Get A Grip!

WELCOME GIANT

ART ON THE GROUND

THE BABE

GROWING AMAZING MAZES
$2,550,000
Elegant 4 bedroom, 3.5 bath brick semi-detached townhouse with 3-4 off street parking located just steps from King St, Old Town and the waterfront. Circa 1818 and approximately 4,400 sq. ft. of living space featuring generous room sizes, original random width wood floors, high ceilings, tall windows, exquisite woodwork and architectural details throughout. A new level sunroom offers views of the spacious walled garden and patio. Lower level walk outs to the garden and features a gourmet kitchen with center island, breakfast area and adjoining family room with fireplace.

$1,950,000
Historic 4 bedroom, 3.5 bath home on "Capital's Row" 1 block off King Street and 2 blocks from the river. Extensive renovations with nearly 3,000 sq. ft. of living space featuring spacious light filled rooms with 10 foot ceilings, beautiful moldings, random width wood floors and 2 fireplaces. Eat-in kitchen with exposed beams and rear stair to upper level. Master level bedroom with full bath, a half bath for guests. Upper level with 3 bedrooms and 2 baths including the Master suite with en suite bath. Unfinished lower level with tall ceilings and heat, track porches, roof-top deck and forced air with peignol and 2 zones.

$1,599,000
Fabulous 7 bedroom, 5.5 + baths semi custom home with approximately 7000 sq. ft. of living space on 5 acres with a 3 car garage! Great home for entertaining with a dramatic 3 story field stone fireplace in the living room and formal dining room with french doors to a large screen porch. Spacious gourmet kitchen with adjoining breakfast and family room. Master suite with 30 ceilings and luxury bath. Fenced yard with dock and a sports court. Steps to Chiriquipu Park!

$1,190,000
Beautifully updated 4 bedroom, 3.5 bath brick townhouse just 1 block from the river and Lee St. Park. Spacious light filled living room and formal dining room with dental molding and wainscoting, both with fireplaces. Renovated gourmet kitchen with adjoining family room with gas fireplace and French doors to a large brick patio. Master suite with sealed ceiling, Juliette balcony and en suite bath. Finished attic with 4th bedroom and en suite bath is ideal for guests. Updated baths, freshly painted with wood floors throughout.

$999,950
Gorgeous 5 bedroom, 4 bath craftsman home with approx. 3,000 sq. ft. of well designed living space on a large professionally landscaped lot with extensive hardscape. Foyer entry welcomes you to the living room with slate fireplace and formal dining room with wet bar. Gourmet kitchen and adjoining family room with French doors to the beautiful patio, ideal for outdoor entertaining. Main level bedroom with full bath and 2nd level with 3 bedrooms including a Fabulous Owner’s Suite with sitting area, 2 walk-in closets and luxury en suite bath. Spacious 3rd level with full bath is ideal for a 5th bedroom or 2nd family room.

$749,000
Ideally located 3 bedroom, 2 bath brick townhouse with off street parking. Brickhouse from 2 METRO Stations, shops & restaurants 1 1/2 blocks from Old Town & 2 blocks from the river. 2 car garage parking. Main level bedroom with full bath and 2nd level with 3 bedrooms including a Fabulous Owner’s Suite with sitting area, 2 walk-in closets and luxury en suite bath. Spacious 3rd level with full bath is ideal for a 5th bedroom or 2nd family room.

$599,000
Lovely 3 bedroom, 2.5 bath brick and town house with 2 finished levels and garage parking just a couple of blocks from the riverfront, shops and restaurants! Foyer entry takes you to the living room with a wood burning fireplace and dining room with access to a delightful brick patio. Updated oak kitchen with granite counters and SS appliances. Three upper level bedrooms including the Master suite with en suite bath and 2 closets including a walk-in. Wood floors on both levels, extra storage in the attic with PDS.

$2,550,000
$1,950,000
$1,599,000
$999,950
$749,000
$599,000

It’s Not Just My Business, It’s My Neighborhood

COMING SOON
It’s Not Just My Business,
It’s My Neighborhood
Summer is over, and with that comes a new season of our favorite TV shows; kids getting dressed up for their first days back at school, and an eye for the coming of crisper days, turning leaves, and cherished holidays. Please enjoy the read and look for our October issue to give you a quick election rundown when we bring you a special section called, The Candidates: In Their Own Words. Until then, we urge you always to send us your thoughts, criticisms and suggestions. —Mary Waldland

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PUBLISHER’S NOTE

WHAT BUGS ME

BY DEBBY CRITCHLEY

Ok bicyclists, it’s your turn. Have you ever read the laws governing bike riding in Alexandria? Anywhere? You need to be riding WITH traffic, not against it. You cannot ride on the sidewalk. You need to signal your turns. Pedestrians do have the right of way, not you. You MUST stop (and stay stopped) for all traffic signals — regardless of the lack of cross traffic. And when you do stop, put a foot on the ground — don’t dance’ around on your bike. A biker making a left turn ‘danced’ into my lane forcing me to run my car up over the curb. It caused several hundred dollar damage to my car just so I wouldn’t hit and kill her. She cursed at me! And please, use some common sense; don’t try to compete with a 2000+ lb. car! You won’t win.

Zebra Spotted in Havana, CUBA!

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

CONTACT
The Zebra
2331 N. 14th Street
Arlington, VA 22201

For advertising information call 703-919-7533

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.
Beltway Supply, Inc. “almost truly put us out of business.”

government shut down. “That,” she says,
holding on to their dollars.”

state government doesn’t have a whole

“When the Fed doesn’t have money,

contracting with the government were

hit hard.

hit hard.

which meant they could not buy much

to-month at previous budget levels,

federal agencies were funded month-

agree to a federal budget. During this,

Congress and the president failed to

“hold no inventory.”

By 2008, BSI was certified on both

Full-time and one occasional employee.

was only 500 sq. ft., just enough for two

joined the firm full-time. In the “hold

owned small business. Christine Heiby

funds to go to

required a small business partner, BSI

primarily consulted, sourced, and

record with state, local, and Federal

held no inventory.” The company

BSI, which did all the procurement for

out.

“A door with an

impede visitors’ views, but keeps them

safe and keeps the tigers from jumping

out.

They also procured pumps and

materials to build a series of waterfalls

on the Asia Trail and panda exhibit. The

screen is very fine mesh that doesn’t

impede visitors’ views, but keeps them

safe and keeps the tigers from jumping

out.

One perk of the ongoing relationship

comprises seven exhibits of Asian

wildlife, the final one being the
giant salamander lives.

“We realized,” says Christine, “that to

have a great product line is terrific,

but government agencies also have

other needs. This leads to ongoing

relationships.”

BSI provided the zoo with steel

screening for a large cat enclosure. The

screen is very fine mesh that doesn’t

impede visitors’ views, but keeps them

safe and keeps the tigers from jumping

out.

A Japanese Giant Salamander

The National Zoo’s Asia Trail

comprises seven exhibits of Asian

wildlife, the final one being the

giant salamander. Growing up to five feet

in length, this amphibian is the second

largest salamander known to exist. (The

Chinese giant salamander can grow
to six feet.) To stay alive and healthy,

the giant salamander needs a running

stream of cool water kept at an optimum

temperature.

A small business set-aside was in

place to obtain a split-climate control

system (air and water) for the giant

salamander, but the only company that

could provide this environment was not a small business and not certified

with the Federal government. Enter

BSI, which did all the procurement for

the climate-controlled environment in

which the giant salamander lives.

“late 2011 into 2013 was a period of
turnover on the national scene as

Congress and the president failed to

agree to a federal budget. During this,

federal agencies were funded month-
to-month at previous budget levels,

which meant they could not buy much

or start new projects. Small businesses

contracting with the government were

hit hard.

“the time leading up to the

government shutdown was really slow

and it really hurt us,” says Christine

Heiby, CEO of Beltway Supply, Inc.

“When the Fed doesn’t have money,

state government doesn’t have a whole

lot of money either, and everyone is

holding on to their dollars.”

Then, on October 1, 2013, the Federal

government shut down. “That,” she says,

“almost truly put us out of business.”

Beltway Supply, Inc.

Alexandria residents Dave and

Christine Heiby founded Beltway

Supply (BSI) in an industrial park

just south of the Beltway in August

2006. Dave, a seasoned sales rep in the

industrial market, had worked with

companies of many sizes, from the

national United Laboratories to small

businesses, since 1985. Now it was time

to work for himself.

Christine’s field was rehabilitation

counseling. With a Master’s degree from

Virginia Commonwealth University, she

worked for 31 years with government

and private agencies to assist people

with disabilities. To provide stability,

she continued that work as BSI started up.

Both the Federal and state governments

set aside certain solicitations for small,

woman-owned, and minority businesses

(WOSB). Virginia, in particular, requires

procurements under $5K to go to

WOSBs, which fit into the Heiby’s

business model:

1. Target state, local, and Federal

governments because they would always have money. And because
different levels of government have different buying schedules,
somebody would have money pretty much throughout the year.

2. Prefer the micro purchase area that can be done through credit

cards. Credit cards assure prompt

3. Hold no inventory.

By 2008, BSI was certified on both

Federal and state levels as a woman-

owned small business. Christine Heiby

joined the firm full-time. In the “hold

no inventory” mode, their first office

was only 500 sq. ft., just enough for two

full-time and one occasional employee.

Beltway Supply didn’t supply much (“hold no inventory”); the company

primarily consulted, sourced, and

trained. As a WOSB with a track

record with state, local, and Federal

governments, they could team with

companies that wanted to get into a

government marketplace. If a proposal

required a small business partner, BSI

would be that partner.

At the start, BSI promoted the

products Dave knew best—fasteners,
safety supplies, tools, and hardware, with established vendors. Then in 2009, a
cold email arrived from the Smithsonian Institution requesting a quote on an

item needed at the zoo. “So we went

out there,” says Christine, “and the rest

is history.”

The AUTO-GRIP self-adjusting locking pliers easily clamps onto objects of any size. No adjustment knob to

turn and the red-tipped lever pulls up to release instantly. Check the videos on AUTOGRIP.com to see how fast

and easy working with this tool can be. Photo by Harry Merritt.

www.autogrip.com

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Suite A-102

Springfield, VA 22150

Phone: 1-800-888-5793

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Email: info@autogrip.com

Follow AUTO-GRIP on Facebook and Twitter

Or meet the AUTO-GRIP staff in person at the Capital Home Show, September 25-27, 2015, at the Dulles Expo Center.

CONTINUED ON NEXT PAGE
hello to me or to the keeper. A rather neat experience to say the least.

Recession, sequestration, shutdown
As the effects of economic downturn spread through 2010, BSI’s training and consulting opportunities dried up. Of this Christine says, “Our business motto has always been you figure out what’s going on and adjust accordingly.”

They chose to focus on selling facility maintenance and safety supplies to their customer base of stable governments. This strategy worked despite political uncertainty until 2012, when government agencies, faced with the threat of sequestration, reduced or stopped spending and held tight to whatever funds were in hand. Then, in October 2013, the Federal government shut down for 16 days.

This could have been the death knell for BSI. There were still bills and expenses; money going out and no money coming in. But at that critical moment, Gerry Cooper, a good friend from their congregation at the Old Presbyterian Meeting House, mentioned that he had a friend in DeWitt, Nebraska, that he wanted to bring into the United States from China. Could they figure out a way to work together?

“Mr. Cooper was chief procurement officer for Stanley Tools (now Stanley Black & Decker) in Asia for years,” says Dave. “He took Stanley first to Taiwan, then to mainland China, establishing factories and supply chains. He lived in China for 19 years, speaks the language, and understands the culture and ways of doing business, which is very different from China and Asia.

Gerry Cooper retired from Stanley Tools and lives in Alexandria. He owns Asia Tech Source, a consulting/sourcing firm that puts American companies wanting to do business in China in touch with factories in Asia. With his son, he also owns CF Cooper, a corporation based in Alexandria and Asia. Cooper’s tool was the AUTO-GRIP self-adjusting locking pliers, and the Heiby realized that “this is a great tool, let’s figure out how to do this. Because if we were going to survive, we needed to do something different.”

AUTO-GRIP
AUTO-GRIP self-adjusting locking pliers descends from a notable line of tools. Like USN's invention were patented six successive patented versions of the tool, the last in 1958.

When Petersen was not pleased with the 1958 tool and began designing the next model, but died before completing it. As the 1958 patent expired years ago, there are many knock-offs and the 1958 design is still the standard in today's toolbox. Although the Petersen Manufacturing Co. name and ownership changed several times, the plan for Petersen's last version languished until Gerry Cooper discovered them in 2003. Through CF Cooper, he obtained Petersen’s plan and spent a decade working to bring the AUTO-GRIP self-adjusting locking pliers to market.

How is AUTO-GRIP different?
Standard locking pliers, manufactured from William Petersen's 1958 design, have a small adjustment knob at the heel. Turning the knob tightens or loosens the jaws around whatever object is clamped. This requires considerable fiddling to get the tension right. It always requires two hands, and every task of a different size means adjusting the grip again.

AUTO-GRIP self-adjusting locking pliers automatically conform to the size of each object gripped. There are no knobs to turn. The only adjustment is for the user’s hand strength, using the pressure screw, which never has to be adjusted again. The red-tipped release lever pulls up (opposite of the old design) and the entire maneuver can be done with one hand, making work with this tool faster (seven times faster—see website video) and more efficient.

In February 2014, AUTOGRIP became a division of Beltway Supply, Inc. and the international distributor of AUTO-GRIP tools.

BSI continues sourcing and training on both the expected and the occasional unusual proposals (dead goose decoys to repel goose populations [goose poop remediation] on the NoVa Woodbridge campus). But the company's energy and innovation is focused on establishing and expanding the AUTO-GRIP line of tools.

BSI moved into larger quarters in the same industrial park and hired staff, including Robbie Wright, Director of Business Development, and Patrick O’Connell, Warehouse Manager. “Hold no inventory” is a thing of the past as expanding lines of tools arrive from factories in China.

Brain Injury Services
Because the tools arrive without packaging or on cards printed with a factory name, the company needed workers to reassemble multi-piece kits. Through the Greater Springfield Chamber of Commerce, Christine Heiby met Tomoko Taguchi at Brain Injury Services in Springfield. Taguchi is always looking for tools for her clients. It sounded like the work AUTO-GRIP offered would be a good fit, and it was.

AUTO-GRIP hired three people through BSI who worked steadily getting everything packaged. “They are great workers,” says Christine. “When we first started assembly of the six-piece tool bag, they were able to get 100 of them done in an hour and a half. That to me, is amazing. “I credit the Chamber of Commerce because even with my background, I'm not sure I would have gotten to Brain Injury Services to hire the people who are working with us now.”

Looking ahead
With the new division have come customers in a new arena. Interline Brands is a major account. Based in Jacksonville, FL, Interline does $2 billion annually in maintenance, repair, and operations products, with 4 regional centers, 55 distribution centers, and more than 700 sales reps. Thomas Souvenir, the plumbing, heating, and A/C company based in Upper Marlboro, and TW Perry purveyor of building materials, are interested.

AUTO-GRIP self-adjusting locking pliers are the anchor tool in an expanding AUTO-GRIP line. Also available: AUTO-GRIP self-adjusting groove joint pliers and AUTOBLADE. Design is collaborative among Beltway Supply here and CF Cooper and its contact in China. With such ongoing innovation, AUTOWRENCH and AUTODRIVER will be available in 2016.

In May, Mustang 360 magazine’s tech editor Mark Hohulathan tested and gave a positive review of the endorsement of AUTO-GRIP locking pliers and AUTO-GRIP self-adjusting groove joint pliers. “We never thought it would be in the car mechanic world,” says Dave Heiby, “but we love it.”

“Every tool we have is kind of an ‘oh, I’ve got one of those’,” says Robbie Wright, Director of Business Development. “But it’s not like ours—it doesn’t work as efficiently. We have automated, we have upgraded all the tools. We have only five items now, but all five are unique. We won’t have anything in our line that’s a ‘me, too.’ That’s the whole concept.”

Steel plates forming the hulls of WW II Liberty Ships were held in position with Wm. Petersen’s 1935 locking pliers, and workers simply welded the pliers into the hulls. At that time, the unit cost was $2.25. Photo courtesy of BSI.
JOIN THE ARBOR DAY FOUNDATION IN SEPTEMBER FOR $10 AND RECEIVE 10 FREE TREES FOR PLANTING IN VIRGINIA

Everyone from Virginia, who joins the Arbor Day Foundation in September, will receive ten free trees as part of the Foundation’s Trees for America program. Through Trees for America, everyone is encouraged to plant trees, which benefit the environment and improve the quality of life. With nearly 1 million members and supporters, the Arbor Day Foundation is the nation’s largest nonprofit organization dedicated to planting trees.

Everyone joining this month will receive an eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak, and Colorado blue spruce. “This group of trees was carefully selected to yield year-round benefits in Virginia, including beautiful spring flowers, cool summer shade, spectacular autumn colors, winter berries, and nesting sites for songbirds,” said Matt Harris, chief executive of the Arbor Day Foundation. “These trees will also add to the proud heritage of Virginia’s 34 Tree City USA communities.” Harris continued. “For the past 39 years, Tree City USA has supported effective urban forest management across Virginia and planting these trees will enhance the state’s tree-planting tradition.”

The trees will be shipped postpaid at the right time for planting between October 15 and December 10. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge. Easy-to-follow planting instructions are enclosed with each shipment of trees.

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care.

To receive the 10 free trees, send a $10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by September 30, 2015, or join online at arborday.org/september.

HUME SPRINGS PLAYGROUND MAKEOVER

RunningBrooke has partnered with the City of Alexandria Parks and Recreation Department to renovate the Hume Springs Park Playground, at 100 Dale Street in Alexandria. Currently a neglected park, surrounded by a ten-foot-high chain link fence, the playground sits in a neighborhood filled with children – the highest percentage of which are under the age of five, and where more than 80% are eligible for free and reduced meals. With help from Rebuilding Together Alexandria, and the generous support of The Home Depot Foundation, which donated kitchen cabinets and a $3,000 gift card towards assistance from The Home Depot Foundation, which donated kitchen cabinets and a $3,000 gift card towards a local women’s domestic violence shelter. With generous assistance from The Home Depot Foundation, which donated kitchen cabinets and a $3,000 gift card towards help U.S. military veterans and their families. Supporting

RunningBrooke Volunteer Build Day is September 19 when the community will be out in force to put the final touches on the park makeover. Volunteers will help plant flowers, create a butterfly garden, and build tables and benches. For more information, please visit www.runningbrooke.org.

Unfenced Dog Exercise Areas May Go Away

The Park and Recreation Commission will hold a Public Hearing on Thursday, September 17, 7 p.m. at the Mt. Vernon Recreation Center, 2701 Commonwealth Ave, to receive public comment on a proposal to remove the designation of three unfenced dog exercise areas because they present potential safety issues for dogs, as well as pedestrians, bicyclists, and others using adjacent streets.

The unfenced dog exercise areas under consideration are: 1.) Ft. Williams Parkway at Deadborn Rd, 2.) Southeast corner of Braddorad Road and Commonwealth Ave., and 3.) W. Timberbranch Parkway and Parkway Terrace. The Commission also welcomes comments regarding the status of other designated unfenced dog exercise areas.

Joe Regotti, Gang Prevention Coordinator, connects with Alexandria’s youth leaders at the evening Networking Session. Courtesy photo.

Youth Conference a Success

More than 20 Alexandria youth participated in the fourth annual Youth Leadership Conference held August 17-19 at First Baptist Church of Alexandria. Young people learned from leaders representing the public, private and nonprofit sectors. Workshops included Leadership 101, Resume Writing, Conflict Resolution, Professionalism, and Networking; Becoming a Community Change Maker, Teamwork and Critical Thinking, and Budgeting & Money Management.

Local boards, commissions, and community organizations were invited to meet youth leaders in a networking session. Representatives from the Public Health Advisory Commission, the ACPS Board, the Teen Wellness Center, Inspire Virginia, the Children Youth & Families Collaborative Commission, Gang Prevention and Intervention Task Force, Office of Youth Services Youth Council and Project Discovery connected with youth eager to become more civically engaged. The conference was sponsored by the Alexandria Campaign on Adolescent Pregnancy (ACAP) and the Substance Abuse Prevention Coalition of Alexandria (SAPCA).

Rebuilding Lives of Local Women

Rebuilding Together Alexandria volunteers from the Sons of the American Legion were armed with drills and hammers, sinks and faucets to help rebuild the kitchen of a local women’s domestic violence shelter. With generous assistance from The Home Depot Foundation, which donated kitchen cabinets and a $3,000 gift card towards this volunteer project, women living in the shelter can now enjoy a more functional kitchen.

“Home Depot is proud to support Rebuilding Together Alexandria’s work to revitalize the Alexandria community by providing free repairs and modifications to facilities that help U.S. military veterans and their families. Supporting
WEICHERT OLD TOWN OFFICE DONATES $2500 TO UCM

Mark Ackermann, manager of the Weichert, Realtors Alexandria/Old Town office, announced that his office donated $2,500 to United Community Ministries, an organization whose mission is to mobilize the power of community to equip, educate, and empower people to measurably improve their lives.

“As an office, we chose to donate our prize money from a Weichert sales incentive program to this worthwhile cause,” said Ackermann. “We are honored to have the opportunity to contribute to an organization that continues to make such a powerful impact in our community and to help make a difference for those in need.”

United Community Ministries (UCM) mobilizes the power of community to equip, educate, and empower people to measurably improve their lives. For the past 46 years, UCM has provided a vital connection between people in need and the people committed to helping them thrive. Services include immediate help for families and individuals in crisis, food, financial aid, and counseling, education and employment services such as job training and coaching, full-day early care and learning, ESL and citizenship classes, parental education, after-school programs and leadership training, engaging youth and families in broader social networks for success and overall helps people achieve stability. In Fiscal Year 2014, thanks to generous community support, UCM provided life-changing assistance in the Alexandria portion of Fairfax County to more than 11,000 individuals in 4,152 families.

COMMEMORATING THE 50TH ANNIVERSARY OF THE IMMIGRATION AND NATIONALITY ACT AND THE CIVIL RIGHTS MOVEMENT - A WEEK OF FREE EVENTS IN ALEXANDRIA

Join the Alexandria Black History Museum and the 1882 Foundation as they host a week of activities commemorating the 50th Anniversary of the Immigration and Nationality Act of 1965 and the Civil Rights Movement. All events are free and open to the public. Activities begin Saturday, September 26, at 2:00 p.m., with an opening reception at the Alexandria Black History Museum. Special remarks will be made by Professor Janelle Bekele, Professor of History at George Mason University. For more information, contact Debra Pollock at 703-548-1655 or visit www.alexandriablackhistory.org.

QUOTABLES

“Plan Ahead. Pay it Forward.”

—Groucho Marx

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

Hey, Mr. Burke!

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IT IS THAT TIME OF YEAR AGAIN!

Nominations are now being accepted for 2016 Living Legends of Alexandria. Whom do you know who has significantly improved Alexandria with their vision and energy? Do you know someone who fits that description? If so, nominate them today as a Living Legend!

Click to nominate a Legend at www.alexandrialegends.com. You may also mail your nomination to Living Legends, P.O. Box 918, Alexandria, VA 22313. Please use the information provided in the Online Form as a guide when you submit a handwritten nomination.

The deadline for all nominations is 5:00 p.m., Thursday, Oct. 15.

Questions may be directed to info@AlexandriaLegends.org or by calling 571-483-8521.

CONTINUED ON PAGE 25
Above, friends of Guest House Executive Director Amai Galloway jump for joy when Alexandria Toyota donated a brand new van for her nonprofit.

At right, Paul Krizek, running unopposed for Delegate in 44th District and Jane Gandee, Candidate for Mount Vernon Supervisor, President of ServiceMaster at the Mount Vernon Area Chamber breakfast.

Alexandria Cupcake’s Adnan Hamidi with wife Kathy Taylor and son Joshua.

Kathy Burns, Agnes Artemel and City Councilwoman Del Pepper at the WEBA Happy Hour.

Above: Eric Seewald of Billy’s Flowers brightens everybody’s day selling his finest blooms in at the Cameron Run Park and Old Town farmers Markets.

At left, Micah Edmonds and Sean Lenehan (House of Delegates candidate).

Telemundo’s Daniel Rivera with Fernando Torres (City Council Candidate) at a fundraising event.

(Dark to Right) Kenneth Dukes, Capital view II LLC with Jen Hammer and Kelly Kohn, ServiceMaster.

Paul Bartholomew, Stu Howard, and City Councilman John Chapman at the WEBA Happy Hour.

Left to Right: Barbara Barton, Susan Shelton, Nancy Benjamin and Lynn Bostain at the WEBA Happy Hour.

(Monique Miles (City Council Candidate) and Frank Fannon, former Alexandria City Councilman.

Joe De Montigny, Eileen Ahern and Deena De Montigny.

Jim Lindsay, President, Adult Companion Care; Ashley McNeff Behrens, President, U.S. Homeland Investigations at the Mount Vernon Area Chamber breakfast.

Left to Right: Barbara Barton, Susan Shelton, Nancy Benjamin and Lynn Bostain at the WEBA Happy Hour.

(Dark to Right) Kenneth Dukes, Capital view II LLC with Jen Hammer and Kelly Kohn, ServiceMaster.

Photos by Melinda Sigal.
FRIENDS OF GUEST HOUSE IS BESTOWED WITH COMMUNITY COMPASSION & SUPPORT FROM JACK TAYLOR, ALEXANDRIA TOYOTA

BY MELODIA SIGAL

A story of the community getting behind a non-profit and empowering a community is a story of the Executive Director Kari Galloway, friend & Video Producer Paul Haire who owns Your Dog’s Ago founder Betty McConkey. Del Ray’s Best-Kept Secret: 40+ Years Ago founder Betty McConkey Began a Big Dream

Betty McConkey, a Federal parolee, founded what is now Friends of Guest House in 1974. Released from incarceration in the early 1970s, she returned home to Alexandria and saw the lack of services for women like her, so she decided to do something about it. Their first name was Friends of Women Prisoners, and their first services included counseling and referrals.

Celebrating its 40th anniversary last year, Friends of Guest House has evolved as a 501(c)(3) charity that helps Northern Virginia women make successful transitions from incarceration back into the community. Addressing the root causes of the vicious cycle of crime, the facility gives their clients the relevant help, to assist them in avoiding re-offending. Women benefit from proven programs that focus on core issues ranging from rising above trauma and addiction to finding housing and employment.

At its helm is Executive Director Kari Galloway, who is very compassionate about helping her women. She explains, “Without re-entry support, 70% of ex-offenders nationwide re-offend within two years. Among Guest House graduates, fewer than 10% re-offend. Focusing on Northern Virginia, Guest House is the only group serving female ex-offenders comprehensively (including a 24/7 residential component) and in ways that meet women’s unique needs.” State and local government agencies, foundations, religious groups, businesses and individuals fund their work. Guest House is also a member of United Way of the National Capital Area.

A Trusted Advisor Who Cares About Her Clients

Friends of Guest House is client of Jennifer L. Ferrara, VP Business Officer at BB&T Branch Banking & Trust Co. Ferrara visits her customers quarterly and learning more about their businesses and how she can help them, not only with banking needs but with other kinds of problems too. As a board member of the Alexandria Chamber of Commerce, she is a connector, linking people with other people, businesses, and opportunities.

Toouched by the video, Ferrara shared that she knew that Jack Taylor was community-focused and had a contact she could involve in their quest. Ferrara wrote a letter to Erica Grooms, Jack Taylor’s Executive Assistant. A few weeks later, Ferrara got a personal call from Jack Taylor, who said he wanted to help and was interested in helping them get a van if they still needed it. A couple of weeks later Ferrara got a personal call back from Jack Taylor, who said he wanted to help and was interested in giving them a van if they still needed it. The rest is magical.

Truly a Living Legend

Jack Taylor is known for his philanthropy, and he definitely walks his talk. As a 2011 Living Legend of Alexandria, he acknowledged, “Life doesn’t always give you what you want, it often gives you more. Maybe I can’t change the world, but I can better the community.” He considers himself a lucky guy who really cares, and added, “Friends of Guest House is a noteworthy organization, and we are proud to be able to assist in providing those women a second chance, when offentimes they wouldn’t get one.”

A 2015 Sienna Van

Friends of Guest House gave the dealership about $5000 raised from the video and a $3500 trade-in van contributed by a friend of Guest House Alexandria Toyota donated the rest, more than $22,000, and the dream quickly became a reality. It had taken less than three months.

CONTINUED ON PAGE 15
I’ve been busy the past few weeks checking in on new restaurants and finding out the latest in foody newz around town.

Mary Wadland, Kris Gilbertson, and I stopped at Osteria da Nino after Wags ’n Whiskers. As I mentioned in a previous column, they replaced the Curious Grape in Shirlington. We sat out on the late afternoon breeze and a few appetizers. Our server brought us a plate of focaccia. Kris found it irresistible! This was followed by a cone of frito misto composed of crispy calamari, shrimp, mussel, salmon, seasonal vegetables, and served with a saffron aoli. The seafood and veggies were lightly battered and virtually grease free. I will order this again. Based on our experience, we highly recommend you try it.

From the owners of La Bergerie, good neighbors serving Homegrown Hospitality Comes to Del Ray

Visit us today for Breakfast, Brunch, Lunch or Dinner.

From the owners of La Bergerie, good neighbors serving great local, natural and organic foods.

It looks like Homegrown Hospitality Comes to Del Ray has paid off. The jewel-toned window for a while now and it looks like Leno’s Wood-Fired Pizza restaurant at Yates Corner across from the Bradlack Road Metro station will be opening soon. There will be dog friendly outdoor seating and an outdoor fire pit. The restaurant will feature 120 seats. According to their website, pizzas will include the Spicy Sausage with cherry peppers, caramelized onions, sundried tomato, fresh bas, and mozzarela; a Grilled Peppernoni features whole milk mozzarela, and San Marzano tomatoes; the Fresh Goat Cheese & Olive is topped with San Marzano tomato sauce, basil, and olive oil, and an interesting sounding Sunny Side Up made with bacon, smoked gouda, onions, peppers, potato, sunny side up egg, maple syrup, and truffle oil. I’m looking forward to trying the Prosciutto & Basil topped with onion jam, whole milk mozzarela, and roasted tomatoes; the Matinated Shrimp with roasted red peppers, feta, and basil, and the Funghi with roasted garlic, mushrooms, and an interesting sounding Australian brunch dish, and shrimp, beer, wine and more. Oz is a new Clarendon bar and restaurant with modern Australian cuisine that should be opening mid-month at 2950 Clarendon Blvd Co-owner Ashley Darby, a former restaurant with modern Australian cuisine that should be opening mid-month at 2950 Clarendon Blvd Co-owner Ashley Darby, a former owner Ashley Darby, a former co-owner, Michael, an Australian native says, “I’ll offer a different perspective on some cuts of meat and plates we have in America.”

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It’s football season and time for tailgating or Sunday football parties. Having been in the Alexandria area for over twenty years I realize there are many Steelers fans here, so it is only fitting I address that base with a terrific hot sauce – Pittsburgh’s Sports Sauce. I was given this bottle by my dear yinzer, Jackie since she knows I am a die-hard Ravens fan. However, the reality is I had to try it, wanted to hate it, but loved it.

It’s a Burgh hometown brew of all natural peppers, rum, cayenne, and individual spices tossed together with a delicious aged balsamic vinegar that gives it an enjoyable sweetness. It’s low sodium, gluten free, msg free and qualifies as vegetarian and vegan. It won as a gourmet hot pepper sauce, and is a FIRST PLACE WINNER (to go along with all those Super Bowl Rings) in the Habanero pepper category, at the Fiery Food Challenge!

Their website claims it is a hot sauce that’s about a 7.5 on a scale of 10 for hot sauce heat. I’d say it is much lower on heat than the claim. Probably about a three on my scale with Tabasco being a one. It can be your hot and spicy condiment of choice, and the ‘secret ingredient’ for all your recipes – kielbasa, pierogis, omelets, nachos, burgers, hot dogs or any type of salad dressing. I just used it in some red beans and rice, and it was appetizing. Unless you are heading to Pennsylvania anytime soon the best way to get the sauce is to order it online at pittsburghssportssauce.com

We bid a fond farewell to the little Giant on Monroe St. on Thursday Sept. 3 at 5:00 pm and a big hello to the giant Giant on Rt. 1 and East Glebe on Sept. 4. The ribbon cutting for the new store was held at 6:00 pm on Sept. 3. State Senator Adam Ebin and Alexandria Mayor Bill Euille looked on as Giant grocery store manager Norman Dichard and his staff to cut the ribbon opening the new Potomac Yard store. During the ceremony, Giant Grocery presented a check to the USO for $5000.00. As part of the opening celebration, Food Network chef Robert Irvine celebrated his new partnership with Giant Foods by premiering

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RESTAURANT WEEK REVIEW

BY DEBBY CRITCHLEY

A group of us had dinner at Restaurant Eve during Restaurant Week and it was amazing. Chef Armstrong offered the regular bistro menu with three courses for only $35. If I had to choose my last meal, it would have to be from Restaurant Eve.

The appetizers we tried included the Filipino Street BBQ composed of two pieces of barbecued pork belly with a biting vinegar dipping sauce, beef tartar, and crab cakes. Each was beyond wonderful. We had to choose among a wide variety of delicious entrees including steak, soft shell crabs, Arctic char, sea bass, and skate served with ’potato leek soup’. Words can barely describe how good the entrees were.

Dessert choices were also amazing and included a deconstructed cheesecake (which was inhaled by my tablemate, Mary) and a chocolate cake with salted caramel ice cream. A big shout out to our servers, Nick and Blake for making an outstanding dinner even better. Dining is more than just the food. The ambiance and service all add to your enjoyment.

Restaurant Eve does not disappoint. Every dish was served beautifully. Each plate or bowl complemented the item. My Filipino Street BBQ was brought on a piece of slate. The steak sat beautifully. Each plate or bowl complemented the item. My Filipino Street BBQ was brought on a colorful artisan plate with salted caramel ice cream. A big shout out to our servers, Nick and Blake for making an outstanding dinner even better. Dining is more than just the food. The ambiance and service all add to your enjoyment.

Restaurant Eve before I swear the food was even better this time. One of my cousins was lactose intolerant. We all agreed that we have never eaten at any restaurant that took such great pains to help her enjoy her meal. Our server was quite knowledgeable about what items she should avoid and what would be appropriate choices. We were served mini-appetizers of a deviled egg, a mini quiche of rabbit liver, and a gougere. My guest was given a baby tomato salad to avoid the cheese. These delights were followed with an amuse bouche of fennel cream soup. OMG! Our appetizers were outstanding. There are just not enough words to describe how good everything was. I had galantine of rabbit for my entrée. The sear on the outside and tender meat inside was outstanding. Both of my cousins had the bouillabaisse. Now, I don’t know what would be appropriate choices. We were served mini-appetizers of a deviled egg, a mini quiche of rabbit liver, and a gougere. My guest was given a baby tomato salad to avoid the cheese. These delights were followed with an amuse bouche of fennel cream soup. OMG! Our appetizers were outstanding. There are just not enough words to describe how good everything was. I had galantine of rabbit for my entrée. The sear on the outside and tender meat inside was outstanding. Both of my cousins had the bouillabaisse. Now, I don’t want to say that one of them is a fussy eater but… when she used a piece of bread to sop up the remaining broth, I knew she liked it. I tasted the seafood and broth and had to agree, this was better than any bouillabaisse I had in Europe. The balance of saffron and seasonings in the bowl were amazing. Served in a small soup tureen, the dish delivered everything you want in a fish soup. Dessert brought difficult choices again. A trio of sorbets – apricot, cantaloupe, and plum – tasted of pure fruit essence. And lactose free! My cousin finished two scoops and said she couldn’t eat another bite. Then she ate the third scoop. I had the cheesecake and now know why Mary didn’t leave a crumb on her plate last week. We also visited BRABO by Robert Wiedmaier. The menu was more limited and included a choice of three appetizers, a smoked trout parfait with French green beans and pickled onions; a cavatelli, and an heirloom tomato gazpacho. The parfait was quite lovely but I never found the pickled onions. My companion gobbled down the cavatelli so I can only assume it was delicious. Entree choices were limited to a grilled Angus bistro filet with roasted vegetables and a red wine jus. We chose the Chesapeake blue catfish. The fish was perfect. The napa cabbage and red peppers under the fish stole the show. There were two desserts, a honey saganaki waffle with blueberry compote and corn ice cream. The ice cream was almost better than eating corn on the cob. The other choice, a chocolate mousse, was rich, creamy, decadent, and delicious. My advice to all – don’t miss the next Restaurant Week!

People who think they know everything are a great annoyance to those of us who do.

—Isaac Asimov
September is Sea Scallops Month

Jumbo U-10 sea scallops lightly blackened and pan-seared with a touch of bacon drippings & lemon juice, plated over a local blackberry glaze and served with a local sweet corn & shiitake mushroom risotto and grilled asparagus.

$24.99
Available every night this month from 5:00pm - 11:00pm

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Extensive Brunch Menu
10am - 3pm

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CONTINUED FROM PAGE 11

his new line of healthy foods. Chef Irvine spent over two hours on Friday morning signing his newest book, Fit Fuel: A Chef’s Guide to Eating Will and Living Your Best Life. You’ll find the book available for sale for $25 at the store. All of the proceeds go to the Robert Irvine Foundation that supports organizations such as Wounded Warriors and the USO. I had the opportunity to chat with Chef Irvine about his food line and partnership with Giant. He said he “brought out this line of foods to provide healthier food options for families.” He is a strong believer in bringing “kids and families together over food in the kitchen.” He “wants people to get excited about food” and “get back to old school, healthy eating.” When asked why he teamed with Giant, Chef Irvine says “it was a perfect match after seeing how Giant was involved in supporting the USO.” This store is carrying Chef Irvine’s pizza, crab cakes, and cheese cake in the frozen food section. You will also find three varieties of flavored grapeseed oil – lemon, garlic, and balsamic vinegar. They are tasty finishing oils for your food.

The new store is big, bright, and beautiful and is LEED certified. At 57,000 square feet, it is about three times the size of the old store. One of the more notable features is the shelf height which makes it easier to reach products while also creating a more roomy sense of space. You’ll find a lot of the Mouton store crew here to help you find whatever you may need. Unlike other Giant stores in the area, this one features a smoothie bar and juice bar. I tried the pina colada smoothie (more than once) at the smoothie bar and the green juice at the juice bar. Both were really good. There is a pharmacy, Starbucks, and a comprehensive organic foods section. Look for a large selection in the Health and Beauty sections of the store. The pharmacy has a low counter to allow you to interact with the Pharmacist. The Deli section provides both hot food and salad bars. There is also a wide variety of pre-prepared foods available that you might not find at other Giant stores. There’s even a fresh made pizza station.

Giant Food is now carrying the specialty line of frozen meals developed by Chef Robert Irvine.

FOODIE NEWS ... CONTINUED FROM PAGE 10

Graze on September 19 from 1:30 – 4:30 pm at the Bastille, 606 N Fayette St. For $20, you can join residents and local businesses celebrate Parker-Gray. Meet your neighbors and enjoy food from local Parker-Gray restaurants including: Lost Dog Café, Sugar Shack Donuts, Mason Social, Shanghai Peking, and Bastille. The new Braddock Interim Park will be open for participants to enjoy games and cool music. The Parker-Gray Roundtable, Braddock Metro Citizens Coalition, and the Alexandria Redevelopment & Housing Authority (ARHA) are sponsoring the Parker-Gray Graze.

Rolls By U, a new sushi restaurant coming to the Colonial Village Shopping Center on Wilson Blvd, is hoping to open its doors mid-September according to its Facebook page. The sushi restaurant’s slogan is “where you create,” implying that it may be a make-your-own sushi concept. On social media, the restaurant says it will offer “organic, healthy, and flavorful sushi for your senses and your soul.” Will Artley, one of our favorite chefs, formerly of Evening Star Cafe, has a new gig — taking a chef’s position at Neyla in Reston. Artley says he’s also brought some of his team from previous restaurants to the Mediterranean restaurant. Artley says he’s excited for the opportunity to bring new life to a restaurant that’s been around for so long. Have a recommendation of a restaurant for me to review or news about a new, existing restaurant in the area, or some juicy news, let me know, and I will include it. debbyc@thezebrapress.com. Until next time, eat well and enjoy!
ALEXANDRIA SHERIFF’S OFFICE EQUIPS COURTHOUSE, PUBLIC SAFETY CENTER AND SEVERAL CRUISERS WITH AEDS

The Alexandria Sheriff’s Office has deployed 11 new automatic external defibrillators (AED) to significantly increase the number of potentially life-saving devices available at the Alexandria Courthouse and Public Safety Center and in deputies’ cruisers. AEDs are portable electronic devices that automatically diagnose life-threatening cardiac arrhythmias and treat them through defibrillation.

In August, five cruisers assigned to civil process and transportation deputies were equipped with AEDs. Three more were installed at the Alexandria Courthouse on King Street so that in addition to the single unit at the first floor security screening, AEDs are now available opposite the elevators on the second, third and fourth floors. Finally, three more were placed in public use areas at the Public Safety Center on Mill Road.

Sheriff Dana Lawhorne asked her staff to pursue options for equipping cruisers and facilities with AEDs after a witness testifying in court in Arlington earlier this year experienced a medical emergency and the judge administered CPR to save his life. This summer, the Sheriff’s Office obtained five AEDs from the Alexandria Fire

Everyone gathered around the Sienna to watch Friends of Guest House Executive Director Kari Galloway accept the keys from John Taylor, Jack Taylor’s son. Attending the presentation were Friends of Guest House residents Melanie Ibrahim, Tammy Harry, Monica Moore, Deanna Bounds, April Puckett, friend and video producer Paul Haire, owner of Your Dog’s Best Friends, a full-service dog daycare, Erica Grooms, Alexandria Toyota staff, and Ferrara. Ferrara, grinning ear to ear added, “I’ve been so excited about sharing in the celebration, and getting to meet these women of Friends of Guest House.”

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Left to Right: Tammy Harry, Monica Moore, Kari Galloway, Deanna Bounds, Melanie Ibrahim and April Puckett. Photos by Melanie Sigal

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TOYOTA CONTINUED FROM PAGE 9

since the video was produced. August 26 couldn’t arrive soon enough, and everyone gathered at Alexandria Toyota for the official unveiling of the new Toyota 2015 Sienna covered with Friends of Guest House graphics.

Kari Galloway’s first words as she entered the showroom and spotted the new Toyota Sienna, “OMG!” As she glowed with excitement, she added, “We are so delighted about the donation! The community support has been overwhelming—and it’s heartening to see, and it’s great for the women because it hasn’t been their experience—that people who don’t know them—want them to be successful and don’t want anything in return. That has a huge impact on people—who have felt marginalized and abused by people who should care for them and help them.”

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ALEXANDRIA SHERIFF’S OFFICE EQUIPS COURTHOUSE, PUBLIC SAFETY CENTER AND SEVERAL CRUISERS WITH AEDS

The Alexandria Sheriff’s Office has deployed 11 new automatic external defibrillators (AED) to significantly increase the number of potentially life-saving devices available at the Alexandria Courthouse and Public Safety Center and in deputies’ cruisers. AEDs are portable electronic devices that automatically diagnose life-threatening cardiac arrhythmias and treat them through defibrillation.

In August, five cruisers assigned to civil process and transportation deputies were equipped with AEDs. Three more were installed at the Alexandria Courthouse on King Street so that in addition to the single unit at the first floor security screening, AEDs are now available opposite the elevators on the second, third and fourth floors. Finally, three more were placed in public use areas at the Public Safety Center on Mill Road.

Sheriff Dana Lawhorne asked her staff to pursue options for equipping cruisers and facilities with AEDs after a witness testifying in court in Arlington earlier this year experienced a medical emergency and the judge administered CPR to save his life. This summer, the Sheriff’s Office obtained five AEDs from the Alexandria Fire
Summer is over. Time to remember what day of the week it is.

—Anonymous

ART ON THE GROUND, UNDERGROUND

This large, appealing space is home to the Arlington Artists Alliance, where members monthly exhibit art that includes representational and abstract paintings, pottery, sculpture and other mediums by both students as well as established and professional artists. It’s a fascinating art venue on the way to the Metro (Blue Line) and Crystal City business complexes on the same level as many other shops and eateries. It may be underground but this Gallery is on the mark for the steady stream of gallery and art lovers on-the-go.

Jessica Mickey and Sandi Parker co-direct all the activities of the gallery. Both are superbly friendly, knowledgeable and willing to show you around and share tidbits about a current show and the work of the Alliance. They do two interesting presentations each month. In September, for example, there is a show called, “Rain of my Soul,” paintings by Nihal Kececi, in their FOCUS GALLERY, a special section devoted to special interest groups, causes or art styles that are selected for particular emphasis. The other main sections of the gallery are devoted to the MEMBERS SHOW that presents sculpture, glass, jewelry and all manners of paintings – it is a changing experience, so many spend time perusing the collection often. Moreover, for the record, artists and gallerists appreciate those who come and go to see what’s going on and do not feel the pressure of having to purchase something every time. One practical thing I noticed, though, in my times there, is that the work itself is generally of manageable sizes for those who are already collectors and have run out of room for more art. I was also attracted to the pricing on most work. It struck me as low, but I learned this Alliance can keep their prices low because of the practical way they are structured, a model they can quickly explain for artists who wish to join.

Many people want to learn how to paint or to find the time to do their artwork. With that in mind, Gallery Art Underground regularly does “Gallery Uncorked” where, during shared glasses of wine, a lead artist selects a subject matter, provides the materials and creates the space and help to anyone wishing to take part. This happens on Thursdays and a call to the gallery will give you the low cost and the particulars.

This is a happy place. If, by chance, you can’t make it there in person, they have an interactive website at www.galleryunderground.org. However, you know, for my money, looking or purchasing art online is a second option. Original art (as opposed to print editions) carries its own soul that can only be experienced or felt firsthand.

September’s Artist of the Month at Art Underground is Anna Schalk. Her oil, “Montebello Women #4” is shown here and her “Presence,” a mixed media work was one of the first intriguing paintings I admired during my recent coverage of the August show. I admired the traditionally perfect oils by George Bowles as well as Laura Clerici’s striking icons. There’s art for every age here and well worth your effort and time. It is a recreational, educational and cultural experience in our local world of art.

Gallery Art Underground is located at 2100 Crystal Drive in Arlington. They can be reached at 571-483-0652 or info@galleryunderground.org.

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.

McAllister Architects is a full-service architecture firm located in the North Old Town Alexandria, serving the Washington Metro area since 1992. The firm specializes in residential, commercial, health care, and educational projects.

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LOCAL AUTHOR’S NOVEL REIMAGINES “THE BABE”

What a great story, a 65-year-old Alexandria man realizes his simple dream, having a book published. And he didn’t choose just any benign subject as the topic but a sports legend that has been written about hundreds of times. He found an imaginative twist that no one had before. That’s the tour de force combination of perseverance and creativity.

Last month marked the 67th anniversary of the death of baseball’s mythical and most widely recognized player, who also cornered the market on nicknames: the Great Bambino, the Sultan of Swat, the Caliph of Clout. Everyone knows that Babe Ruth could make a baseball majestically disappear beyond the outfield walls. In fact, he did so 714 times. Ralph Peluso, a local resident and author, says, “Hold on, Ruth was much more than that. So much more he would have broken the all-time wins record for a pitcher of 511.” In his fictional work, “512”, he takes the reader on a mesmerizing journey through the life and altered career of the incomparable George Herman ‘Babe’ Ruth.

The journey is rich and detailed in baseball history. There is an abundance of very colorful characters that touch and shape Ruth’s new path. Ralph effectively uses vignettes and time shifts to develop these characters, both friend and foe, and guide the Ruth march to baseball immortality. For a novice

LTA owes the successes of its productions to all of its talented members. We welcome all theater enthusiasts willing to work including actors, backstage “techies,” set builders, designers, actors, catering staff, and box office workers. Visit our website to see how you can get involved.

CONTINUED ON PAGE 30

SEPTEMBER 2015

The Little Theatre of Alexandria
600 Wolfe Street | Alexandria
703-683-0496 | thelittletheatre.com

CONTINUED ON PAGE 30

SEPTEMBER 2015

The Zebra Press

17
SEPTEMBER 10 - 18

Daily 10:00 am - 6:00 pm, Thursdays until 9:00 pm
Target Gallery, Torpedo Factory, 105 N. Union St.
Four women artists from the Blue Hill Peninsula in Maine explore ideas of femininity in a purportedly post-feminist climate in Angel Soldier Dance Sublime. Samantha Jones, VanTine, Heather Lyon, and Liana Astinovich Metcalf combine sculpture, photography, drawing and performance to depict the balance between feminine and masculine. This exhibition was selected by juror Laura Roulet through Target Gallery’s annual Open Call for Curatorial Proposals. Free

SEPTEMBER 11 - 12

DC Public Opera Prezents: Civl War Tutte
Torpedo Factory Art Center
105 N. Union St.

SEPTEMBER 11

Book Signing & Reception: As I Remember
2:00 pm - 5:00 pm
Fort Ward Park
4301 West Braddock Rd.
Learn more about an extraordinary local Civil War veteran, Lewis Cass White, and his compiled papers and memorabilia. The publication, by Joseph and Sharon Scopes, details White’s story and his collection, which was accidentally found by the authors while cleaning out an elderly relative’s basement. Lewis Cass White was a Union veteran of the 102nd Pennsylvania Infantry. He fought in 24 battles and served throughout the war until he lost a hand at Cedar Creek in the fall of 1864. Among the notable engagements he participated in was the Battle of Fort Stevens, the only battle to occur in the Civil War Defenses of Washington and the only time that an American president came under direct enemy fire in offices.

SEPTEMBER 13

Art and Light
12:00 am - 5:00 pm
Target Gallery, Torpedo Factory Art Center
105 N. Union St.
Light at Play comes to the Torpedo Factory Art Center for an afternoon celebration of art, music, dance, and light. Performances include Jane Franklin Dance, the Francis C. Hammond Middle School Orchestra, The Alexandria Sirens, The Dance Studio at Hollin Hall, cellist John Kaboff, the Franklin Dance, the Francis C. Hammond Middle School Orchestra, The Alexandria Sirens, The Dance Studio at Hollin Hall, cellist John Kaboff, the

SEPTEMBER 17

42nd Computer Animation Festival
7:00 pm - 9:00 pm
Torpedo Factory Art Center
105 N. Union St.
This is the world’s leading festival of the most innovative and accomplished computer graphics. It’s recognized by the Academy of Motion Picture Arts and Sciences as a qualifying festival for the Academy Awards. Washington DC ACM SIGGRAPH is partnering with the Torpedo Factory Art Center to host the 2015 festival in Alexandria, Va., to watch some of the best examples of computer animation from the past year. For more information, visit acm.sgiag.org/Washington

SEPTEMBER 19

Cinema Del Ray - Big Hero 6
Film begins at dusk
Mount Vernon Recreation Center
Mt. Vernon and Commonwealth Ave.
Movie goes bring blankets and picnics, but are asked to leave puppy friends at home. Popcorn and other movie snacks are available for purchase. Free

SEPTEMBER 20

Colonial Market and Fair
9:00 am - 5:00 pm
George Washington’s Mt. Vernon
2300 Mt. Vernon Highway
The annual Colonial Market & Fair at Mount Vernon features dozens of America’s finest craftsmen and family fun. Fifty colonial-attired artisans will demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leatherworking, weaving, furniture and much more. “General Washington” will be on hand overseeing the lively Revolutionary War military drills and 18th-century entertainment including music, fire-eating, sword swallowing, puppet and magic shows, while costumed interpreters will demonstrate the 18th-century chocolate-making process using an authentic colonial recipe. This weekend only, Potomac River sightseeing cruises, courtesy of Spirit Cruises and the Potomac Riverboat Company are free of charge (white supplies last).

SEPTEMBER 12

Four Mile Summer Movie Festival-Cool Runsings
4200 Mt. Vernon Ave.
Enjoy a summer movie with the family. National Community Church and the City of Alexandria present the Final Annual Four Mile Summer Movie Festival. Movies start at dusk. Bring a blanket or chair. Free

SEPTEMBER 13

Soil to Seat: A Block Party fundraiser for the Farmers Market SNAP/EBT Program
6:00 pm - 9:00 pm
Hotel Monaco Alexandria
401 King Street
Join us for a seasonal Block Party fundraiser benefiting the King Street Farmers Market’s SNAP/EBT Double Dollar program. Enjoy select Virginia wines & local beers and fresh dining from Alexandria restaurants Jackson 20, Society Cafe, BRAH, The Golfer at Monticello House, Mason Social, and Vermilion. Chefs have been paired with Farmers Market vendors to prepare fresh, seasonal, and local dishes just for this event! Play games, earn prizes, enjoy seasonal cocktails, shop from Market vendors all while raising money for the King Street Farmers Market SNAP/EBT Double Dollar program enabling users to double their money (up to $10) at the King Street Farmers Market each week. Tickets start at $35.

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SEPTEMBER 14

NCWME FREE Summer Chamber Music Series
3:00 pm
The Lyceum
201 South Washington Street
WMPA Free Summer Chamber Music Series

SEPTEMBER 15

What Is a Healthy Forest?
7:30 pm
Meadows Park
The Lyceum
201 South Washington Street
Pianist John Sutherland Earle performs the music of Beethoven – “Pathetique” Sonata, Schubert and more. $10 donation suggested

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SEPTEMBER 18

Scottish Heritage Weekend: Outlander Style!
10:00 am
Carlyle House
121 N. Fairfax Street
On Saturday at 10 am, there is a Scottish fashion show discussing dresses at the time that Jamie,

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SEPTEMBER Z-EVENTS

SEPTEMBER 19-20
34th Annual King St. Art Festival
Saturday 10:00 am - 7:00 pm, Sunday 10:00 am - 5:00 pm
400 King Street

This community festival, art enthusiasts discover spectacular paintings, life-size sculptures, jewelry, photography, ceramics and more, offering extraordinary art for every taste. More than $15 million in art will be on display, providing visitors with the opportunity to purchase one-of-a-kind wares and meet the artists behind the work.

SEPTEMBER 24-27
8th Annual Old Town Boutique District Scavenger Hunt
Regular store hours
Throughout Old Town
To celebrate its anniversary, the Old Town Boutique District will hold its 8th annual Scavenger Hunt. From Thursday to Sunday, visit all of the Old Town Boutique District stores, get your passport stamped, and enter for a chance to win big prizes! Registered guests will have an opportunity to collect goodies at each store! Free

SEPTEMBER 26
Tot Rock Fest
10:00 am - 1:00 pm
Jameinis Jars
223 Maple Ave. E.
Vienna, Va
Join a full day of kids rock, face painting, temporary tattoos, a dress-up photo booth and more! Bring school supplies and raise money for Coza Kelly Elementary School and get high five from the band! For more information about upcoming shows and news, http://reusal.com/0/0dU 12$.

SEPTEMBER 26
74th Annual Historic Alexandria Homes Tour
10:00 am - 3:00 pm
The public can step inside and get a glimpse of six gorgeous homes and gardens in Old Town Alexandria, all within walking distance of one another. The tour is hosted by The Twig, Junior Auxiliary of Inova Alexandria Hospital. Tickets are $35 each in advance and may be purchased online through September 23rd. Thereafter, tickets will be $40 and available at The Twig’s Thrift Shop (106 N. Columbus St.) or at various locations to be determined. All proceeds benefit Inova Alexandria Auxiliary of Inova Alexandria Hospital.

HEAD TO ANNAPOLIS FOR 5TH ANNUAL FRINGE FESTIVAL

For one night in September, Annapolis’s historic West Street Arts District becomes home to actors, singers, magicians, rappers, poets and acrobats as the 2015 Annapolis Fringe Festival opens its doors 7pm to midnight.

The arts district celebrates its 5th year with a lineup of short shows, none more than 60 minutes and none costing more than $11. Beyond theater, the Fringe offers outdoor music, cafe dining, a visual-art exhibition, street performers, a stunning light show and a rambunctious opening ceremony.

The chaos can appear overwhelming to first time Fringers, but it’s easy to take part. Browse all the shows and find the schedule at the official website, FringeFestivalAnnapolis.com. The official “HOW TO” Guide: Here’s what you need to know to enjoy the Annapolis Fringe Festival, Saturday night, September 26 on the block of West Street.

• The bracelet: The very talented street performers are starving artists. For all ticketed shows or activities, all participants need a Fringe Bracelet, which costs $5; proceeds are used to run the festival. Fringe Bracelets are available at the three festival box offices — two are at the either end of the first block of West Street next to the barricades, and if you “accidentally” slip by the barricades, buy your Fringe Bracelet at the Piano Bar located in the middle of the street! The tickets: Tickets ($11 or less) for individual shows are available at the box offices. Lines at ticket counters can be

CONTINUED ON PAGE 20
FringeFestivalAnnapolis.com. (There is fRINGE fESTIVAL wonderful, healthy treats for the pups! Fuzzy Paws Barkery will also be there with their 4 retired dogs, Titan (13 years old), Ajax (12 years and active Police K9 friends at the event. We have retired Police K9 friends. Meet some of our retired this event to raise funds and awareness for our The Alexandria Police Foundation will be hosting 480 King St. The Hotel Monaco 5:00 pm – 8:00 pm Doggy Happy Hour SEPTEMBER 29 Dizzy Happy Hour 5:00 pm – 8:00 pm The Hotel Monaco 480 King St. The Alexandria Police Foundation will be hosting this event to raise funds and awareness for our retired Police K9 friends. Meet some of our retired and active Police K9 friends at the event. We have 4 retired dogs, Titan (13 years old), Ajax (12 years old), Bocoo (10 years old) and G’zar (5 years old). In 2016, we will be adding Bocoo to our roster. Fuzzy Paws Bankey will also be there with their wonderful, healthy treats for the pups!) OCTOBER 2-11 November 1 “Skeletons: Exploring Under the Surface” Thurs. 12:00 pm – 6:00 pm; Fri. Sat. 12:00 pm–9:00 pm; Sun. 12:00 pm – 6:00 pm Del Ray Artisans Gallery This art exhibit explores what is under the surface, the framework, the undertexture. Come experience the artwork that digs deeper and discover what is ‘under there’ literally and figuratively. Opening Reception: Friday, October 2, 7-9 pm. Socials: Tuesday, October 20, 7-9 pm. Polymer Clay Workshop: Saturday, October 24, 10 am–2 pm. Halloween Party: Saturday, October 31, 8 pm. www.TheDelRayArtisans.org Free 2704 Mount Vernon Ave This art exhibit explores what is under the surface, the framework, the undertexture. Come experience the artwork that digs deeper and discover what is ‘under there’ literally and figuratively. Opening Reception: Friday, October 2, 7-9 pm. Socials: Tuesday, October 20, 7-9 pm. Polymer Clay Workshop: Saturday, October 24, 10 am–2 pm. Halloween Party: Saturday, October 31, 8 pm. www.TheDelRayArtisans.org Free every day, Alexandria is a top destination for American Craft Week. Step into shops and studios to meet the artists and try flower petal art, mosaic knitting, or fabric block printing. A sampling of activities: animal-paper mâché for kids at Tea Thousand Villages, card weaving workshop at The Art League, Midwestern Knits trunk show at Fibre Art, cloth doll making at Hobby for Books, and more. Free OCTOBER 3 20th Annual Art on the Avenue 10:00 am – 6:00 pm Mt. Vernon Avenue This annual family-friendly festival includes more than 325 juried artists selling handmade works across ten blocks of Del Ray’s Mount Vernon Avenue, along with five stages for live entertainment plus food vendors and interactive art activities. Nancy Belenst, creator of the Courage Wall, will build a Canopy of Courage, a living sculpture of courageous declarations soaring as origami birds. (703) 746-3301 Free OCTOBER 4 Woodrow Wilson Half Marathon 7:00 am Race begins at George Washington’s Mount Vernon 3200 George Washington Memorial Hwy. Ranked among the top 27 best half marathons in the United States by Runners World magazine, this 13.1 mile foot race sanctioned by USA Track & Field treats runners to eight-plus miles of the beautifully scenic George Washington Memorial Parkway into historic Old Town, and on to the Woodrow Wilson Bridge, which arches over the Potomac River. This race benefits several non-profit organizations and is supported by various local and national running, civic and business organizations. Registration fee includes parking and shuttle transportation. The WWBH will also serve as the Visually Impaired Half Marathon National Championship, Registration begins at $100. OCTOBER 10 20th Annual Art Safari 12:00 pm – 4:00 pm Torpedo Factory Art Center 105 N. Union St. An afternoon of hands-on craft activities for kids and families. Throughout the day, visitors can participate in activities such as origami, giant paper mache animals, and more. The Art League and the Alexandria Archaeological Museum will offer even more engaging programming. Children should wear clothing that can get a little dirty. Most activities are appropriate for children kindergarten age with parental supervision through middle school. Free OCTOBER 10 Nomadic Jazz Doors open at 6:30 pm Durant Arts Center 1605 Cameron St. Nomadic Jazz welcomes The Bullettes and Friends. Come witness Washington, D.C. premiere all-female jazz ensemble, for a night of new and powerful music. This is a CD release event and will feature large and small ensemble works written or arranged by members of the Bullettes. The performance will feature vocalist Jessica Boykin Settles as well as various young and up and coming talent. $25 presale / $32 at the door
Planning A Trip?

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

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

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

4748 Eisenhower Ave., Alexandria, VA
703.751.3649 (DOGZ)
Theresa Werner Named Executive Director of Specialized Instruction

Superintendent Alvin L. Crawley selected Theresa A. Werner to be the Executive Director of Specialized Instruction for Alexandria City Public Schools (ACPS). Werner was most recently an associate professor at George Mason University where she taught a variety of special education classes in the College of Education and Human Development.

“Ms. Werner brings outstanding skills and exceptional experience to ACPS, which will truly benefit our families and students,” said Crawley. “Her extensive knowledge of special education law is particularly valuable and will be an asset to our teachers and staff who work with students with special needs.”

From 2011-2014, Werner served as the director of outreach programs at the University of Washington’s College of Education in Seattle. She also held a similar position at George Mason University from 2004 to 2011 where she was a special education outreach coordinator responsible for developing and managing a wide variety of teacher training partnerships programs with school systems throughout the Washington, D.C., metropolitan area. Additionally, she designed a new master’s degree program and managed outreach partnerships with public schools, state programs and private agencies.

She also served as the director of special education and student services for Falls Church City Public Schools from 1996 to 2004. She was responsible for developing and implementing system-wide special education and student service programs, policies and procedures as well as supervising all related instructional staff.

Werner holds a law degree from the Catholic University of America School of Law, a Master in Education degree from the University of North Carolina, Chapel Hill, and a Bachelor of Science degree in Elementary and Special Education from Louisiana State University.

Keep Up with the BI Cardinals on new Website

New website, bishopiretoncardinals.com, features latest news and information for Cardinals fans, including news, scores, and lamp shade needs!

CONTINUED ON PAGE 23

HOMESCHOOLERS CAN JOIN SPECIAL CITY HISTORY PROGRAM

Alexandria invites homeschool students to explore Science, Technology, Engineering, and Math (STEM) through the lens of history during this school year’s unique series of classes. All classes are designed to engage the entire family, recommended for ages 6 and up, and will be hosted on select Tuesdays from 1-2:30 p.m. with check-in opening at 12:45 p.m. Tickets are $8 per child, adults free. Pre-registration is required, and tickets can be purchased online at shop.alexandriava.gov or by calling 703.746.4242.

The dates, themes, and locations are as follows:

- September 22: Firefighting Technology at Friendship Firehouse, 107 S. Alfred Street. See how fire-fighting technology has evolved and test the scientific concepts behind how the historic equipment worked. Features the 1851 Suction Engine.
- October 20: Architecture Walking Tour starting at Gadsby’s Tavern Museum, 201 S. Washington Street. Hear about Orville Wright’s historic flight from Fort Myer to Alexandria and test the fundamental principles of flight.

ASSIGNMENT EDUCATION

Fall Rowing Kicks Off with Racing on the Alexandria Waterfront

While most teenagers are sleeping in for the last two weeks of summer, Old Dominion Boat Club (ODBC) rowers are hitting the Dee Campbell Boathouse by 6:30 am every weekday morning to pick up their oars. Beginning their pre-season training on August 24, ODBC Select Crew rowers held their first race on Friday, August 28 at the Dee Campbell Boathouse. With 70 athletes from 5 schools competing, the rowers sprinted down a 5,000-meter course from Four Mile Run to the Wilson Bridge. T.C. Williams High School junior Kate Murphy scored the fastest time in the ODBC race on August 28. Photo courtesy of Alexandria Crew Boosters.

Then and Now at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax Street. What exactly does a pharmacist do? Compare the job in the 1800s to today and the learn about some of the chemistry that makes their work possible.

• December 15: Science Behind the Ice Well at Gaddy’s Tavern Museum, 134 N. Royal Street. Explore the importance of ice to the 18th-century City Hotel while learning about the science behind preserving ice before refrigeration.

• January 26: Orville Wright’s flight in Alexandria at The Lyceum, Alexandria’s History Museum, 201 S. Washington Street. Hear about Orville Wright’s historic flight from Fort Myer to Alexandria and test the fundamental principles of flight.

• February 16: George Washington’s Birthday Party at Gaddy’s Tavern Museum, 134 N. Royal Street in honor of Washington’s birthday, learn how the citizens of Alexandria celebrated his birthday in the late 1790s. Includes 18th-century clothing and dance lesson.

The Lamplighter

Our staff has 3 generations of experience to assist you in your lamp and lamp shade needs!

The Lamplighter

1207 King Street
Alexandria, VA
703-549-4040

Homeschoolers can join special City History Program

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• November 17: Pharmacies

CONTINUED ON PAGE 28

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NEW LEADERS APPOINTED IN CITY SCHOOLS

Superintendent Alvin L. Crawley has appointed 12 new assistant principals, four academic principals and two deans to help lead Alexandria City Public Schools for the 2015-16 school year. “I’m very pleased with our new leaders, all of whom bring strong instructional experience and a demonstrated commitment to seeing every student succeed,” Crawley said. Following are the new appointments:

**Victor Powell** was appointed assistant principal of Samuel WT. Tucker Elementary School. He was most recently an assistant principal at Park View High School in Sterling, Va.

**Jaubi Crews-West**, previously a dual language teacher at Mount Vernon Community School, was appointed assistant principal of John Adams Elementary School.

**William Ramos** was appointed elementary school principal. He will be two new assistant principals: **Pamela Buckley**, previously a special education literacy specialist for ACPS, and **Maria García-Maria**, formerly a fifth-grade teacher at Ramsay.

**Penny Hairston** was appointed assistant principal of James K. Polk Elementary School. She was previously an administrative intern at Polk.

**Suzanne Hess** was appointed the assistant principal of Matthew Maury Elementary School. She was previously an English Language Learners specialist and department chair at John Adams Elementary School.

**Stefanie Itzkowitz** was appointed assistant principal of Douglas MacArthur Elementary School. She was the administrative intern at Polk. **Patrick Henry Elementary School** will have two new assistant principals: **Andaiye Cammon**, who was an administrative intern at the school, and **Eric Sokolove**, who was previously a lead teacher at Carlin Springs Elementary School in Arlington, Va.

**Jefferson-Houston School** will have a new assistant principal, **Kelly Davis**, who was previously the dean of students at T.C. Williams High School. In addition, **Sara Sims**, formerly a special education teacher at Oakland Elementary School in Suffolk, Va., was appointed academic principal.

**Shari Peters** was named academic principal of George Washington Middle School. She was previously the math department co-chairperson and a sixth-grade team leader at the school.

**Francis C. Hammond Middle School** has two new deans: **Michael Diggins**, who was previously a dean at T.C. Williams High School, and **Derick Richard**, who was previously an interim dean at the school.

**Three newly appointed administrators** will be at the Minnie Howard campus of T.C. Williams High School. **Kennetra Wood** was promoted from assistant principal to lead academic principal, **Mark Eisenhour** will return as assistant principal and **Patricia Williamson**, formerly the academic principal of Jefferson-Houston, will be assistant principal.

**Joe Cappadonia** was appointed academic principal of Chance for Change Academy. He previously served as the assistant principal of T.C. Williams High School, Minnie Howard campus.

SCHOOL BRIEFS

CONTINUED ON PAGE 22

scores, schedules, community directory, photos, videos, livestreams, as well as archival content such as the yearbook. A mobile application will also feature a tip line that users can place tips on a variety of issues including bullying, fighting, threats or vandalism. The tip line can also be used for giving compliments. Users can select submissions to be anonymous if they wish.

ACPS Launches New Mobile App for Families

Alexandria City Public Schools has launched a new mobile app to help families stay connected to their schools and easily find information such as menus, calendar events, news and other resources to help their children succeed in school.

In addition, the mobile app features a tip line that users can place tips on a variety of issues including bullying, fighting, threats or vandalism. The tip line can also be used for giving compliments. Users can select submissions to be anonymous if they wish.

T.C. Williams High School

T.C. Williams School sports enthusiasts can get the latest sports news, scores and schedules on all the sports that T.C. offers, including football, wrestling, soccer and baseball for both boys and girls teams. Families can easily access their child’s meal accounts from the app to add money for breakfast and lunch purchases. Menus are featured for every school so that parents and students can plan ahead.

Through the new app, students and families can access Blackboard Learn and PowerSchool, two resources that provide valuable information about the student’s learning experience such as grades, attendance, test results and student assignments and projects.

The app can be downloaded through the Apple App store for iPhones and iPads, and through the Google Play store for Android, by searching through the Google Play store for “Alexandria City Public Schools.” Those who do not have a smartphone can access the mobile app’s web version.

T.C. Williams High and Patrick Henry Elementary Fully Accredited

Preliminary accreditation results issued by the State of Virginia have confirmed that T.C. Williams High School and Patrick Henry Elementary School will both be fully accredited in 2015-16. T.C. Williams earned full accreditation status after boosting its Standards of Learning (SOL) math results by eight percentage points. It had previously been warned in mathematics. Patrick Henry received full accreditation after being accredited with warning for the past two years.

“I am extremely proud of T.C. Williams for meeting the Commonwealth’s high expectations for student learning and academic achievement. Our students and staff have worked incredibly hard to meet these expectations and demonstrate academic growth,” said T.C. Williams Principal Jesse Dingle.

School accreditation ratings reflect student achievement on SOL tests and other approved assessments in the four core academic areas of English, mathematics, science and history. Ratings are based on student achievement on tests taken during the previous academic year or may reflect a three-year or four-year achievement average.

To be fully accredited, schools have to achieve SOL pass rates of 75 percent in English (reading and writing combined) and 70 percent in math, history and science tests. Schools must meet all benchmarks in the current year, or a three-year or four-year average to be considered fully accredited.

T.C. Williams achieved 86
GROWING AMAZING MAZES

Pumpkin patches, hayrides, apple butter and corn mazes scream “fall on the farm.” As agriculture continues to grow in popularity, so do corn mazes. Our six-acre corn maze is the centerpiece of our wildly popular Fall Festival, and an average of 15,000 visitors per year– young and old alike – have tried their luck at finding their way out. On the weekends, our farm is a great family fun filled place to be! During the week, our farm and maze are used for school educational purposes via field trips. Many schools from far and wide visit not only to have fun but to learn about agriculture. Greenstreet Growers feels very strongly that it’s important to educate the next generation about the importance of agriculture. The most-often asked questions are: Has anyone ever really gotten lost in the maze? How do you make it grow like this? So far everyone has made it out! And this is how we grow it: Growing an incredible maze starts when there is still snow on the ground, in mid-winter when we decide on what design we want in the maze. We brainstorm as a company on pop culture, popular movies or trendy themes. The maze sets the theme for that year’s Fall Festival.

We use a no-till method of planting our corn, to minimize erosion. Our field is cross-planted at 22,000 kernels in each direction! The area is entirely planted in rows, not in a maze pattern. That comes later.

Yes, we plant real corn, but it’s not the sweet corn you buy at farm stands or your grocery stores. It’s field or feed corn, which is used for other applications like animal feed. We don’t grow our corn for anything more than the maze. At the end of our season, we offer any remaining corn to a neighboring farmer to come in and harvest. We begin irrigating the corn field immediately unless it rains every day. We use drip irrigation tape & water slowly to maximize the efficiency and decrease excess evaporation. When the corn grows to about four inches high, it is time to cut the maze. At this point, the young corn is still soft to the touch. If we wait until the corn was older, the corn couldn’t be cut flush with the ground.

All those intricate circles and designs are not cut “free-hand.” The Maze Company cuts our maze using backpack GPS technology, and it takes 3 or 4 people about 10 hours to complete.

Once the maze design is cut, we continue to irrigate the field to encourage thick, sturdy and tall corn. The thicker and taller the better! A maze in a short, scrawny cornfield would be too easy to escape...

So I’ve told you how we grow our maze, but I’ll leave it to you to find your way out of it!

GOVERNOR DECLARES HONEY MONTH IN VIRGINIA

September is Honey Month in Virginia. Some may ask, “Why honey?” or “Why September?” The Virginia Department of Agriculture and Consumer Services (VDACS) has ready answers to those questions.

Why honey?

Honey is a back-to-basic food that people can feel good about using in culinary or wellness applications. It is delicious as a food or wellness application, is the perfect natural sweetener and makes a great energy booster; a teaspoon of honey with lemon water at night helps fight insomnia. (Source: National Honey Board)

Honey production and its correlative service, pollination, are integral parts of the agricultural industry. Important Virginia crops such as apples, tomatoes, cucumbers, squash and strawberries are dependent on pollinators to develop their fruits fully. Production of other crops such as soybeans, sunflowers and even peanuts receive benefit from pollination by honey bees and other insect pollinators. In fact, pollination by honey bees contributes more than $15 billion to the value of U.S. crop production each year. MOMS Organic Market on Mt. Vernon Ave. maintains 3 hives on their roof to pollinate our neighborhood gardens. The honey produced is not sold but is left to feed the hives.

Why September?

Governor McAuliffe proclaimed September as Honey Month because much of the honey in Virginia and the U.S. is harvested during September. As other crops wind down, honey harvest ramps up, and September is a great time to find local honey at farmer’s markets, festivals and other local celebrations.

Greenstreet Gardens’ 2015 maze celebrates pollinators. You’ll be busy as a bee trying to find your way out of it. Photos courtesy of Greenstreet Gardens

Not just for kids! If you give up, wave the flag and you’ll be rescued.

CONTINUED ON PAGE 30
FREE EVENTS CONTINUED FROM PAGE 7

Wong, Director of the Asian American Studies Program at the University of Maryland. Guests may view a traveling exhibit Remembering 1882: Civil Rights Under the Shadow of the Chinese Exclusion Act. The exhibit will be on display for a week in the museum’s Watson Reading Room of ABHM.

Panel discussions and screenings will be held on September 29th and October 1st. The first roundtable is on Tuesday, September 29, 7:00 to 9:00 pm and focuses on the role of African Americans and Chinese during the Civil War and its aftermath. Speakers include National Park Service historians, ABHM museum staff, and area educators.

On Thursday, October 1, 7:00 to 9:00 pm, a second panel moves the focus into the modern era as panelists share their memories of the Civil Rights Movement in Alexandria and share eye-witness accounts of how Chinatown’s Eyes: April 1968 will aid the discussion.

For Friday, October 2, from 9:00 am to 2:30 pm, A one-day workshop on teaching diversity will be offered. Area educators and staff from Alexandria libraries will discuss resources and lesson plans. Excerpts from the films Out of Obscurity (on the 1939 Immigration and Nationality Act) and Forbidden Citizens: Chinese Exclusion and the U.S. Congress. Gold will discuss the fascinating history of the passage of racist exclusion laws that still have significance today. The lecture will be held at the Charles Houston Recreation Center at 3:00 pm. Following the lecture, a reception and book signing will be held at the Black History Museum, located across the street from the Charles Houston Recreation Center.

Reservations are suggested for these free activities and presentations. Please call the museum at 703.746.4356 to reserve a seat for the events to be held at the Museum. The Alexandria Black History Museum, is located at 902 Wythe Street, Alexandria, VA, and is five blocks away from the Braddock Road Metro on the Yellow and Blue lines. Ample Street parking is available. You can also go to the website: wwww.alexblackhistory.org to learn more.

SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH

Studies show that children who are read to in the home and who use the library perform better in school. September is Library Card Sign-up Month, a time when the Alexandria Library joins with the American Library Association and public libraries nationwide to encourage school readiness, literacy and lap sit story times for preschool children.

For children we offer early literacy and lap sit story times with hands-on science, technology, engineering, and older teens we have makerspaces, and for future careers. We look forward to helping you add more things such as grocery shopping, trips to Costco, and picking up your drycleaning, or larger tasks like home organizing, party planning, and relocation services, we can handle it! We look forward to helping you add more hours to your day. Just think of us as an extra you! Call Megan at 202 270 3654 or email at megan@thegotogirlsinva.com

The Go To Girls are here to help you navigate the time challenges of modern life.

ALEXANDRIAN CHRIS ARMSTRONG’S RE-TWEET ON TIMES SQUARE BILLBOARD

For the first time in Diet Coke’s 33-year history, the brand is celebrating fans in an unprecedented way, including Chris Armstrong of Alexandria. Armstrong is being championed by the brand with his own Diet Coke billboard in the center of Times Square in New York City.

Armstrong’s surprise is part of Diet Coke’s “ReFreshe of Love” campaign, a Twitter-driven

CONTINUED ON PAGE 32
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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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ALEXANDRIA IS SELLING TREES

The City of Alexandria’s Department of Recreation, Parks, and Cultural Activities, with support from Alexandria’s Environmental Policy Commission and Virginia Master Naturalists, is offering residents two ways to beautify and shade our City:

1. Residents may purchase, for just $20 each, a variety of trees and shrubs, including White Oak, Eastern Redbud, American Hornbeam, Elderberry, American Hazelnut, White Fringetree, River Birch, Black Gum, and Pitch Pine. Orders must be placed by September 27, and plants must be picked up on October 3 between 10 a.m. and 2 p.m. at the Jerome “Buddie” Ford Nature Center, 5750 Sanger Ave.; or

2. Residents may make a Tax-Deductible Gift to the City of Alexandria Living Landscape Fund. Donations will be used to purchase trees and shrubs that will be planted in October at the Chambliss Street crossing of Holmes Run (at the western end of Doris Kelly Nature Park). Donors are invited, but not required, to participate in the planting event.

For additional information, view the Fall 2015 City of Alexandria Tree Sale Flyer; contact Susan Gitlin, Vice Chair, Environmental Policy Commission, at snmc611@gmail.com or 703.819.8410; or contact Mary Farrah, Center Director, Jerome “Buddie” Ford Nature Center, at mary.farrah@alexandriava.gov or 703.746.5525.

SOLARIZEALEXANDRIA LAUNCHES TO HELP RESIDENTS GO SOLAR

SolarizeAlexandria, a program to make it easier and more affordable for residents to install solar power systems on Alexandria homes, launched September 7 and will run through November 10. The program provides a free home energy efficiency check-up and solar site assessment; discount pricing through bulk purchasing; project facilitation and qualified installation; financing and federal tax incentive options; and qualification for the City of Alexandria’s Solar Energy Equipment Tax Exemption.

“I am very excited to see SolarizeAlexandria launch in our community,” said Mayor William D. Euille. “Solar power can provide energy cost savings to homeowners and enhance their homes’ quality and value while helping meet our Eco-City Alexandria goals such as reducing greenhouse gas emissions.”

Homeowners who register for the program will receive a free home energy check-up and no-obligation solar site assessment. During this visit, a qualified technician will give advice on ways to lower home energy costs, and will determine whether solar power is a good option for the home. Homeowners who would like to pursue solar can take advantage of discounted prices that leverage regional bulk pricing. Since 1978, the Alexandria City Code has provided a real estate tax exemption for the value of certified solar energy equipment.

To get started with a free home energy check-up and solar site assessment, and to learn more about cost-effective home solar power options, visit www.solarizealexandria.org.

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UNITED NATIONS?

BY MARCUS FISK

In past columns, I have written about a smorgasbord of ideas, history, issues, and fun-fact-know-and-tell. Usually, I have tried to do it with a broad brush of satire or at least a dash of humor to take the edge off of what would undoubtedly be the heavy load on our shoulders.

WARNING: What you are about to read is no less serious. There is no intent on my part here to take a broad brush of satire or at least a dash of humor to take the edge off of what would undoubtedly be the heavy load on our shoulders.

However, the United Nations today has lost its punch. It used to be a bunch of disgruntled Members’ which all got together to put an economic or military roadway into the offender until the derelict came into compliance — or at least until we said he was sorry, would not do it again, and wrote a great big check of penance. The offender realized if he wanted to sell his factories or cars at bargains and basement prices overseas, open hotel resorts in forgotten villages, have Hollywood movies filmed there or have millionaires build gated condo developments with significant tax breaks, then they would have to promise to play well with others, or else the U.N. would send over a multi-national force of member nations.

If you think I am being too harsh on the U.N. or I am completely missing the intent or value of diplomacy, the U.N. Charter itself has a couple of legal mandate for its flavor: therefore, in my humble opinion, they must be severely dealt with by a multi-national force of member nations from the U.N.

It’s time the U.N. stepped up to bat, lived by its principles, and took action — mean, big, tough, and THROUGHOUT military action by ALL ITS MEMBERS — to add meaning to their ideologies and to ensure peace and stability in the world.

After all, it’s their job. It’s what we pay them to do.

MARCUS FISK is a retired Navy Captain, Naval Academy graduate, sometime actor, sculptor, pick-up soccer player, playwright. He and his wife Pamela are former residents of Alexandria and currently live in Connecticut where the own a B&B.

...the Security Council...may take...measures...against...individuals...to their ideologies and to ensure peace and security...by forces of Members of the United Nations.”

And another ‘golden oldie’ to consider:

“...the Security Council...may take...such actions...may be necessary to maintain or restore international peace and security, by forces of Members of the United Nations.”

ROWING

and McLean High School senior Kaela Wilbur won top honors in the race.

Patrick Marquardt, Coach for the ODBC Girls, said, “Friday’s race was a great way to start the season. Our rowers raced down the course in both double and quad sculling boats, as well sweep rowing 4s. While these are not normally what they’ll row during the season, it is a lot of fun for our experienced rowers to get in shape on different types of boats.”

With over 120 athletes on the team, this year’s ODBC Select Crew is one of the largest in memory. The athletes — who are drawn from such area high schools as T.C. Williams, West Potomac, J.E.B. Stuart, Washington-Lee, Wakefield, Yorktown, and McLean — are guided this fall by Head Girls Coach Patrick Marquardt and Assistant Girls Coaches Jaime Rubin, Cathy Hott, and Gracie Barbara. The ODBC Boys are led by Head Coach Pete Stranse and Assistant Coaches Enoch Cleckley, and Tyler Buxton.

Marquardt stated, “Having outstanding rowers from across the region participate together in ODBC is a significant benefit for our rowers. While many will compete against each other during the high school spring crew season, the fall ODBC program allows them to get to know one another and test their skills together.”

ODBC rowing has a long history in Alexandria. In 1947, ODBC members Julian Whitestone and Jack Franklin began training young men from George Washington and Francis Hammond High Schools in rowing. The fall ODBC Select Crew program, which brings together elite rowers from across the region, has its origins in this event. For 2015, rowers will train at the Dee Campbell Rowing Center and compete in East Coast head races, including the Head of the Schuylkill in Philadelphia and the Head of the Charles in Boston. A “head race” is a race against the clock, usually significantly longer than the 1,500 meter races done in the high school spring season. Alexandria Crew Boosters, with support from ODBC, hosts the ODBC Select Crew Program.

The ODBC Select Crew’s first races are a scrimmage at the Dee Campbell Boathouse on September 19 and the Head of the Potomac in Georgetown on September 27.

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Two months ago I wrote about starting your quest for government business. In this article, I would like to address the specifics of getting to know your potential customer.

Do your homework. Identify the agencies that need what you are selling or providing. There are many free government tools available online that can help you understand what the potential government customer does, what they buy, and how they buy it. A few that are important are:

Every agency is required to publish their contracting opportunities for the upcoming year. Although the quality of these forecasts varies, it is an excellent source of information. Go to an agency website and search for their procurement contract forecast. On the site, you will find what the agency plans to buy in the upcoming year. The information includes presentations and speeches from crucial individuals within the agency. Some of the key staff in an agency to search would be the CIO, Procurement Executive, and the Small Business Directors.

With these free resources you can learn a great deal about your potential agency customers. The more you know the better opportunities you will have in making an introduction and improve your chances to win a contract.

Please give me your feedback and questions on additional topics on doing business with the government by sending a note to editor@thezebrapress.com, Attention Mike Sade:


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There are now more than 2,200 of them erected in Virginia to commemorate people, places, or events of regional, statewide or national significance. Virginia’s historical markers program is the oldest such program in the nation, beginning in 1927 when a handful of markers were erected along U.S. 1 between Richmond and Mount Vernon. Originally the Conservation and Economic Development Commission was tasked with creating historical markers. In 1949, the Virginia Department of Highways was assigned the responsibility for installing and maintaining new markers, and in 1950 the Virginia State Library took over researching and approving new markers.

As promised, here’s this marker is located at 609 Oronoco Street. With its texes of black lettering against a silver background and their distinctive shape, Virginia’s state historical highway markers are hard to miss. There are now more than 609 of these markers, and they provide a little background on each chapter. This baseball story telling “Now that would be some real meat.”

Ralph Peluso was born in the New York City in 1950. He has been active in CYO for over twenty years and is an avid sports fan. Before reading 512, I had no idea how good of a pitcher Ruth was. Peluso said, “Ruth was considered among the top five pitchers by age 23!” As he matured there is little doubt he’d have been seen as the best pitcher of his day.”

Ralph is a ‘card carrying’ member of the “Society of American Baseball Researchers” (SABR) but he did not use statistics to rule his story or justify Ruth’s ability to succeed in breaking Cy Young’s record. He weaves tale after tale in the fabric of the book validating Ruth’s chase. Ruth needed baseball, and baseball desperately needed a hero, the perfect symbiotic relationship.

Although the book is stockpiled in history and facts, I never felt mired in its basics and recognize the author’s attention. The fun loving side of Ruth is told me pinstripes run through the New York City in 1950. He had actually won 512 games. (Ruth didn’t, I googled it.)

The author does not allow the story to labor on the most common views of Ruth: a big fat drunk, a crude of as depicted by John Goodman, or the lane character portrayed by Wally Kundlend, in their movie roles. With the calculation of a chess player, Ralph draws you into an emotionally scared Ruth, who is repeatedly abandoned or disappointed by the father figures in his life. Ruth is resolute and driven to succeed. He fights through each adversity and the evils surrounding the game. Ruth emerges as baseball’s first true full-blown superstar. Of course he had the help of a strong woman, his second wife Claire. (There is always a good woman behind a strong man). The fun loving side of Ruth is there, just not Ruth the fool. There are sub-plots aplenty there, just not Ruth the fool.

512 gets five zebra stripes out of five! —Mary Wadland

512 is available at Amazon.com and BarnesandNoble.com

Ralph Peluso

CONTINUED FROM PAGE 17

Building History
BY MARY WADLAND

CONTINUED FROM PAGE 20

HONEY

Meaderies (producers of mead, or honey wine) are located in Northern, Central and Tidewater Virginia, with new ones being regularly added. Keith Tignor, State Apiarist at VDACS, says, “In recognition of the variety of delicious honey flavors, its medicinal properties and versatility, every Virginian should take part in celebrating honey month and take actions that will ensure a continued supply of this super food and its maker, the honey bee.”

Tignor suggests that one of the most helpful things consumers can do to help sustain Virginia’s honey bee population is to plant a pollinator garden with a diversity of nectar and pollen sources or to become a beekeeper. The Virginia State Beekeepers Association can help by suggesting a local group to answer questions or mentor a new beekeeper.

So celebrate with gusto. If beekeeping doesn’t suit, then a tankard of mead may hit just the right celebratory note.
It’s September and football season, both collegiate and professional, has begun with fans in full-throated excitement for the sport. Talking heads of football are having a virtual yak fest over whether Nick Saban will hang long-term at Alabama, was Tom Brady guilty or not guilty during Deflategate, and which NFL teams, one, maybe two, will potentially land in Los Angeles for the 2016 season.

Some of those same football pundit’s have been watching with joyous glee and great disdain of the continuing carousel of ongoing controversies of the once vaunted Washington Redskins franchise, with head coach Jay Gruden’s benching of their former ‘star’ quarterback, Robert Griffin III, in favor of backup, Kirk Cousins. Who would have ever predicted that this call this past June or July, with the Redskins front office and coaching staff expecting a spectacular ‘comeback season’ for the best quarterback in the league’, and even placing him on their Opening Day ticket?

In 2013, RG3’s uniforms were flying off the shelves, not only here in the D.C. area, but also nationally, as it was the top-seller of all NFL jerseys for the year. Now Griffin’s 10-swag does not even make it in the top-50 NFL jersey sold across the country. As a matter of fact, not one Redskins jersey is in that ranking. The best-selling Redskins jerseys, to date, currently are Ryan Kerrigan’s 91, followed by Kirk Cousins’ 8, and even their sales numbers are abysmally low. Mark Brunell and Rex Grossman both wore 8 for the Redskins, so if you have one of their jerseys buried somewhere deep in your closet, with some duct tape and a Sharpie, you are all set for this season, right? Remember, Kirk’s last name is spelled COUSINS and get used to hearing his name a lot this season.

Griffin has been injured for most of his brief career with the Redskins, which has noticeably lessened both his local and national exposure, as well as interest among fans who once thought of him as being a potential savior for the franchise. In his three years with the Redskins, Griffin has gone through a change of coaching staff and offensive coordinators, so he has not seen any consistency with the program, plus the often-porous offensive line has not done any favors, either. Look folks, Griffin is a proud football player who hates losing, and no doubt hates the situation that he is in right now, but he is just one of a 53-man roster and while he is the team leader while he is on the field, all of the other players have to mesh well for a team to have a chance to win. Griffin is also still very young and has said some things that I am sure he does not want to lose.

We live in a 24/7 news cycle that highlights everything and Griffin has been under the microscope so much that every bit of introspection of him is magnified so that the guy really can’t catch a break. Trust me, he doesn’t want to lose.

Since the Redskins won Super Bowl XXXVI, their fans have been hyped up, but off the field have spiraled out of control, with the team almost consistently losing games, so

**WHY PROPER WARM UP MATTERS**

BY DR. MATT FONTAINE

Most of us lead hectic schedules day to day. We often rush into workouts in the interest of saving time. Triathletes are often quick to push off warm ups, especially on their runs. They can ease in and warm up on a bike and most swim workouts have a good built in warm up. However, the run is often just “em up and go. Spending a few minutes prepping for your run can result in better running form and less chance of injury. Other athletes across other sports typically utilize a well-planned warm up and drill set before the real work of practice or the workout begins. But what about proper warm up in the gym before strength training? During strength and conditioning, be it bodybuilding, powerlifting or CrossFit, all these athletes would do well to implement these warm up strategies for better, safer workouts. In fact, we can learn a lot from the powerlifting community. There are long practiced sets before a relatively shorter “hard work period” and a proper cool down.

Getting to workout at Trinidad in the same gym as so many of my patients train allows for some common ground. If you notice, the coaches at Trinidad do an excellent job of making proper warm up a consistent thing. Warm ups tend to make up a substantial component to the day’s overall workload. Notice how the actual “WOD” is ramp up the nervous system. Elastic. More importantly it makes tissues temporarily more flexible. The point is to increase core temperature, helping to make tissues temporarily more elastic. More importantly it begins to ramp up the nervous system.

1. Healing up the tissues: Takes about 2-5 minutes. You can row on the Erg, run, jump rope or bike on the always punishing Airdyne. The point is to increase core body temperature, helping to make tissues temporarily more elastic. More importantly it begins to ramp up the nervous system.

2. Prop your problem areas: If you have tight spots and/or you’re working through limitation or injury, spend a few minutes on a lacrosse ball or foam roller to ease out these tissues. Keep in mind most soft tissue regeneration is best saved for after the workout.

3. Cold In/Cold Out: The body needs a proper warm up to get to temperature and prepare the nervous system and the musculoskeletal system to move efficiently and with speed, strength, and power. Static stretching is antiquated and simply does not reduce muscle stiffness nor reduce injury rates. Dynamic movements do reduce muscle stiffness and prepare the body to move better. Moreover, dynamic movement prep has a great capacity to reduce the likelihood of injury.

4. Do enough warm up sets: Dynamic warm ups like movement prep and even skill work drills are a great way to ramp up the nervous system. A great way to coach proper technique is using a PVC bar to work through a progression of skilled movements, each building on the previous movement, culminating into a technical lift like a snatch, clean and jerk or deadlift. Any CrossFit coaches utilize this technique for skill work, and it can be very effective. There is no better way to warm up for a technical lift than to break that movement down and drill those movements.

5. Keep your main workout shorter: Unless you are bodybuilding and need a higher volume of “sets & reps”, you should strive to keep the main body of your workout to about 60% at most of your total workout. That leaves the other 40% to be spent on proper warm up and cool down.

6. Take the time to Cool Down: Most workouts will leave you tired. If you leave the gym in that state, you will be tired. In just 10 minutes, you can do some simple mobility drills that will begin the regeneration process. So grab a lacrosse ball, foam roller, and monster bar and work through your body. You can spend extra time on problem areas. Proper cool down down-regulates your physiology from being in an excited state with your engine revved up from the workout.

**HAIL TO THE REDSKINS!**

BY PAT MALONE

Will QB Kirk Cousins be the ticket the Redskins need this season? Courtesy photo.
GOVERNOR HOGAN APPOINTS RAY GREENSTREET TO MARYLAND AGRICULTURAL COMMISSION

Governor Hogan appointed Raymond E. Greenstreet II to the Maryland Agricultural Commission for a term of three years.

The Maryland Agriculture Commission is appointed by the Governor of Maryland and serves as an advisory body to the secretary and deputy secretary of agriculture. The commission consists of 30 members representing various commodities across Maryland, and includes both a consumer and a University of Maryland (ex officio) representative.

"Thank you for making this strong personal and professional commitment to serve the best interests of our citizens. I know we will succeed in our goal to make a positive difference for all Marylanders, especially with your assistance and support," says Governor Hogan.

Greenstreet Gardens is one of the country’s premier retailers and growing garden centers. The Maryland location is located at 391 West Bay Front Road in Lothian, and the two Virginia locations are located at 1721 West Braddock Road and 1503 Mt. Vernon Avenue, both in Alexandria.

ALEXANDRIA VACATION.COM STAFF GIVE BACK

Alexandria business leader, Ray Greenstreet of Greenstreet Gardens is sworn in by Maryland Governor Larry Hogan as newest member of the Maryland Agricultural Commission. Courtesy photo.

Employees at Vacation.com’s Alexandria headquarters, 1650 King Street, recently donated nearly 280 pounds of food to support the Capital Area Food Bank in Lorton, VA. Vacation.com staff collected the non-perishable items at their main office on King Street, and volunteered more than 90 hours at the Capital Area Food Bank. The philanthropic initiative was part of a larger “Day of Giving” effort in which Vacation.com joined other Travel Leaders Group companies, travel agencies and travel agents throughout North America on July 9 in a concentrated effort to reduce hunger. Courtesy photo.

COMMUNITY LODGINGS HONORED BY ALEXANDRIA KIWANIS CLUB

Claude Mayo, board member and Community Service chair of the Alexandria Kiwanis Club (left), presents a check to Lynn Thomas, Executive Director of Community Lodgings, to support their Youth Education Programs for low-income and transitional children in Arlandria. Community Lodgings’ after school program for children.

ALEXANDRIA RESIDENT JAMES DURKIN NAMED PRESIDENT OF MILLION DOLLAR ROUND TABLE

James V. Durkin, CFP, CLU, of Lincoln Financial Advisors in Vienna, Virginia, has been named President of the Million Dollar Round Table (MDRT) Foundation – the philanthropic arm of MDRT, The Premier Association of Financial Professionals – effective Sep. 1, 2015. As MDRT Foundation President, Durkin will expand global member involvement with the addition of an international member task force and encourage participation in global service projects.

Durkin is a financial planner for Lincoln Financial Advisors, focusing on charitable estate planning and retirement income planning. His client base mainly includes local retirees and pre-retirees. Durkin was born and raised in Alexandria, Virginia, where he now lives. He is a graduate of Gonzaga College High School and George Washington University. He also served with the United States Army in Vietnam.

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James Durkin.

I was eating in a Chinese restaurant downtown. There was a dish called Mother and Child Reunion. It's chicken and eggs. And I said, I gotta use that one.
—Paul Simon
SEPTEMBER PUZZLERS

CLUES ACROSS
1. W. Loman’s failed son
2. Moslem women’s garment
3. Quilting duo: _____ & Porter
4. S.W. Pacific state
5. The start of something
6. Edible
7. More coy
8. From 56 to 34 million years ago
9. Small wind
10. Disney heroine
11. Helios
12. Lifeless geologic period
13. Existing at birth but not hereditary
14. No (Scottish)
15. Filled chocolate cookie
16. Circular chordophones
17. Paris river
18. Short-term memory
19. Any small compartment
20. Poisonous gas
21. Cologne
22. Scaleless fishes
23. Ormolu
24. Confined condition (abbr.)
25. More than charged
26. A major division of geological time
27. Japanese apricot
28. Initial public offering
29. A quantity of no importance
30. Man-made river embankment
31. Yearned after something
32. Before
33. Garlic mayonnaise
34. California white oak
35. CNN’s founder Turner
36. Sharp part of a tool
37. Downwind
38. Doctor of Education
39. Securities market
40. Built up
41. Borrowers
42. Stray
43. Country singer Haggard
44. Eurasian marten pelts
45. Fashion magazine Marie
46. Responded
47. “Extant” star
49. Aba ____ Honeymoon
50. Box (abbr.)
51. Reptile leather
52. Princess Anne’s daughter
53. Planned pipeline from Burgas to Vlore
54. An academic gown
55. Removes moisture
56. Norse goddess of old age
57. Drive obliquely, as of a nail
58. Inspire with love
59. Affirm positively
60. European sea eagle
61. Congresswoman Giffords
62. Emit coherent radiation
63. Fall back time
64. Masses of fish eggs

CLUES DOWN
1. Leavened rum cake
2. Moslem women’s garment
3. Quilting duo: _____ & Porter
4. S.W. Pacific state
5. The start of something
6. Edible
7. More coy
8. From 56 to 34 million years ago
9. Small wind
10. Disney heroine
11. Helios
12. Lifeless geologic period
13. Existing at birth but not hereditary
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63. Fall back time
64. Masses of fish eggs

JUST BEING SILLY ...
It’s hard to explain puns to kleptomaniacs because they always take things literally.

I used to think the brain was the most important organ. Then I thought, look what’s telling me that.

The midget fortune teller who kills his customers is a small medium at large.

A farmer in the field with his cows counted 196 of them, but when he rounded them up he had 200.

What does a nosey pepper do? Get jalapeño business.

What is Bruce Lee’s favorite drink? Wataaaaah!

The dyslexic devil worshipper sold his soul to Santa.

You kill vegetarian vampires with a steak to the heart.

There was a prison break and I saw a midget climb up the fence. As he jumped down she sneered at me and I thought, well that’s a little condescending.

If you want to catch a squirrel just climb a tree and act like a nut.

A magician was walking down the street and turned into a grocery store.

A blind man walks into a bar. And a table. And a chair.

SUDOKU

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

Here’s How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!
much so that Dan Snyder has been removing seats out of upper deck end zones at FedEx Field, en masse, a field which once had the largest seating capacity of any stadium in the NFL. Did the Redskins exhaust their seemingly endless season ticket waiting list?

The battle over the use of ‘Redskins’ for the franchise has been a cash-cow for lawyers defending the team in court, as a District Court judge recently upheld the U.S. Patent and Trademark Office’s decision to remove the trademark registration in the team’s name, where it is predicted the case will eventually make its way to the Supreme Court. One team out of 32 NFL teams has to fight to save its name, which, for me, as a New York Yankees fan can easily be blamed on the Red Sox.

George Preston Marshall founded the Boston Braves in 1932, with his franchise playing their inaugural season at Braves Field, home of the National League’s Boston Red Sox. He had a franchise in the National League’s Boston Braves, which once had the largest outfield in baseball, as they played their inaugural season in 1932, with his franchise brought in by a first-generation Washingtonian, my father, Charlie Malone, who’s was a life-long fan himself, and partially raised by his mother, uncle, Ed Malone, who was also a die-hard fan too, I hope things turn around so that Dan Snyder will have to work immediately alongside the public to try their own hand at redistricting.

“The Redistricting Steering Committee was particularly impressed with Reingold’s wealth of experience, track record working with neighboring school districts and their strong community engagement program. They presented a tailored plan that considered our outreach requirements in Alexandria City,” said Redistricting Steering Committee Chair and School Board Member Stephanie Kapis. Reingold has previously carried out redistricting work for Arlington Pu and Washington, D.C., and is known for its development of online computer models that let the public try their own hand at redistricting. “We stand ready to begin work immediately alongside the ACPS team. Our project team members will be full partners every step of the way. We have assembled an experienced team with the expertise and know-how to help ACPS realize its vision for a sustainable redistricting model,” said Reingold partner and Chief Operating Officer Kevin Miller.

The last time Alexandria City Public Schools changed school boundaries was in 1999. Since then, ACPS enrollment has grown by more than 3,200 students. Redistricting is needed because all but the two elementary schools are at capacity and enrollment is projected to continue to grow over the next decade. Student enrollment is expected to rise by 4 percent, or 500 students, every year through 2030. Considerable numbers of students are currently transferred out of their neighborhood school and bused to another school because of a lack of space. The creation of optimal learning environments is one of the major components of the ACPS 2020 Strategic Plan. “The School Board wants to make sure that changes to school districts are balanced against budget and capacity solutions and fit with the ACPS Strategic Plan. Most importantly, redistricting needs to contribute to a vision for academic excellence for our division. We look forward to working with Reingold and our community to accomplish this goal,” said School Board Chair Karen Graf.

The School Board aims to ensure that the process surrounding the change of school boundaries, the timeline, activities and decision-making is clear and transparent. ACPS will post a full calendar of meetings after October 1. The process will involve parent and community input through a variety of venues. The redistricting page on the ACPS website at www.acps.k12.va.us/redistricting will be regularly updated with news and information about the process, ways in which the public can get involved, and related School Board decisions.
NEW PRINCIPAL, NEW ERA: AN INSIDE LOOK AT DENISE TOBIN AND HER PLAN FOR BISHOP IRETON

BY SARAH RUSHFORTH

As Bishop Ireton is about to embark on a capital campaign to expand its infrastructure, the school now welcomes a new principal to lead its academic programs. Denise Tobin’s personality and experience show that she is the person for the job. Ms. Tobin has a friendly approach that is complemented by her dedication and speaks candidly about herself and education. Unlike her recent predecessors, she did not graduate from Bishop Ireton and, in fact, she moved to Northern Virginia to accept this position. Tobin studied biology at Stockton State College in Pomona, N.J., in 1976, and then received her teaching certification from Lycoming College in Williamsport, Pa., in 1996, and her master’s in education administration from the University of Scranton in 2009. She also taught for 15 years at St. John Neumann Regional Academy High School in Williamsport, Pa., and then transferred to administrative work for eight years. Tobin’s resume reveals she is extremely experienced working in a Catholic high school environment, but on September 1st, I interviewed her to find out what she has in store for Ireton.

Q: Describe your experience at Ireton so far in one word.
DT: “Welcoming.” Everyone was so kind and gracious making me feel like a part of their family.

Q: Why work at a Catholic school? Why specifically Ireton?
DT: I have been at this for 19 years, and I think most teachers will tell you it becomes much like a vocation and a mission. Teaching at Catholic schools is also very liberating because you can talk about God’s plan and the wonders of creation together in biology class. Incorporating theology and religions make it easier to teach because the natural world and our faith go hand in hand. You can thank my children as to why I came to Ireton. Two of my children who live in the DC area saw the job posting in a local church bulletin. We always talked about living closer together, and this was the perfect opportunity. The whole process happened so quickly. Overall it was lots of fun but a little bit overwhelming at times.

Q: What motivated you to switch from teaching to education administration?
DT: First I was a research scientist. I did not even start teaching until I was much older. Then I taught for fifteen years at St. John Neumann Regional Academy. I always enjoyed working on a team to resolve issues around the school, whether it was curriculum or something else. I found that work to be satisfying. Then the Diocese of Scranton asked if I wanted to join the administrative programs, and my career in administration just took off from there.

Q: Ireton frequently uses quotes or mottoes like “advance always” and “be who you are”, to reinforce its philosophy. What is your favorite quote or motto in terms of how you approach work?
DT: “When it gets tough just jump right in and handle the issue.” It’s an original, but it has always been my motto. Life is tough so just resolve things.

Q: Ireton cites St. Francis De Sales and St. Jane de Chantal as the school’s Salesian role models, whom do you consider your role model(s)?
DT: I have long admired Pope John Paul II because of the way he approached life and Church issues. He lived his life, to me, about as close as you could live to Jesus, especially the way he took the lead in the conflict between Poland and the Soviet Union. Overall, he lived a holy life and then went through a lot of suffering before he died, similar to what Christ had done.

Q: If you were to add one tradition/holiday to Ireton what would it be?
DT: I was talking about this with some of the seniors, and I think I would add an Ireton Olympics. It’s indoor activities, and you don’t have to be athletic, just willing to participate in some fun during Catholic Schools Week. We could end the festivities with a faculty versus seniors volleyball game.

Q: What is your reaction towards being the first female principal at Ireton?
DT: I was surprised to find that out, but I had been one of the first four women to be admitted to St. Joseph’s University. I was also the first lay women to be principal at my former school. So I guess I am kind of used to accepting such a role. At the same time, it was a bit overwhelming to have knowledge of curriculum and types of partnerships we need to advance. We need collaborations with programs outside of the building to further our STEAM program here at Ireton.

Q: Throughout the years Ireton has sought to integrate technology into the education curriculum, what are your thoughts on technology’s role in education and how do you hope to instill these values at Ireton?
DT: Technology is changing so quickly, and we need to be on the cutting edge to prepare our students for the future job market. I would again form some partnerships with businesses and Ireton parents to consider how the school can use the existing resources more effectively and obtain new technologies as needed. We don’t want the students to work with slide rulers or anything. Do you even know what slide rulers are?

We then ended the interview with a thorough search on Google of these mysterious slide rulers (they looked rather complicated). However, this part of the interview proved to be the most revealing of the new principal’s character. She is hands on, dedicated, and seeks to form relationships and bonds with the students of her school. Overall, Denise Tobin made me feel that I would only be spending one more year at Ireton.

Sara Rushforth is a senior at Bishop Ireton, 201 Cambridge Street, Alexandria.
King Street Cats is proud to be the only all-volunteer, cat-exclusive, no-kill rescue facility in Alexandria, Va. Because we are a free-roaming facility, you can come visit with the “cat-friendliest cats” in town.

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

SOSO  
Female, age 8  
Gentle, mellow sweetheart seeks warm lap for snuggles and purrs.

STAR  
Male, age 5 months  
Purrfect playmate may be tiny but he has a huge personality.

TOM  
Male, age 3  
Sweet mellow fellow loves belly rubs and naps in the sun.

CHINA DOLL  
Female, age 1  
Everything about this little beauty is loving and sweet.

JELLYBEAN  
Female, age 8  
Talkative tabby beauty is an elegant sweetheart.

PUMPKIN 2015  
Male, age 7  
Low-key, low-maintenance boy seeks independentرار pожrson for companionship.

COOKIE  
Female, age 5  
Our sweetest darling Cookie has the cutest little ears.

CATS NEED EXERCISE TOO!

BY DANA CARR, DVM

Did you know that household cats, especially those who live exclusively indoors, have little to do and can easily become bored? This can lead to behavioral issues, excessive weight gain, and eventual health consequences. Although it may be tempting to allow your cat outdoors, there are many safety and health concerns that pose a much higher risk than keeping your cat indoors. Even if you do not think your indoor cat seems bored, the following are some of the potential consequences of boredom and important reasons to provide enrichment opportunities for your feline companion:

1. Cats who lack enrichment can become aggressive in play with both humans and other animals in the house.
2. Young cats without adequate development opportunities often bother their owners for play at inappropriate hours of the day and night.
3. Cats may become destructive with furniture, plants, or other household objects.
4. They may become reclusive and are more likely to retreat from new people or objects that enter their home.
5. Cats lacking regular play may overreact to the presence of outdoor cats and become very distressed.

Luckily, there are many great ways to keep your indoor cat active.

Continued on page 38

Hi my name is Milo, but everyone I meet calls me “Miracle Milo.” In June, I was in an accident, and I lost my sight, hearing, and sense of smell. The doctors gave me 50% chance to live, and my parents were afraid of what the quality of my life would be if I did survive.

However, then, the miracles began. My family kept everything in the house in the same place, and I learned how to walk around without bumping into things in a couple of days. We learned how to communicate with touch, which worked wonderfully. And I had the best doctors in Alexandria at VCA Old Town — Dr. Lewis, Dr. Barker, Dr. Stapleton, and Dr. Chamberlain — who literally took care of me from my head to my toes. Everyone I met remarked their surprise at how active and happy I was.

Then I started to get many of my senses back. I am now a lively sniffer, my hearing has improved, and I can see shadows, all of which helps me be more active and confident. I go to a great doggie daycare and make new friends to play with each day.

Every day is a new adventure, and the miracles keep coming!
DOGS DESERVE BETTER is a nonprofit organization dedicated to freeing chained and penned dogs and bringing our ‘best friends’ into homes and family. Our local chapter serving the Washington metropolitan area dogs can be viewed at www.ddbnova.org. We are a voice for chained and penned dogs, whose sadness speaks only through the eyes. As the days become years, many of these dogs sit, lay, eat, and defecate within the same 10-foot or less radius. They exist without respect, love, exercise, social interaction, and sometimes even basic nourishment. They live as prisoners, yet long to be pets. These dogs have love to give and want only to be part of a family. Once rescued, they share their love with people.

Dogs live in the moment and do not think about the past which is why dogs are really man’s best friend. If you are interested in adopting, please contact adoptions@ddbnova.org.

www.ddbnova.org

SEPTEMBER 2015

ThE ZEBRa PRESS

BANDIT

Breed: Aussie/MinPin mix

Age: 1 year old

Weight: 13 lbs

This is Bandit, who is awe- some! Are you looking for a sweet Beagle/MinPin mix who promises to give you love and is loyal forever? If so, we’ve got your pup! Bandit was found as a stray in rural SC and was in a high-kill shelter. The shelter is always extremely overcrowd- ed. So, DDB brought him to the DC area to find a home.

This is such a darling, happy, quiet boy. Dawson does well with dogs. Since he has a high-energy drive, it is best that he not be placed in a home with cats. It is obvious that his previous owners neglected him. Dawson is receiving treatment for heartworms since he was not kept on a regular dose of monthly preventatives. Unfortunately, his owner has not had any pets since he was kept in a high-kill shelter. Dawson is getting a refresher course in house manners, leash walking, and basic obedience. He is a fabulously cute boy with a gentle personality: and has never met someone he didn’t like. He is friendly with people, dogs, and cats, and will be a wonderful addition to any family. He will take him for regular walks in the neighborhood and come home to hang out on the couch. He is small enough to fit in a resident just anywhere. We aren’t sure how much training Bandit has had, so he may need a refresher course in manners, leash walking, and basic obedience, but he is a smart boy and should quickly learn whatever you would like to teach him.

DAWSON

Breed: Leonberger mix

Age: 4-6 years old

Weight: 63 lbs

Dawson was found as a stray in rural SC and was in a high-kill shelter. The shelter is always extremely overcrowd- ed. So, DDB brought him to the DC area to find a home.

Dawson is a happy, playful, and affectionate boy. He is good with dogs and is good other with dogs.

EBONY

Breed: Terrier/Lab mix

Age: 1 year old

Weight: 35 lbs

Ebony was found as a stray and taken to a rural high-kill shelter in SC. This girl is just adorable, happy, and loves attention. She loves people and is a good other with cats. Whatever happens to her Ebony would do best with another high energy dog to be her playmate or someone active who will come along for her daily vigorous exercise. She would appreciate the finer things in life—a soft bed, a conditioning toy of her own, a fabulous toy to love. But who could blame her after being stuck in an outdoors shelter for months. We do not know how long she has been at the shelter since she may have been kept in a high-kill shelter. She received treatment and will soon be good as new. Ebony will be a greater expense for someone who is not used to caring for a dog. She is a wonderful companion and has all the love she needs. She will reward you with memorable moments and years of love. Please apply to adopt Ebony today. Thank you for helping to save a life!

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Age: 1 year old

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PRECIOUS PIPPI

Breed: Aussiedoodle

Age: About 2 years old

Weight: 35 lbs

Meet Precious Pippi, a sweet little Aussie/Russell Terrier mix who is only about 1 year old and weighs 34lbs. Pippi is one lucky pup, who was saved from life on a chain by our DDB team in SC, and is now being fostered in Arlington, VA. Pippi is a little shy at first, but has a great disposition, and gets along well with everyone – kids, dogs, cats, even ducks! She loves to run and play, and enjoys walks and car rides, but also loves to cuddle. She is a very gentle soul, and will make an excellent family dog. Pippi is definitely a refresher course in house manners, leash walking, and basic obedience. This little lady needs a stable home and an attentive family with the time and love to give her this fantastic pup.

ANGEL

Age: 4-6 years old

Weight: 63 lbs

Angel is a wonderful girl who loves people. She has not been exposed to children and does not get along with other dogs. So, Angel will do best as a sin- gle dog in an adult-only home. Angel will be thrilled to get all the attention from her people. Can you give this darling girl the forever home that she desires? She promises to love you forever.

SARA

Breed: Carolina Dog Mix

Age: 4 years old

Weight: 52 lbs

The Sara we have come to know and love is a happy, good-natured dog who is playful and affectionate. She’s currently being fostered with several other big and small dogs, and is a very social girl. She gets along well with everyone – kids, dogs, cats, even ducks! Pippi is doin

HODGE

Breed: Shepherd mix

Age: 2 years old

Weight: 50 lbs

Unfortunately, Hodge found himself in a high-kill rural SC shelter where the owner relinquished him without knowing why his family had never come to pick him up. Since he is a high energy boy, he needs to find an active family or family with whom he can go on long hikes and runs. He is working on a refresher course in house manners, leash walking, and basic obedience. His ideal home would be one where he gets lots of daily exercise and love. Could you give Hodge a forever home so he can get the second chance he needs? In return, you will have a sweet, loyal companion for years. Please apply to adopt Hodge today. Thank you for helping to save a life!
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!

Mr. Campana:

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

— Bill and Nickie Aldridge

Mr. Campana:

Director of Orthotics
(703)474-6204
www.animalorthocare.com
4508 Upper Cub Run Drive, Chantilly, VA 20151

This is ZIVA and like all cats, she loves to squish herself into just about any box available.

— Submitted by Hannah K. and Bob N. of Old Town 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 $25 gift card to an area retailer or restaurant. Be sure to include your name and neighborhood, as well as your cat’s moniker. Please send photos and copy to mary@thezebrapress.com.

Now Open!

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

M-F • 8 am–7 pm
Sat: 8 am – 2 pm • Sun: 10 am – 2 pm
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Dana Carr, DVM practices at Shirlington Animal Hospital, 2770 S. Arlington Mill Dr., Arlington, VA 22206, (703) 570-6600, shirlingtonanimalhospital.com.

AEDs

CONTINUED FROM PAGE 15
Department and then purchased six more. Cruisers assigned to deputies who serve civil process and one assigned to deputies who transport inmates and other subjects now have AEDs in carry bags so they can use them in the community. Deputies at the courthouse, already trained on AEDs, are now working to familiarize other courthouse employees with AED use.

AEDs

CONTINUED FROM PAGE 36
happy and to ensure a long, healthy life inside your home. You can quickly provide environmental boosts for your cat(s). Try these tips and ideas:

1. Provide a variety of interactive toys that keep them physically and mentally stimulated. Rotate through your stock of toys every few days to provide your cat a “new toy” and prevent him or her from getting bored with a particular toy. Provide opportunities for your kitty to “hunt” — move toys in a way that mimics the movements of a mouse or bird, use a laser toy or kitty fishing pole. Ideally, you should provide several minutes of play with these playthings per day to provide much-needed exercise and an outlet for your cat’s natural prey drive.

2. Provide objects for your cat to explore — cardboard boxes, paper shopping bags, a dripping water tap, or an aquarium with real fish can provide great entertainment!

3. Provide appropriate surfaces on which your cat can scratch. Cats have individual preferences, therefore, providing a variety of scratching posts and surfaces in several different areas of your house is best.

4. Be sure there are climbing opportunities on furniture, shelves, and cabinets and access to several windows as cats love to sunbathe and watch birds, squirrels, and other small animals. Position bird feeders outside your windows where your cat can observe. You may also provide a cat tree (available at many pet stores or research how to build your own).

5. Provide several small meals per day and avoid free-feeding (keeping your cat’s bowl full at all times). If your schedule is too hectic to provide scheduled feeding, try purchasing a feeder with a built-in timer.

6. Training your cat can provide a great mental stimulation. Cats, just like dogs, can learn tricks and commands.

7. Teach your cat to walk on a leash and harness is a safe way to take your indoor cat on outdoor adventures. Be sure your cat always wears ID tags when walking outside.

8. Many can enjoy the company of other cats, and in some cases dogs. A companion can provide the opportunity for exercise, play, mutual grooming, and affection while you are away from home.
BOOMER
This handsome gentleman is Boom- er! Boomer is a 4-year old Blue Tick Hound. He is a sweet, active boy who is very affectionate and silly! He loves to play, snuggle and be outside. Boomer is blind, but he doesn’t let that bring him down! He has a love for life and would love to go to an active home where he could get plenty of exercise. Does Boomer sound like your new best friend? He would love to meet you!

MINNIE
Meet Minnie! Minnie is a spayed fe- male Domestic Shorthair, estimated to be about six years old. This petite kitty is everything you could want in a pet: she loves to snuggle and play! Minnie also has a pretty mellow per- sonality, so she never puts pressure on you to entertain. She’s a true lounger and would love to be your snuggle buddy! Think Minnie could be your purrfect match? Come fall in love with her today!

LOVEGOOD
Lovegood is a 3 year old domestic shorthair looking for someone to re- ally open up and blossom into a very affectionate cat. She may even be playful once she feels comfortable. Could you be the home Lovegood has been looking for so that she can come out of her shell? Come meet this darling girl today!

TIGER
This handsome tabby is Tiger! Tiger is 4-years old and is looking for his forever lap! Tiger loves to be pet and is extremely affectionate— definite- ly not ferocious like his name sug- gests! Tiger loves to play and tell you all about his day. He would love to go to a home where he would get lots of attention!

CLYDE
Meet Clyde! Clyde is a 7-year old domestic longhair with beautiful green eyes! He is super mellow and would be perfect in a quiet home with plenty of couch space to lounge on! Clyde loves to be pet and has an awesome purr that he is not shy about showing off! How can you re- sist those eyes?!

ARTHUR
This fabulous hair belongs to Arthur, a one-year old Lionhead who has the personality to match his silly ‘do! Arthur is pretty playful, and while he doesn’t love to be handled, he loves to run around and play! He is really fun to watch and would be a great addition to any family!

CALIOPE
This beautiful girl is Caliope, a one year old domestic rabbit who is as sweet as her name sounds! Caliope loves to be pet and is a very mellow, gentle rabbit. She has lived with other rabbits so would probably be great in a pair! If you’re looking for a little sweetheart to add to your fam- ily, come down and meet Caliope!

DOUG
Meet Doug! Doug is an 8 year old Bi- chon mix who could not be sillier! He is a sweet, silly boy who loves to play and snuggle. Doug would love to go to a home where he would get lots of attention! Are you looking to add a playful goofball to your family? Come by and meet Doug!

SHELTER HOURS:
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Saturday, Sunday: 12-5 for Visitation/Adoption, 11-5 for Business

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