KEEPING PRINT ALIVE
Meet Landmark Printing's Richard Dufek

PAGE 4
Roanoke, VA 24014
Downtown Roanoke
Luxury 3 bedroom, 2 bath end townhouse with over 2,200 sq ft of living space. Foyer entry, desirable floor plan with refinished wood floors, crown moldings, fireplace,  built-ins, full bath and 3 bedrooms including a Master Suite with sitting area and private bath. The top level features a home office and a full bath. Blocks to Old Town, Arlington & D.C.

Del Ray
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.

Annandale
Luxury 3 bedroom, 3 bath home with blocks to Braddock Place, dining room and adjacent kitchen updated with 42" cabinets and granite counters. Abundant amenities including concierge service, on site Harris Teeter, fitness center, pool, rooftop deck and community club.

Old Town
Sold

Beverly Hills
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 Old Town, Arlington & D.C.

Beaverd
$l569,000
Luxury 2 bedroom, 2 bath condo with balcony and garage parking located just blocks from Crystal City, METRO & Potomoc 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.

Hayden
$895,000
Beautiful 5 bedroom, 3 bath home with a 2 story addition and fabulous open floor plan. Blocks to Metro, shops & restaurants!

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.

Seminary
$695,000
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 and 2 wood burning fireplaces. Lovely fenced yard with planting beds and patio. Blocks to Old Town, Arlington & D.C.

Merton 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.

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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 Britteny

[Editor’s Note: We distribute 25,000 copies to over 600 locations around town, including approximately 7,500 private homes. 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.]
By Chu

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 change 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.

“One day in the 1990’s when we served a business client who are the heart of our business,” he said. “But, our dozens of loyal commercial clients we have a large walk-in customer business. This past June we served 731 customers,” he explained.

“In addition to our commercial clients we have a large walk-in customer business. This past June we served 731 customers,” he explained. “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 small print shop 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-
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.

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

"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 hands-on print work ensuring customer quality.
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 Luang Steuerle, a local clinical psychologist who worked intensively with families and children, was killed in an airplane crash the world wide mourned.

Out of the tragedy, father Eugene Steuerle and daughters Kristin and Lynne found a new direction for their family that benefits thousands of Alexandrians 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 Schefield, Ph.D., a statistics professor at Swarthmore 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 time.”

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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 yourself. To me, to battle that form of hatred is to embrace others.”

- See LIVING LEGENDS on page 8

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 Taze- gül. 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, 5-2, to get him within striking distance of the bronze.

“A lot of Facebook, a lot of Twitter messages that I haven’t seen yet. "I have about 300 text messages that I haven’t received yet," Jennings said.

"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 received 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.”
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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.

**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.

“My mom was little. She was only five foot three, but she had the energy of a person eight foot 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. 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 that serves wider interests.

“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,” says Krisitin.

“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 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. 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.

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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 Virgininia 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.

Q U O T A B L E:

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

–Groucho Marx
Charlie’s Hard Times is new to the market, and as you can imagine the name appears based on the current economy. As the label states, “Let’s face it. These are hard times, so help keep everyone in the sauce.” It is extremely tasteful and ranks at two star heat.

Made in Riviera, Florida by Charlie Schandelmayer of Sauce Crafters (made in America) with aged red peppers, distilled vinegar, garlic and chipotle peppers. This is the perfect sauce for any cook-out. I tried this sauce on a ham sandwich and it was wonderful. Try adding this to your burger meat before you throw them on the grill. Awesome!

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.

More Fun with Wine Bottles

Some unique wines and sub-regions still bottle in very particular vessels. Châteauneuf-du-Pape still use a bottle shape similar to the Burgundy bottle, but thicker and heavier glass. Their most striking feature is the embossed Papal seal, honoring the Popes and their Avignon legacy which made the wine so famous.

The Barolo bottle, called the “Albeisa Bottle.” It was first produced in Alba (hence it’s name) in the 1700s, and was used exclusively for Barolos for centuries. Look for the gorgeous embossing on the glass.

And who could forget that iconic Fiasco bottle used by many traditional Chianti producers? You know the one, big and fat with a cute straw basket. The story goes that the glass wasn’t too sturdy and often broke – giving us our meaning of the word “fiasco” (and broken bottles of wine truly are fiascos). Straw was placed around the bottom to help avoid those situations.

Cheers,
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.
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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What You Will See

By swoop.

A turkey might waddle hawks soar overhead. Swallows other insects. Bald eagles and mountain mint lures bees and Pye weed. The sweet aroma of like black-eyed Susans and Joe blossom to blossom, on plants that nectar, feed and pollinate County Park Authority’s head says Charles Smith, the Fairfax “Meadows are rare in our area,” in northern Virginia lately. romped through a meadow “How about “Little Boy the tune, “Over in the Mead- stories and songs. Remember the psyche of many people early on Ellis, AHS Director of Com- “Monocultures, like grass, are maintained. Ellis stressed. In terms of blooms, the meadow has two flushes of col- generally in June and Sep- T Mein ideal is to wake up in the morning and run around the meadow naked.” –DARYL HANNAH, ACTRESS

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

Photo by Glenda Booth

A Vibrant Meadow in Every Season

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 head- quarters 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 Bluemel. “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 botanical tapestry, intriguing in every season — most.

What You Will See

Visitors can experience sensory overload all year. In sum- mer, the meadow is abuzz with butterflies, bees, wasps and flies that nectar, feed and pollinate blossoms 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 scampers 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 florescences 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 meander- ing 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 adults think, Ellis 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 has fewer than 100 species of native butterflies, 10 species of dragonflies, and 32 species of birds. On a hot August day this year, two dragonflies were mat- ing above the parking lot! Smith explained that many rare and uncommon plant and animal species rely on non-

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 mat- ing above the parking lot! Smith explained that many rare and uncommon plant and animal species rely on non-

A bumblebee visits a coneflower. Photo by Glenda Booth

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

Photo by Glenda Booth

Lee habitat types that provide critical habitat for many plant species and the animal species that are associated with and de- pend 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 identi- fying pollen in sediment cores reveals that not only were there grass dominant ecosystems in our region during the last gla- cial 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
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 Society (www.ahs.org). The AHS property borders the Potomac River. In the 18th century, the property was George Washington’s northermost 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 Saturdays from 9 a.m. to 1 p.m.

Events:

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

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

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• Participate in PANEL DISCUSSIONS: with our doctors who will speak on the major issues affecting our community and answer your most pressing health concerns.

• Visit Our Vendors: representatives from Girls on the Run, AARP, Lupus Foundation, Sickle Cell Foundation, National Kidney Foundation, Black Girls Rock and many others will be on hand.

• Do a DEMO: get moving with a fun dance or aerobic routine, relax with a chair massage, increase your flexibility with yoga or learn how to prepare healthy meals.

Come out – get screened – gather the most recent information on various health issues – learn how to take better care of yourself and your loved ones!

LECTURES
(Listen to the Experts)

Asthma & Allergy
Skin Care
Chiropractor
OB/GYN
Weight Management
Diabetes
Gastro/Colon
Prostate
Cardiovascular
Podiatry
Breast Cancer
HIV/AIDS

FREE HEALTH SCREENINGS

BLOOD PRESSURE
BMI/BODY MASS INDEX
CHOLESTEROL
DENTAL
DIABETES/GLUCOSE
HEARING AND VISION
HIV/AIDS
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CHAIR MASSAGE
DANCE
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YOGA

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SAVE A LIFE AND DONATE BLOOD

Stay on top of your health for yourself and for those who love you!
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 some of our words after setting foot on the lunar surface and thrilling over 500 million people who watched the event, ‘Neil Armstrong is like blending Charles Lindbergh and Flash Gordon -- the rocket that propelled the American ‘Eagle’ s pad in the Sea of Tranquility.‘

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 Neil Armstrong on the moon, the same humble character that Lindbergh possessed, he demonstrated the same combination of master-engineering and science fiction -- courage and contraptions. Neil Armstrong possessed that special connection between the high un-tresspassed sanctity of space, and humanity were so much a part of this man that, to borrow some of our words after setting foot on the lunar surface and thrilling over 500 million people who watched the event, ‘Neil Armstrong is like blending Charles Lindbergh and Flash Gordon -- the rocket that propelled the American ‘Eagle’ s pad in the Sea of Tranquility.‘

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 master-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 pilotoned 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, Michael 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 Thoat who went to Fairfax High School and the Naval Academy with me, did. We were so enamored by the space program and these men so closely 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 1969 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 engineers 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.
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.

Relax Your Mind & Sleep Soundly

"No wonder you have insomnia... lying there awake all night."

**Quotable:**

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

—Al McGuire
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 1920s.

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. Dustin became the first keeper of the Jones Point Light. He was 18 at the time of his employment.

In 1890 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 by the onslaught of Hurricane Isabel in 2003. Jones Point Lighthouse is one of only five integral lighthouses along the Potomac River. At one time there were 13 stretching from the mouth of the river to the District of Columbia.

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 southeastern tip of the park.
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

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.

Maybe you have noticed the red bike stations that are new around town. Eight Capital Bikeshare stations are now operational in the City. If you are curious about how it works, it’s easy. Go to any Capital Bikeshare station and follow the directions at the kiosk. Use a credit card to join for the day. You can take a bike as many times as you’d 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!

These station locations include:

- Prince St. & Union St.
- King St. & N Royal St.
- King St. & S Patrick St.
- Commerce St. & S Fayette St.
- 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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2012

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Trying to sell real estate - residential or commercial and want to put it over the top - above the competition?

Or, do you have a company, maybe architecture, advertising or law firm? and really need your office lobby to make a luxurious and successful statement?

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High Point is THE place for me to snag just the right piece for you. Prefer to see pieces in person?

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OLD FRIENDS START UPSTAIRS ART GALLERY IN HEART OF OLD TOWN

BY CHUCK HAGEE

Art can capture evolution and space from the caverns 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?

“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.

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 watercolor 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 gallery’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.
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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 well-being, or increased energy - can easily lead to a dangerous dependency on these drugs. 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 worsen. Soon your life is consumed by drug-induced, chronic daily headache pain. Soon, you find that 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.

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 conditions such as chronic pain syndrome, fibromyalgia and chronic fatigue syndrome.

IS MEDICATION OVERUSE CAUSING YOUR HEADACHE?

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Meet the audiologist...

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 should have made. Way 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.

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@aachenchiropractic.com or call his office at 703-823-2201.
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 American 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.”

**Community News**

**New Wastewater Treatment Bills Will Arrive in October**

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- **Personal & Home Care Aide Services**: Help with homemaking activities such as making beds, doing laundry, washing dishes and preparing meals.
- **Physical Therapy**: Assist in alleviating pain, improving balance, mobility and strength, and impeding deformity caused by injury or illness.
- **Occupational Therapy**: Help restore independence through daily living skills at work and/or home.
- **Speech Therapy**: Evaluate and treat individuals with speech ailments.
- **Diet/Nutritional Therapy**: Plan food/nutritional programs to control disease and encourage good health.
- **Medical Social Services**: Provide advice, counseling, educational materials and referrals to help individuals cope with incurable illnesses.

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*The Zebra* 23
EXTEND YOUR CAR’S LIFE WITH REGULAR CARE

By Dennis Whitestone

Proper maintenance and care is 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 every 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 my opinion and experience, that is false economy and can lead to harmful deterioration within the engine.

How the engine oil is changed on a regular basis. The rule of thumb is that it should be changed every 3,000 to 4,000 miles if using petroleum based oil and every 5,000 miles with synthetic oil.

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 chain should also be serviced at 150,000 miles.

Other vital fluids essential to a well maintained automobile are power steering, transmis-
sion, and especially the brake fluid. Each should be flushed and changed approximately every 40,000 miles. These fluids 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 the 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.

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

According to permits filed with the city, H & M plans to spend about $975,000 in improvements to replace the location previously occupied by Restoration Hardware, which shuttered in January. The building is owned by Douglas Development.

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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.

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.
“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?”

“Uh-huh. 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 Parissan. Pronounced Jer-emy-MIE. (Stop right there. He’s none 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 strawn 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 — 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!” he 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, Jer-emy 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 Pa-rrisan 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 sllop 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. Pist glasses galore, I had. No use for cups the size of those spitty cups at the dentist.)

Another thing about Ameri-cans -- and I am a left-leaning one, just to forewarn you -- we came by our bad manners no- bly. 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 every-one 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 shame-fully 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 egal-i-tarian 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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Gauche and Loving It

By Melissa Nix

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

Photo by Melissa Nix

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Letter from a Broad

Letters from a broad

SEPTEMBER 2012

THE ZEBRA
T

he 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, of the Confederate Army of Northern Virginia, died a month later as a result of a wound he suffered in that battle.

As dawn broke, the battle commenced not as a coordinat- ed 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.

BY CHUCK HAGEE

THE KILLING FIELDS OF ANTIETAM September 1862

THE CASUALTIES ON BOTH SIDES TOTaled MORE THAN

23,000

23,000 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 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 Stonewall 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

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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.
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.

Follow The Nugget online at www.thenuggetjewelers.com and please call Mary to schedule a shopping appointment at 571-238-1519 or email her at nuggetjewelers@aol.com.

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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 uncontroverted 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.Marine. 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.
INAGURAL 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 Brinzeefield Manitta Drubin & 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, Alphagrahics, 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 Boutiques 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 spotlighted local businesses with a focus on cars. We were very excited to be able to bring the Nationwide NASCAR car and race simulator.”

Gin Kinneman and her colleagues from Nationwide Insurance.

Courtesy Photo

Steve Needham, 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

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Alexandria Archaeology Announces Findings on Graves at Fort Ward Park

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.”
- 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 Jack.son 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 Minie balls (a muzzle loading, spin-stabilizing rifle bullet, developed by French Army officer Claude-Etienne Minie, 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.
Alexandria Showcased Its Fashionable Side for Fashion’s Night Out

The Alexandria Convention & Visitors Association (ACVA) is putting 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.

The successful inaugural event was heavily supported by sizable sponsorships.

Photo by Harry Merritt

Mayor Bill Euille kicks off Alexandria’s Fashion’s Night Out festivities.

Photo by Harry Merritt

Mystique Jewelers Owner Elizabeth Mandros Miller with some 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
Piccolo

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!

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 boys and acting silly. Come meet me today and I’ll put a smile on your face.

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?

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.

Freddy

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.

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.

Bianca

Vola Lawson Animal Shelter
4101 Eisenhower Ave. Alexandria, VA 22304
703-746-4774 (Phone)
703-746-4775 (Fax)
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 Nationals 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 opportunity 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

COMMUNITY NEWS

Alexandria Chamber Goes All In with Washington Nationals

Partnership Enhances Game Experience and Encourages Teamwork and Commitment to Community

COMMUNITY NEWS

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 Ti-sara, 703-625-2330.

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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Dinner: 4pm–8pm

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By way of nourishment, not by way of knowledge.
—Rabbi Isaac the Blind

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Anne Alden Kabbalistic Healer

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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 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 Magazine’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.

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 Wintermутte, 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 Cafe
2000 Lou Scanlan of Outbounder, Inc.
2001 Bill Eulile of Wm. D. Eulile & 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 McEnearney - McEnearney 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

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 Stokowski

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 Chamber Honors Chef Cathal Armstrong
2012 BUSINESS LEADER OF THE YEAR

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COMMUNITY NEWS

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.

QUOTABLE:

“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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FREE ESTIMATES
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.
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 reflect 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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OLDEST 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, 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 businesses and cable enterprises, including a successful tenure as president of HBO International, the global arm of 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 Old 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 operated 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 Preserve-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," said Viebranz. "As president of the Mount Vernon Ladies' Association over the past century and a half to preserve Mount Vernon and Washington's legacy. Ensuring Wash-

CORRECTION

In our August 2012 issue, the Zebra erroneously reported the circulation for the Mount Vernon Voice. Columnist 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 fast-checking error and the continued success and growth in the future.
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 worldwide 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.
Fly
September 21 – October 21
Ford’s Theatre
511 10th Street
Washington, DC
Fords.org
800/882-2787
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 & 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 craftpeople 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, Fort Monroe 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
3 pm – 4:30 pm
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 commemorating 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
1:30 pm – 4:30 pm
The Grove on Virginia Theological Seminary Grounds
3737 Seminary Road
Alexandria friendshipfire.net/
friendshipfirehousepicnic.html
Area musicians and Alexandria’s Town Crier join forces with the historic Friends of 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 beautiful lawn of the Virginia Theological Semi-

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).

The Zebra's September 2012 Events Calendar

TAVERNS, TOQUDES, RETURNS
Weekly Tuesdays at 10:30 am – Noon
Gadsby’s Tavern Museum
Gadsbystavern.org
703/746-4242
Designed for walkers through 36 months and their caregivers, Tavern Toddler features a weekly open playground at 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
Toledo Factory
105 North Union Street
Alexandria
Topefactory.org/target
Target Gallery celebrates our twenty-fifth anniversary, and to mark such a momentous occasion we present 25, an all-media exhibition featuring events that have occurred over the past twenty-five years.

Smithsonian Museum Day
September 25
Free Admission to Three Alexandria Museums
Gadsby’s Tavern
Alexandria Archaeology
Stabler-Leadbeater Apothecary
Smithsonian’s 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, 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.smithsonian.org or call 703.746.4242.

At the Alexandria Archaeology Museum, located inside the Toledo Factory Art Center (105 North Union Street, #327), visitors can discover Alexandria’s once buried past through antiques and excavations. Learn about the archaeology and history unearthed during the Lee Street site excavation, courtesy of 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 Alexander’s oldest artifact, a 13,000-year-old Clovis point recovered in 2007. For more information, please visit www.alexandriaurchaeology.org, or call 703.746.4399.

The Stable-Leadbeater Apothecary Museum, 105-107 South Fairfax Street, is noted for its extensive 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-blow 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 Curtis and Robert E. Lee. For more information, please visit www.apothecarymuseum.org or call 703.746.3852.

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

Photo by Renee Comet

To have your event listed, contact mary@thezebra.org

September 2012

The Zebra's September 2012 Events Calendar

Gadsby’s Tavern Museum
105 North Union Street
Alexandria
Gadsbystavern.org
105 North Union Street
Alexandria
Gadsbystavern.org
703/746-4242
Welcome to the newest and most interesting museum in the area. The museum is located in the old Gadsby’s Tavern, a building that dates back to 1792. The museum is open to the public and features a variety of exhibits that highlight the history of the area.

Mount Vernon Estate
End of Mount Vernon Parkway
Alexandria
Mountvernon.org
703/780-2000
Mount Vernon was the home of George Washington, one of the founding fathers of the United States. The estate includes a museum, gardens, and a cider mill. The museum features exhibits about the life and times of Washington, as well as other historical figures.

Alexandria Historical Museum
107 South Fairfax Street
Alexandria
Alexandriahistory.org
107 South Fairfax Street
Alexandria
Alexandriahistory.org
703/780-2000
The Alexandria Historical Museum is dedicated to preserving the history of Alexandria. The museum features exhibits about the city’s past, as well as artifacts and documents from the 18th and 19th centuries.

Alexandria’s Old Town has a rich history dating back to the 18th century. The district is home to the Gadsby’s Tavern Museum, which is located in the old Gadsby’s Tavern building. The museum features exhibits about the history of the area, as well as artifacts and documents from the 18th and 19th centuries.

Alexandria’s Old Town has a rich history dating back to the 18th century. The district is home to the Gadsby’s Tavern Museum, which is located in the old Gadsby’s Tavern building. The museum features exhibits about the history of the area, as well as artifacts and documents from the 18th and 19th centuries.
tour of Mount Vernon’s historic area. Following the tour, there will be 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.

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

Families can enjoy theater, music and an all-day tour of Mount Vernon on visual and performing arts in Alexandria from Labor Day to Halloween. Visitors can enjoy lunch or grab a snack at the tour, guests will enjoy a look at 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.

**FAMILY SK Fun Run**

September 30

7:30 am

**FALL WINE FESTIVAL AND SUNSET TOUR**

October 5 - 7

6 - 9 pm

**Mount Vernon Estate**

End of Mount Vernon Parkway

Alexandria

Mount Vernon.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 success 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**

October 5th 2012

7 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 200 years of brewing more than 20 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 per brewery.

October 12th 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 REVISED: THE PARKER-GRAY COMMUNITY, 1985 -1986, PHOTOGRAPHS BY CAROL G. SIEGEL**

Thursday, October 11

Alexandria Black History Museum

902 Wythe Street

Alexandria

Alexblackhistory.org

703/671-6772

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

**NEWS**

**McLean News**

Tuesday, October 11

McLean Community Center

5141 Lyndon Lane McLean

703/549-3500

**McLean Heights News**

Wednesday, October 12

**Community Aquatics Center**

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 @ 8, Sat @ 3 & 8, and Sun @ 3 & 7. Tickets $48-55.
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
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

DOWN
1. Bad treatment
2. Artificial waterway
3. Gnati-like 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
14. Lift
15. Dogfish
16. Shocked reaction
17. River of Spain
18. Figure out
19. Close
20. School session
21. Not this
22. Laugh
23. Large long-armed ape
30. Mobile phone

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.

SUDOKU

SOLUTIONS

46 THE ZEBRA
SEPTEMBER 2012
AFH is ALWAYS in need of foster homes!

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

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!

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 Bernhard, but our current guess is that she will be the size of a lab or smaller.

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.

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.

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 lie down nicely. I love my floppy 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 and cats! I will be a great pal to any kid or adult who loves me!

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 hound. If you have a yard, he will love spending time where you want him to go. If he is not herding, he is on-duty but relaxed. Cody likes to communicate and does a good job of telling you if he needs to go out. He doesn’t like being crated. He can easily be left in the house alone as long as no damage is done 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.

Shelby - (Female)
Breed: Beagle Mix
Age: 7 Years
Weight: 30 Pounds
History: Shelter
Description: Shelby is a sweet hound beagle that lives to please her human. She is loving and snuggly. She would prefer to be held rather than any other activity.

Shelby

Bella B

Cody

Irish

Pebbles

Beachamp

Irish

Shelby
Hadeed
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