lieutenant William Calley at My Lai hamlet IV. The whole world was indeed, watching as our national political process erupted into violence between demonstrators and police as they clashed outside the 1968 Democratic National Convention in Chicago. Cities all across this country were engulfed in flames or subjected to looting as a result of a decade of racial tension and sometimes brutal confrontations. As if to replicate the times in which it lived, the American bald eagle was placed on the endangered species list in 1967 -- a metaphor for the times.

But on the night of July 21st, 1969, some 238,900 miles away, Neil Armstrong, a former Naval aviator, and Buzz Aldrin and Michael Collins, both Air Force pilots, were busy doing their jobs of bringing man a little closer to the heavens.

It is ironic to think that these three men, who were trained as engines of war, brought the collective minds and spirits of the inhabitants of this chaotic planet together in the cause of peace on that hot summer night.

Neil Armstrong was a self-professed 'nerdy engineer' who earned his pilot's license before he had obtained his driver's license. He was the first of only a dozen men to walk on the moon -- all of which have been Americans. *His* achievement was *our* achievement.

Today, decades later watching the ghostly images of Armstrong on the moon that evening, I still get that same feeling as I did then. The world stood still that night. As we watched the pictures of Armstrong, the world at-large took in a collective breath and shared in his excitement. It was then we realized that he represented all of us back on Earth -- he was providing us with a special connection between Heaven and Earth.

High Flight

Oh! I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds - and done a hundred things
You have not dreamed of - wheeled and soared
and swung
High in the sunlit silence. Hov'ring there
I've chased the shouting wind along, and flung
My eager craft through footless halls of air.
Up, up the long delirious, burning blue,
I've topped the windswept heights with easy grace
Where never lark, or even eagle flew -
And, while with silent lifting mind I've trod
The high un-tresspassed sanctity of space,
Put out my hand and touched the face of God.

Pilot Officer Gillespie Magee
No 412 squadron, RCAF
Killed 11 December 1941

Neil Armstrong is gone. He left this earth as unobtrusively as he did in July 1969 when he became the first person to walk on Earth's moon. His humility and humanity were so much a part of this man that, to borrow from the aviator's jargon, he departed the pattern on August 25th with a whisper, almost as quietly as he uttered his famous words after setting foot on the lunar surface and thrilling over 500 million people who watched him do it.

I was a 15-year old sitting glued to my television set to watch him step off the Lunar Module *Eagle's* pad in the wee hours of that momentous night. Watching the video footage of



The Apollo 11 crew: Neil Armstrong, Michael Collins, and Edwin 'Buzz' Aldrin

Photo by NASA

HYPNOTIC FOCUS



Relax Your Mind & Sleep Soundly

What's keeping you up at night? A good night's rest is important for almost every goal one could wish to achieve. Do you want to make a good impression at that job interview? Do you need to stay alert and make the best of your workday? What about getting the most out of your health and exercise? Do you just want to feel better?

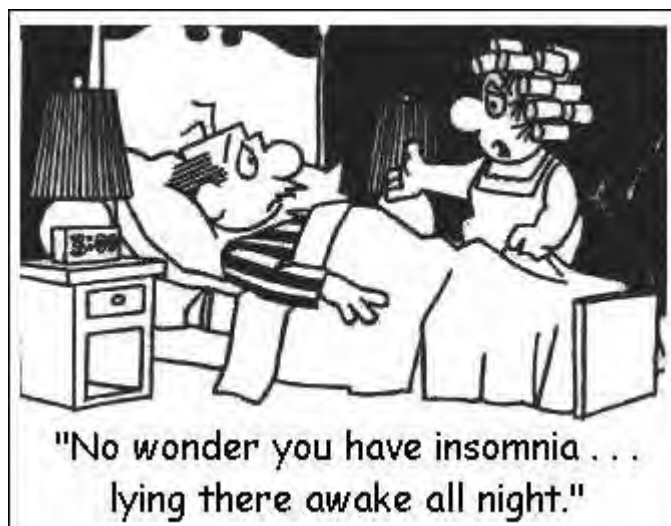
When we don't get enough rest, our mind and body do not work to the best of their abilities. Establishing good sleep strategies is often the best way to begin to relieve the stress of a restless night.

The most common advice remains true: reduce your caffeine intake in the afternoon and evening, eliminate nicotine, avoid daily naps, and treat the bedroom as a place to relax and unwind.

There are some who turn to an alcoholic drink or two in order to unwind and get to sleep, though it's a bit of a misconception how helpful the beverage may be in helping create a restful night. Alcohol may help some people fall asleep faster, though it can attribute to a lesser quality of sleep.

Exercise is important to build a healthy body and mind, and it actually can help produce deeper sleep at night, though it can act as a stimulant when done too close to bedtime.

Should you find yourself awake in the middle of the night, a good tip is to do your best to not fully engage the conscious



mind. Have you ever found yourself repeatedly checking the time to do the math to see how many hours of sleep you'll get if you were to immediately fall asleep? That mental math can wake you up even further. Experiment with setting your alarm clock and turning it to face the wall.

Stress, anger, and anxious feelings make it a challenge to sleep soundly. Finding better strategies to manage your thoughts can really help you set the previous day aside and rest soundly for tomorrow. If your mind is racing with worrisome thoughts, remember the old quote that "Worry can be like paying interest on a debt that may never come due." If the thought is something that truly needs attention, consider writing the thought down and leaving it in a room other than the bedroom.

It can also be very helpful to develop better ways of relaxing. This provides a more efficient way to intentionally calm the mind, remove stress from the body, and prepare for a great

night's rest. Helpful strategies may include deep breathing, systematically relaxing away stress and tension, or using self-hypnosis to associate into a peaceful, relaxing place.

We see many clients at our office who wish to improve their sleep patterns, though it's helpful to understand that hypnosis is not a state of sleep. Hypnosis is a process in which the mind is more alert and receptive to positive suggestion, insight, and releasing negative feelings. The process can create a profound state of relaxation, which can then be connected to the moment your head hits the pillow, improving your ability to sleep soundly through the night.

Jason Linett is a Board Certified Hypnotist and the Director of Virginia Hypnosis, a solution-oriented hypnosis practice in Old Town Alexandria. For more information, visit www.VirginiaHypnosis.com or call (703) 360-0534 for a free confidential consultation.

QUOTABLE:

“The only mystery in life is why the kamikaze pilots wore helmets.”

—Al McGuire

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A BEACON INTO THE 21ST CENTURY

BY CHUCK HAGEE

Last month Jones Point Park officially reopened to the public after years of reconstruction, reorganization and realignment. Over the past decade there has been a whirlwind of controversy over everything from the park's new design, to the size and number of athletic fields, the number of parking places within the park, the configuration of its entrance from South Royal Street, and the ultimate question of whose park is it anyway.

The latter is very simple -- it is the people's park. All people. Not just Alexandrians. It is a National Park belonging to the U.S. National Park Service.

But, through it all, there has been one constant, untouched by all the various factions that have staked a claim to the park's future. Jones Point Lighthouse has been a beacon of constancy in a sea of sharp elbows and opinions.

Authorized by Congress in 1852, the lighthouse was built in 1856 on a sliver of land located at the southern tip of the City of Alexandria. At that time there was no controversy over the park land because there was no Jones Point Park -- it was still under the Potomac River.

The lighthouse's white ray of light was first illuminated on May 3, 1856. It was visible for 12 miles downriver. Seventy years later, 1926, it went dark for the final time as an active aid to river navigation.

As its glow faded into history, the Mount Vernon Chapter of the Daughters of the American Revolution persuaded the U.S. Congress to convey the lighthouse to them so they could maintain the property and restore the building. And, they did just that until 1936 when the property was taken over by the United States Army's Signal Corps.

Unfortunately, under their stewardship the lighthouse suf-

fered from wanton neglect. When they returned it to the Mount Vernon DAR Chapter in 1953 the building was in total disrepair, both externally and internally.

Appeals to the U.S. Army and the Federal Government to

In 1991 the Park Service made repairs to the building but it remained in overall poor condition. That was followed in 1993 by the installation of a new "Fresno" light.

However, the building's poor condition was exacerbated



Jones Point Lighthouse in ruins when the DAR appealed to government for restoration.

Photo courtesy of Library of Congress

reimburse the DAR chapter for the cost of repairing the damage fell on deaf ears. That forced the chapter to transfer the lighthouse, along with the land immediately surrounding it, to the National Park Service.

with the onslaught of Hurricane Isabel in 2003. Jones Point Lighthouse is one of only five lighthouses remaining along the Potomac River. At one time there were 13 stretching from the mouth of the river to the

District of Columbia.

The history of the lighthouse predates the park that carries its name. Until 1911 Jones Point was no more than a slim peninsula jutting out into the Potomac. What visitors today enjoy as a park was then under-

water. In order to reach the lighthouse one had to traverse a rope walkway four football fields long. Then in 1911 Battery Cove, as it was then known, was filled in to accommodate the Virginia Shipbuilding Corporation which established a ship yard in that area which operated throughout World War I and into the early 1920's.

As with most operating lighthouses the keeper of the light usually resided within the structure. It was no different with Jones Point Light. On May 3, 1856, George L. Deeton became the first keeper of the Jones Point Light. He was 18 at the time of his employment.

A subsequent 19th-century keeper of the light was named Benjamin Greenwood. He, his wife and their 11 children all took residence within the structure that exists today.

Of the remaining navigational beacons along the Potomac, Point Lookout built in 1830 at the mouth of the river, is considered to be the oldest integral lighthouse in the nation. That term applies to what most consider the traditional lighthouse with the light on top of the keeper's living quarters.

The renovation of Jones Point Park was part and parcel of the Woodrow Wilson Bridge Project -- and that included the restoration of Jones Point Light. With the reopening of the 60 acre park, named for trader Cadwalader Jones, visitors may once again visit the historic white, clapboard lighthouse located at the southernmost tip of the park.

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New Americans Sworn In



Photo by Harry Merritt

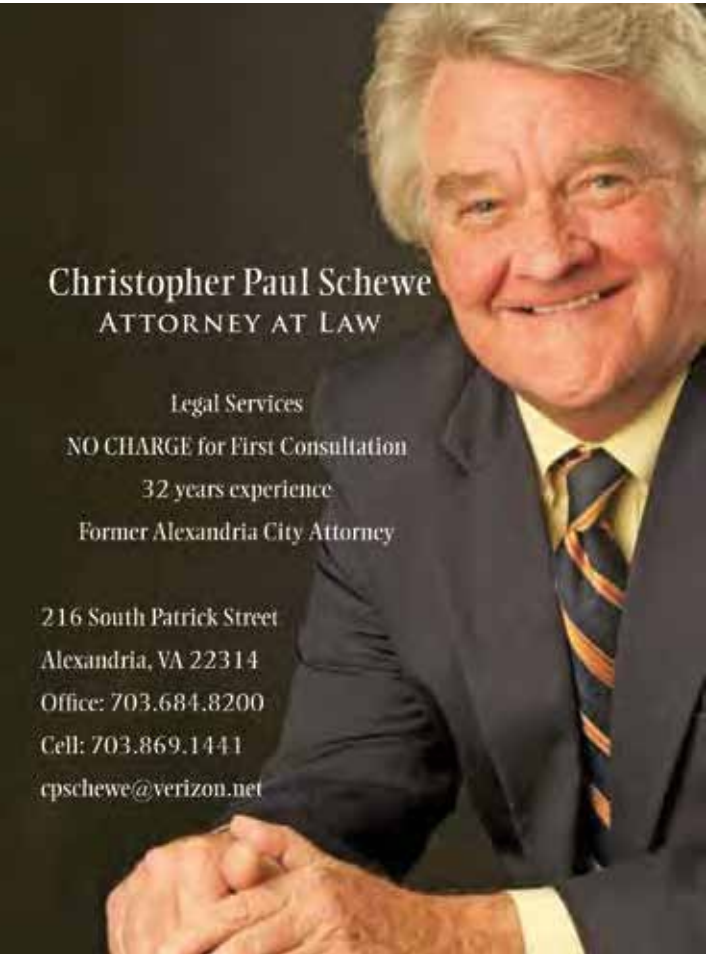
Arlington County, with the cooperation of the United States Citizenship and Immigration Service (USCIS) is hosting swearing in ceremonies for our newest Americans. With standing room only, Claudia Young of the USCIS swears in hundreds of new citizens at the Kenmore Middle school. More than a half a dozen similar ceremonies will be conducted throughout Arlington this month.



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CAPITAL BIKESHARE LAUNCHES *IN ALEXANDRIA*

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like for 24 hours or 3 days. Just swipe your credit card at any kiosk.

When you join at a station, you'll get an unlocking code. Enter the code at any bike dock. When the green light appears, pull the handlebar firmly toward you to release the bike.

Return the bike to any Capital Bikeshare station. Push the front wheel firmly into an empty dock. Wait for the green light to turn on so you know it's properly secured. Swipe your credit card at any kiosk when you're ready to ride again!

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- N Saint Asaph St. & Pendleton St.
- N Henry St. & Pendleton St.
- Braddock Road Metro
- King Street - Old Town Metro

The City will hold a launch event on Wednesday, September 19 at 11:45 a.m. in front of Alexandria City Hall in Market Square at 301 King Street to celebrate their shiny new stations!



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CAT IN A BOX



We thought we would send you our two new kittens playing with their first box after we rescued them from the local shelter. Regis and Kelly have been nuts playing and investigating ever since we brought them home.

Contributed by Phil and Carol

Send your photos of cats in boxes to mary@thezebra.org

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MONTHLY HOME SALES RECAP

Thru August 30, 2012

What’s happening with home sales in your neighborhood?

Be in the know: watch for this column every month and stay informed of recent home sales in your community. With interest rates still at historic lows, now is a great time to buy or sell!

Home listings courtesy of **Becky Arnold, REALTOR®**

Address	ListPrice	ClosePrice	CloseDate	BR	FB	HB	# Gar	Lvis	Bsmt	DOMM	Adv Subdivision	Style
OLD TOWN												
209 FAIRFAX ST N	\$1,499,000	\$1,150,000	15-Aug-12	4	4	1	1	3	No	219	ALEXANDRIA	Colonial
715 S. WASHINGTON #A-35	\$185,000	\$182,500	24-Aug-12	1	1	0		1	No	98	OLD TOWN GARDENS	Contemporary
466 UNION ST S #11	\$1,549,000	\$1,413,500	24-Aug-12	3	3	2	2	4	No	137	HARBORSIDE	Traditional
220 ST ASAPH ST N #10	\$369,000	\$369,000	24-Aug-12	2	1	0		1	No	132	WHALES TAIL	Colonial
400 MADISON ST #409	\$499,999	\$480,000	16-Aug-12	2	2	0	1	1	No	139	ALEXANDRIA HOUSE	Traditional
1113 QUAKER HILL CT	\$599,990	\$591,000	16-Aug-12	3	3	1	1	3	Yes	100	QUAKER HILL	Colonial
910 POWHATAN ST #104N	\$489,900	\$489,900	24-Aug-12	2	2	0	1	1	No	27	900 N WASHINGTON STREET CONDOS	Traditional
4 WOLFE ST #21	\$2,950,000	\$2,850,000	10-Aug-12	4	3	3	2	5	No	57	HARBORSIDE	Federal
1605 HUNTING CREEK DR #B	\$503,000	\$503,000	16-Aug-12	2	2	0	1	3	No	25	OLD TOWN GREENS	Colonial
2151 JAMIESON AVE #1004	\$425,000	\$420,000	15-Aug-12	2	2	0	1	1	No	56	CARLYLE TOWERS	Contemporary
718 UNION ST S	\$1,359,000	\$1,359,000	20-Aug-12	4	3	1	2	4	No	1	FORDS LANDING	Colonial
12 WOLFE ST #52	\$2,495,000	\$2,200,000	10-Aug-12	3	3	2	2	5	No	42	HARBORSIDE	Colonial
915 COLUMBUS ST S	\$533,000	\$520,000	16-Aug-12	2	2	0		3	Yes	38	HUNTING CREEK	Colonial
506 CROWN VIEW DR	\$925,000	\$907,500	28-Aug-12	4	4	1	2	3	Yes	49	CLOVER	Split Level
306 FAYETTE ST S	\$799,900	\$775,000	20-Aug-12	3	3	1	2	4	No	29	OLD TOWN VILLAGE	Federal
800 ST ASAPH ST S #307	\$339,000	\$341,000	23-Aug-12	1	1	0	1	1	No	40	ST ASAPH SQUARE	Contemporary
621 POMMANDER WALK ST	\$1,075,000	\$1,015,000	24-Aug-12	4	3	1		4	No	25	POMMANDER	Colonial
130 CAMERON ST #111	\$369,900	\$369,900	17-Aug-12	1	1	0		1	No	11	TORPEDO FACTORY	Other
1119 MICHIGAN CT	\$600,000	\$590,000	10-Aug-12	3	2	1		3	Yes	22	VIRGINIA VILLAGE	Colonial
717 LEE ST S	\$725,000	\$680,000	23-Aug-12	2	2	1		2	Yes	31	OLD TOWN	Colonial
1600 PRINCE ST #215	\$519,000	\$510,000	23-Aug-12	2	2	0		1	No	12	1600 PRINCE STREET	Contemporary
1200 BRADDOCK PL #403	\$299,999	\$299,000	24-Aug-12	1	1	0	1	1	No	7	BRADDOCK PLACE	Other
546 WEST ST N	\$600,000	\$590,500	23-Aug-12	2	2	1		4	Yes	14	COLECROFT	Colonial
1110 PORTNER RD	\$495,000	\$490,000	23-Aug-12	2	1	1		3	Yes	34	VIRGINIA VILLAGE	Colonial
520 JOHN CARLYLE ST #308	\$314,000	\$305,000	10-Aug-12	1	1	0	1	1	No	7	CONDOS AT CARLYLE SQUARE	Contemporary
1115 CAMERON ST #402	\$574,000	\$569,000	17-Aug-12	2	2	0	2	1	No	9	THE PRESCOTT	Contemporary
814 FAYETTE ST N	\$549,900	\$582,500	10-Aug-12	2	2	1	1	3	No	4	BRADDOCK PLACE	Colonial
207 SKYHILL RD #10	\$250,000	\$250,000	20-Aug-12	1	1	0		1	No	3	SEMINARY WALK	Traditional
911 PORTNER PL	\$508,765	\$505,000	22-Aug-12	2	2	0		3	Yes	5	BASHFORD LANE CLUSTER	Colonial
627 COLUMBUS ST S #627	\$510,000	\$525,000	27-Aug-12	2	2	1		3	Yes	1	ARCH HALL	Colonial
414 COLUMBUS ST S	\$559,900	\$560,000	29-Aug-12	2	1	1		2	No	5	OLD TOWN	Colonial
415 EUILLIE ST	\$819,900	\$800,000	29-Aug-12	3	3	1	2	4	Yes	4	CHATHAM SQUARE	Colonial
507 PAYNE ST N	\$350,000	\$350,000	20-Aug-12	2	1	0		3	Yes	2	ALEXANDRIA	Colonial
525 FAYETTE ST N #312	\$629,900	\$625,000	24-Aug-12	2	2	0	2	1	No	0	THE HENRY	Transitional
824 SNOWDEN HALLOWELL WAY	\$916,920	\$916,920	27-Aug-12	4	3	1	2	4	No	0	OLD TOWN COMMONS	Contemporary
UPPER BRADOCK												
508 VIRGINIA AVE	\$875,000	\$850,000	23-Aug-12	4	3	1	2	3	Yes	66	JEFFERSON PARK	Traditional
2711 CENTRAL AVE	\$1175,000	\$1173,500	13-Aug-12	5	3	2	2	3	Yes	86	BRADDOCK HEIGHTS	Colonial
2500 VAN DORN ST N #1014	\$55,000	\$95,000	10-Aug-12	0	1	0		1	No	9	PARK PLACE	Other
3758 JASON AVE #91	\$350,000	\$335,000	21-Aug-12	2	1	1		2	No	38	FAIRLINGTON TOWNE	Traditional
1737 KINGSGATE CT #1737	\$389,500	\$380,000	17-Aug-12	2	2	1		2	No	18	KINGSGATE	Colonial
3817 KELLER AVE #185	\$375,000	\$365,000	22-Aug-12	2	1	1		2	No	18	FAIRLINGTON TOWNE	Colonial
3101 HAMPTON DR N #1316	\$228,500	\$228,500	21-Aug-12	1	1	0	1	1	No	2	NORTHAMPTON PLACE	Other
DELRAY/ROSEMONT												
403 CUSTIS AVE E	\$699,900	\$633,000	29-Aug-12	3	2	0		4	Yes	46	DEL RAY	Colonial
606 RAMSEY ST	\$895,000	\$875,000	24-Aug-12	5	3	0		3	Yes	34	ROSEMONT/ DEL RAY	Craftsman
2005 DEWITT AVE	\$635,000	\$620,000	22-Aug-12	2	2	1		2	No	78	DEL RAY	Farm House
315 CUSTIS AVE E #A	\$535,000	\$525,000	10-Aug-12	2	2	0		4	No	42	DEL RAY	Colonial
806 MOUNT VERNON AVE	\$705,000	\$715,000	23-Aug-12	3	2	0		3	Yes	50	ROSEMONT PARK	Cape Cod
1409 RUSSELL RD	\$749,000	\$695,000	16-Aug-12	4	3	1	2	3	Yes	54	RUSSELL ROAD	Cape Cod
535 NELSON AVE E	\$537,500	\$525,000	28-Aug-12	2	2	0		3	Yes	22	LINDEN GARDENS	Traditional
401 NELSON AVE E	\$659,900	\$660,935	13-Aug-12	3	3	1	1	3	No	5	POTOMAC MEWS	Traditional
23 UHLER AVE	\$539,000	\$529,000	15-Aug-12	3	1	1		3	Yes	17	GROVES MT	Colonial
9 WINDSOR AVE W	\$780,000	\$750,000	20-Aug-12	4	2	0		3	Yes	12	DEL RAY	Craftsman
11 MASONIC VIEW AVE W	\$949,000	\$900,000	15-Aug-12	4	2	1		4	Yes	20	ROSEMONT	Colonial
309 BELLEFONTE AVE E	\$539,900	\$540,000	28-Aug-12	3	2	0		3	Yes	3	RIVER TERRACE	Colonial
10 CUSTIS AVE E	\$499,900	\$505,000	20-Aug-12	3	2	0		3	Yes	9	GROVES MT	Colonial
532 NELSON AVE E	\$524,000	\$524,000	17-Aug-12	2	2	0		3	Yes	3	LINDEN GARDENS	Colonial
708 MOUNT VERNON AVE #A	\$575,000	\$575,000	24-Aug-12	3	3	1		3	No	5	MOUNT VERNON GATE	Traditional
2506 TERRETT AVE	\$575,000	\$575,000	29-Aug-12	2	1	0		3	Yes	0	ABINGDON	Bungalow
ARLINGTON												
2625 WALTER REED DR S #A	\$229,950	\$235,000	17-Aug-12	2	1	0		0	No	61	THE ARLINGTON	Colonial
2598B ARLINGTON MILL DR S #2	\$260,000	\$260,000	24-Aug-12	2	1	0		1	No	12	WINDGATE OF ARL	Colonial
4704 30TH ST S #B2	\$219,500	\$195,000	10-Aug-12	1	1	0		1	No	134	FAIRLINGTON VIL	Traditional
4860 28TH ST S #B1	\$244,900	\$244,900	17-Aug-12	1	1	0		1	No	64	FAIRLINGTON VIL	Colonial
2735 WALTER REED DR S #C	\$275,000	\$275,000	16-Aug-12	2	1	0		1	No	35	THE ARLINGTON	Other
4707 29TH ST S #B1	\$234,500	\$237,000	24-Aug-12	1	1	0		1	No	52	FAIRLINGTON VIL	Colonial
2422 WALTER REED DR S #3	\$499,000	\$490,000	15-Aug-12	3	2	1		3	Yes	30	WINDGATE OF ARL	Colonial
4241 35TH ST S #B1	\$344,900	\$343,000	17-Aug-12	2	2	0		2	No	27	FAIRLINGTON MDWS	Colonial
2854 ABINGDON ST #A2	\$349,900	\$345,000	13-Aug-12	1	2	0		2	Yes	8	FAIRLINGTON VIL	Traditional
2925B WOODSTOCK ST #2	\$317,000	\$300,000	16-Aug-12	2	1	0		1	No	18	COURTBRDGE I&II	Contemporary
4310 35TH ST S	\$469,000	\$460,000	29-Aug-12	2	2	0		3	Yes	8	FAIRLINGTON GLEN	Colonial
4219 35TH ST S #566	\$429,900	\$427,000	29-Aug-12	2	2	0		3	Yes	30	FAIRLINGTON MDWS	Colonial
4862 28TH ST S #C1	\$238,900	\$245,000	28-Aug-12	1	1	0		1	No	8	FAIRLINGTON VIL	Colonial
2508C WALTER REED DR #3	\$464,000	\$462,000	15-Aug-12	2	2	1		3	Yes	14	WINDGATE OF ARL	Colonial
4655 34TH ST S	\$440,000	\$440,000	10-Aug-12	2	2	0		3	Yes	7	FAIRLINGTON COMM	Traditional
2507D WALTER REED DR S #D	\$294,900	\$294,900	16-Aug-12	2	1	0		2	No	5	THE ARLINGTON	Colonial
2967 COLUMBUS ST #C1	\$249,000	\$249,000	15-Aug-12	1	1	0		1	No	4	FAIRLINGTON VIL	Colonial
2400 DINWIDDIE ST S	\$639,000	\$607,500	17-Aug-12	3	2	1		3	Yes	7	CLAREMONT	Colonial
2311 25TH ST S #3-201	\$369,900	\$370,000	15-Aug-12	2	2	0	2	1	No	0	GROVE AT ARLINGTON	Traditional
2720 ARLINGTON MILL DR #1105	\$424,900	\$420,000	17-Aug-12	2	2	0	1	1	No	6	SHIRLINGTON VILLAGE	Contemporary
4810 29TH ST S #B1	\$319,000	\$319,000	20-Aug-12	2	1	0		2	Yes	15	FAIRLINGTON VIL	Colonial
3356 WAKEFIELD ST #A	\$437,500	\$430,000	27-Aug-12	2	2	0		3	Yes	4	FAIRLINGTON COMM	Colonial
3568 STAFFORD ST	\$437,900	\$437,900	24-Aug-12	2	2	0		3	Yes	0	FAIRLINGTON GLEN	Colonial
1300 CRYSTAL DR #1101S	\$410,000	\$401,000	15-Aug-12	2	2	0	1	1	No	286	CRYSTAL GATEWAY	Colonial
729 22ND ST S	\$949,900	\$932,500	27-Aug-12	4	4	1	2	3	Yes	105	ADDISON HEIGHTS	Colonial
3109 GROVE ST S	\$449,000	\$448,000	15-Aug-12	3	2	0		2	Yes	84	OAKCREST	Cape Cod
3650 GLEBE RD S #949	\$619,900	\$558,000	23-Aug-12	2	2	0		1	No	68	ECLIPSE ON CENTER PARK	Contemporary
1015 18TH ST S	\$649,000	\$595,000	28-Aug-12	3	2	0		3	Yes	64	ADDISON HEIGHTS	Bungalow
708 20TH ST S	\$700,000	\$705,000	24-Aug-12	3	2	0		3	Yes	32	ADDISON HEIGHTS	Colonial
1300 ARLINGTON RIDGE RD S #405	\$224,900	\$216,000	13-Aug-12	1	1	0		1	No	35	THE CAVENDISH	Traditional
1020 26TH ST S	\$975,000	\$985,000	10-Aug-12	3	2	1	1	3	Yes	1	AURORA HILLS	French Provincial

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Martha Brumbaugh (lft) and Lelia Beall are backed by some of the wide ranging art that is on display in their B&B Art Gallery at 215 King St.

Photo by Chuck Hagee

OLD FRIENDS START UPSTAIRS ART GALLERY IN HEART OF OLD TOWN

BY CHUCK HAGEE

Art can capture evolution and space from the cavemen to the farthest galaxies of eternity. It is the “everyman” example of Einstein’s theory that there is no such thing as time, there is only space.

That is nowhere more apparent than at B & B Art Gallery, where art patrons can avail themselves of everything from the scratchings of prehistoric cave dwellers to the multi-colored nebula of galaxies far beyond our Milky Way.

Opened on October 11, 2011 by artists Lelia Troup Beall and Martha D. Brumbaugh, B&B Art Gallery, located on the second floor of 215 King Street, offers not only their art, but also that of 14 local artists, plus the paintings of two deceased masters – Chester Loomis (1852-1924) and Adolph Milich (1884-1964). And, where else in Old Town Alexandria can one find an art gallery with a baby grand piano available to add some entertainment?

“The space became available and we decided we wanted to open our own gallery. We’ve known each other for approximately 15 years having worked

together at St. Paul’s Church art show,” Brumbaugh explained. “We are co-owners of the gallery,” Beall said.

When they found the space, which had previously been used for the same purpose, it needed a lot of work to make it an attractive venue for their art, as well as other artists. They had four levels of floor covering removed to expose the historic random-width hardwood beneath; totally redid the walls; created individualized display nooks; and added the classic black baby grand.

“We also provide the space for parties – that’s why the piano. With the music the gallery becomes a feast for the senses,” Brumbaugh emphasized.

They both maintain active working studios within the gallery. Beall, an Old Town native, is primarily a “representative oil painter.” Some of her more spectacular works are oil paintings of photos taken by NASA’s universe-traveling Hubble and Spitzer telescopes. She also has a wide array of work featuring scenes from Scotland, as well as Old Town. Beall actually started painting while living in Scotland during her husband’s assignment there. Those pieces feature the Scottish landscapes

and rural architecture.

Brumbaugh originally came to Alexandria when her husband was assigned locally with the U.S. Army Corps of Engineers. “I decided I wanted to learn to paint, so I began taking classes at the Torpedo Factory,” she said.

“When we decided to stay in the area I got a job as a director at the Arlington Convention and Visitor’s Bureau, but continued taking art classes. On a trip to

Europe I became fascinated with the cave paintings of that area of the world that stretch back thousands of years,” Brumbaugh stated.

Working primarily in water-color and acrylic, Brumbaugh’s cave painting interpretations hang prominently throughout the gallery’s 1400 square feet. “I have visited many of the caves of France and Spain, both the internationally famous ones, and those mostly only known to the locals,” she said.

“My passion is to express the striking beauty, energy, and peacefulness of this art. Techniques include both modern and historic cave artists’ traditional presentations,” she explained. Brumbaugh’s portfolio also includes abstract landscapes and oriental three-dimensional works. Her art has been exhibited throughout the United States, and for the last ten years, she has maintained a booth at the recently-held Alexandria Festival of the Arts.

Other artists whose works can be found throughout the galler’s exhibits include Ron Fleming, Catherine Mein, Gale McBrien, Vera Gridasova, Jane Andrie Gillette, Jan Moffat and Nar Steel. Their offerings express wide ranges of mediums from landscapes, to miniatures to bronze sculptures.

“We have been very pleased with our endeavor so far. We are now heading into our busiest time of the year – the fall

and winter – since most of our customers are local and regional. The slowest time of the year is the summer. Art is not something a lot of tourists buy,” Brumbaugh noted.

“However, we both do commission work which keeps us busy all year.” Beall said. In that vein, she just completed a very large version of one of her gallery paintings for a customer who wanted to place it on a massive interior wall.

Brumbaugh takes her talents to words sometimes as well, and has summarized the pair’s adventure into the commercial art world in a recent poem entitled, “Creaking Stairs” – two stanzas of which state:

*The pleasures of giving art expression
And passing music and joy to others
While benefitting and supporting
Our being artists
And doing art and sharing with others.*

*Stairs Creaking
Some days less
Some days more
Enjoying the ... Sharing
And Joy AND the selling!*

For additional information on B&B Gallery visit their website at beallandbrumbaugh215.com. They are open Wednesday through Sunday, Noon to 6 pm, or by appointment by calling 703-706-5791.

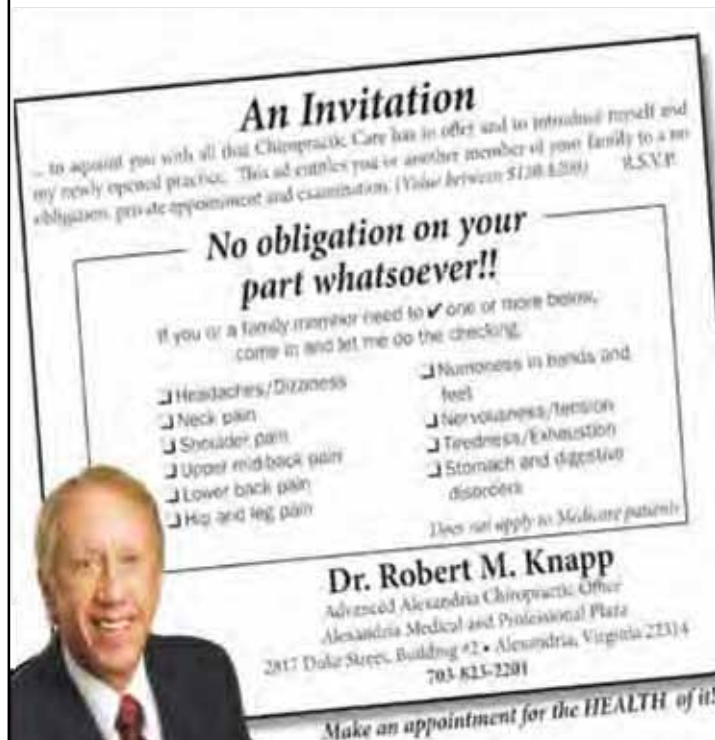


Lelia Beall has created various paintings of pictures taken by NASA's Hubble and Spitzer telescopes.

Photo by Chuck Hagee

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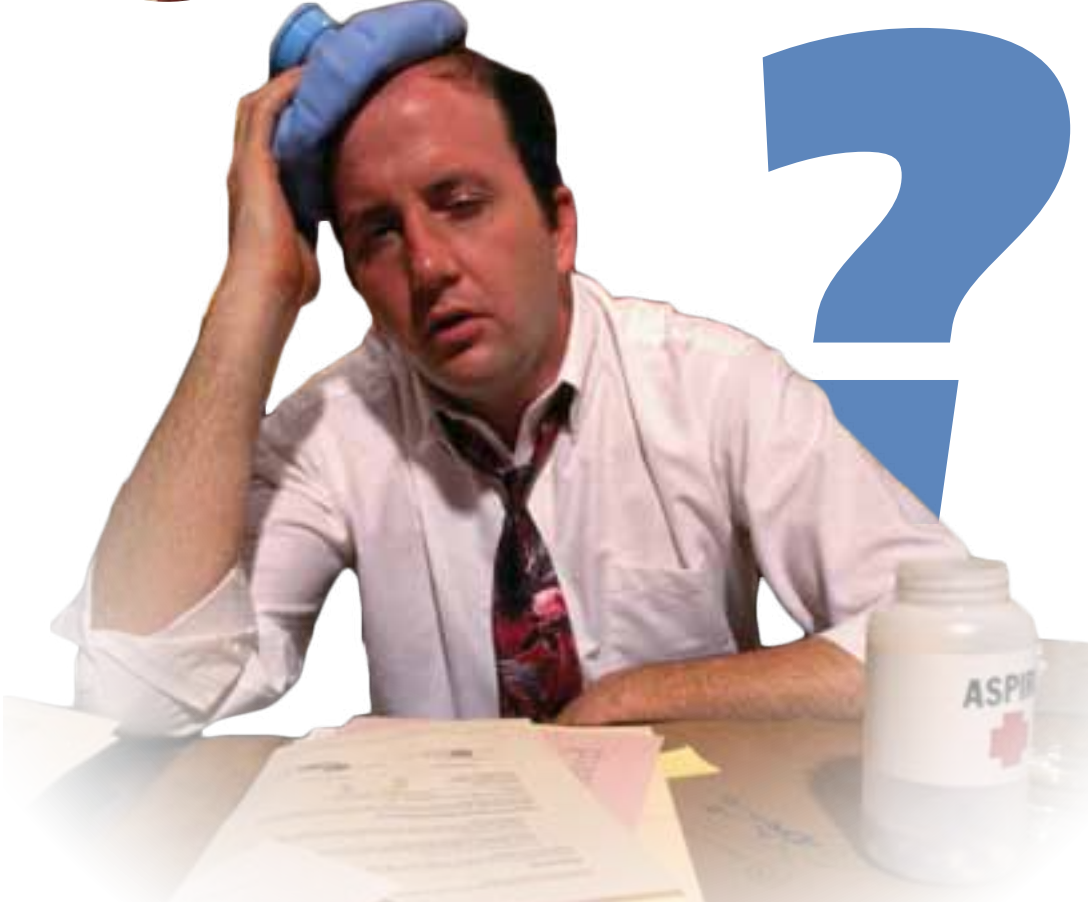
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IS MEDICATION OVERUSE CAUSING YOUR HEADACHE



What Exactly Is Medication Overuse Headache?

Medication overuse headache is an interaction between the excessive use of a pain relief medication and a susceptible patient. The key factor here is the frequent, regular treatment of headache pain using a pain relief medication, typically several times a week. Interestingly, women are five times more likely to suffer MOH than men.

One reason medication overuse headache has become so prominent in our society can be traced directly to product marketing. We are inundated every day with compelling advertising that promises headache relief... fast, fast, fast! What these glitzy marketing campaigns don't show you, however, is the dark underside of headache medications.

Painkiller side effects - such as a heightened sense or tranquility, a false sense of wellbeing, or increased energy - can easily lead to a dangerous dependency on these drugs. Your body initially perceives that your favorite headache pain relief medication works wonders, in turn causing your mind to associate pain relief and pleasurable sensations with that particular product. So you keep reaching for it, even if you think

you might be about to get a headache. Soon, you find that you are taking headache medications several times a week, but rather than enjoying relief from your headaches, they worsen. Soon your life is consumed by drug-induced, chronic daily headache pain.

What Headache Pain Medications Cause Medication Overuse Headache?

Many over-the-counter headache pain medications are known to cause medication overuse headaches. For example, aspirin, acetaminophen (also known as Tylenol®) and ibuprofen (the main ingredient in Advil®, Motrin®, Aleve® and Midol®) have all been associated with the onset of MOH.

Migraine-specific medications present an even larger problem, in that they not only are known to cause medication overuse headaches, but many of these headache medications feature opiates, which can be highly addictive. These include Tylenol 3®, Vicodin® and Percocet®. Additionally, the key ingredients in Imitrex®, Amerge®, Zomig® and Maxalt™, all popular migraine pain relief prescriptions, have recently been linked to MOH.

Medication Overuse Headaches Impact Your Emotional Health

A recent study conducted in France revealed a strong connection between medication overuse headaches and anxiety as well as depression. This study revealed that MOH sufferers are particularly susceptible to substance abuse problems and mood disorders. It was also determined that people afflicted with MOH have a far greater risk of suffering from anxiety and depression than migraine sufferers.

Many medical professionals also believe that, in addition to causing emotional health problems, medication overuse headaches may trigger other health disorders such as chronic pain syndrome, fibromyalgia and chronic fatigue syndrome.

How Can Medication Overuse Headaches Be Stopped?

Immediately discontinuing the medication causing the MOH is the preferred plan of action. It is obviously the quickest, and does not introduce even more medications into an already confused body. Withdrawal symptoms typically last two to ten days, and may include withdrawal headache, vomiting, arterial hypotension,

tachycardia, sleep disturbances, restlessness, anxiety or nervousness. In some cases, a tapered withdrawal or supervised detoxification is necessary. The best approach is to ask your doctor for help and advice.

Unfortunately, it seems that any medication we take for headache or migraine relief has the potential to cause medication overuse headaches if used more than two or three days a week. In the long run, your best solution to headache pain is a naturalistic approach to pain management. This approach embraces stress reduc-

tion, healthy diet and exercise, combined with a natural, drug-free chiropractic treatment plan. Please do not discontinue your current medication regimen without consulting your doctor.

Dr. Knapp graduated from Wesleyan University with a Bachelor of Science degree, followed by a Doctor of Chiropractic degree from New York Chiropractic College. If you have a question, please email him at dr.knapp@aachiropractic.com or call his office at 703-823-2201.

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Catch our Mistakes

James Robinson in Falls Church sent us a marked-up copy of the August Zebra through the mail and found 13 spelling and/or grammatical mistakes we had made. Well spotted! Mr. Robinson's gift certificate is on the way as he caught the most. (We actually had two other mailed-in entries who each found two.)

We know we make mistakes, and to make a game of it, we welcome your catches. Please send them to info@thezebra.org for a chance to win a \$25 gift certificate from an area retailer, restaurant or cruise line!

New Wastewater Treatment Bills Will Arrive in October

Virginia American Water customers should expect a separate, new bill to cover their cost of wastewater collection and treatment services, starting October 1, 2012.

Alexandria Renew Enterprises – formerly the Alexandria Sanitation Authority (ASA) – sent out a heads up notice and sample bill earlier this week to customers.

“It’s important that customers understand they will receive their first Alexandria Renew Enterprises bill next month. These are new and separate from their Virginia American Water bill. Customers should receive an informative letter from us reminding them of the change, as well as a sample bill to show how the new bill looks,” said Alexandria Renew Enterprises Chief Executive Officer Karen Pallansch.

In the past, Virginia America Water included the cost of this service and the City’s sewer collection charge in customers’ water bills. However, in late 2011, it informed then ASA, and the City of Alexandria, that it would no longer provide third-party billing services. This necessitated creating a separate bill just for the wastewater collection and treatment services. The bills will include a wastewater treatment, account service, and Bay Protection charges, as well as the city sewage collection fee. Previously, these charges and fees were included in Virginia American Water bills.

Alexandria Renew Enterprises Chief Executive Officer Karen Pallansch observed: “We have been working diligently over the past eight months to inform and educate our customers about this change. We did not want it to come as a surprise to anyone, so we have used a broad spectrum of communication channels, such as direct mailings, paid advertisements in local papers, neighborhood meetings and media outreach, to prevent and ease any confusion when the new bills arrive. We believe that this intensive ‘heads-up’ effort will help make for a smooth transition to the new billing system. It is also in keeping with our ongoing commitment to always keep the people of the City of Alexandria informed and involved in any change that will affect them.”



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EXTEND YOUR CAR'S LIFE WITH REGULAR CARE



If "location, location, location" is the key phrase in real estate, then "maintenance, maintenance, maintenance" is the watchword in auto repair and service. With owners holding on to their vehicles longer, this is even more essential to avoid costly repairs and perhaps mandatory replacement.

How Often for Oil Change

The most basic preventive maintenance is making sure that the engine oil is changed on a regular basis. The rule of thumb is that it should be changed ev-

ery 3,000 to 4,000 miles if using petroleum based oil and every 5,000 miles with synthetic oil.

Various auto manufacturers call for a much longer mileage schedule, some ranging up to 15,000 miles between oil changes. But, in my opinion and experience, that is false economy and can lead to harmful deterioration within the engine. The technology has not evolved to permit going that long distance between oil changes.

Dirt and waste products are the enemy of every engine and all engines build up these two destroyers. There is no engine oil, petroleum based or synthetic, that entirely prevents dirt from entering the engine. One manufacturer experimented with installing a finer oil filter in an effort prolong the time between oil changes but in the final analysis they ended up buying a lot of new engines for their customers.

The determining factor on oil changes is the miles driven

not the time between oil changes. It's the driving that results in the dirt and waste accumulation.

The primary reason why car companies are advocating the longer mileage between oil changes is that by doing so they get "green points" for using less oil and gasoline. The more "green points" they rack up the more cars they sell.

Change the Coolant

Another critical factor in keeping an auto operating properly is the cooling system. The coolant should be changed every 30,000 to 40,000 miles. Just as a super high temperature can lead to death in people the same

applies to your car.

Never drive a car that is overheated. That applies to any time of the year and all weather conditions.

Practically all of the engine failures I have seen over my 51 years in the automotive service business can be traced to two primary sources -- sludge build up from not changing the oil at proper mileage intervals and to driving a car with an overheated engine causing it to lock up.

Today's automobiles have high tech engines that, if properly maintained, will operate effectively and efficiently for 200,000 to 300,000 miles. It's not the miles -- it's the care.

Timing Belts, Other Fluids and Tires

That also includes changing the timing belts on a proper mileage interval. Here again many manufacturers recommend this maintenance be done at 90,000 miles. But, I would recommend that be shortened to 75,000 miles. I have seen too many belts fail at 75,000 to 80,000 miles. The timing

are each subject to extreme temperature fluctuations and need to be checked regularly between changes.

For proper ride-ability and road safety it is advisable to rotate the tires every 6,000. With the advent of front wheel and all wheel drive vehicles this procedure has now changed. Rather than crisscrossing the tires it is recommended that they be rotated front to back and vice versa, remaining on the same side of the vehicle when switched.

Each of these elements of maintenance is designed to accomplish one sole purpose -- prevent major repairs and possibly even unplanned early replacement of a vehicle. If you hear a strange noise or notice something unusual in the handling, have it checked out before it becomes a major problem and expense.

Today's vehicles are not meant to mimic Dick Van Dyke's flying auto in "Chitty Chitty Bang Bang." If it gets to the "Bang Bang" stage it may be too late.

"TODAY'S AUTOMOBILES HAVE HIGH TECH ENGINES THAT, IF PROPERLY MAINTAINED, WILL OPERATE EFFECTIVELY AND EFFICIENTLY FOR 200,000 TO 300,000 MILES. IT'S NOT THE MILES — IT'S THE CARE."

Dennis Whitestone has been the owner and President of the Automotive Service Garage And Olde Town Auto Body & Paint located at 500 N. Fayette St., Alexandria, for the past 40 years. He holds an Automotive Service Excellence (ASE) Master Certificate, AC Repair License, Virginia Inspector's License and is licensed to perform emissions inspections and repairs.



READ ALL OVER



ZEBRA SPOTTED IN EGYPT!

Christmas Attic owner Cheri Hennessy visited her co-owner sister Fay in Cairo a while back, and while there, they took Zebra to one of the Seven Wonders of the World!!

Many of our readers say they like to take us on a trip with them to catch up and read the whole issue. If you find yourself out of town with a Zebra, snap a picture and we'll publish it as soon as we are able. We'll also send you a \$25 gift certificate to an area restaurant or retailer. Please submit photos to mary@thezebra.org.

Madonna's Old Town Invasion: *Euro Retailer H & M Planning Store on King Street*

BY JOHN ARUNDEL

Old Town will get a dose of Swedish "fast-fashion" this fall as the global fashion retailer H & M plans to add a store at 614 King Street.

According to permits filed with the city, H & M plans to spend about \$975,000 in im-

landlord Douglas Development immediately returned calls from a reporter.

With a retail mix that appeals to young, professional women, H&M carries "keep it simple" women's, men's and children's apparel and is widely considered to be a low-priced fashion alternative to American retailers like Macy's and The Gap,

appears in its magazine and TV ads.

Parent company Hennes & Mauritz AB is based in Sweden. H & M has 2,500 stores and employs about 94,000 employees in 40 countries. With about 240 stores in the United States, its web site says that the clothing retailer plans to increase the number of stores in its portfolio by 10 percent to 15 percent annually.

H & M is ranked as the world's second largest global clothing retailer, just behind Spain-based Inditex (the parent company of ZARA), larger than U.S.-based GAP, Inc., the world's third largest global clothing retailer.

Its design team in the company's Sweden office controls the steps of production from merchandise planning to establishing specifications, and production is outsourced to approximately 800 factories in Europe and Asia.

The company came under fire last year after nearly 300 workers passed out in one week at a Cambodian factory supplying H&M. Fumes from chemi-

which has a location next to the planned location of H&M.

Featuring fashion items specially designed for H & M by the likes of Versace and Jimmy Choo, the retailer's global spokes model is Madonna who



Madonna is the global spokes model for H & M.

Courtesy Photo

provements to replace the location previously occupied by Restoration Hardware, which shuttered in January. The building is owned by Douglas Development.

Neither H & M nor its new



With a retail mix that appeals to young, professional women, H&M carries "keep it simple" women's, men's and children's apparel.

Courtesy Photo

cals, poor ventilation, malnutrition and even "mass hysteria" were blamed for making workers ill.

However, the company says on its web site that it does not own any factories. Production is outsourced to independent suppliers, primarily in Asia and Europe, through H&M's local production offices. Nor does H&M own any of its stores, instead renting store space from local

landlords, like Douglas Development.

"Quality is a central issue, from initial idea to final product," according to H & M's web site. "Our quality testing is extensive. We also work hard to make sure goods are produced with the least possible environmental impact and under good working conditions."



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APP OF THE MONTH

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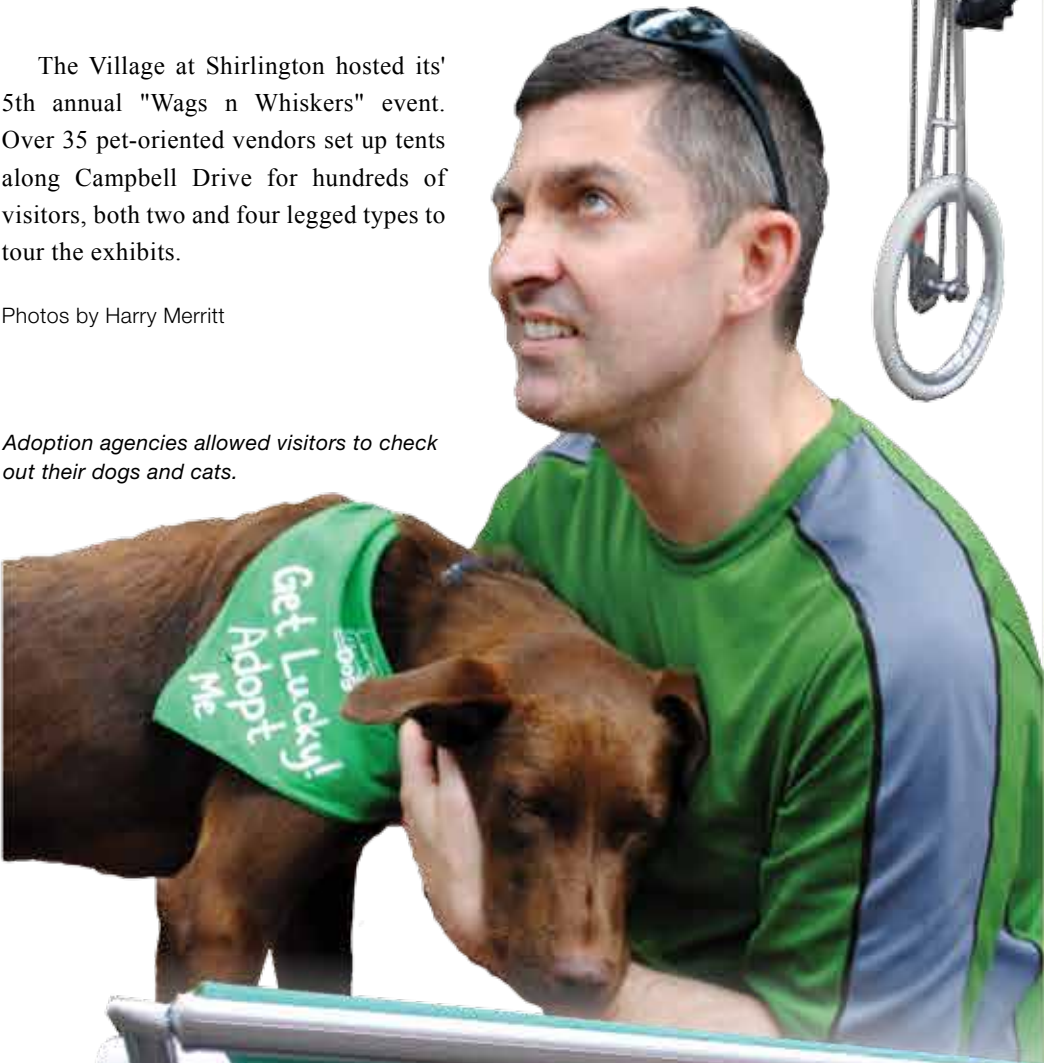
The Village at Shirlington hosted its' 5th annual "Wags n Whiskers" event. Over 35 pet-oriented vendors set up tents along Campbell Drive for hundreds of visitors, both two and four legged types to tour the exhibits.

Photos by Harry Merritt

Adoption agencies allowed visitors to check out their dogs and cats.



Unicycle Lady poses at the event.



Top: Information agencies were set up to let visitors know what the procedures are for adopting a pet.

Middle: Lots of pet vendors

Bottom: Big dogs were very popular at the show.



GAUCHE AND LOVING IT

BY MELISSA NIX



“What do the French call a French kiss?” I asked.

Jeremy neatly laid his fork and knife on top of his plate and looked at me curiously.

“What?”

“I mean, I’ve always wanted to ask, what do the French call a French kiss?”

Jeremy laughed.

“We don’t have a name for it. We just call it a kiss.”

“Oh, come on, how did you describe it to your friend in middle school when the girl you had a crush on finally gave you a proper, open-mouthed kiss?”

“Uhhh. Un bisou intense? An intense kiss. That’s it, I guess.”

Jeremy is a friend I visited a couple of weeks ago in Paris. He’s Parisian. Pronounced Jer-e-MIE. (Stop right there. He’s Parisian *and* he’s nice. There are many of them.) We talked a lot during my visit about the cultural differences between the French and Americans. On my last day in Paris we had lunch at a Lebanese café on rue Saint Martin.

Towards the end of the meal I looked at my plate and its surroundings. I had dropped lettuce from the salad we shared all over my side of the table. Pita crumbs formed a halo around my plate. My napkin was on the ground. I might’ve well have had a fork sticking out of my ponytail.

Jeremy’s side? Neat. Nary a strewn lettuce leaf or crumb.

“Look at me. I’ve made such a mess. The epitome of the gauche américaine!”

(I admit I am messy and not an example of the best of American manners.)

Jeremy said he thought some Americans seem to have a complex about what they perceive as their lack of continental manners; the French make them self-conscious.

“I was on the Metro coming to meet you and these two American girls – tourists –



That’s Jeremy on the far right, drinking out of a tiny cup.

Photo by Melissa Nix

started talking to me,” he said. “They were flirting, I guess. You know, there’s this idea of the French man amongst some of you.”

He laughed.

“And as they’re going on and asking me about life in Paris, I stopped one of the girls, who had been eating a crepe on the train. I stopped her to tell her...”

He gestured to the side of his mouth.

“I stopped to tell her that she had chocolate on her cheek. She turned bright red.”

“As if the French never get chocolate on their face?” I said. His teeth need a cleaning, I thought to myself.

He had to get back to work, so we parted. We kissed each other on both cheeks. I gave him a hug, which doesn’t come naturally to most French, Jeremy included. He tried his best to return my friendly embrace, but it was limp. He didn’t know what to do with his arms.

I like our American style, for the most part. Friends hug each other, sometimes firmly. We laugh loudly. If we are lucky enough to garner a reasonable wage (and don’t live in a tiny apartment in New York, say), we Americans live in homes with both washers *and* dryers. Dishwashers, even! We drink drinks out of big glasses. Big glasses with ice.

The tiny glasses in Europe are a problem for me. How do these people stay hydrated when their juice or cola or water comes in a glass as tall as my index finger? And the tiny-glass phenomenon is not exclusive to bars and restaurants. All my Parisian friends have tiny glasses in their cupboards. I know. I’ve searched those cupboards for

anything bigger than a gulp. Uh-uh. Even New Yorkers who live in closets and schlep their dirty clothes through the dirty snow to the laundromat on the corner have proper glasses in their cupboard. (I know, I used to be one of those New Yorkers. Pint glasses galore, I had. No use for cups the size of those spitty cups at the dentist.)

Another thing about Americans -- and I am a left-leaning one, just to forewarn you – we came by our bad manners nobly. I come from grandparents whose parents were illiterate. I come from sharecroppers and janitors and cafeteria workers. Class exists in America, for sure, and I don’t believe everyone has access the American Dream. It’s a myth for many, in my opinion. But it’s a good thing that we formed our nation on the idea of opportunity and the rights of life, liberty and the pursuit of upward mobility. No doubt it took us a shamefully long time to extend those rights to people of color and to women. But aristocrats and kings were no longer welcome in the new nation we labored to create. And slowly, but surely, I think, we abandoned some of those continental manners for less self-conscious, more egalitarian ways to express oneself.

I’ll take Paris. But I’ll also take chocolate smeared on my face. And big glasses.

Melissa Nix grew up a military brat, living most of her childhood overseas. She worked in television and journalism for 15 years before her most recent stint, which requires her to travel. Usually in coach. She lives in Alexandria.

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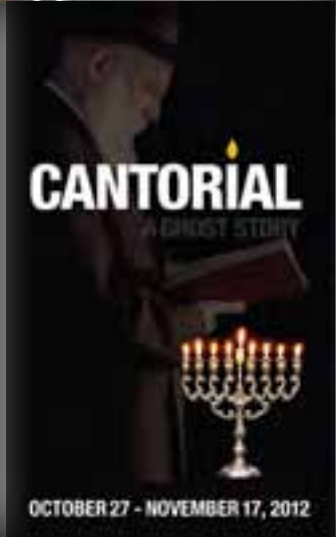
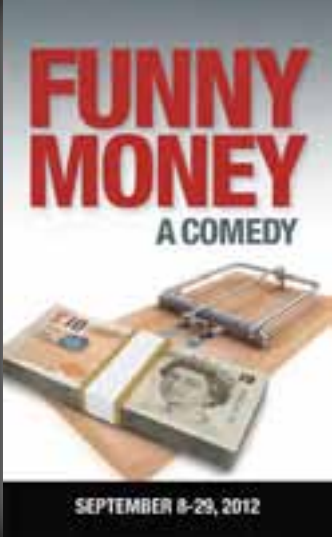
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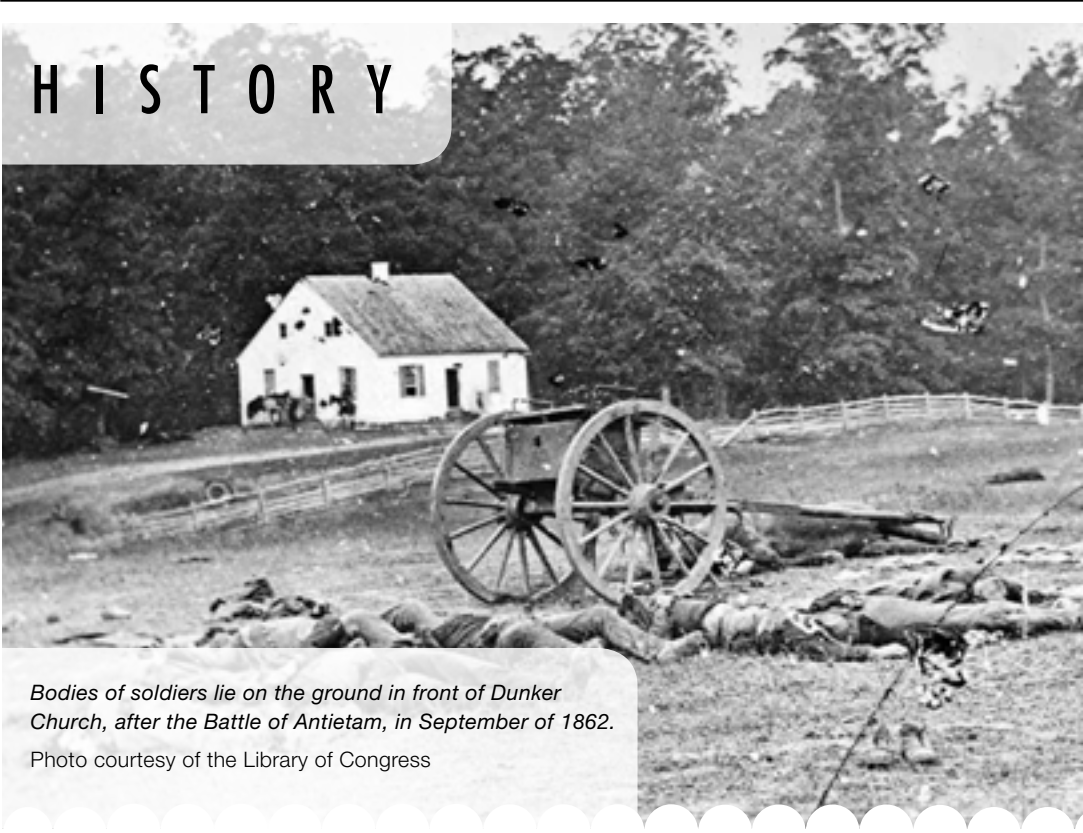


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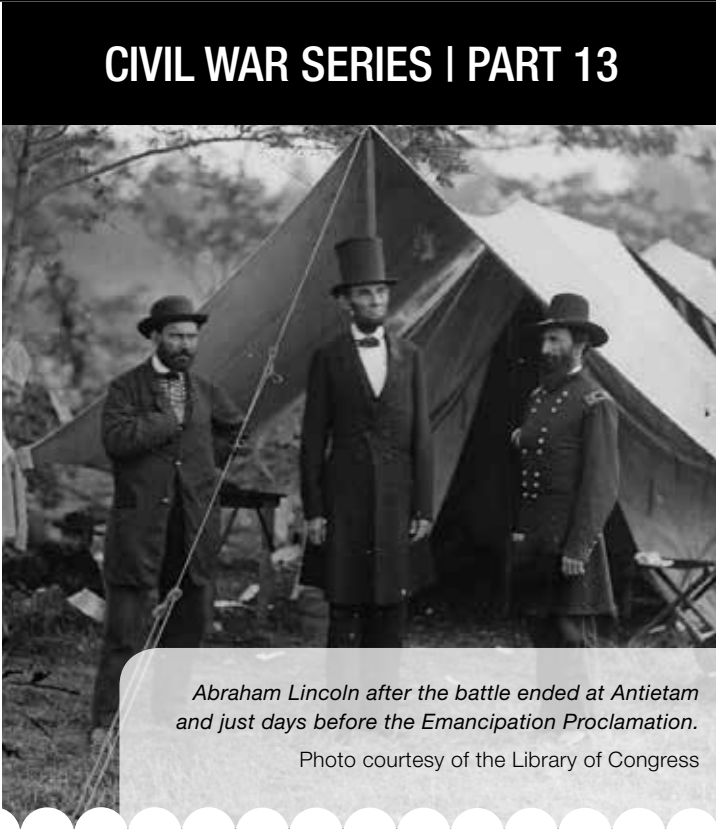
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Bodies of soldiers lie on the ground in front of Dunker Church, after the Battle of Antietam, in September of 1862.
Photo courtesy of the Library of Congress



Abraham Lincoln after the battle ended at Antietam and just days before the Emancipation Proclamation.
Photo courtesy of the Library of Congress

THE KILLING FIELDS OF ANTIETAM *September 1862*

BY CHUCK HAGEE

The bloodiest single day of warfare in American military history was fought on September 17, 1862. It is known by the dual names of the Battle of Antietam and the Battle of Sharpsburg -- the latter being the southern designation.

The casualties on both sides totaled more than 23,000. During the 12-hour siege between 5:30 a.m. and 5:30 p.m. the Union suffered 12,401 casualties, of which 2,108 died, and the Confederacy posted 10,318 casualties with 1,546 dead. That amounted to 25 percent of the Union forces and 31 percent of Confederate forces.

More Americans died that day than on any other day in all our military battles. And, those deaths were not limited to the enlisted ranks of foot soldiers. They included six field generals -- three Union and three Confederate. A seventh, Brigadier General George B. Anderson, died a month later as a result of a leg amputation due to a wound he suffered that day.

It marked the first real battle of the Civil War fought on Union soil and presented the Union with the opportunity to end the war three years earlier. But, once again General George McClellan's overly cautious leadership and failure to act decisively enabled Confederate Commanding General Robert E. Lee to withdraw his troops back across the Potomac River without pursuit from McClellan.

However, this time McClellan

had tested President Lincoln's patience beyond the brink of tolerance. He was removed as Commander of the Army of The Potomac on November 7, 1862 following a blistering report from General-in-Chief Henry W. Halleck. This effectively ended McClellan's military career.

Union Victory leads to Emancipation Proclamation

Even though the carnage ended in a virtual draw, Lee's withdrawal enabled Lincoln, his cabinet, and Congress to view it as a Union victory. That opened the way for the President to issue his Emancipation Proclamation on September 22, five days following the battle.

However, the proclamation did not take effect until January 1, 1863 in the hope that the threat of slave emancipation

whereof shall then be in rebellion against the United States shall be then, thenceforward, and forever free."

The threat was ignored as was the grace period and the war continued. The only area to withdraw from the Confederacy as a result of the war was the western portion of Virginia which brought West Virginia into existence.

The issuance of the Emancipation Proclamation also had the effect of discouraging both France and Great Britain from recognizing the Confederacy. They had been waiting for a major victory by the south, when that didn't happen they withdrew their support.

Lee invades northern territory in need of food

The Maryland campaign was Lee's first full blown excursion into the

very practical reason for Lee's intrusion into northern territory -- food. Northern Virginia farmlands had been denuded of crops. They also assumed that Maryland residents were predisposed to the Confederacy. Of that they were mistaken since most Marylanders of the time were now on the side of the Union.

McClellan, with 20,000 more troops than Lee, also had the advantage of knowing Lee's battle plan. Two Union soldiers accidentally found a copy of the plan wrapped around three cigars. Known as Special Order 191, it noted that Lee had divided his Army between Harpers Ferry West Virginia and Hagerstown Maryland. The perfect formula for divide and conquer had the Union leader been other than McClellan.

In his hyper-cautious manner, McClellan hesitated 18 hours after receiving the battle plan thus blowing the opportunity to strike. Confederate General Stonewall Jackson also used the opportunity to capture Harpers Ferry.

As Lee approached Sharpsburg he deployed his troops along Antietam Creek. It was September 15 and that same day, Union forces arrived in late afternoon. Lee's total force at that point amounted to 18,000, one third of what McClellan had. But, the Union General thought Lee had a force of 100,000 causing him to delay his attack.

Lee dispersed his troops to establish a defensive configuration. McClellan's hesitation also allowed Confederate General James Longstreet time to bring in additional troops from Hagerstown and General Stone-

wall Jackson to arrive from Harpers Ferry.

During the night of September 16, McClellan probed the Confederate defenses with troop skirmishes and artillery. McClellan had a winning plan according to many military historians but true to form, it was poorly coordinated and lacked disciplined execution.

The Killing Fields

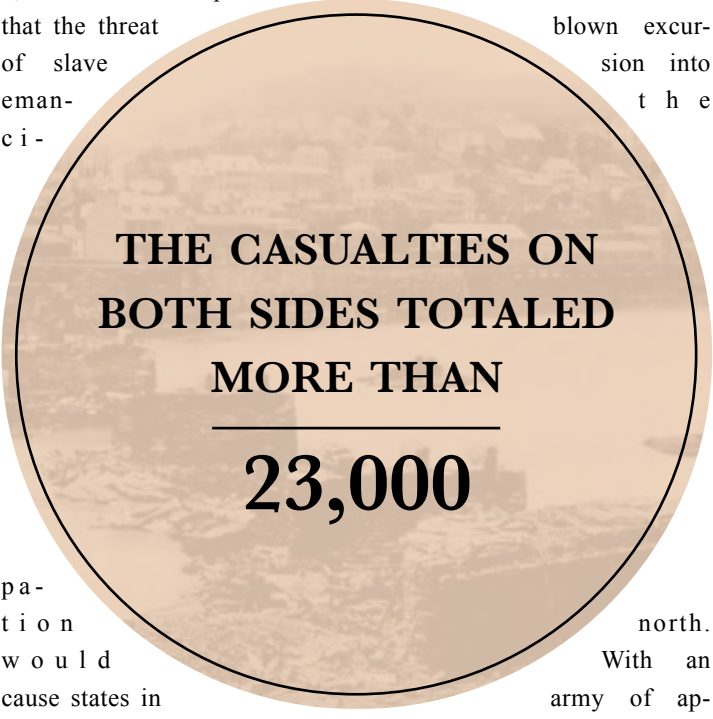
As dawn broke, the battle commenced not as a coordinated offensive but as three separate battles making McClellan's two-to-one troop advantage nonexistent. The primary killing field was known as the Cornfield.

One of the most savage battles of the Civil War, the Cornfield recorded death and destruction on both sides. It was the site of one of the most brutal hand-to-hand combat confrontations of the entire war exacerbated by artillery fire, at times at nearly point blank range.

Other confrontations occurred across Antietam Creek, in and around Dunker Church, and in the North Woods. Confederate Colonel. Stephen D. Lee, an artillery commander, described the scene unfolding before him as "artillery hell."

Casualties of the 12th Massachusetts Infantry came in at 67 percent. The Louisiana Brigade known as "The Tigers" lost 323 of 500 troops.

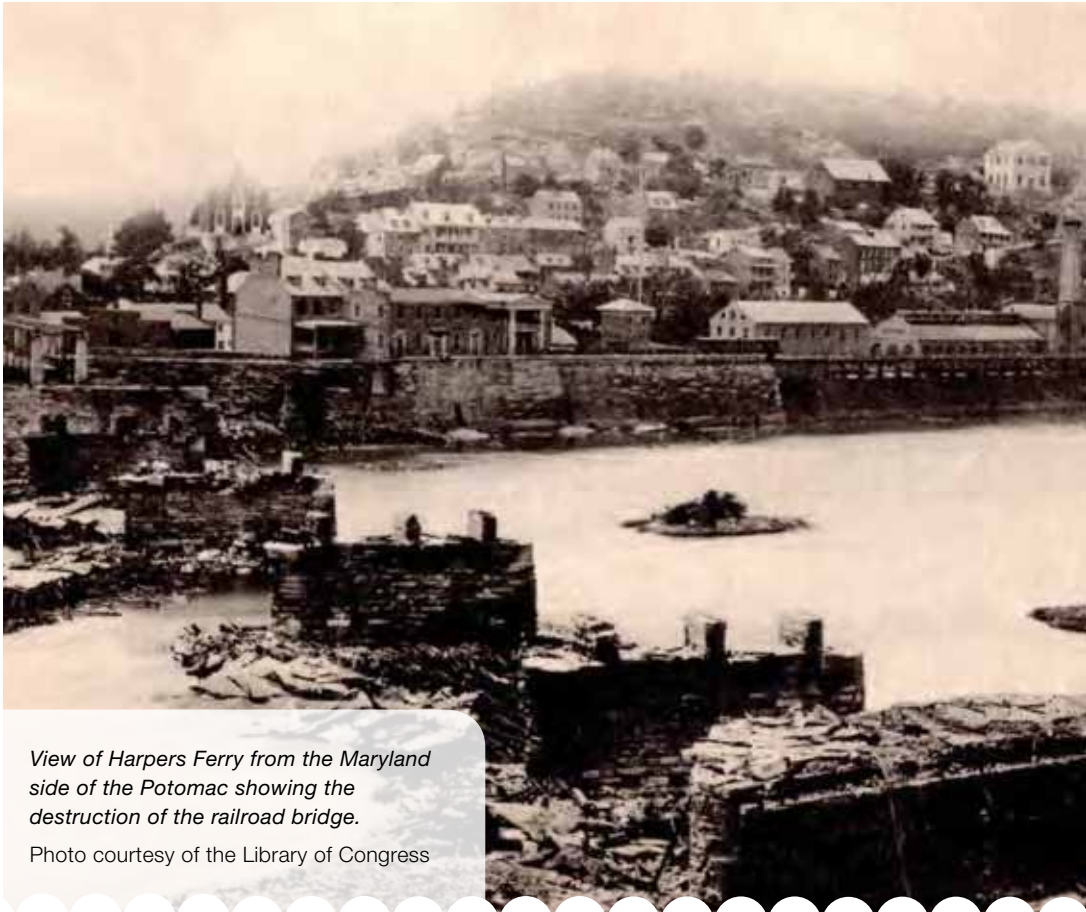
This back and forth action from the Cornfield to Dunker Church to the North Woods to Antietam Creek continued for 12 hours. Reinforcements plunged into the same lethal human meat grinder of their predecessors.



patience would cause states in revolt to disavow their allegiance to the Confederacy and return to the Union. It stated, "all persons held as slaves within any state, or designated part of a state, the people

north. With an army of approximately 55,000 troops Lee entered Maryland on September 3 following their August 30 victory at the battle of Second Bull Run.

However, there was also a



View of Harpers Ferry from the Maryland side of the Potomac showing the destruction of the railroad bridge.
Photo courtesy of the Library of Congress

The morning phase of the battle came to a halt with a body count of 13,000. As the afternoon dragged on the casualties continued to mount in various battles throughout the area -- Bloody Lane listed 5,600 casualties; Sunken Road ground up a couple of thousand more -- both blue and grey.

During the evening hours of September 17 there was an unofficial truce for both sides to reclaim their dead and wounded on the battlefield of Antietam. As dawn approached Lee expected a Union assault. But, it never came and that evening Lee began his uncontested withdrawal across the Potomac.

Adding insult to injury McClellan refused to pursue Lee even though Lincoln and the War Department ordered him to do so. His excuse? Lack of

equipment and the possibility of overextending his forces. That was the straw that broke the camel's back for both Lincoln and Halleck. McClellan was finished, as was the bloodiest day in U.S. military history.

Harpers Ferry in ironic play since 1859

An interesting side bar to this story was played out some three years earlier on October 16 to 18 in 1859. On October 17 abolitionist John Brown, with a group of supporters, attacked Harpers Ferry. They seized the federal armory and arsenal.

Their objective was to free the local slaves and have them become a force to spread abolition throughout the nation. But, it didn't happen.

First the local militia took on Brown and his band and drove them into the arsenal's engine house. Then the locals received reinforcements from the federal government -- a contingent of U.S. Marines. They stormed the engine house, killing many of Brown's cohorts and capturing Brown. He was charged with treason, murder, and slave insurrection. He was sentenced to death and subsequently hanged on December 2, 1859.

The commander of that Marine detachment was one Col. Robert E. Lee. Three years later one of his leading generals, Stonewall Jackson, would storm Harpers Ferry and secure it for the Confederacy before joining Lee at the Battle of Sharpsburg, as it was known in the south.



Follow The Nugget

After 35 years in Old Town, Mary Ehlers, Designer and Goldsmith, has relocated her primary business to be closer to her home in Fredericksburg, VA. Moving forward, The Nugget will specialize in custom-designed engagement and wedding rings, vintage jewelry and special occasion and unique jewelry pieces, pearls and gemstones.

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INAUGURAL HEELS & WHEELS EVENT A GREAT SUCCESS

BY GALE CURCIO

This year's inaugural event of Heels & Wheels was the brainchild of the ACPWN (Alexandria Chamber Professional Women's Association).

The Heels and Wheels committee, comprised of Gin Kinneman, Kinneman Insurance; Serena Corby, Safelite Glass; Lana Manitta, Rich Rosenthal Brincefield Manitta Dzubin & Kroeger, LLP; Lauren O'Brien, Wells Fargo Advisors; Gale Curcio; Curcio Communications and Melinda Sigal, The Sales & Marketing Connection met throughout the summer, developing the new event as they went along. They got even more fuel for the event when the new Chamber director, John Long, enthusiastically endorsed and supported the event.

The event was geared towards the educating women – and men – about car maintenance and was a fun and interactive event.

The event was held at Duke Street Speedy Lube, sponsored by owner Connie Hart and co-hosted by Mike Anderson of Mango Mike's.

Nationwide Insurance agreed to bring the NASCAR, as well as the NASCAR simulator. Safelite Auto Glass agreed to be a major sponsor and Jay Thomas, Alphagraphics, agreed to print the posters and the NASCAR-style badges.

There were also several

table sponsors, among them Alexandria Hyundai, Bonnie Rivkin/Coldwell Banker, Commonwealth One, Curcio Law, Hadeed Carpets, Mercedes-Benz, Radiance, Wells Fargo Advisors and Wilson Bridge Half-Marathon.

The City of Alexandria Police Department agreed to participate in the event and table sponsors had games and giveaways.

Door prizes were donated by Crowne Plaza, Mango Mikes, Duke Street Speedy Lube, Curcio Communications, Bucket List Boutique and Six Flags.

Both the NASCAR and the truck with the NASCAR truck with the simulator were very exciting and gratifying to a group of women who had spent hours planning the event.

Manitta said, "I would like to thank everyone who took part in Heels and Wheels, from the planning, to our wonderful sponsors, and everyone who attended for helping make this a fun and exciting event for a variety of different types of business people and in fact the entire community. It was especially nice to see children at a there and watch their eyes light up when that NASCAR engine roared."

And Kinneman said, "Heels & Wheels was a unique, interactive event that spot lighted local businesses with a focus on cars. We were very excited to be able to bring the Nationwide NASCAR car and race simulator."



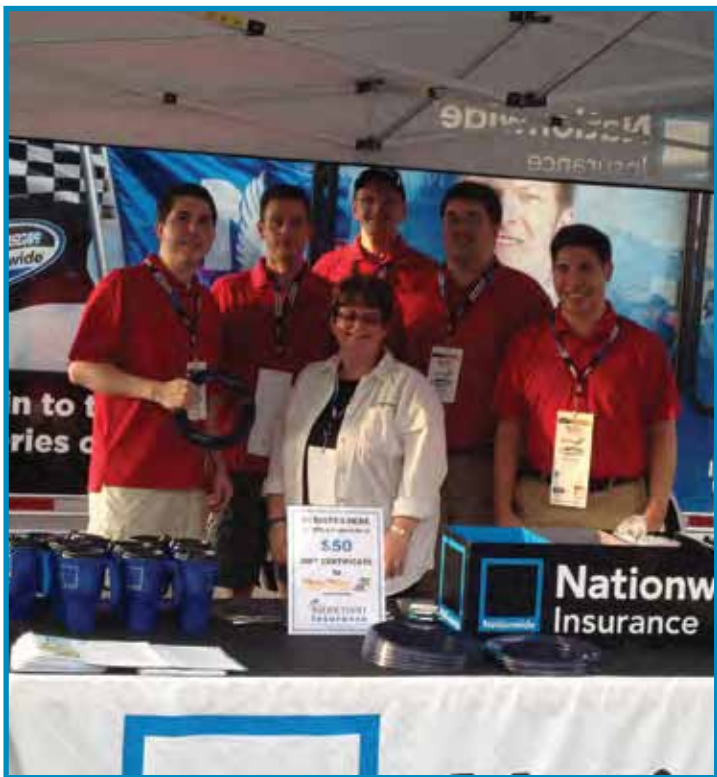
Steve Nearman, coordinator of the Wilson Bridge Half Marathon.

Photo by Gale Curcio



Tom Curcio, at the Curcio Law table, talks to John Renner and Jay Thomas.

Photo by Gale Curcio



Gin Kinneman and her colleagues from Nationwide Insurance.

Courtesy Photo

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Alexandria Archaeology Announces Findings on Graves at Fort Ward Park



Findings from a 1930s-era privy located at the McKnight House situated inside Fort Ward.
Courtesy Photo

NEW ART GALLERY IN OLD TOWN! BEALL AND BRUMBAUGH 215 KING STREET



A charming gallery in renovated warehouse space in the heart of Old Town. The artists/owners are Lelia Troup Beall, a native of Old Town, and Martha D. Brumbaugh, a well-known artist who has exhibited her paintings throughout the US. The gallery has a wide selection of art, including floral paintings, paintings of ancient cave walls located in France and Spain, paintings of NASA's Hubble and Spitzer photos of Outer Space, magnificent bronze statuary forged in Mexico, as well as a wide variety of traditional and modern paintings.



Lelia and Martha welcome you to stop by and perhaps catch them working in their on-site studio. Open Wednesdays through Sundays (or by appointment at 703-706-5791)

WWW.BEALLANDBRUMBAUGH215.COM



The City of Alexandria, Virginia, has recently completed three stages of an archaeological investigation at Fort Ward Park, located at 3601 West Braddock Road. The goal of the City's work was to identify unmarked graves and cultural resources associated with Native American habitation of the area, an American Civil War fortification, and a post-Civil War African American community known as "The Fort," that was present until the 1960s. During the more than two-year investigation, 43 graves were identified within the park, only three of which were marked by headstones. Significant findings include:

- Two of the marked graves contain the remains of Virginia Fitzhugh and W.E. Javins, both located in the area called the "Old Grave Yard." This area also contained 15 additional unmarked graves.
- The marked grave of Clara Adams, who died in 1952, is surrounded by three other unmarked graves, which probably contain the remains of her husband, Robert Adams, and two other relatives.
- Amanda Clark, sister of Clara Adams, and Clark's husband are also believed to be buried in unmarked graves found in proximity to the Adams burial sites.
- On the west side of Fort Ward, 20 unmarked graves

were identified at the Jackson Family Cemetery, north of the home site where members of the family once lived.

Fencing will be installed to protect the burial areas from adjacent park activities, and all graves will be marked by blank signposts until each identity can be confirmed. In addition to graves, archaeologists discovered several concentrations of Civil War artifacts, including Minié balls (a muzzle loading, spin-stabilizing rifle bullet, developed by French Army officer Claude-Etienne Minié, used during the Crimean and American Civil Wars), lead shot, clothing buttons, personal items, and military hardware, mostly in the northern portions of the park.

Archaeologists identified 25 discrete archaeological sites within the park boundaries, not including Fort Ward itself. All of these sites are relevant to the community of African Americans that began residing around the abandoned Fort Ward following the Civil War. Now that the archaeological surveys are complete, preparation of the Fort Ward Management Plan has begun. The plan is being developed by the Fort Ward Park and Museum Area Stakeholders Advisory Group, in conjunction with the appropriate City departments.

For more information on Fort Ward and the investigation, please visit fortward.org.

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Alexandria Showcased Its Fashionable Side for Fashion's Night Out



The successful inaugural event was heavily supported by sizable sponsorships.
Photo by Harry Merritt



The Alexandria Convention & Visitors Association (ACVA) is put the final touches on their inaugural participation in the global shopping campaign **Fashion's Night Out (FNO)**, which took place the evening of **Thursday, September 6**. Over 80+ businesses from boutiques, to restaurants, and other specialty stores signed up for the celebration and transformed the City into one big after-hours shopping party with a whirlwind of festive store events. Events included cocktails and restaurant specials, music, fashion shows, trunk shows, makeovers, designer appearances and exclusive style events. "The overwhelming support from businesses, sponsors, and community partners for our first-ever FNO confirms that this event is a perfect reflection of the city's stylish brand," said Lorraine Lloyd, ACVA's acting president & CEO. "FNO struck a chord with Alexandria and now we're ready to show off our fashionable side."

With a VIP kick-off ceremony at Kimpton's Monaco Hotel, and a fashion show at the Torpedo Factory, the first annual Alexandria "Fashion's Night Out" was a genuine success. Alexandria's own Monte Durham, Fashion Director for TLC's hit show "Say Yes to the Dress - Atlanta" helped host the event.



Mayor Bill Euille kicks off Alexandria's Fashion's Night Out festivities.
Photo by Harry Merritt

Mystique Jewelers Owner Elizabeth Mandros Miller with some of pieces.
Photo by Harry Merritt

Event coordinator Maurisa Potts with TV personality Monte Durham pose with some of the Fashion Night Out staff.
Photo by Harry Merritt



80+ Stores Participated in *Global Shopping Campaign*



Kimpton's Monoco Hotel's courtyard hosted the VIP kickoff event for Alexandria's first Fashion's Night Out event.

Photo by Harry Merritt

The Torpedo Factory Art Center was converted for the runway show

Photo by Harry Merritt





Animal Bios

Meet your next best friend here with the Animal Welfare League of Alexandria

Sunshine

Hi, I'm Sunshine. I'm a Parson (Jack) Russell Terrier/Pit Bull Terrier mix and I'm only about a year old. I'm a happy girl that only needs a loving adopter to make my life complete. I love to play and hope to be the sunshine of your life for years to come.



Boogie

Woof! It's Boogie and I know I'm the perfect girl for you. I'm only eight months old so I still have a lot to learn, but I'm hoping you'll be the one to teach me. I'm a Parson (Jack) Russell Terrier/Beagle mix and enjoy playing with toys and acting silly. Come meet me today and I'll put a smile on your face.



Piccola

Psst! Hey there. My name is Piccolo and I bet I'm the cutest thing you've seen all day. I'm a twelve-week-old Labrador Retriever mix and can't wait to romp with you in our new home. I'm still a puppy so you'll need to teach me all about this big, interesting world and keep me out of trouble. While I am cute and little now, I will be a big girl soon. See you soon!



Dutch

Nice to meet you! My name is Dutch and I'm a year and two months old. I'm fun, friendly, and handsome and can't wait to meet you. I'm a Pit Bull Terrier mix with lots of get-up-and-go. If you give me a chance I'll show you what a great guy I am.



Freddy

Can you believe I'll be two years old soon? I'm Freddy and would love to celebrate my birthday in a new home with you. I'm quite the character and enjoy serious play sessions and climbing to the tallest perches. I even walk on a leash! Do you have what it takes to keep up with a handsome man about town such as myself? Let's find out!



Diamond

It's a pleasure to meet you. They call me Diamond and I'm truly a jewel waiting to be discovered. I'm a little shy but if you're patient and give me chance, you'll see what a wonderful girl I am. I'd like to be the only pet in your life so I can soak up all your love. What do you say? Are you ready for some bling?



Thumper

Have you ever seen a rabbit quite like me? I'm Thumper and I'm a Lionhead. I've got a regal mane and the attitude to match. I hope you'll open up your home to a guy like me and let me hop around my new kingdom. I would love to spend time with you and develop a strong bond. You'll love having me as a companion, I just know it.



Bianca

Kittens may be cute but adult cats are much more fun. I'm Bianca and I'm eight years old. I'm a wise girl and know just how to make you happy. You'll love having me around and watching me play with my toys. I like giving out high-fives and being rewarded for good behavior with treats. Stop by and see me soon.



Alexis

My name is Alexis and I'm five years old. I prefer the finer things in life like a warm windowsill, delicious cat treats, and fresh catnip. I like being brushed so my coat stays beautiful and I'd love to curl up in your lap today. If I sound like the girl for you, then we should meet.



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Alexandria Chamber Goes All In with Washington Nationals

Partnership Enhances Game Experience and Encourages Teamwork and Commitment to Community

Following the announcement of a new strategic planning initiative that was developed in June by their Board of Directors, the Alexandria Chamber of Commerce and the Washington Nationals are pleased to announce an annual partnership that brings together two of the regions greatest assets.

The partnership will feature the production of a new signature northern Virginia event for both partners with a working title of “*Business of Baseball*” and an *Alexandria Chamber Day at Nation-*

als Park as well as events focusing on the Chamber’s and Nationals commitment to youth programs, teamwork and improving the region in which they serve.


The creative Chamber/Nationals pairing is just one element of the Chamber’s new branding initiative. It was announced earlier this year that the Alexandria Chamber is recruiting and working with businesses who are not just located in Alexandria but who do business in Alexandria.

This new partnership will include an opportuni-

ty for Nats fans to attend a special *Alexandria Chamber Day at Nationals Park* (ticket availability see www.alexchamber.com) on Saturday afternoon, September 22nd. “The Alexandria Chamber is proud to partner with a regional community-minded organization such as the Washington Nationals,” stated Chamber President & CEO John T. Long. “We are excited to use baseball as a way of communicating the importance of teamwork to our Chamber businesses and Nats fans alike.”



Washington Nationals on way to a record-breaking season.
Courtesy Photo



**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

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Recognize Alexandria's Living Legends

SEND IN YOUR NOMINATIONS

We know that there are scores of folks who have given much of their lives--their hearts and souls--to making Alexandria a better place in which to live. We want to recognize these folks as Living Legends of Alexandria and one doesn't have to be a Pulitzer Prize winner to write the nomination. All it takes is submission of a one-page description outlining the activities in which the person has excelled. Qualifying nominees and their nominees will receive a complimentary invitation to the inspiring "Meet The Legends" reception next March.

There are two nomination categories: (1) Those who have contributed at least one tangible improvement to the quality of the City's life that would likely be missing without this person's vision and energy; or (2) Those demonstrating exemplary service to the city over ten years or more, especially on Boards,

Commissions, Committees or Service Organizations that improve the quality of life in Alexandria.

Those currently running for or holding political office are not eligible for consideration. The contributions of City employees must be beyond the responsibilities of their jobs.

Visit AlexandriaLegends.com to either copy and paste the nomination form into an email or use the on-line nomination form. Nominations must be received by November 15.

Living Legends of Alexandria is an ongoing, not-for-profit project to identify, honor and chronicle Alexandria's recent history makers. For additional information, contact Nina Tisara, 703-625-2330.



Important News for Virginia American Water Customers:

You'll receive a new separate bill from Alexandria Renew Enterprises starting in Fall 2012.

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— Rabbi Isaac the Blind



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Alexandria Chamber Honors Chef Cathal Armstrong 2012 BUSINESS LEADER OF THE YEAR

Chef Cathal Armstrong, Co-owner of Eat Good Food Group will be honored on November 13th as the 2012 Alexandria Chamber of Commerce Business Leader of the Year during their annual Business Awards Reception to be held at Rachel M. Schlesinger Concert Hall and Art Center, beginning 6pm. As well as paying tribute to Chef Armstrong, the Chamber will present awards to Alexandria businesses in the following categories: Eco-Friendly Business; Large Business; Small Business; Association/Non-Profit and overall Business of the Year.

Chef Armstrong was selected for the Chamber's top business award as a result of the enormous respect he receives within the business community for his dedication and exemplary leadership. The Eat Good Food Group, consisting of Restaurant Eve, The Majestic, Virtue Feed and Grain, Society Fair, Eamonn's A Dublin Chipper, PX, Bar TNT, is an Alexandria, VA based restaurant group, created by Chef Cathal Armstrong and his wife/business partner Meshelle. The Eat Good Food group believes in sourcing local ingredients and promoting sustainability, while offering their guests gracious service and supreme ingredients. The Eat Good Food Group strives to give back to its community through its many charitable works; most especially Chefs As Parents and Fresh Farm Markets.

Chef Armstrong is a Best Mid-Atlantic Chef nominee by the James Beard Foundation in 2011, selected as both *Food & Wine* magazine's "10 Best New Chefs 2006" and honored in *Food & Wine* magazine's "50 Hall of Fame Best New Chefs" and Best Chef Award Winner by

the Restaurant Association of Metropolitan Washington DC.

"I'm honored to be part of a great community of business leaders and I'm proud to call Alexandria home" stated Chef Armstrong. Chef Armstrong's significant contributions to the local food movement garnered him accolades that extend beyond his cooking, including The National Restaurant Association "Neighborhood Community Award," *Edible Chesapeake Magazine*- "Local Hero Award" and *The Washingtonian* Maga-

zine's "Green Giant Award" for those who work to protect and preserve our environment and teach the virtues of green living. The White House has taken notice of his four star intentions as well and has honored him as a "Champion of Change."

"The Alexandria Chamber is deeply proud to honor to Chef Armstrong and have him join an exceptional list of business entrepreneurs as recipients of our *Business Leader of the Year Award*," John T. Long, Chamber President & CEO.

In Memoriam



Klaus
2000-2012

You touched many lives during your short time with us. We will always love you. Run free. Wander far. Be free our best friend.
~ Brian Soskowsky

Past recipients of the Business Leader of the Year include:

- 1994** Taylor Burke of Burke and Herbert Bank and Trust Company
- 1995** Gant Redmon of Redmon, Peyton and Braswell
- 1996** WJD Associates – Donnie Wintermutte, Cindy Jackson and Becki Donatelli
- 1997** Randy Kell of The Mark Winkler Company
- 1998** Jim Wilding of Metropolitan Washington Airports Authority
- 1999** Mike Anderson of Mango Mike's Cool Caribbean Café
- 2000** Lou Scanlan of Outbounder, Inc.
- 2001** Bill Euille of Wm. D. Euille & Associates
- 2002** Roger Machanic of MRE Properties
- 2003** Jack Taylor of Alexandria Toyota, Inc.
- 2004** Kerry Donley, Virginia Commerce Bank
- 2005** Shawn McLaughlin, McLaughlin Investments, LLC
- 2006** John McEneaney - McEneaney Associates
- 2007** Lynn Hampton – Metropolitan Washington Airports Authority
- 2008** Mayor's Economic Sustainability Workgroup
- 2009** Charles Collum, Burke & Herbert Bank
- 2010** Charlotte Hall, Potomac Riverboat Company
- 2011** Peter Converse, Virginia Commerce Bank

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Q U O T A B L E :

“ Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken. ”
–Bill Dodds

Alexandria Golfers Heading to the Masters!

The Alexandria Chamber of Commerce held its Annual Golf Classic August 27, 2012 at the Belle Haven Country Club. The event featured a heated and competitive live auction for the chance to win VIP passes to the Masters Golf Tournament held at Augusta National. Over 30 teams participated, including foursomes from the Washington Nationals and leaders of the Alexandria Business Community. The team from Wiygul Automotive captured 1st place, with the Clarke & Sampson team placing 2nd and American Advertising Distributors of Northern Virginia coming in a close 3rd. An exciting raffle was led by WD Wiygul with a portion of the proceeds benefitting the Animal Welfare League of Alexandria. The event was presented by Wiygul Automotive, with over 40 other Alexandria business sponsoring the event. Thanks to Roger Parks, American Advertising Distributors of Northern Virginia for Chairing the Golf Committee. We hope to see all our members at next year's event, which will be held again at Belle Haven Country Club.



John Porter and WD Wiygul set to kick off the live auction at the 2012 Golf Classic Reception.
Photos by Jay Palermino




Chamber President John Long with Hole Sponsors Rosa Mexicano, who prepared their famous guacamole for golfers.




President John Long with Anna Kucera of Gracious Living by Design as she cheered the golfers with cooling refreshments.

Q U O T A B L E :

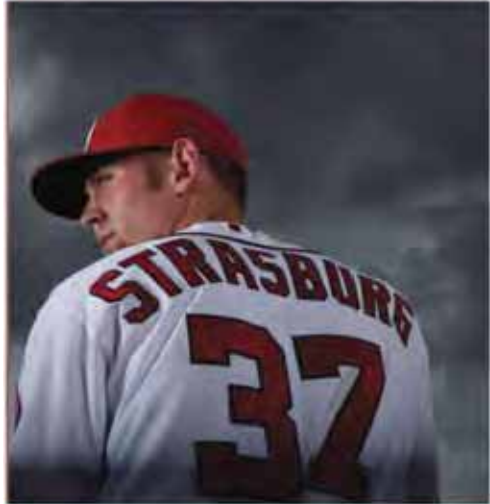
“ In our brief national history we have shot four of our presidents, worried five of them to death, impeached one and hounded another out of office. And when all else fails, we hold an election and assassinate their character. ”
—P.J. Rourke

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SEPT 29

Q U O T A B L E :

“ We make a living by what we get. We make a life by what we give. ”

—Winston Churchill

COMMUNITY NEWS

10th Annual Alexandria King Street Art Festival

In bursts of vibrant color and activity, the 10th anniversary of the Alexandria King Street Art Festival transformed the city’s historic main street into a world-class outdoor art gallery on September 8 and 9, 2012. Alexandria was celebrating its place as a top 10 arts destination among mid-size cities in the nation

The popular, top-ranked juried art festival featured a wide variety of original fine art by more than 200 artists from the US and abroad. Bright, bold and even whimsical, the unique works of art on display offered festival goers a vast array of

media that appealed to a variety of tastes and included paintings, life-size sculptures, photography, glass, wood, jewelry, collage and ceramics. The prices were set to suit all budgets and ranged from \$25 hand-designed earrings to \$30,000 metal sculptures.

The artists lined King Street in Alexandria’s Old Town from Washington Street to the Potomac River. Zebra’s September “Spotlight on Art” featured gallery owner, Alexandria artist Martha Brumbaugh is among nine festival artists who have participated in the festival since its inception ten years ago.



Sale of Art League bowls could be purchased with a scoop of ice cream as a fund raiser for the organization.

Photo by Harry Merritt

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Birchmere Box Office is open 5:00 - 9:00pm on SHOWDATES ONLY!! A \$4.50 per ticket service charge will apply.		August 28 BO DOLAN CANCELLED. August 29 HUGH LAURIE & The Copper Bottom Band 7:30pm \$45.00	August 29 HUGH LAURIE & The Copper Bottom Band 7:30pm \$45.00	August 30 KENNY LATTIMORE w/ Jarrard Anthony 7:30pm \$29.50	August 31 Manhattan Transfer 7:30pm \$55.00	1 MAYSA 7:30pm \$45.00
2 MAYSA 7:30pm \$45.00	3 HAPPY LABOR DAY	4 ticketmaster Ticketmaster.com 800.745.3000 Find a hotel outlet near you ticketmaster.com/outlets	5	6 TBA	7 in the FlexStage Enter The Haggis & Young Dubliners (All Standing, Doors 6pm) 7:30pm \$25.00	8 Melissa Ferrick w/ special guest Astra Via 7:30pm \$25.00
9 Gaelic Storm 7:30pm \$35.00	10 An Evening with RICHARD THOMPSON (Solo & Acoustic) 7:30pm \$39.50	11 	12 Don Williams w/ Colm Kirwan 7:30pm \$55.00	13 Tony Rice Unit w/ special guest Red Molly 7:30pm \$25.00	14 BILL KIRCHEN & TOO MUCH FUN w/ special guest DALE WATSON & HIS LONG STARS 7:30pm \$29.50	15 Don McLean w/ Chatham Street 7:30pm \$49.50
16 	17 An Acoustic Night with fresh- ERIC HUTCHINSON -fresh- www.ERICHUTCHINSON.com w/ Mikki Hommel 7:30pm \$35.00	18 Ramin Karimloo 'Songs of the Human Heart' Tour 7:30pm \$29.50	19 Todd Snider w/ Kevin Gordon 7:30pm \$25.00	20 Phil Perry 7:30pm \$39.50	21 John Hiatt & The Combo w/ Joe Pug 7:30pm \$35.00	22
23 John Hiatt & The Combo w/ Joe Pug 7:30pm \$55.00	24 RAY MANZAREK ROBBY KRIEGER OF THE DOORS 7:30pm \$49.50	25 Anthony David 7:30pm \$29.50	26 Kathy Mattea 7:30pm \$35.00	27 Stephen Wade 'The Beautiful Music All Around Us' 7:30pm \$35.00	28 BoDeans w/ Jenn Grinels 7:30pm \$25.00	29 Joe Sample (Trio) 7:30pm \$55.00
30 Asleep At The Wheel w/ 10th Street Band 7:30pm \$35.00	October 1 LOS LOBOS KIKO live w/ Cris Jacobs 7:30pm \$49.50	October 2 Keiko Matsui 7:30pm \$39.50	October 3 Eliane Elias & Jacqui Naylor 7:30pm \$29.50	October 4 An Evening with JORMA KAUKONEN 7:30pm \$25.00	October 5 The Rippingtons featuring Russ Freeman 7:30pm \$35.00	October 6 David Cassidy 7:30pm \$49.50

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Alexandria Renew Enterprises Citizen Soldier to Receive Heroism Award

ALEXANDRIA, VA – SEPTEMBER 12, 2012 – Alexandria Renew Enterprises takes great pride in announcing that one of its employees will receive the prestigious Virginia Section of the American Water Works Association Heroism Award. Staff Sergeant Priestly Mitchell, who has worked at Alexandria Renew as a Control System Technician since July 2006, has been called to active duty twice in the global war on terrorism. He was first deployed to Iraq in 2004 with the United States Army National Guard and just recently returned from a tour with the Air Force National Guard in Afghanistan’s Bagram Air Field in support of

Operation Enduring Freedom. “All of us at Alexandria Renew are deeply appreciative that Priestly Mitchell has been honored with this award. His sacrifice, sense of duty, love of country and leadership had already made him a hero in our eyes. It is wonderful to see that he is getting the recognition from his industry peers that he so richly deserves,” said Alexandria Renew Enterprises CEO Karen L. Pallansch. Sergeant Mitchell’s commanding officers in Iraq and Afghanistan were effusive in their praise of him. One wrote: “As a young combat engineer and equipment operator SGT Mitchell consistently displayed

a calm unflappable manner. His lighthearted demeanor served to settle his subordinates and empower his leaders. His expertise with engineer equipment was known throughout the battalion and was critical during many missions that included equipment projects, weapon cache reduction and direct enemy contact.” Another commended him for demonstrating his belief in the Air Force Core Values of “Integrity First, Service Before Self and Excellence In All We Do.” And yet another wrote that his “work record and service reflects great credit on himself, the Air National Guard, the United States Air Force and the Alexandria Sanitation Authority.” (ASA became Alexandria Renew Enterprise in April 2012.)

“It was enormously gratifying and moving to read these tributes to Citizen Soldier Priestly Mitchell. They spoke to the same values, commitment and leadership he has brought to his job at Alexandria Renew every day and now as he serves his nation on far flung battlefields,” added Ms. Pallansch. “I know that I speak for everyone in the Alexandria Renew family when

I say, congratulations, Priestly on a job well done and welcome home!” The formal presentation of the Heroism Award will be made on September 12, 2012 at the VA - AWWA’s awards luncheon held at the Virginia Beach Convention Center. Sergeant Mitchell will attend the event.



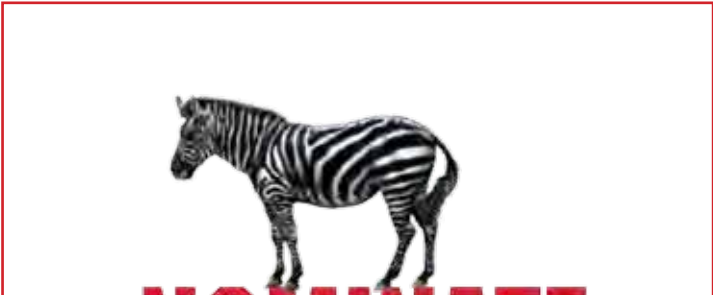


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◀ ◀ **OLD TOWN MARKET SQUARE**

Mount Vernon Ladies' Association Names Curtis G. Viebranz President and CEO

MOUNT VERNON, VA- The Mount Vernon Ladies' Association today announced the selection of Curtis G. Viebranz as president and chief executive officer of George Washington's historic Mount Vernon estate. An experienced media executive and proven entrepreneur with a passion for American history and a long-standing commitment to community service, Viebranz will take the helm at America's most visited historic home on September 17. He is only the tenth person to head Mount Vernon since the Mount Vernon Ladies' Association's stewardship began in 1858.

Viebranz's arrival comes at a critical time in Mount Vernon's history as the estate prepares to open The Fred W. Smith National Library for the Study of George Washington in fall 2013. The Library will function as a presidential library for George Washington and a center for scholarly research and educational outreach.

"With the opening of this new library, we have an unprecedented opportunity to expand understanding of Washington's life and legacy beyond the estate to people of all ages across the nation and around the world," said Ann Bookout, the Regent, or chair, of the Mount Vernon Ladies' Association, which owns and operates the estate. "Curt is passionate about the mission of the Mount Vernon Ladies' Association to preserve and educate, and his remarkable career promises to help bridge the past and the future. He recognizes the importance of scholarly research and is committed to helping us find new ways to advance the remarkable leadership of our first president."

Viebranz brings to Mount Vernon more than twenty years of experience at major multinational Internet and cable enterprises, including a successful tenure as president of HBO International, the global arm of Time Warner's Home Box Office unit. Prior to that, as Time Warner turned its attention to digital distribution strategies, Viebranz was tapped to serve as the first president of Time Inc. Multimedia. During his seventeen-year career at Time Warner and its predecessor company,

Time Inc., Viebranz built an impressive resume, also serving as president of Time Inc. Europe and HBO Video.

After departing Time Warner, Viebranz helped to launch and grow several media-related start-ups, including Olé Communications, the Latin American partner of HBO, A&E and E! Entertainment, and TACODA, Inc., a digital advertising network. He joined AOL in 2007 following its acquisition of TACODA and served as president of Platform A, overseeing advertising sales and strategy for all of AOL's owned and op-

erated sites. He was a co-founder and most recently served as chairman of Korrelate, Inc., a firm that provides insights and analytics on web advertising.

In addition to his expertise in new and traditional media, Viebranz brings to Mount Vernon a strong intellectual curiosity and a passion for history and public service. He is active in the Boys & Girls Clubs movement and has held many leadership positions with the organization. He is also a long-time board member of the Meserve-Kunhardt Foundation, whose collection of more than 200,000 items constitutes one of the nation's greatest archives of Civil War photographs. He has served as president of the Middlebury College Alumni Association and is a member of the Council on Foreign Relations.



"It is a great honor to have the opportunity to lead Mount Vernon."

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"It is a great honor to have the opportunity to lead Mount Vernon," said Viebranz. "Just as I am inspired by George Washington's example of leadership, I am equally captivated by the efforts of the Mount Vernon Ladies' Association over the past century and a half to preserve Mount Vernon and Washington's legacy. Ensuring Wash-

ington's relevance will require new ways of thinking and new initiatives, and I look forward to approaching this challenge with respect for the remarkable accomplishments that have been achieved here over the years."

Viebranz succeeds James C. Rees III, who retired in June after a long and distinguished tenure as president and CEO. As president, Rees oversaw fundraising for more than \$250 million in projects designed to bring George Washington into the national spotlight, including the construction of the Donald W. Reynolds Museum and Edu-

cation Center, which opened in 2006. Under Rees' leadership, Mount Vernon's staff nearly doubled in size to 500 employees, its cadre of volunteers flourished from a mere handful to 400, and its endowment grew from \$4 million to \$125 million, and attendance now tops one million visitors each year.

Viebranz's selection follows a comprehensive national search conducted by a search committee comprised of six Vice Regents, or board members, of the Association, supported by Russell Reynolds Associates. "This position drew a very strong response from a wide array of

candidates with diverse experience and backgrounds," said Barbara Lucas, who chaired the search committee. "Curt is a highly successful, entrepreneurial executive who has led major multinational businesses and understands both new and traditional media," Lucas continued. "He knows how to take established organizations to higher levels of excellence and has a profound respect for the experience that Mount Vernon affords its visitors and for our preservation and collections mission."

Born in Boston, raised in Larchmont, New York, and currently residing in Chester, New Jersey, Viebranz, 59, holds a BA from Middlebury College and an MBA from Harvard University. He and his wife, Cissy, will be relocating to Mount Vernon. They have two daughters away at college, Lillie Belle, 19, and Story, 18; and a son, Angus, 17, at boarding school.

About Mount Vernon Estate, Museum & Gardens

Since 1860, more than 80 million visitors have made George Washington's Mount Vernon Estate, Museum & Gardens the most popular historic home in America. Through thought-provoking tours, entertaining events, and stimulating educational programs on the Estate and in classrooms across the nation, Mount Vernon strives to preserve George Washington's place in history as "First in War, First in Peace, and First in the Hearts of His Countrymen." Mount Vernon is owned and operated by the Mount Vernon Ladies' Association, America's oldest national preservation organization, founded in 1853. A

picturesque drive to the southern end of the scenic George Washington Memorial Parkway, Mount Vernon is located just 16 miles from the nation's capital.

Hours of operation: April-August, 8 a.m. to 5 p.m.; March, September, October, 9 a.m. to 5 p.m.; November - February, 9 a.m. to 4 p.m. Regular admission rates: adults, \$15.00; senior citizens, \$14.00; children age 6-11, when accompanied by an adult, \$7.00; and children under age 5, FREE. Admission fees, restaurant and retail proceeds, along with private donations, support the operation and restoration of Mount Vernon. For more information about Mount Vernon, please visit <http://www.MountVernon.org>



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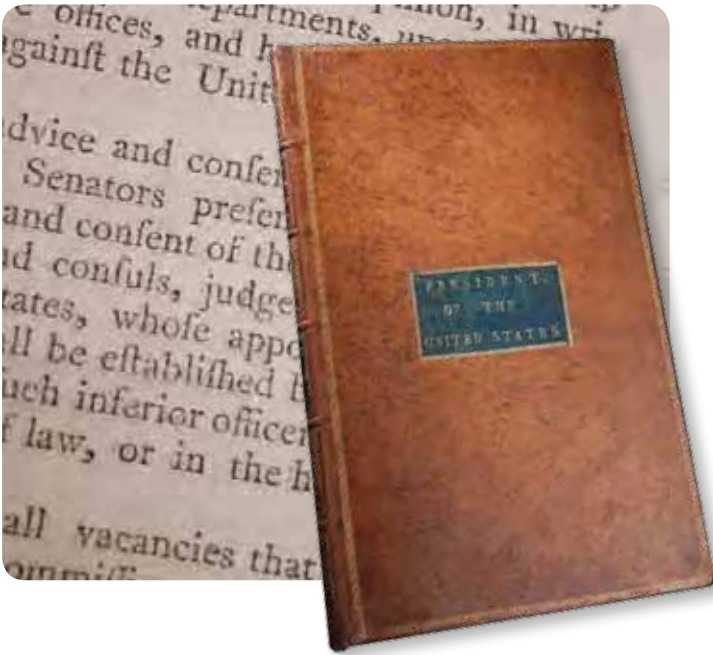
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CORRECTION

In our August 2012 issue, the Zebra erroneously reported the circulation for the *Mount Vernon Voice*. Co-publishers Marlene Miller and Steve Hunt promptly alerted us of our mistake, letting us know that they began in 2002 with 10,000 copies per week, and escalated to 12,000 copies per week for several years.

Zebra apologizes for the fact-checking error, and wishes the *Mount Vernon Voice* continued success and growth in the future.





GEORGE WASHINGTON’S COPY OF THE CONSTITUTION UNVEILED SEPT. 17

225th Anniversary of the Signing of the Constitution

On the 225th anniversary of the signing of the Constitution, Mount Vernon unveils George Washington’s annotated copy of

the *Acts of Congress*. This rare volume garnered world-wide attention this summer when it was offered for sale and broke

auction world records for an American historical document. The remarkably well-preserved book includes Washington’s copy of the Constitution, the Bill of Rights, and other legislation passed by the first session of Congress, complete with his personal annotations. This significant piece of American history will be on view in the Donald W. Reynolds Museum and Education Center through the national observance of George Washington’s birthday on February 18, 2013.

Accompanying the *Acts of Congress* through October 29, on loan from the National Archives and Records Administration, is **George Washington’s first draft of the Constitution**. This draft of the constitution displays Washington’s handwritten notes recording the Convention’s handling of each proposed clause. Exhibited together for the first time ever, the two publications shown in this gallery offer an unprecedented view of history in the making, through the mind and actions of America’s first president.

The press will have access Monday, September 17, 10:30 a.m. – 12 p.m. The public opening will be held after press access on Monday, September 17, at 12 p.m.

Mount Vernon’s Senior Curator and Vice President for Collections, Carol Borchert Cadou and Mount Vernon’s new President & CEO Curtis Viebranz will be holding the event.

The event will be held at Mount Vernon Estate, Museum & Garden’s Donald W. Reynolds Museum. Please visit www.mountvernon.org for directions. For security reasons, reporters must RSVP by September 16 to Melissa Wood (mwood@mountvernon.org or 703.799.5203) to attend the press preview.

CAPITOL CITY BREWING COMPANY PRESENTS

10.06.12
13th Annual

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13th Annual

SATURDAY OCTOBER 6, 2012 12:00-7:00 PM

Taps close at 6pm

THE LARGEST OKTOBERFEST BEER FESTIVAL IN NORTHERN VIRGINIA!

Tickets: \$25
Limited # of tickets sold at event.
Must be 21+ with valid ID.

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TAVERN TODDLERS RETURNS

Weekly Thru April 23

Mondays 10:30 am - Noon

Gadsby's Tavern Museum

Gadsbystavern.org

703/746-4242

Designed for walkers through 36 months and their caregivers, Tavern Toddlers features a weekly open playtime in Gadsby's historic ballroom. In addition to dancing and familiar favorite activities, each week features a different theme that highlights a unique aspect of Old Town Alexandria through a craft and books. Each week costs \$7 for a family of three, which must include one adult, and additional people are just \$3. A five-visit pass costs \$30, never expires, and includes up to three people. Day or multi-week passes can be purchased at the door. Advance registration not required.

TARGET GALLERY CELEBRATES 25 YEARS

Thru September 30

Torpedo Factory

105 North Union Street

Alexandria

Torpedofactory.org/target

Target Gallery celebrates our twenty-fifth anniversary, and to mark such a momentous occasion we present 25, an all-media exhibition featuring work that responds to world events that have occurred over the past twenty-five years.



5TH ANNUAL OLD TOWN BOUTIQUE DISTRICT SCAVENGER HUNT

September 21 - 23

Old Town Boutique District

Alexandria

Oldtownboutiquedistrict.com

Shoppers grab a passport map at participating stores or can download online and begin their hunt to visit all 35 OTBD stores for a chance to win big prizes. When a shopper visits participating boutiques, their passport will be stamped by each of the participating merchants. Once a shopper has collected all 35 stamps, they receive a stylish swag bag filled with goodies from OTBD businesses and will be entered into the prize drawing. Shoppers have a chance to win one of 35 \$100 gift cards

or the grand prize of a \$3500 shopping spree.

New this year: Individuals who pre-register for the hunt and download their map in advance, will double their chances to win prizes (when a completed passport is submitted).



FLY

September 21 - October 21

Ford's Theatre

511 10th Street

Washington, DC

Fords.org

800/982-2787

The centerpiece of this year's programming for The Lincoln Legacy Project, "Fly" is based on the experiences of the Tuskegee Airmen during World War II. The play follows four courageous heroes hailing from Chicago, Harlem, rural Iowa and the Caribbean as they train to fly combat aircraft. In spite of the overt racism they encounter, the men form a lasting brotherhood and fly with distinction, paving the way for the desegregation of the American military and the later Civil Rights Movement. The production inventively combines live action, video footage and the inspirational "Tap Griot," a dancing storyteller who expresses the anger, fear and triumph that the officers cannot. Ticket prices vary.

COLONIAL MARKET AND FAIR

September 22 and 23

9 am - 5 pm

Mount Vernon Estate

End of Mount Vernon

Parkway

Alexandria

Mountvernon.org

703/780-2000

The annual Colonial Market & Fair at Mount Vernon features dozens of America's finest craftspeople and plenty of family fun! Fifty colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leatherworkings, 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

onsite. Costumed interpreters will be demonstrating the 18th-century chocolate-making process using an authentic colonial recipe! This weekend only, Potomac River sightseeing cruises, courtesy of Spirit Cruises and Potomac Riverboat Company, are free-of-charge. The Colonial Market & Fair at Mount Vernon is included in regular Estate admission: adults, \$15.00; children ages 6-11, \$7.00; and children under 5 are admitted free.

PRESIDENT JAMES MADISON SALON DISCUSS THE OUTBREAK OF WAR

September 23

3pm - 4:30pm

Gadsby's Tavern Museum

Gadsbystavern.org

703/746-4242

The date is September 23, 1812 and the nation is now at war with England. Join President James Madison on Sunday, September 23, 2012 to discuss the nation's recent declaration of war against England and commencing hostilities. Talks will address the relations between the United States and Russia from 1776 to the present. Reservations are recommended and tickets to each event are \$15 per person and \$10 for high school/college students. Madeira, Port and other libations will be available for purchase at the event.

PICNIC TO BENEFIT ALEXANDRIA FIREMEN

September 23

1:30pm - 4:30 pm

The Grove on Virginia

Theological Seminary

Grounds

3737 Seminary Road

Alexandria

friendshipfire.net/friendshipfirehousepicnic.html

html

Area musicians and Alexandria's Town Crier join forces with the historic Friendship Veterans Fire Engine Association to throw a fun and festive afternoon benefit celebrating Alexandria Fire Department firefighters and first responders. Association President Joe Shumard invites Alexandrians to join the afternoon of family fun, "This is your opportunity to meet the outstanding men and women who do so much to keep Alexandria safe. Help us show support for these first responders while enjoying great food, music, games, and fellowship on the lawn at the Virginia Theological Seminary." Registration: \$30/adult, \$75/group (up to five

admissions) Food, games, activities and music for the whole family. Proceeds benefit the Alexandria Fire Department.



SMITHSONIAN MUSEUM DAY LIVE!

September 29

Free Admission to Three

Alexandria Museums

Gadsby's Tavern

Alexandria Archaeology

Stabler-Leadbetter

Apothecary

The Museum Day Ticket is available to download at www.smithsonian.com/museumday. Visitors who present the official pass will gain free admission for two people to participating museums and cultural venues. Last year's event drew over 350,000 people to over 1,400 museums across the nation.

Gadsby's Tavern Museum, 134 North Royal Street, consists of two buildings, a ca. 1785 tavern and the 1792 City Hotel, which are named for John Gadsby who operated them from 1796 to 1808. His establishment was a center of political, business, and social life in early Alexandria. Visitors to the historic tavern will learn about the history, architecture, decorative arts, social customs, food, and clothing of a past era. For more information, please visit www.gadsbystavern.org or call 703.746.4242.

At the Alexandria Archaeology Museum, located inside the Torpedo Factory Art Center (105 North Union Street, #327), visitors can discover Alexandria's once buried past through artifacts and excavations. Learn about the archaeology and history unearthed during the Lee Street site excavation with the exhibit, "A Community Digs Its Past," and see unique artifacts from an 18th-century wharf, 19th-century taverns, and a Civil War hospital. Also on display is Alexandria's oldest artifact, a 13,000-year-old Clovis point recovered in 2007. For more

information, please visit www.alexandriaarchaeology.org or call 703.746.4399.

The Stabler-Leadbetter Apothecary Museum, 105-107 South Fairfax Street, is noted for its outstanding collection of shop furnishings, apothecary bottles and equipment, and archival materials, many still in their original location. When the Apothecary closed during the Depression, in 1933, the doors were simply locked, preserving the contents for history. More than 8,000 objects, including pill rollers, mortars and pestles, drug mills, and hand-blown glass medicine bottles with gold-leaf labels, were left in place. Medicinal herbs and paper labels remain in their wooden drawers. Large show-globes from the mid-19th century remain in the windows. 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, please visit www.apothecarymuseum.org or call 703.746.3852.



Photo by Renee Comet

DINE LIKE A PRESIDENT! MOUNT VERNON'S NEW FARM TO TABLE EVENT

September 29

6:30 pm - 9:30 pm

Mount Vernon Estate

End of Mount Vernon

Parkway

Alexandria

Mountvernon.org

703/780-2000

Mount Vernon invites guests to taste the season's freshest ingredients with a dash of history during a new culinary event, *Farm to Table*. The event commences with a reception in the upper garden and historic area featuring Virginia wines and specialty drinks. From there guests will learn how food was grown, stored, and prepared for the Washington family through an exclusive



tour of Mount Vernon's historic area. Following the tour, guests will enjoy a flavorful four-course dinner at the Mount Vernon Inn, featuring some products cultivated and produced on the Estate. Tickets for *Farm to Table* are \$175 and include tax and gratuity. This event is limited in capacity. Tickets may be purchased online at MountVernon.org or at the Ford Orientation Center's ticket window.

KALEIDOSCOPE FOR KIDS ARTS FESTIVAL

September 29 – 30

The Durant Center for the Arts

**1605 Cameron Street
Alexandria**

Artkaleidoscope.org

The inaugural event is geared specifically for children of all ages and their families complete with an amazing line-up of nationally and critically acclaimed artists and performers and plenty of hands-on activities. Acclaimed artists and performance groups that are participating in the festival include urban dance company Urban Artistry, Arlington based Synetic Theatre, national Latino performing arts center the GALA Hispanic Theatre, and national renowned children's songwriting program Kid Pan Alley. The festival will offer plenty to see, hear, and do for children and families from a kaleidoscope making workshop, an origami workshop, puppet parade, art car painting, to a bookmaking workshop with Family Legends, strolling artist and Bolivian dancers. Festival goers can enjoy lunch or grab a snack from local area trendy food trucks in the picnic area or walk to nearby King Street restaurants. Kaleidoscope for Kids is an event part of the bigger Fall arts celebration called Kaleidoscope. Kaleidoscope, now in its second season, is an initiative designed to focus interest on the thriving visual and performing arts in and around the City of Alexandria. A collaboration of the Alexandria Arts Forum and Access through the Arts, that focuses on visual and performing arts in Alexandria from Labor Day to Halloween. Visitors can enjoy theater, music and dance performances as well as art exhibitions throughout the city. Tickets are \$30 for a day unlimited events pass: \$10 for single performance. Families can enter a sweepstakes to win tickets via the festivals Facebook page. A complete list of scheduled events is located at www.artskaleidoscope.org.



CIVIL WAR BUS TOUR THE 17TH VIRGINIA INFANTRY AND THE 1862 MARYLAND CAMPAIGN

September 29

Fort Ward Park

Alexandria

Fortward.org

703/746-4848

Registration is now being accepted for the Friends of Fort Ward fall bus tour which will trace the role of the 17th Virginia Infantry in Robert E. Lee's 1862 Maryland Campaign. The tour will be held on Saturday, September 29. David Heiby, who has specialized in this subject and led numerous tours related to it, will conduct the tour. The registration fee is \$120 for members of the Friends of Fort Ward and \$135 for non-members. The tour will depart Fort Ward Museum at 7:45 a.m. and return to Fort Ward at approximately 6:30 p.m.

HEALTH FAIR

September 29

8 am – 2pm

Alfred Street Baptist Church

**301 South Alfred Street
Alexandria**

Alfredstreet.org

703-683-2222

Free health screenings for blood pressure, body mass index, cholesterol, dental, diabetes, hearing and vision, HIV/AIDS, flu shots; mini lectures; demonstrations; numerous vendors.



FAMILY 5K FUN RUN

September 30

7:30 am

4001 Eisenhower Avenue

Alexandria

Runningbrooke.com

703/587-6406

RunningBrooke and the Alexandria Rotary Club have teamed up for a great morning of exercise and family fun! Come out for a 5K run, a 1-mile kids' course, and 100-yd Tot Trot--something for everyone! The timed 5K run will weave

around Ben Brenman Park. Food, vendors and lots of activities will be part of the fun. Registration includes race, special race water bottle and fresh pancakes. Discounted student rate of \$15 for the 5K available. Proceeds for the day benefit local Alexandria charities that serve children (Child & Family Network Centers, The Reading Connection, Girls on the Run, ACT for Alexandria, and Community Lodgings) and water-well projects.

SWEET 'N SALTY

October 5 - 28

Delray Artisans

2704 Mount Vernon

Avenue

Alexandria

DelRayArtisans.org

703/407-6992

Sweet 'n Salty art exhibit - Artists were asked to "give in to their cravings" to create dynamic and interesting interpretations of this very tasty and feeling-filled theme.



FALL WINE FESTIVAL AND SUNSET TOUR

October 5 - 7

6 pm – 9pm

Mount Vernon Estate

End of Mount Vernon

Parkway

Alexandria

Mountvernon.org

703/780-2000

Enjoy live blues and spectacular views of the Potomac River while sampling wine from 16 Virginia wineries. Visitors learn about the successes and failures of our Founding Father's wine endeavors, enjoy live blues music, and meet "George and Martha Washington" on the Mansion's piazza. Guests experience an evening tour of George Washington's home and are invited to visit the rarely-open basement where he stored his wine. Tickets to the Fall Wine Festival & Sunset Tour tickets are \$35.00 per person. Ticket sales begin September 4 at 10:00 a.m. at the Ford Orientation Center or MountVernon.org.

THIRTEENTH ANNUAL MID-ATLANTIC OKTOBERFEST BEER FESTIVAL

Oktoberfest 2012 will be held rain or shine

October 6

Noon – 7 pm

The Village at Shirlington

4001 Campbell Avenue

Outdoor Streetscape

Arlington

703/578-3888

Willkommen! Lift a stein and say "prost" in celebration of fall. Celebrating 20 years of brewing more than 200 different styles of beer, Capitol City Brewing Company will host its thirteenth annual Mid-Atlantic Oktoberfest Beer Festival (www.capcitybrew.com). Following a tradition that started in the early 1880s in Munich, Germany, Capitol City's Oktoberfest is celebrating its thirteenth triumphant year and anticipates thousands of attendees to drink and sample more than 100 different beers, ales and lagers from more than 50 local breweries that will provide at least two beer choices.

Oktoberfest 2012 will be held rain or shine with a limited number of tickets sold at the event. Capitol City Brewing Co. will serve traditional German favorites including bratwurst, sauerkraut and fresh soft pretzels and feature its popular seasonal favorites: Oktoberfest Lager and Pumpkinator Ale. Authentic German music played by a traditional folk band will entertain guests as they sample select hand crafted beers and enjoy food from a variety of local vendors.

Admission for beer drinkers is \$25 (one general admission pass per person), which includes a wristband, official tasting glass, and ten drink tickets. Additional drink tickets can be purchased for \$1 each with a 5 tickets minimum. The event is free for non-drinkers and children.

For more information on Capitol City Brewing Company, please visit: www.capcitybrew.com. Find Capitol City Brewing Company on Facebook: <http://www.facebook.com/CapCityBrewDC> and on Twitter: @CapCityBrewers.

THE SPIRIT OF A NEIGHBORHOOD REVISITED: THE PARKER- GRAY COMMUNITY, 1985 -1986, PHOTOGRAPHS BY CAROL G. SIEGEL

Thru October 13

Alexandria Black History

Museum

902 Wythe Street

Alexandria

Alexblackhistory.org

703/746-4706

Originally shown at the Alexandria Black History Museum in 1989, The Spirit of a Neighborhood was the first exhibition to open in the museum after it became part

of the City of Alexandria. The exhibition highlights people and places in Alexandria's Parker-Gray Historic District. In the 23 years since the photographs were first shown, many changes have occurred in the community -- children depicted are now adults, some adult subjects have passed away, and many old homes and buildings were lost to development and gentrification. Thus revisiting this collection of photographs in the 21st century allows us to comment on the change in the community as well as appreciate the continuities. The Parker-Gray Historic District consists of 130 acres, much of it commercially zoned, and bounded by First, Cameron and North Columbus Streets and the R.F. &P. Railroad tracks. Since the late 19th century, African Americans have established their homes here as well as a number of institutions vital to black Alexandrians residing both within and outside this district. One of these institutions was Parker-Gray High School, the first and only African American high school in Alexandria. It was one of the anchors of the city's African American community for over 50 years. The school was closed in 1979 and demolished in 1984 to build Braddock Place next to the Metro. Many of the black churches, barber shops, beauty parlors and businesses as well as many social clubs and service organizations were located here. Among those that remain are: Hopkins House, William Thomas American Legion Post #129, and the Charles Houston Recreation Center.



JACQUES BREL IS ALIVE AND WELL AND LIVING IN PARIS

Thru October 21

MetroStage

1201 North Royal Street

Alexandria

Metrostage.org

703/548-9044

The classic compilation of Brel's brilliant music about life and death, love and loss. Thurs and Fri at 8, Sat at 3 & 8, and Sun at 3 & 7. Tickets \$48-55.

Just for Fun

CROSSWORD

ACROSS

- 1. Highest point
- 5. Unexpired
- 10. Achy
- 14. Entice
- 15. Redress
- 16. Found in a cafeteria
- 17. Standby
- 19. Border
- 20. Droop
- 21. Comment to the audience
- 22. Operatic solos
- 23. Melancholy
- 25. A tart fruit
- 27. American Sign Language
- 28. Any hissing consonant
- 31. Not these
- 34. Deadly snake
- 35. Born as
- 36. Stringed instrument
- 37. A stringed instrument
- 38. Stigma
- 39. "Eureka!"
- 40. Flow control device
- 41. The male reproductive cell
- 42. Real
- 44. Grippe
- 45. Clutch
- 46. Student
- 50. Normal
- 52. It pumps blood
- 54. In the past

- 55. Seats oneself
- 56. Compacted
- 58. Historical periods
- 59. Licoricelike flavor
- 60. Leisure
- 61. Declare untrue
- 62. Type of cap
- 63. Countertenor

DOWN

- 1. Bad treatment
- 2. Artificial waterway
- 3. Gnatlike insect
- 4. French for "Summer"
- 5. Liege
- 6. Loft
- 7. Blaring
- 8. Unerasable
- 9. Former North African ruler
- 10. Unsaturated alcohol
- 11. Regulation
- 12. Indian music
- 13. Visual organs
- 18. Lift
- 22. Dogfish
- 24. Shocked reaction
- 26. River of Spain
- 28. Figure out
- 29. Close
- 30. School session
- 31. Not this
- 32. Laugh
- 33. Large long-armed ape
- 34. Mobile phone

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21					22				
23			24					25	26					
			27				28						29	30
31	32	33				34					35			
36					37					38				
39				40						41				
42			43					44						
		45						46				47	48	49
50	51					52	53				54			
55					56						57			
58					59						60			
61					62						63			

- 37. Taxis
- 38. Prod
- 40. Ampule
- 41. Tablet
- 43. Grass-covered
- 44. Polecat
- 46. Expire
- 47. Twangy, as a voice
- 48. Excrete
- 49. Cowboy sport
- 50. Utilized
- 51. "Your majesty"
- 53. Arab chieftain
- 56. Taxi
- 57. Ocean

SUDOKU

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

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9. Puzzles come in three grades: easy, medium and difficult.

SOLUTIONS

10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81
82	83	84	85	86	87	88	89	90

A FH 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 for a deserving pet, please drop us an email at Foster@foreverhome.org.

Beauchamp

Beauchamp (Toddy) - (Male)
Breed: Labrador Retriever Mix
Age: 11 Months

History: Owner Release

Description: Hi, my name is Beauchamp, but I have been going by "Beau" with my foster. I am a sweet puppy and I love to play. I am very curious these days and have been getting trained to sit and lay down lately. I love my fuzzy tennis ball and chew rope, and I love other animals. I have a foster sister and foster brother, and both are different kinds of dogs and sizes. So I am a great addition to more pets, even small dogs or cats! I will be a great pal to any kid or adult who loves me!



Cody

Cody (Sampson) - (Male)
Breed: Australian Shepherd / Labrador Retriever Mix
Age: 2 Years
Weight: 60 Pounds
History: Owner Release

Description: Cody is a wonderful 2-year old herder. If you have a herd, he will take care of getting it where you want it to go. If he is not herding, he is on duty but relaxed. Cody likes to communicate and does a good job of letting you know if he needs to go out. He doesn't like being crated. He can easily be left in the house alone as he does no damage to the house. He would do well in a house where someone is home during the day and where there are other dogs to bond with. He is a great companion dog. He never jumps up and he knows basic commands.



Jackson

Jackson - (Male)
Breed: Australian Shepherd / Cocker Spaniel Mix
Age: 14 Weeks
History: Shelter

Description: Jackson is a sweet, active, loving little pup. Jackson has to be picked up and cuddled just for a few seconds before he will touch his breakfast! He loves playing with our family's big dogs and learning how to act around his elders. He has not been around cats. He is a bit "mouthy" (although getting better) so not a good fit right now for families with very young children.



Irish

Irish - (Male)
Breed: Schnauzer Mix
Age: 5 Years
History: Owner Release

Description: Irish is a Schnauzer mix, and had just arrived at press time. The foster family has not even had a chance to post special personality information about him, but he sure is cute! Check the website for updated information or call AFH directly to inquire.



Shelby

Shelby - (Female)
Breed: Beagle Mix
Age: 3 Years
Weight: 20 Pounds
History: Shelter

Description: Shelby is a sweet lemon beagle that lives to please her human. She is loving and snuggly. She would prefer to be held rather than any other activity.



Bella

Bella B - (Female)
Breed: Basset Hound
Age: 2 Years
History: Owner Release

Description: Bella is a pure-bred Basset Hound that is being given up because her adoptive dad is suffering from health issues and she is not doing well with the turmoil in the house. She was adopted by her family at 8 weeks of age and currently lives with two other dogs. She is a sweet and loving dog. Bella is a beautiful, healthy, trained, and housebroken girl who moans when she is scratched. She is low energy due to a genetic malformation in her right front leg which renders long walks tiring. She is sweet company, has silky ears. Like any good Basset, she will do anything for a treat!



Toffee

Toffee - (Female)
Breed: Labrador Retriever Mix
Age: 4 Years
History: Owner Release

Description: Toffee is a Lab mix. She was adopted by a family along with her sister. The two of them lived well together for four years until the family added a third dog last fall. Toffee is a very sweet, affectionate girl. She is housetrained. She is now going to a new foster family after being boarded for a period of time. We will have more information once we have her in a family setting.



Pebbles

Pebbles - (Female)
Breed: Saint Bernard Mix
Age: 12 Weeks
History: Shelter

Description: Pebbles came to AFH with her brother Panda who has been adopted. Now she says it is her turn. Pebbles is just as sweet as she looks. She is a gorgeous girl and has a laid back personality. Even though she has some Saint in her, she is not going to be anywhere near as large as a Saint Bernard. Our current guess is that she will be the size of a lab or smaller.



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, transporters for adoptions and vet visits, handlers at adoption days, and helpers at fundraising events. If you think you would like to help, e-mail: volunteer@foreverhome.org.



For more information about adoption, call
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