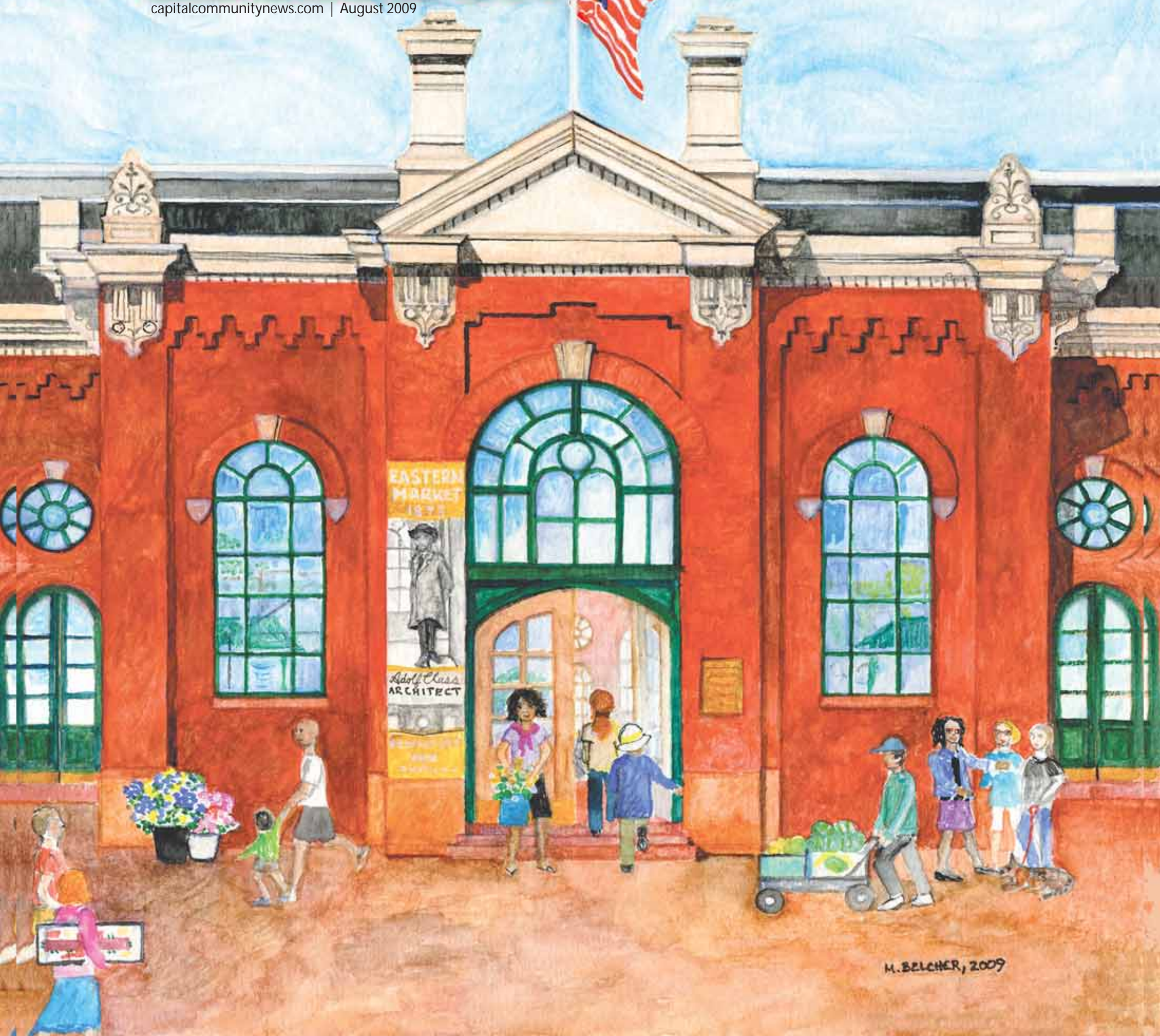


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M. BELCHER, 2009



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www.homevisit.com/DC7058501
518 Tennessee Avenue, NE
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CAPITOL HILL – Large 3BR/3.5BA on 3 levels w/ good room proportions, nice back yard, & in a Supreme location, but in need of a makeover! **\$674,500**
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CAPITOL HILL – Unique! Breathtaking! Gorgeous! Spectacular! And 16 NEW Andersen windows all overlooking Lincoln Park! A Truly Special Offering!
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SHEPHERD PARK – Perched above a quiet tree-lined block, this home has presence & privacy on 7,800+ sq.ft. lot! **\$778,500**
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1331 Leegate Road, NW
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THIS MONTH'S FEATURE PROPERTY



Renovated 4BR/3.5BA corner Wardman with open spaces, great light, nice outside space, parking, and in-law suite.

1740 Potomac Avenue, SE

Genie Hutinet
202-413-7661



CAPITOL HILL – Top floor 3BR/2BA New York Style condo w/ Heart Pine floors, huge living room with turret & windows galore! **\$474,000 SOLD**
1200 East Capitol St, NE #7
Todd Bissey 202-841-7653
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PETWORTH – Last of 10 renovated 2BR/2.5BA townhouse-style condos on 2 levels w/ parking! **\$388,888**
www.homevisit.com/DC7035893
4225 8th Street, NW #1
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BRIGHTWOOD – Remodeled 3BR/2.5BA w/ original stained woodwork, finished walk up attic, finished bsmt, private yard & parking! **\$406,900**
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CAPITOL HILL – 3BR(2BR+Sep. Den) & 2 Full Bath Victorian w/ hardwood floors, fireplace, patio & steps to the hot H Street Corridor! **\$425,000**
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DC COMMISSION ON THE ARTS AND HUMANITIES + THE TEXTILE MUSEUM


AMERICAN

QUILT

WEAVING THE DISTRICT'S FUTURE

The DC Commission on the Arts and Humanities in partnership with The Textile Museum is seeking quilting professionals, amateur artists, and students to learn from local quilting master *Pat Autenrieth* and world renowned artist *Faith Ringgold* to construct a dynamic community quilt which will be unveiled and hung at the Textile Museum. The making of the quilt will give participants a chance to "stitch" their unique stories and visions for the future, while connecting with their community's shared hopes and dreams.



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THE AMERICAN QUILT 2009: Application Form
DEADLINE: FRIDAY, AUGUST 14TH, 2009 / AGES 12-18 TO APPLY

SUBMIT APPLICATION TO:
THE DC COMMISSION ON THE ARTS AND HUMANITIES
1371 Harvard Street NW DC 20009 / 202.727.4135 fax / www.dcarts.gov
ATTN: American Masterpieces
For more information call: 202.724.5613

Name: _____

Address: _____

Phone: _____

E-mail: _____

Guardian's Signature: _____
[For Participants under 17]

I'm interested in attending the following:

(Please circle one workshop and / or lecture)

ADULT WORKSHOPS A-C -Lead by Pat Autenrieth

- A. IMAGINING IT: Wednesday, September 9th / 6:30-8:30pm
QUILTING IT: Friday, September 11th / 6:00-9:00pm
- B. IMAGINING IT: Monday, September 14th / 6:30-8:30pm
QUILTING IT: Wednesday, September 16th / 6:00-9:00pm
- C. IMAGINING IT: Saturday, September 19th / 10:00am-12:00pm
QUILTING IT: Saturday, September 19th / 12:30-3:30pm

YOUTH WORKSHOPS A-B (Ages 12-17) -Lead by Pat Autenrieth

- A. IMAGINING IT: Saturday, September 12th / 10:00am-12:00pm
QUILTING IT: Saturday, September 12th / 12:30-3:30pm
- B. IMAGINING IT: Friday, September 18th / 10:00am-12:00pm
QUILTING IT: Friday, September 18th / 12:30-3:30pm

LECTURE: WORLD RENOWNED ARTIST FAITH RINGGOLD

- A. STORY QUILTS: An American History
Sunday, September 13th / 3:00-5:00pm



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August is the Hill Rag's Annual Education Issue. Read about what's happening at the University of the District of Columbia, discover tips for "hands-on" learners, meet parents who are home schooling on the Hill, get up to speed on the college admissions process and discover new opportunities for lifelong learning.

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COVER: "Eastern Market" Mary Belcher, watercolor on paper, 2009. More works at www.marybelcher.com. Contact Mary at 202-462-9069 or maryjbelcher@comcast.net.

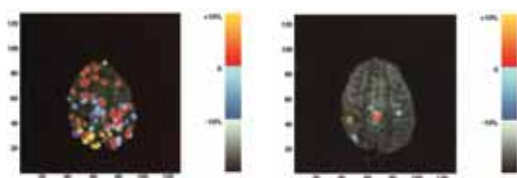
Stress Buster!

By Dr. David Walls-Kaufman

Stress. A favorite family who were chiropractic patients of mine recently packed up their car and drove home to Canada after the father lost his job and they couldn't live on the mom's teaching salary.

A lot of us are feeling stress and strain today...

But I bet you didn't know that the condition chiropractors correct—subluxation—(i.e. “nerve interference”) is a harmful invisible



YOUR BRAIN OFF CHIROPRACTIC

YOUR BRAIN ON CHIROPRACTIC

condition inside your body that actually *cranks up the volume* of the stress you, or some member of your family, might be experiencing.

One study by Prof. Robert Blanks followed chiropractic patients for one year. Blanks found that the greatest benefit of chiropractic care was the 36% reduction in stress that occurred because these folks had their nerve interference corrected.

The MRI brain scans above show the significant calming affect of chiropractic on the brain. The scans in the Left column show a brain before a chiropractic adjustment, the ones in the Right column are the after. Do you see how much more unnecessary activity, or “fog”, there is on the Left side? On the right, the same level of stress is met *easily* by a brain in which background nerve interference has been eased.

My Capitol Hill friends, I trust you and yours are making out all right in these times. But remember—the stress that is hurting you now might hurt a lot less if you removed what was cranking it up. Nerve interference makes your life a lot less enjoyable than it ought to be!

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