

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JULY 19, 2012



PHOTO BY LOUISE KRAFT/THE GAZETTE

The farm produces a variety of plums including methley and shiro.

New Arrivals

On Saturday mornings, now through Nov. 17, produce and baked goods from Orchard Country farm are available for sale in the parking lot

of St. Luke's Episcopal Church at 8009 Fort Hunt Road in Mount Vernon. Orchard Country farm is located on 50 acres, 12 miles north of Gettysburg, Pa.



Freshly picked green beans.



Oliver Keckler of Orchard Country Farm got some help Saturday morning from neighbor Zach Shreve.

Bare Shelves at UCM's Food Pantry

Food and monetary donations needed.

BY ED SIMMONS, JR.
THE GAZETTE

The high winds and heavy rains of June's derecho that assailed the area leaving thousands without electricity for seemingly endless days also impacted the United Community Ministries food pantry, though the building itself maintained power.

"We're down quite a bit, we think in large part because of the storm," said UCM's new executive

SEE BARE SHELVES, PAGE 4



Ed SIMMONS, JR./THE GAZETTE

Niki Wanner shows off UCM's empty shelves. With her is food pantry manager Jose Fratti.

Marshall Named To Head UCM

"I like to be part of the greater good that is going on."

BY ED SIMMONS, JR.
THE GAZETTE

Adventuresome, compassionate and fond of a challenge, Shirley Marshall has stepped forward to lead United Community Ministries as it struggles to find adequate funding during the recession and while the numbers of the poor continue to grow.

"I really like building community," she said. "I like to be part of the greater good that is going on."

As UCM's new executive director, she is replacing Cynthia Hull, known for her effective and charismatic leadership, whose untimely passing in March from cancer stunned UCM. "We honor her



Shirley Marshall

life by continuing to ensure that essential services are available to families in need," she said.

Those essential services include emergency food, emergency funds for rent and utilities, housing as

SEE SHIRLEY, PAGE 19

Exchange in Limbo

Inaction may cause federal officials to create health-care exchange for Virginia.

BY MICHAEL LEE POPE
THE GAZETTE

Virginia is suffering from deadline fever, although Republican Gov. Bob McDonnell is calling for a second opinion. The delay could have drastic consequences for the future of the commonwealth's health-care exchange, the new online state-based insurance marketplaces that are frequently compared to Travelocity.

In a July 10 letter to members of the General Assembly last week, McDonnell said he had no intention of calling for a special session to meet the January 2013 dead-

line for Virginia to create the authority for a Virginia exchange. The consequence of that decision is likely to be that federal officials will create an exchange for Virginia instead of having state leaders take the lead, which was the preference of the General Assembly and a blue-ribbon panel of health-care experts convened in 2010. Calling the U.S. Supreme Court decision "disappointing for Virginia and America," McDonnell said his administration would continue to resist health-care reform until after the presidential election.

"It remains my hope that a re

SEE STATE INACTION, PAGE 19

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Surprisingly good news - a new listing in Old Town's SE Quadrant. This updated, all-brick, end townhome offers wonderful space including family room, first floor bedroom/den, and bath, eat-in kitchen, two master suites, two fireplaces, wood floors. Real staircase to HUGE attic - easily adapted into bedrooms or art studio!! Private brick patio/garden.

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ALEXANDRIA/WARWICK VILLAGE \$430,000



Warwick Village

Sunny, three-bedroom, one-bath townhome with beautiful, updated eat-in kitchen. Spacious living room opens onto large deck, perfect for entertaining! Perched on a hill, this home has no neighbors behind, providing tons of privacy. Unfinished, light-filled, walk-out basement and walking distance to Del Ray restaurants and four Metro bus lines.

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This sunny, first-floor, two-bedroom, two-bath model unit is perfection. Large gourmet eat-in kitchen with granite countertops. A short walk to Whole Foods, Metro and King Street. Storage unit and two parking spaces included. A fireplace and patio to enjoy.

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OLD TOWN ALEXANDRIA \$998,000



Room for a Rose Garden

Perfect for gardeners...a large private rear patio and garden plus front courtyard! There is plenty of room for roses plus a vegetable garden. Built in 1842, this renovated brick house sits behind an antique brick wall. Three bedrooms, two and one half baths, hardwood floors throughout, a gas fireplace, lovely dining room plus granite and stainless kitchen, all found in this semi-detached sunny townhouse. Prime location where you can walk to everything.

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Honoring Rising Hope

Mission leads the way for Methodist congregations.

BY ED SIMMONS, JR.
THE GAZETTE

Two recent awards and several other encouraging developments suggest that Rising Hope Mission Church is becoming a rejuvenating trendsetter for Virginia Methodist churches.

The church, located on Russell Road a mile south of Hybla Valley, is devoted to serving the needy of the Route 1 Corridor according to founding pastor, the Rev. Keary Kincannon. About 8,000 a year are aided by Rising Hope's food pantry, soup kitchen, clothing closet, hypothermia shelter, recovery programs, job search and emergency resources.

Both awards were made at the June 21-23 Conference of the Virginia United Methodist Church attended by about 3,000 Methodist pastors and lay delegates from every Methodist church in Virginia. The first award, announced at the beginning of the conference, is a monetary award made in the name of the former conference lay leader Shirley Cauffman.

The second is the Bishop Leontine Kelly Peace and Justice Award made by the Methodist Federation for Social Action. The plaque is inscribed, "For 17 years of reaching out in the name of Jesus the Christ to care for and serve those in need along the Route 1 Corridor south of metropolitan Washington, D.C."

Bishop Kelly, a Virginian, was the first African American woman ordained in any denomination.

Rising Hope was also honored in the conference magazine, Virginia Advocate, with a two-page article in the centerfold.

Before becoming a pastor, Kincannon was a community organizer in Columbia Heights, Washington, D.C., and for 18 years a resident and member of the Christian commune known as Sojourner's, An Intentional Christian Community. Founder Jim Wallis now publishes the widely-read magazine of Christian social justice, Sojourners.

After attending seminary, Kincannon was appointed by Bishop Tom Stockton 17 years ago to start a mission church for disadvantaged people along the Route 1 Corridor. A year later the church was chartered, begun out of the back of Kincannon's station wagon, then moved to seven different locations before settling seven years ago at its present site on Russell Road. Today, both rich and poor, housed and homeless attend Sunday services.

Another indication of Rising Hope's influence is its appeal to young seminary interns. Four students from Wesley Theological Seminary are now serving at Rising Hope. Two, Justin Hull and Drew Colby, are studying to be pastors. Two others, Sherri Ellerbe and Felisa Macaspac, are teaching reading and adult literacy.

A fifth intern, Victoria Nagel, just graduated from Pope John Paul the Great Catholic High School and will attend Virginia Tech in the fall.

SEE RISING HOPE, PAGE 5



PHOTO BY ED SIMMONS, JR./THE GAZETTE

The Peace and Justice Award plaque now hangs next to a portrait of Christ at Rising Hope. With the Rev. Keary Kincannon are three of the church's five young interns (from left): Victoria Nagel, Drew Colby and Sherri Ellerbe.

NEWS

MOUNT VERNON GAZETTE EDITOR STEVEN MAUREN
703-778-9415 OR GAZETTE@CONNECTIONNEWSPAPERS.COM



PHOTO BY LOUISE KRAFT/THE GAZETTE

View from the River

Double-crested Cormorants perch on the remains of a dock north of the Mount Vernon Estate. Relatives of frigatebirds and boobies, they spread out their wings to dry after fishing. The birds are experts at diving for small fish.

Surviving Big Box Businesses

Chamber hosts small business seminar.

BY GERALD A. FILL
THE GAZETTE

Marc Willson, a consultant with 40 years of small business owner and consulting experience, addressed how to compete with "big box" companies at a Mount Vernon-Lee Chamber of Commerce-hosted seminar July 17.

Currently, he travels to cities and counties throughout Virginia speaking to small business owners on business strategies. Attendees included an aspiring petfood store distributor, restaurant owner, architect and energy consultant.

Willson offered a long list of ideas and tips. In the Mount Vernon-Lee Route 1 corridor there are two Walmarts, a Target, a Petsmart and Petco, and a soon to arrive Costco, among other large retail establishments.

Here is a snapshot of Willson's survival tips for small businesses confronted with the presence of large store chains in their service area.

Willson: "How do you compete with a Walmart?"

"You don't; you differentiate."

He offered five basic high tech survival strategies for all small businesses:

First, establish a website on the internet. This would include a home page with photos; a 30-second video; photos of the products or services offered, and a statement of what the small business can do that no one else can do as well.

Second, include in the website who you are; why you are in business, and a photo of the owner or staff. Build rapport with customers.

Third, a content page with more photos of your products or services.

Fourth, a detailed description of how to find and contact your small business

Fifth, create a business Facebook page. Post on it twice a week.

The purpose is to create a platform to gain customer loyalty.

Willson closed this portion of his presentation by saying: "Word of mouth is the most important method of communication; create a human connection; access the Trip Advisor to register your business; register a QR Code; one for the Home page and one for the Facebook site."

Other suggestions he offered in the second part of his presentation included a list of basic good business practices and common sense strategies designed to differentiate the small business from the big box department store:

- ❖ Pick the product or service that a big box store doesn't carry.

- ❖ Listen to customers 80 percent of the time to be

SEE CHAMBER HOSTS, PAGE 4



PHOTO BY GERALD A. FILL/THE GAZETTE

Marc Willson tells small business owners how to survive in the "big box" business era.

News

Bare Shelves at UCM's Food Pantry

FROM PAGE 1
director Shirley Marshall.

"It was not that there was an immediate increase in people needing food, but the people who donate to us were affected by the storm. They didn't give us their normal donations because they were having to replace their own food."

A normal weekly collection rate of 2,000 pounds dropped to 500, according to UCM's Niki Wanner, director of development and communication. The walk-in rate of people coming by with food went from six or seven a day to one or two.

There is also a lull in donations during the summer because people are away on vacations. Sum-

mers can be tough for food pantries.

Individuals can help by bringing food or monetary donations to UCM's headquarters at 7511 Fordson Road. The money buys food from the Capitol Area Food Bank at a steep discount.

"Last year we had a tremendous response from the community in terms of money coming in for donations to purchase food, and that was amazing and wonderful," said Wanner. "We're hoping that we can keep that up because we really do rely on the generosity of the community."

And don't throw away your plastic

grocery bags.

"People want to recycle their grocery bags, we'll take 'em," said Wanner.

"We're down quite a bit."

— Shirley Marshall,
UCM executive
director

Chamber Hosts Small Business Seminar

FROM PAGE 3

a successful salesperson.

- ❖ Pamper your customers.
- ❖ Take good care of your employees.
- ❖ Develop a business plan that is a working living document that is constantly under review and revision.
- ❖ Be adaptable and quick to respond to the consumer's needs.
- ❖ Collaborate with existing businesses in buying products.
- ❖ Convince your customers that by spending lo-

cally with a small business the local economy will benefit; in contrast, big box stores typically send revenue to corporate offices out of state.

❖ Establish convenience — make the shopping experience easy.

❖ Be visible and involved in your community.

There are 29 different small business development centers in Virginia; nationally there are 1,400. Locally, numerous training opportunities for existing and aspiring small business owners exist. They are listed on the small business centers website at www.virginiasbdc.org

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For privacy reasons, photos above are not photos of actual students



Pierre from France, 17 yrs. Loves the outdoors and playing soccer. Pierre's dream has been to spend time in America learning about our customs.

Elisa from Italy, 16 yrs. Likes to play tennis, swim, and loves to dance. Elisa can't wait to join her host family's activities.

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SCHOOLS



Peter Freck speaks at the book dedication ceremony at Woodley Hills elementary.

Fund Supports School Library

More than 800 books purchased in memory of former principal.

Woodley Hills Elementary School held a private book dedication ceremony June 11 in memory of the late Dr. Joan Freck, the school's principal from 1985-1991. Prior to her death she had made it known to her family that, in lieu of flowers, she wished to have friends and family members make donations to her "beloved Woodley Hills."

This money would then be used to purchase books for its library, as she was such an advocate of reading. A Joan Freck Memorial Fund was established and donations began pouring in from those who knew and loved her. By the beginning of June 2012, the memorial fund had received more than \$7,000 in donations, at which time the school librarian began feverishly purchasing books for the school library. Currently the library has purchased more than 800 new books through the Joan Freck Memorial Fund. Each book has a personalized bookplate placed on the inside cover inscribed with a poem and personal message: "In loving memory of Dr. Joan Freck, Woodley Hills Principal, 1985-1991."

The private ceremony began with opening remarks by Woodley Hills' Assistant Principal Willis Toney. Student Council President Qwenada Moore and Student Council Vice President Kelsey Gardner gave the welcome speech and read a dedication poem. The



The Dr. Joan Freck book collection at Woodley Hills Elementary School.

Woodley Hills Chorus, led by Jennifer Downham and Grace Schiffler, sang songs in remembrance of Joan Freck. Third grader Ruby Cabrera expressed her excitement over the selection of new books she will be able to read next school year, while Ruth Diffenbaugh, the school's librarian spoke to the family about her gratitude to the Freck family for their generosity. Peter Freck, and two of his three sons who were able to attend, were presented hand-made thank you cards from Woodley Hills' third grade and kindergarten students. Two current employees, Liz Imphong and Carol Burroughs, spoke about their memories of Joan Freck, followed by closing remarks from Woodley Hills' Assistant Principal Paul Basdekis.

Concluding the ceremony Peter Freck thanked the audience, expressing how moved he and his sons were by the outpouring of gratitude from the staff and students of Woodley Hills, and how proud he was that his wife had made such a positive impact.

— JOLINDA SOPKO

Rising Hope Leads by Example

FROM PAGE 3

"Rising Hope is fortunate that we attract so many interns," said Kincannon. "I am glad so many young people want a Rising Hope experience."

The church is also hosting a fundraising performance Sept. 16 by the Christian rock band Tenth Avenue North at the Hylton Memorial Chapel at Woodbridge. Tickets are available at <http://www.itickets.com/tours/1220.html>.

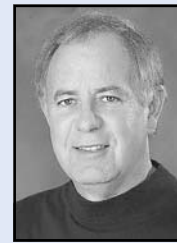
Then in October, also to raise funds, a choir and gospel festival is planned, hosted by Jeff Majors, known for his radio and television shows.

Finally in November is the Gala, which raised

\$30,000 last year.

Among current programs at the church are restoration of voting rights for ex-offenders and the Summer Fun Club for the young with weekly field trips and games that refresh reading and math skills. Ex-offenders wishing to recover their voting rights should contact Carol Maxwell at Rising Hope, 703-360-1976.

"Here at Rising Hope," said Kincannon, "we reach out to people who are struggling with all kinds of addictions, all kinds of issues, their lives broken in many different ways. What we are about is empowering people to live life to the fullest, to experience the abundant life that Jesus Christ came to bring."



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Alex./Riverwood \$792,500
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Alex/Wessynton \$669,900
3210 Wessynton Way
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Alex./Mt. Vernon \$452,900
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Alex./Mt. Vernon Woods \$319,000
7901 Martha Washington Street
Lovely 3BR/2BA Rambler with Family Room addition and a large screened (20x19) porch. Beautiful corner lot with fish pond off the porch. Large shed/workshop out back. Hardwood Floors add to the charm. Minutes to Fort Belvoir, 15 to Old Town, 25 to National Airport and 30/35 mins to Pentagon/D.C.



Alex./Yacht Haven Estates \$699,000
4520 Dolphin Lane
Stunning 4BR/3.5BA Rambler w/2-car garage in Premier Riverfront Community of Yacht Haven near Mt. Vernon Yacht Club (Marina, Pool & Club House). Beautiful family rm addition off the kitchen. Sun rm w/cathedral ceiling opens to a fabulous bkyd w/extensive decking & beautifully landscaped garden - perfect for entertaining. Enormous master bath will pamper w/soaking tub, separate shower, & double sinks. Lower lvl has game room, recreation room, bar, & full bath. Great Location - Meticulously landscaped corner lot. Must See!



Alex./Wessynton \$649,900
8802 Four Seasons
Large, stunning, contemporary Colonial in popular Mount Vernon Community of Wessynton. This lovely home is highly updated: kitchen remodeled in '07, HVAC & hot water heater replaced '07, energy-efficient replacement windows, freshly painted interior - family room w/vaulted ceiling off kitchen - large beautiful picture windows throughout overlook a large, private, landscaped lot on a quiet cul-de-sac - In-law bedroom & bath on main level - 5 minutes to Ft. Belvoir - This is a Keeper!

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WEDNESDAY/ JULY 25

Open House Coffee: "Your Neighborhood Village" hosted by Mount Vernon At Home. Learn about the village movement in the Mount Vernon Community. Sherwood Regional Library, 2501 Sherwood Hall Lane. RSVP to Mount Vernon At Home, 703-303-4060. Open to the public.

WEDNESDAY/AUG. 1

School Information Meeting. Families living in zip code 22309, with rising kindergarteners who will attend Mount Vernon Woods, Woodlawn or Riverside Elementary schools are invited to bring rising kindergartners to a fun-filled, interactive and informative evening. Meet the principal. Learn about school registration requirements, ways to prepare the child for

kindergarten, and before-and-after school care. 6-8 p.m. at the Stony Brook Apartments Community Center, 3426 Buckman Road in Alexandria. Contact Andrea Sobel at asobel@cox.net or 703-731-0838.

SUNDAY/AUG. 12

Annual Homecoming Worship Service. 12 p.m. The Rev. Dr. Darrell K. White and congregation of Bethlehem Baptist Church will celebrate their Annual Homecoming Worship Service. 7836 Fordson Road. For more details, call 703-360-4170 ext 29.

ONGOING

UCM's Food Pantry depends on community donations. Drop off food donations at UCM's main office, 7511 Fordson Road, Alexandria. UCM's food pantry accepts food donations Monday - Friday, 9 a.m. to 5:30 p.m. and the first Sunday of the month 9:30 a.m. to 1 p.m.

Celebrating Inaugural Tournament



Michael M. Skinner, a teacher, coach and administrator at Mount Vernon High School from 1955-1983, addresses audience members during the awards ceremony luncheon at the inaugural Michael M. Skinner Community Day Golf Tournament. The event, held at Mount Vernon Country Club on July 9, attracted 100 golfers and numerous Mount Vernon High School alumni. This year's tournament successfully achieved its goal of merging two fundraising tournaments into one larger event. This new annual tournament will help raise funds to fulfill the country club's proffer for the Mount Vernon Citizen's Civic Association Trail Fund and continue the drive to install a \$1.4 million turf field at Mount Vernon High School.

PAUL SPRING'S 2012 CONCERTS UNDER THE STARS

Schedule

Tuesday, June 5th
P.S. I Love You 7 p.m.

Thursday, June 14th
Marty Nau Trio 7 p.m.

Thursday, July 12th
Polka Band 7 p.m.

Wednesday, July 25th
Mt. Vernon Dixie Land Band 7 p.m.

Thursday, August 16th
Dale Jarrett 7 p.m.

All concerts are one hour long.

You are invited to enjoy music, popcorn & lemonade at Paul Spring's 2012 Summer Concert Under the Stars Series.

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Partisan Games on Healthcare Hurt Mt. Vernon-Lee Community

BY SCOTT A. SUROVELL
DELEGATE (D-44)



Everyone deserves the security of good healthcare and reliable insurance. Americans have chosen a mixed system of public and private health insurance. We have Medicare for the elderly, military health care for our active duty and veterans, and Medicaid, a federal-state program that insures many disabled, low-income, and elderly people, especially people needing long-term care.

COMMENTARY The political delay games currently being played in Richmond will hit our community harder than any other part of Northern Virginia. In the 44th Delegate District with 80,796 residents, the 44th District is tied for the highest percentage of Medicaid beneficiaries in the county at 15 percent. One in seven people in the 44th District presently receive their health insurance from Medicaid.

Of those beneficiaries, 74 percent are children, 5 percent are pregnant mothers, 6 percent are poor adults, with the remaining recipients the elderly, blind or disabled. The largest number of Medicaid births at any hospital in Virginia occurs at Fairfax

434-plus per 1,000 people, mostly for "low acuity" non-emergency problems.

Unfunded medical bills not only affects quality of life for certain families, but uncompensated medical care is passed along to individuals through private health insurance. The health insurance premiums increase for my law firm regularly exceed 10 percent per year.

The health insurance reform has been one of the most contentious battles in this country since its initial proposal by Theodore Roosevelt in 1912. Following the Supreme Court ruling, the action now moves to the states to implement the law.

Health insurance reform, known as the Patient Protection and Affordable Care Act ("PPACA"), principally expanded coverage by two means. First, if states expand their Medicaid programs to all individuals at 133 percent of Federal Poverty Level (FPL), the

federal government picks up 100 percent of the cost in 2014-2016, and 90 percent after 2020. Second, states are required to set up healthcare exchanges to make more affordable health insurance available for individuals without employer health insurance benefits, and individuals with incomes between 100 -400 percent of FPL receive a tax credit to help with the cost. Coverage was also expanded by banning coverage denials based on pre-existing conditions and requiring companies to cover college students through age 26.

If individuals do not obtain coverage, then they have to pay a penalty (that the Supreme Court said constitutes an exercise of taxing authority) to the Federal Government. There are also penalties designed to encourage employers to provide coverage.

PPACA also prohibits insurance companies from charging women more than men, and limits the profitability of insurance companies by requiring refunds of excess unused premiums to policyholders — over \$150 million to Americans this year alone.

Virginia now has two choices. First, do we set up a health insurance exchange? Second, do we expand Medicaid?

PPACA requires Virginia to set up its exchange by November 16, 2012 or the federal government takes over. Although

Virginia's exchange legislation was negotiated and written last fall, the majority refused to allow it out of committee hoping that the Supreme Court would kill PPACA. Now, to set up an exchange in time we need a special session that will cost taxpayers millions.

I understand that many feel strongly that the PPACA was an expansion of federal power, however, healthcare reform is here to stay. It is time for the General Assembly to stop playing politics with this issue. PPACA is not going to be repealed even if President Obama is not re-elected.

Millions of Virginians, including over 10,000 new people in my district, will be able to afford healthcare by moving forward. The cost to Virginia taxpayers is minor — the federal government is picking up 92 percent of the cost over the next 10 years. Businesses, including our healthcare providers (generally are 16 percent of the U.S. economy), need certainty to make plans and start hiring. The time for excuses is over. It is time to act. It's time for a special session to implement a Medicaid expansion and an exchange.

If you have any feedback for me on this issue, feel free to contact me at scottsurovell@gmail.com. It is an honor to serve as your delegate.



Here's To Your Good Health! Promoting Health and Wellness Free Community Lectures



How to Maintain a Healthy Belly

Tanya R. Davis, MD, Gastroenterologist

Wednesday, July 25, 2012

6:30 pm

Inova Mount Vernon Hospital



Symptoms of Vascular Disease

Rodeen Rahbar, MD, Vascular Surgeon

Thursday, July 26, 2012

6:30 pm

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OPINION

Leaving Millions on the Table

Virginia should embrace opportunity for more health care coverage for poor residents.

Chances are that if you are reading this, you have employer-provided health insurance. While you might worry about the young adults in your family or the lower wage workers in your organization, you also know that if you are sick, you can go to the doctor.

Incredibly, 144,873 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Household income in Fairfax County averages more than \$122,000 a year.

Under the health care reform act, many of Virginia's uninsured residents could be covered by an expansion of Medicaid that would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

But Gov. Bob McDonnell says expanding Medicaid is a terrible idea.

The state's refusal to be included in the pro-

gram would deny health insurance coverage to a quarter-million Virginians, said U.S. Rep. Gerry Connolly and others in urging McDonnell to accept the expanded coverage.

Medical care for uninsured Virginian adds up to \$1.65 billion a year in uncompensated costs. Medicare expansion would help reduce that by \$860 million per year, according to the Virginia Health Reform Initiative Advisory Council.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid to individuals and families with incomes up to 133 percent of the poverty level, \$14,856 for an individual; \$30,656 for a family of four, Connolly said.

A revealing look at the possible local role of the health care reform act appears in this week's Mount Vernon Gazette, written by Del. Scott Surovell (D-44).

Surovell represents a district of 80,000 residents with stark differences between wealthy and poor in Fairfax County. The Mount Vernon area district is tied for the highest percentage of Medicaid beneficiaries in Fairfax County. One in seven people in the 44th District receive health insurance from Medicaid; 74 percent of these are children, 5 percent are pregnant, 6 percent are poor adults, with the rest

elderly residents and people with disabilities. Surovell reports the largest number of Medicaid births at any hospital in Virginia occurs at Fairfax INOVA Hospital. The 44th District has a higher percentage of uninsured individuals compared with the rest of Fairfax County.

EDITORIAL

Surovell argues that his district desperately needs the help that would come with the expansion of Medicaid and other provisions under the new law.

Here is how he explains the mechanism: Health insurance reform would expand coverage by two means. First, if states expand their

Declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

Medicaid programs to all individuals at 133 percent of Federal Poverty Level, the federal government picks up 100 percent of the cost in 2014-2016, and 90 percent after 2020. Second, states are required to set up healthcare exchanges to make

more affordable health insurance available for individuals without employer health insurance benefits, and individuals with incomes between 100-400 percent of the federal poverty level receive a tax credit to help with the cost. Coverage was also expanded by banning coverage denials based on pre-existing conditions and requiring companies to cover college students through age 26.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Rules of Civic Involvement

To the Editor:

As I had hoped, on July 11, the Park Authority Board unanimously approved establishing the interim use off-leash dog area (OLDA) at Westgrove Park. Today (July 19), the Planning Commission will vote on whether the OLDA comports with the Comprehensive Plan. I am optimistic the vote will be favorable for the OLDA. Only time will tell.

After lengthy experience in the civic arena in Mount Vernon, I have come to realize that there are two distinct and diverse notions of

civic involvement in our community. My version of civic involvement includes the following aspects:

(1) Entities that hold themselves out as representing a group of citizens or an entity such as a park are legally incorporated in Virginia, enact bylaws, and follow them.

(2) In accordance with Virginia law, those entities hold their meetings in public and notify the public so that citizens can attend those meetings. Those entities welcome comments from citizens who attend their meetings even if those citizens are not members of the entity, and those comments are seriously taken into account.

(3) Representatives to those entities from

communities are well-versed in the views of their respective communities and take positions in concert with the views of those communities, not their own personal views.

(4) If such entities conclude that certain by-law provisions require changes, they follow the bylaws in amending them and, until that occurs, they strictly abide by those bylaws.

(5) When advocates for a particular position concerning an issue wish to meet with a politician or other government official to advocate for their position, people representing all sides of the issue are invited to attend so that the official with whom they are meeting can engage both sides in a discussion that hopefully

SEE LETTERS, PAGE 12



PHOTO BY JAY SPIEGEL

The freshwater marsh in the Potomac River in Mount Vernon, near the mouth of Little Hunting Creek.

Mount Vernon Gazette

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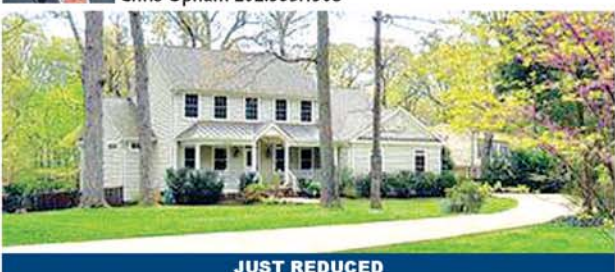
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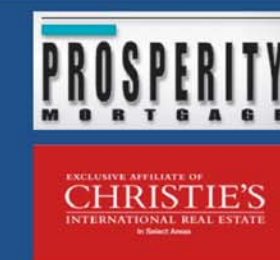


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LETTERS

FROM PAGE 8

will lead to compromise or resolution of the issues.

(6) Politicians and government officials refrain from meeting with people on one side of an issue and encourage dialogue between those asserting opposing views.

My vision of civic involvement is shared by those members of the civic community whom I respect even under circumstances where my views on particular issues diverge from theirs. To their credit, Supervisor Hyland and Planning Commissioner Flanagan operate in concert with items (5) and (6) above.

Unfortunately, as a whole, the civic community in Mount Vernon doesn't operate in concert with my notion of civic involvement. A small group of extremists operates behind the scenes, using persistence and political influence, and in the case of the MVCCA operates not in concert with items (1) - (4) above.

Meanwhile, in my continuing series, the accompanying photo shows the freshwater marsh in the Potomac River in Mount Vernon, near the mouth of Little Hunting Creek.

H. Jay Spiegel
 Mount Vernon

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Pedaling with Pals

Potomac Pedalers provides group rides for area cyclists.

BY JON ROETMAN
THE GAZETTE

Nancy Avitabile joined the Potomac Pedalers roughly 15 years ago to ride with others who shared her love for cycling. While the friends and knowledge she gained from joining the Pedalers brought personal satisfaction, her physical improvement in the sport helped bring Avitabile national recognition.

Avitabile, a 64-year-old Bethesda resident, has competed in more than 25 triathlons since participating in her first in 1996. She won the 2010 USA Triathlon amateur national championship for her age group. In 2011, her accomplishments involved winning her age group at the Nation's Triathlon and the Miami Half-Ironman Triathlon. This year, Avitabile finished first in her age group at the Eagleman Half-Ironman triathlon in Cambridge, Md., on June 10, earning her a slot in the Hawaii Ironman World Championship in October. On July 8, she won her age group at the New York City Triathlon. She's also a member of Team USA and will represent the country at this year's world championships in New Zealand.

Avitabile credits the Potomac Pedalers for some of her triathlon success.

"I became a better cyclist," she said.

THE POTOMAC PEDALERS TOURING CLUB is a cycling club for residents of Maryland, Washington, D.C., and Virginia. Founded in 1966, the club offers group rides for cyclists of all ages and ability levels. It's one of the largest cycling clubs in the nation, with 3,500 members in 2010, according to raceacrossamerica.org.

Cyclists are categorized by "ride class" to

assure groups contain members of similar ability levels. A cyclist's ride class is determined by his or her average riding speed and endurance.

The club encourages beginners to start in the "D" class. According to the club's ride class table, a D rider averages 10-12 mph on flat ground and typically travels routes of 10-25 miles. In comparison, a "B" rider averages 16-18 mph on flat ground and travels a route length of 40-60 miles. An "AA" rider, the highest class, averages 22-24 mph on flat ground and travels routes of 60-100 miles.

Some members look to improve their speed and stamina and move into a different class, while others enjoy the slower, more social rides.

"You get out of it what you want to get out of it," said Bob Bernstein, the 2012 chairman of the Pedalers' executive committee.

Avitabile, who is the committee's treasurer, started below B level when she joined the club in the mid 1990s, but rode with B groups as a way to push herself to improve. She is now a group leader for BB rides.

"The club members were great," she said. "They were really helpful with giving me pointers with how to ride faster and how to ride better."

Avitabile said triathletes view running, swimming and cycling as part of one event, rather than three individual sports. However, she said cycling is her favorite of the trio.

"I love cycling," Avitabile said. "I love getting out there and going fast. There's just something about cycling — a real sense of freedom."

Bernstein said the Pedalers offer cyclists many benefits.

"One is just the social aspect: being able to share the sport with others who enjoy it," he said. "The learning aspect: if somebody has a bike and they're out there riding alone, they don't necessarily learn some of the hints or some of the things an experienced cyclist knows. By joining the club, you can stay out of trouble [and learn] how to keep from getting hit [by a car]."

Bernstein, a 57-year-old Ellicott City, Md., resident, has been a Pedalers member since 2003, but has been a cyclist in some form since his teens.

"Right now I would say [cycling is] a passion," he said. "It started out as transportation — I didn't have car. It evolved from transportation to sport, to passion and ex-



Alexandria resident Deb Reynolds is a member of the Potomac Pedalers cycling club.

ercise."

Weight loss is one of the ways 62-year-old Arlington resident and Potomac Pedalers member Ed Hazelwood has benefitted from cycling. Hazelwood said he's logged more miles on his bike as the weather has grown warmer, helping him lose 10 pounds since May.

"I think I [ride] mostly because I enjoy it," he said, "but I really, really like the health benefits."

AFTER LIVING IN ITALY for five years, 53-year-old Springfield resident Chris White has been back with the Pedalers for three years and is a member of the executive committee. Along with trips to the gym and changes to his diet, White said cycling has helped him lose 20-25 pounds in recent years. "I wasn't all that active for about five years [in Italy]," he said. "... I stopped [drinking] wine and [eating] pasta."

Deb Reynolds, a 45-year-old Alexandria resident and Pedalers member since 2003, said cycling is also a way to gather one's thoughts.

"It's exercise, but it's also a stress reliever," said Reynolds, who is also a member of the

club's executive committee. "When you're out there riding — we do wear helmets — but you have a feeling of the wind in your hair. It really does relieve a lot of stress and you're able to think things over. ... On days that I can actually ride to work, I'm able to think things through and I get to work and the day goes better."

Bethesda resident and Pedalers member Carol Linden called cycling a form of "mental therapy."

While the Pedalers have a sense of camaraderie on their bikes, some club members share a bond through following the Tour de France. The Pedalers hosted a Tour de France happy hour in Arlington on July 18. Hazelwood twice attended the Tour, and in 2008 he biked in the French Alps the day before the Tour de France climbed the path.

The Pedalers offer group rides throughout the week and on weekends in parts of Maryland, Washington, D.C., and Virginia. The Pedalers' ride schedule can be found on its Website, potomacpedalers.org.

A one-year individual membership costs \$30. A one-year family membership is \$37, and the annual student rate is \$25. An individual lifetime membership is available for \$350. The Potomac Pedalers Touring Club is a non-profit corporation.

Bernstein said while not every cyclist has a positive first ride with the Pedalers, he encouraged those who experience difficulties to communicate with club leaders to solve the problem.

"The club is constantly evolving,"

Bernstein said. "If somebody tries the club and there is some specific thing that happened that they don't like, they should contact me or another ride leader and discuss it. We're trying to make the club as open as possible and give people a positive riding experience."

White said the club offers an opportunity for all cyclists to have a good time.

"If you're new to the area, it's a good way to meet people if you're into cycling because there are so many different levels of cycling," he said. "We cover such a large area, there is something in it for everybody. You don't have to be in one area to take advantage of it."

"It's exercise, but it's also a stress reliever."

— Deb Reynolds,
Alexandria resident

SPORTS BRIEF

Last-Minute Sports Physicals

West Potomac and Mount Vernon high schools will host a last-minute sports physical night on Wednesday, Aug. 1, 6-7:30 p.m.

This is a comprehensive health screening composed of a series of stations that athletes will pass through including height, weight, wingspan, blood pressure, pulse, upper and lower extremity flexibility, body fat analysis, posture evaluation, and finally a physician evaluation. The cost this year is \$50 for pre-registered student-athletes and \$60 for walk-ins on the night of. A \$10 discount is offered for the first 40 athletes to sign up. The website to pre-register is <http://www.fcps.edu/supt/activities/atp/ppe/index.shtml>.

Childhood Hobbies: Finding the Right Fit

Experts offer suggestions for choosing extracurricular activities for the fall.

By MARILYN CAMPBELL
THE GAZETTE

While many are still basking in the lazy days of summer, Anna Faust is planning her 5-year-old son's after-school activity schedule for the fall. On his agenda: baseball, soccer, gymnastics and tennis lessons.

"My plan is to expose him to as many activities as possible and hope that he chooses one and excels," said Faust. "Sometimes, though I can't tell if he's going along happily because all of his friends are doing it or because he really likes it."

Child development experts say deciding which and how many extracurricular activities are best for children is a dilemma many parents face. Factors such as expense and time can make the process a delicate balancing act.

If a child wants to join a traveling hockey team, how does a parent know if his or her desire to play matches the necessary investment of pricey equipment? Should a parent coax a reluctant child into taking piano lessons hoping to transform an unwilling tot into a musical prodigy? And how much is too much when it comes to hobbies? Local child development experts say the answers vary on a case-by-case basis.

"The key to balancing one's schedule between school work, extracurricular interests, family and friends is reached not so much by seeing these goods as necessarily in competition, but rather in seeing all of the time that we have been given as a great treasure that we have to use in the best possible way," said Michael Moynihan, Upper School Head of The Heights School in Potomac.

Extracurricular activities are an important

part of a child's development, and finding the right fit is worth the effort. "They expose children to a variety of experiences and peers. For older children, they are a venue for healthy social interaction as opposed to participating in undesirable behavior," said Rich Leichtweis, PhD, senior director of the Inova Kellar Center in Fairfax. "If kids are on the computer or watching television from the time they get home from school until dinner and then back on again until they go to bed, they are missing critical social opportunities that extra curricular activities can provide."

Assessing a true attraction to an activity versus a passing fancy can be tricky. "Parents should first ask their children what they might be interested in before signing them up, and they should be careful in monitoring how their children continue to feel about participating in these activities,"

wrote Chantilly resident Maria Londono, a mental health therapist for Fairfax Community Health Care Network in Reston, Falls Church and Alexandria, in an email.

While older children are able to express an opinion about activities, younger children might need more guidance. "If a child has a strength or interest we can build on that," said Leichtweis. "If parents notice that a child has a gift for piano or soccer, they should encourage it."

One pitfall, say experts, is following the pack. "Parents get pulled into activities because they think everybody else is doing it. Before you know it, those activities pile up and can be stressful," said McLean resident Michele Garofalo, EdD, assistant chair, Department of Counseling and associate professor of psychology at Marymount University in Arlington.

How does a parent know if a child is

overscheduled? "Some kids are OK with a lot of activities," said Leichtweis. "If a child is involved in a lot and they're doing well in school, getting adequate rest and there are no significant disruptions, then it's probably OK. But if there is a change in behavior, their grades slip, they're not getting enough rest and they're in eight different activities, then it is time to make a change."

Experts say there are warning signs that a parent might be pushing a child too hard. "When a child says 'I don't want to go to this activity' or 'I don't like the kids there' or if they are pouting or agitated when it's time to go, those are signals that they need a change," said Garofalo. "If extracurricular activities are fun and kids enjoy them, they can build a child's self-esteem and give them a place to shine, and children need a place to shine."

Parents should also consider the family's overall schedule. "Look at your calendar and think about the benefit versus the cost, time and energy involved in the activity. How much stress will it put on the family?" said Garofalo.

"Parents can set limits and help kids prioritize. We can listen to the kids, but it's our responsibility to set limits. A well-balanced child is a healthy child," said Leichtweis.

Make sure to set aside time for rest. "Children need downtime and a break from organized activity," noted Susan DeLaurentis, director of counseling, St. Stephen's & St. Agnes School in Alexandria. "I think that is important to recognize that if children have been in school all day they've put in a lot."

Finally, experts say encourage activities that children can continue into adulthood like swimming, hiking or running. "With extracurricular activities, what we're doing is setting a foundation for life. It is part of developing well-rounded and balanced community members. We want a child who knows how to work and play," said Leichtweis.



Students at St. Stephen's & St. Agnes School participate in an after-school "Kids in Motion" class. Experts say extracurricular activities offer social interactions, which are important to a child's development.

PHOTO COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

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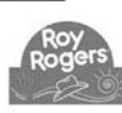
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ENTERTAINMENT

Makara Selected as Torpedo Factory Artist of Year

See her solo exhibition, "Masks," at Torpedo Factory's Target Gallery.

BY MONTIE MARTIN
THE GAZETTE

Veteran Torpedo Factory artist Susan Makara was honored on Thursday, July 12, with an official award ceremony as the 2012 Artist of the Year.

Organizers of the Artist of the Year event estimated close to 150 people attended the grand reception of Makara's work. Makara's paintings are featured at the Target Gallery, where her solo exhibition, "Masks," includes the most complete collection of her work to date.

"To have this happen, after 18 years in the Factory, it's wonderful," said Makara. "It's like a dream come true."

Those in attendance included Debbie Davis, an 8th-grade classmate who has collected several pieces of Makara's work. "She's always been a fabulous artist," said Davis. "After 30 years her work has evolved, but it's always fabulous."

A total of nine applicants submitted work for the distinction, and assistant dean of fine arts at Northern Virginia Community College, William Schran, juried the event. Schran noted the mystery behind Makara's masked figures, and the emotional narrative they convey, as principal reasons for his selection. "The viewer knows there is a story, but is not sure who is looking at whom," said Schran.

One aspect of Makara's artistic style is to attach anecdotes with each of her pieces. Makara's personal favorite is "Capricorn Rising."

"To have this happen, after 18 years in the Factory, it's wonderful."

— Susan Makara, 2012 Torpedo Factory Artist of the Year



Makara was heavily influenced by Japanese style triptychs, where panels stand together, or can be viewed individually. The price for this work runs at \$15,000.

ing," although this was not the original title. As she notes, a colleague asked why her work was named "Aries Rising," and without a proper answer the artist performed a Google search for other names. Makara discovered the Sanskrit translation of Capricorn is her last name, which proved to be the obvious title for her work.

For Makara, creating art is intensely personal, and her advice to established and aspiring artists alike is to embrace that fact. "Don't paint for others," said Makara. "You have to follow your heart and your passion."

The Masked Gallery

Work by Susan Makara, the 2012 Torpedo Factory Artist of the Year, can be viewed at the Target Gallery at the Torpedo Factory until July 29. The solo exhibition is the most complete collection of her work to date, and there is a story behind each of her masked paintings.

Susan Makara, the Torpedo Factory 2012 Artist of the Year, poses with her painting, "Capricorn Rising." When researching titles for her work, Makara discovered that the Sanskrit name for Capricorn is her last name.



PHOTOS BY MONTIE MARTIN/THE GAZETTE

CALENDAR

E-mail announcements to gazette@connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

JULY 19 THROUGH JULY 29

Musical. Encore Stage & Studio presents The Pirates of Penzance at Thomas Jefferson Community Theater. Visit www.encorestage.org.

THURSDAY/JULY 19

SummerQuest Bingo Night. Ellen Coolidge Burke Branch Library, 4701 Seminary Road. Thursday, July 19 at 7 p.m. All ages. 703-746-1704.

SummerQuest Uno, Dos, Tres Con Andres. Kate Waller Barrett Branch Library, 717 Queen Street. Thursday, July 19 at 11 a.m. Ages 2 and up. 703-746-1703.

Paws to Read. Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 15-minute sessions starting at 5:30 p.m., for grades 1 - 6. Sign-up required: call 703-746-1702x5 or visit children's desk.

Story Time. Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 10:30 a.m. or 3 p.m., for ages 3 to 5 (children only). Sign-up required: call 703-746-1702x5 or visit children's desk.

FRIDAY/JULY 20

Tommy Lepson Band (Blues/Soul) - Mt. Vernon Nights at Grist Mill Park at 7:30 p.m. Visit www.fairfaxcounty.gov/parks/ or www.myspace.com/tommylepsonband.

Slam Alexandria. Northern Virginia Fine Arts Association presents the random slam of the Alexandria,

hosted by Shelly Bell. 7p.m. Free. Performance by FeelFree, a reggae and blues band that delivers fresh genre of roots music by integrating funk and rock into their feel-good, go-with-the-flow sound. Spoken words poetry begins at 8 p.m. Attendees are invited to sign up for the open mic to share original work, participate in the poetry slam for a first prize of \$50, or simply sit back and enjoy. The Athenaeum, 201 Prince Street, Alexandria. contact Twig Murray at nvfaa@nvfaa.org or call 703-683-5058

JULY 20 THROUGH AUG. 12

"The Wizard of Oz" presented by the Port Tobacco Players. Come see the family musical adapted for the stage from the classic movie version. The production runs from July 20 to August 12 on Fridays and Saturdays

at 8 p.m. and Sundays at 3 p.m. Tickets for adults are \$17 and tickets for students, seniors, and military are \$14.

FRIDAY/JULY 20

Spoken Word. The Northern Virginia Fine Arts Society (NVFAA) is pleased to announce the next four scheduled SLAM ALEXANDRIA spoken word poetry events at the Athenaeum in Old Town, Alexandria. Admission is free for all, but attendees interested in competing in the poetry slam can pay an entry fee of \$10 for a chance to win a \$100 cash prize. Featuring live music, scheduled artists, and an open mic, SLAM ALEXANDRIA is hosted by Shelly Bell and co-sponsored by the NVFAA and Shelly B. Arts. The event starts at 7 p.m. and is located at The Athenaeum, 201 Prince Street.

Wee Ones Storytime. 10:30-11 a.m. Explore the exciting world around us with some favorite stories and songs. Ages 2 and under. Free. Hooray for Books! Children's Bookstore. 1555 King Street. Call 703-548-4092 or visit www.hooray4books.com.

SATURDAY/JULY 21

Jah Works (Reggae). Mt. Vernon Nights at Workhouse Arts Center (Lorton) at 7 p.m. Visit www.fairfaxcounty.gov/parks/ or www.jahworks.com.

Occasionally Cake of Alexandria is celebrating their three-year anniversary and handing out one free cupcake per person to all their patrons with no purchase necessary. They will also donate 25 percent of all their sales that day to the Dunbar

SEE CALENDAR, PAGE 17

The Spice & Tea Exchange® Alexandria
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ENTERTAINMENT



"Train Wheels," Marian Van Landingham, silk screen



"No Comment," Pat Barron, lithograph

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Art League Kicks Off 30-Something Summer Series With Legacy x 3

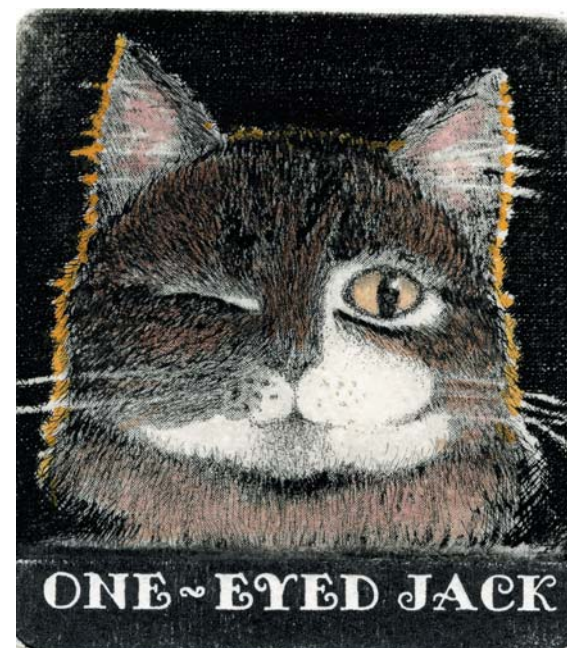
As kick-off event for the "30-Something" Summer Series, artwork by renowned artists Pat Barron, Nancy Reinke, and Marian Van Landingham will be for sale July 19-21 at The Art League Gallery, with proceeds going to the Madison Annex Build-Out Project. Works will be priced from \$30 and up.

These three artists provided a rich legacy for future generations of Art League artists, through their various artistic and non-artistic contributions to The Art League.

MARIAN VAN LANDINGHAM, then Art League president, in 1974 proposed a project that would renovate the City-owned, former U.S. Naval Torpedo Station into working studio spaces for artists. With the lease on its Cameron Street space expiring, The Art League was looking for a new home. After the renovation of the new art center, the League rented one-fifth of the space for its gallery and school. The success of the Torpedo Factory helped to launch Van Landingham's political career as representative to the Virginia House of Delegates. After a 25-year career in the Virginia House of Delegates, Van Landingham returned to her studio in the Torpedo Factory where she continues to work on her large-scale oils and enamels. The Art League was the recipient of her large body of silk screen prints from early in her career.

NANCY REINKE, Art League member and Torpedo Factory artist from the very beginning, displayed her prints and paintings in studio 5 of the Torpedo Factory Art Center, known for its homey and eclectic decor. The subject matter of her artwork included thoughtful portraits and unique etchings and woodblocks. She was famous for her complex woodblock prints of oriental carpets that required multiple intricately carved blocks of wood. Her great sense of humor was evident in many of her works.

Reinke exhibited extensively in many public buildings, including the Library of Congress and the State



"One Eyed Jack," Nancy Reinke, etching

of Virginia Legislative Building. Her work is represented in numerous corporate and private collections including the Hilton Corporation and the Marriott Corporation. Commissions include the American Institute of Architects and the Folger Shakespeare Library. The Art League was the recipient of her work after she passed away in 2009.

PAT BARRON, Art League instructor, long-term Torpedo Factory artist, and Membership Chair of The Colored Pencil Society of America Inc., is well-known for her colorful, engaging, and thought-provoking artwork.

Barron received her training at the University of Missouri, Hochschule fur Bildende Kunst, Corcoran School of Art and American University. She is currently re-

tired and living in California. The Art League was the recipient of much of her work.

Details

Sale Dates and Hours

Thursday/July 19: 10 a.m.–9 p.m.
Friday/July 20: 10 a.m.–6 p.m.
Saturday/July 21: 10 a.m.–5 p.m.

Opening Reception

Thursday/July 19: 6:30–8 p.m.

Location

105 North Union Street, Studio 21
(located in the Torpedo Factory Art Center)

Information

www.theartleague.org
703-683-1780
Exhibitions and events are free and open to the public.

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ENTERTAINMENT

FROM PAGE 15

Alexandria-Olympic Branch of Boys & Girls Clubs of Greater Washington, as well as collect donations to be given to the organization. 207 King Street in Old Town Alexandria and 8859 Richmond Highway in Mount Vernon, from 10 a.m. to 7 p.m. Call 703-780-CAKE or visit www.occasionallycake.com.

Christmas in July Celebration co-presented by The Christmas Attic and the businesses of Union Street. 15 retailers and community organizations will host a variety of activities ranging from pictures with "Summer" Santa and Mrs. Claus, fashion trunk shows, food and wine tastings, cookie decorating, ornament making, raffle drawings, and much more. Musical entertainment will be on Union Street noon-4 p.m. Proceeds from Wish Star sales will benefit Make-A-Wish Mid-Atlantic. A

CALENDAR

schedule of the events is on www.christmasattic.com and on the event's Facebook, www.facebook.com/ChristmasInJulyOldTown.

Intro to Digital Books, Audiobooks. Ellen Coolidge Burke Branch Library, 4701 Seminary Road. 11 a.m. Learn how to download ebooks and audiobooks to your computer or your portable device to take with you on your next summer vacation. Call the Burke Information Desk to register at 703-746-1704 x3.

Wee Ones Storytime. Explore the exciting world around us with some of our favorite stories and songs. Ages 2 and under. Free. Hooray for Books! Children's Bookstore. 1555 King St., Alexandria. 703-548-4092. www.hooray4books.com

Author Visit. 3-4 p.m. Marc Tyler Nobleman, author of "Bill the Boy Wonder: The Secret Co-Creator of Batman" visits Hooray for Books! Children's Bookstore. 1555 King St., Alexandria. 703-548-4092. Ages 3+. Free. Visit www.hooray4books.com.

JULY 21 THROUGH 25

The AIDS Memorial Quilt on Display at the Torpedo Factory Art Center. 10 a.m. to 6 p.m. Sneak-Peek Reception: July 20, 6:30-8:30 p.m.; \$15 Suggested Donation Closing Reception: July 25, 6-8 p.m.; Free. Torpedo Factory Art Center, 105 N. Union Street. Visit www.torpedofactory.org/aidsquilt.

SUNDAY/JULY 22

Washington Metropolitan Philharmonic Association

2012 (22nd) Annual Chamber Music Series. 3 p.m. Special performance by Cellist, Douglas Wolters. The Lyceum, 201 S. Washington St., Alexandria. Visit www.wmpamusic.org, email: wmpa@earthlink.net or call 703-799-8229.

Victoria Ghost to open for Glen Campbell. Victoria Ghost is comprised of siblings Ashley & Shannon Campbell. 7:30 p.m. The Music Hall. Tickets are available at <https://www.facebook.com/pages/Victoria-Ghost/>.

MONDAY/JULY 23

Lecture on The Perfect Medical-Legal Storm, The Myth of Baby

FOOD & DRINK



Occasionally Cake is celebrating its three-year anniversary and handing out one free cupcake per person to all of its patrons. They will also donate 25 percent of all their sales that day to the Dunbar Alexandria-Olympic Branch of Boys & Girls Clubs of Greater Washington, as well as collect donations to be given to the organization. Occasionally Cake is located at 207 King St. in Old Town Alexandria and 8859 Richmond Highway in Mount Vernon. The free cupcakes will be offered from 10 a.m. to 7 p.m. Call 703-780-CAKE or visit www.occasionallycake.com.

Syndrome. 3-4:30 p.m. Presenter is Dennis K. McBride, PHD, MPA. He will review the evidence for and against the Shaken Baby Syndrome. Dr. McBride is Associate Vice President for Research at George Mason University and is affiliated with the Potomac Institute for Policy Studies and with Georgetown

University School of Medicine. Call 703-228-2144. **SummerQuest Juggler Chris Fascione,** James M. Duncan, Jr. Branch Library, 2501 Commonwealth Avenue. Monday, July 23 at 3:30 p.m., ages 6-12. 703-746-1705. **SummerQuest Classic Games,** Ellen Coolidge Burke Branch Library, 4701 Seminary Road. Monday, July 23 at 7 p.m., ages 6-17. 703-746-1704.

Little One-ders. Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 10:30 or 11:15 a.m., ages 12 to 23 months, with an adult. Sign-up required: call 703-746-1702x5 or visit children's desk.

Victoria Ghost to open for Glen Campbell. Victoria Ghost is comprised of siblings Ashley & Shannon Campbell. 7:30 p.m. The Music Hall. Tickets are available at <https://www.facebook.com/pages/Victoria-Ghost/>.

TUESDAY/JULY 24

Paws to Read. James M. Duncan, Jr.

Branch Library, 2501 Commonwealth Avenue. 5:30 - 6:30p.m., for grades 1 to 6. Registration required. 703-746-1705.

Time for 2s. Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 10:30 a.m., ages 24-36 mos. with an adult. Sign-up required: call 703-746-1702x5 or visit children's desk.

Baby Rhyme Time. Charles E. Beatley, Jr. Central Library, 5005 Duke Street. 11:30 a.m., for ages 0 to 11 months, with an adult. Sign-up required: call 703-746-1702x5 or visit children's desk.

SummerQuest The Great Zucchini, Ellen Coolidge Burke Branch Library, 4701 Seminary Road. Tuesday, July 24 at 11 a.m. All ages. 703-746-1704.

SummerQuest Dance Party, Kate Waller Barrett Branch Library, 717 Queen Street. Tuesday, July 24 at 11 a.m. Ages 2 and up. 703-746-1703.

Mark Whiskey and the Sours. 9-11 p.m. at the Carlyle Club, 411 John Carlyle Street, Alexandria. \$10.

ALEXA CARTER to open for Aaron Lewis of Staind (Band). Visit www.Birchmere.com.

WEDNESDAY/JULY 25

The United States Army Band "Downrange" performs. 7:30 p.m. With a popular and ever-changing repertoire, the active-duty musicians of Downrange grab the spotlight with their dynamic performances. Lee District nights at Lee District Park. 6601 Telegraph Road. Visit www.usarmyband.com/downrange-event-calendar.html

Lunch Bunch Concert: Matthew Mills. Noon-1 p.m. Musical performance by Matthew Mills, featuring contemporary acoustic & flamenco. 44 Canal Center Plaza. Call Maureen Sturgill, 703-746-5420.

Ben Brenman Park Concert. 7-8 p.m. Performance by Hand Painted Swinger, featuring pop rock. Bring a blanket or folding chair. Ben Brenman Park, 4800 Brenman Park Dr. Call 703-746-5418

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Do not wish to be anything but what you are, and try to be that perfectly. -St. Francis de Sales

21 Announcements

21 Announcements



OBITUARY

Marian E. Nowland (Age 81) passed into the arms of her Lord and Savior Jesus Christ on July 5, 2012. She is survived by her loving family and friends. A lifetime member of St. Mary's Catholic Church in Alexandria, VA. Marian was an active member until her last day. She was also a 30 year member of the Catholic Daughters of the Americas, with her highest serving position as Virginia State Court Regent. A prayer service will be held at St. Mary's Catholic Church, 310 South Royal Street, Alexandria, on Monday, July 23, 2012 at 7:30PM. Mass of Christian Burial will be offered at St. Mary's Catholic Church on Tuesday, July 24, 2012 at 10:30AM. Reception will follow immediately after Mass at St. Mary's Lyceum. Internment at Mount Comfort Cemetery, Alexandria, VA. In lieu of flowers, contributions may be sent to St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105. Funeral arrangements are in the care of Everly-Wheatley Funeral Home, Alexandria, VA.

21 Announcements

21 Announcements

OBITUARY



WILLIAM MONCURE BOOTHE, a retired director of development at the Episcopal High School in Alexandria died Monday, July 16 at Goodwin House in Alexandria. Mr. Boothe was born in Alexandria, attended Episcopal High School and the University of Virginia. He served in the U.S. Army Air Force from 1943 - 1945 and was honorably discharged as a corporal. After a brief career with the First National Bank of Alexandria, Mr. Boothe assumed the position of secretary treasurer of the Episcopal High School Alumni Association in 1951. He served in that role, as well as director of development until his retirement in 1985. A graveside service will be held on Friday, July 20, 1:30 p.m. at Ivy Hill Cemetery, Alexandria, VA. In lieu of flowers memorials may be made to the Episcopal High School Scholarship Fund.

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THE CONNECTION
NEWSPAPERS

FROM PAGE 1

sistance for the struggling and homeless, employment assistance, low-income community development, advocacy, after-school youth services and developmental daycare and education for the working poor. The largest provider of human services in Fairfax County, UCM is headquartered on Fordson Road in Hybla Valley. Its daycare, community centers, job center and thrift store are close by.

A number of "extremely qualified" candidates applied for the position, said Douglas Kennett, president of UCM's board of directors. "With Shirley we are blessed with the perfect fit of qualifications, education, passion, experience and local knowledge."

Marshall's adventuresome streak and willingness to take on big challenges showed up early in her career when just out of high school she upped and enlisted in the Air Force. Her father, Col. Donald Marshall, who instilled in her the desire to serve her country, had urged her to join the Marines.

But the Air Force, impressed with her intellect, sent her to the Defense Language Institute and she spent her four years service translating Russian to English. The Air Force made her a noncommissioned officer, promoting her to sergeant.

After her military service, she traveled, then enrolled at The University of Virginia where her undergraduate work focused on Africa and the poor and marginalized.

"Then in my off-time I started working with essentially a similar population but in America," she said of her volunteer work with a housing program. It opened her eyes.

"I was raised in middle class America and

I'd never really seen the real poverty that exists right here in our backyard."

After graduating, she set her cap at making a big dent in American poverty and looked for a job in nonprofit housing. Manna, a housing program in Washington, D.C., was quick to hire her. While working at Manna, she became acquainted with Keary Kincannon, then a young community organizer in Columbia Heights and now pastor of Rising Hope Mission Church, which is also devoted to the needy, located a couple miles south of UCM on Route 1.

But at Manna, Marshall found herself frustrated by lawyers who claimed she couldn't do things that she knew the agency ought to be able to do. Nor could she get them to adequately explain themselves. So she decided the best way to advance her personal campaign at combating poverty was to go to law school, which she did, again at UVa.

Upon her graduation, Good Shepherd Housing and Family Services brought her on as director. She served nine years.

"With Shirley's experience at Good Shepherd, we can be confident her leadership will move UCM forward," said UCM's past president of the board of directors Joe Canny.

At the end of those nine years, she said, "I felt they needed new leadership and felt I needed a new challenge." She was also again feeling the tug of adventure. Her husband, John Hardies, who works for USAID, was headed to Afghanistan and she wanted to go too.

She soon found herself in Kabul where she took on a number of jobs, including as

a photographer for a program preparing women to serve in the Afghan parliament. The determination of those women made a big impression on her.

Returning to the Washington area after a year, she was named director of Nonprofit NoVA, an alliance of 100 nonprofits in the Northern Virginia area. When Nonprofit NoVA was consolidated under the Greater Washington Roundtable, her position was phased out and she was again looking for a challenge. About this time, the position at UCM opened up.

Serving as executive director at UCM certainly presents formidable challenges. A big chunk of their funding provided by Freddie Mac and Fannie Mae is being eliminated. "That's a lot of money we're going to have to replace," she said.

But she doesn't consider that her biggest problem. "The greatest challenge is getting the broader community of new people especially who've moved in to see the groups that are already here working and get them involved with them. And it's not just UCM. It's New Hope Housing, Good Shepherd Housing, Progresso."

Among other sources of volunteers she intends to tap Fort Belvoir. "Military people are fascinating to me. When I was at Good Shepherd Housing, a lot of the volunteers were military people."

Patriotism, she recognizes, includes aiding the needy. "They're part of the fabric of our community, and when you have holes in fabric, they don't just limit themselves to that first little area. You start to get bigger holes, more and more instability and pretty soon you don't have fabric to use."

State Inaction Delays Health-Care Exchange

FROM PAGE 1

peal of the existing law will occur after the next election," the governor wrote, "and that Congress will enact prudent market-based health reforms, and states will be given the freedom they need to implement healthcare solutions that work best for their citizens."

Supporters of exchanges say the system was designed specifically to give states maximum flexibility. In 2011, the General Assembly took action encouraging Virginia officials to create an exchange rather than having Washington bureaucrats do it. And a blue-ribbon panel of experts has encouraged the state to create an authority as part of three separate sets of recommendations, the most recent of which suggested that the Anthem bronze plan become the baseline insurance plan for Virginia citizens.

"I can think of nothing better we can do to help prop up our economy than to make health insurance affordable for all Virginians," said Del. Patrick Hope (D-47), a member of the Virginia Health Reform Initiative.

FOR NOW, McDonnell says, there are too many unanswered questions and political uncertainty for the state to take action on the exchange, which is scheduled to launch

in January 2014. If former Republican Massachusetts Gov. Mitt Romney defeats President Obama this November, McDonnell points out, Virginia would have invested money in a system that will never be implemented anyway. As a result, the governor is taking what his communications team is calling a wait-and-see approach on the exchange.

"Right now, we do not feel there's a significant rush or any kind of requirement that we act immediately in order to move forward in the best manner possible for the taxpayers of Virginia," said Jeff Caldwell, press secretary for the governor.

More than 30 states are on track to create the authority for the exchange by the January 2013, although Virginia is not one of them. Yet unlike Texas Gov. Rick Perry, Florida Gov. Rick Scott, Wisconsin Gov. Scott Walker and Louisiana Gov. Bobby Jindal, McDonnell has not categorically ruled out the creation of a state-based exchange. Ironically, that means Republicans are willingly ceding power to the federal government, a twist of fate created by a health-care reform effort that has become mired in partisan politics.

"If you prefer having certain decisions at the state level, which often states do pre-

fer, then you'd want to go with the state-based exchange," said Paul Dioguardi, director of intergovernmental and external affairs for the U.S. Health and Human Services. "If you would prefer to cede that authority to the federal government for whatever reason then that's a decision you've got to make."

THE HEALTH-CARE exchanges are one of the cornerstones of the Affordable Care Act, an effort to increase access for people who are currently without health insurance. Under the existing federal law, all exchanges must be fully certified and operational by Jan. 1, 2014. Unless this year's presidential election changes the fate of the Affordable Care Act, that means Virginia will have an exchange whether McDonnell wants one or not. And even if Romney wins the presidential election, undoing this part of the reform may become the first pitched battle of his new administration. Many see the exchanges as a revolutionary change to the existing marketplace.

"It would shift the balance of transparency and power from insurers to consumers," said Nicholas Len, a health economist with George Mason University. "That's why it's both controversial and dangerous."

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