6

PROCLAMATION

3-13-01

WHEREAS, *the local and national contributions of women in history deserve recognition and celebration; and*

WHEREAS, *all women benefit from the profound and undeniable impact of the Women's Rights Movement, and are afforded the opportunity to make contributions to the growth and strength of our City; and*

WHEREAS, *the Commission for Women will honor women for their contributions to the quality of life in Alexandria at its annual* **Salute to Women Awards** *Banquet on March 26; and*

WHEREAS, *the* **Women's History Project** *developed for the City's 250th Anniversary will serve as a catalyst for the ongoing research and recognition of the many women of Alexandria's past who have made enduring contributions to our City; and*

WHEREAS, *the knowledge of women's history promotes an understanding of the roles of women in today's society and the continuing struggle for equality for all women in all aspects of their lives;*

NOW, THEREFORE, I, KERRY J. DONLEY, Mayor of the City of Alexandria, and on behalf of the Alexandria City Council, do hereby proclaim the month of March, as:

"WOMEN'S HISTORY MONTH"

in the City of Alexandria and reaffirm the commitment of the City to women's rights in life and under the law and do commend all citizens to commemorate this month in gratitude for those women who have contributed to the life of the City and the nation where all have, by right, a position of equality, fairness, justice, and freedom.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Alexandria to be affixed the 13th day of March 2001.

_____
KERRY J. DONLEY   MAYOR
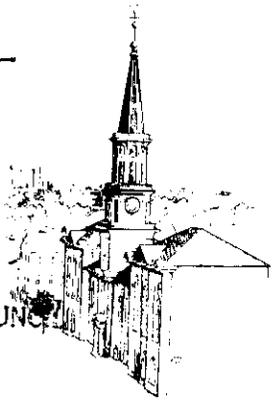*On behalf of the City Council*
of Alexandria, Virginia

ATTEST:

_____
Beverly I. Jett, CMC   City Clerk

EXHIBIT NO. 2

Office of the City Manager

6
3-13-01

DATE: 3/13/01
TO: THE HONORABLE MAYOR AND MEMBERS OF THE CITY COUNCIL
FROM: PHILIP SUNDERLAND, CITY MANAGER
SUBJECT: FYI

City Hall
Alexandria, Virginia

THE 10 HEALTHIEST TOWNS IN AMERICA

APRIL 2001

ARE YOUR FRIENDS MAKING YOU FAT?

10 THINGS THEY'LL NEVER TELL YOU

Do You ___ Your Period? Surprising Health News

WEEKEND WARDROBE UPDATE

LOOKS TO STEAL RIGHT NOW

THE NEW EPIDEMIC

Got a FREE YEAR!

Why women love Tom Hanks

The Best Cities for Women
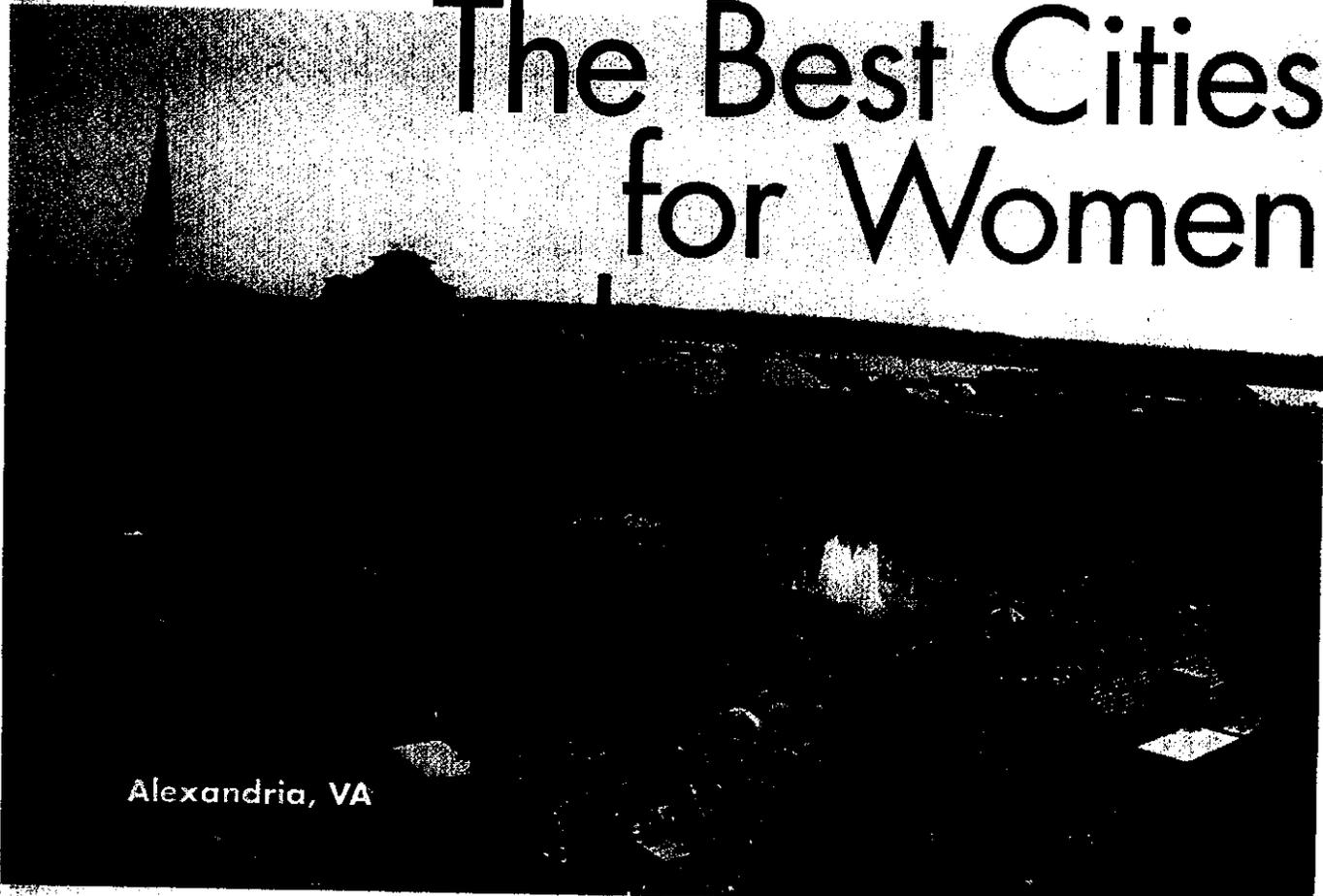
Alexandria, VA

LHJ put America's biggest towns to the test. Which ones hit the heights for health care? Education? Employment? Produced by Margot Gilman

Virginia may well be a paradise for lovers, as the state slogan says, but it offers several other seductions for women who want to live well.

That's why two Virginia communities made this year's Top 10 list of America's Best Cities for Women. Coming in first was **Alexandria,** which offers a combination of scenic charms (a riverfront location and a picturesque pre-Revolutionary quarter bustling with boutiques and restaurants) with modern must-haves (well-paying jobs in government and business, quality schools and outstanding child care).

To the south, the booming community of **Chesapeake** landed in eighth place (and neighboring **Virginia**

Beach came close to the top, at number 12). Seven of our latest winners have made it onto our list before (including **Ann Arbor, MI; Burlington, VT;** and **Irvine, CA**), while the debutantes include Chesapeake, plus **Sioux Falls, SD,** and **Overland Park, KS.**

This marks the fourth year that *Ladies' Home Journal* has surveyed America's 200 largest towns and ranked them according to the qualities that are of particular concern to women. When we analyze a local economy, for instance, we consider the size of the wage gap and the percentage of women-owned businesses, as well as overall job growth. And when we look at lifestyle, we check out *(continued on page 106)*

Irvine, CA

Plano, TX
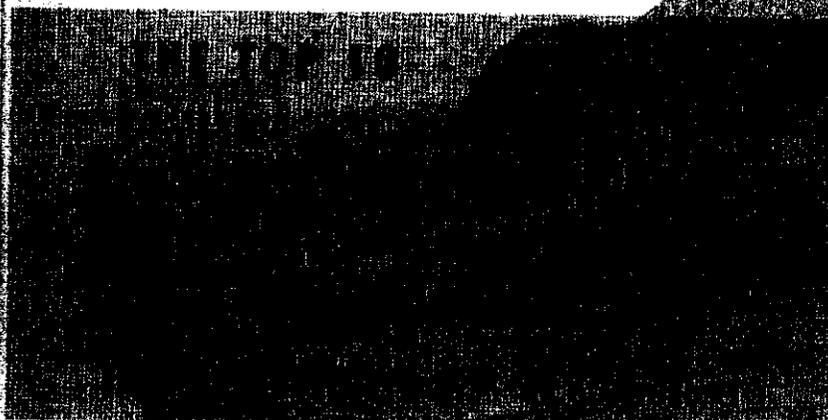
(continued from page 102) not only the cultural resources and parks, but also the little details that can loom so large—such as the probability of finding a ladies' rest room when you really, really need one, or the likelihood that you'll have more good vs. bad hair days, based on prevailing weather conditions.

As always, we started our survey by asking readers to rank their most pressing concerns. When it comes to what makes a community a great place to live, you declared that a low-crime rate is paramount, followed by a pleasant lifestyle, good public schools, plentiful job opportunities, quality health- and child-care resources and a significant number of women in local government. Then, with

Chesapeake, VA

Overland Park, KS

Stamford, CT

the expert help of Sperling's Best-Places (*www.bestplaces.net*), a leading demographics consulting firm in Portland, OR, we weighted the cities' scores to reflect those preferences.

But this year we significantly deepened our data pool. To get a sharper perspective on the availability and quality of health care for women from city to city—and to get a read on where women are more, or less, likely to practice healthy habits, like going to the gym or getting mammograms regularly—we consulted a number of sources. We turned to the National Institutes of Health for mortality rates for heart disease and five types of cancer; the Centers for Disease Control and Prevention (CDC) helped us track patterns of smoking, exercising and other behaviors (see "On Best Behavior," page 110). We even gathered information on how likely women in each town were to have annual Pap smears. To see where women's health care is at its best, see "The Best City For . . . ," page 110.

Our very top winners were not only healthy, but also wealthy and wise. All had better-than-average economies and job prospects—especially flourishing **Plano, TX**, and **Sioux Falls, SD**. As for family issues, most of our champs ranked in the top half nationally in education, child care, or both.
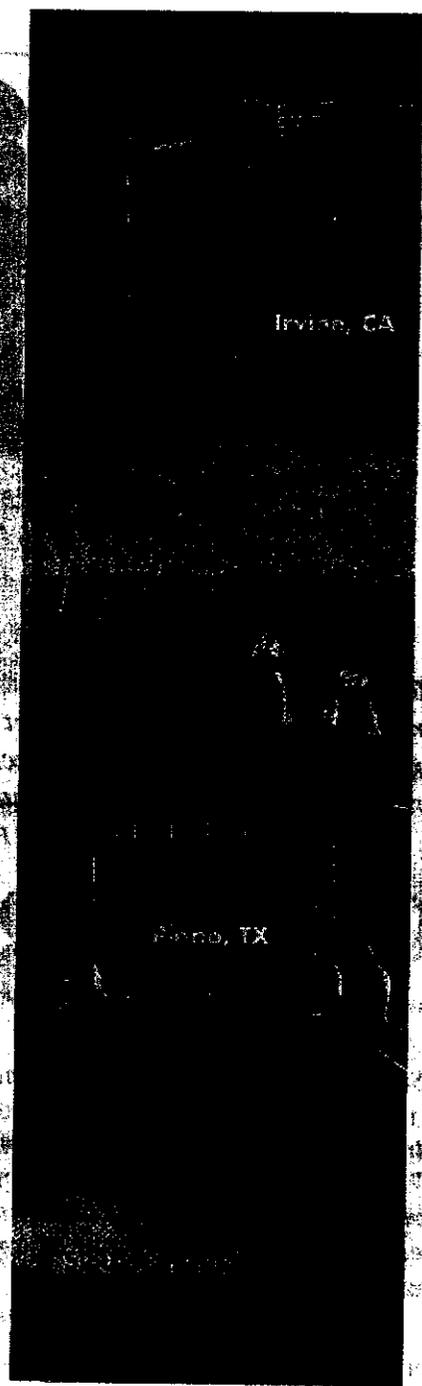
If your city failed to shine on this year's list, consider some hometown truths. None of these places is perfect: **Alexandria**, which came in first, for instance, has a tough work commute for many of its residents. And the fact remains that any city can be a great place to live if it gives you and your family what you want.   —*Lynn Langway*
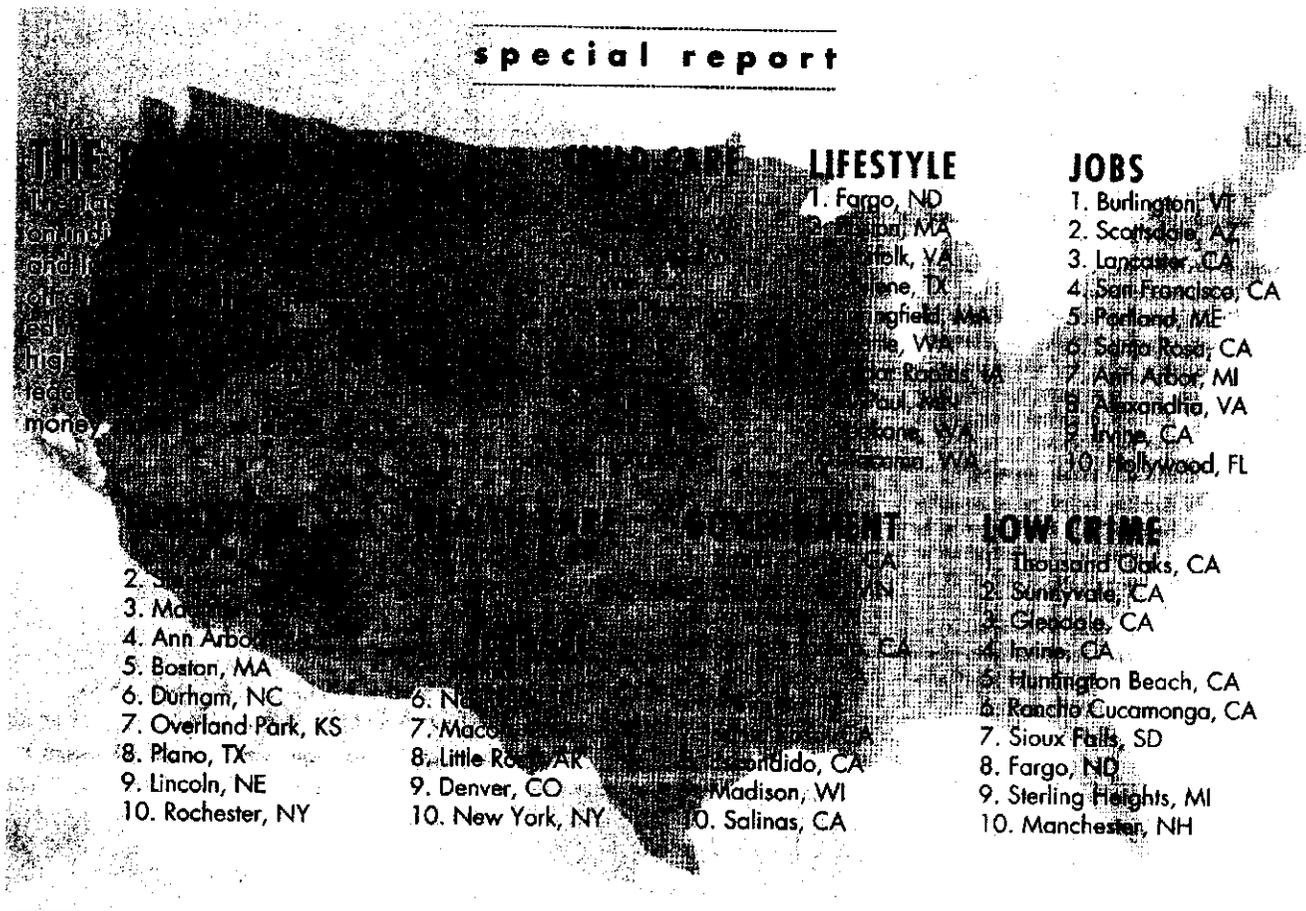
LIFESTYLE
1. Fargo, ND
2. [...], MA
[...]lk, VA
[...]ne, TX
[...]gfield, MA
[...], W[...]
[...], WA
[...], VA
[...], WA
[...], WA

JOBS
1. Burlington, VT
2. Scottsdale, AZ
3. Lancaster, CA
4. San Francisco, CA
5. Portland, ME
6. Santa Rosa, CA
7. Ann Arbor, MI
8. Alexandria, VA
9. Irvine, CA
10. Hollywood, FL

[...]
2. [...]
3. Ma[...]
4. Ann Arbor[...]
5. Boston, MA
6. Durham, NC
7. Overland Park, KS
8. Plano, TX
9. Lincoln, NE
10. Rochester, NY

6. N[...]
7. Maco[...]
8. Little Rock, AR
9. Denver, CO
10. New York, NY

[...]ndido, CA
[...]adison, WI
[...]0. Salinas, CA

LOW CRIME
1. Thousand Oaks, CA
2. Sunnyvale, CA
3. Glendale, CA
4. Irvine, CA
5. Huntington Beach, CA
6. Rancho Cucamonga, CA
7. Sioux Falls, SD
8. Fargo, ND
9. Sterling Heights, MI
10. Manchester, NH

The healthiest places to live

On Best Behavior

You can drop those Flori-duh jokes now. Even if Floridians fumble their vote counts, the Sunshine State shines brilliantly when it comes to healthy habits. Four Florida cities rule our index of healthy behaviors: Orlando, at number one, with Miami, Fort Lauderdale and Tampa in positions three, five and ten.

Using the latest data from the CDC and other authoritative sources, we created our ratings by calculating the prevalence of good and bad behavior (exercising, smoking) in each of the cities, along with the per capita presence of diet busters (fast-food chains) and boons (health clubs), as well as the average Body Mass Index (BMI) of local females.

The results were fascinating—and quirky. Orlando women, for instance, must flex some mighty willpower,

since burger joints (one for every 2,026 citizens) outnumber health clubs (one for every 4,098) by about two to one. As for exercise, while Californians predictably dominated our list, the best sweat set was the women of Lubbock, TX, who reported working out 1,029.4 minutes the previous month, or about 34.3 minutes per day (does line-dancing count?). No wonder the Lubbock ladies had one of the leanest BMIs—25.5.

At the other end of the scale, the five most slothful cities reported less than four hours of exercise per month, including Washington, D.C.; Springfield and Rockford, IL; Cleveland and Toledo, OH. And the pudgiest places, with BMIs over 36, were Columbus, OH; Topeka, KS; Brownsville, TX; and Kansas City, KS, which porked out at 37.
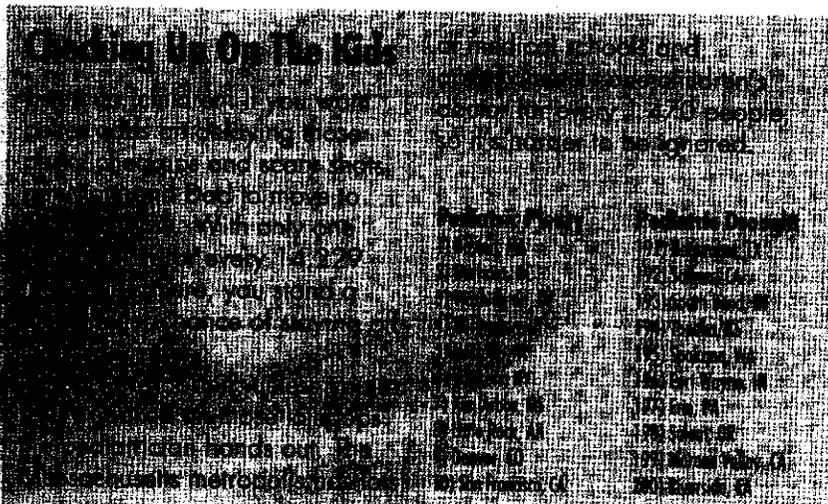
Healthiest Lifestyles	Unhealthy Lifestyles
1) Orlando, FL	191) Pomona, CA
2) Stamford, CT	192) Warren, MI
3) Miami, FL	193) Paterson, NJ
4) Erie, PA	194) Ontario, CA
5) Fort Lauderdale, FL	195) Moreno Valley, CA
6) Wilmington, DE	196) Detroit, MI
7) Columbia, SC	197) Santa Ana, CA
8) Atlanta, GA	198) Gary, IN
9) Rochester, NY	199) Newark, NJ
10) Tampa, FL	200) Kansas City, KS

MERLE NACHT

Where Breast Cancer Kills

Newark, NJ, holds a regrettable health record: According to the National Cancer Institute, the city's rate of one breast-cancer death per every 2,895 women is the highest in our survey.

That shocking statistic may be explained by ethnicity: Newark's population is 56 percent African-American, and African-Americans, as a group, have a higher breast-cancer death rate than other racial groups. It may also have to do with socioeconomics: According to the most recent census, 26.3 percent of Newark residents are below the poverty line, and poorer people generally get inferior medical care and are more likely to die from cancer than wealthy people. Other factors that may contribute to a city's cancer mortality rate include proximity to superior medical facilities, as well as the population's diet and exercise habits.

Speaking of Pap Smears

If you think you have a long wait to see your ob-gyn, consider the extra-patient patients of Cedar Rapids, IA, where there's only one such specialist for every 18,484 people!

The stirrups cup in this category goes to Washington, D.C., where the odds are lots better, with one ob-gyn for every 2,522 individuals.

Most Ob-Gyns
1) Washington, DC
2) Durham, NC
3) Macon, GA
4) Denver, CO
5) Ann Arbor, MI
6) Atlanta, GA
7) Boston, MA
8) Yonkers, NY
9) Norfolk, VA
10) Newark, NJ

Fewest Ob-Gyns
191) Tallahassee, FL
192) Modesto, CA
193) Lakewood, CO
194) Stockton, CA
195) Salem, OR
196) Brownsville, TX
197) Moreno Valley, CA
198) Riverside, CA
199) Laredo, TX
200) Cedar Rapids, IA

Lowest Mortality Rates
1) Brownsville, TX
2) Laredo, TX
3) Macon, GA
4) Lubbock, TX
5) Corpus Christi, TX
6) Austin, TX
7) Plano, TX
8) Amarillo, TX
9) Springfield, TX
10) Jackson, MS

Highest Mortality Rates
191) Rochester, NY
192) San Francisco, CA
193) Washington, DC
194) Philadelphia, PA
195) Cincinnati, OH
196) New York, NY
197) Elizabeth, NJ
198) Buffalo, NY
199) Yonkers, NY
200) Newark, NJ
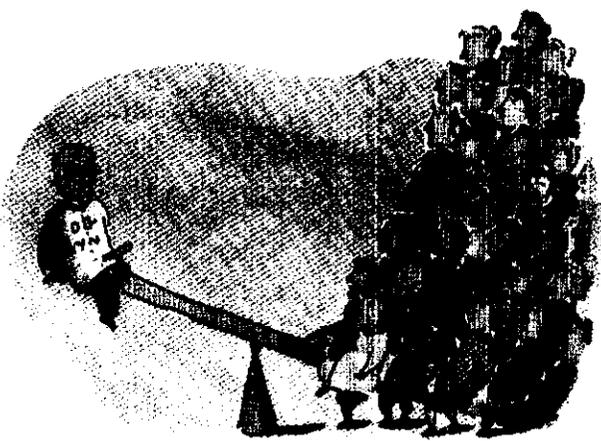
What Care Costs

Today's spiraling medical costs can give anyone a migraine, but some cities offer relative bargains on the average cost of visiting the doctor and costs buying over-the-counter drugs and staying in the hospital.

According to data from the U.S. Bureau of Labor Statistics, New Orleans boasts the least expensive medical bills among American cities—probably a lucky thing, given the local penchant for rich foods, late nights and frisky behavior.

Meanwhile, world-class medical centers like New York City or San Francisco and their surrounding areas may provide top-notch treatments—but at prices to match.

Cheapest Care
1) New Orleans, LA
2) Jackson, MS
3) Mobile, AL
4) Winston-Salem, NC
5) Amarillo, TX
6) Charleston, WV
7) Columbus, GA
8) Nashville, TN
9) Memphis, TN
10) Buffalo, NY

Priciest Care
191) Sunnyvale, CA
192) San Jose, CA
193) Concord, CA
194) Fremont, CA
195) San Francisco, CA
196) Oakland, CA
197) Hayward, CA
198) Anchorage, AK
199) New York, NY
200) Yonkers, NY

MERLE NACHT

Coverage Capitals

Even if the women of Overland Park, KS, don't make the best-dressed list this year, they're still America's best-covered females. An impressive 97.25 percent have health insurance, according to the CDC, compared to a national average of only 85.4 percent.

Nine of our Top 10 cities beat this national score; only Chesapeake, VA, fell short, with 79.76 percent. That's still far better than our bottom city, Brownsville, TX, where 42.4 percent of the women have no coverage. Since going without insurance often means going without mammograms, other important tests and prenatal care, these gaps are not only financial hardships, but health hazards as well.

Most Insured
1) Overland Park, KS
2) Lansing, MI
3) Springfield, MO
4) Minneapolis, MN
5) Honolulu, HI
6) Macon, GA
7) Madison, WI
8) Aurora, IL
9) Rochester, NY
10) Concord, CA

Least Insured
191) Pasadena, TX
192) Mobile, AL
193) Fresno, CA
194) Corpus Christi, TX
195) Modesto, CA
196) Beaumont, TX
197) Abilene, TX
198) Lubbock, TX
199) El Paso, TX
200) Brownsville, TX

Looking good: In Overland Park, KS, only 2.75 percent of women lack health insurance

HOW THE REST RANK

11) Garland, TX	49) Fort Wayne, IN	87) Corpus Christi, TX	125) San Antonio, TX	163) Huntsville, AL
12) Virginia Beach, VA	50) Brownsville, TX	88) Columbus, GA	126) St. Paul, MN	164) Macon, GA
13) Lexington, KY	51) Portland, ME	89) Syracuse, NY	127) Winston-Salem, NC	165) Anchorage, AK
14) Lincoln, NE	52) Hampton, VA	90) Cheyenne, WY	128) Erie, PA	166) Dallas, TX
15) Fargo, ND	53) Santa Clarita, CA	91) Pasadena, TX	129) Garden Grove, CA	167) Kansas City, KS
16) Independence, MO	54) Cincinnati, OH	92) Indianapolis, IN	130) Atlanta, GA	168) Jersey City, NJ
17) Thousand Oaks, CA	55) Raleigh, NC	93) Providence, RI	131) Irving, TX	169) Spokane, WA
18) Mesquite, TX	56) Toledo, OH	94) Chattanooga, TN	132) Paterson, NJ	170) Oceanside, CA
19) Sterling Heights, MI	57) Moreno Valley, CA	95) Allentown, PA	133) Warren, MI	171) Miami, FL
20) Worcester, MA	58) Torrance, CA	96) Bakersfield, CA	134) Houston, TX	172) Fort Lauderdale, FL
21) Orlando, FL	59) Huntington Beach, CA	97) Knoxville, TN	135) Glendale, CA	173) Pasadena, CA
22) Lakewood, CO	60) Wilmington, DE	98) Dayton, OH	136) Mobile, AL	174) Santa Ana, CA
23) Springfield, MA	61) Charleston, WV	99) Grand Rapids, MI	137) Salt Lake City, UT	175) Chula Vista, CA
24) Tallahassee, FL	62) Lubbock, TX	100) Yonkers, NY	138) Elizabeth, NJ	176) San Diego, CA
25) Abilene, TX	63) Norfolk, VA	101) Fullerton, CA	139) Honolulu, HI	177) Stockton, CA
26) Springfield, MO	64) Topeka, KS	102) Tulsa, OK	140) Modesto, CA	178) Philadelphia, PA
27) Lancaster, CA	65) Austin, TX	103) Riverside, CA	141) San Bernadino, CA	179) St. Louis, MO
28) Cedar Rapids, IA	66) Springfield, IL	104) Denver, CO	142) Pomona, CA	180) Sacramento, CA
29) Manchester, NH	67) Aurora, CO	105) Colorado Springs, CO	143) Oxnard, CA	181) Savannah, GA
30) Tampa, FL	68) Sunnyvale, CA	106) Lansing, MI	144) Hialeah, FL	182) Inglewood, CA
31) Rancho Cucamonga, CA	69) Jacksonville, FL	107) Fort Worth, TX	145) Anaheim, CA	183) Tacoma, WA
32) Evansville, IN	70) Charlotte, NC	108) Eugene, OR	146) Gary, IN	184) Seattle, WA
33) Arlington, TX	71) Mesa, AZ	109) Columbus, OH	147) Laredo, TX	185) New Orleans, LA
34) Rochester, NY	72) Milwaukee, WI	110) Reno, NV	148) Boston, MA	186) Escondido, CA
35) Pittsburgh, PA	73) Little Rock, AR	111) Tempe, AZ	149) Newark, NJ	187) Long Beach, CA
36) Richmond, VA	74) Waterbury, CT	112) Oklahoma City, OK	150) Baton Rouge, LA	188) Hayward, CA
37) Nashville, TN	75) Fremont, CA	113) Greensboro, NC	151) Santa Rosa, CA	189) Portland, OR
38) Des Moines, IA	76) Washington, DC	114) Montgomery, AL	152) Vallejo, CA	190) Detroit, MI
39) Billings, MT	77) New Haven, CT	115) Birmingham, AL	153) Beaumont, TX	191) Flint, MI
40) Hartford, CT	78) South Bend, IN	116) Bridgeport, CT	154) Concord, CA	192) El Monte, CA
41) Columbia, SC	79) Kansas City, MO	117) Buffalo, NY	155) Shreveport, LA	193) Chicago, IL
42) Glendale, AZ	80) Newport News, VA	118) Salem, OR	156) Tucson, AZ	194) San Jose, CA
43) Orange, CA	81) Jackson, MS	119) Phoenix, AZ	157) Akron, OH	195) Los Angeles, CA
44) Omaha, NE	82) Albuquerque, NM	120) Rockford, IL	158) El Paso, TX	196) Cleveland, OH
45) Louisville, KY	83) Hollywood, FL	121) Aurora, IL	159) Las Vegas, NV	197) San Francisco, CA
46) Amarillo, TX	84) St. Petersburg, FL	122) Wichita, KS	160) Memphis, TN	198) Oakland, CA
47) Scottsdale, AZ	85) Durham, NC	123) Ontario, CA	161) Fresno, CA	199) New York, NY
48) Minneapolis, MN	86) Boise, ID	124) Peoria, IL	162) Baltimore, MD	200) Salinas, CA