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Now it's the law

Obama chooses NOVA community college for bill's final passage

BY DAVID SACHS

President Barack Obama chose Northern Virginia Community College's Alexandria Campus as a backdrop to finalize the health care reform bill Tuesday when he signed the legislation, which includes reforms for higher education, in front of about 800 people in the music hall and millions watching live throughout the country.

The president, who highlighted the overhaul of the federal student loan program, was introduced by Vice President Joe Biden's wife, Dr. Jill Biden, who teaches English as a second lan-

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PHOTO/AUSTIN DANFORTH

President Barack Obama signs the health care and higher education reform bill at the Northern Virginia Community College's Alexandria campus Tuesday.

Stabbing scars retirement home

70-year-old charged with attempted murder

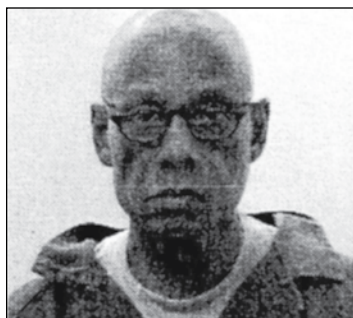
BY DAVID SACHS

Joe Louis Gunn marked his 70th birthday on February 26, the day he allegedly stabbed his neighbor 15 times with as many as four knives, which an Alexandria police officer found bloodied in Gunn's possession when he arrived on the Old Town crime scene last month.

On Monday, Alexandria General District Court Chief Judge Becky J. Moore sent the case to a grand jury where Gunn, charged with attempted first-degree murder, will be prosecuted.

According to court documents, the police officer arrived in the parking lot of the Annie B. Rose retirement apartments on the afternoon of February 26, when Gunn approached him, exclaiming, "I did it!" before

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Joe Louis Gunn has been charged with attempted murder for allegedly attacking his neighbor 15 times last month.

Can't live here

Dislodged public housing residents rally for fair treatment

BY DAVID SACHS

Speaking in front of her neighbors at the Providence St. John's Baptist Church that stands humbly in the James Bland neighborhood, public housing resident Barbara Crowder identified herself with a government-issued label — "I'm phase three" — before giving her name.

The last several months have given Crowder and her neighbors reason to identify themselves with similar labels indicating the order in which they'll be moved out of their homes to make way for a mixed-income residential area and retail hub.

Phase one of the mass departure is over, evidenced by the recently bulldozed rubble a block from St. John's, and residents say it was anything but smooth.

Despite an organized plan by the Alexandria Redevelopment and Housing Authority to scatter public housing residents throughout the city, residents say they experienced a succession of impersonal and unfair treatment before they were forced out.

"All we're asking for — our de-



PHOTO/DAVID SACHS

mands are very simple — is communication," said phase one resident Hattie Thompson. "But it's falling on deaf ears."

Despite advanced notices, Thompson said it wasn't until less than a week before her move-out date that she knew where her next home would be. Others say they

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Easter Eggstravaganza

More than 500 people turned out Sunday for the second annual Del Ray Easter Egg hunt on Mount Vernon Avenue, including 2-year-old Marley, right, who checks out one of her eggs. Sponsored by ACKC and Artfully Paper, this year's hunt featured special treats for kids and canines with prizes being provided by Barkley Square, Evening Star, Thai Peppers, Purple Goose, Executive Lock and Key and Del Ray Picture Framing.

PHOTO/JEANNE THEISMANN



Warren named 'Allies in Prevention' honoree

Deborah Warren, Director of the Alexandria Community Services Board, was one of five women from across the region honored March 25 at the 8th Annual Allies in Prevention Awards by Stop Child Abuse Now of Northern Virginia.

Recognizing Warren for her continued efforts to prevent child abuse and neglect, SCAN also used the Tysons Corner event to mark the launch of the annual Northern Virginia Child Abuse Prevention Campaign for April, which is National Child Abuse Prevention Month. This year the campaign is "Pause for a Child."

Assistant Secretary for Children and Families Carmen Nazario delivered the keynote address while NBC4 anchor Craig Melvin acted as emcee.

Warren, who joined CSB 11 years ago, co-chairs the Coalition for Alexandria's Youngest Child and serves on the Alexandria-Arlington School Readiness Council.

Other 2010 honorees were Robin Tarver of the Arlington County Department of Family Services, Brittny Li, a social



COURTESY PHOTO

worker with Fairfax County, Ann Van Deventer, retired Director of CPS in Loudoun County, and Kay Taylor, Chief of Services for the Department of Social Services Adult and Child Protection Division for Prince William County.

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Summer Camps

Summer camp helps curb summer weight gain in children

A recently-released study by Indiana University and Ohio State researchers found that children gain more weight over the summer than during the school year. A child's summer camp experience can provide the structure and activity needed to keep kids healthy year-round.

Ohio State University sociology professor and lead author of the study Paul von Hippel said, "Our general finding—that kids do better in a structured environment with scheduled exercise and limited opportunities to eat—is consistent with the idea that camp can help restrain summer weight gain."

The American Camp Association president Ann Sheets agrees, stating that it is more important than ever for our youth to be physically active when they are not in school.

"The camp environment is supportive of healthy lifestyles," Sheets said. "Camp includes lots of physical activity, good nutritional choices and a set sleep schedule, all of which play a role in maintaining a healthy lifestyle and preventing childhood obesity."

For the study, researchers studied the growth rates of the body-mass indexes of 5,380 kindergartners and first-graders. The university sociologists discovered that the children's BMIs increased on average more than twice as much during summer break compared with the school year. Once kids were back in school, however, the monthly growth rate of their BMIs fell, the researchers found.

According to research conducted by ACA, 63 percent of children who learn new activities at camp tend to continue engaging in these activities after they return home. "These findings

suggest that camp could actually help children become more active and therefore healthier," Sheets said.

Camps, because they are rooted in experiential learning, provide opportunities for children to exercise and stay physically fit that are not available in school—and are certainly not available watching TV or playing video games, according to Sheets.

Brian Powell, a coauthor of the study and sociology professor at Indiana University, said, "Our study indicates that children's BMI gain is much greater during the summer than during the school year, so if we are concerned about children's health, we must find ways to enable children to participate in the types of activities in the summer that promote good health."

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