



ALEXANDRIA DRIVE-IN A SELL OUT



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MOUNT PURRNON CAT CAFÉ
OPENS IN OLD TOWN



Christine Garmer

Wishing You A Happy Labor Day!

KINSALE •\$325,000



Catch oysters, fish and sunsets. One of the Northern Neck's best kept secrets! All this and only 95 mi. (Approx) from Alexandria!! This wonderful home away from home on the Yeocomico River has a private Pier, 3 bedrooms, 2 baths, 2 fireplaces AND BEAU-TIFUL WATER VIEWS! This waterfront home is located in Shannon Park Beach. Working from home has never been so relaxing. Take a break to go boating or canoeing or just sit and enjoy the tranquility of the water. Sunsets are amazing here!



ROSEMONT • \$895,000

Classic 1930's bungalow with inviting covered front porch located in sought after Rosemont. Modern meets vintage, the charm of yesteryear with the conveniences of today! This charming 3/4 bedroom, 2 bath home sits on a lovely landscaped lot with plenty of living space inside and out. Updated kitchen, living room with wood-burning fireplace is adjacent to the



spacious dining room and kitchen. Main level master bedroom, renovated bathroom and two additional bedrooms. Finished lower level is a welcome surprise with a bonus room that is perfect for guests with outside entrance..

NORTH OLD TOWN • \$985,000

Beautifully renovated end brick row home with covered front porch and fenced-in front yard with a white picket fence!! All the wonderful features of a 1920's home with the updates and modern amenities and touches! Exposed brick walls in various rooms, 9ft+ ceilings, mouldings, refinished red oak wood floors throughout, freshly painted interior & oversized windows. Formal living room with built in book shelves, crown moulding and lots of natural light. Dining room with exposed brick wall and service bar with, cabinets, quartz countertop and wine refrigerator is perfect for parties and entertaining (when we get back to that!)



MOUNT VERNON • \$1,375,000

Dreamy OASIS on half an acre with in-ground salt water pool...it takes STAYCATION to a whole new level!!! House Beautiful with interior sophistication describes this approx. 5,000 fin. sq ft. home. Beautiful ALL season porch which has heat and AC. Spectacular floor plan with open concept family room with coffered



ceilings, gas fireplace, wood floors, walk in pantry, garage access, butler pantry and half bath. Four generous bedrooms upstairs including a luxurious master suite with walk in closet and fabulous bath

Torpedo Factory • \$585,000

SOLD

Fabulous pied a terre in the heart of Old Town! Rarely available NE facing, corner unit in the Torpedo Factory. Spacious 1,000 sq ft . light filled one bedroom, one bath with windows on all walls,a river view and wood burning fireplace. One assigned garage space just steps from the front door. Enjoy the river -walk,



restaurants & shops, festivals and parades. Relax & enjoy the private rooftop deck or entertain and grill on the patio surrounded by perennial gardens and brick serpentine wall. Blocks to the river, bike path and parks.

MOUNT VERNON • \$1,500,000

UNDER CONTRACT

Wonderful custom home in Del Ray! Situated on a large 5,500 sq. ft. lot with a detached garage. The home will be approx. 3,500 finished sq ft to include a complete interior renovation with a large 3 level addition & finished basement. This home boasts 6 bedrooms (one on main level), 5 bathrooms, a mudroom, UL laundry room,



and finished basement with additional storage. Open family room with gas fireplace and large kitchen with island & breakfast room. Screened- in porch off of dining room, large entry and inviting covered front porch.

KINGSTOWNE • \$869,000

SOLD

Fabulous approx. 5,000+ square foot, Craftmark built home in sought after Kingstowne neighborhood . This 6 bedroom/5.5 bath home with custom finishes and appointments throughout has it all. A soaring entry



welcomes you and guests to an open floor plan with great flow and functionality! The gourmet kitchen with center island and bar area is perfect for informal family dining and catching up from the days events! Two upper finished levels with bedrooms. Upper level (one) has 5 bedrooms and 3 full baths including a large master bedroom with relaxing sitting area, cathedral ceiling, custom his and hers walk-in closets and luxurious bathroom with soaking tub & separate shower, and upper level (two) has a bedroom & full bath. Two car garage.



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Inside this I	Issue
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Cat in a Box	PETS

PUBLISHER'S NOTES

When I was a kid, my grandfather had a mimeograph machine—remember those? That was long before Xerox. The intoxicating smell of the cool paper blotted with purple ink is one of those forever memories all of us who went to school in the 60s and 70s will never forget.

That's how I started my first "news" paper. Grandpa let me play around with his typewriter and make a mimeograph stencil and at near seven or eight years old, I heralded my child-like version of the neighborhood's hot topics. He helped me run off editions of "The Country Club Acres Courier" right there in his garage,

and out I went to pass out copies, door to door to all 30 or 40 of our neighbors.

I had forgotten I even did it until recently when my dad reminded me. We were talking about the future of print and how it can sustain itself especially during these trying times. Most people don't know how a publication like ours operates - how it funds itself, how it pays its writers and designers and carriers, not to mention its almighty

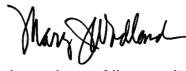


Mary Wadland

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And that is why we treasure our advertisers, who feed our engines so we can keep doing our job to bring you the good news in Alexandria. Please join me and commit to the SHOP LOCAL mantra now more than ever as our retail and restaurant-owning neighbors dig in to adapt to the curbside economy. If you like Zebra, you have to love our advertisers. Start mentioning you saw their ads when you patronize them—it will mean the world to them, and to us.

Now on to the September issuewow, what an edition you have in your hands. Sit back, relax, and enjoy!!



P.S. For extra day to day good news, follow us online at thezebra.org and on social media, sign up for our twice weekly newsletters and get your own copy in the U.S. mail—just click on SUBSCRIBE!!



Alexandria beekeeper Alex Crawford-Batt (r) with her daughter Lena holds up a frame of capped honey. On the Cover: (Photo: Eli Wilson)

SEPTEMBER '20

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UPCOMING DEADLINES

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WHY ZEBRA?

When we launched in 2010, we wanted to be a horse of a different stripe within the community news landscape. Zebra was a zippy name, we could brand ourselves on a teeny budget, and we hoped it was a name you'd remember. Plus, it was a creative way to play tribute to the classic old newspaper joke, "What is black and white and READ all over?"

THE ZEBRA PRESS SEPTEMBER 2020

Association

COMMUNITA news

Carpenter's Shelter **Executive Director Honored**

Carpenter's known for its mission of helping Alexandria's homeless and formerly homeless population. The belief in that mission starts at the top. Recently, Executive Director Shannon Steene received the David Bradt Nonprofit Leadership Award for his work.

The award, first given in 2018, recognizes leadership in the nonprofit arena. A press release states that "it is meant to help [recipients] create forward momentum for their teams and organizations."

"I'm humbled by this recognition and look forward to the leadership development that comes as part of the award," said Steene. "My aim



Shannon Steene, Carpenter's Shelter Executive Director.

is to fully leverage the opportunity to keep moving Carpenter's Shelter forward, especially as we are starting the next chapter of our organizational life in the new shelter."

Steene, recognized for his

unwavering dedication, received praise for his efforts during the pandemic. For example, he secured additional housing for residents to avoid crowding.

Alexandria Posting New Jobs Each Week

JOBS BOARD LISTS OPPORTUNITIES FROM LOCAL EMPLOYERS

Alexandria's Workforce Development Center (WDC) is available to help residents who have lost jobs because of the pandemic.

The organization has a jobs board page that is updated every Monday. To view, visit wdc.alexandriava.gov

Job seekers can search by zip code, location, and keyword to find a job that is the best fit. The jobs board allows local employers to find candidates because resumes can be posted.



CITY DEPARTMENTS TEAM UP TO HELP UNINSURED RESIDENTS **DURING PANDEMIC**

The Alexandria Health Department and the Department of Human and Community Services (DHCS) have teamed up to help uninsured and underinsured resi-



dents during the pandemic. Healthcare services are available to those who need testing and treatment.

For an updated list of testing locations and more, visit alexandriava.gov

Neighborhood Health provides services regardless of ability to pay, accepts most insurance, and will not ask about immigration status. Call 703-535-5568 to make an appointment. For the most immediate updates, visit neighborhoodhealthva.org/patients-servicechanges/

Sign Up for City's Fall Classes and Activities

COVID-19 PRECAUTIONS WILL BE IN PLACE FOR ALL OFFERINGS

andria's Department of Recreation, Parks & will operate at limited capacity, health screen-Cultural Activities (RPCA) has ongoing regings will take place, and cleaning of equipistration for fall programs.

Registration applies to all classes, leagues, and activities from September to December. RPCA takes the health and safety of participants seriously. They are following all local and federal health guidelines pertaining to the coronavirus. This includes maintaining social distance, mask wearing, and encouraging par-

Looking to keep busy during fall? Alex- ticipants to use hand sanitizer. All activities ment will occur between periods.

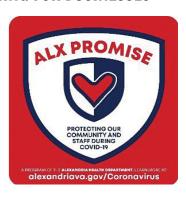
> To search for an activity, learn more about what is offered, and sign up, visit rec.alexan-

> For in-person registration, call the Registration and Reservation Office at 703-746-5414 to schedule an appointment. The office is located at 1108 Jefferson Street.

ALX Promise Training Now Available in Spanish

HEALTH SAFETY TRAINING FOR BUSINESSES

Since the ALX Program began in May, hundreds of Alexandria businesses have voluntarily joined, including restaurants and retail spaces. The employees associated with those businesses took part in a training program focused on health safety considering the pan-



Recently, the City of Alexandria announced that the training is now available in Spanish. Making the training available to Spanish-speaking workers means that it can reach a segment of the city's population hard-hit by the coronavirus.

ALX Promise is a joint effort between the Alexandria Health Department (AHD), Visit Alexandria, and the Alexandria Chamber of Commerce.

To sign up for training in either English or Spanish, call 703-746-4190 or visit redcap.vdh.virginia.gov



MASK UP!

DASH REQUIRES ALL PASSENGERS TO WEAR A MASK OR FACE COVERING WHILE ON BOARD ANY DASH BUS.



Mask up. Stay safe. Stop the spread.

ZEBRA PRESS

SICK FROM COVID-19? NEW LAW REQUIRES PAID LEAVE FOR **EMPLOYEES OF SMALL COMPANIES**

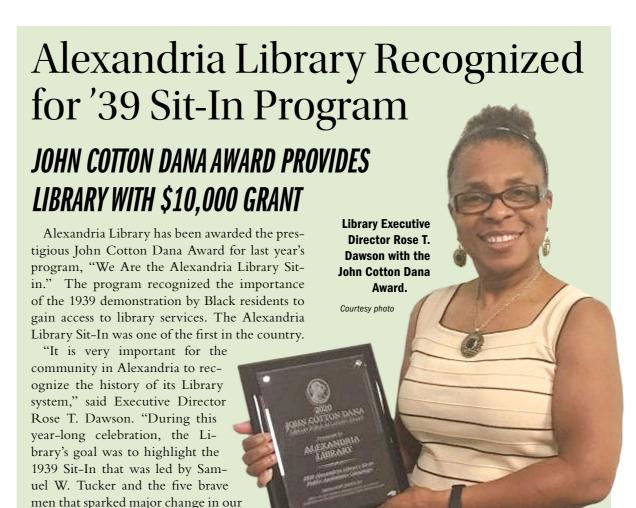
Work for a company of under 500 employees? You may be eligible for employee leave rights if you become sick from COVID-19 or must quarantine.

Under the Families First Coronavirus Response Act (FFRCA), a temporary rule (in effect through December 31) permits the U.S. Department of Labor to help private employers keep workers on payroll and receive tax credits. It also supports employees by making sure they do not have to choose between a check and health.

The FFRCA provides relief to people in the following situations: 1) self-quarantine or experiencing COVID-19 symptoms; 2) caring for an individual in quarantine or a child whose school or daycare is closed; 3) or experiencing another issue related to COVID-19.

The Act allows for the administration of the Emergency Family and Medical Leave Expansion Act, which requires some companies to award 10 weeks paid/two weeks unpaid emergency family and medical leave to those deemed eligible.

To ask about coverage, call 866-487-9243. To learn about your eligibility, click dol.gov/agencies/ whd/ffcra/benefits-eligibility-webtool



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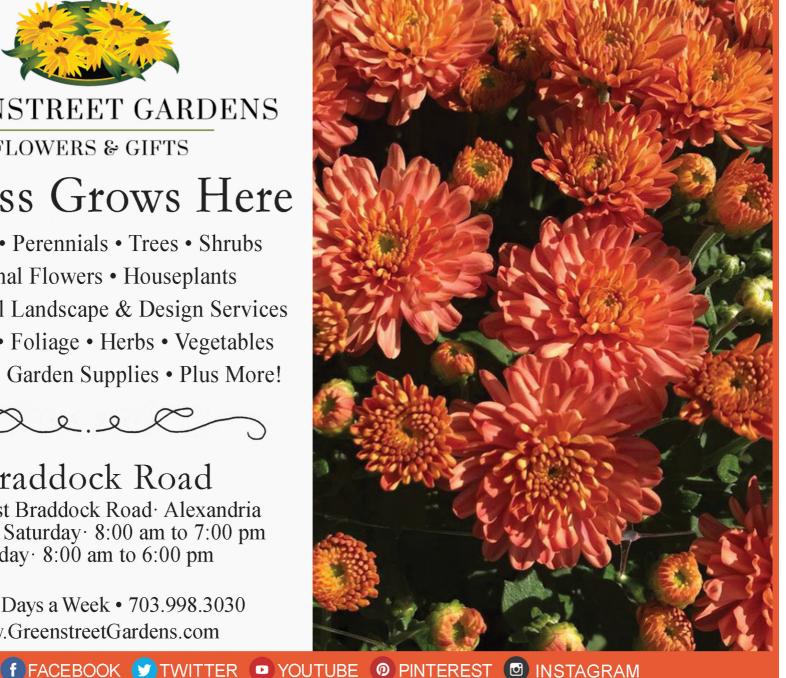
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NEW PUPPET SHOW STREAMING IN ALEXANDRIA

"THE PUPPET SHOW SHOW" PILOT PREMIERES SATURDAY, SEPT. 12

BY STEVE GUSTAFSON

Remember sitting cross-legged on the floor in front of the family's Magnavox console TV watching cartoons and animated characters doing silly things? So do the creators of a new online puppet show debuting Saturday, September 12 on Z-TV, the new video division of The Zebra Press.



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"This whole thing started with the idea of doing a Saturday morning puppet show. Something that captures that same, almost frenetic, elements that we had as kids growing up, where you have all sorts of things going on," shared Jeff Bragg, one of the principals behind the new show. Bragg is a seasoned television producer and director with credits from Acu-

ra, Coleco, Milton Bradley, and Media General Cable Systems. His recent work with the National Capital Puppetry Guild is recognized for increasing puppetry's visibility in the Washington, D.C. area.

"You had different animation styles and that's what this is — a bunch of puppets shorts that are two to five minutes long with each introduced by the Flexitoon Puppets," he continued.

Puppeteers with Pedigree

Craig Marin and Olga Felgemacher from Flexitoon Productions, whose credits include "Shining Time Station's Juke Box Band" (PBS), "The DJ Kat Show" (FOX), and "Pinwheel" (Nickelodeon), share Bragg's enthusiasm and are co-founders of the show, bringing boundless energy and innovative ideas to the new, variety-style, family-friendly, online puppet pro-

duction.

Flexitoon is an award-winning puppet production company that designs, builds and performs puppets and marionettes for television, film, commercials, music videos and stage. Craig began his career with television puppetry legends Chuck McCann, back the morning ward-winning to adult of the morning with the adult of the morning ward of the morning ward of the morning ward-winning wa

Show Show' is a way to bring back the richness of Saturday morning children's programming with diverse puppetry offerings spanning ages three to adult, engaging viewership by both children and their parents."

'The Puppet Show Show' variety format features



Sandy Becker and performing on Wonderama. Olga's career started in New York City, working in theater, but she quickly found work as a puppeteer with Nick Coppola, Bil Baird and Jim Henson.

With so much creative talent on the team, the aims for the show are set high. Bragg says, "We love showing how stories can be told through puppetry in a loving and fun way. And that's the best way to learn. 'The Puppet

world-class puppetry shorts from contemporary masters of the art, including Steve Widerman, Hobey Ford, Brad Brewer, Robert Rogers, Beech Tree Puppets, and David Stephens. Also featured will be classic puppet shorts from legends such as Bil and Cora Baird (Sound of Music), Paul Winchell, Chuck McCann and Sandy Becker, all names that were the gold

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LISTEN UP!

There's a fun new podcast in town called, "Writa Writes and Reads." Every Thursday morning for the rest of the year, Rita Mattia will add a new episode, featuring a story she hopes you'll enjoy and



writes and reads

maybe even talk about. All but a few have never been published before.

For those of you familiar with her book, *Trying Stuff*, this should be a delightful and welcome "next chapter." If her writing is new to you, this is the perfect way to find out if you like it.

So, give a listen while you're out for your walk (or whatever) — and let her know what you think.

You can find "Writa Writes and Reads" on just about any device at https://feeds.buzzsprout.com/1276346





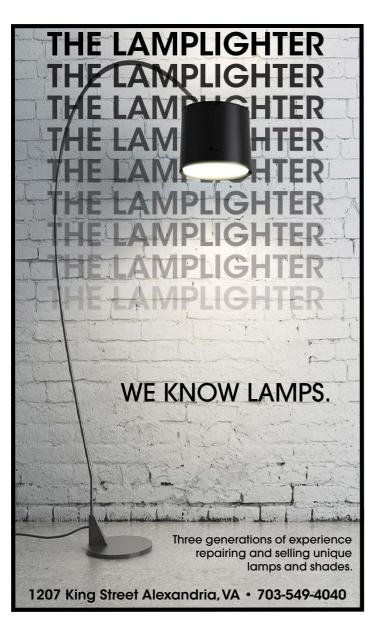
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Sometimes happiness is:
Watching old movies,
singing vintage songs,
and eating KitKats.
-Kritika Sharma



Alexandria Drive-In Theatre is a Sell Out!



215 vehicles gathered to watch the first of six drive-in movies scheduled in the series.

WAITING LIST OF 600 HOPES FOR EXTRA DATES

BY MARY WADLAND

Around twilight on Saturday, August 29, 215 cars, trucks and SUVs rolled into the pre-arranged lanes of the enormous parking lot at 5001 Eisenhower Avenue to watch "Jurassic Park." With easy to read signs and an innovative app, the process was touchless and orderly, and for many the experience was an initiation, a rite of passage. For others, it was a blast from the distant past.

"This is my first drive-in movie ever," exclaimed Kellie from the passenger seat while her mom, Olivia Cushman, gleamed pride for having snagged one of the coveted spots when she first read the drivein was coming to town. "We're having a girl's night out!"

night out!"

"We're celebrating our four-year anniversary," said Jordan Slade leaning back, pointing out her husband in the driver's seat, where they were in position A, front and center.

Cars were separated by a few feet and were lined up in several rows away from the 55-foot inflatable screen. "We

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Above: Denise and Matt Dorsey went for the backseat.

At left: The Slades celebrate their anniversary.
Below: Kellie and Olivia
Cushman have a girl's
night out.





Photos: Lucelle O'Flaherty

A band of volunteers helped make the night a success.

COME EXPLORE















VENUE

























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THE COOLEST BLOCK FIROUND!







At left: Michael Cunningham in a favorite spot—on the water.

Below: The Cunningham family was touched and inspired by the volunteers who came and worked so hard in honor and memory of their son and brother, Michael.



Except as noted, photos by Suzanne Bewick

Photo: The Cunningham Famil

Above left: The sweltering heat and oppressive humidity didn't deter the volunteers from making the most of their time at Jones Point Park. They hauled some 130 pounds of garbage away.

At left: Caleb Merendino (left) and Benjamin Swanson (right) are the founders of Advocates for Clean & Clear Waterways, a local nonprofit dedicated to cleaning up trash in our rivers and creeks.



Jones Point Cleanup Honors Memory of Michael Cunningham

BY SUSAN FLEISCHMAN

Advocates for Clean & Clear Waterways, a 501(c)(3) organization, recently host-

ed a volunteer cleanup at Jones Point Park in memory of Michael Cunningham, a 19-year-old Alexandria resident who tragically died in

a car accident in late

Family friend Suzanne Bewick reached out to the local nonrecognizing the serendipitous connection between their charter and Michael's love of the water. "My daughter Jackie found Advocates first, and made a donation in Michael's name. I loved the idea and made a similar donation," Bewick said.

Iackie Bewick learned about the nonprofit right after Michael's accident. "Advocates for Clean & Clear Waterways had a unique option where you could donate In Memoriam of someone. I thought it was so perfect because

they clean the Potomac River, they are a local company, and Michael passed away after spending the morning fishing on the river. He also dedicated time to keeping the river

MONTHLY **CLEAN-UPS July through November** COLONIAL BEACH

VOLUNTEERS NEEDED! SPOTS ARE LIMITED! - RSVP REQUIRED WWW.WATERWAYADVOCATES.ORG

July 26

Photo: Advocates for Clean & Clear Waterways

Advocates for Clean & Clear Waterways have upcoming dates for waterway cleanups. Volunteers are needed. Visit www.waterwayadvocates.org for more

clean," Jackie said.

Karen Cunningham, Michael's mother, agreed. "Michael grew up a waterman. He loved spending time at the ocean, and on rivers, creeks,

and lakes," she said. "He participated in local creek cleanups every year and often sought out tires, chairs, and bottles when he went to fish. This effort was a natural fit," she said.

Caleb Merendino, executive director of Advocates for Clean & Clear Waterways, was curious to learn about Michael after receiving the donations in his name. Caleb said, "The

> minute we heard Michael, about we knew he was someone special and we had to do something to recognize his legacy. We decided our

first Jones Point Park Volunteer Cleanup would be to honor him and his family, and the turnout was remarkable!

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ZEBRA PRESS SEPTEMBER 2020



Farm Stand's Local Produce Rates Rave Reviews

BY SUSAN FLEISCHMAN

The signs say it all: Farm Stand. Sweet Corn. Fresh Local Produce. Peaches, Blueberries, Tomatoes. Crazy Sweet Melons. (And they are crazy sweet.) Neighbors flock to the farm stand when the signs go up on Belle View Boulevard and at St. Luke's Episcopal Church on Fort Hunt Road.

Belle View resident Linda Whitmore is a big fan. "I grew up in the country, and I love to shop here because the fruits and vegetables are so fresh and delicious, so close to what we enjoyed back then." Leslie Rodriguez filled her Fresh as can be, stalks still intact. basket, noting how much she appreciates the convenience of the farm stand. "I prefer to shop here because the bigger farmers' markets are just too crowded." Kerry Corley makes it a point to buy her meat at the farm stand, as "the quality far surpasses what's being sold in the supermarket."

"Here in Belle View, the stand is open 2:00 to 7:00 Thursday afternoons. Word on the street is you have to get there at 2:00 p.m. for the good stuff, but as the summer has progressed they have brought abundance, so there's enough for everyone," said shopper Gina Cavallaro. "It's a wee bit more expensive than the local supermarket but the payback is the flavor and freshness you get from real farmers. It has definitely enhanced our neighborhood."

The farm is Orchard Country Produce, located in Gard-



All photos: Susan Fleischman



They say you first eat with your eyes, and the vibrant colors here prove the food is fresh and delicious.



The farm stand often features potted flowers. plants, and vegetables. Look for pumpkins in the fall.

ners, PA, owned by the Keckler family. So how did this little corner of Northern Virginia become its second home? Oliver Keckler explained, "We had sold our produce to certain markets in Washington, DC, for years. Then, in 2006, we joined a CSA (community-supported agriculture) and delivered boxes to businesses and residences."

One of those residences belonged to Waynewood's Suzanne Odom. Suzanne had been looking for a CSA to both support local farming and get fresher food that didn't travel as far from harvest to her door. "I found them online, when they were delivering to locations in Washington. Because we're just a few miles from there, Gregg (Oliver's father) would deliver our

box in the very early morning hours, and it was there waiting for me when I woke up."

Suzanne spread the word about the high-quality products she was enjoying, and friends signed on. Eventually enough interest in having a weekly farm stand grew, and in 2012 the pastor at St. Luke's agreed to host the site.

"I find it fulfilling to know the people growing the food," Suzanne said. "And I like the simplicity of getting my food directly from the farmer, and eating seasonal food that's grown closer to home." She's not alone, as sales have remained strong. After four years at St. Luke's, the Kecklers added another location in

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Fine Dining, Fine Wines, Casual Style... In Your Neighborhood

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Our menu changes with the seasons offering a variety of fresh seafood, meats, poultry and vegetarian dishes. We shop local farmer's markets to get the freshest ingredients available.

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Shopper Kerry Corley (left) paying Oliver Keckler (right) for the high-quality meat she likes to purchase here.

THE ZEBRA PRESS SEPTEMBER 2020



One Family's Pandemic Panacea: Holidays for Anything and Everything

HOW DID YOU CELEBRATE NATIONAL ZIPPER DAY?

BY SUSAN FLEISCHMAN

Last year, eighth-grader Stephanie Kulinski and her friends happened upon an app that listed all the days of national and international holidays, including both common and obscure subjects, and they got a kick out of looking them up from time to time.

One day in late March, af-

ter the pandemic had cancelled school and all activities, Stephanie was home, rather bored, and looked up the day's holiday: International Mermaid Day. She told her mom, "We should go write this at the end of our driveway!"

Honoring unusual observance with a driveway chalk drawing could have ended there, but it didn't. Five months later, the family has continued to celebrate daily holidays, observances, and international days, with food, a fun-facts lesson, and themed music via Alexa. And the daily driveway chalk drawing, of course.

Karin Kulinski, Stephanie's mother, said, "Parenting blogs often show these family rituals where they pick a random holiday and celebrate as a family." She always thought it sounded like a great idea and maybe something to do if she ever suddenly had a lot of time on her hands, which wasn't going to be anytime soon-or so she thought. A commercial pilot, Karin traveled so much that she often had to ask her kids what day it was. And then, the world stopped.

The day after International Mermaid Day was Eiffel Tower Day, their first full celebration with food. They made French fries, French toast, and French onion dip, **Below: Nata**lie, Karin, and **Stephanie** Kulinski enjoy **National** Creamsicle Day.



Unless noted, all photos courtesy of the Kulinski family. At left: On National Pink Day, the family dressed accordingly, and enjoyed special pink-creamed Oreos

from a friend.

Above: Artist Stephanie beaming over the day's drawing, anticipating the delicious dessert that At left: On National Daiquiri Day, the girls learned a new recipe along with general life skills.

At right: that started it all, for International Mermaid Dav.



On Limerick Day, every family member came to the dinner table, limerick in hand. An Irish feast ensued.

embracing as many bad food puns as possible. They took photos and posted on Face-

Karin recognized right away what a boon the idea was. As the mother of three girls, ages 10, 14, and 17, she explained, "We needed to fill the time, make the days more fun, and do something different." All around them,

friends and neighbors were falling into a Groundhog Day redundancy. But, for the Kulinskis, every day had a new outlook: Etch-A-Sketch Day, Guinea Pig Dav, Nelson Mandela Day, Root Canal Appreciation Day, Peach Ice Cream Day, National Zipper Day.

On National Daiguiri Day, Karin posted, "These holi-

days have been such a wonderful educational experience. Taught the girls how to make daiquiris today, which will help them in college. And if this whole college thing doesn't work out, it could help with bartending. Is this considered synchronous learning?"

Stephanie has led the family through the challenges with her 10-year-old sister Natalie's help and, of course, Karin's final approval. Oldest daughter Katrina and father Stephen were happy to take part in the festivities, but left planning to the others. Stephanie is the driveway chalk artist and runs the holiday database, and she sports the happiest grin in every photograph.

A budding master baker, her cake decorating skills have improved every day. She's learned how to make all kinds of foods, and now knows the difference between a pie crust and a tart crust.

While the specific food holidays are a cinch, there were challenging days, such as Left Handers Day. "How do you do that? It was tough," Natalie said. But Karin found a recipe for Left Bank Salad, they ate with their left hands out of the left side of their bowls, and they had leftovers for lunch.

Family friend Allison Verich brought the story to the attention of Zebra, and said she's impressed at how long they've been at it (140 days and counting). They haven't missed a day since March 30. "I just think it's amazing," said Allison. "Also super admirable that any family could do something that's

such a unifier. It's a charming idea, and they've done a lovely job in executing the challenge each day."

There are two audiences for the daily holidays: the driveway crowd and the Facebook crowd. After posting a few challenges on Facebook, Karin felt she was oversharing and assumed people were snoozing her. Her concerns proved unfounded. Friends loved the posts, photos, and holiday descriptions. It was

CONTINUED ON PAGE 19



ZEBRA PRESS SEPTEMBER 2020



On Family Stories

BY NINA TISARA

I wrote last March about my grandmother Sarah, for whom as an adult, I named myself. (The Sara in Tisara is for her.) Today, I want to write about my other grandmother, my father's mother Sophie Tinkelman.

Both grandmothers were very good to me. I spent parts of summer vacations with Grandma Sophie in her small Brighton Beach apartment in Brooklyn, NY. She took me to the beach and made sand castles with me. She bought me chocolate milk, something I never had at home, and she bought the first cherries of the season for me. My favorite memory is that she pushed two overstuffed living room chairs together to make a bed for me. I felt like a princess.

Grandma Sophie saved pennies for me. As a young child, when my dad took me to visit her, I played for hours with those pennies. They had a value far beyond what they could buy. I put them in order by mint date. I made castles of them. I put them on end and set them spinning. I saved them—until eventually I spent them.

When I was old enough to realize that my dad and his brother supported Grandma Sophie, I asked my dad whether I should accept the pennies. Yes, he said, it's a gift to her to give



Nina Tisara's paternal Great Grandparents, Necha and Hershel Tinkelman. The original photographs were in Grandma Sophie's home and then in Nina's parents' home until they became a treasured gift to Nina.

them to you. No one is so poor as one who cannot give to others.

My father was not a religious man. He did not go to a synagogue. I never saw him pray. But he was a profoundly honest and principled man. What he was explaining to me was the tradition of Tzedakah. Judaism teaches the belief that donors benefit from Tzedakah as much or more than the recipients and the belief remains a common theme in Jewish tradition.

My regret now is that I never really knew my Grandma Sophie. I never thought to ask her what her life was like in Russia, about the family she left there, or the family she had here. I don't know whether she had siblings or if there were nieces and nephews. I was able to research when she came to America and the boat she came on. She arrived in America on September 6, 1901, the day that President William McKinley was shot in Buffalo,

NY. (He died eight days later).

There are many things I will likely never know. I know of no one left to ask. StoryCorps, America's oral history program since 2003, offers many suggested questions for grandparents. The questions include: Where did you grow up? What was your childhood like? Who were your favorite relatives? Do you remember any of the stories they used to tell you? How did you and grandma/grandpa meet?

What I want to suggest to you, preach about really, is that you ask the questions now while that generation is still with you and while they still remember. Document your family photographs with not only the "who, what, when and where," but also who took the photo. Make a video with your camera or cell phone and make sure you have back up batteries.

My niece, the dedicated family archivist, says she not only identifies who is in the old photos for her children, but how they are related. For example: "Uncle Sherman, your grandfather Nat's younger brother."

Your children – or theirs – will be grateful.

Mosaic artist/photographer Nina Tisara is the founder of Living Legends of Alexandria.

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The Alexandria Archives



Photo by Jane Barker

Above: Historical Marker near the original Occoquan Workhouse describes the suffragists' imprisonment.

At left: Women who persistently demonstrated on the sidewalk outside The White House were known as Silent Sentinels.

One Hundred Years of the Nineteenth Amendment

ALEXANDRIA CELEBRATES WOMEN'S RIGHT TO VOTE

From the Office of Historic Alexandria

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

- 19th Amendment to the United States Constitution

When the 19th Amendment to the United States Constitution, often referred to as the "Susan B. Anthony Amendment," was ratified August 18, 1920, it enfranchised nearly 26 million American women in time for the 1920 U.S. presidential election and put an end to nearly one hundred years of protest.

A century later, as the nation prepares to mark the centennial of a woman's right to vote, Alexandria prepares to celebrate its suffragist heroines. As early as four decades before the American Civil War, women began to play prominent roles in temperance and religious societies and the abolitionist movement.

Sparsely populated Western states began to grant women voting rights in the 19th century but women's enfranchisement remained far from approval on the federal level. Women's suffrage amendments had been proposed to the U.S. Congress by 1869, followed by annual proposals between 1878 and 1920.

Southerners, mainly due to local government opposition, had been hesitant to join the pro-suffrage bandwagon, yet in 1909, Virginia women joined counterparts in other segments of the country to fight for voting rights to support reforms in child labor, education, and temperance.

Disparities within the women's suffrage movement were nothing new. In the mid-1800s, female abolitionists had begun to document conditions of enslaved Americans as well as their own circumstances within a malecontrolled culture. But the predominantly White suffrage movement often

discriminated against Black women shouldering the same objective.

In 1870, the 15th Amendment to the U.S. Constitution was passed. It states: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." The 15th Amendment proved stronger in concept than in practice. Many Black men were denied their right to vote by poll taxes, deceptive literacy exams, and grandfather clauses.

Of course, the 15th Amendment also excluded women. Since they had been barred from White organiza-

CONTINUED ON PAGE 19

SUFFRAGE EXHIBITS IN TOWN

Torpedo Factory "WE VOTE! American Suffrage Art & History Exhibit"

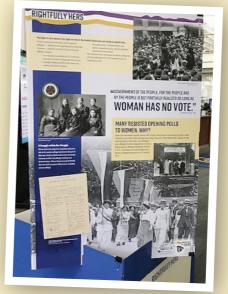
Made possible through a partnership between The Torpedo Factory Artists' Association and Alexandria Cerebrates Women, the exhibit open now through September 27 features "suffrage-inspired art, voting rights history, voting registration information, and a life-size 'selfie' suffragist backdrop," according to a press release.

This exhibit is housed on the third floor of the Art Center in the Marian Van Landingham Gallery, Studio 311. The Torpedo Factory Art Center is located at 105 North Union Street. Visiting

hours are Wednesday to Sunday, 10 a.m. to 6 p.m. To enter and exit, use the sliding doors on North Union by The Waterfront only. There is no capacity limit; however, masks are required and social distancing should be observed.

Alexandria Library "Rightfully Hers"

On display at the Kate Waller Barrett Branch, 717 Queen Street, through September 23 is an exhibit called "Rightfully Hers," on loan from the National Archives. The exhibit contains messages



that explore the history of women's voting rights and their meaning in the present.

There is limited capacity in the library. Those who wish to view the exhibit are asked to keep social distancing in mind. To learn more about Kate Waller Barrett and her work in the suffrage movement, make an appointment to visit the Local History/Special Collections area.

AGENDA: ALEXANDRIA

Education During the Pandemic

JOIN THE AGENDA: ALEXANDRIA VIRTUAL DISCUSSION ON SEPTEMBER 21

BY RICARDO ALFARO

The COVID-19 pandemic has impacted Alexandria's education system and created many challenges for schools and families. As schools reopen for the 2020-2021 academic year, uncertainty remains around the coronavirus and the projected timeline for a vaccine. We are all faced with difficult decisions going into the school year.

Alexandria City Public Schools has decided to start the school year with a virtual education model. Some private schools, including The Basilica School of Saint Mary, will continue with on-campus education.

There are many questions about both of these approaches, including:

- What are the challenges and risks associated with virtual learning versus on-campus education?
- Are there sufficient resources to educate our community?
- How is the current education environment going to impact children and teenagers in the long



Photos courtesy of Agenda: Alexandria

T.C. Williams senior Bridgette Adu-Wadier



ACPS Superintendent : Dr. Gregory C. Hutchings, Jr.



Daniel Cinalli, Principal at The Basilica School of Saint Mary

On September 21, Agenda: Alexandria will host a virtual panel discussion entitled, "Education during the Pandemic," to explore these questions and other topics around education during COVID-19. Panelists are:

- Dr. Gregory C. Hutchings, Jr., Superintendent of ACPS
- Daniel Cinalli, Principal at The Basilica School of Saint Mary
- Bridgette Adu-Wadier, senior at T.C. Williams High School Join Agenda: Alexandria for a livestream session on Monday, Sep-

tember 21, at 12:00 p.m. to engage and learn about this important topic in our community. Please note that speakers are subject to change. To register and get the latest updates, visit agendaalexandria.org.







SEPTEMBER 2020 THE ZEBRA PRESS

Celebrating Constitution Week

Constitution Week is the commemoration of America's most important document. It is celebrated annually during the week of September 17-23. The local DAR chapters were represented at City Hall on August 28, 2020, with Mayor Justin Wilson who read a Proclamation with Councilwoman Amy Jackson.

Arianna Espiritu, a twelveyear old Francis C. Hammond Middle School student, presented a message on the U.S. Constitution. She was accompanied by her mother, Guinevere Que.

The Virginia Daughters of the American Revolution



Photo by Lucelle O'Flaher

DAR members Councilwoman Amy Jackson, Susan Palmer, Debra Lindsay, Linda Greenberg, student Arianna Espiritu (Mom Guinevere Que) Linda Ferrara, Mayor Justin Wilson, and Harriet Tillie Cassidy.

(DAR) members present were Debra Lindsay, Susan Palmer, Tillie Cassidy, Linda Ferrara, Linda Greenberg and Councilwoman Amy Jackson.

This celebration of the Constitution was started by the Daughters of the American Revolution. In 1955, DAR petitioned Congress to set aside September 17-23 annually to be dedicated for the observance of Constitution Week. The resolution was later adopted by the U.S. Congress and signed into public law on August 2, 1956, by President Dwight D. Eisenhower.



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LIBRARY

CONTINUED FROM PAGE 5

community. As the nation wrestles with the issue of racial equity today, the actions of these men are a perfect example of the positive change that occur when employing peaceful protest."

The award, supported by the W.H. Wilson Foundation, provides Alexandria Library with a \$10,000 grant. It is given based on the impact of library public relations in the community. The Library will be honored at the American Library Association's Annual Conference in 2021.

The Library hosted several events for the 80th anniversary. The descendants' panel last October received wide praise from attendees, which included a number of community leaders. Other events included a film screening, and a bike tour of sites related to the people who participated in the Sit-In.

Perhaps the most poignant aspect of the Library's program is that on October 18, according to the Library press release, the Alexandria Circuit Court dismissed all charges against the six men, upon the recommendation of Commonwealth's Attorney Bryan Porter.





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ALEXANDRIA CELEBRATES WOMEN

On August 18, 2020, political and civic leaders gathered at the Kate Waller Barrett Branch Library at 717 Queen Street, named for the Alexandria suffragist who helped the city and nation during the 1918 flu pandemic and was asked to run for governor of the Commonwealth of Virginia. The leaders gathered to acknowledge Alexandria Celebrates Women, a new nonprofit volunteer group founded by Gayle Converse and Pat Miller that recognizes the accomplishments of all Alexandria women.

The celebration noted the 100th anniversary of ratification of the 19th Amendment which granted the Women's Right to Vote, and was marked with the reading of a Proclamation by Mayor Justin Wilson, who was joined by Councilwomen Amy Jackson and Del Pepper along with the Director of the Office of Historic Alexandria, Gretchen M. Bulova, former Voter Registrar Anna Leider

(who provided framed artwork from her personal collection), Living Legends of Alexandria McArthur Myers, Del Ray Business Association Board Member Amy Sills Eggers and Torpedo Factory Art Center Artist Lisa Schumaier.



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Why the Purple Lights at City Hall?

ALEXANDRIA SHINES ATTENTION ON OPIOID MISUSE, HOW TO GET HELP, AND TREATMENT AND RECOVERY

STORY AND PHOTOS BY JOHN DAVID COPPOLA

"We are really excited about the event," Alexandria's Public Information Specialist Carmen Andres told The Zebra. "I just heard that this may be the first time City Hall has ever been lit in

color!" The façade and fountain at City Hall was bathed in purple light for 24 hours from August 31 through September 1 when the switch flipped to launch National Recovery Month in Alexandria. "We hope it offers another way for people to understand better and learn more about substance misuse

and treatment," said Andres. The City is also launching a social media campaign this month to shine a spotlight on opioid misuse and treatment

On August 12, the City reported that there had been nine non-fatal overdoses in Alexandria since July 24, seven of which were related to opioids.

and invites social media users to share four short videos and tag three others to do the

CONTINUED ON PAGE 49





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CUNNINGHAM

CONTINUED FROM PAGE 10

We had about 30 volunteers show up and we were able to haul some 130 pounds of litter out of Jones Point Park."

Volunteers included Michael's rugby coach and teammates, along with friends and

family. "A sense of camaraderie came over our group who all supported the Cunningham family," said Jackie. "We wanted to let them know how special Michael was to all of us. It felt great to talk about him and share stories while working together as volunteers and picking up the trash."

For the Cunninghams, the outpouring of support was touching and genuine, and they were grateful. "We want to thank all the kids who came out and who continue to do cleanups in Michael's honor. It is comforting and inspiring to see how many people our son touched."

Advocates has more clean-

ups in the works. Check the website for the latest updates: www.waterwayadvocates.org.

Advocates for Clean & Clear Waterways is a 501(c)(3) organization based in Washington, D.C., serving Virginia, Maryland, and the District on the Potomac River, along several dozen tributaries, and the greater Chesapeake Bay

Watershed. Founded in April 2020, the dedicated advocates focus on litter, water quality issues, environmental education, pollution response, and other environmental concerns affecting low-income communities





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The Belle View Farm Stand is open on Thursdays from 2:00 to 7:00 p.m., in front of the gazebo.

FARM STAND

CONTINUED FROM PAGE 11

Belle View, as well as a second day at St. Luke's.

"We're as busy as we've ever been right now," said Oliver. "These days, people are home so much more. We're selling lots of berries, peaches, and other products we've just picked the day before. Customers really appreciate how fresh everything is."

Of course, all the freshness and vibrant colors of the farm's bounty come at a cost: farming is hard work. This season, summer into fall, is the most challenging. "Everyone would love to take a break but this is crunch time. We're scrambling to get the premium yet perishable fruits to market, but we're also seeding and planting for fall and winter," said Oliver. Not to mention packing, setting up, and breaking down all the tents, tables, signs, and tons of food a few times every week to run the bustling farm stands.

The Kecklers are grateful for the loyalty of their cus-

tomers in the area, and the customers are only too happy to show up and show their love. At any time, there may be a dozen or more people perusing the offerings, chatting with neighbors and friends, and grabbing one more item while waiting on line. In addition to fruits and vegetables, meat and eggs, cheese and bacon, customers scoop up fresh honey and syrup, homemade jams and butters, custom breads, and cookies and whoopie pies.

"It is hard work but it's rewarding, and it's been really great for my whole family," said Oliver, who grew up living and working the farmer's life. "I love not only growing the food but also selling it directly to people who are so appreciative of it."

Visit the farm stand at St. Luke's Episcopal Church, 8009 Fort Hunt Road, Tuesdays 2:00 to 7:00 p.m. and Saturdays 8:00 a.m. to 1:00 p.m. The Belle View farm stand is located in front of the gazebo in the 1200 block of Belle View Boulevard, Thursdays 2:00 to 7:00 p.m. For more information, visit www.or-chardcountryproduce.com.



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19TH AMENDMENT

CONTINUED FROM PAGE 14

tions, including the National Woman Suffrage Association and American Woman Suffrage Association, Black activists began organizing their own groups in the 1880s. The National Association of Colored Women created the motto, "Lifting as We Climb," advocating for women's rights as well as "uplifting" and improving the status of African Americans.

As the country entered World War I in 1917, a woman's standing as a United States citizen took on new meaning



Photo: Alexandria Library

when women left their homes to enter the wartime civilian workforce, labor in munitions factories, and serve in military support roles. This added fuel to the suffrage movement.

A federal hearing was held on November 27, 1917, at the corner of South Saint Asaph and Prince Streets in Alexandria. What took place in the small courtroom that stood there was instrumental to the eventual ratification of the 19th Amendment guaranteeing a woman's right to vote.

While incarcerated at the Occoquan Workhouse, women who had demonstrated that autumn for the right to vote were subjected to undue hard-

ships and torture, culminating in the infamous November 14, 1917 "Night of Terror." Women prisoners were threatened, beaten, and hurled against walls and floors. Suffragist Lucy Burns was forced to stand all night with her arms shackled to the ceiling of her cell.

Some women prisoners refused to eat the worm-laden food they were given, including suffragists Lucy Burns and Dora Lewis. On day seven of their imprisonment, prison officials force-fed them. Lewis wrote that five people seized her and held her down. The doctor forced a tube down her throat, "I (was) gasping and

suffocating with the agony of it."

On November 17, Judge Edmund Waddill, Jr., in the U.S. District Court at Richmond (VA), ordered a writ of habeas corpus seeking the release of the suffragists undergoing the rigid disciplinary treatment at Occoquan. Judge Waddill set the hearing for November 27 at Alexandria.

On that date, the suffragists were transported from Occoquan and filed into court in Alexandria one by one, shock-

ing some of the spectators. Many were so weak they had to lie on the courtroom benches. The judge ruled in favor of the women, saying the suffragists could be paroled pending appeal. Most of the women insisted on serving out the remainder of their sentences in the Washington District Jail.

News of the Night of Terror sparked protests across the country. In March 1918, four months after the Night of Terror, a judge ruled that the suffragists had been illegally arrested, convicted, and detained at the Occoquan Workhouse.

Along with other American women, Virginia women gained the right to vote in August 1920, after the 19th

Amendment to the U.S. Constitution became law—but it took 32 years, until February 21, 1952, for the Virginia General Assembly to ratify the 19th Amendment.

Alexandria certainly played a strong role in the women's movement and eventual passage of the 19th Amendment. First-time women voters did not miss the opportunity to cast their ballots on November 2, 1920. According to the Wednesday, November 3, 1920, Alexandria Gazette, "...The women voted in large numbers and fully threefourths of the number qualified took part in the election... There are 4,250 qualified voters in the city, of which number 1,399 are women."

Throughout Alexandria's history, women have served our city and nation proudly, as activists and social, civic, environmental, health, education, and military leaders. Women of Alexandria today carry on this distinguished legacy.







HOLIDAYS

CONTINUED FROM PAGE 12

light fun and had nothing to do with COVID or politics. The resounding reaction: "We look forward to it every day."

Similarly, the local audience missed the driveway notes the few times the family was out of town. And when they were home and drawing the day's holiday on the driveway, friends and neighbors walking or driving by would stop to see for themselves, often adding their approval and appreciation.

"We started the exercise to have fun and fill our time," Karin said. "We didn't realize how much other people would enjoy it. An older man came running up to my husband last week telling him how much he loves seeing each day's celebration. And we've had so much fun together as a family. Maybe this will inspire other families to do something similar. It's really been great."

Is there an end in sight? Stephanie added, "We thought we'd go at least till the end of the summer, as we'd need to stop once we went back to school," said Stephanie. "Now that school will be online, maybe we will keep going. I think one full year would complete a nice circle."

SEPTEMBER 2020 THE ZEBRA PRESS



Food is the staff of life. What would we do without it? May as well stop breathing, right? So, given the opportunities available in today's world, we must continue to carefully make our way. Wear a mask and follow the rules set out by the restaurants as they must follow the rules set out for them to remain open. It is fairly common to forget to remask when a server approaches or when casually chatting at the table. If you're sitting in a restaurant not eating or drinking, wear your mask. I felt very unsettled recently as I had to pass a couple sitting next to the doorway who were not wearing masks while they waited for their check. It's difficult, it's not what you may want to do, but put your mask back on.

Silver Diner is offering a contest for Real Food for Kids: Chefs Feeding Families, "a joint project with Washington, D.C. metro-area restaurants to provide nourishing grab-andgo meals to school children and their families impacted by the CO-VID-19 pandemic. Cofounded by Chef David Guas of Bayou Bakery in Arlington, Va. and Real Food for Kids, Chefs Feeding Families provides funding for food, supplies, and restaurant staff to feed as many families as possible and create employment opportunities within the restaurant communiREAL FOOD for KIDS ach week a new prize package will be announced on Facebook @realfoodforkids https://bit.ly/silverdiners

Photo courtesy of Silver Diner

ty also impacted by COVID-19 closures." Enter the contest by September 20.

What's News Around Town?

Welcome back to Jamie Leeds and her new Hank and Mitzi's Italian Kitchen in the space formerly occupied by Hank's Pasta Bar. The new space is bright and airy and offers "hand-crafted pastas, oven-fresh pizzas, and an assortment of shareable plates using traditional Italian recipes and techniques." There is an excellent



Photo courtesy of Hank & Mitzi's Italian Kitchen Offerings include focaccia, meatballs, and octopus

wine list featuring Italian wines, seasonal beers featuring both local and Italian offerings, and cocktails including Italian classics. By the way, you'll recognize General Manager Massimo Giannetti who managed Hank's Pasta.

Silver Diner is now open at 4630 King St. The location is brand new, and

features safety procedures including the newest, state-ofthe-art UV lighting and airpurification system. The interior is bright, open, and airy, seating over 230 patrons. There is also a large outdoor patio that seats 60. The menu features many of the items you know and love like those rich and thick milkshakes and all-day breakfast in addition to many healthy items! I had

the opportunity to try several menu items. The Kickin' Crab & Corn Chowder lives up to its name and is a great way to start your meal. The Local Flat Iron Steak travels well and is topped with bleu cheese butter and crispy onion straws, and is served with mashed potatoes, scallions, and sautéed garlic spinach. The Tarragon Crab Cake Platter is a must order with



The delicious crab cakes and shrimp scampi from Silver Diner

two crab cakes, tartar sauce, coleslaw, and choice of Old Bay crispy fries or veggie. Vegans are not forgotten as the menu features four main dishes that suit your needs. The desserts are top notch too. Try the Double Chocolate Triple-Layer Cake drizzled with vanilla and dark chocolate. It's wonderful! The restaurant is open seven days per week for breakfast, lunch, dinner, and late night, and offers indoor and outdoor seating, delivery, and takeout.

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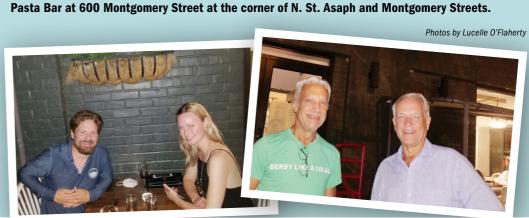


HANK & MITZI'S ITALIAN KITCHEN OPENS

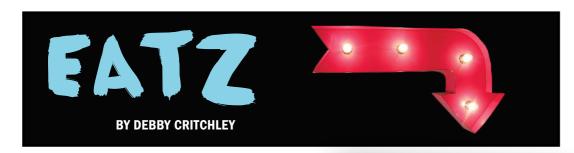
Local celebrity and award-winning visionary chef Jamie Leeds, known for Hank's Oyster Bar and the Jamie Leeds (JL) Resırant Group, opened Hank & Mitzi in mid-August. The opening was a huge success and is giving a new spark to the

nightlife of North Old Town. We were delighted to see dedicated patron

Former Virginia Delegate Rob Krupicka (Elizabeth's Counter Alexandria owner) and his lovely wife, Whitney Russell, as well as Blair and Ken, and the important team of loyal staff: General Manager Massimo Giannetti, Executive Chef Chris Edwards, and bartenders Ryan Aston and Heather Allor (formerly with Restaurant Eve). This new restaurant replaces Leeds' highly acclaimed Hank's







MB Bakery on the Go is a Big Slice of Heaven



I hope, that when I die, heaven serves cinnablobs from Maribeth's Bakery! Better yet, she provides a full assortment of her baked goods. If you've not heard of MB Bakery on the Go, don't feel bad. Until recently, you could only find her baked goods at the Old Town Farmer's Market on Saturdays or in one of the hospitality suites at the

they bought and built out a production facility to call home in Alexandria, VA. This facility has lots of room for baking and decorating her amazing products. The third floor houses her office, filled with Nationals bobbleheads and a pair of love birds.

Here are few factoids from her website.

How do I describe their baked goods? There are so many ways. They are yummy, scrumptious, gooey, creamy, chunky, fruity, cinnamony, chocolatey, crunchy, and everything more! Let's start with pop tarts. The flaky crust comes in so many varieties and assortments that

you surely can find one you like. Right now, my faves are the strawberry rhubarb topped with candied pieces of rhubarb atop the frosting and the raspberry with sprinkles. Then again, there's the cookies and cream to consider. The flavors leave no doubt in your mind that these are not those store-bought cardboard imitations.

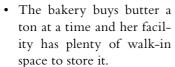


Above: Barnyard cookies

At right: Frangipane fruit tart, pop tarts, and fruit loaves

Nationals, Washington Football Team, etc. Now, MB Bakery on the Go is available to everyone via pickup or delivery at her facility on Colvin St. or at the farmer's market.

Just a brief history. Maribeth was baking for coworkers and family when somebody said, hey, why don't you sell your stuff to others. So, some 34 years ago, Maribeth opened a stand at the Alexandria Old Town Farmer's Market, back when farmer's markets weren't all the rage. Her journey took her from being a farmer's market vendor to a company with a large footprint in the Washington DC metropolitan area's wholesale bakery industry and as a Certified Woman-Owned company. After about 30 years,



- Of nine employees who have been with the company the longest, seven have become citizens while working there.
- Maribeth has a big, loyal, and protective dog aptly named "Cookie."
- The same person has been mixing their cakes for over 30 years and the same hands have been rolling croissants for just about as many.

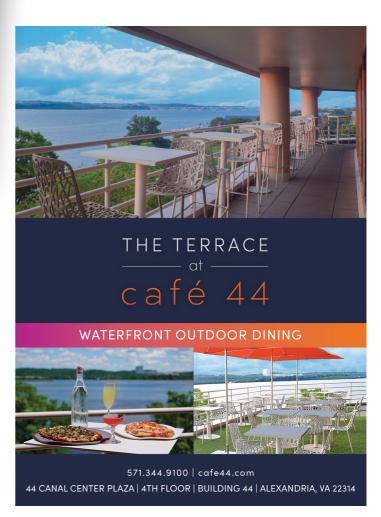
Then there are the pies. Again, so many choices of flavors and sizes. But one thing for sure, they are all made with the most wonderful of flaky pie crusts that even your grandma's pies would be jealous. Size-wise, they run from the full-fledged beauties to the 4" ones in chocolate pecan bourbon, peach with brown sugar and oatmeal streusel, cherry lattice, and classic apple that you can share with someone. There are the

CONTINUED ON PAGE 23



MB Bakery on the Go. Delivers.





Check Out All the Curbside Dining

You will also find these online all month at thezebra.org/z-coupons

To find out who is serving what, when and where, follow the Alexandria Curbside Dining Facebook Page.

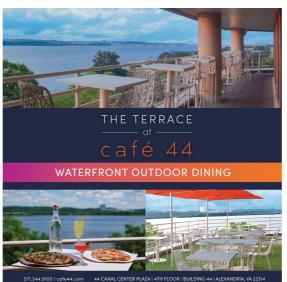




















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FOODIE

CONTINUED FROM PAGE 20

Another welcome reopening is happening. **Trade-mark**, 2080 Jamieson, is reopening with reduced seating, curb-side pickup, and delivery. The menu, as with many reopening restaurants, is smaller than in the past. A quick look did not show pig candy as one of the offerings but their phenomenal corn chowder and crab cakes are back.

Have you heard the **Mr. Softee** Truck in the neighborhood? It's hard to miss the lilting jingle of the truck as it circulates around the local streets. The truck is pro-



Photo by Debby Critchley
Mr. Softee delivers a chocolate



Photo courtesy of Trademark

viding smiles and soft serve to all of those who follow the sound. Talk about bringing back memories! There are lots of favorites like vanilla, chocolate, and swirl, all with the signature twist on top. Get it dipped in a chocolate or strawberry shell dipped in sprinkles. It's really good.

Coming Soon to a Space near You

Boccato Gelatos, 2400 Mt. Vernon Ave., hopes to be opening the week of September 12. A quick look inside found a comfortable and attractive interior and an incredible list of gelatos and other offerings. An espresso machine from Italy should be ready to go by the time they open. Also opening very soon is the Chewish Deli at 807 Pendleton St. Gregg Linzey says the baking oven should be arriving soon and will be installed and ready to go in the next few weeks. The promise of bagels, bialys, and other great items makes my heart beat faster. In the meantime, you can get your bagel fix at the Old Town

North Farmer's Market on Thursdays.

Alexandria will soon be getting a dog bar from owners Alex Benbassat and Justin LeGore called **Brewski's Barkhaus**, 529 East Howell Ave. According to their website, "Barkhaus has collaborated with the incredible Laughing Pig for their unique and thoughtfully crafted menu with a locally sourced collection of beer and wine. Barkhaus aims to cre-

ate a space where guests will be able to enjoy a beverage or bite to eat while their dogs make new friends." Plans are afoot (or should I say, apaw) for an off-leash indoor and outdoor park for both owners and their furry pals. According to their press release, "These animals are a great way to break the ice and help bring the community together." Membership will be required. The goal is to be open early this fall. Lena's Wood-Fired Pizza and Tap, 515 Mount Vernon Ave., has applied for a SUP to expand Lena's into the second floor of the building to provide 180 more seats to the restaurant.

Changing Scenes

Dunkin now has oat milk for its coffee drinks. They are pouring Planet Oat oat milk at all of their locations.



Photo courtesy of Dunkin

The new Dunkin Iced Oatmilk

Ask for the new Iced Oatmilk Latte. According to Jill Nelson, Vice President, Marketing Strategy at Dunkin, "Bringing Planet Oat Oatmilk to Dunkin' locations across the country is another way we are reinforcing our commitment to providing

CONTINUED ON PAGE 51



Photo by KUBE Architecture

The architect's rendition of the interior of Barkhaus.

EATZ

vanilla swirl cone

CONTINUED FROM PAGE 21

mighty one bites, well, maybe twobites. You can just pop those in your mouth and not have to share. The full-size pies are 9" and made with that same flaky crust and come filled with so many choices like the classic apple, strawberry rhubarb streusel, cherry lattice, pecan or chocolate pecan bourbon, triple berry, peach with almond streusel, and blueberry lattice. Drop the pie pan!

Speaking of cheesecakes... Name a flavor and you can probably find it among the beauties available. Chocolate marble, pumpkin ginger, caramel apple, cookies and cream, or a super extravaganza of slices. Cookies come in both traditional assortments such as oatmeal, chocolate chip, ginger, and snickerdoodles and amazing hand decorated versions including back to school, Labor Day, and Barnyard Friends.

Like any good bakery, MB makes a wide assortment of breads including buttermilk and oatmeal, whole wheat, soft sandwich, multigrain, seeded, and wild rice and sunflower loaves. There are whole wheat pull and yeast pull apart rolls, slider, split top sausage and hot dog rolls, and hamburger buns. On Friday, you can pick up an eggy challah bread or two.



An assortment of 4" and one-bite pies

Back to those Cinnablobs. When Maribeth's nimble bakery elves finish making their delectable croissants (including plain, almond, and cinnamon) and the amazing Danish style pastries, they had a lot of rich pastry dough left over. Maribeth challenged her team to come up with a solution for using these tasty scraps. The result was the Cinnablob. Imagine if you will, a monkey bread style pastry made with scraps of buttery dough rolled in cinnamon sugar and baked into blobs of sticky, caramelized, pieces of goodness. Truly a gift from the goddess known as Maribeth.

By the way, the bakery also sells a variety of baking products including both bread and all-purpose whole wheat and white flour, brown and white sugar, and yeast. MB Bakery on the Go delivers to the Alexandria area from Crystal City to Mount Vernon. Customers outside this zone can arrange for curbside pick-up or special delivery.

I couldn't agree more with Maribeth when she says, MB Bakery on the Go delivers, in every sense of the word.

Would you like your restaurant reviewed? Contact editor@thezebrapress.com



Making loaves of bread

Photos by John David Coppola



Chilling Sci-fi Crystalizes Pandemic Realities

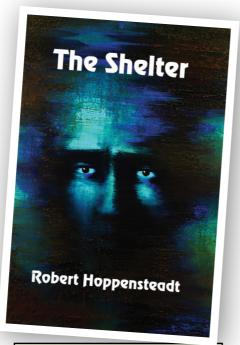
BY RALPH PELUSO, LITERARY EDITOR

The Shelter's ground zero is Nome, Alaska. Matt Tulugak happens upon on a long buried, once deeply frozen ritual location. The eerie site includes several woolly mammoth tusks arranged in a circle. Within the circle is a well-aged human skull. Due to the melting permafrost, there is terrific potential there for an archeological dig.

Then an accident occurs. Jack Fisher's arm is punctured by pieces of the fossil. Unknowingly infected, Jack is patient zero. A virus is unleashed and sets out upon the world with Armageddon velocity. And from there, this page-turner accelerates.

Through a well-developed array of characters, Hoppensteadt's work brings to bear the enormous realities and emotional stages we humans go through during a crisis. This story is chilling in light of what we have already experienced with the current pandemic. His characters face denial, fear, carelessness, change, despair, and, in the end, redirected hope.

In a panic, friends Ed Turner and Jenna Walker recklessly board a plane,



Review:

The Shelter

Publisher:Solstice Publishing

Author: Robert Hoppensteadt

Zebra Rating: 5 Stripes

knowing each is seriously ill. They serve as the lynchpin for unchecked viral spread. Then, as the situation in Nome worsens, the cavalry arrives in the form of federal government help. I could not help but reflect on President Reagan's quip: "The scariest nine words are, I am from the government and here to help."

Hopelessness sets in following a series of futile CDC missteps and residents realize they are on their own. And the government solution may not be what they hoped for or expected. Three courageous spirits emerge as leaders: Matt, a native Alaskan; the kind-spirited Molly Johnson; and Joey Covington, a stern military woman. This trio of differing personalities learn to trust and to rely on each other.

I asked Robert his inspiration for the book. "The idea came initially when I was reading an article about ice age viruses found in melting permafrost. None was dangerous to humans, but ancient infectious organisms frozen for thirty thousand years were viable! That sparked my imagination. First and foremost, I wanted to write good action story."

The author has written a realistic

and at times grisly tale. The Shelter is a quick and seamless read with a concrete ending. Readers experience life after normal routines are gone. What is genuinely scary is the fragility of our civilization and the liberties we enjoy.

Robert Hoppensteadt has an interesting background. He fudged his age to start working in Reno, Nevada, at fourteen, washing dishes on the late shift at a casino restaurant. He has served in the Forest Service, been a recruiter, worked in carpentry, earned a degree in Information Systems. After all that, he returned to his passion of writing full time. Robert has lived on both coasts and several places in between. He currently lives in Alexandria with his wife and two seriously spoiled and obnoxious cats.

The Shelter grabs readers from the start with entirely believable events. The pages peel away as the plot line and characters converge into a chilling, plausible outcome. Hope resurges from the ashes and on the spiritual motivation of a surviving youngster, Juniper. This revitalizes the importance of and faith in human connections. A solid Zebra rating: 5 stripes.

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PUPPET SHOW

CONTINUED FROM PAGE 6

standard in early film and TV puppetry. Hosting the whole thing will be two new Flexitoon Puppets: Professor Binge and Mickey Monkey.

Former Schoolmates Kindle the Alexandria Connection

In a most entertaining of surprises, Jeff Bragg and Z-TV Executive Producer and Director David McClure graduated high school together in the 70s. "It was a great coincidence that I was able to reconnect with Jeff 47 years later. He was one of the cool, creative guys in high school so once we started talking about what we were doing, and he mentioned puppetry I knew we had to do a story on that."

"This is why I love working with the Zebra and the promise I see in the Z-TV Network. I see "The Puppet Show Show" as a natural expansion for Z-TV and couldn't be more excited to be part of this."

Bragg added, "We would love to have more puppetry programming out there and a new show from us every week. The process is super fun and we could always use more good puppetry in the world!"

Z-TV hosts the live premiere of 'The Puppet Show Show' on Saturday, September 12, 2020 at 9:00 AM on The Zebra Press Facebook Page (facebook.com/TheZebraPress). Replays will also be available at thezebra.org after September 12 under the Z-TV button, and on the Z-TV You Tube (youtube.com/c/ZTV-Zebra).



ZEBRA PRESS



Converging Paths/ Witnessing Worship

..TO WALK GENTLY ON THIS EARTH...TO BE MESSAGES OF PEACE

BY KELLY MACCONOMY

Photographer, mosaic artist, and Alexandria Living Legend Nina Tisara has never indulged in routine idle moments. She finds inspiration for her art through the natural world while walking in the woods or in spiritual engagement at her church. Both serve as her temples.

Despite closures due to the coronavirus, Nina's work is in two exhibits open to the public. "No Fabric/No Rules" spotlights creative alternatives to the traditional quilting me-



Photo: Steven Halperson for Tisara Photography

terviewed Nina Tisara about

her art, her faith, and her

Zebra: This is not the first time that your Witnessing Worship images have been exhibited. What makes this latest showing of the photographs on exhibit different? Nina Tisara: I think you are asking why, after all these years, is Converging Paths/ Witnessing Worship back at The Lyceum? Two years ago I donated the original prints and digital files to the Office of Historic Alexandria. This year, Kristin Lloyd (Acting

Director of Alexandria His-

tory Museum at The Lyceum)

said she would like to do an

exhibit on Converging Paths

seen through the lens of the

hope for the future.

The original enlarger, developing and printing equipment used for the "Converging Paths" project.



Photo: Steven Halperson for Tisara Photography

Photographer Nina Tisara at the Lyceum where her "Witness to Worship" images are on exhibit.

was by invitation only at the Virginia Quilt Museum in Harrisonburg.

The second exhibit is "Witnessing Worship: A Photographic Study of Faith in Alexandria" at The Lyceum in Old Town. In 1985, Nina documented 50 worship groups throughout the City of Alexandria. These 106 images are a portrait of Alexandria's worship community at that time. She called her project "Converging Paths" because she concluded from it that, despite the many different paths worship takes, "we are all kin."

September 2020 marks the

anniversary at The Zebra Press.

dium and patterns. Inclusion On Exhibit column's fourth

To celebrate, On Exhibit in-**CONTINUED ON PAGE 31**

"No Fabric/No Rules," curated by former Torpedo Factory gallery director Trudi Van Dyke, was scheduled to be on exhibit at the Virginia Quilt Museum, 301 South Main Street, Harrisonburg, until September 5. Due to reopening only recently, VQM exhibits may be extended.

Check the website (www.vaquiltmuseum.org) or phone the museum (540-433-3818.)

"Witnessing Worship: A Photographic Study of Faith in Alexandria" will run through November 1, 2021. The Lyceum, 201 South Washington Street, is currently running with limited capacity and reduced hours. Timed-ticketing, face masks, and social distancing protocols are required. Tickets are free for Alexandria residents and \$3 for others. The exhibit is also available in part online.



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Nina Tisara

Mosaics & Fine Art Photography



Golden Prancer (detail) 18 x 24

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THE ZEBRA PRESS SEPTEMBER 2020

ON VIEW W MOVIES

Film Festivals and Film Fans Fielding the COVID Curves

BY KELLY MACCONOMY

In many ways the summer of 2020 was both long and lost. Pandemic protocols presented filmgoers with repeated disappointments. The options were to close, cancel, go virtual, or create a pop-up drive in. Or a combination of them all.

Movie theaters suffered the greatest hit, most being closed since March. Major theater chains had planned phased re-openings in July but the politicized mask-wearing melee and sudden surge in coronavirus infection numbers, especially in major theater markets, put that on

AMC created quite a stir when it opened with select new and retro releases on August 20, with pricing a throwback to 1920. On that day only, all ticket prices were 15 cents, same as 100 years ago. Popular films such as Black Panther and showtimes for evening screenings sold out immediately.

Because each theater was limited to a 40 percent seating capacity, it was hard to score an astronomically discounted seat. Ticketing was tricky because of rigid social distancing. Seats are blocked out as they are selected so you compete simultaneously with other online buyers, kiosks, and ticket counters. CDC-approved masks are required. Bandanas, neck cowls, and scarves are not acceptable. But AMC has you covered with free masks for those without the right facial covering.

AMC's Welcome Back to the Big Screen offered \$5 "Bring Back Movies" tickets for most films last month. Fun family classics such as the Star Wars Episode V: The Empire Strikes Back, Grease, and The Goonies and 1980s prices brought people back, if not back to the future of the new normal. As it happened Back to the Future was also back on the marquis recently, along with more contemporary screenings such as the Inception Tenth Anniversary Event.

Even Bill (Alex Winter) and Ted (Keanu Reeves) came back to share another most excellent journey: rescuing their teenage kids from their own bogus misadventures while saving the world with their song, and bringing peace and harmony

Above: A scene from Rebuilding Paradise, one year after the fire. The documentary by Ron Howard is available online now through the 2020 Alexandria Film Festival.

At left: Educator and history and film buff David Kinsella in his signature field-trip adventurer hat. He is a big fan of Ava Gardner.

Photo: David Kinsella

to the universe in the long-awaited release of Bill and Ted Face the Music.

Film and history buff David Kinsella, a veteran educator at Patriot High School in Prince William County, went to see Russell Crowe in the wildride thriller Unhinged last month. "They did a great job with counter screens and keeping the audience extremely small with evervone wearing a mask," he said. "I wore a mask all the time, save eating popcorn with no one ever within 50 feet of me. There were no mask police, so everyone was very nice."

When not at Z movies, David can be found exploring battlefields, historic sites, and attending literary book talks and educational lectures. He'll be wearing his signature

September kicks off film festival season in the DMV. The Middleburg Film Festival has been offering virtual screenings of documentaries and indie films for weeks. This

hat. Well, not inside the theater!



They're baaAaack! Theaters reopened last month with steep discounts on tickets and concessions.

eighth year of the festival is on the calendar for October 15-18, but the schedule for studio-supported documentaries and narrative filmmaking has not been released yet. (The submission deadline was last month.)

Virtual screenings are mostly \$10 or \$12. One notable and timely release is John Lewis: Good Trouble, a tribute to the late legend, including a supplemental interview Congressman Lewis gave to Oprah Winfrey just before his passing.

The Alexandria Film **Festival** is in its 14th year and also leaned into virtual screening formats this past summer, scoring the premier release of Rebuilding Paradise. The film documents the devastating fire and partial recovery of Paradise, California, a town of 48,000 that was obliterated by wildfire in fall 2018. Only some 4,000 residents remained or returned.

Rebuilding Paradise was produced and directed by Academy Award winning filmmaker Ron Howard, director of Backdraft, a film about Chicago firefighters combating a hom-

icidal pyromaniac. The documentary uses video and stills from first responders' body cameras, firefighter crews, residents, and news footage

CONTINUED ON PAGE 50

This space made possible by The Hoffman Town Center







BY SUSAN FLEISCHMAN

Z-TV LIVE! is pleased to welcome longtime Alexandria resident, author and journalist Gina Cavallaro to its on-air staff as host and interviewer. And she's starting her first appearance off with an exciting show, interviewing TV personality and Alexandria business owner Monte Durham on Wednesday, September 9.

Gina's journalism career began in San Juan, Puerto Rico, at WOSO, the island's



English-language radio station. She moved on to the English-language newspaper, the *San Juan Star*, as reporter and editor.

In 2000, Gina chose to live in Alexandria closer to fam-



Gina Cavallaro

Courtesy Photo

ily and served as press secretary for Puerto Rico Rep. Carlos Romero Barcelo. In 2001, she joined the staff at

the Gannett-owned Army Times as editor and then reporter in a job that took her to the war zones in Iraq and Afghanistan, the Middle East, Europe and all over the country to cover U.S. troops.

In 2010 Gina coauthored *Sniper*, a collection of stories on the highly specialized battlefield skill through the

eyes of the soldiers and Marines who were trained as snipers. Now a senior staff writer for *ARMY* magazine, a monthly publication of the Association of the U.S. Army, Gina lives in Alexandria with her dog, Nacho.



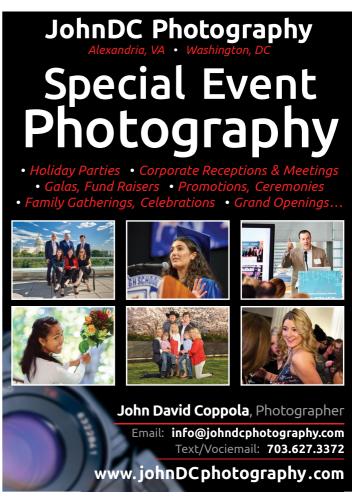
Monte Durham

Durham Courtesy Photo

Gina is thrilled to join the Z-TV team, and is looking forward to reporting on the people and businesses that make Alexandria so great. "Look, we all know Alexandria is a fabulous little corner of the world. I can't wait to share my take on it," she said. "Everybody has a story and I am excited to bring those to our viewers."

Please join us on Z-TV LIVE! at 7 p.m., Wednesday, September 9, for Gina's first show with Alexandria's own Monte Durham star of TLC's "Say Yes to the Dress" Find Z-TV LIVE! on Facebook at The Zebra Press with new shows every Monday through Thursday at 7 p.m. with musical guests, authors, local celebrities and business owners as well as civic and political leaders discussing Alexandria's hot topics.





DRIVE-IN

CONTINUED FROM PAGE 8

got the biggest one they have available," said Allen. Some people got creative with their movie-watching style. One couple watched the movie from the back seat like they were on a date in the fifties, and whole families packed into minivans with some turning their cars around to open up the back doors and hatchbacks for maximum viewing potential.

Patrons could bring their own fare or order from visiting food trucks. Everyone stayed in their cars while volunteers delivered food using electric bicycles provided by Pedego in Old Town, and instead of a cumbersome aluminum speaker hanging from the window, the audience tuned into a secret FM radio station to hear the actors and the dinosaurs roar.

Presented by Building Momentum's "The Garden" and ALX Community, the sixpart movie series sold out within four days of its announcement and has a wait-

ing list of 600. The collection of movie classics and family favorites will be shown every Saturday through October 3, with plans to add more dates. "The people on the waiting list will have the first chance



to get those tickets," says Kelly Grant from ALX Community.

Gates open at 7:15 p.m. Movies start at 8:30 p.m. The cost to enter is \$30 per car per screening. All proceeds go to local charities. Masks are required when patrons are not in vehicles.



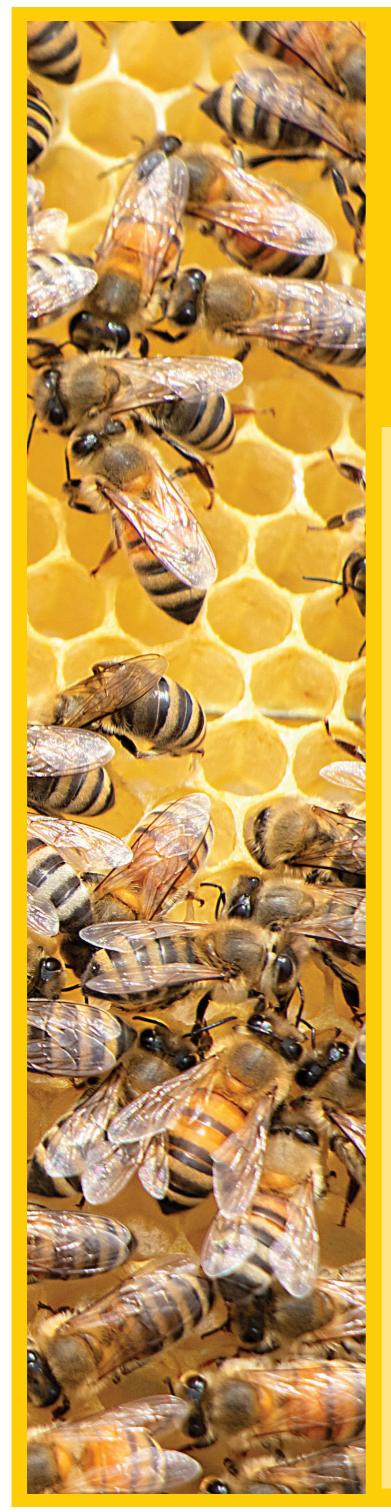
My name is Mark Ashley [doing business as] Capital Cinema Video Productions, a professional full-service production company that provides expertise in concept development, preproduction, cinematic digital video capture and editing. Through all stages of film production, I specialize in narrative visual storytelling and the creation of a compelling, cinematic message. Properly trained in Hollywood for more than a decade, many of my credits include A-List television and feature film productions. I am well versed in the latest digital cinema cameras and support equipment. It is this expertise and my professionalism that I am seeking to collaborate with you in promoting your message, your company and your business.

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SEPTEMBER 2020 THE ZEBRA PRESS



"AMBASSADORS FOR POLLINA

BY GLENDA C. BOOTH

lected officials are used to verbal attacks, but attacks by bothered, buzzing bees? Alexandria Mayor Justin Wilson learned the hard way this summer when a honeybee in his backyard stung his head because he got too close to a hive with his lawnmower. He "did not make the bees feel good," chuckled Alex Crawford-Batt, the mayor's wife, and one of Virginia's 3,000 to 5,000 beekeepers or apiarists. "This time of year, bees are more aggressive because there are fewer flowers," she said.

With two hives and 60,000 honeybees, Crawford-Batt is in her fourth season of beekeeping at their Alexandria home. Dubbing it a "nerd indulgence," she maintained, "You can never fully understand everything about bees from the bees' perspective." She studies the bees' behavior and in full beekeeping garb, in spring and summer, does bi-weekly inspections, opening the hives and looking for the queen, bee eggs, and signs of pests. As for the mayor's position on beekeeping, she said, "He tolerates it."

Beekeepers like Crawford-Batt manage hives for honeybees, an imported, domesticated bee. Most bees, like bumblebees, are wild, but honeybees are smaller and less hairy than bumblebees, and they are managed by commercial and hobbyist beekeepers for the honey the bees produce.

Local Apiarists

Kamie McGlynn, a federal agency technology manager, has managed 60,000 bees in each of eight hives since 2015 in the city's North Ridge neighborhood. She enjoys dealing with their natural behavior and sees the hobby as "animal husbandry, like managing cows." She too checks her hives to make sure the queen is laying eggs and that larvae are healthy. "You're responsible for the animal," she explained.

"I'm crazy," offered Chris Shepperson of Falls Church, when asked why he keeps millions of honeybees in 70 to 80 hives. Shepperson manages an equipment rental company branch, but even though as a child he often got bee stings, he became so entranced with bees that he undertook apiary on the side. He can expound at length on queen bees, queenless colonies, worker bees, the significance of swarming, royal jelly, and other bee phenomena. He likes "their temperament" and "overall attitude, which the queen controls," noting that he prefers a docile queen.

Having honeybees with happy temperaments

Below: Tom Przystavik stays alert when working with honeybees. When the bees are upset, they do a warning flight twice past the intruder's ear before stinging.



craver's goal. An architect by day, she dons her beekeeping suit, veil, and gloves to inspect her five hives of 50,000 to 75,000 bees per hive. Craver makes sure the queen is laying eggs, has workers and drones, and the hive is pest-free. Her lifelong fascination with bees led her to convert her formerly skeptical neighbor Jo Endres to beekeeping.

"This is a great hobby to have during a pandemic," opined Lauren McMahon because supplies can be delivered. She created a Springfield "bee yard" for her 30,000 bees in three hives. She and her husband Pat rescued honeybees from the drywall of a Warrenton barn due to be demolished and the bees produced 100 pounds of honey. "A five-gallon bucket of honey is crazy to hold," noted Pat.

Tamara Srader has had a lifelong fascination with bees since growing up on a 160-acre Oklahoma farm. Today, she and two neighbors on the same block have eight backyard honeybee hives and thousands of bees near Huntington Metro station. When her bees swarmed, she kept two swarms and gave two to neighbors. (Bees swarm to divide the colony and get more space.)

"Bees have become my friends," she maintained. She is pressuring Fairfax

ATORS" HELP SAVE THE PLANET

Photos Courtesy Christy Przystavik

At left: Bees store their honey, pollen, and brood in frames in the hive that are removable, which allows for access to honey and inspection of the colony.

"You can never fully understand everything about bees from the bees' perspective."
—Alex Crawford-Batt



There is a smoker (out of the photo at the bottom) sending smoke up. Smokers generate smoke from various smoldering fuels and help keep the hive in a good mood.

County to add a 1.5-acre lot adjacent to Mount Eagle Park that is now for sale to the park because bees need green space, she argued, as natural areas diminish in the fast-urbanizing county.

Bees may buzz and swarm, but Steven Follum, an attorney for a defense contractor, finds beekeeping "very calming and relaxing" when tending to his 80,000 to 100,000 bees in two hives. He harvests the honey and hopes to make mead or honey wine eventually. His wife makes beeswax soaps and candles.

A Pollination Pursuit

Most Northern Virginia apiarists view beekeeping as a way to help save the Earth. Several studies have concluded that the nation is experiencing a pollinator decline.

Bees are pollinators. They transfer pollen grains from the male anther of a flower to the female stigma. When pollen is transferred between flowers of the same species, the plants reproduce by making seeds. Pollinators are responsible for the reproduction of over 85 percent of all flowering plants, including more than two-thirds of the world's crop species.

"The main reason to get involved with honeybees is to help us provide pollinators for agriculture and for all plants in our forests, meadows, and wetlands," says Keith Tignor, Virginia's state apiarist.

Pollinators of all kinds are threatened by habitat loss, climate change, and pesticides, according to David Ellis, the American Horticultural Society's Director of Communications. He calls beekeepers our "ambassadors for pollinators."

"It's a give-back because everyone is benefiting from my bees," said Lauren McMahan. "It's a way for me to do something good for the environment."

CONTINUED ON PAGE 30



SEPTEMBER 2020 THE ZEBRA PRESS



Liz Craver is an architect by profession and built a community bee yard for her five hives of 50,000 to 75,000 bees per hive.

Photos Courtesy Liz Craver

Honeybees as Change Agents

Because Virginia's hives have dropped by two-thirds since 1970, George Mason University (GMU) faculty started the Honey Bee Initiative, which now has 27 hives on campus, 24 at the Lorton landfill, and over 700 in Peru and Columbia. In this multidisciplinary project led by Lisa Gring-Pemble and Germán Perilla, students learn beekeeping and bee biology. Prospective teachers prepare bee lesson plans. Health and nutrition students study the benefits of honey. Art profes-

sors use bees and hives for art projects.

Beekeeping is also "social entrepreneurship," said Gring-Pemble, associate professor of business foundations. In Peru, the Honey Bee Initiative teaches economic empowerment for women who can have home beehives while raising children and keeping cattle. Beekeeping can be an income-producing alternative to logging Amazon forests. In Northern Virginia, young disabled adults roll beeswax candles for sale and keep part of proceeds.

A master beekeeper, Perilla loves bees. "Bees are unique organisms. They are responsible biodiversity as we know it. We owe bees our food security, and honeybees are the perfect organisms to help alleviate poverty and provide wealth to beekeepers while creating life

A single hive can be a successful home for 50,000 to 100,000 honeybees and can be situated in a quiet garden corner.

though pollination. . . bees help me bring students of all ages, professors, and the public close to nature. Bee visitors can see how the chain of life begins in the hive. Perhaps the most important reward that bees give me is that I can be an agent of positive change in the society where I live."

Bee-Ware

When the bees are upset, they do a warning flight twice past the intruder's ear before stinging," Christy Przystavik said. "You must take time to listen to them," she advised. "Get Zen about it."

Having honeybees with happy temperaments is of paramount importance to Mount Vernon beekeeper Liz Craver (r) and her neighbor Jo Endres.



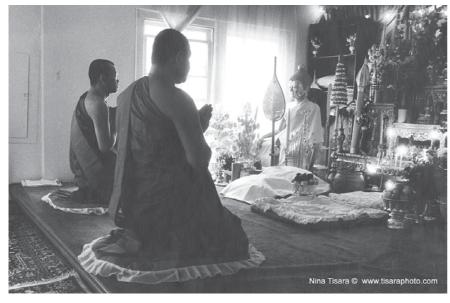
Beekeeping Resources

- Most beekeepers advise amateurs to take classes, join a beekeeping club, conduct extensive research, and find a mentor.
- · Northern Virginia Beekeepers Association, www.novabees.org
- Virginia State Bee Keepers Association, www.virginiabeekeepers.org/
- Virginia Beehive Distribution Program, http://www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml
- The Bee Store, https://www.yourbeestore.com/

How You Can Help Bees

- Plant native plants. Cluster similar blooms together.
- · Provide nest sites like tree snags, brush piles, and bunch grasses.
- · Avoid pesticides





Buddhist Monks at Prayer, Wat Lao



Torah Reading (re-enacted), Agudas Achim Hebrew congregation.

ON EXHIBIT

CONTINUED FROM PAGE 25

history of documentary photography and asked if I would like to be involved. I said, Yes! **Zebra:** What compelled you

35 years ago to document the rich diversity of faiths from around the world in Alexandria?

NT: I am a Unitarian Universalist and my children went to Unitarian Sunday School. My eldest son David moved to California when he graduated from high school. When he returned to visit, he was carrying a Bible and quoting scripture.



Alone Before Service, 7th Day Adventist Church.

When I was introduced to the UU (Unitarian Universalist) faith in my late twenties, I thought I had been one all my thinking life, I just never knew there was a name

for it. The Unitarian church began in the 1600s. The name differentiated it from the Trinitarian churches that worshiped a Father, Son, and Holy Spirit. Unitarians believed in One God, rather than a Trinity. The Unitarian Church merged with the Universalist Church in 1961. Universalists believed that all would be "saved" rather than a select few.

Although UU roots are in

the Abrahamic tradition—Judaism, Christianity, and Islam (followers of the prophet Abraham and his descendants)-modern day Unitarian Universalism, despite its name, does not promote belief in either One God or Universal Salvation. It focuses on issues like social justice and working to address climate change.

Simply put, I didn't know how to talk to David. I thought if we were going to find a way to communicate, it was up to me to find the way. I chose to use the tool literally in my hand—my camera. People have asked me what happened with David and

> me. Neither of us converted the other but we did come to a place of loving acceptance. David died of cancer in 2008. He was 47 years old. He died believing he would go to the arms of Jesus.

Zebra: Nina, you are known for your studio, Tisara Photography [now managed by Steven Halperson, Nina's son]. But you have turned off the light in the darkroom work exclusively on mosaic art. What of your experiences as a

photographer have you car ried into creating your mosa-

NT: I loved working in the darkroom. I loved the quiet and the concentration required to make what I considered a good print. Both my early experience in art (I majored in sculpture at the High School of Music and Art in New York City) and my work in photography carried into my mosaic art. The method I was taught for mosaics, a double reverse process, allows me to shape and refine my designs until I feel they're right. The darkroom was in many ways my sanctuary. Now, the concentration required for creat-

ing mosaics gives me much the same feeling as working in my darkroom.

Zebra: How has your own faith journey guided your

personal vision and creative process in all aspects of your life?

NT: When I was a high school art student, I was gobsmacked by the photo exhibition "Family of Man" organized by Edward Steichen, director of the New York City Museum of Modern Art's Department of Photography. The images and overarching message almost imprinted on my brain.

Years later, working on Converging Paths, I heard a pas-

sage that brought me back to that theme. It came from the Hebrew Book of Poems and Prayers and included these

us against the mountainous identities of this one family of time and earth...." This is the message that I try to say over and over again with my photographs, my mosaics, my writing, and in my relationships with people.

Zebra: In this capsizing time of panic and uncertainty you have had two exhibits waylaid by coronavirus closures. The Virginia Quilt Museum in Harrisonburg invitational exhibit reopened only recently after the March closure. You seem undeterred by limited exhibit hours and indeterminate delays. How do you maintain composure in the face of such roadblocks? What is your inspiration for hope?

words, "This is the fact of hu-

man oneness, one species, one

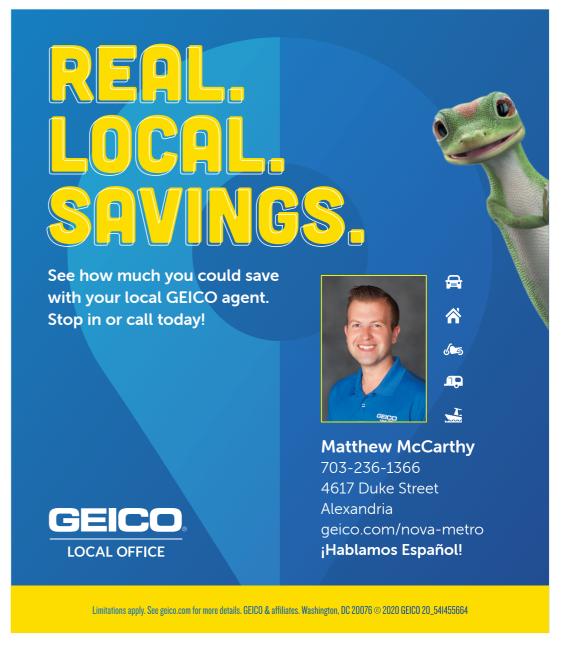
living kin. How insignificant

are the differences between



Founding Mother, Beulah Baptist Church.

CONTINUED ON PAGE 51



September 2020 Issue 52



Photo: Will Niccolls/DRBA

Del Ray's main street is transformed into a health and wellness festival during Well Ray. The event, hosted by the wellness district, will return in summer 2021.

Introducing Alexandria's Wellness District

BY MAUREEN SCHWEERS

While working together to find innovative ways to care for the community during a pandemic, the Del Ray community's wellness providers united to form a new group, The Wellness District, thus formalizing a network that has grown organically over the past 20 years as Del Ray became a holistic health and wellness center in this region.

Rather than viewing neighboring wellness businesses as competitors, the subgroup of the Del Ray Business Association formed a collective of top-rated, dedicated professionals focused on collaboration. The group, already such an integral part of the Del Ray community that the neighborhood is often called "Well Ray," is now formally The Wellness District.

"When we opened Chrysalis Chiropractic in 2003," said Dr. Lola Capps, "we knew this community offered something special. We have since seen the wellness businesses explode here, and it was apparent that the next natural growth opportunity for the DRBA wellness businesses was to deem ourselves The Wellness District."

The diversity of The Wellness District makes Mount Vernon Avenue a one-stop shop for health and wellness. It includes top-rated fitness studios, a wide range of holistic health professionals, therapists, mental health professionals, dentists, chiropractors, a medical doctor who makes house calls, an independent pharmacy, and more. The collaborative nature is intrinsic to holistic medicine philosophy, which focuses on the complete person, physically, psychologically, socially, and spiritually, in managing and preventing disease. The majority of businesses are owned and led by women.

"Since joining the team at VITAL Body &

Mind back in 2007, I have been very grateful to work alongside so many outstanding healers here," said Melissa McGlone, Colon Hydrotherapist at VITAL. "Even in the start-up of my own practice, I noticed not only did the Del Ray community and the Del Ray Business Association support wellness businesses, but they were often unique and specialized ones, making it a perfect fit for me."

In addition to day-to-day collaborations for best patient care, the group works tire-lessly to educate the public on health issues and to promote wellness. The Wellness District hosts wellness workshops throughout the year, plus National Wellness Week events; a self-care focused Twelve Days of Wellness over the holidays; plus their signature event, the Well Ray summer festival, that draws thousands of participants each year. "The Wellness District was called into existence out of the dedication, creativity and sheer will of its practitioners," said Mc-

"Del Ray has become the center of health and wellness in the region, with a wide range of award-winning wellness providers and fitness studios," said Del Ray Business Association President Sue Kovalsky. "We are proud of the incredible work that The Wellness District does to connect the community to resources that help them live their best lives."

The Wellness District represents the health and wellness members of the Del Ray Business Association, an organization of business owners and professionals that strive for the growth, visibility, and success of its members and serves as an advocate, representative, and educator for businesses within the Del Ray community in Alexandria. For more information, visit www.visitdelray.com.

The Del Ray Docket

Sept. 4 to 26

Art in Movement Exhibit

The Del Ray Artisans gallery, 2704 Mount Vernon Avenue

Del Ray Artisans presents The Art in Movement -- Journey through Dance, which celebrates the joys of movement through dance, and highlights the art of belly dance.

Sept. 5, 12, 19, 26

Del Ray Farmers' Market

The Pat Miller Neighborhood Square, located at the intersection of Oxford and Mount Vernon Avenue

8 a.m. to 12 p.m.

This year-round market features fruits and vegetables, meat, poultry, fish, eggs, cheeses, breads, fresh pasta, baked goods, cut flowers, and more.

Sept. 12

Del Ray Vintage & Flea Market

Mount Vernon & East Bellefonte Avenue 9 a.m. to 1 p.m.

Wear your mask and find your treasure at the D.C. Metro area's hottest new outdoor market! For more information visit www.DelRayVintage-Flea.com.

Oct. 3 to Dec. 25



Art on the Avenue

Del Ray's signature arts festival moves online for its 25th anniversary. For more information, visit www.artontheavenue.org.



Del Kay DUNGS

September 2020 Issue 52

Shop the Del Re Flea Market Saturday

FIND UNIQUE TREASURES AND COLLECTIBLES, FURNITURE, ARTS AND CRAFTS, HOUSEWARES AND MORE

BY SUSAN FLEISCHMAN

Lauren Fisher and Amy Eggers met at a Del Ray Business Association (DRBA) pop-up market last year and became fast friends. While discussing their mutual love of collecting antiques and vintage items, and perusing flea markets, they decided to open up their own market, the Del Ray Vintage & Flea Market.

The memorable name reflects that it is indeed a flea market, but they specifically added "vintage" so people also clued into more of that niche market. Satisfying both bargain hunters and high-end antique collectors, the Del Ray Vintage & Flea Market has universal appeal.

Lauren Fisher is also coowner of Del Ray Psych & Wellness, which just happened to be a great location for the market. So, they set it up in the parking lot of her building at 1900 Mount Vernon Avenue, at E. Bellefonte Street.

The adjacent Salvation Army graciously offered its parking lot so the market could expand, offering vendors and shoppers plenty of room to roam and browse. In response, the market has a depository for shoppers to donate non-

perishable food items for the Salvation Army. The two women were guests on Z-TV's The Virginia Amos Show (visit VIDEOS on the Zebra Press Facebook page to watch replay) and shared their love of the market and how thankful they are to be able to make it work during the pandemic.

Virginia Amos interviews people who make Alexandria such a great place to live and work, and it quickly became apparent that these two fit the bill. Lauren Fisher is a prominent psychologist and business owner in Del Ray, and Amy Eggers is local business owner as well as a fifth-gener<mark>a</mark>tio<mark>n</mark> Del Ray resident. Amy said, "I was really excited to begin a new community event, and I hope it becomes a tradition. I'm eager to dig my heels in and create new memories for people."

Vendors say The Del Ray Vintage & Flea Market is their favorite place to sell because the people in this community are so nice. And that makes all the difference, even if they don't sell anything. They're still out and about, having fun.

It's clear they're providing a real boon for the community. Amy explained, "One guy said this is the only thing that has made me feel normal again. You see the same people, vendors and shoppers and it's nice to have that normalcy again. It makes all the lugging worth it," she laughed.

This year, especially with Del Ray's beloved Art on the Avenue needing to be held online, there's a real value in bringing people safely back into the neighborhood. Both women are members of the DRBA and do what they can to support small businesses. When their market brings people to the area, other shops on the block benefit from the increased foot traffic.

What's for sale at the Del Ray Vintage & Flea Market?

Recent collectibles include furniture, arts and crafts supplies,

housewares, and interestingly, tiki items! Lauren said, "One woman was delighted to find and buy a tiki bar to get her through this pandemic." There's kitchenware, jewelry, home goods, and clothing, including vintage clothing. Another woman scooped up a classic Lily Pulitzer dress from the 1960s. As Amy said, "It's so nice to see these wonderful pieces get a second life."

If you wish, bring in your own antiques for a free appraisal on-site with realtor and antique appraiser Monika Schiavo.

Visit Saturday, September 12, 9 am to 1 pm, 1900 Mt. Vernon Avenue in Del Ray. Bring some nonperishable food to donate to the Salvation Army if you wish, and then shop to your heart's delight. There's music, a lemonade stand, and a fabulous aura of community,

The Del Ray Vintage & Flea Market is free to attend! It's open the second Saturday of every month (April through December), 9 am to 1 pm, Bellefonte Street. Visit delrayvintageflea.com for





Photos: All photos courtesy of the Del Ray Vintage & Flea Market

THE ZEBRA PRESS SEPTEMBER 2020

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111	Priest's robe
112	Hauls behind
113	Sellers, to his
	(1925-1980)

115 Pitches in No longer owing

122 Prolific English writer

(1890-1976) Title holders

126 -de-sac 127 Concurred 128 Sea eagle

129 Oomph 130 Bus. card abbr.

131 Wild pumpkins, e.g. 132 Got together

composer (1685-1750)

Grand ____, Nova Scotia Mountain spinach _ show time!"

102 103 Supreme Court count 104 Steamboat designer (1765-

Shepherd's locale

Flabbergasted

Famous Folks

 Jokester 4 Limbless reptiles 10 Spending limit 13 Inedible oranges 19 Celestial altar 20 Eagles' nests 21 Pub order

22 Privileged Scottish landholder Jazz trumpeter and exponent of bebop (1917-1993) United States circus clown Kelly (1898-1979)

"Gentlemen Prefer Blondes"

author Anita (1889-1981) From a distance 30 Line part (Abbr.) 31 Parting words 33 Heavy load Make allowances

"Sheherazade" composer

Tony Award-winning actress Merkel (1903-1986) Bridal-wreath shrub QB's gains Catches some rays

Zsa Zsa's sister (1919-1995)

Geological periods

69 FBI employee (Abbr.)

Kitchen gadget

Camel hair fabric

Korean auto maker

Persian Gulf capital

72 Colo, neighbor

Sheeplike

Slender

Took the bait

Small number

91 Realtor's offering

"Goldberg Variations"

92 Adam's madam

Rx writers

Balm ingredient

Steakhouse order

44 Harry Potter's best friend Cockeyed

Across

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(1875-1937)43 Lose color

D.C. bigwig 52 Aardvark's tidbit

Quick swim 55 Hot springs Slow and laborious

Pondered **61** Art

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1815) Oppressive Haitian dictator (1907-1971)

Swedish shag rugs

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Dry riverbed 2 Dry-as-dust

It's often fixed Put into words 5 Lack of attention and

due care Melodious

Metric weight Seals' meals 9 Compass pt.

39 Order request 40 Forearm bone 41 Regretted

42 English novelist; youngest of three

43 Flippers

48 American silversmith of

12 Equal 13 Corrida cry Swedish auto 14 United States golfer

known for his graceful swing (1912-2002) 15 Drew a bead on "Moby Dick" actor

16 (1916-2003)

10 Some medicine doses

11 Assumed name

17 Summer hrs. in D.C. 18 Retired flier

24 African equines 25 Not crazy 32 Yang's opposite

33 Egg cells 34 Garcon's list 35 Flowery verse

36 Silent assent 37 Lt.'s inferior

38 Gym equipment

sisters (1820-1849)

the Revolutionary War (1735-1818)

54 Chapel vow Siberian river 57 Media attraction

58 Unsophisticated 59 Appearances

60 Ledger entry 62 Vital force of Chinese medicine

63 Mama bear, in Madrid

66 _-fi 68 Noggin

_ loss for words 70 Salon stuff

71 American Revolutionary pamphleteer (1737-1809) 74 Competent

Traffic stopper 82 Daffy Duck's voice, Mel

(1908-1989)83 Percolate slowly _ and anon 85

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93 Flowering trees 94 Mustache site Capt.'s prediction

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90 Abraham Lincoln bio

author Carl (1878-

"O Sole _ 98 Construction material

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105 Brewer's kiln 106 Leash 108 Birch relative

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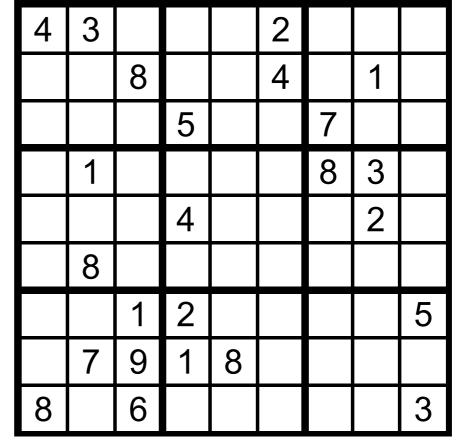
114 Light beige 116 News squib 117 Calamitous

118 Dispatched 119 "The Bells" poet (1809-1849)

120 Barley bristle 121 College major (Abbr.) 123 Beldam

124 Driver's lic. and others

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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ANSWERS ON PAGE 44



Creating a Social Bubble Success in a COVID World

BY KELLY MACCONOMY

It's no surprise that Maria Magallanes would be in the spotlight for managing to find a novel, neighborly way to cope with raising active children while social distancing in a time of stayat-home/safer-at-home. Maria was the Washington Post Agnes Meyer Outstanding Teacher of the Year in 2015.

Magallanes is a reading specialist at the Cora Kelly School for Math, Science, and Technology. She came from Colorado to take the position at the STEM magnet school and has long been



Courtesy photos

Above: From left to right, the moms of social bubbling Monica Kramer, Tara West, and Maria Magallanes.

At left: Signs of hope abound for this kindness-counts neighborhood of the once secret social bubble in the Alexandria section of Fairfax County.

Social isolation inside or outside a bubble is daunting. In times of social and political upheaval, tempers are short-fused and sometimes flare. There has to be a strong sense of community within a bubble, especially one comprised of three sepa-

rate households. Rainbow flags and Black Lives Matter signage appear in front yards and hang from roof soffits. A large handmade banner of hopefulness, advocating peace and tolerance,

CONTINUED ON PAGE 50



praised for her out-of-the-box creativity and innovative approach to teaching.

In April, when schools in Alexandria and Fairfax County were officially declared closed for the year, three women and their families formed a private social bubble to support each other as they coped with the home schooling and socializing challenges of their combined five children.

In a quiet neighborhood in the Fairfax County section of Alexandria, the families of Monica Kramer, Tara West, and Maria Magallanes pioneered a unique new normal, covertly keeping a COVID-consortium classroom and day camp, sharing schooling and meals and even field trip adventures secretly—that is, until *The Washington Post* caught

wind of it!

Featured on a recent *CBS* Sunday Morning broadcast, the women spoke of their overall positive experience, citing the support each brought the others in the most difficult moments these past six months. Each family brings to the virtual table experiences and assets that have enriched their lives.

Speaking to CBS, Maria exhow plained relationships evolved from good neighbors and casual friendships into their close-knit social bubble. More than trusted friends, they have become a veritable family. "I see Monica's kids and Tara's kids as my kids, and they see my kids as their kids, and so it's like we have three moms and three dads, and we're all on board, and want the best for our kids. That's why we have this bubble."



Courtesy phot

It's not all play and no schoolwork for the kids in the social bubble. Innovative learning activities are key to daily enrichment and summer pastimes.

SEPTEMBER 2020 THE ZEBRA PRESS



YOUR TICKET PURCHASES COUNT MORE THAN EVER

How You Can Help ACT for Alexandria's "Fall Salud and Virtual Celebration" Succeed

ACT for Alexandria's "Fall Salud and Virtual Celebration" is fast-approaching. It takes place Wednesday, September 23 from 7-8 p.m.

This highly-anticipated event is expected to be an evening when the best of Alexandria – the community, the friendships, the supportive spirit – is on full display. While this year attendees are not able to gather in person, the virtual celebration still promises to be a night for socializing, entertainment, and the opportunity to celebrate the efforts of ACT and the community as they have helped each other during the pandemic.

"ACT depends on the success of this fall event," said Heather Peeler, ACT's President and CEO. "This year has



brought many challenges to our community and our country, and ACT has been there as a steadfast leader to support our neighbors in need."

Unique to this event, all guests will receive a "Cheers in a Box," full of local goodies and perfect party necessities.

There will be an engaging virtual platform and a program full of treats, including musical performances by local favorite singer-songwriter Luke James Shaffer and Billboard-charting violinist Chelsey Green.

A successful event will give ACT the security and flexibility to respond to emerging and changing community needs, champion causes like racial equity, empower local nonprofits by providing resources and capacity building grants. It also means that for every dollar ACT brings in, \$4 can be given back to the community.

Residents and corporations can sup-

port ACT by purchasing a ticket or sponsorship for the event. Visit actforalexandria.org for more details. Sales close September 14.

"For every dollar ACT brings in, \$4 can be given back to the community."

Painting It Forward

WHY THE COVID-19 QUILT PROJECT KEEPS GROWING

BY KELLY MACCONOMY

Diane Canney is a force of nature.

Faced with months of isolation arising from a worldwide pandemic, having to manage two wineries and five vine-yards impacted by COVID-19 business closures, and

To participate or for more information on the COVID-19 US Honor Quilt go to

www.Covid-19USHonorQuilt.org

Email: information@Covid-19USHonorQuilt.org Write: COVID-19 US Honor Quilt Project PO Box

2610, Purcellville. VA. 20134 Phone: 703-725-2495

On Facebook: COVID-19 US Honor and Memorial Quilt



Photo: Mike Canney

Diane Canney at work in her studio, painting panels for the COVID-19 Honor Quilt.

myriad other obstacles that kept her from celebrating her mother's 95th birthday last month (her mother is quarantined in Florida), Diane Canney did not simply grin and bear it. This Purcellville artist picked up her paintbrush and started a grassroots community art project: The CO-VID-19 US Honor Quilt.

Diane was watching a PBS documentary on the NAMES Project AIDS Memorial Quilt when the idea came to her that what the world needs now is to begin the healing process together, joined by a collective desire to act. What better way than creativity to express not



Photo: Diane Canney

The COVID-19 Quilt panel contributed by Phyllis Byrum Liedtke who inspired the COVID quilt art project.

only the common experience of isolation and fear but also gratitude for the courage and sacrifice of first responders and frontline workers?

The AIDS Quilt was conceived by Cleve Jones in 1985 to memorialize the lives lost to HIV/AIDS. It was displayed on the National Mall in 1987, 1996, and most recently July 2012. Once completed, at 54 tons and 1.2 million square miles of fabric, it

became the largest community art project in the world.

Diane explains that the COVID-19 Honor Quilt differs in that it is both a tribute to the medical workers, caregivers, grocery and sales clerks, educators, EMTs, firemen and police who have been braving the front lines of the pandemic, and a memorial to victims of the pandemic and the heartbroken

CONTINUED ON PAGE 49



ZEBRA PRESS



VOLUNTEER ALEXANDRIA



Are You Prepared for an Emergency?

RATING OF FRAS!

Volunteer Alexandria

GLOBAL NETWORK AFFILIATE

DISASTERS DON'T WAIT. MAKE YOUR PLAN TODAY!

BY DONNA REUSS

Wow, does that question have a whole new meaning this year?! If you were one of the millions of shoppers desperately trying to stock up on toilet paper a few months ago, you know what I mean.

Traditionally, when we thought about preparedness, we focused on potential emergencies with which we had some familiarity: natural disasters, such as fire, flooding, and earthquakes, or manmade emergencies like heatrelated power outages, hazardous materials spills, even active shooter or terrorist attacks. But unless we had experienced any of these emergencies ourselves, we could



only imagine the impact they would have on us and our families and do our best to

prepare—if we put much effort into it at all.

Now we have the corona-

virus pandemic. This is personal, and it is a scenario few could have imagined just six months ago. It isn't something that happened somewhere else, to other people, or in a limited area or time period. The novel coronavirus is everywhere, affecting everyone. It has fundamentally changed the way we live today. It will have a profound impact on the way we live in the future.

Even as our nation responds to COVID-19, however, other disasters continue to threaten our families and community. A few weeks ago the remnants of Hurricane Isaias had many Alexandrians scrambling to get sand bags in anticipation of flooding at their homes or businesses.

September is National Preparedness Month. It is recognized this month each year to promote family and community emergency planning throughout the year. The 2020 NPM theme is **Di**sasters Don't Wait. Make Your Plan Today. Right now is the time to take stock of your level of preparedness for the variety of emergency situations that could affect your household or business, or to review plans you've already made in light of on-going and changing COVID restrictions.

On Tuesday, September 22, and Saturday, September 26, Volunteer Alexandria, in

CONTINUED ON PAGE 47

T.C. Williams Students Are Fighting Climate Change

ASCEND ALEXANDRIA PARTNERS WITH VOLUNTEER ALEXANDRIA

BY COURTNEY MCELLEN

Two students saw the need for change and answered the call. Fatima Eldawah and Ian McDonough, students at T.C. Williams High School, both felt that they could do more within the community and created ASCEND, a community program and now a subdivision of Volunteer Alexandria dedicated to fighting climate change and to educating the community.

By connecting with Volunteer Alexandria, ASCEND can start making an impact by implementing their mission and vision. Fatima and Ian explained where ASCEND comes from

"We have always felt that we could be doing more to help such issues, but didn't know how to do it. We tend to think about the more global aspect of it, but we realized that starting locally is so important as well. Encouraging people to educate themselves about environmental issues and take action to help stop it is just the first step in attempting to solve the issues of climate change.

"If everyone changed their habits to be more eco-friendly, we could make a great change in our city



Fatima Eldawah

alone. We both believe this program will be an amazing opportunity to educate and raise awareness, as well as cleaning up our city."

When Fatima and Ian decided to start this organization, they thought about names that would convey its purpose in a meaningful way.

"From the beginning, we wanted our community to strive for the best and to improve their ways of life. The idea of 'ascending' to a greener, happier, and healthier place allowed for us to think of the name Ascend Alexandria. It conveys the message of helping our community ascend to greatness, through environmental initiatives that give our members a say in what goes on in the city."

After choosing a name, the stu-



Photos courtesy of ASCEND

dents looked for an organization to partner with to help get ASCEND started. Volunteer Alexandria took them under its wing as a subdivision program, which allows ASCEND to maintain control of their organizational identity and their goals.

Volunteer Alexandria helped AS-CEND by guiding and connecting them with contacts and resources to aid program development. "We also believe that by partnering with Volunteer Alexandria, we will have more influence as we continue our efforts," they said.

Fatima and Ian have been friends since the sixth grade. As their friendship grew, they discovered that they had many goals in common, helping



Ian McDonough

the community being one of them. They also realized that few people their age share the same ambition and, in their sophomore year started their initiative to help Alexandria and to prepare themselves for the future.

Do you want to help ASCEND Alexandria achieve their vision and mission? To learn more about the program and how to get involved, go to www.volunteeralexandria.org/ascend.

Courtney McEllen is Volunteer Alexandria's Database & Volunteer Manager.







Photo: Zebra Archiv

Lucelle O'Flaherty with her beloved Kay K and Pastor Grace Han at the 2019 Blessing of the Animals.

Blessing of the Animals Saturday, September 26, Public Invited

Each year Christians all over the world honor the Patron Saint of Animals, St. Francis of Assisi near Oct 4th. Trinity United Methodist Church at 2911 Cameron Mills Road in Alexandria always celebrates the last Saturday of September.

All faiths are welcome to join with your amazing pets on Saturday September 26th at 9 a.m. for the annual Community Blessing of the Animals.

Gather early under oaks on Cameron Mills Road, wear your mask, bring your pet, and even pose for photos, which will be available after the event. After a brief reading, each pet will be individually blessed by Pastor Grace Han, appropriately socially distanced. You will receive a

Trinity United Methodist Church

Saturday, September 26 9:00 AM 2911 Cameron Mills Road

This event is free. There is complimentary parking on the street and in two adjacent lots.

Certificate of Blessing with your pet's name to commemorate the event.

For more information or if you have any questions contact Lucelle O'Flaherty via text 703 408-4008 or visit www. TrinityAlexandria.org.



OBITUARY

KEVIN BEEKMAN AUGUST 24, 2020

It is with great sorrow that we announce that Kevin Beekman, an Arlandria hero and force behind the Four Mile Run Conservancy and Farmer's Market, lost his battle with amyloidosis on August 24. Kevin was part of the fabric of Arlandria. He helped found the Four Mile Run Conservancy and Farmer's Market and was part of its heart and soul. You could always find him at the market, helping out the vendors and customers as the market grew. His loss touches all of us.

Per Mayor Justin Wilson: "I know what a wonderful husband he was to Nathalie and how immensely proud he was of Claire and Nora. It is so unfair that the three of them must move forward without Kevin. Kevin was so devoted to our City and more specifically Arlandria, where he lived. He was tireless in his labor and advocacy for his community and for those that lived in it. He essentially operated as an adjunct member of our City staff, creating a successful farmers market, designing parks and playgrounds, planting trees, raising money and so much more. His personal efforts yielded so many amazing accomplishments, but he inspired so many others to serve their community in countless ways. His quiet devo-



Photo courtesy of Radaris

tion to our community was infectious. In addition to his work in his neighborhood, Kevin served our City on the Traffic & Parking Board for numerous years, working to navigate complicated and controversial issues, with a focus on improving safety for all users of our roads.

"I'm heartbroken to know they won't have more time with him. We were all lucky to have the time that we did."

We at the Zebra ask that all of you keep Kevin and his family in your hearts and prayers.



Alleyne AME Zion Church The Food Pantry

The Womens Overseas Missionary Society & The Stewardess Board

Presents

Pantry Food Drive - Drop Off

When: Saturday September 12th Time: 10:0am to 2:00pm Location: Christian Life Center

1417 Kings Street, Alex. VA 22314

Sister Dee Dee Benton 703-763-6584 Sister Caroleather Brown 571-502-8930 Sister Terra Morgan 571-733-7025





ALX Chamber of Commerce Pivots Virtually During COVID Times

BY STEVE GUSTAFSON

Like many organizations, The Alexandria Chamber of Commerce is adjusting to the changing social and business environment due to Covid-19. "A big part of what we do is provide networking opportunities for people to meet each other, so we adapted pretty quickly to virtual, holding a virtual event within two weeks of the shutdown in March," explained Maria Ciarrocchi, COO and Vice President of Public Policy at the Chamber.

"Having to change and figuring out how to offer the same programs and what kind of content our members needed at that time was important, so we did a lot of webinars, I was sending out emails with information, and trying to pivot to how to be as helpful as possible to our members at a time when no one knew what was going on."

August Highlights

But in the course of allthings virtual, the Chamber succeeded in person as well this past month, fulfilling mandatory social-distancing requirements in order to hold two of their main signature

The Chamber ALX 2020 Golf Classic

The Chamber ALX 2020 Golf Classic, presented by MGM National Harbor was held on August 17th and was a full day of golfing, networking, and social distanced fun at Springfield Country Club.

The top three winners in



Photos: Jason Dixon for the Chamber ALX

The INOVA Alexandria Hospital Team poses for a photo

the scramble were Patterson Real Estate (11-under), Wiygul Automotive Clinic (10-under) and East Cost Collision (9-under.) Closest to the Pin was Chamber ALX President Dave Millard (Avison Young), Straightest Drive was Kay Tyler (Tyler Printing & Mailing), and Long Drive was Ken Patterson (Patterson Real Estate).

The Chamber ALX's 2020 Valor Awards

The Chamber ALX's 2020 Valor Awards, presented by INOVA Alexandria Hospital was held on August 27th at the Old Town Hilton. This awards program is dedicated to honoring the public safety personnel of the Alexandria Fire Department, Police

Department, Sheriff's Office, and Department of Emergency Communications for heroic acts of valor. Nominated by their peers, the selfless acts of many individuals throughout the year are recognized and this year, additional organizations were awarded medals for their commitment to protecting the community during the pandemic.

2020 Pandemic Honorees

Alexandria Health Department INOVA Alexandria Hospital's Inpatient Team INOVA Alexandria Hospital's Emergency Department and Critical Care Team INOVA Alexandria's Support Services Team Neighborhood Health Senior Services of Alexandria's Meals on Wheels Team

2020 Police, Fire, Sheriff & Emergency Communications Honorees

Firefighter John Ashby Deputy Jason Bebow Captain Andy Beckett Firefighter Tara Blunt PSCO II Valerie Bonsu Lieutenant Henry Cook Firefighter Tyler Degenhardt Firefighter Sandy Godsey Officer Lorenzo Hardy Firefighter Peter Hunter Firefighter Dylan Kempton Firefighter/Medic Ryan Kilner Captain Jason Kuehler Officer Lisa Kolodzinski Firefighter/Medic Lyndsay Loper

Captain Bryan Meckes
Deputy Devon Neckles
Deputy Julio Ocasio
Arlington Police Officer Nicole Pehrson
PSCO II Shavaughn Priestly-

Officer Luis "Henry" Segura Captain John Silverwood Sergeant Zygmond Slevinski Motor Officer Loren Smith-

Firefighter James Swanick Paramedic Lori Taylor Officer Sara Thomas Firefighter Rudy Thompson Sergeant Michael Vaccaro Firefighter Sokthear Van Officer Wesley Vitale Officer Shakita Warren Captain Eric Whitmore PSCO II Latoya Wilson

On the Calendar

The next event is the Chamber ALX's Legislative Reception, presented by Virginia Tech on Thursday, September 10th from 6 - 7:00 PM. It will be held virtually on the Zoom Platform with a link being sent upon registration. "The Chamber is looking forward to welcoming elected leaders, members, and friends to the popular Legislative Reception, all who will be available to answer your questions," said C Ciarrocchi.

The highlight of the event will be the release of their 2021 Legislative Agenda, which outlines their advocacy priorities for 2021 and beyond

For business updates, resources, or to join visit www. thechamberalx.com today.



Officer Wesley Vitale and Police Chief Michael Brown elbow-bump as Officer Vitale accepts his Life Saving Award.



Players on the Par 3 Hole 11, sponsored by Kari Steinberg of Long & Foster.

BUSINESS NEWS

THE RESERVE TO THE PARTY OF THE

Dr. Tammy Mann Named Business Leader of the Year by Alexandria Chamber of Commerce

MANN IS PRESIDENT AND CEO OF THE CAMPAGNA CENTER

The Alexandria Chamber of Commerce (Chamber ALX) recently announced its selection of Dr. Tammy Mann for Business Leader of the Year. Mann is President and CEO of The Campagna Center, which offers educational and social development opportunities to Alexandrians of all ages.

Chamber ALX calls Mann "an accomplished leader who has worked at the intersection of research, practice and policy at local, regional and national levels for nearly 30 years."

During her nine-year tenure, she

has helped provide leadership in several critical areas including sharpening the organization's focus on outcomes, increasing the Center's reach, leveraging technology to improve services, and expanding strategic partnerships.

For her entire career, Mann has dedicated herself to improving the lives of children and their families. She is currently serving an appointment to the Virginia State of Board of Education.

Her work has been recognized with accolades including the James Marshall Public Policy Fellowship Award from the American Psychological Association and the Minority Doctoral Fellowship Award from Michigan State University.

Mann will be honored at this year's virtual Best in Business Awards, presented by Burke & Herbert Bank, on October 1. To watch or sponsor the all-day live stream, visit thechamberalx.com for detail.



Photo: The Campagna Center

Supporting the Community One Tasty Pizza at a Time

FAIRLINGTON PIZZA STARTED IN THE 60S

BY MARY ANN HOFFMAN

What do two Brooklyn brothers, a native Alexandrian and a Cypriot woman named Stella have in common? Seemingly nothing, but actually something pretty significant. All had a hand in building a little-known Alexandria establishment, Fairlington Pizza, considered to be an "unofficial" historical landmark, and one of the oldest pizzerias in Alexandria.

Currently owned by Nick Roman, its roots date back to the 1960s and was established by the two D'Oreint brothers from Brooklyn. When asked how he got interested in owning a pizza shop, Nick said that he remembers going there when he was very young and "since I didn't grow up with a lot of means, the previous owner, Stella, used to let me run a tab." Nick has never forgotten his humble roots and Stella's compassion. "When I finally bought the shop, I didn't want to have it only to make money but also to be a partner in the

community."

During this time of Covid, and even before, Nick has lived up to his promise. His original décor donned a picture of every T.C. Williams sports team. But this was not the only way he showed his support for his alma mater. Nick was awarded Alexandria Corporate Sponsor of the Year for his support of Alexandria, including supplying free meals to the T.C. football and basketball teams. He also sponsors kids for football camp and is planning on partnering with ACPS's William Ramsay school to provide meals for students. This is modeled after the partnership he has built with Arlington County's Abington Elementary School where he donates meals on Fridays. Finally, during the most recent Federal work shutdown, Nick offered free meals to Federal workers. "These workers were caught flat-footed and I wanted to help."

As with most businesses, Fairlington Pizza took a bit of a hit during the start of the pandemic. Some of his good

deeds came full circle when the same Federal workers came back to support him. "So many of these people came back to donate money so I could make meals for others and continue to donate during Covid. I learned at an early age through my own experience that food is a right, not a privilege. We really don't need notoriety for what we are doing because we are doing what we are supposed to do. We are being a responsible part of the community that we live and work in."

As for Fairlington Pizza, notoriety doesn't come only from Nick's generosity. His oh-so- popular NY style pizza is based on the original from the D'Oreint brothers of Brooklyn. The crust is thin and delicious with enough melted cheese to satisfy any northerner. So, during this difficult time, if you are looking for a place to support your fellow Alexandrians and experience some great NY style pizza, look no further. Nick is your guy and Fairlington Pizza is the place.



Courtesy photo

Owner Nick Roman remembers when he was young and ran a tab at Fairlington Pizza. Today he remembers his humble beginnings and gives back as much as he can.

Fairlington Pizza is located at 1715 Centre Plaza in the Fairlington Centre. For

more information, visit fairlingtonpizza.com or call 703-998-6711.

Read us online at http://digital.thezebra.org

Alexandria Public Schools to Provide All-Day Child Care for Most Vulnerable

Alexandria City Public Schools (ACPS) will add 350 spots to its Virtual PLUS+ program for kids who require supervision during school hours. It means that kids whose parents or guardians are unable to stay home with them will receive full-day care.

Supervision will take place at either an ACPS school site or one overseen by the Alexandria Department of Recreation, Parks & and Cultural Activities. All sites will have Internet access.

Along with access to technology, the free program also offers access to food and supervision during online classes.

"This is a service that is clearly needed for our most vulnerable families and we are grateful to the City and our Virtual PLUS+ partners for their support of this program. The Virtual PLUS+ model relies on collaboration and partnerships to be successful and this is the perfect example of this," said ACPS Superintendent Dr. Gregory C. Hutchings, Jr.

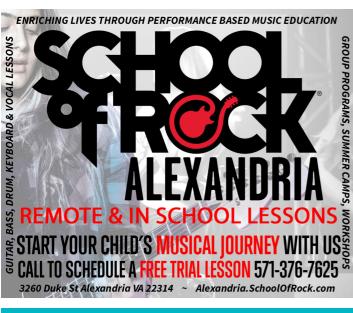
And More

Childcare is one of the 'PLUS' components of the Virtual PLUS+ model that ACPS is adopting for the fall. ACPS is also working with other community partners to explore additional free supports for a small number of students. The school division is already connecting families of pre-K students with free childcare options based on family needs.

The school system will utilize grant funds to cover most of the \$1.2 million cost of the program. City Manager Mark B. Jinks will recommend that the Alexandria City Council provide the remaining \$288,000 to ACPS for the 2020-21 academic year.

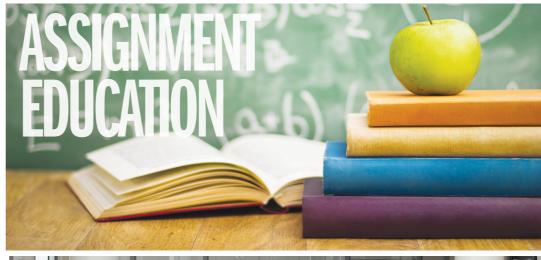


Full day care will be available for Alexandria's most vulnerable kids.



"Don't confuse fame with success. Madonna is one; Helen Keller is the other."

-Erma Bombeck





Project Caelus team members are students at Thomas Jefferson High School. [Editor's Note: This photo was taken before COVID-19 precautions in place.]

Alexandria-Area Students Sending Rocket to Space?

BY KEVIN DAURAY

A group of students from Thomas Jefferson High School of Science and Technology have more than graduation on the mind. The members of Project Caelus have space in sight. Formed in 2018, Project Caelus plans to be the first team to launch a liquid-fueled rocket 100 kilometers into space. The launch is expected

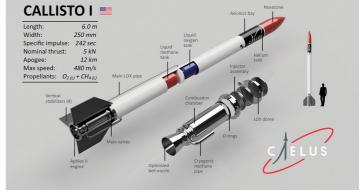


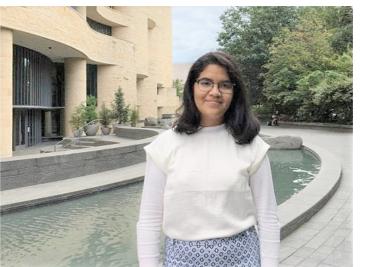
Photo: Project Caelus

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A conceptual image of the Project Caelus rocket.

T.C. Grad and Scholarship Winner Plans for a Future of Helping Fellow Immigrants

JATSUKA POZO, A FIRST-GENERATION COLLEGE STUDENT, WILL ATTEND GEORGE MASON UNIVERSITY WITH FUNDING FROM COMCAST



Jatsuka "Mikaela" Pozo

BY KEVIN DAURAY

Comcast NBCUniversal recently awarded 28 high school graduates across Virginia one-time scholarships worth \$2,500 each that will help fund their first year of college. The lone Alexandria recipient, Jatsuka "Mikaela" Pozo, graduated from T.C. Williams High School in June. She earned the Comcast Leaders and Achievers® Scholarship.

Pozo is a first-generation college student. At seven years

CONTINUED ON PAGE 44



What Will an Alexandria High School Student's Day Look Like?

THE "TITAN VIRTUAL PLUS SCHEDULE" EXPLAINED

There are semester-long and

yearlong classes. At the end of

the school year, students will

BY KEVIN DAURAY

On September 8, the 2020–2021 school year is set to begin. And this year will start much differently than others. With the Virtual PLUS+program in place for all Alexandria City Public Schools (ACPS) students, it will be a new experience for all in the ACPS community.

In recent weeks and months, the school system has released information about Virtual PLUS+, which The

Zebra Press has covered extensively. This includes an explanation of the program and a schedule overview.

T.C. Williams
High School has its
own schedule plan
called the "Titan Virtual PLUS+ Schedule." It allows for
both "asynchronous"
(individual) and "syn-

chronous" (group) learning opportunities as students receive instruction from home.



have as many classes as they would normally. However, the "Titan Virtual PLUS+ Schedule" gives students time to adapt to the different circumstances. For teachers, the schedule means fewer students per class, providing the oppor-

tunity to know each student

The main difference be-

tween semester-long and yearlong courses is how much time teachers can give to a subject. Students enrolled in special education, technology, or career classes need more time. Educators have planned accordingly.

T.C. Principal Peter Balas, in a letter to the high school community, ensures all readers that the schedule was crafted to help students be successful. The schedule takes

into account, as Balas wrote, "teacher and student virtual workload, what is best for our students, and feedback from our spring virtual experience."

Schedule Breakdown: Mondays

Mondays will be asynchronous learning days for students, where they can complete their work throughout the day. There will be online instruction videos and assignments. This time can also be used to make up work. Teachers will use the day for lesson planning, to attend meetings, and to take advantage of professional learning opportunities.

Schedule Breakdown: Tuesdays Through Fridays

Tuesdays through Fridays are when live instruction will take place. These are described as synchronous learning days with an oppor-

CONTINUED ON PAGE 44

Alexandria's Spitfire Club is Empowering Girls Through Reading

BY STEVE GUSTAFSTON

One of the fastest growing groups in town these days is the Spitfire Club in Alexandria, an extracurricular book club for girls with a curriculum based on a carefully selected collection of children's books featuring strong, diverse, female protagonists.

Executive Director Amanda Hazelwood founded the Spitfire Club in 2017 but not without challenges saying, "I had been sitting on this idea forever but it's hard to leave paid work to start something and I wasn't quite in a position yet to launch Spitfire yet. I was working on a volunteer playground project with Lucresha Murphy at the Recreation Division and she asked me what I was doing when I wasn't working on the parks and I told her about this idea for a nonprofit that I'm supposed to be launching but I'm 30 weeks pregnant! She said, "I think the Recreation Department would like this program," and I said, "Really?" and she

"If kids don't have access to new books to read they won't be excited to read and if they're not excited to read, they're not going to do it.

We deliver all that to participants," Hazelwood relays.





Photos: The Spitfire Club

The Spitfire Club is committed to their goal of nurturing each girl's love of reading and love of self.

said, 'I think we should try it." So, at 35 weeks pregnant we launched our very first Spitfire Club."

Since 2017, they've served over 200 unique kids and were the recipient of ACT for Alexandria's capacity building grants this past year, using those funds to work with a diversity consultant to ensure that the Spitfire Club is operating with a strong orientation toward racial equity, inclusion, and liberation. "It was so timely. One of the things we've been doing as a result of ACT investing in us is analyzing our organization. We say that we are committed to anti-racism but how does that actually work in our work? We're reevaluating how we measure our work," she adds.

Why Reading?

Historically speaking, White men and boys characters have been far more represented than women and

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WINNFR

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old, she emigrated from Bolivia. She will begin a new chapter in her life when she attends George Mason University this fall.

College is a dream for her, and she told The Zebra that finding out she won the scholarship brought a sense of relief. Pozo knew that financial assistance was the only way she could further her education.

"It was empowering to

know that my hard work and experiences were being recognized and validated," she said. "[Receiving the news] gave me hope about the possibility of going to college."

She wants to major in either Government and International Politics or Economics Philosophy, Politics, and Economics.

"I want to be able to learn about the economic and political structures that exist in the United States and how they function," she said. "By knowing how they function, I hope to be part of the efforts to help marginalized communities obtain political, social, and economic equality."

Pozo strives to have a career where what she learns can be used directly. She wants to start out by working for UNI-CEF USA, the Children's Defense Fund, and the ACLU. After gaining experience, she plans to become an attorney, helping immigrants like herself.

When asked how her time at T.C. has prepared her for the future, she said the years spent there taught her about community. Pozo mentioned how dedicated the faculty is to students, and how witnessing those interactions inspired her.

"Having been exposed to the diversity of the school in some way or another has helped me build empathy," she said, "which I believe is the most valuable skill, especially as I enter college."

About the Scholarship Program

The Comcast Leaders and Achievers Scholarship Program recognizes high school seniors for their community service, academic performance, and leadership skills. The award is funded by the Comcast NBCUniversal Foundation. Since 2001, more than \$34 million has been awarded to about 30,000 high school seniors across the country as part of the Leaders and Achievers program.

DAY

CONTINUED FROM PAGE 43

tunity for some asynchronous activities. School begins on these days at 8:30 a.m with a 90-minute asynchronous period. Classes will last between 50 minutes to one hour, and attendance will be taken for each.

At 10 a.m, students will sign into their first "block" or class. This yearlong class will serve as the home room for each student. Here, they will receive lessons that involve content and serve social and emotional needs.

Lunch period starts at 11 a.m. and lasts until noon.

After lunch, students will begin three periods of semester-long classes. These courses will be known as "Blocks 3, 5, & 7" or "Blocks 2, 4, & 6." The periods are described as having "high levels of engagement and discourse." Teachers will keep students

involved using technology, and the classes are not "meant to be hours of screen time with students passively listening to adults speak."

At the conclusion of the first semester, Blocks 3, 5, & 7 will be over for most students. Those enrolled in these classes for the year will stay for the second semester.

During the second semester, Blocks 2, 4 & 6 will be new classes taught in the same manner.

The school day ends at 3:15 p.m.

Advanced Placement Courses

Some AP courses will take place for a semester while others will last the whole year. The 8:30 to 10 a.m. period will be used to help students prepare for their AP exams in May. CollegeBoard also has materials that can help students and teachers prepare.

Selecting Classes

Students will have the opportunity to choose their courses, as they would in a normal school year. Students can select more than one yearlong class. If classes overlap, administrators will work to resolve the situation.

Look in the Mail

In early September, every student will receive a packet that includes his or her schedule and specific course information.

"Please know that we are here to support you!" Balas wrote to the school community. "Our school counselors, teachers, and all other support staff will soon be returning to work, so please reach out if you need any help or assistance. We look forward to a strong start to the 2020-2021 academic year!"

SPACE

CONTINUED FROM PAGE 42

to take place in the spring of 2023.

Soon the team will conduct a cold-flow test of the engine in a live stream on Facebook. No date has been announced as of this writing. The test, using a nonreactive liquid like water, tests the safety and integrity of engine parts. A successful test indicates that the engine can handle the pressure of a real firing.

"We hope this experience will be as educational and exciting for those who join as it is for us. A successful test will pave the way for much grander events in the future, such as a hot fire or a launch," said the project's founder and Thomas Jefferson High School senior Jason Chen. "Three years of trial and error, six redesigns, hundreds of hours on call with NASA and college professors, and countless setbacks have led to this test, and I can't imagine it'd be possible without such a passionate and resilient team."

The event will be hosted by members of the Project Caelus outreach team, who will explain the technical aspects of the test and its different stages.

Check the Project Caelus Facebook page (facebook. com/projectcaelus) for more information, including an announcement of the test date.



A child educated only at school is an uneducated child.

-George Santayana

SEPTEMBER ANSWERS

PUZZLES ON PAGE 28

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FOR SALE: Alexandria House of History on Cameron Street

THE MANY LIVES AT THE GRAND PARKER-GRAY PROPERTY: SPEAKEASY, HOME TO THE TRAILBLAZING "PRUNER" WEST AND NASA ASTRONAUT TOM STAFFORD

BY KELLY MCCARTHY

From 1899 to 1909 Alexandria exploded in size and stature, tripling its wealth through industries as diverse as making glass and fertilizer, brewing beer and tanning leather. As a response to this newfound wealth, substantial "villas" were built and in 1905, one of those gracious new homes was erected at 1006 Cameron Street. It was completed just as the handsome new Union Station railway building was opened at the west end of King Street. As was common then, the servants did not use the grand staircase, instead moving through the building through narrow backstairs.

Lingering Lights of the 1920s Speakeasy

At some point during the 1920s the servants' staircase was closed and their attic quarters were reassigned as a speakeasy. A light above the gable, which still remains, is obviously not a source of illumination – but a signal to people waiting outside that the coast was clear, and they could come on in!

1006 Cameron Street is located in the Parker-Gray district, so named for the African-American school constructed nearby in 1920. The area was the heart of the then segregated Black community and one very famous Black resident became a familiar and comforting presence in this neighborhood.

The Trailblazing "Pruner" West

Charles Freemont "Pruner" West was born in 1899 in Washington, Pennsylvania. He picked up his nickname because his father owned a drug store and young Charles had problems pronouncing "Peruna" — a cough syrup stocked in the store.

A natural athlete, Pruner was scouted by the Pittsburgh Pirates and his family told the tale that, while at high school, he could outrun their horse and once wrestled a bull to the ground.

But his biggest claim to fame came when he was a student at Washington & Jeffer-



Astronaut Thomas
Patten Stafford



Photo: Seward Realty Group

1006 Cameron Street is a Grand Dame in Alexandria's real estate

A Group Photo: Washington & Jefferson College Archives **ate Dr. Charles Freemont**

Dr. Charles Freemon "Pruner" West

son College where he played football for the school. He became their starting quarterback and in 1922 led the team out to play in the Rose Bowl, the only Black man on the team. His life was threatened when a lynch mob met the school bus, but his complexion was relatively fair and he fooled the mob.

West was also chosen to compete in track-and-field events in the 1924 Olympics held in Paris, France. He was a formidable track man who threw the javelin, competed in broad jump and ran the 100-yard dash and the 440. W&J paid for his travel and expenses to France. While in Paris, he qualified to compete with the team, but France officials refused to admit him.

When Charles returned to the United States, he was offered a spot on a professional football team, the Akron Pros. He chose to attend medical school instead at Howard University. With little or no money, he worked his way through school by coaching Howard's football team. He graduated from Howard University Medical School in 1928.

Football Star and Athlete Becomes Pioneering Alexandria Doctor

Dr. Charles F. West moved to Alexandria and set up his practice – the first of its kind – at 1006 Cameron Street. He was known for his specialized care for patients who had tuberculosis, which was common at the time. Due

to the care of these patients and his research of the disease, Dr. West was the first doctor to own and operate an X-ray machine in Alexandria. When the current owners bought the property, they removed the linoleum that lined the practice office floor

inventory.

that Dr. West used to perform medical services for his patients in Alexandria.

The wooden bench in the hall is presumably where his patients waited for attention. In the attic bar area, Dr. West's gun cabinet is adorned with his initials and would

have held his hunting rifle and shotgun as he was keen and celebrated hunter.

Dr. Charles Fremont West served the community for 50 years until his death in 1979.

CONTINUED ON PAGE 50



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See www.zebra.org for a list of participating businesses

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www.athomeinalexandria.org aha@athomeinalexandria.org 703.231.0824



Providing practical, social and emotional support to our Alexandria neighbors ages 55+



SENIOR LAW DAY IS GOING VIRTUAL!

"Should I Stay or Should I Go?" – Housing Options as We Age



Helen McIllvaine, Director of Housing, City of Alexandria, VA



Heidi Garvis, Co-Owner, Caring Considerations



Tom West, Partner, Signature Estate & Investment Advisors (SEIA)

BY: MARYANNE BEATTY

In its ninth year, the 2020 Senior Law Day, co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association, is going "virtual" with a new format.

This year's theme is "Should I Stay or Should I Go?" – Housing Options as we Age. The event will focus on making decisions during the CO-VID-19 pandemic and will take place over three consecutive Fridays: September 11, 18, and 25 from 2:00 to 3:00 p.m. via Zoom.

Participants will hear from legal, financial, and health-care experts on various housing options available as we age, including financial planning and long-term care, real estate tax exemptions, Medicare and Medicaid, and estate planning

September 11, 2:00 to 3:00 p.m: Housing Considerations will be a discussion on the big picture, including various types of senior communities, aging in place, home modifications if we decide to age in place, and various legal documents to consider when cohabiting or leasing to others, including family members and caregivers

September 18, 2:00 to 3:00 p.m: Financial Concerns will address planning to pay for care, including long-term care insurance, the difference between Medicare and Medicaid, real

estate tax exemptions, and Alexandria programs for older adult homeowners.

September 25, 2:00 to 3:00 p.m: – General Estate Planning and Documents — It is more important now than ever to have legal documents in place to ensure appropriate care and effective management of an estate.

There will be time for questions and answers during each session. Panelists include:

Housing Panel: Rachel Baer, Esq., Family First Law Group, PLLC; Rich Rosenthal Brincefield Manitta Dzubin & Kroeger, PLLC; Heidi Garvis, Caring Considerations; and Peter Crouch, McEnerney Associates Realtors.

Financial Concerns: Nata-

lie Page, Esq., Life and Estate Planning Law Center; Tom West, Signature Estate and Investment Advisers; and Helen McIllvaine, Director of Housing for the City of Alexandria.

Estate Planning: Gretchyn Meinken Esq., Wade Grimes Friedman Meinken & Leischner PLLC; and Mary Horner, Esq., Legal Services of Northern Virginia.

You may register for Senior Law Day at www.seniorser-vicesalex.org or call 703-836-4414, ext. 110. After you register, you will receive a Zoom invitation with a link that is good for all three sessions. We look forward to seeing you virtually on September 11.



SENIOR LAW DAYS ARE GOING VIRTUAL!

THIS YEAR'S THEME IS "SHOULD I STAY OR SHOULD I GO -HOUSING OPTIONS AS WE AGE" WITH A FOCUS ON MAKING DECISIONS DURING THE COVID-19 PANDEMIC.

THREE SESSIONS: SEPTEMBER 11, 18 AND 25 - 2-3PM.

Come hear from experts on the various housing option available as we age; financial concerns including longterm care, real estate tax exemptions and Medicare an Medicaid; and general estate planning.

These are important topics especially during the challenging times of the COVID-19 pandemic.

Panellists include experts from the Alexandria Ba

This year the event will be via 200M in three sessions. You can register at www.seniorservicesalex.org, and you will receive a Zoom link to attend all three sessions. For more information contact Senior Services at 703-836-4414, ext 110





This space made possible by The Hoffman Family and the Hoffman Town Center





SPITFIRE

CONTINUED FROM PAGE 43

girls, and particularly women and girls of color in children's literature, so, to counter that, Spitfire builds a fun, engaging learning experience for girls around diverse female protagonists that embody the Spitfire values of curiosity, resilience, empathy, authenticity, and tenacity.

Prior to the pandemic, Spitfire partnered with organizations like The Alexandria Recreation Division, Duncan Library, Community Lodgings and others around the City to offer weekly small group learning experiences for their girls. Hazelwood says, "We have organically grown with organizations all over the city."

The Spitfire Club has a goal to reach 2000 unique kids by 2025, which Hazelwood thinks is attainable thanks to the wide offerings of the programs. "We are so accessible. We pack materials with everything you need right down to the pencils. Plus books for kids to keep at home because access to books is so reduced right now and if kids don't have access to new books to read they won't be excited to read and if they're not excited to read, they're not going to

do it. And we deliver all that to participants," Hazelwood relays.

With Covid-19, the Club had to make adjustments to serve their participants. They started producing read-alouds on YouTube for people to watch. "While it's not as interactive, because they don't have the materials in front of them, I didn't want us to stop working with the kids. We started building online programming on Zoom for this summer right after the 4th of July for 53 girls from all over the city and a couple kids outside the city. Meeting online has been able to give us a broader reach and more accessibility in ways we hadn't anticipated. Our youngest girl was in preschool going into kindergarten and our oldest girls were going into the 5th grade," explained Hazlewood.

"It's so rewarding to get feedback on the impact we make. One parent recently shared 'It's sad the girls can't be together, however it was very beneficial to virtually be together, do projects together and discuss topics that were current and happening now in a way the girls can understand. I love this program!"

For more information on The Spitfire Club visit www. thespitfireclub.org.



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EMERGENCY

CONTINUED FROM PAGE 37

partnership with the Alexandria Fire Department and the Office of Emergency Management, will conduct two virtual **Until Help Arrives** training sessions. The training is free and open to the public, but spaces are limited so you must register, which you can do at www.volunteeralexandria.org/UHA.

Volunteer Alexandria also offers informational resources, as well as volunteer opportunities and training, to help you plan, prepare for, and even help respond to the various emergency situations that could affect your community with little or no warning. To learn more, go to www.volunteeralexandria.org.

Recognizing the emergencies or disasters that could affect you or your community and the need to take personal responsibility in trying to mitigate their impact are the first steps in preparing for these situations. Being prepared also provides a sense of control in the midst of chaos, which helps people deal better psychologically with what is happening.

While no one can predict exactly when or how disasters may occur, advance planning

helps individuals and families react and support themselves and contribute to the overall resilience of the community.

Volunteer Alexandria is the lead agency that educates and prepares Alexandria's residents, schools, organizations, and businesses for hazards such as natural disasters and terrorist attacks. In partnership with the City of Alexandria's Office of Emergency Management, we raise awareness, recruit, train, and manage volunteers to respond during these events. In an emergency, we run a Volunteer Reception Center, a central location where volunteers can assist with disaster

Two virtual **Until Help Arrives** training sessions will be held on Tuesday, September 22, from 6:00 p.m. to 10:00 p.m. and on Saturday, September 26, from 9:00 a.m. to 1:00 p.m. The training is free and open to the public, but spaces are limited. Reserve your space at *www.volunteeralexandria.org/UHA*.

Donna Reuss is an Emergency Preparedness Consultant with Volunteer Alexandria.



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Two More Innocents Abroad

"In Paris they just simply opened their eyes and stared when we spoke to them in French! We never did succeed in making those idiots understand their own language."

—Mark Twain, The Innocents Abroad

BY MARCUS FISK

Over the past ten years, my bride Pamela and I have noticed a decided shift on the Happiness Meter in the good ol' USA, what with the divisiveness of politics, the legal system swaying in the wind like old laundry, and the rising sovereignty of the business and finance worlds. So we devised a plan for the next act of our lives. We decided to pack it all in and give France a try.

I spent a good portion of my youth growing up overseas as an Army brat. Add in a 30-year Navy career and it's been some 28 countries. Pamela has done a bit of globe-trotting herself. She's run up a total of 12 countries, so considering a move to Europe isn't so drastic a thought in either of our pointed little heads.

Why France? Well, it's centrally located between just about everywhere else in Europe, so a train ride or jumping on a plane isn't a stretch. A 3-bedroom, 2-bath stone farmhouse or little house in a medieval town comes in at half the price we have paid for a mortgage in the U.S., and you can't swing a cat without hitting a wine shop. They have 200+ kinds of cheese and a seemingly limitless supply of baguettes. When Pamela's primary care physician heard of our plan, he sat bolt-upright in his chair and said, "We love France! And they have the best healthcare anywhere!"

Pamela has started taking French and is doing quite nicely, but it's been a challenge. The beauty of the French language is they spell out incredibly luxurious words but throw most of the consonants away completely, never to be seen again. Some vowels seem like they were orphaned early in life too. And the spelling and pronunciation changes for any number of rules or reasons, some based, it seems, completely on whimsy. Take the French National Anthem for example "La Marseillaise." It's pronounced "la mar-say-yes" with complete disregard for all those L's, A's, and I's.

I am fluent in German, which could prove a liability and not endear me much to the French, witness two World Wars, so I plan on keeping it subterranean. The difference between German and French is clear. The German language, like the people, employs precision. Every single letter is written to be pronounced – no matter what – and you must do it well! French simply can't be bothered.

Another attraction of France is that it also has an amazing "modern" history (over the past 1500 years) filled with all sorts of wonderful tidbits. Crack any European history book and it seems like France was either the invader, the invaded, or a battlefield for others to bloody for over 1000 years. Who can for-



Photos: Marcus Fisk

Above: Chartres Cathedral

Below: Pamela strolling in the medieval town of Dinan.



Endnotes

- 1 These wars got progressively shorter starting in the 1400s, then the 1600s, and finally smoothing out a bit in the 1700s. I guess everyone got tired of all the eligible men disappearing and with the whole war thing. Or crossing the English Channel became more dangerous with transportation improvements.
- 2 I better put in a huge nod to Victor Hugo's Les Miserables or, as a theatre type, I'll be banned from the front of the house at the Little Theatre of Alexandria or Port City Playhouse.
- $^{\mbox{\scriptsize 3}}$ Not Measure for Measure. That was Austria. You keeping track?

get the Hundred Years' War? The Thirty Years' War? And that shorter but ever popular Seven Years' War.¹ (And what about two World Wars thrown in for good measure?) England and France couldn't seem to cozy up to one another for the longest time. Then World War I came along and, since Churchill spoke their language, the French said, "C'est la vie," and these two started using the two-cheek smooch that has endured nicely for decades.

Another reason for moving to France is to indulge in my passion for history and mix it with my military background. A friend of mine, a retired British Army Major (Royal Fusiliers), is a highly regarded military historian who has studied and written extensively on the World War II D-Day invasions in Normandy. He has conducted tours and "staff rides" to select groups for more than a decade. Over dinner last January he asked if I wanted to sign on as a partner to give the Naval side of the invasion.

Viewing my future here as *yet-another-retired-navy-contractor-guy*, I thought it could be time to diversify. By the time you read this, we will have (hopefully) cleared our CO-VID-19 tests, boarded a plane, and landed in France to prepare for tours of the Normandy beaches.

Mark Twain, although far from being a Francophile, did possess a deep interest in Joan of Arc. He wrote what he considered his favorite book, *The Personal Recollections of Joan of Arc (I & II)*, having taught himself French and researched her life exhaustively from original manuscripts in French. Charles Dickens was also enamored of French history. Witness *A Tale of Two Cities*, which rose out of the French Revolution.²

Over the centuries, dozens of former leaders who were handed a pink slip by their people, found the way to France. A quick scan of the exiled reveals that the United Kingdom, the United States, and France are the top three favorite locations for former heads of states. Both Vladimir Ilyich Ulyanov (also known as Lenin) and the Ayatollah Khomeini spent years in France, avoiding the local constabulary back home. Even France had to deal with a bad actor or two. Napoleon was the head cheese in France twice. And he was exiled twice. He just kept coming back like a bad Sou.

Shakespeare had a real thing for France. It was a popular location in many of his plays, such as *All's Well that Ends Well, As You Like It*, along with several of the Henrys and a *King John* thrown in for good measure.³

Finally, because my sister is a chef, I must mention food as another reason for heading to the Continent. Most places in France have markets,

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SEPTEMBER 2020

COVID QUILT

CONTINUED FROM PAGE 36

who grieve for them.

Diane has made the project a gift to her mother, Phyllis Byrum Liedtke, who inspired her to start the quilt and foundation. Phyllis told her, "Diane! You have so much energy. It's not like you to sit on the sidelines! Why don't you do something like you always do to make this situation better?"

Kickstarting a nonprofit foundation and grassroots community art project is no cakewalk even in the best of times. To say COVID-19 complicated Diane's earnest efforts is an understatement. But a veteran philanthropist and community arts activist like Diane Canney was not deterred. She fielded the curves of an ongoing quarantine, curtailed fundraising events, all with no organization, no money, and no time due to a world turned upside

Partnering with the Artistic Fuel Foundation and Loudoun Arts, Diane and her hus-



A panel for the COVID-19 Honor Quilt painted by artist and founder Diane Canney.

band Mike Canney offered the use of their 50 West Vineyards winery and wine clubhouse with panoramic views of the Bull Run Mountains to the inaugural Loudoun Arts Film Festival, where they will also launch the quilt project.

The LAFF will feature wine, popular food trucks, art, live music, and virtual award-winning/Indie film showcases as well as a popup drive-in for nighttime screenings. The quilt will be unveiled September 17, the second weekend of the film festival, which was epically organized by local artist and Leesburg gallery owner Kaeley Boyle and filmmaker/ screenwriter Owen Palmiotti. Despite their best-laid, yearin-the-making plans being capsized by the coronavirus, the film festival is going on September 10-13 and 17-19.

Quilting traditions in America, and especially in the South, have a rich history of recording births, marriages, and deaths. Much like the metaphor of joining pieces of a fabric together to create a whole, Diane notes that, "The quilt is like a mosaic, but instead tiles or glass, we are weaving squares of fabric together, shaping a canvas like a painting, grief and sorrow juxtaposed with valor and triumph of the human spirit as we get through this together, one day at a time."

Healing together one panel at a time is the mission of the COVID-19 US Honor Quilt Foundation. Diane hopes to take the assembled quilt across Virginia and beyond, gaining momentum from state to state. She has reached out to the Smithsonian, hoping to join in the ultimate display on the National Mall as part of the COVID-19 Memorial Quilt Act introduced in Congress by Representative Andre Carson (D-Indiana) this past June.

Quilt panels are 10 1/2"x 10 1/2" and can be made of any fabric material. The quilt doesn't have to involve sewing. Painting, mixed media, fabric markers, and photoon-fabric imaging are all part of the creative movement. Quilters of all ages and ability are welcome to contribute artwork for the project. Panels become part of the community textile art installation as well as logged into the online website registry.

Diane plans to place a large HOPE sign on the hillside leading to the winery and clubhouse ("...something like the HOLLYWOOD sign, only not quite so ginormous!") where the COVID quilt panels will be assembled for view. Come out to 50 West on September 17 for a few great views: the scenery, the films, the art, and the quilt. Stay for the great music, the fun food, and authentic fine Virginia wine. Together we can make a better world. Together we will heal.

After all, helping people and doing good is what makes us happy.

PURPLE

CONTINUED FROM PAGE 17

How Opioids are Affecting Alexandria and How You Can Help

The U.S. Centers for Disease Control and Prevention reports that more than 67,000 died of drug overdoses in 2018, making it the leading cause of injury-related death in the U.S. On August 12, the City reported that there had been nine non-fatal overdoses in Alexandria since July 24, seven of which were related

to opioids.

Opioids are a class of highly addictive drugs that includes prescription painkillers like oxycodone and hydrocodone, and illegal drugs like heroin. However, addiction is not always the cause of an overdose. Overdoses can happen to a patient recovering from surgery or injury; a teenager experimenting with illegal drugs for the first time; or a child who ingests leftover medication from a home medicine cabinet. Learn more at alexandriava.gov/Opioids.

Residents can help pre-

vent overdose deaths by being aware of the signs and knowing how to respond to an overdose. Symptoms of an opioid overdose may include a pale face, limp body, bluish lips or nails; vomiting or gurgling; drowsiness or unconsciousness; slow breathing or heartbeat; or muscle spasms. If an overdose is suspected, call 911 immediately.

Naloxone (Narcan) is a medicine that, if given in time, can save the life of someone overdosing on opioids. It is available for free from the Alexandria Health Department by calling 703.746.4888 or from the City's Opioid Response Coordinator by calling 703.746.3326.

Residents can also dispose of unwanted medicines at permanent drug drop boxes during business hours at The Neighborhood Pharmacy (2204 Mt. Vernon Ave.), 24/7 inside the front entrance of the Alexandria Police Department Headquarters (3600 Wheeler Ave.) and 1-5 p.m. daily in the Visitor's Center Lobby of Inova Alexandria Hospital (4320 Seminary Road).

The City's Department of Community and Human Services can help locate treatment options in Alexandria for anyone dealing with addiction and is available 24 hours a day at 703.746.3636 (Virginia Relay 711). To get help stopping the use of heroin or other opioids, call the Opioid Treatment Program intake line at 703.746.3610.

To provide information regarding overdoses or any illegal drug activity, please call the Alexandria Police Department at 703.746.6277.

ON WATCH

CONTINUED FROM PAGE 48

and market days are frequently twice a week, when you can pick up fresh groceries for several days. None of it has been pumped up with preservatives, colorized, or saturated with whatever is chemically trendy these days. Usually the French just walk around with a baguette under their arms, carrying a bag full of fresh yummies for dinner and a bottle of whatever wine is

I'll keep you posted on how things progress in this new endeavor. After the dust settles in November, we might come back for a visit to check in on friends and family. If an-

other American head of state decides to make France his home in 2021, however, we might have to pack out again and start over someplace else.

Marcus Fisk is a retired Navy Captain, Naval Academy graduate, sometime



actor, sculptor, screenwriter, pickup soccer player, and playwright.

He and his wife Pamela are former residents of Alexandria and then Connecticut, where they traveled the New England shore in their 42 Grand Banks Trawler ADAGIO. They have now embarked on a grand adventure of living in France.



Photo: Marcus Fisk

The US Navy Memorial, "Last Higgins Boat Lands on Utah Beach"

Read us online at thezebra.org

THE ZEBRA PRESS SEPTEMBER 2020

BUBBLE

CONTINUED FROM PAGE 35

greets passers-by from the unpainted picket fencing outside one of the bubble homes.

Monica Kramer, a physical therapist, ensures that the kids are motivated to flex those muscles and work their growing bones, as if kids need incentive to keep moving. Field trips to nearby Huntlev Meadows Park offer safely distanced nature adventures far from the crowds of Old Town and D.C. In the record temps of July and dog days of August, a kiddie pool proved to be just the ticket, given that public and most private pools were closed all summer.

But it's not all fun and games. The moms emphasize that you have to have structure, particularly in the virtual classroom. You also require personal space now and then. Meals are commonly shared, although each family has its own Sunday night special or some other solo meal.

So far so good. The kids are less diplomatic about the ups and downs of living in a social bubble. As in all family groups, there are disagree-

ments and power struggles. They admit to not liking each other all the time, but the consensus is they are indeed one big happy family. They all agree that the personal freedoms they are able to enjoy supersede any perceived disadvantages, such as sharing toys, games, and sometimes parents. The kids love not having to adhere to strict COVID rules of engagement, playing mask-free without social distancing circles and incessant sanitizing drills.

Tara West, a social worker at the Inova Mount Vernon Hospital Outpatient Neurologic Rehabilitation Center, agrees that the experience has been extremely positive. "You have to know who you're with and know that there's potential risk, but the benefits outweigh the risks."

With the new school year going virtual for the foresee-able future (like everything else), their social bubble may not only be a lifesaver and a model for families moving forward, but also serve as an exemplary model of parenthood, again proving that old pearl of wisdom: Children learn what they live.

MOVIES

CONTINUED FROM PAGE 26

to document the inferno as it happened.

Rebuilding Paradise is available through the AFF website. A special Q&A Zoom with director Ron Howard and moderator Katy Tur (NBC News) is a bonus. Be sure to access the free link for the Q&A featuring Rebuilding Paradise participants, from the town drunk to the town mayor Steve "Woody" Culleton and School Superintendent Michelle John.

Given the devastation of the California fires now, this film is all the more relevant. In it, a first responder on site remarks, "Firefighters are living climate change. It's staring them in the face every day." Ron Howard points out in the Q&A that when Benjamin Franklin coined the phrase "An ounce of prevention is worth a pound of cure," he was speaking as a firefighter with the Union Fire Company, which he founded in 1736.

The AFF has released more virtual screenings, includ-

ing *The Con*, a series spotlighting the financial debacle of 2008, and *Apocalypse 45*, a documentary exclusive to the AFF with previously unseen footage from the Battle of Iwo Jima taken by the WWII filmmakers, including one who captured the famous flag raising.

The film also includes scenes of the immediate aftermath of the Hiroshima and Nagasaki bombings. The film was drawn from 700 reels of archival color footage discovered in a National Archives vault and digitally restored.

AFF founder Patti North says that Director Margaret Wohler is looking into a drive-in experience when the event kicks off November 12. The festival runs through Sunday, November 15. Be sure to purchase your tickets early.

New this year to the Virginia film festival circuit is the Loudoun Arts Film Festival (LAFF). Faced with pandemic-related logistical problems, festival organizers had to regroup or cancel. LAFF was rescued by collaborating with 50 West and Sunset Hills Vineyards owners Mike and

Diane Canney. Working together, LAFF will be held for seven nights at 50 West Vineyards in Middleburg, September 11~13 and 17~19, showcasing live local musical talent each night from 5:30~6:30 p.m. and award-winning doc/indie films screenings at dark, around 8:00 until 10:30 p.m. A 40-foot inflatable screen will be positioned on the panoramic hilltop parking lot with amplified sound accessible via car radio. Stay tuned to festival details at www.loudounartsfilmfestival. com and the vineyard website, www.50westvineyards.com.

months have surely felt as if we are living the end of the world. With Wonder Woman 1984 moved back again to October 2, the new James Bond to November 25, theaters dark for months, and all other summer blockbusters moved to the fall, 2020 has been a veritable filmocalypse. But don't discount these determined, creative movie buffs and film festival aficionados. They love the smell of crushed popcorn in the dark. It smells like..... showtime!!!!

For most of us, these past



"The difference between stupidity and genius is that genius has its limits."

– Albert Einstein



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REAL ESTATE

CONTINUED FROM PAGE 45

The NASA Astronaut

When Dr. West died, his daughter sold the property to three businessmen. Alexandria had suffered during the recession of the 1970s, and many buildings that once had been large homes were reassigned as commercial properties. 1006 Cameron was no exception.

One of the businessmen who acquired 1006 Cameron Street was astronaut Thomas Patten Stafford. You can see some of his NASA photographs, as well as a uniform patch from the Apollo X space mission, displayed around the building.

After graduating from the United States Naval Academy, Stafford commissioned in the United States Air Force and became a test pilot. He was selected to become an astronaut in 1962 and flew aboard Gemini 6A and Gemini 9. In 1969, Stafford was the Commander of Apollo X, the second crewed mission to orbit the moon and the first to fly a Lunar Module in lunar orbit, descending to an altitude of nine miles.

The photograph of Earth that you see displayed in 1006

Cameron Street was taken by Stafford through the viewing window of Apollo X. It is one of the earliest photographs taken by man from space of his home planet.

Today the property is being sold as a single-family home. The four-level building has four bedrooms, two and a half baths, two fireplaces, and much, more more. It is offered at \$1,595,000. It is represented by Seward Realty Group of Sotheby's in Old Town, Alexandria, 400 South Washington Street, Alexandria, VA 22314, (703) 310-6800, sewardrealtygroup.

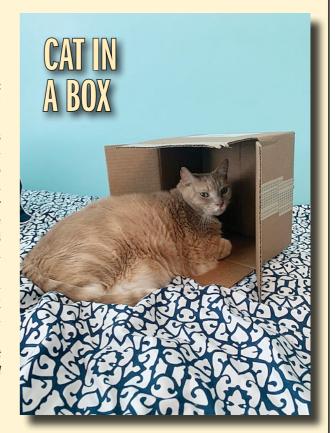


Captain Jack

"This is Captain Jack. He doesn't fit in a box, but he still wants to!" said his owner, Laura Naide.

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Laura just picked up a \$25 gift card from Del Ray Café in Old Town!



FOODIE

CONTINUED FROM PAGE 23

guests with more choices to customize their favorite coffee and espresso drinks."

There will be no James Beard awards through 2021. The James Beard Foundation explained: "The choice comes as restaurants continue to suffer the grave negative effects of COVID-19, and as substantial and sustained upheaval in the community has created an environment in which the Foundation believes the assign-

ment of Awards will do little to further the industry in its current uphill battle. The Awards' usual positive impact on restaurants and chefs' businesses will likely not be fully realized due to the current state of the industry, with many restaurants closed permanently or temporarily or operating at minimal capacity." Those chefs, restaurants, and other nominees are still winners in our book.

Did you know?

There is an onion recall that started in August and applies to multiple stores including Trader Joe's, Food Lion, and Walmart. The list of related products includes different kinds of dips, spreads, and other prepared foods that may contain recalled onions. You can find more information on the CDC website.

To all of you, please stay safe, follow the rules for Phase III, wear a mask, and don't forget to tip, tip, tip, and tip some more. And, as always, eat well and enjoy.

Do you have the inside scoop on some foody newz around town? Drop me a line debbyc@thezebrapress.

ON EXHIBIT

CONTINUED FROM PAGE 31

NT: I like that word "capsizing." Who was it who said, "I'll find a way or make one?" [Nina found it later: It was Hannibal about crossing the Alps with elephants.] But more seriously, I try to keep in mind the "Serenity Prayer" by American theologian Reinhold Niebuhr. According to Wikipedia, the original words said "Father, give us courage to change what must be altered, serenity to accept what cannot be helped, and the insight to know the one

from the other."

Zebra: You are the founder of the Living Legends of Alexandria, a Living Legend yourself, a photojournalist, photographer, writer, businesswoman, mosaicist, mother, member and exhibiting artist at the Art League and Del Ray Artisans with an ongoing exhibit at both the Lyceum and the Virginia Quilt Museum. What's next for

NT: That's a hard one. I don't see more projects in the years I have left. I want to walk gently on this earth. I want my artworks to be messages of peace.



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"If you want your children to listen, try talking softly to someone else." – Ann Landers



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Who's Dominating Whom?

BY SANDY MODELL

I am often asked questions like "does my dog's unruly behavior mean that my dog is trying to dominate me?" or "my dog just doesn't listen to me, maybe I am not being dominant enough?"

Too many books and articles by old school trainers suggest that dog owners must show the dog who is the boss; that any bad behavior on your dog's part means your dog is trying to dominate you and you have not established yourself as the "top dog."

I call this outdated theory "hierarchy malarkey."

Our dogs do not try to dominate us. This is a myth; it is not true. The dangerous but common misconception about dominance and pack theory in the dog world is largely based on research studies performed on a pack of unrelated, captive wolves in the 1940s. These early studies suggested that there was a rigid hierarchy in which "alphas" (leaders) had priority access to resources and forcefully maintained group structure through aggression toward others.

ward others.

So, how did a study of wolves in captivity become related to dogs? How did dog owners and trainers start thinking that information about wolf behavior had anything to do with dog behavior? The logic went something like, "Dogs are descended from wolves. Wolves live in hierarchical packs in which the aggressive alpha dog rules. Therefore, humans need to dominate their family pet to get them to behave."

Although the dominance theory of dog training has been around for many years, qualified behaviorists, positive reinforcement trainers, the American Veterinary Society of Animal Behavior (AVSAB), and modern behavioral science have all debunked it. In the evolution of dog training particularly over the past 30 years, it has become clear that there is no relationship between the behavior of wolves in captivity and your pet dog. Dogs and wolves are, in fact, quite different species.



Courtesy photo

Do we need to provide our dogs with leadership and guidance? Of course. Must we force them to be submissive and view us as a dominant figure in their lives to suppress their supposed natural instinct to take over our relationships, our households, and our world? No.

Dogs are not on a quest for world domination. They are not socialized wolves who are constantly striving to be 'top dog' over us, and they are not hard-wired to try and control every situation.

Contrary to what traditional training ideologies and much modern media would have you believe, most canine behavior problems stem from insecurity and/or a desire to seek and maintain safety and comfort. Normal dog behaviors such as barking, jumping, digging, pulling on leash are inappropriate in the human home. These problems occur because dogs don't know what to do instead—until we train and reinforce the behaviors we want.

Therefore, teaching dogs you're the boss by forcing them into some mythical state called calm submission is precisely the opposite of what they need in order to overcome behavioral issues. State-of-the-art positive trainers to-day know that canine-human interactions are driven by reinforcement, not social rank.

All living things will repeat behaviors that are rewarding and avoid behaviors that are not. If your dog repeats an inappropriate behavior such as counter surfing or pulling you down the street on a walk, he isn't trying to take over the world. He's been reinforced by finding food on

the counter or by getting to his appointed destination by pulling you along. The notion that eating ahead of your dog or walking through a doorway first establishes you as the top dog only serves to establish a routine, nothing about who's in charge.

Positive trainers believe that leadership is important, but that one can lead with finesse, not force. Using science-based positive reinforcement methods, we can help guide our dogs to make the right behavior choices. Giving your dog plenty of opportunities to earn their reinforcements will go a long way toward having a dog that is a joy to live with in your home and in the neighborhood.

Figure out how to keep from reinforcing dog behaviors you don't want while generously reinforcing behaviors you do, and you'll be well on your way to the relationship of mutual love, respect, communication, and communion that we all want to have with our dogs.

Sandy Modell, CPDT-KA, is the Founder and CEO of Wholistic Hound Academy, Alexandria's award winning, premier canine training and learning center — offering classes and private lessons in puppy training, adult dog manners, behavior modification, agility, dog sports and canine fitness and conditioning, kids and dogs, pre-pet planning and pet selection. Classes starting soon! Visit www.wholistichound.com to enroll in our programs, and like us on Facebook. com/wholistichound.



Photos: Mount Purrnon Cat Café Facebook and Lucelle O'Flaherty

New Cat Café Opens in Old Town

BY LUCELLE O'FLAHERTY

Mount Purrnon Cat Café and Wine Bar opened August 1. Owners Kristin Cowan and Adam Patterson got the idea while vacationing in Charleston, SC, when they visited a cat café there. Kristin returned home, left her law enforcement career, and the pair started a crowd funding campaign and followed their passion for history and cats.

Two years and many permits later, they are open at 109 S. Alfred Street. Patrons can schedule an appointment to visit, play with cats, eat a meal, have a drink, take a break from work and

hopefully adopt a cat which steals your heart.

That very thing happened recently to Mount Vernon Estate's very own Martha Washington, Elizabeth Keaney, who was there in costume on opening day to celebrate.

Mount Purrnon Cat Caféand Wine Bar is open daily except Tuesdays. Based in Del Ray and available online, **PawsGo** is a favorite of dog-lovers around the region and the country!

Local artists create our designs. Merchandise is produced locally.





Many items support local animal welfare and rescue organizations.



See them all at www.PawsGo.com



"Facebook just sounds like a drag, in my day seeing pictures of peoples vacations was considered a punishment."

- Betty White







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SEPTEMBER 2020

THE ZEBRA PRESS

Alexandria's Animals

Adopt by Appointment

Virtual and in-shelter adoption appointments are now available at the Animal Welfare League of Alexandria. Scheduled up to best friend one household at a time, to help keep everyone safe.





Crafts, game nights, trainings and more, virtual events for all ages at the AWLA have the added bonus of adorable animals greeting you through the Zoom screen! We have options for every interest and your event registration supports animals in need.

Learn more at AlexandriaAnimals.org/Events





Bruce is all about big: big smiles, big head and a big pup! While Bruce loves long walks and time outside, he always looks forward to cuddling up with his friends at the end of the long day, and he can't wait to meet you!



The AWLA's virtual programs help adoptable animals like...

Looking for a friend who is always ready to relax and unwind? A couch potato buddy who can't wait to hear all about your day as long as she can nap while she listens? Then **Zada** might be the one for you!



Shnookums extends her poolside view far beyond the walls of her aquatic home. Her laid-back approach to life is all about having fun, relaxing and enjoying simple pleasures, like good treats and warm spots to bask the day away.

Meet all of our adoptable animals ast AlexandriaAnimals.org/Adopt



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Animal Welfare League of Alexandria

4101 Eisenhower Avenue Alexandria, VA 22304

703-746-4774 Alexandria Animals.org





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Complete details at visitdelray.com

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ascendcycle.com Indoor cycling and strength training studio

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crossfitmva.com CrossFit and Bootcamp fitness programs

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fit4mom.com Fitness classes and support for every stage of motherhood

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studiobarre.com Boutique fitness offering personalized barre workouts for all fitness levels

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ymcadc.org Fosters the spiritual, mental and physical development of individuals, families and communities centered on inclusiveness, equality and mutual respect for all

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naturalintegrativehealthcare.com Naturopathic physician, nutritionist and

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> For more information VISITDELRAY.COM



The Del Ray Business Association is an organization of business owners and professionals that strive for growth, visibility, and success of our members. We serve as an advocate, representative, and educator for businesses in the community of Del Ray in Alexandria, Virginia. For more information, to view our member directory, or to join the Association, please visit www.visitdelray.com. #VisitDelRay



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