



Winner of the FitOne Ultimate Weight Loss Challenge is "Team Bill and the Four Little Ladies." Shown here are Caity Davis (Owner/Trainer), Bill Lange, Christine Poward and Jill Stump. Thirteen teams of five each competed for the cash award. A total of 405 pounds were lost over the six-week period of the contest.

PHOTO BY HARRY MERRITT

## Alexandria's FitOne Studio Biggest Losers

Back in September, many teams organized to compete for the six-week challenge. The contest was based upon which team lost the greatest percentage of their starting team weight over the six-week period.

On Saturday, November 5, the winners were announced and Team "Bill and the Four Little Ladies" took the win over "The Shrinking Globetrotters" with a .1 percent lead! They were rewarded with \$2,500! The Ultimate Weight Loss Challenge participants collectively lost 405lbs throughout the six weeks!

Each team was assigned a nationally certified personal trainer from the FitOne

Team. Linda Miller was the team leader for Team "Bill and the Four Little Ladies" and won \$500, donating it to the Wounded Warrior Project. (A friend matched her cash prize, doubling the contribution.)

### Top Three Teams:

1. Team Bill and the Four Little Ladies - lost 6.7 percent
2. The Shrinking Globetrotters - lost 6.6 percent
3. That's What She Said - lost 6.2 percent

### Top Overall Female:

1. Amanda Darnley from Team Bill and the Four Little Ladies - lost 12.1 percent

### Top Overall Male:

1. Bill Lange from Team Bill and the Four Little Ladies - lost -7.4 percent

*Founded in 1999 by certified personal trainers Caity Davis and Jill Stump, FitOne Studio at 814 North St. Asaph Street is now celebrating its 12th anniversary as a boutique personal training studio where the entire staff gets to know you. Offering a level of personalized training and attention for people at all stages of life, they design highly individualized fitness programs and offer fun fitness-based outings and social activities.*

## AMERICAN INDIAN SOCIETY

- AUTHENTIC NATIVE AMERICAN
- INDIAN CRAFTS
- AMERICAN INDIAN SOCIETY
- ANNUAL CRAFTS BAZAAR

CELEBRATE THE HOLIDAY AND GIFT WITH HAND MADE SILVER JEWELRY; WATCH BANDS; EARRINGS; BEADWORK; DREAM CATCHERS; PENDLETON BLANKETS AND PILLOWS; AIS' FAMOUS INDIAN COOKBOOK; MARY SUNBEAM'S STORYBOOKS; T-SHIRTS AND OTHER VENDER CRAFTS.

REFRESHMENTS AVAILABLE.  
SATURDAY, DECEMBER 10, 2011  
TIME: 10:00-6:00

ST. CLEMENT'S EPISCOPAL CHURCH  
1701 N. QUAKER LANE, ALEXANDRIA, VA.



Bishop Ireton Faculty inducted into the newly formed Faculty Hall of Fame. Front Row: Mrs. Ann Jasper (accepting award for Gene Jasper), Lindagale Dube, Rebecca Borman, Juanita Krogh. Back Row: Br. Richard Wilson, TOR, Philip Grimes, Richard Bulcavage, Ronald Umbeck, David Scully, Kenneth Baskette.

## Bishop Ireton High School Inducts 11 into the Faculty Hall of Fame

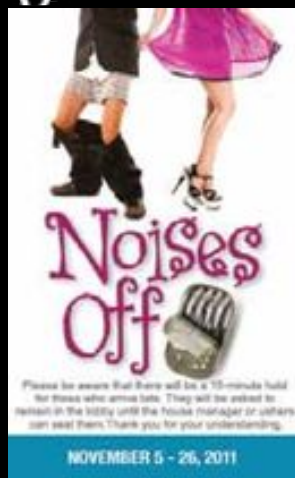
Bishop Ireton High School, a co-educational Catholic high school in Alexandria, Virginia, proudly inducted eleven members of its faculty into the newly formed Faculty Hall of Fame. These individuals were nominated by their colleagues to receive this honor based on their longevity at the school, their contributions to the community as a whole, and their outstanding abilities as teachers and role models for Bishop Ireton students. These eleven are also recognized

for their professional and personal commitment as individuals and as professionals. They each share their passion for teaching and learning in a way that truly benefits the entire Bishop Ireton community.

The eleven were honored at the Homecoming Mass on October 23, 2011 with a ceremony and Faculty Hall of Fame wall in the Atrium. Congratulations to all!



DECEMBER 8-18, 2011



NOVEMBER 5 - 26, 2011

600 Wolfe Street | Alexandria  
703-683-0496 | thelittletheatre.com

Join us for this one-hour walk through Old Town Alexandria. You'll hear ghost stories, legends and folklore as you creep along Old Town's brick-lined streets. You'll visit historic sites as you hear ghostly tales.

November schedule  
Friday & Saturday  
7:30 and 9:00 pm  
7:30 pm Sunday  
(no tours on Nov. 27)

## Alexandria's Original Ghost & Graveyard Tour



Call 703-519-1749 to reserve your tickets or visit us online at [www.alexcolonialtours.com](http://www.alexcolonialtours.com) Military, law enforcement and senior discounts offered.

We'll see you in the graveyard!

## Catch Our Mistakes

Joe Raines of Arlington, VA caught the most with six typos. Congratulations Joe, who wins a \$25 gift certificate to Target.

We know we make mistakes, and to make a game of it, we welcome your catches. Please send them to [info@thezebra.org](mailto:info@thezebra.org) for a chance to win a \$25 gift certificate from an area retailer, restaurant or cruise line!