

ANIMAL SERVICES

Tails of the City

Kathryn Sabath
Mt. Rainier
202-213-1165
www.tailsofthecitypetcare.com
tailsofthecitymd@mac.com

Pet care services: dog walking, pet sitting, overnight pet sitting, pet taxi, dog running, pet med administration, pet errand services

ANTIQUA DEALERS

Mt. Rainier Antique, Thrift & Salvage
3815 34th Street
Mt. Rainier
301-785-5956

Old stuff, tools, LP's, books, pottery, hardware, vintage kitchen and housewares

ARTIST

Alan Binstock Sculpture

Mt. Rainier
301-277-5240
www.alanbinstock.com
alan@alanbinstock.com

Glass, steel and stone, commissions accepted

ART INSTRUCTION

Carol Binstock

Mt. Rainier
301-277-5240
carol66karuna@gmail.com

Crowns for all occasions, paper, copper and found materials; all budgets

Joe's Movement Emporium

3309 Bunker Hill Road
Mt. Rainier
301-699-1819
www.joesmovement.org
latanya@joesmovement.org

Summer Arts Camps and Club Joe's after school program

Milkwood Studio

Liz St. Rain
Brentwood
3901 Rhode Island Avenue
301-277-5063
liz_art_design@yahoo.com

Art & instruction in paper making & book art; handmade paper journals; custom bound books

Monica Perdoulou

Mt. Rainier
301-602-0408
piedrafina75@yahoo.com

Drawing & painting classes; color theory

BAKERIES/BAKED GOODS

Delectable Cakery

3311 Rhode Island Avenue
Mt. Rainier
307-577-7115
www.delectablecakery.com
info@delectablecakery.com

Delicious baked goods: pound cakes, loaf cakes, cupcakes, including The Original Washingtonian Sweet Potato Cake!

Timmy's Pieces of Peace

Timothy Park
Mt. Rainier
240-899-9881
timasito@gmail.com

Delicious pies, cakes & other baked goods; in business for 4 years; culinary school student

BEAUTY/HAIR SERVICES

Laurel Imlay

Hyattsville
301-779-1740
laurel.imlay@sierraclub.org

Haircuts for Anacostia Hours

BIKE REPAIR

Kevin McCarron

Washington, DC
202-427-2893
alanbreckstewart@yahoo.com

Bicycle refurbishing (aesthetics only)

BUILDING

Barbara Becker

Brentwood
240-328-8414
barbara.becker@verizon.net

Construction, problem solving; I am a retired construction engineer

CABINET MAKER/WOODWORKER

Meister Builders

Steffen Bloetner
Berwyn Heights
301-467-4056
www.meisterbuilders.com
steffenb@verizon.net

Custom-built cabinetry and fine furniture and antique repair

CATERING

Spotlight Café

3311 Rhode Island Avenue
Mt. Rainier
301-209-2995
www.spotlightcoffeecafe.com

info@spotlightcoffeecafe.com

From small breakfasts to events for 100's; fresh food, professional and courteous servers, bartenders, and delivery people

CHILD CARE

Joe's Movement Emporium

3309 Bunker Hill Road
Mt. Rainier
301-699-1819
www.joesmovement.org
latanya@joesmovement.org

Summer Arts Camp and Club Joe's after school program

Jenny Marsh

Mt. Rainier
202-271-9113

Babysitting & helping new mothers/fathers transition to parenthood; caregiving for older adults; 25 years nursing experience

COMMUNITY

Nick Williams

Mt. Rainier
301-277-5318
nickandligia@aol.com

Non-profit consulting: formation, incorporation and development

CONTRACTORS, GENERAL

Puroclean Restoration Services

Hyattsville
301.277.2755
www.puroclean.com/aa-pg
tporter@puroclean.com

Will dry out your flooded basement quickly, professionally & with compassion and we will work with your insurance company

COUNSELING, PERSONAL/FAMILY

Dave MacMillan

Mt. Rainier
202-362-8571
www.passageway.us
davemac55@yahoo.com

30+ years experience in a variety of approaches, adapted to issues brought by client; individual, couple; confidential

COUNSELING, SPIRITUAL

Dave MacMillan

Mt. Rainier
202-362-8571
www.passageway.us
davemac55@yahoo.com

Counseling & spiritual direction, respectful of client's beliefs and faith tradition; 25+ years experience as ordained Unitarian minister

CRAFTS & HANDMADE GIFTS

Hertzler-McCain Family

Mt. Rainier
301-864-1312
jbmccain@verizon.net

Handmade plastic bag dryers made from salvaged materials; useful; great gift; one Hour

DANCE/DANCE INSTRUCTION

Joe's Movement Emporium

3309 Bunker Hill Road
Mt. Rainier
301-699-1819
www.joesmovement.org
malori@joesmovement.org

Classes daily for adults and children

DESKTOP PUBLISHING

The Works of E

Evan Bennett
Mt. Rainier
240-645-5857
www.theworksofe.com
theworksofe@me.com

Graphic design services: corporate identity, branding, logos design, design consultation, design illustration

Sandy Smiroldo

Mt. Rainier
703-624-0417
sandygixer@comcast.net

Brochures, newsletters, advertisements, etc.

EDUCATION & INSTRUCTION

Anna Bernake

Mt. Rainier
202-957-7551
www.touchstones.org
abernake@hotmail.com

Home school instruction @ Joe's Movement Emporium in math, science, Tae Kwon Do, Spanish, Touchstones Discussion Project

LMG Theatre

Lee Mikeska Gardner
Mt. Rainier
301-927-9560
lee.mg@verizon.net

Acting (film, stage, public speaking) and directing coaching, private and on-going classes

Please Visit
www.anacostiahours.org
for up-to-date information

Mount Rainier Martial Arts Center

Daniel Nightingale
Mt. Rainier
301-277-1777
henney@live.com

Offers instruction in yang style Tai Chi

Mount Rainier/Takoma Park

Martial Arts
Paul Ramos
3804 34th Street
Mt. Rainier
7117 Maple Avenue
Takoma Park
301-270-0665
www.wushentao.com
pushhands@aol.com

Offering group instruction Kung Fu/Tai Chi/ Stick Fighting, children, adults & business wellness programs; private instruction

Ultimate Eskrima International

Wesley Crisostomo
Silver Spring
301-768-8401
powerdana@aol.com

Self defense arts, healing arts (Filipino Martial Arts—Eskrima)

Ligia Williams

Mt. Rainier
301-277-5318
nickandligia@aol.com

Chess lessons for adults or children over 8

ENTERTAINMENT

Laurel Imlay

Hyattsville
301-779-1740
laurelimlay@sierraclub.org

Face painting for children's parties

Joe's Movement Emporium

Mt. Rainier
3309 Bunker Hill Road
301-699-1819
www.joesmovement.org
malori@joesmovement.org

Dance, live music performances, theater productions, special events year round

Gabe Popkin

Mt. Rainier
859-619-4769
gpopkin@gmail.com

Old-time fiddle music; organize concerts and dances for your event

Spotlight Café

3311 Rhode Island Avenue
Mt. Rainier
301-209-2995
www.spotlightcoffeecafe.com
info@spotlightcoffeecafe.com

Local performers, music, dance, storytelling, films, comedy, theater each week

EVENT PLANNING/SERVICES

Spotlight Café

3311 Rhode Island Avenue
Mt. Rainier
301-209-2995
www.spotlightcoffeecafe.com
info@spotlightcoffeecafe.com

Birthday, receptions, showers, fundraisers, political events, community events and more

FLOWERS & PLANTS

Delectable Cakery

3311 Rhode Island Avenue
Mt. Rainier
301-577-7115
www.delectablecakery.com
info@delectablecakery.com

Make any celebration extra special with flowers! Holiday bouquets, loose flowers

Oscar Flowers & Gift Shop

Mt. Rainier
4006 34th Street
301-454-0140

Natural and artificial flowers, balloons and gifts for all occasions

FOODS, GENERAL

Delectable Cakery

3311 Rhode Island Avenue
Mt. Rainier
301-577-7115
www.delectablecakery.com
info@delectablecakery.com

Collaborating with Spotlight Cafe, catering too

GLUT Food Coop

4005 34th Street
Mt. Rainier
301-779-1978
www.glut.org
chris@glut.org

Natural foods, cheeses, spices, organic produce

FURNITURE REPAIR/REFINISH

Kevin McCarron

Washington, DC
202-427-2893
alanbreckstewart@yahoo.com

Furniture refinishing

Peter McClintock

Mt. Rainier
peterbain@earthlink.net
Furniture repair; door repair



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Natural Foods at the Best Prices in Town
Open to the Public • No Membership Required
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More than 40 Varieties of Cheeses, Nuts, Dried Fruits,
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Little Friends for Peace

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MJ Park
Executive Director
4405 29th st
Mount Rainier, MD 20712
240-838-4549
mjpeace@gmail.com
www.LFFP.org

Ecological Field Trips

Conservation Family Planet
Green Schools
Ligia Medina Williams
301.277.5318
lverdurous@gmail.com

Meisterbuilders, Inc.

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Beautiful Built-in Furniture
Individually Designed Pieces
Furniture Restoration
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steffenb@verizon.net
www.meisterbuilders.com

Mount Rainier Antique Thrift & Salvage

tools, books, LP's, pottery, hardware, kitchen, housewares
we handle salvage and partial and full estates
301.785.5956 3815 34th Street
Stuart Morris Mt. Rainier, MD 20712

Mexican Florist Oscar Flowers & Gift Shop

We offer you all kind of:
• Natural & Artificial Plants, Roses & Flowers in all colors.
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• Mexican Craft
• We have wholesale prices
4006 34th St - Mount Rainier MD. 20712
Shop (301) 454-0140 Call (301) 437-6938

conservación+familia+planeta

Ligia Medina-Williams
Educación Ambiental
lverdurous@gmail.com
301.277.5318
paseos ecológicos

TAILS OF THE CITY MARYLAND
PROFESSIONAL PET CARE
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Owner
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www.TailsoftheCityPetCare.com
Licensed, insured and bonded. Established in 2002.

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3311 Rhode Island Ave • Mt. Rainier, MD 20712
www.delectablecakery.com

GARDENING

Mark & Alice Imlay
Bryans Road
301-442-5657
ialm@erols.com

Invasive plant removal consultant (identify alien invasive weeds, advise methods and seasonal plan); stewardship outings

Steve McKindley-Ward
Mt. Rainier
301-927-1720
s.mckindley.ward@gmail.com

Native plant garden planning; how to get started/what's native, what isn't/sources for good native plants

Joe Robbins
Mt. Rainier
301-927-3838
robbins629@aim.com

One hour of my time to visit & make suggestions for growing your own food, composting and other ideas; no labor involved

Judy Walsh-Mellett
Mt. Rainier
301-927-2015
jwalshmellett@msn.com

Organic gardening consultations

HEALING ARTS

Ayo Ngozi
Mt. Rainier
240-487-6540
greengyal@gmail.com

Level III Reiki Master; an ancient, energetic healing art for stress management, pain, reduction, and wellness; sessions or classes

Darlene Nicholas
Beltsville
860-235-4730
darnich@yahoo.com

Healing touch therapy

Patience Robbins
Mt. Rainier
301-927-3838
robbinsp@verizon.net

Foot Reflexology: a time for relaxation, nurturing and healing while your feet are being massaged and pampered

Patience Robbins
Mt. Rainier
301-927-3838
robbinsp@verizon.net

Compassionate Listening: a space and time to be heard without fixing, judging, interrupting, or analyzing

HEALTH CARE

Yutta Brettschneider
Brentwood
240-328-8415
yuttab@verizon.net

Feldenkrais: "Awareness through Movement" class on Monday 8pm, individual lessons (1 Hour/30 min, lessons usually take 60 minutes)

Jenny Marsh
Mt. Rainier
202-271-9113

Babysitting and helping mothers/fathers transition to parenthood; caregiving for older adults; 25 years nursing experience

HERBS/HERBAL PRODUCTS

Ayo Ngozi
Mt. Rainier
240-487-6540
earthseedbotanicals@gmail.com

Custom blended, organic and wildcrafted herbal remedies, teas, and body care products; neighborhood herbal identification walks & teas

JEWELRY & JEWELRY DESIGNERS

Out of Chaos
Mt. Rainier
301-523-7974
bairdj3509@verizon.net

Handmade beaded and silver jewelry

MARKETING CONSULTANTS

George Washington University Consulting Club
Erik Walenza-Slabe
Mt. Rainier
503-516-6672
ewalenza@gmail.com

Business consultation offering business & market plan development, market research, revenue and expense analysis & other services

MUSIC SERVICES

Joe Robbins
Mt. Rainier
301-927-3838
robbins629@aim.com

Music conversion: will convert your musical treasures from records or cassette tapes to MP3

OCCUPATIONAL THERAPIST

Yutta Brettschneider
Brentwood
240-328-8415
yuttab@verizon.net

Occupational therapy consultations

PEACE SKILLS TRAINING

Little Friends for Peace
M.J. and Jerry Park
Mt. Rainier
240-838-4549
www.lffp.org

Day camps, classes, clubs, workshops for children, teachers, families

REAL ESTATE

J.D. Williams Real Estate, CU, P.A.
Riverdale
301-779-5050
jdwc21@aol.com

Accepts up to 50 hours/(\$500) in Hours for payment in helping you find a house to buy or rent; call for details for an appointment

RECREATION

Joe's Movement Emporium
Mt. Rainier
3309 Bunker Hill Road
301-699-1819
www.joesmovement.org
malori@joesmovement.org

Performances and activities all year long; visit website for a complete list of activities

RESEARCH

Elizabeth Arnold
Hyattsville
301-779-8587
elizabetharnold@earthlink.net

Internet or library research

RESTAURANT/CAFÉ/COFFEE

Spotlight Café
3311 Rhode Island Avenue
Mt. Rainier
301-209-2995
www.spotlightcoffeecafe.com
info@spotlightcoffeecafe.com

Full service coffee café featuring breakfast, lunch, coffee, teas and lattes; free WiFi

SEAMSTRESS/SEWING

Barbara Becker
Brentwood
240-328-8414
barbara.becker@verizon.net

Small alterations like hems, zippers, torn seams, reverse frayed collars

TRANSPORTATION

Elizabeth Arnold
Hyattsville
301-779-8587
elizabetharnold@earthlink.net

Will provide rides to and from the Metro or to nearby places

TUTORING

Ligia Williams
Mt. Rainier
301-277-5318
nickandligia@aol.com

Reading, writing or math tutoring for students in elementary school

TREE SERVICE

Steve McKindley-Ward
Mt. Rainier
301-927-1720
s.mckindley.ward@gmail.com

Certified Arborist (International Society of Arboriculture); diagnosing problems; nearby construction ramifications; risk assessment

WEB PAGE & SITE DESIGN

John Clark
Brentwood
240-997-0087
john@henderson-clark.com

Web design, consultation, & general IT

WELDING

Hertzler-McCain Family
Mt. Rainier
301-864-1312
jbmccain@verizon.net

All types of welding work—wrought iron and other metals for fences, art work

WRITING/EDITORIAL SERVICES

Elizabeth Arnold
Hyattsville
301-779-8587
elizabetharnold@earthlink.net

Offering writing and editorial services

YARD WORK

Kevin McCarron
Washington, DC
202-427-2893
alanbreckstewart@yahoo.com

Simple landscaping and yard work; firewood

YOGA

Joe's Movement Emporium
Mt. Rainier
3309 Bunker Hill Road
301-699-1819
www.joesmovement.org
malori@joesmovement.org

Several weekly classes, Ashtanga, Vinyasa

Anacostia Hours

local currency system promoting local economic strength & community self-reliance



Directory of Goods and Services



What are Anacostia Hours?

Anacostia Hours are local paper money, traded within the communities of Mount Rainier, Brentwood, North Brentwood, Hyattsville and surrounding areas.

Are Anacostia Hours real money?

Yes. They are as valid as US dollars. They are just as taxable as US dollars, but Hours are issued by a local community organization, Anacostia Hours, Inc., rather than by a national government.

What is an Hour worth?

One Hour is equivalent to \$10.

Can we use dollars and Hours together?

Yes. For example, for a clock selling at \$15.00 one might offer one Hour plus \$5.00. For an hour of labor one might offer one Hour plus \$2.50. And so on.

Why not just use dollars?

Conventional employment doesn't provide us with enough dollars to do all the trading we need. Hours represent the productive potential of grassroots enterprise. Hours will stay in our communities, promoting local control of the environmental and social aspects of commerce.

Why is our local currency called "Anacostia Hours"?

The name Hours encourages people to think about the value of everyone's time and reminds us that the real source of money's value is created by people—their time, skills and energy. Also Anacostia means "trading town" from the Anacostian Indians who lived in the regions of the Anacostia River watershed. We chose Anacostia to honor Native Americans, and we think the meaning is suitable for our local currency.

Who can use Hours?

Members of Anacostia Hours have made a written commitment to accept and use Hours, but anyone can use Hours without being a member.

How can I join Anacostia Hours?

There are three membership categories for Anacostia Hours:

- People, businesses or organizations who sign-up to submit listings to the Anacostia Hours Directory.
- Employees of member businesses who accept Hours as a regular part of their pay and who sign up as an "employee member".
- People who sign-up as Supporters of the system.

How can I get Hours?

- Offer goods or services in the Anacostia Hours Directory. Once you submit the Membership Application form and pay your directory listing fee, you will receive a disbursement of 2 Hours (equivalent to \$20.00). You can start earning Hours when people contact you about your offer(s) through the directory.
- If you are already a member, pay your annual listing fee and you will receive another 2 Hours disbursement.
- If you work for a business which accepts Hours, offer to take part of your pay in Hours. If you fill out and send in the form and become an Employee Member of Hours, you will receive 2 Hours disbursement.
- If you sign-up as a Supporter of the system and pay an application fee, you will receive 2 Hours disbursement.
- Ask for Anacostia Hours as part of your change from a purchase from businesses accepting Hours. Taking Hours as change can make social change by moving our money through the community.
- Accept Hours at a yard sale, as payment for chores, or any other exchange you arrange.

**4104 32nd Street
Mt. Rainier, Maryland
20712**

**anacostiahours@yahoo.com
301.277.5318
www.anacostiahours.org**