

News on **Rock Recovery**, a non-profit bringing hope and healing to those striving to overcome food addiction and exercise disorders.

**“The first step towards getting somewhere is to decide that you are not going to stay where you are.”**

- **J. Pierpont Morgan**

**Featured RockStars: Rock Recovery Summer Interns**

This summer Rock Recovery’s interns contributed to our mission in a number of key ways. We’ve asked them each to say a few words on how they contributed to Rock Recovery and (just for fun) their favorite vacation spot.



Wilma Fisiy, from Alexandria, VA, worked on Rock Recovery outreach and marketing. Her favorite vacation spot is Cameroon, West Africa. Wilma adds, “from my own experiences, what Rock Recovery aims to do is so important, and so necessary.”



Kelsey Gvozdich is senior at Juniata College in Johnstown, Pennsylvania. Kelsey has participated in various Rock Recovery research and marketing campaigns. Her favorite vacation spot is Walt Disney World where her family goes nearly every summer.



Melanie Spaethe is from Germany, but identifies with both German and Taiwanese cultures. A passion of hers is travel, and her favorite vacation spot is Taipei, Taiwan. As a Rock Recovery intern, Melanie assisted with grant proposals. She believes in Rock Recovery’s mission because “it focuses on individual healing processes, taking everyone’s personal life into consideration.”



Lindsey Fogle, from Fort Valley, VA, focused on Rock Recovery research endeavors, including contacting doctors and other professionals who are authorities on eating disorders and their treatment. Her favorite vacation spot is Colorado because she loves hiking and skiing.



Fielding Jezreel assisted with grant writing and fundraising from her hometown of Louisville, KY. Her favorite vacation spot is Antalya, Turkey. Fielding interned for Rock Recovery because it “enables individuals struggling with eating disorders a cost free way to engage their entire being in the process to recovery” and “empowers others to approach friends and family members with eating disorders with knowledge and compassion.”



Elia Pfaff is from Minneapolis, MN, and is a current senior at the College of William and Mary. Elia helped to design and produce Rock Recovery’s newsletter. A believer in Rock Recovery’s mission after watching several friends struggle with eating disorders, she feels that the organization “is tapping into a currently unaddressed niche, and providing hope and opportunities for healing.” Her favorite vacation spot is Southern Spain, where she studied abroad in the Spring.

**Rock Recovery launches D.C. Community Outreach with “Art, Eating, & Exercise”**

September 19, Vienna, VA: Rock Recovery hosted its first community outreach event, a silent arts and crafts auction. The event was wildly successful, raising over \$1,500 in seed money for the organization and educating hundreds on the fine line between healthy eating/exercise and disordered eating/exercise. Rock Recovery is extremely thankful for the generous support of:

**Artists and Artisans**

- [Sean Greene](#), Photographer, NYC, NY
- [Colleen Greene](#), Photographer, NYC, NY
- [John M Fleming](#), Photographer, Douglas, MI
- [Elizabeth Kepper Brown](#), Artist, Covington & NYC
- [Joan Marie Giampa](#), Artist, Vienna, VA
- Bethany Hackmann, Artist, Iowa
- Elizabeth Porter, Artist, New Orleans, LA
- Nora Stinley, Artist, Washington, D.C.
- Rama Raj, Jewelry Designer, Alexandria, VA
- Erin Rose, Artist, Casper, WY
- Susan England, Artist, Washington, D.C.

**Businesses**

- [The Sundry](#) (our host!)
- [Pear Tree Cottage](#)
- [Roselle Center for Healing](#)
- [Damon Galleries](#)
- [Art & Framing Club](#)
- [Creative Framing](#)
- [Potomac River Running Store](#)
- [Agape Bears](#)
- [Great Harvest Bread Company](#)
- [Cinema Arts Theater](#)
- [Fitness Image Results](#)
- [Kettler Capital’s Iceplex](#)
- [Dante Salon & Wellness Spa](#)
- Princess Fanny’s Beauty Salon
- FedEx/Kinkos
- Bath & Body Works
- Frame Factory
- Party City
- Trader Joe’s
- Whole Foods
- Starbucks Coffee
- Jason’s Deli
- Giant Food
- Harris Teeter



**Naomi Elliot displays her young artistic talent**

**October Events!**

**RockingRecovery**

Singer/Songwriting Competition  
Friday October 9, 7PM to 10PM

[Ebenezer’s Coffeeshouse](#), 201 F St. NE, D.C.

**Busboys & Poets Non-Profit Tuesday**

Community Outreach & Fundraising Effort  
Tuesday October 13, 5PM to 7PM  
Busboys & Poets @ 14<sup>th</sup> & V St. NW, D.C.

**Greg Roth & The Bargains Benefit Concert**

Celebration of Recovery & Fundraising Effort  
Saturday October 24, 11PM to 1AM  
Busboys & Poets @ 14<sup>th</sup> & V St. NW, D.C.

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**Prayer Requests**

[Our] help comes from the Lord, Maker of heaven & earth.” – Psalm 121:2  
Please pray for enthusiastic volunteers, generous donors and grant-makers, and opportunities to connect with those who share our vision.