BLACK AND WHITE AND READ ALL OVER

2ND ANNUAL FOOD TRUCK RODEO
THE JONATHAN PARKER OCTET
ART UNITING PEOPLE
WHOLE DOGZ - FIDO’S HOME AWAY FROM HOME

GOOD NEWS IN ALEXANDRIA & ARLINGTON
FOUNDED IN 2010
FREE

ACES HIGH!
Alexandria Baseball Returns

JUNE ‘15
**Del Ray**

$1,050,000  
Gorgeous 4 bedroom, 3.5 bath Italian home with over 3,000 sq. ft. of living space in the Heart of Del Ray with off street parking. Four entry welcomes you to the formal living room and dining room. Two story new Chef's kitchen with adjoining family room and French doors to a fabulous screened-in porch and deck. Upper level with 3 bedrooms and 2 full baths including the Master suite. Top level with full bath and sun deck is perfect for a bedroom suite or office. Lower level recreation room with full size windows and large storage room with walk out stairs to driveway. French yard with Putting Green!

**Del Ray**

$2,200,000  
Historic 4 bedroom, 3.5 bath home on "Captain's Row" 1 block off King Street and 2 blocks from the river. Extensive restoration with nearly $300,000 of living space featuring spacious light filled rooms with 10' ceilings, beautiful moldings, custom width wood floors and 2 fireplaces. Eat-in kitchen with exposed beams and new stairs to upper level. Main level bedroom with full bath plus half bath off foyer. Updated throughout with quality finishes, glowing hardwood floors on 2 levels, freshly painted exterior, new roof, HVAC units and much more!

**Del Ray**

$1,049,000  
Spacious 5 bedroom, 3 bath home with an apprx. 5500 sf. of living space. A car detached garage and ideal local. Lots of 1930's charm with hand some wainscoting, crown molding and custom woodwork throughout. Graceful foyer entry with French doors to the dining room with fireplace and dining room. Large eat in kitchen with breakfast bar and Pohladian window looking out to the lovely fenced yard with elliptical stone patio. Main level bedroom with full bath and 4 upper level bedrooms with 2 full baths. Lower level recreation room, ample closet and storage space.

**Del Ray**

$445,000  
Leave your car at home, this 3 bedroom, 1.5 bath brick semi-detached townhouse is just a few blocks from the Braddock Road METRO, shops & restaurants on "The Avenue"! Light filled living room and dining room with built-ins. Kitchen with "42" white cabinets and corian countertops. First floor laundry room and access to the fenced back yard with patio. Upper level with 3 bedrooms, a full bath and pull down stairs to the attic for additional storage! Lower level with recreation room with ceramic tile floors, half bath, storage room and stairs to the yard. Convenient to Old Town, the PTO and Federal Courthouse at Carlyle.

**Rosemont**

$885,000  
Lovely 3 bedroom, 2 bath expanded bungalow Ideally lo- cated just blocks from METRO, shops and restaurants in Del Ray and Old Town. Spacious living room with fireplace and adjoining family room. Dining room with coffered ceiling. Kitchen with granite counters and 42" cherry cabinets with sunny breakfast room. Upper level with 3 bedrooms and 2 full baths including Master suite with en-suite bath. Unfinished lower level, large fenced yard with patio and short off street parking.

**Old Town**

$1,035,000  
Elegant 3 bedroom, 3.5 bath townhouse with 3 finished lev- els and 2 off street parking spaces just a couple of blocks from shops and restaurants. Four entry to formal dining room and living room with Fireplace and French doors to a Georgetown patio. Gorgeous new kitchen with custom cabin- etry, SS appliances and beautiful granite. Upper level with 2 bedrooms suites including the Master suite with double closets and a luxurious spa bath with Carrara marble dou- ble vanity, oversized jetted tub and separate shower. Lower level with 3rd bedroom with en suite bath, family room and laundry room. Updated throughout with quality finishes, gleaming hardwood floors on 2 levels, freshly painted exer- tior, new roof, HVAC units and much more!

**Old Town**

$1,075,000  
Gorgeous 5 bedroom, 4 baths crafts- man home with upper 3.5 bedroom, 2.5 bath 42" cherry cabinets with granite counters and backsplash. From the entrance, the oak stairway leads to the sitting room with sun room, family room with wet bar. Gourmet kitch- en and adjoining family room with French doors to the beautiful patio, ideal for outdoor entertaining. Master bedroom with full bath and 3rd level with 3 bedrooms including a fabulous Owner's Suite with sitting area, 2 walk-in closets and luxury in suite bath. Spacious 3rd level with full bath is ideal for a 5th bedroom or 2nd family room.

**Old Town**

$1,190,000  
UPDATE! 5 Bedroom, 3 bath home in a corner lot in the heart of Carlyle, just blocks from the Courthouse at Carlyle. For sale is a recently updated home, approx. 3000 sq ft of living space on 2 levels. The main level features a large family room with fireplace, adjacent dining room, a large eat in kitchen with pantry and half bath. A perfect layout for gatherings or entertaining. It's Not Just My Business, It's My Neighborhood!
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PUBLISHER’S NOTE

Wicked heat and outrageous afternoon thunderstorms have launched our summer, but still the beauty overflows in prolific and vibrant blooms around town and our gardens, in the remarkable rainbows, and in the joys of all things possible this time of year.

In this issue we celebrate Alexandria’s baseball team, Alexandria Aces, and share the joys of perennial gardening, the openings of new businesses, the successes of recent events like the Taste of Del Ray and the Food Truck Rodeo, and of course, profile the adoptable pets, bits of our local history, and the heroic shopkeepers and civic leaders who dedicate endless efforts to making our community the enviable one it is.

Please enjoy our June issue, and as always, please continue to send us your thoughts, ideas and criticisms. Cheers! Mary Wadland

P.S. Also, please remember to LIKE us on Facebook (www.facebook.com/TheZebraPress) as many things are often posted there that don’t make the print edition!

WHAT BUGS ME

BY DEBBY CRITCHLEY

I’m a foster dog mommy. I have fostered dozens of dogs. Please respect my instructions when you happen upon me and my foster dog. If the dog jumps on you and I correct them, please don’t tell me it’s okay. It’s not. I am trying to help this dog become a good family member and overall good canine citizen. A 50 lb dog can knock over a toddler when they jump up on them. They can scare other people who do not love dogs as much as you do. Help me help them by following my correction. Who knows, your next canine companion might be one I fostered. If you have a pet peeve or something that bugs you and you want to get off your chest, please email me at debbyc@TheZebraPress.com

JUNE ’15

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CATCH OUR MISTAKES

We proofread, but occasionally we make mistakes, so to make a game of it, we encourage you to find the errors we missed. The entrant who finds the most wins a gift certificate from an area retailer or restaurant. If you have a keen eye and a sharp pencil, send your catches to editor@thezebrapress.com, BARBARA JUSZCZYK caught the most – 17! Barbara wins a $25 gift certificate from Greenstreet Gardens!

Zebra Spotted in Venice, Italy!

This is Alexandria resident Bridget Donohue taking a break from sightseeing and enjoying the Zebra at Piazza San Marco (St Mark’s Square) in Venice, Italy. Send photos of Zebra read around the world, and we’ll publish them as well as send you a gift certificate from an area restaurant or retailer. Submit to editor@thezebrapress.com with a caption. Bridget just picked up a $25 gift certificate from Greenstreet Gardens!

COVER PHOTO by Louise Krafft

ZEBRA SPOTTED IN VENICE, ITALY!
Aces manager, Dave DeSilva and Pat Malone discuss the season. Photo by Kenny McEarty.

BY PAT MALONE

I f you're a D.C. area baseball fan, there's no doubt that you've heard of the Alexandria Aces, right? If you haven't caught on to the Aces, yet, you're in for a treat, as the highly-recruited team is ready to welcome you to Frank Mann Field, behind Coral Kelly School for a great summer of collegiate summer baseball! It's affordable family fun entertainment that you don't want to miss.

The Aces are playing in their eighth season in Port City, with players coming to town from major colleges and universities to play exciting wooden bat baseball where they'll hopefully catch the eye of a major league scout. They play in the ten-team Cal Ripken Collegiate Baseball League (www.calripkenleague.org), which was originally established in 2005 and is geographically located in the Washington, D.C./Baltimore metro area.

The team's season recently started, and I had a chance to ask Aces head coach Dave DeSilva some questions regarding the league, his baseball interests, and the Aces upcoming season.

Pat: How did you first hear about the Aces and how did you get recruited to join former manager Corey Hanes' coaching staff in 2012?

David: After coaching for four years down in North Carolina, I moved to Northern Virginia in September of 2011. I have a passion for player development and teaching the game of baseball. After moving to Alexandria, I knew I had to find a spot to feed that passion. I did some research, where I stumbled across the Aces and knew this was the place. I immediately contacted Corey Hanes (Aces manager in 2011 and 2012) and owner Don Duman to inquire about the ball club. After several interviews with Corey, I was hired to join the team for the 2012 season as the Aces lead assistant and third base coach. It was a perfect introduction to the Aces organization and the Cal Ripken Collegiate Baseball League.

Pat: You've had two consecutive winning seasons with the Aces, so congratulations are in order. Have you seen an uptick in attention from college coaches who have seen your work and wanted to place players with you?

David: After my first year as lead assistant under Coach Hanes, I was promoted to manager for the 2013 season, upon his departure. My first task was to put a competitive product on the field. After all, the Aces had never had a winning season in their five years of existence. In my first year as manager, we were able to knock down that barrier with a 27-17 record, good for second place in the then twelve-team league. We followed that up in 2014 with a 23-17 record. My goal has always been to facilitate the development of the college athletes that come to Alexandria. The college coaches appreciate that I set expectations early and hold everyone accountable, including myself. I strive to be open, honest, and to communicate well with college coaches, players, and staff. My relationships with the college coaches have flourished under this model.

Pat: When do you start recruiting players and how much of it becomes an on-going process throughout the year?

David: The recruiting process is fluid and never ending. I am already recruiting for next summer and have had discussions with several college coaches about next year. I field phone calls and emails every single day of the year and it's a difficult task to sift through all the information and available players and decide which ones are the right fit for Alexandria and our ball club. Since my ability to act like the players in action prior to signing them, I have to lean on the college coaches and my relationships with them. Trust is a huge factor in the recruiting process.

Pat: How many Aces have you seen get drafted by Major League Baseball (MLB)?

David: There have been four Aces players drafted by MLB and several others who have signed five year agent contracts with MLB or Independent Leagues. The most notable of which is Kyle Zimmer (University of San Francisco ’12) who was drafted fifth overall by the Kansas City Royals in Major League Baseball’s 2012 Draft. We are hopeful that he’ll make his major league debut this year.

Pat: What was the inspiration for you to help start up PrimeTime Baseball? How did you, John Skaggs, and Chris Berset get it all started?

David: John Skaggs, the first ever Aces signee back in 2008, and I, both had a similar vision about the league team. There must be a mutual respect and trust between the parties. Again, it goes back to setting expectations with the coaches and then executing on my commitments. This works both ways.

Pat: How was your inspiration to get involved in baseball?

David: My Grandfather. He is the best person I have ever met and the one who taught me the love and passion for this game. Growing up my dad worked third shift, so on the weekends, my mom would always take me over to my grandparent’s house (they lived nearby) for a week with my dad. My grandfather and I would spend a lot of time watching
and talking sports, specifically baseball.

**Pat:** Frank Mann Field is the home field for the Aces. How important is it for Aces fans to help to ‘pack the park’ to help motivate the team out on the field, and what can fans look forward to both on and off the field this season?

**David:** I cannot express the importance of community support. My first goal when taking over as manager in 2013 included improving the product on the field. With two winning seasons under our belt, we are at the cusp of becoming a team to beat in the league. This year we have really focused on the community aspect. We revamped our host family strategy and now have so many families willing to host, there is a waiting list. We upgraded our warm-up gear with nicer material and a new look. This year we are providing post game meals for players. The community has rallied around the guys and we have secured enough donations to feed the players after almost every home game! If you walk down Mount Vernon Avenue, for instance, in Del Ray, you should see all of the Alexandria Aces schedule posters hung in businesses there, and all around town, too. Del Ray Pizzeria will be supplying food for our concessions this year in an effort to continue to build a strong partnership and community support within the city. I’m really excited about the opportunity to

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**Quotables**

Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you.

—Erma Bombeck

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**BASEBALL**

**Dr. Matt Fontaine Joins the Team**

Guys playing baseball get hurt now and then, and somebody needs to be there to correct the problems. Meet Matt Fontaine, a private sports medicine, and chiropractic physician, serving patients in Northern Virginia, who will now work closely with the players. With over 14 years of experience, Dr. Fontaine is a board-certified Doctor of Chiropractic Medicine, who focuses on combining chiropractic, sports medicine, and Active Release Techniques® (A.R.T.).

Fontaine’s easy spirit with the players and folks in the stands is a testament to his long history in the field. Himself a former collegiate baseball player and an avid athlete, Dr. Fontaine is at work with professional baseball teams before and is dedicated to athletes and understands their needs. He is an active member of DC Tri Club and Trident CrossFit and has completed over 30 Triathlons including IRONMAN 70.3 Timberman, St. Anthony’s Triathlon, and Daytona Ironman. He is also active in his community supporting Fairfax County Fire & Rescue as a volunteer Emergency Medical Technician (EMT)/Firefighter.

Along with his commitment to the Alexandria Aces, he is also the CEO and clinic director of Potomac Physical Medicine, located at 113 N Henry Street in Alexandria, the creator of Prehab4Performance blog, an author, and a speaker providing athletes with knowledge and insights into preventing injury, resolving pain, and optimizing athletic performance.
The 23rd annual Stamp Out Hunger Food Drive took place Saturday, May 9, to stock local food pantries for the upcoming summer months. Stamp Out Hunger is the nation’s largest single-day food collection, hosted by the National Association of Letter Carriers with other sponsors.

Local Letter Carriers from Union Branch 567 (Alexandria city and parts of southeastern Fairfax County) collected bags of food donations by their customers’ mailboxes and partnered with local pantries. This year, United Community Ministries (UCM) received more than 4 tons of food collected at Alexandria area post offices.

Letter Carrier Brian McCormick of Union Branch 567, National Association of Letter Carriers, works at the Alexandria Post Office Annex at Telegraph Road. He serves as the Food Drive Coordinator and champion for the event to shed light on fighting local hunger. “My fellow Letter Carriers really get into it and enjoy seeing who can bring in the most food donations,” he says. “We are very grateful to the local Letter Carriers for their ongoing support to fight hunger here in our neighborhoods,” says Richard Dobber, UCM Director of Social Services. “And we thank our volunteers who worked long hours on Saturday. We appreciate the large quantity of healthy food items we received this year from so many caring community members, including low-salt canned goods like vegetables and sauces, whole wheat pasta, low-sugar cereals, ram, and energy bars.”

Alexandria Transit Company (ATC) is this year’s recipient of the Virginia Transit Association (VTA) Outstanding Public Transportation Marketing Award. DASH was selected for its “DASHing for 30 years: Past, Present and Future” marketing campaign included monthly activities that engaged the customers through social media and on-board promotions and the creation of the DASH 30th Anniversary video and the Celebration DASH Bus!

DASH partnered with the Television Production Class at T.C. Williams High School to enlist their help in directing and producing the anniversary video. The purpose of the video was to provide viewers with a glimpse into DASH’s history and events that have made DASH an award-winning and very successful bus system. This presented a great opportunity to the students and allowed them the opportunity to be part of the DASH anniversary celebration and a meaningful community effort. The students worked very hard to produce an exceptional anniversary video for DASH that will be part of DASH’s anniversary history for many years to come.

Another major anniversary project was the Celebration Bus. ATC turned one of its retiring DASH buses into a paint canvas. ATC partnered with school art programs at Alexandria Country Day School and T.C. Williams High School who took the project and ran with it.

In the late 18th and early 19th centuries, Gadsby’s Tavern was the center of social and political life in Alexandria and the new Federal City of Washington. The tavern served as the meeting place for Washington, and visitors to eat, drink, learn, and influence history. Gadsby’s Tavern Museum is located at 134 North Royal Street in the heart of Old Town Alexandria. For more information, call 703.746.4242 or visit www.gadsbytavern.org.

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ALEXANDRIA DEPUTIES COLLECT MORE THAN 150 POUNDS OF MEDICATION

Drugs Collected in Take Back To help prevent abuse and theft of medications, Alexandria deputies collected more than 150 pounds of unwanted and potentially dangerous drugs at the Drug Take Back in Del Ray over the weekend.

The event, held outside The Neighborhood Pharmacy at 22341 Vernon Avenue on Saturday, June 6, was the result of a partnership with the Sheriff’s Office, The Neighborhood Pharmacy, Del Ray Business Association (DRBA) and the Substance Abuse Prevention Coalition of Alexandria.

Sheriff Dana Lawhorn expressed his appreciation to pharmacist Stacey Swartz for sponsoring and hosting the event and to DRBA for funding the cost of disposal, adding that “This is another great example of a public-private partnership that benefits Alexandria.”

Drug Take Back events address a critical public safety and public health issue. People may not be aware that medicines in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the United States exceed the combined rates of heroin, cocaine, and hallucinogenic drug use and prescription drug abuse has resulted in thousands of fatal prescription drug overdoses, particularly from narcotic painkillers. According to the Drug Enforcement Administration, a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. Further, many Americans do not know how to dispose properly of their unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards.

ALEXANDRIA’S DEPUTY POLICE CHIEF TAMMY HOOPER BECOMES CHIEF OF POLICE TO ASHEVILLE, NC

After an extensive national search, the city of Asheville announced that Tammy Hooper will become the city’s next police chief, effective July 20, 2015.

The current Deputy Chief of Police for the City of Alexandria, Va., Hooper brings 26 years of police experience to her new role in Asheville. Hooper held a variety of positions with the Alexandria Police Department, starting as a patrol officer in 1989. During her tenure, she served as commander of the Vice Narcotics Division. She later executed the Alexandria Police Department’s Community Policing Plan. Hooper became the first woman to serve in the rank of captain in the department. In 2007, she became commander of Internal Investigations and later commanded a Patrol Division. Additionally, as a Support Services Division Commander, she gained experience in property and evidence oversight, emergency communications and planning, and accreditation.

Among her notable accomplishments, Hooper implemented a recruitment mentoring program and reduced rookie officer attrition from 38 percent to 3 percent.

“Besides her proven track record as a leader, Tammy brings a diverse set of skills to the Asheville Police Department,” said City Manager Gary Jackson. “Her experience in managing complex systems and her exceptional communication skills make her a great fit.”

“I believe that effective leadership begins with communication,” Hooper said. “Staff needs to know that their leaders value them and their contribution to the organization. Mentoring, training and promoting professional development are important ways to convey that message.”

After her long tenure in Alexandria, Va., Hooper said she is excited about her move to Asheville. “It is a beautiful, vibrant city I am eager to get to know the police department, other city departments and the community as a whole,” she said.

Hooper is a graduate of George Mason University in Fairfax, Va. She earned a graduate certificate in criminal justice from the University of Virginia. She also received training at the FBI National Academy in Quantico, Va.

Jackson’s selection of Chief Hooper comes in the wake of a community engagement initiative launched during the City’s search for a new police chief. In February, the City held two days of community input meetings to get feedback from citizens as well as Asheville Police Department employees. That information was used to develop a profile reflecting the core competencies, professional characteristics, traits, education, experience and other factors people wanted in a new police chief. Earlier this month, the public and police department employees were invited to meet the four finalists for the job, to hear presentations by them and then offer feedback to City of Asheville executive management.

Finally, the process concluded with in-depth interviews with the city manager and the finalists.
News flash! The RAMMYs (Restaurant Association Metropolitan Washington) were awarded June 7 and look who won Employee of the Year, Evan Labb of Blackwall Hitch. Evan was selected as the non-managerial front or back of the house employee who serves as a model employee by displaying outstanding service, an excellent work ethic, and a positive image.

Lots more good news in the area. The King St. Farmers Market has reopened. Look for them every Thursday from 3:00 pm to 7:00 pm starting now through September 24. You’ll find them at King Street Station in the courtyard at 1800 Diagonal Road. Vendors include Panorama Artisanal French Bread and Pastries, Pesto’s, Bouquets of Loveville (fresh cut flowers and ornamental plants), Thompson Cheese (Amish and European cheeses), Bremen’s (local Alexandrian, various homemade praline items), Twin Springs Fruit Farm of Pennsylvania (dozens of varieties of fruit and more veggies). Get 30 minutes of free parking in the garage. Use 1755 Duke Street entrance.

There’s a change in vendors at the Four Mile Run Market. Say hello to Second Rising Bakery. Rebecca bakes delicious breads and cookies that are egg free and made with real butter, honey, and whole grains. They offer an amazing whole grain and seed bread called Waikele. It has a great crunch. Once and whole grains and seeds. They offer an amazing home-made kale chips in and enjoy their oyster bar, craft beer, wines of the Potomac River and live acoustic and jazz performance by local musicians. Tupelo Honey Cafe has opened in Arlington at 1616 N. Troy near the Courthouse Metro. Th Th NC-based restaurant opens their first DC location, bringing fresh, from scratch, Southern fare including fried chicken, country-ham wontons, goat-cheese-grits poppers, Southern tacos filled with curried fried chicken or meatloaf, lamb meatballs, and a multi-garnished Bloody Mary. They also offer craft beers, and cocktails. They are open for lunch and dinner, and Saturday and Sunday brunch. Check out the Happy Hour menu and a special Moonrise Brunch with late night breakfast small plates. Ease Yoga & Cafe is now open at 3051 Mt. Vernon Ave. Owner Tara Casagrande says Ease is “a community gathering spot where people of all ages can eat well and stretch every day.” Food choices include healthy smoothies, fresh-pressed juices, coffee, tea, vegetarian fare, artisan sandwiches, and homemade kale chips.

Stomping Grounds aptly 2309 Mt Vernon Ave is officially open on Mt. Vernon Ave. Expect Swing Coffee and biscuits with a variety of toppings and made into sandwiches. They serve breakfast Tuesday through Sunday from 7 am until 3 pm. Seasonal farm salads are served starting at noon. Everything is made by hand from scratch with local and sustainable meats, dairy, produce and grains wherever possible.

Souvlaki Bar is coming to the spot where Afghan Restaurant was previously located, according to plans filed with the City of Alexandria at the corner of 2700 Jefferson Davis Highway and E. Raymond Avenue. According to planning documents filed with the city by owners Christos Sarantis and Tom Christopoulos, The restaurant will offer “Greek-inspired casual dining, fresh food prepared and cooked to order on premises; beer and wine on premises, with table wait service, delivery and take-out services.” Hiber Ethiopian Restaurant is coming to 410 E. Glebe. “It will be a restaurant that serves the best Ethiopian dishes, made fresh from the best ingredients, and served fresh… All who want to experience authentic Ethiopian cuisine, including pescetarians, vegetarians, vegans, ‘meatetarians’, and people who like eating with their fingers, people who don’t like eating with their fingers, will find a welcoming, authentic restaurant in Hiber.” Mike Isabella Concepts is busy, busy, busy. Look for Pepita to open in mid-summer in Ballston (4000 Wilson Blvd.) The coastal cantina will feature tacos, tortas and Mexican-inspired small plates like shrimp flautas, and cocktails from partner and beverage director Taha Ismail. Let’s hope he includes the chocolate tres leches cake that appeared at the pop up, Yona. Yona is a Japanese noodle bar in partnership with chef Jonah Kim. Expect Asian small plates including steamed duck, buns, crispy Brussels sprouts with Kewpie mayo and Korean-style fried chicken wings. Both restaurants will share space in the same building as Kapnos Taverna. Speaking of Kapnos Taverna, it serves up Greek cuisine like in-sister restaurant downtown. But there is more of an emphasis on traditional cooking and seafood – share a seafood tower with friends. You’ll find classic and coastal-inspired Greek dishes, including favorites from the Greek Islands along with tastes from other regions known for their fine local products. Kapnos Taverna will continue the traditional takes on the ancient cuisine alongside dishes that are a modern ode to mainland and Northern Greece. The restaurant’s liquid offerings feature a Greek-hurray wine list and Mediterranean-inspired cocktails. Don’t miss SER (simple, easy, real), a neighborhood restaurant in Ballston, Continuing on Page 10
Fourth of July is right around the corner, and it is grilling season. If you are as old as I am and tired of the same old hamburgers and hot dogs, you are looking for something to liven up the grilling. I was recently introduced to Uncle Bob’s Georgia Juice. Although it is advertised as “hot” it has a mild heat that can be tolerated by most. This spicy, vinegar and mustard-based sauce can be used on just about anything your heart desires to add spice and zest to any meal. Georgia Juice is primarily made for white meats, but it is also an excellent marinade or sauce great on various seafoods too (especially shrimp). This sauce adds a zest of flavor to collard greens, green beans, or baked beans. Try brushing it on a couple of those burgers your grilling.

Made in Montgomery, Texas. If you are ever in Dallas, you can swing by their Gourmet Shop in the Dallas Market Center, or you can order this sauce online at www.unclebobssauces.com or Amazon.com.

BY MIKE SADE

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Feelin’ Crabby had a line from 11 am to 8 pm. Photo by Melinda Sigal.

BY DEBBY CRITCHLEY

The West End Business Association (WEBA) sponsored the 2nd Annual Food Truck Rodeo at Southern Towers and had loads of community sponsors, who set up tables under tents sharing their corporate messages and handing out freebies.

The venue gave locals an opportunity to sample various choices of fare, until the next gathering, you might be able to catch up with some of them by following their Facebook and twitter accounts. I visited most of the food trucks and among the highlights, I discovered Doug the Food Dude provides fresh all natural products from his truck. He also offers catering and can supply food to fit any number of diets including gluten free and paleo. Feelin’ Crabby offers a variety of delicious crab products. They always had a line. The Red Hook Lobster truck was always busy too. They offer two kinds of lobster rolls — Maine style in a light mayonnaise dressing and Connecticut style with lobster poached in butter. The clam chowder is bacon-free to benefit their customers who don’t eat pork. It was tasty! An Egyptian family brings their style of cooking to the streets of DC with the Fava Pot. They offer a wonderful falafel made with fava beans rather than chickpeas. They were delightful. So were their kofa, lamb, and chicken kabobs. Another reason to visit their truck is their support of Coptic orphans. They also do catering. Popped provides multiple varieties of popcorn. I tried the regular, caramel, kettle, and cinnamon roll popcorn and they were all super. If you can’t find their truck, look for their storefront near Dove St. off of Duke.

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Feelin’ Crabby offers a variety of delicious crab products. They always had a line.

The Red Hook Lobster truck was always busy too. They offer two kinds of lobster rolls — Maine style in a light mayonnaise dressing and Connecticut style with lobster poached in butter.

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Another reason to visit their truck is their support of Coptic orphans. They also do catering.

Popped provides multiple varieties of popcorn. I tried the regular, caramel, kettle, and cinnamon roll popcorn and they were all super.

If you can’t find their truck, look for their storefront near Dove St. off of Duke.

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eponymous named storefront in Sichuan creations opened his Chang, the former Chinese vibe. Don't miss forget Spanish tavern or “food house” cheeseburger. It is an authentic happy hour, paellas, suckling cuisine including tapas during friendly environment. This up authentic comfort foods 1110 N Glebe Rd., serving foodie neWs ...
Nominate a Place in Alexandria You Want Preserved

The Alexandria Archaeological Commission, in partnership with other historic and preservation groups in Alexandria, is seeking nominations from the public for the most threatened or endangered archaeological and historical sites in the city of Alexandria. Nominations are being sought to highlight the potential loss or degradation of archaeological and historical sites important to the city’s identity and cultural heritage.

Nominated sites can include archaeological sites, historic buildings (interior or exterior), historic neighborhoods or communities, historic vistas, historic fabric, alleys, streetscapes, landscapes, waterways, and cemeteries, among others. Such sites may represent any period or aspect of Alexandria’s historic and cultural heritage.

**Nomination Process**

- **Nominations must be in writing,** via email or mail, and may include supporting materials such as photographs and newspaper articles.
- **Nominations should include the name of the site, if known, and its location as well as the reason(s) why the site is threatened or endangered and why the site is an important part of Alexandria’s heritage.**
- **Nominations must be received (if hand-delivered or emailed) or postmarked (if mailed) by June 15.**
- **Nominations are made on an annual basis. The determination of eligibility of a nominated site is the sole view and discretion of the Alexandria Archaeological Commission and its partnership groups.**
- **The Alexandria Archaeological Commission and partnership groups will announce the annual list of Alexandria’s Most Threatened and Endangered Archaeological and Historical Sites during Virginia Archaeology Month in October of each year.**

Nominations may be emailed to archaeology@alexandriava.gov or mailed or hand-delivered to the Alexandria Archaeological Commission, OHA/Alexandria Archaeology, 105 N. Union Street, # 327, Alexandria, VA 22314.

**Alexandria Chamber of Commerce CEO John Long Retires**

John Long retires. Courtesy photo.

Alexandria Chamber of Commerce President & CEO John Long has announced that he is retiring from the Chamber. Mr. Long has been with the Alexandria Chamber since March, 2012 and he retires after 25 years as an executive with Chambers of Commerce around the country.

Under his leadership the Alexandria Chamber has transformed into one of the largest and most active Chambers in the Washington Capital Region, while establishing a highly effective and energetic staff. Mr. Long initiated a number of highly successful programs and events, including a Government Contracting Council, a Non Profit & Association Academy, and the highly successful Women’s Leadership Forum with the Alexandria Chamber Professional Women’s Network, which merged with the Chamber in 2012. Successful partnerships have been forged with Mr. Long with leading regional organizations, including George Mason University, Quantico/Belvoir Regional Business Alliance, the City of Alexandria and the Alexandria Redevelopment and Housing Authority. The Chamber has also developed a powerful new website and accompanying social media presence.

“I am proud of the accomplishments the Chamber has made over the past three years. It has been rewarding to work for the Chamber, with the supportive work of the Chamber Board and our many volunteers and professional and dedicated staff. I wish all of my friends and colleagues continued success,” stated Long.

“We thank John for his leadership and vision,” stated Board Chairman Walter Clarke. “His dedication, team building, and strategic planning helped to professionalize the Chamber and provide increased educational opportunities for our members and our community.”

The Board will now embark on a search for a permanent replacement as President & CEO. In the meantime, Chamber Finance and Operations Director Stanley Brinkley will manage the Chamber’s day-to-day operations. To assist with the transition, Mr. Long has agreed to remain available for consultation and advice. According to Clarke, “We have a great team in place, and the Board has every confidence they will continue the outstanding work they have always done. I’m proud to lead this team of professionals as we transition to the next exciting chapter for the Alexandria Chamber of Commerce.”

**Petition Denied**

On June 12, the Supreme Court of Virginia dismissed a petition to rehear Burke v. City Council, the final remaining lawsuit challenging the zoning underlying the City’s Waterfront Plan. In March, the Board in the Virginia Senate upheld the zoning decision.

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Patient-Friendly Financing
Ted Davis is a 17-year-old kid with a plan. Sounds like an oxymoron, a teenager with a plan, but here’s a young man who already seems to know what we want, and that’s just a new career as a musician, but also a strategy of how to succeed in the music industry—“Every musician can say they have a backup plan,” Davis said. “I want my backup plan to be something that interests me, and something I could make a living doing. I’ve seen how hard it can be to make it as a performing musician, and while that’s what I want to do with my life, I also want to have a backup plan.”

And that’s why his recent acceptance to the GRAMMY Foundation’s GRAMMY Camp this summer is such a big deal. A soon-to-be rising senior at T.C. Williams, Davis is one of only 132 students across 28 states who after a challenging submission process, recently got his “golden ticket,” a coveted slot in the 11th annual GRAMMY Camp. There are three camps, one in Nashville, one in Los Angeles, and the one Davis will be attending in early August in Brooklyn.

“From its first summer 11 years ago through today,” said Neil Portnoy, President/CEO of The Recording Academy and the GRAMMY Foundation, “I’ve seen the GRAMMY Foundation’s GRAMMY Camp grow into a hallmark program that gives young people a truly immersive summer learning experience in all aspects of the music business.”

Students choose “career tracks” that appeal to their various interests, and for someone like Davis, a drummer, with an interest in performing, the varied facets of the GRAMMY Camp experience are perfect for what he is seeking; an opportunity to also look at alternative ways—backup plan—to make music your career, even if being on stage doesn’t pan out.

“Obviously performing is my dream,” Davis said. “Realistically, there’s a good chance that won’t happen, but that doesn’t mean I can’t find something within the industry. While there are many opportunities to perform and practice music, there’s only one opportunity to perform and practice while learning about the music industry, with some of the best teen musicians under the instruction of some of the best musicians in the country, and that opportunity is GRAMMY Camp.”

Davis, son of Rich Davis & stepmom Elyana Gordon of Del Ray and a founding participant in Rock of Ages Music Company (ROAM) in Del Ray, and writes his own music as well. He first fell for the drums at 6 when he became a drummer boy in local Revolutionary War reenactments, but it wasn’t until a few years later that two unique experiences helped shift his interest to where it is now: rock and roll.

“I wanted to play fife and drum music, then when I was like 10, my Dad took me to see Tom Petty and the Heartbreakers, and watching Steve Ferrone drum live on stage gave me the idea that I wanted to be a drummer. That was the turning point that I also got to play at a rehearsal with Blondie, my mom had met one of their roadies outside her office. So then I made a drum set out of buckets around my house. Eventually I got a real drum set and started a band and became a rock drummer.”

Davis’ stepmom read about the GRAMMY camp online and passed the idea on to Davis. After submitting two well-done submission videos as part of the application process, Davis was chosen. Dad Rich Davis hopes the experience will be a valuable one for his son, on a couple of levels.

“We’re hoping GRAMMY Camp challenges Ted as a performer,” Rich said, “that it reinforces his passion for music and also offers him a window into the music industry as a whole. Above all, we hope it will be an opportunity for Ted to form lasting friendships with a group of extremely talented and passionate young musicians.”

For Ted, it’s all about gaining traction in a career doing something he loves.

“As long as I’m making music, in some way, at some point in my life, I’m good.”
Jonathan Parker's new swing jazz album, Interloper, sometimes sway like a third martini, sometimes linger like a kiss, and sometimes roll like a fast drive in a convertible. Photo by Jonathan Barnes

By Kirsten Obadal

In high school, there were many different high schools, "But at Oberlin, it was a shock," Parker recalls. "Maybe one or two serious musicians," he says, "and matriculated at Oberlin College. "There were the jocks, the math-letes, and I guess I fit into the band and music set."

By junior year, he was getting serious and applied and matriculated at Oberlin College. "In high school, there were maybe one or two serious musicians," Parker recalls. "But at Oberlin, it was a shock to arrive and discover that all of the one or two from many different high schools were there, and I was nothing special. For a good while I thought I wouldn't make it, but something clicked in junior year. That was when I really started believing I could be a musician."

Parker attended a seminar by a jazz performer who was working in Shanghai, who set him up with contacts for performance venues and, with four others, Parker was off to the Orient for a two-year stint. "Western music venues are viewed as prestigious in China," Parker says. "People are not there so much as music aficionados but for that Western atmosphere. We did a lot of corporate gigs for Western companies that have opened branches in China."

Parker notes that the Chinese value live entertainment, whereas Americans see it as an unnecessary luxury. "It's a shame that school arts programs in the US are always getting cut," he laments. Parker returned stateside to complete a Master's Degree at The Eastman Kodak school. Returning to Washington, Parker used school contacts to form an octet and later began meeting the "talented and professional" moonlighters from military bands to start making recordings and performing at local DC-area venues. In 2010, he composed his first album and regularly in contrasts. Photo by Jonathan Barnes

Continued on page 30
Art Uniting People—A Celebration of Recovery, Creativity and Mental Health Awareness in the Alexandria Community

Art Exhibition
June 9 – July 9
at Alexandria City Hall
2nd Floor Reception
June 12
from 6:00 pm – 7:30 pm, 2nd Floor

Art Uniting People showcases local artists, whose lives have been affected by mental illness, addiction, developmental and intellectual disorders. Visitors can share in artists’ inspirations which can lead to a powerful and unique viewing experience.

The exhibition is presented by the HOPE Campaign and co-sponsored by Friends of the Alexandria Mental Health Center, the Community Services Board, the Department of Parks, Recreation and Cultural Affairs and the Alexandria Commission on the Arts.

Art BeAt
BY ROBERT F. MURRAY, THE VON BRAHLER LTD.

You can find things from all centuries at Mount Vernon Antiques Center. Photo by Robert E. Mann.

Art Uniting People
Anti-Sigma Mental Health Hope Campaign

Treasures Abound at the Mount Vernon Antiques Center

BY ROBERT F. MURRAY, THE VON BRAHLER LTD.

Antique buffs are by nature history buffs too. When you tune into “Antiques Road Show” or “Chesapeake Collectibles,” curiosity gets a boost — what’s the background, the deal and value of anything?

Likewise, a road trip a few miles from Old Town on Route 1 (8501 Richmond Highway) stirs the blood when approaching the Mount Vernon Antiques Center. The brighter than bright, very yellow building on the left past Costco, reaches out in its cheerful welcome to all art and antiques fans. You’ll find easy and plentiful parking. There are more than 30 dealers on two floors displaying everything imaginable in pottery, paintings, silver, glass and crystal, occasional to full sets of furniture, vintage tools and toys, jewelry, military memorabilia, coins and relics of many eras. There’s always that unimaginable item that jumps out at you and says to you as a genuine collector, i.e., you have the intuitive sense to spot something you have to have. It is an addiction, a good one.

Recently, the Director, Sam Nasafi, told me there are still a couple of dealers on site from the former, popular Thieves Market that moved here in the ’80s. Sam facilitates the sales and arranges for any new dealers to sign up for spaces when they become available. An ordinary dealer’s space is 12’ x 16’ or bigger depending on the need. I think it is safe to say that throughout the various areas at the MVAC, you’ll find some outstanding works of art and antiques not necessarily associated with any particular style or setting. There is a smorgasbord of choice and ages of items to see. Any seriously interested visitor will be satisfied in searching out items of appeal. The treasure hunt is on for curiosity lovers when they come through the front door.

For the new collectors and seasoned ones alike, there are continuing inquiries about authenticating vintage items, appraising them and questions about setting prices. This is where experienced dealers at MVAC play a fundamental role in assisting buyers to make a decision. There are several ways of learning the history and value of a piece through personal research at libraries, good bookstores and online.

However, the ordinary method is talking to a reputable dealer who knows his inventory and who can impart that personal interest and value. Most dealers love talking about their collections. Collecting is an art and a life-long fulfilling hobby that takes whatever time you have to give to the process. It is pretty sure that one visit to MVAC will not be enough for any real collector. MVAC is not a flea market but houses experts who deal with specialized items that they have gathered for resale with care over a period.

My personal, many-decades-long collector’s adventure is finding soapstone carvings and small objets d’art from a particular era. I have found some them in New York, London, Hong Kong and many out of the way places I’ve visited. Surprisingly to report, I found a couple of my more treasured pieces at the MVAC, close to home. Like people, art and antiques travel around the world at odd times, for different reasons. Search and discover your own “that grabs me, can’t resist” treasures at the Mount Vernon Antiques Center. They are open every day except Tuesdays.

Editor’s Note: As a sports protege of local baseball aficionado and raconteur, former Alexandria mayor, Frank Mann, the author of this article, Pat Malone, was the original inspiration for creating the Alexandria Aces in the summer of 2006, personally selecting the team’s name, drawing the team’s now distinctive “Tiffany A’ logos, as well as designing the team’s classic ‘New York Yankees-style’ home and road uniforms. He worked with his good friend, team co-founder, chairman and CEO, Don Dinan, to establish the franchise with the Cal Ripken, Sr. Collegiate Baseball League, as well as securing their home field at Four Mile Run Park for the team’s 2008 inaugural season, through today. Both Pat and Don worked together to set up the Aces as an IRS-deemed 501(c)(3) non-profit community-based organization, building long-term friendships with many local fans, dedicated sponsors, the City of Alexandria, and local youth baseball leagues in Alexandria, Arlington, and Fairfax County. Pat formerly served the Aces in roles as both president, and general manager, from 2006 to 2010. He resigned in good standing from the team at the conclusion of the 2010 season to pursue other interests and has since helped with Aces sponsorships and fundraising in the past few years. During summer evenings, when he’s not writing this column, Pat can quite often be seen in the stands watching and cheering on the Aces at Frank Mann Field, and some of the team’s road games, as well.

Baseball,
Continued from Page 5

The Aces are a good example of a high-level college baseball program. They work hard, they play well, and the community benefits from their presence. They are a professional, semi-professional, and fun team for all ages and abilities.

The Aces are a great example of a team that works hard and plays well. They are a good example of what a high-level college baseball program can be. They are a professional, semi-professional, and fun team for all ages and abilities.

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This is a year of firsts for “Art Uniting People,” a Celebration of Recovery, Creativity and Mental Health. For the first time, the opening reception and exhibition will be at Alexandria City Hall. For the first time, some of the 108 pieces submitted will travel to at least three other sites throughout the city. And for the first time, the three judges who jury the exhibition will be awarding prizes in various categories.

Alexandrians will celebrate the connection between the creative spirit and mental health by displaying and viewing the artworks of people whose lives have been affected by mental illness, substance use disorders or developmental disabilities. Some of these works of art are playful, some angry, some stark, some beautiful, and some so sad and disturbing that they stop viewers in their tracks. Through their pieces, these artists are sharing not only their hopes and dreams, but their pain and fear and their own personal stories. The telling of their stories is just part of what could be a community-wide conversation about mental health and the often long, and bumpy road to recovery.

In its fifth year, the art exhibition at Alexandria City Hall from June 9 to July 9 is a chance for residents to see the work of people of all ages who have something to say about mental health and mental illness. It is an opportunity to what it means for their present and future. However, someone needs to be there to hear it and carry on the conversation.

The connection between creativity and mental illness is complicated. On one hand, scholars, philosophers, and doctors have been describing the connection between creativity and “madness” since the time of the ancient Greeks. Throughout history, men and women who are gifted poets, writers, painters, sculptors, and musicians have sometimes been affected by what is now known as bipolar disorder and other mood disorders. Others have schizophrenia or close relatives with schizophrenia. American arts journalist Christopher Zara described the phenomenon in his book “Tortured Artists: From Picasso and Monet to Warhol and Winehouse, The Twisted Secrets of the World’s Creative Minds” and clinical psychologist Kay Redfield Jamison most famously described mood disorders. Others had schizophrenia or other mood disorders.

The connection between creativity and mental health is in the application of art and the Artistic Temperament.”

“Touched with Fire: Manic-Depressive Illness and the Artistic Temperament.”

Art is often used to help people in the process of recovery. The work they do, the things they create help them discover and define who they are. Then there are those who are known as outsider artists, people who are considered other, outside society, often institutionalized and certainly untaught, but with a creative vision all their own. In the past, their work was often not seen until after their deaths when it was pulled from closets and cupboards. Now there are outsider art exhibits all over the country in major galleries and at art festivals.

Last year three judges were invited to come and jury the show. This year two have returned, and one new judge was added to help study the art and rank the works.

Andrea Barnes is a Washington, DC artist who works in drawing, painting, and mixed media. In her abstract work she combines found images including charts, diagrams, scientific illustrations, maps and photographs with expressive handling of paint. Barnes received a B.A. in Philosophy from Colgate University and studied fine art at the School of Visual Arts in New York and the Corcoran College of Art & Design in Washington, DC. She works at her studio in Maryland where she also teaches art to young students.

Brian Beal Moore formally studied Greek and Roman Art and Architecture and Painting after 1945. He has produced a series of paintings that explore breaking boundaries, shot and edited experimental films, written and published short stories, wrought and directed plays and is the author of two still unpublished novels. He is fascinated with the creative processes of all people knowing that original thoughts and expressions do make an impact on the human experience.

New this year is Jordan S Potash, Ph.D., ATR-BC, REAT, LPCAT (MD), a registered board certifi ed and licensed art therapist and a registered expressive art therapist. He has worked with clients of all ages in schools, clinics and community art studios in the U.S. and Hong Kong. Potash’s primary interest is in the application of art and art therapy in community development and social change, with an emphasis on reducing stigma, confronting discrimination and promoting cross-cultural relationships.

The Art Uniting People program was begun in 2011 by the Mental Health Anti-Stigma HOPE Campaign of the Partnership for a Healthier Alexandria. Its sponsors include the Friends of the Alexandria Mental Health Center, the Community Services Board, Alexandria Commission for the Arts, the City Department of Community and Human Services and the City Department of Parks, Recreation and Cultural Affairs.

This reproduction of an 1877 map of Alexandria Virginia is available exclusively at Gallery Lafayette. We are offering this museum quality framed reproduction for $300
June 3 – July 6
Ceramic Wares for Your Tabletop
The Art League
105 North Union St., Studio 21
For The Art League’s internationally juried exhibition “Tabletop,” ceramic artists from all corners of the United States and Canada turned out to submit various functional wares associated with eating, drinking, presenting, and enjoying food. Join Trevor Dunn, a successful ceramic artist and educator at the University of North Florida, selected 36 pieces from a large pool of international applicants. The 36 exhibiting artists come from 14 states, DC, and Canada.

June 4 – July 19
Saturday
Thursday, Friday, Sunday noon – 4:00 pm
Saturday, 1:00 pm – 4:00 pm
Althea Bum
201 Prince Street
The works in Saturday represent a variety of media including paint, woodblock prints, photography, and video. Each artist (Stephen Escombe, Abby Klosnik, Hannah Laih, Eve Stockton, and Thomas Readley) takes a unique path to expressing him or herself – but all join together in giving the viewer the sensation of being near something very wet. The exhibit is made possible by the generous sponsorship of TTR | Sotheby’s International Realty. Free

June 4 – July 6
Potomac Skies
The Art League
105 North Union St.
Focusing on the nuances of clouds and light, painter Maremi Hooff Andreozzi depicts the sensation of being near something very wet. Juror Trevor Dunn, a successful ceramic artist and educator at the University of North Florida, selected 36 pieces from a large pool of international applicants. The 36 exhibiting artists come from 14 states, DC, and Canada.

June 4 – July 9
“Art Uniting People”
Alexander City Hall
301 King St., Room 2000
Alexandria City Hall
“Art Uniting People”
June 9 – July 9
301 West Bradlack Road
Learn about Civil War soldier and civilian life when Fort Ward Association for the Preservation of Northern Virginia presents Civil War Camp Day. This year’s exhibit features the artwork of Northern Virginia artists, whose lives have been affected by mental illness, addiction, developmental and intellectual disabilities. It aims to reduce stigma and promote the fact that recovery is real and possible. Light refreshments will be available. The event is co-sponsored by the Partnership for a Healthier Alexandria, the Friends of the Alexandria Mental Health Center, the Alexandria Office of the Arts, and the Alexandria Department of Community and Human Services. Free. www.alexandriava.gov/arts

June 12 – June 13
Summer Escape at Mount Vernon
6:00 pm – 9:00 pm
George Washington’s Mount Vernon
3200 Mount Vernon Memorial Hwy
Mount Vernon offers a rare opportunity to visit Mount Vernon after the daytime crowds have departed. Vernon offers a rare opportunity to visit Mount Vernon after the daytime crowds have departed. Take an evening tour of the Mansion and sample food. Juror Trevor Dunn, a successful ceramic artist and educator at the University of North Florida, selected 36 pieces from a large pool of international applicants. The 36 exhibiting artists come from 14 states, DC, and Canada.

June 13
Book Talk: After Snowden and Courtship
7:00 pm
201 Prince Street
Alexandria attorney, author, and literary agent Ron Goldfarb discusses his two new works, Courtship, a novel of Love, Life and the Law and AFTER SNOWDEN: Privacy, Secrecy, and Security in the Information Age. Ron is the author of 13 books; Courtship is his first novel, written under the pen name Volker. Free

June 14
Movie Night @ Four Mile Run
5:30 pm – 9:00 pm
4109 Mt. Vernon Ave.
The Cora Kelly Center is co-sponsoring with National Community Church its First Annual Family Movie Night at the CoroMontic Center on the Plaza. The community participants will enjoy free popcorn, cotton candy, drinks and a (PG) movie. Participants may bring their own chairs or blankets for seating. Free 703-746-5554

June 14
Movie Night @ the Conservatory Center on the Plaza
5:30 pm – 9:00 pm
National Community Church
The Cora Kelly Center is co-sponsoring with National Community Church its First Annual Family Movie Night at the CoroMontic Center on the Plaza. The community participants will enjoy free popcorn, cotton candy, drinks and a (PG) movie. Participants may bring their own chairs or blankets for seating. Free 703-746-5554

JUNE Z-EVENTS
JUNE 20 – JUNE 21
Father’s Day Weekend at Mount Vernon
8:00 am - 5:00 pm
3200 Mount Vernon Memorial Hwy
“General Washington” greets visitors and poses for photographs on Father’s Day weekend. Listen to “General Washington” as he discusses his role as husband, stepfather, and Father of Our Country in the program “Father to the First Family.” 703-780-2000

JUNE 20
Community Day Celebration
Open House - 4:00 pm
Cara Kelly Rec Center
25 West Reed Ave.
This annual celebration is a fun-filled event for the entire family to enjoy. There will be plenty of activities, arts and crafts, food, vending, community resources, and much, much more! Free 703-746-5554

JUNE 20
Tuna Splash! Pool Party
6:30 pm - 9:30 pm
Charles Houston Recreation Center
901 Wythe St.
Join towns in grades 8 to 12 to celebrate the end of an awesome school year and kick of the start of summer! Enjoy live music, games, prizes, and a bunch of fun! City of Alexandria residents only. Bring your school or recreation center ID for entry. $5

JUNE 20
20th Annual Columbia Pike Blues Festival
1:00 pm - 8:00 pm
Closed off streets near South Walter Reed Drive at Columbia Pike
This outdoor event transforms the blocked off streets near the Arlington Cinama "N" Drafthouse into a fun and lively party zone. Bring your lawn chair and join us on the grassy area across from the ASUS building for great Blues music, delicious food, wine, cold beer, arts, and crafts, and kids activities. The Festival features numerous food vendors and a beer & wine station. Visitors may also stop by the tables of local arts and crafts vendors and community organizations. There will be night food vendors at this year’s event, http://www.columbia-pike.org/?page_id=3303

JUNE 20
Cinema Del Rey
8:00 pm
Mount Vernon Recreation Center
2701 Commonwealth Ave
Community Movie Night where attendees sit and enjoy family movies. This event will take place on the recreation field. Free 703-683-3560

JUNE 21
Father’s Day Tours
1:00 – 5:00 pm
Stabler-Leadbeater Apothecary Museum
105-107 S. Fairfax St.
Treat your father to a special tour of the Apothecary, a family business first established in 1792! See the outstanding collection of herbs and botanicals, shop furnishings, apothecary bottles and equipment, many still in their original location. The Apothecary is pleased to offer free tours on Father’s Day for all visiting fathers. Free

JUNE 23
Commission on Persons with Disabilities – Awards Ceremony
5:30 pm – 6:30 pm
City Hall, Vola Lawson Lobby
301 King St.
The Alexandria Commission on Persons with Disabilities will present 2015 annual awards at a reception co-hosted with the Mayor and City Council in the Vola Lawson Lobby at City Hall on Tuesday, June 23 at 5:30 p.m. For additional information or reasonable accommodations, contact Anna McClure at 703-746-3140 (Virginia Relay 711) or www.musicalexaminationsva.com

JUNE 24
Canal Plaza Concerts
Noon
44 Canal Center Plaza
Concert series with a performance by Kim Reynolds Band featuring Jazz. Amphitheater seating, bring your picnic lunch and enjoy music on the waterfront. Offered in partnership with American Real Estate Partners. Free

JUNE 27
Civil War Kids Drill Day
Fort Ward Museum
4402 West Bradbard Road
9:00 am – Noon
Kids aged 9 to 12 will learn from a reenactor how soldiers drilled during the Civil War, and make a collection of hand-crafted craft activity. The cost per child is $25, which includes a Civil War kepi and canteen. Registration is suggested as space is limited. Register at www.fortwardmuseum.com to register at 703-746-4848. The program will be cancelled if it rains.

JUNE 27
Alexandria’s Food and Wine Festival
Noon – 6:00 pm
Oronoco Bay Park
100 Madison St.
Alexandria’s Food and Wine Festival is a one-day community-based event focused on showcasing the numerous diverse restaurants of Alexandria and Virginia wineries combined with the opportunity to give back to the community through local non-profit organizations. Named as the "top 10 events to attend" by both Washington Magazine and DC Metro Magazine, this is a lively, family-oriented event. The Festival offers food and wine tasting along with live entertainment, children’s activities, and arts and crafts vendors. Free. Tickets are needed for food and wine samples. 703-746-5592

JULY 8
Canal Plaza Concerts
Noon
44 Canal Center Plaza
Concert series with a performance by Elements performing Rockin’ Blues. Amphitheater seating, bring your picnic lunch and enjoy music on the waterfront. Offered in partnership with American Real Estate Partners. Free

JULY 9
Sonic Saturations
-
SCHOOL BRIEFS

First Old Town Alexandria Connections (OTAC) Scholarship Awarded

Amy Holm, a West Potomac High School native, was nominated for an OTAC scholarship. She also would like to go to graduate school at some point. She would like to pursue a career in the sciences and technique sciences, such as engineering, technology/computer science, or mathematics.

The Scholarship was awarded following the sudden death of long-time OTAC member Peter Williams in February 2014. Peter Williams was a graduate of UVA, where he played rugby and Georgetown University Law Center. He practiced law in Old Town Alexandria and was involved in the Old Town community in business, civic, and church leadership.

“Scholarships are mostly an honor, and the money contribution is important, but, in the long run, the honor of being the 1st person to win this scholarship is something I will cherish. It’s also recognition being noticed for my hard work, other than college acceptance,” Amy added.

At the time of this event, Amy was torn between Berkley and University of Virginia. In college, she plans to focus on her school acceptance, “because I knew Peter Williams - he went to my Church.”

Involved in her community, Amy has volunteered to cook for the Carpenter’s Shelter, deliver groceries to shut-ins as a part of ALIVE! and engage in summer mission work abroad. Amy heard about the scholarship through her school and immediately applied. “This scholarship was exceptionally important to me,” she explained, “because I knew Peter Williams - he went to my Church.”

The scholarship was announced in the local paper. In addition to the OTAC which this scholarship is awarded by, Amy has also been recognized by the Optimist Club of Alexandria.

The Optimist Club of Alexandria recognized outstanding cooperative education students from the Career and Technical Education (CTE) department from T.C. Williams High School at their annual COVOTRA luncheon at Belle Haven Country Club on Wednesday, May 27.

Yeabsera Abraham was named after long-time OTAC member Peter Williams. Courtesy photo.

Yeabsera Abraham, a senior at T.C. Williams, was recognized by Instructor Kimberly Wilson in the Family and Consumer Education (CTE) department as the outstanding student in Surgical Technology at T.C. Williams.

Yeabsera will continue her work at the National Technical Institute of the Deaf.

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American Academy of Dramatic Arts • American University • Bard College • Boston College • Boston University 
University of California, Berkeley • Carleton College 
The Catholic University of America • College of 
Charleston • Christopher Newport University 
Cornell University • Creighton University 
Dartmouth College • University of Dayton 
University of Delaware • Drexel University 
East Carolina University • Emerson College 
Florida State University • Fordham University 
• Franciscan University of Steubenville 
• Full Sail University • George Mason University 
• The George Washington University 
Hampden-Sydney College • High Point University 
• Ithaca College • James Madison University 
• University of Kansas • Lasell College • Longwood University • Louisiana State University • University of 
Louisiana • University of Mary Washington • University of Maryland, Baltimore County • University of Maryland • 
Marymount University • McDaniel College • Medaille College 
Miami University, Oxford • The University of North Carolina at Chapel Hill • Northeastern University • Northern Virginia Community College • University of Notre Dame • Oberlin College • University of Oklahoma • Old Dominion University 
• Pace University, New York City • Pennsylvania State University • University of Pittsburgh • Point Park University 
• Radford University • Regent’s University • Robert Morris University • Saint Francis University • Saint Joseph’s University • Saint Mary’s College • University of San Diego • Savannah College of Art and Design • University of South Carolina • St. John’s University • St. Mary’s College of Maryland • Swarthmore College • Texas Christian University • The Peddie School • University of Toronto • Towson University • Villanova University • Virginia Commonwealth University • Virginia Tech • University of Virginia • Virginia of University’s College at Wise • Washington Adventist University • Washington College • West Virginia University • College of William and Mary • Xavier University

CONGRATULATIONS

BISHOP IRETON CLASS OF 2015!

OUR COMMUNITY HAS BEEN ENRICHED BY YOU AND YOUR ACCOMPLISHMENTS. CONTINUE TO “ADVANCE ALWAYS” IN THE LOVE OF GOD THROUGH YOUR LEARNING AND SERVICE TO ONE ANOTHER. THE MEMBERS OF YOUR CLASS HAVE BEEN AWARDED $11 MILLION IN SCHOLARSHIPS! WE ARE VERY PROUD OF YOU!

Dr. Thomas Curry, Head of School
Mr. Stephen Crooker, Director of Instruction

And the Bishop Ireton Faculty and Staff
BY RAY GREENSTREET

June – and with it, summer – has arrived. In an annual rite marking this seasonal passage, the Perennial Plant Association has named June “Perennial Gardening Month” and in doing so, urges gardeners to celebrate the summer garden by – planting perennials. Moreover, perennial gardening IS something to celebrate.

A perennial (from Latin perennialis, meaning “throughout the year”) is a plant that lives for more than two years. Herbaceous perennials grow and bloom in the spring and summer, die back every autumn and winter, and then return in the spring from their root-stock. There is also a class of evergreen perennials which keep their leaves throughout the year.

Because most perennials have a defined bloom time that usually lasts for 3-5 weeks, the key to a successful perennial garden is to choose plants that bloom at different times throughout the growing season. Perennials come in every form, size, texture, and flower color. Combine plants with different characteristics, and don’t overlook the value of contrasting colors – purple and red or orange may sound crazy but it is an excellent color combination in a summer garden. When designed for continuous bloom, the garden will be ever-changing and lovely, May through November.

Ready to dig into perennial gardening? Let’s have some fun, as even the names of these plants are something to smile about.

Start at the ground level with dependable growers that just about any color thumb can successfully grow. If you only plant these plants, you’ll have a season of perennial blooms: Shasta Daisy; Coreopsis; Sedum ‘Autumn Joy’; Nepeta; Dianthus (‘Fire Witch’ is a staple); Salvia (especially ‘Caradonna’ and ‘May Night’); and daylilies ‘Stella d’Oro’ and ‘Happy Returns’.

Ready to take it to the next level? Dig deeper and experiment with bold foliage and flower colors. Crocosmia ‘Lucifer’ makes a statement with its carmine red flowers and spiky foliage. Saffron the garden with grey foliage and blue flowers of Russian Sage. Journey into the land of Echinacea, from rose pink ‘Magnus’ to ‘Sombrero Salsa Red’ to orange ‘Big Kahuna’ to the limelight of ‘Green Jewell’. Grow your daylily collection with the ruffled Siloam ‘Double Classic’. And don’t forget Geum, especially the giant ‘Totally Tangerine’ and the aptly named ‘Double Bloody Mary’.

Are you hooked? Now you’ll be hard-pressed to pass up a perennial you’ve never seen before, a new variety that is as much fun to pronounce as it is to grow. Like Echibeckia, a cross between Rubeckia and Echinacea. Got to have it just to say it. Or Verbena bonariensis. Good luck pronouncing it, but it is one cool plant. And Euphorbia ‘Tini Tini’ and ‘Ascot Rainbow’ look almost prehistoric. Then there’s Echinops. Say that fast after a glass of wine.

All of the fore-mentioned plants are sun lovers. If you garden in the shade, don’t despair. You can easily garden with perennials that grow where the sun doesn’t shine. Start with Astilbe, Ferns, Fothergilla, and Bleeding Heart. Thalictrum ‘Black Stockings’ is a tall drink of water at five feet. Or Ligularia desmarginata. Epimedium ‘Orange Queen’. These names just roll off the tongue.

And then there are the three “H’s” of shade gardening - Hellebore, Hellebore, and Hostas. ‘Holy Guacamole!’ - don’t get perennial plant geeks going on hostas. From tiny ‘Blue Mouse Ears,’ ‘Slim and Trim,’ and ‘Cookie Crumb’ to the bigger bolter ‘Striptease,’ ‘Albiqua’s Drinking Gourd’ and ‘Big Daddy.’ You can grow a hosta garden and never run out of new hostas to include. Did I mention ‘Maui Buttercup’ or ‘Thunderbolt’ or ‘Rainbow’s End’? The list is endless.

So many varieties of Echinacea to choose from - and they are great pollinator plants too! So many hostas to choose from, you can go crazy choosing a mere dozen.

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

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

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

Sessions can be in person or over the phone.
Call 703-521-4898.

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

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PROUD SPONSOR OF THE SERVICE DIRECTORY
ON WATCH

OUR “SHIP OF STATE”

BY MARCUS FISK

On the evening of Tuesday 19 May 2015 Commander Sean D. Kearns, Commanding Officer of USS CONSTITUTION, did something that few Commanding Officers ever experience – he gave up command of his ship – but only for a matter of hours – and not because he did something wrong. He did it because he had to.

Section 8 of Navy Regulations stipulates that when a commissioned Navy vessel is entering the dry dock, the Commanding Officer must relinquish command of his or her ship to the dry dock supervisor until the ship is drained and the ship secure on its keel blocks.

Until that evening though, USS CONSTITUTION held the title of the oldest warship in the world – afloat. When she is re-launched after her extensive overhaul in 2018, she will regain that title.

When President Washington asked Congress to build our fledgling Navy in the 1790s, Congress funded CONSTITUTION, UNITED STATES PRESIDENT, CONGRESS, CHESAPEAKE, and CONSTELLATION (at Inner Harbor, Baltimore). Congress also appointed Joshua Humphreys as Master Constructor. Humphreys was instructed that true to good old American political form, the construction was to be shared between shipyards in Boston, Philadelphia, New York, Portsmouth (NH), Baltimore, and Gosport (Norfolk, VA). Humphreys then sent Master Shipbuilder John Morgan on a long reconnaissance journey through the Southeast to find the appropriate type and shape of trees that would be used in the hulls of the frigates. Morgan found pine, white oak, and an unusually strong and resilient wood, southern live oak, that he and his men cut, prepped and transported to the various shipyards.

Today, the wood for hull and deck planks to be replaced during the 21st century overhaul has been sourced and collected from the woods in Indiana. Despite stops to the shipbuilding due to the ebullient and flow-on-continental crises, the fleet of six ships reached a total of $1,288,888.66 when the last ship was launched and finished. Today’s projections for CONSTITUTION’s overhaul is between $15 and $18 Million.

Now before those of you, dear readers, who are opposed to: 1) any engine of war being funded for any reason, 2) any increases in spending – especially if it is for a “Government Program,” or 3) any program whatsoever in which the Defense Department is involved – you might want to think about a couple of thoughts:

The CONSTITUTION overhaul is really petty cash when you consider that Congress approved and the Defense Department is performing that duty. Custom architectural details were commissioned by the owner of the building’s inception, and there is not another property like it in the United States. Humphreys had the latest technology and materials to make the ship as solid as any building she would be capable of surviving the 21st century.

The CONSTITUTION overhaul is between $15 and $18 Million. Today’s projections for CONSTITUTION’s overhaul is between $15 and $18 Million. The sailing ship CONSTITUTION held the title of the oldest warship in the world – afloat. When she is re-launched after her extensive overhaul in 2018, she will regain that title.

Today, CONSTITUTION is used for educational purposes. One of the most noteworthy events she participates in is when she plays home to the Navy’s newest “Chiefs.” When their cannon balls started bouncing off CONSTITUTION’s southern live oak planks, a collective “Oh-shit” could be heard from GUERRIERE’s decks. CONSTITUTION’s crew started shouting, “Huzzah!! Her sides are made of iron!” Yep, you guessed it – “Old Ironsides” was born.

CONSTITUTION may be high and dry for a few years until she’s back in service again, full time as the world’s oldest warship afloat – but she is still the “Ship of State” of the United States.

And she deserves every single penny to help her keep performing that duty.

ZEBRA PRESS
JUNE 2015


Incredible Opportunity!

Spectacularly located on the Potomac River, this 2 BR, 2 BA condo in Colonial Beach, VA is your getaway destination for fun in the sun, and water recreation while enjoying a small town atmosphere.

Come by car or by boat and enjoy strolling the one-half mile boardwalk featuring outdoor dining, specialty shopping, and hospitality venues, boating, biking, fishing and sunning, and piloting a golf cart throughout town.

Within an exclusive building of only 18 units directly on the River, the property is one of only three with water views from every room, and is being sold by the original owner who used it occasionally on weekends.

Custom architectural details were commissioned by the owner of the building’s inception, and there is not another property like it in Colonial Beach for beauty, turn-key ease, and special features.

Private pier, swimming pool and adjoining fully-equipped party facility, assigned covered parking space, secure elevator.

Only $297,500

Call 703-224-8911 during weekdays, or 703-919-7533 nights and weekends to request more information.

CALL TO ACTION

A donation of any size is greatly appreciated. With the recent purchase of a new ship, cost of maintaining our fl eet is greater than ever before. Your donation gets us one step closer to completing the needed work on our new toys. Maybe that’s the reason in which they sure do like that influx of defense $$$ coming into their hometown districts for their new toys. Maybe that’s the reason why we have to increase defense spending.

In our new toys. Maybe that’s the reason why we have to increase defense spending to have a new F-35 in the air. But just a month later on 19 August 1814 GUERRIERE sighted an American ship off Halifax, Nova Scotia, and fired a shot at her. When they got close to the British ship she realized it was CONSTITUTION and because they were still nulfied at being made clumps, really started putting it to her. When their cannon balls started bouncing off CONSTITUTION’s southern live oak planks, a collective “Oh-shit” could be heard from GUERRIERE’s decks. CONSTITUTION’s crew started shouting, “Huzzah!! Her sides are made of iron!” Yep, you guessed it – “Old Ironsides” was born.

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ST. STEPHEN’S & ST. AGNES SCHOOL
CONGRATULATES THE CLASS OF 2015

We are proud of our 105 graduates and their accomplishments. Some highlights include:

- Accepted by more than 170 colleges and universities.
- More than one-third of the class was offered college scholarships or merit aid.
- 90% of the class was enrolled in at least one of our 23 Advanced Placement courses.
- Won six Gold Keys, one Silver Key, and one Honorable Mention in the National Scholastic Art Awards, for photography, painting, art portfolios, ceramic creations, and comics. Won the Artistic Discovery Congressional Art Competition, including the exhibition of the winning artwork in the U.S. Capitol for one year.
- Led our Upper Level Latin certamen team to a state championship and the varsity Mathletes to a first-place season finish.
- Prepared 12,000 sandwiches for Martha’s Table; collected 1,100 food items and spent over 100 hours working at local food banks. Led clothing and supply drives for local people in need and our partner school in Haiti. Volunteeried thousands of hours with local non-profits. Participated in international causes in Romania and Haiti and helped raise money to make nearly a dozen micro-loans in six developing countries.
- Performed in the Virginia District X Festivals for band, chorus, jazz, and solo and ensemble; invited to sing Evensong at the National Cathedral.
- Nominated for Cappies awards for Shakespeare’s “Richard III” in four categories: creativity, lead actor, sets, and sound. Performed in all of our drama and musical productions, Evening of the Arts, and Multicultural Night. Directed the One-Act Plays and performed in the pit orchestra all four years.
- Twenty to play collegiate athletics next year, representing eight sports. Led the boys basketball team to the IAC season championship and the field hockey and girls lacrosse teams to ISL season and tournament championships.
- Participated in VISAA state tournaments and championship meets in boys basketball, cross country, field hockey, boys and girls lacrosse, swimming & diving, track & field, and wrestling.

COLLEGES AND UNIVERSITIES ENTERED BY THE CLASS OF 2015

Albright College  Amherst College  Arizona State University  Auburn University  Bates College  Boston College  Brown University  University of California at Berkeley  University of California at Los Angeles  University of California at San Diego  University of California at Santa Cruz  Christopher Newport University  Claremont McKenna College  Coastal Carolina University  Colgate University  Colorado College  University of Colorado at Boulder  University of Connecticut  University of Denver  Duke University  Elon University  Ferrum College  George Washington University  George Mason University  Georgetown University  Hamilton College  Hampton University  Harvard College  Iowa Western Community College  James Madison University  Kenyon College  Lafayette College  University of Maryland at College Park  University of Miami–Florida  University of Michigan  Middlebury College  Morehouse College  University of New Hampshire  Northwestern University  Randolph-Macon College  San Diego State University  University of San Francisco  University of Southern California  University of South Carolina  Southern Methodist University  St. Andrews–Scotland  St. John’s University–New York  Stanford University  University of Texas at Austin  University of Toronto  Tufts University  Tulane University  United States Military Academy  Villanova University  University of Virginia  Virginia Military Institute  Virginia State University  Virginia Tech  Wake Forest University  Washington & Jefferson College  Washington & Lee University  Wheaton College–Illinois  College of William & Mary
Are you looking to begin doing business or expanding your business base with government?
I have worked in the federal government procurement arena for over thirty years. I have met with many companies over the years seeking a federal contract. What I hope to accomplish with this column is to introduce some initial advice for enterprises or individuals seeking business with the government. Here are three initial steps I would recommend:

• Draft a statement of work. What service or product can you provide to the government? What outcome will the government achieve by using your services or product?
• Do your homework. What agencies need what you are selling or providing? Identify what advantages you provide over your competition and how those benefits help the government. How will the potential customer benefit from what you provide?

Do you have questions, please contact editor@thezebrapress and they will be forwarded to me.

To view the DASH 30th Anniversary video, visit www.dashbus.com/Anniversary

SCHOOL BRIEFS

Clubs with their teachers, family members, ACPS Career and Technical Education (CTE) Coordinator Sherri Chapman and Optimist Club members, Opinumt Club President Carolyn Miller presented each student with a framed Optinum Creed and a monetary award. The COVOTRA program started in the late 1970s/early 1980s by Floyd Mason, former T.C. Williams Industrial Cooperative Training (ICT) program coordinator. He proposed that the outstanding students in the various cooperative education programs be recognized by the club in cooperation with their immediate supervisors on the job and the CTE cooperative coordinators from the high school. Two other former T.C. Williams ICT coordinators, Fred Gunn and Wilbur Harris, also Optimist Club members, joined and supported the effort.

The Cappies, “Critics and Awards Program,” is a program through which high school theatre and journalism students are trained as critics, attend shows at other schools, write reviews, and publish those reviews in local newspapers like The Washington Post. At the end of the year, the student critics vote for awards that are presented at a formal Cappies Gala. SSSAS “Mathletes” Add Up To #1

For students who have a passion for math, St. Stephen’s & St. Agnes offers many challenging opportunities in and outside the classroom. One opportunity is to compete in various competitions throughout the year, such as the Junior Mathematics League (JML) and the Virginia Math League.

This school year, the SSSAS team of ninth and tenth grade Honors Geometry, Honors Algebra 2/Trigonometry, and Advanced Geometry students won the IndependentSchool Division (Fibonacci Division) of the JML, sponsored by the Northern Virginia Council of Teachers,


In addition, the Varsity Division (a team of Advanced Precalculus and AP Calculus students) finished first in the Alexandria and Arlington Division of the Virginia Math League. The students participated in six contests over the course of the school year.


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My Business” course. Most recently, the three-month Entrepreneurship Training has been changing economy. EWI’s intensive training is designed to ensure that students receive the most up-to-date training for entrepreneurship in a rapidly changing economy. EWI’s intensive three-month Entrepreneurship Training for Success has been supplemented with the individualized, six-month “Grow My Business” course. Most recently, the

EWI has also established partnerships with socially conscious lending leaders, including Kiva and Life Asset, to provide critical capital for its start-ups. This aspect of Fripp’s vision is an excellent match with that of her husband, Jesse Fripp, a prominent figure in the field of financial development and a strong supporter of women’s empowerment. Marga and Jesse have two children: Geanina, a college student in Tennessee, and Arthur, who attends high school locally.

This ever-growing network has enabled EWI to open new offices throughout the region while maintaining its headquarters in Alexandria. Fripp’s credo of “onward and upward” accepts no excuses for a student’s difficulties. Instead, EWI does whatever it takes to provide that person with the support and tools necessary to succeed.

Fripp has spread the word on behalf of this “can do” spirit in nationwide and international speaking appearances; through TED talks and other on-line appearances; and on Northern Virginia-based radio and television. Walk through Alexandria’s Old Town and Del Ray neighborhoods and one is hard-pressed to encounter a merchant or veteran resident who does not know her. Indeed, she was instrumental in encouraging Nina Tisara, founder of Living Legends of Alexandria, to apply for an nonprofit status in an early EWI class!

Alexandria is fortunate to be the home of the organization – indeed, the movement – nurtured by Marga Fripp.

Fripp has dedicated her life to “paying it forward,” so that other women in challenging dire circumstances can do whatever it takes to provide that person with the support and tools necessary to succeed.

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WHOLE DOGZ – FIDO’S HOME AWAY FROM HOME (WHEN YOU’RE NOT HOME)

BY KRIS GILBERTSON

Choosing a dog sitter can be a real challenge when you travel or when long hours at work keep your pup at home, alone and bored. Whole Dogz may be the answer. It’s a doggie daycare and boarding kennel you’ll find tucked into a cluster of industrial buildings on Eisenhower Avenue. A warehouse may not seem ideal for pet care, but owners Mary Kenkel and John Weissner and full-time, on-site manager Patrick Kenkel say the open space is perfectly suited to meet multi-dog needs. “We wanted to be in Alexandria,” says Patrick, “and due to zoning, most doggie daycares are in industrial areas.” And this building has plenty of room for lots of dogs, inside and out, and can accommodate the staff of 14.

What is Whole Dogz like?

Stepping through the front door, you’re likely met by Halle Berry, miniature puddle and official greeter. The air is filled with sounds of happy dogs at play (Noise carries in the cavernous space) A flat screen behind the desk runs streaming video of three huge enclosures (“playpens”) and an outdoor area where doggie daycare and boarders spend hours frolicking together. The playpens are rated for small, medium, and large dogs. The yard encompasses lawn, a rubberized patio and a composite deck. Each playpen group goes outdoors for half an hour four times daily. Upstairs 64 individual suites of varying sizes accommodate various sized dogs, and sometimes more than one dog so that family members can sleep together. Some suites even have windows. (“The suites” were designed from an interest in having the dogs in a place we would want our dogs to be in,” says Mary Kenkel.) “We didn’t want crates, didn’t want cages; we wanted something much more humane.”

Charts listing information including food, toys, bedding, idiosyncrasies and instructions are printed daily for every boarder and posted on suite doors. Whole Dogz will provide bedding or owners may bring it. Bedding from home with familiar scents often makes a dog more comfortable.

Staff members heat or refrigerate individual menus as needed in two kitchens. The ventilation system is equipped with sonic filters and only organic and natural cleaning products are used because traditional cleaners (like bleach) can be harmful to some dogs.

A Day (and Night) at Whole Dogz

Unlike child care, Whole Dogz has no set hours for drop off and pick up. The full daycare package runs from 7:00 am to 7:00 pm, but there are 3-hour and 6-hour time slots for daycare as well. Each dog must have current vaccination records, be taking anti-flea/tick medication, and pass a sociability test to ensure that this pup gets along with others. Dogs are evaluated by size and temperament. A large but shy dog, for example, or one who just doesn’t like to be with big dogs, might spend the day with the medium or small dogs.

Boarders check in by 3:00 pm so they have time to get tired before bed, says Patrick. They eat dinner in their suite at 7:00 pm, go outside once more around 8:00 pm, and then to bed. “Dogs that just absolutely cannot be alone in a suite may end up sleeping with the manager,” says Mary Kenkel. Four, five, even six dogs sometimes bunk with Patrick.

Although Whole Dogz stresses organic foods, if owners bring food, it is used. “But we may recommend a change,” says Mary. Owners should be aware that, if fleas are detected, their dog will get a natural flea bath at their expense for the protection of all the dogs.

In emergency

On the rare occasion of a dog bite or sudden illness, Whole Dogz staff will notify the owners and get any veterinary or medical attention needed. When a dog bites a person or another dog, animal control must be notified to confirm that the animal(s) involved have current vaccinations. Whole Dogz uses VCA Animal Hospital on Duke Street if necessary.

ALEXANDRIA ACES BASEBALL IS A ‘HOME RUN’!

The Alexandria Aces are set to play our eighth season at Frank Mann Field, this summer, and we want you to be a part of the action! Some of our nation’s top collegiate baseball players will be coming to play for the Aces to try to catch the eye of a major league scout, but, more than ever, and we really need you to help cheer them on to victory! We are “all-in” for Alexandria in 2015, and we know you are, too!

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Because we are a free-roaming facility, you can come visit cat-exclusive, no-kill rescue facility in Alexandria, Va. King Street Cats is proud to be the only all-volunteer, Saturday and Sunday from 1:30 to 4:30 p.m.

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

Thunder and Lightning and Fireworks, Oh My!

BY ADRIENNE HERGEN, DVM

With the warmer weather already here and the official start of summer fast approaching, it is time to start thinking about summertime anxiety triggers that come to us with our furry companions. Fireworks and intense thunderstorms can be a source of stress and fear for some dogs and cats. The reactions can vary in severity from mild shaking to very destructive and dangerous behaviors. Some signs of anxiety are pacing, trembling, panting, drooling, attention-seeking, hiding, barking, vocalizing, and bolting. To get away, animals will often hide behind furniture, go to the basement, or get in the bathtub. It can be difficult for them to identify the source of the noise and therefore inside animals may try to get outside, and likewise, animals outside may be frantic to get indoors. In the most extreme cases, some animals injure themselves by breaking out of their crate or even jumping through glass windows.

According to national statistics, more pets go missing around the 4th of July than any other time of year. If possible, try not to leave your pets home alone during fireworks events and thunderstorms. Cats and dogs should be brought indoors and if you have to take your dog out during these times always keep them on a leash so that they don’t have the opportunity to bolt and run away. Make sure all of your pets are wearing collars with ID tags that contain your phone number. We also recommend microchipping as another permanent form of identification. All shelters, rescues, and veterinarians should have the ability to scan for a microchip. It is imperative always to remember to register your pet’s microchip with the manufacturer so that if they are lost you can be contacted and reunited with your pet.

Nervous pets tend to drink more water so make sure that plenty is available to them. In addition to hotter weather during the summer, the onset of intense thunderstorms can increase the likelihood of power outages, leading to warmer temperatures inside. There are a number of things you can do to try and relieve some of your pet’s anxiety. If they are accustomed to staying in a crate, this can serve as a safe haven and might be all that is necessary to help them relax. Synthetic pheromone sprays and collars (for dogs – Adaptil collar, for cats – Felway spray or diffusers) are also available which can have a calming effect. Some animals respond very well to pressure wraps such as Thundershirts or other clothing solutions like ear muffs and calming caps to cover an animal’s eyes. This may be helpful to reduce auditory and visual stimulation.

While it is not always possible to plan ahead, particularly in regards to thunderstorms, there are some behavioral modifications, classical counter conditioning techniques, and desirable coping responses that can be taught and implemented. It isn’t possible to control the intensity of fireworks or thunderstorms, but controlling other factors can help. Being a farther distance from the fireworks can be less intimidating as can keeping your pet inside during a firework event or thunderstorm. Music or having the television on may disguise the noise. Classical counter conditioning can create a positive association with the anxiety-inducing events. Give high-value food rewards such as canned food or peanut butter or offer your pet their favorite toy or food puzzle. The goal is for them to associate fireworks/thunderstorms with pleasant rewards rather than fear and anxiety. Teaching a desirable coping response such as retreating to a safe place (e.g. crate, closet, small room)

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

KING STREET CATS
25 Dove Street • Alexandria, VA 22314
www.kingstreetcats.org

THELMA
Female, Age 3
Soft, silky sweetheart with emerald eyes

UNCLE SAMMY
Male, Age 11
Gentle, mellow, loving and happy boy

CHEETO
Female, Age 2
Soft, plush girl is a snuggle bug who loves to cuddle.

FETTUCINE
Female, Age 1
Gentle, sweet girl wants to be your “one and only.”

OXO
Female, Age 3
Wonderful girl is quiet with sweet disposition.

JOHN
Male, Age 2
People-loving boy will thrive as your “one and only.”

PHILLIP
Male, Age 2
Happy boy wants all the belly rubs you can possibly give.

Thee dogs are lining up to visit Whole Dogz

IS YOUR DOG IN LINE?
FREE morning coffee while dropping off your dog!

MAKE YOUR HOLIDAY RESERVATIONS NOW!
4748 Eisenhower Avenue, Alexandria, VA • 703.751.DOOGZ • www.wholedogz.com

ZEBRA PRESS JUNE 2015
Meet Samoa! This beautiful girl is as sweet as a fresh box of cookies and would love for you to give her a try. She is a spayed female American Staffordshire Pit Bull Terrier, estimated to be about two years old. Samoa is a friendly and energetic dog who loves a good chew toy. Samoa is very picky when meeting other dogs, so she would probably do best as the only dog in your household. If you’re looking to satisfy your sweet tooth with a fantastic dog, Samoa is perfect for you!

Hi, I’m Ernie! I’m a neutered male Beagle mix, estimated to be about two years old. If we gave out awards at the shelter, I think I’d win the title of “class clown” for sure! Don’t get me wrong- I love to learn tricks and give it my all during lessons, but I have a knack for making my friends laugh whether I try to or not! I really like to go on walks, play games in the yard, and get tons of belly rubs. Does that sound like fun to you? If it does, we’ll become best friends in no time!

Hi! My name is Spunky and so is my personality! I’m a neutered male terrier mix, estimated to be about two years old. I’m looking for a new family who will play with me, teach me cool agility tricks, give me peanut butter-filled Kongs, and let me curl up on their lap for a snooze. I’m an outgoing fellow who loves making new friends- whether they’re human or canine! One weakness you should know about is that I have trouble with potty-training, so please be patient and give me lots of treats during my learning! I promise that I’ll bring lots of fun into your life and I will be well worth the potty-training, so come fall in love with me today!

Say hello to Newman! Newman is a quiet, mellow kitty originally from Accomack, Virginia. Newman is a neutered male Domestic Shorthair, estimated to be about two years old. He would love a patient owner willing to work for his trust. He tends to keep to himself, enjoying naps and baths throughout the day, but if you offer him some treats and keep him company while he eats you’ll quickly get his attention! Newman is very picky when meeting other cats, so he would probably do best as the only cat in your household. If you’re looking to satisfy your sweet tooth with a fantastic cat, Newman is perfect for you!

Hello Mittens! Mittens is a spayed female Domestic Shorthair, estimated to be about two years old. A fun fact about this adorable cat is that she is polydactyl- she has extra toes (that look like mittens)! This sweet kitty is looking to come out of her shell in a happy new home. While she can be a bit timid at first meet, playing with her favorite wand and mice toys help to open her up to the loving and playful cat that she is!

Hi Brienne! This cat may be named for the beautiful and adventurous princess from the popular HBO series Game of Thrones, but she is a sweet kitty who is happy to meet new people and can be very playful. If you’re looking for a lovely cat to share your adventures with Brienne the Beautiful is the one for you!

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

401 Eisenhower Ave.
Alexandria, VA
(703) 838-4774
Animal Welfare League of Alexandria

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Sponsoring this page to help pets locate foster caregivers

JUNE 2015
**Audiophile Cat**

“Cats is definitely enthusiastic about his high-fidelity sound and loves listening to his parents’ vinyls.”
—Submitted by Melinda and Phil Sigal of Alexandria.

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

**PARKER**

Continued from page 13

Performs at the Wonderland Ballroom downtown. He maintains a day job and teaches as well, but with his level of talent won’t seem to be a necessity for long.

Parker moonlights himself with a spiritual music group, the Theodosy jazz collective, which has performed in Canterbury, England and is slated to appear at a Christian convention in Salt Lake City next month. Unconventional venues are a preference for Parker, who eschews the fancy for the raw.

“I prefer the less musically educated clientele at Wonderland,” he says.

“You can come as you are and drink Pabst Blue Ribbon and carry on a conversation. Multiple generations mingle together there. This occurs to try and minimize the anxiety rather than reverse a reaction rather than just situationally. It should be noted though that these drugs can take weeks to reach a therapeutic level in the bloodstream, so they do not provide an immediate solution to the problem. Planning ahead is important, it is always better to avoid a fearful reaction rather than reverse one.

Mr. Campana:

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

— Bill and Nickie Aldridge

**Whole Dogz**

continued from page 37

What else does Whole Dogz offer?

Traditional grooming, plus a range of health and beauty treatments to aid shedding, dry skin, and stiff joints. Sessions in the hydrotherapy tub ease arthritis and promote recovery from injuries.

Whole Dogz’ retail shop displays products ranging from probiotics, supplements, natural flea repellents, and aromatherapy to natural treats, greeting cards, and books for adults and children, including the Mirabelle series (“Every day’s an adventure with Mirabelle!”).

Whole Dogz is an abundant source for dog-centric gifts, and it might be the second home your dog would love.

Blues Alley, which has expensive cover charges and drink minimums. My target demographic is not a serious jazz music aficionado, but someone who wants it for the atmosphere, or is just discovering swing jazz.”

He says that he composes over breakfast, goes to work at a law firm, and then in the evening heads out to perform. Parker notes the level of professionalism of the musicians in his current live venue octet and notes his gratitude for having encountered them.

“Bill Mulligan plays with the Navy Commodores. He and the others can see a completely new score and bring it to life almost immediately!”

Parker notes that he may have mixed out the DC music scene and sets his sights on New York City to collaborate with yet more other artists.

“But I really prefer living in DC,” he muses, “because New York is a little too dirty and crowded.”

His new album is available at Jonathan-Parker.com.

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**Shirlington Animal Hospital**

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

M-F • 8 am – 7 pm
Sat: 8 am – 2 pm • Sun: 10 am – 2 pm
703-570-6600 • www.ShirlingtonAnimalHospital.com

We are a full service small animal hospital in the heart of Shirlington Village. Located next to Dogma Bakery and across the stream from the Shirlington Dog Park.

We look forward to meeting you and your furry companions very soon!

Dana Carr, DVM & Adrienne Hergen, DVM

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**Animal Ortho Care, LLC**

**MOBILITY DEVICES FOR PETS**

**Thunder**

Continued from page 28

During the fireworks or storm gives them a sense of security and confidence. Blankets to help muffle the sound and pheromone diffusers can provide natural motivation for your pet to seek out this location.

If all else fails and the anxiety is more severe, medications can be helpful in certain situations. A short acting anti-anxiety medication, such as Xanax, can be given before the event occurs to try and minimize negative responses. Some pets that suffer from more severe and constant anxiety may benefit from medications that are given on a regular basis rather than just situationally. It should be noted though that these drugs can take weeks to reach a therapeutic level in the bloodstream, so they do not provide an immediate solution to the problem. Planning ahead is important, it is always easier to prevent a fearful reaction rather than reverse one.

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— Bill and Nickie Aldridge

**Adrienne Hergen, DVM**

practices at Shirlington Animal Hospital, 2770 S. Arlington Mill Dr., Arlington, VA 22206, (703) 570-6600, shirlingtonanimalhospital.com.
Chloe is only 9 years old, seeking a home where she can hang out watching the birds out the window. Want to have a conversation about your day? She loves to talk to you too.

She is a tad shy at first but warms up to you and loves to be petted. She would love a quiet home with a new mom or dad to dote on her for the rest of her life.

She gets along with everything on two and four legs. Declawed in the front paws, she is seeking an indoor home with maybe a feline or canine friend to play with!

She currently visits senior citizens while she waits for her forever family and brings smiles to all. Playful, loves being brushed and spending time cuddled and petted! She won’t admit she is 15 she acts 15 months.

We believe that senior dogs and cats deserve a safe and caring environment in which to make their golden years the best years.

We believe that pet companionship is key to keeping our aging society young at heart!

Senior pets have learned many life lessons. Senior pets are truly grateful for a home. They will be a devoted companion and a faithful family member.

While their routines are established and they know the drill, they are still eager to learn new things and look forward to their next adventure.

Contact us!
Paws for Seniors
PO Box 738
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pawsforseniors.org
facebook.com/pawsforseniors
info@pawsforseniors.org
540-748-8177

About Paws For Seniors:
We care for and find homes for dogs and cats making their golden years the best years through rescue, foster, adoption, and hospice.

We believe that senior dogs and cats deserve a safe and caring environment in which to make their golden years the best years.

We believe that pet companionship is key to keeping our aging society young at heart!

Why Adopt a senior pet?
What you see is what you get. Senior pets have learned many life lessons.

Best friend for life! Senior pets are truly grateful for a home. They will be a devoted companion and a faithful family member.

You can teach an old pet new tricks. While their routines are established and they know the drill, they are still eager to learn new things and look forward to their next adventure.

Apply to Adopt Today!
PawsForSeniors.org/adoptapp.html

Paws For Seniors “Bringing People and Senior Pets Together!” PawsForSeniors.org
June is Perennial Gardening Month! Greenstreet Gardens is passionate about the perennials we grow!

15% off when you buy 3 or more perennials in June