



Lolly Hetherington with Rising Hope original member Mary Baker.



Pastor John Speight and his wife Rosemary of Christ Church of Fairfax Station which organized and sponsored the Rising Hope Gala were among the first to step out on the dance floor.

Rising Hope Gala Relieves Pastor

Christ Church organizes gala which earns \$30,000; anonymous donor gives additional \$25,000.

BY ED SIMMONS, JR.
THE GAZETTE

Anxious, stressed, yet maintaining his signature joyfulness, the Rev. Keary Kincannon of Rising Hope Mission Church revealed to his congregation Sunday, Nov. 11, he was suffering sleepless nights worried over his church's finances. There was not enough money to run the mission for the homeless and needy along the Route 1 corridor for the rest of the year.

He prayed for guidance. And for sleep. "I just knew that Rising Hope is God's vision for our community. I was praying to find the means to keep going," said the pastor whose church on

Russell Road just off Route 1 serves the poor with hot meals, groceries, daily chapel services, clothing, employment help, emergency aid and a hypothermia shelter.

Recent fundraising efforts had fallen through. A September fundraiser featuring the Christian rock band Tenth Avenue North, though drawing 1,000 enthused young people, resulted in a loss of \$4,000.

Then a choir festival intended for October hosted by Gospel star Jeff Majors fizzled in the planning stages.

Faced with these losses, it was critical that the Rising Hope Gala on Friday, Nov. 16, at the Waterford in Springfield be a resounding success.

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Sharon Emory of Christ Church with Rising Hope staffers Kat Roman and Sarah Heckman and volunteer Leigh Rosenmund.

PHOTOS BY
ED SIMMONS, JR.
THE GAZETTE

Losing Wetlands

Lecture explains loss of acres of Dyke Marsh.

BY GERALD A. FILL
THE GAZETTE

National Park Service's Matthew Virta described how, for hundreds of years, Dyke Marsh and its area residents lived in relative harmony until a single act triggered its rapid degradation.

Speaking at a Friends of Dyke Marsh quarterly meeting on Wednesday, Nov. 14, Virta, a cultural resources manager, described the

authorized uncontrolled dredging and dumping in Dyke Marsh, without regard to the environmental consequences.

Virta presented his history research before an audience of approximately 90 attendees during the meeting held at the Huntley Meadows Park Visitor Center. During the presentation, Virta traced Dyke Marsh, a freshwater tidal wetlands, going back thousands of years based on archeological findings, to more recent early Ameri-



PHOTO BY GERALD A. FILL/THE GAZETTE

Matthew Virta, cultural resources manager at the National Park Service, discusses area's early human history.

can history dating back 500 years ago and up to the present.

Glenda Booth, president of the Friends of Dyke Marsh, said, "Matthew Virta expertly outlined the rich human history of Dyke Marsh,

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Taste Trumps Nutrition

Film highlights food business gone awry.

BY GERALD A. FILL
THE GAZETTE

The American Association of Universty Women (AAUW) put a spotlight on food during its program at the Heritage Presbyterian Church last Thursday, Nov. 15.

The principal presentation of the program was to show an award-winning film "Food, Inc." that highlights unsanitary slaughter of cows, chickens, and pigs, and the

over-reliance on toxic pesticides and fertilizers as part of what the film contends is corporate agribusiness strategies to produce large quantities of cheap food of poor nutritional quality at the expense of the consumer.

The film and the discussion by panelists that followed was a reminder of the need to be vigilant regarding federal and state public policies affecting food quality, or the lack thereof. The film makes the case that science and technology has not been the friend of quality nutritional food; but, according to the film, its enemy, as mass produced and heavily applied pesticides, fertilizers, and

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Pastor Keary Kincannon and his wife Judy with his father Cdr. Chuck Kincannon, USN (ret) and mother Murice.



Volunteers Deborah and Michael Cushmir take a break.



Volunteers Annabel Baer and Capt. Bob Rositzke, USN (ret.) take time to relax.



Rising Hope staffer Mary Hamilton joins forces with volunteer Barbara Nekoba who manages Rising Hope's Web site.

Rising Hope Gala Relieves Pastor of Sleepless Nights

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But ticket sales were lagging. Kincannon was faced with a desperate situation. "I was fearful we would have to cut back in what we do, but the need out there continues to be so great."

Then came a sudden hopeful development.

The day after the Sunday service in which Kincannon shared his worries and prayers

with his congregation, an anonymous donor, an area businessman, presented Rising Hope Mission with a check for \$25,000.

Four days later, after ticket sales suddenly surged and auction sales rang up large sums, the Rising Hope Gala, organized by Christ Church of Fairfax Station with a team led by Christ Church staffer Debra Merrill, was a great success netting a projected \$30,000.

Not only was the gala a financial rescue at \$125 a ticket, it was a stress-relieving, joyous occasion. As Kincannon and his staff circulated through the crowd, Rising Hope supporters dined, danced and bid on a dizzying array of auction items.

"I was delighted. I felt a lot of relief and a lot of thankfulness for the support of Christ Church and all the churches in the community." Now that the mission has the means

to finish out the year, Kincannon is turning his attention to Christmastime fundraising for next year's budget. As the numbers of those in need continues to rise with the troubled economy, Rising Hope must gather more in donations than last year. The fundraising goal is \$120,000.

As requests for donations are soon to be mailed out, said Kincannon, "We're asking everyone to give a little bit more."

Taste Trumps Nutrition

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herbicides cause toxicity in animals and the feedstock on which cows, chickens, and pigs rely on for their food. The extent of damage to the livestock and ultimately the consumer is a hotly debated subject that continues today.

De Juana Jones, hostess of the AAUW November Public Forum on Food, began her welcome remarks by saying that she comes by this nutrition program honestly. She has had a lifetime interest in policies and practices which ensure food production which is safe, doesn't harm the environment, and is of high nutritional value.

"The purpose of our AAUW food program is to create an awareness of the dangers that lurk in harmful foods and illustrate how healthy nutrition can save lives," Jones said. "Our goal is to make pure food a national priority."

Other attendees' comments included Joanne Clark's: "Between the film and the panel discussion people learned a lot about the importance and availability of food."

Sandra Price said, "The movie was shocking; I am sure anyone who sees it will rethink the purchase of some food products they usually buy."

The movie is an attempt to take on a \$23 billion food conglomer-

More

Food and nutrition information on the web or available in books:
www.foodincmovie.com
www.cdc.gov/obesity/data/trends.html
www.fruitsandveggiesmatter.gov
www.thefoodtrust.org/php/programs/super.market.campaign.php
 "Food Politics," by Marion Nestle, Berkley California UC Press
 "Chew on This," by Charles Wilson, Houghton Mifflin, N.Y.

ate. As the movie and at least one panelist described it, some small victories are being made to promote the purchase of organic food products. Walmart was cited in the movie as one example that their analysts, seeing a trend toward organic food, has begun to stock their shelves with organic food products. Walmart sees the economics of the organic food trend and have joined others in the commercial food industry who see organic food as one of the fastest growing food niches in the U. S.

Still, according to the film, U.S. government is willing to subsidize agriculture while at the same time tolerating anti-competitive and anti-consumer production and labeling practices.

The panelists each described their background and experience based on their specialty, and made some general comments in refer-



Food panelists, from left, are Edouard E. Sooh, food supplement representative; James Bourne, organic farmer; Christopher Johnson, naturopathic doctor, and Hope Warshaw, dietician and diabetes consultant.

ence to the film. Calvert County organic farmer Jim Bourne and the dietician Hope Warshaw said that organically grown fresh fruit, vegetables, and livestock was the safest and nutritionally most beneficial way to buy and consume food. Warshaw recommended following five basic principles of good eating habits:

- ❖ Eat a plant-based diet rich in fresh fruits, whole grains and vegetables.
- ❖ Purchase the least amount of processed foods that you can.
- ❖ Pre plan your food purchases and meals.

- ❖ Prepare food at home; eat as a family.
- ❖ Exercise.

She cited statistics about the current American trend regarding the lack of healthy eating: "Today there are 80 million Americans who are pre-diabetic (type 2 diabetes). Eighty percent of those over 65 are pre-diabetic. Among minority children 1 in 2 have type 2 diabetes." She went on to discuss the poor eating habits of many who consume an excess of calories, sugar and sodium in our daily diet.

The food supplement employee,

Edouard Ekemba Sooh, extolled the virtues of food supplements to enhance one's health. On questioning from the audience, he conceded that some supplements such as fish oil have come under criticism for not containing the supplement advertised on the label. The fourth panelist to speak, Christopher Johnson, is a trained naturopathic doctor located in Alexandria. He discussed his formal training and the type of patients he counsels, and supported the practice of using food supplements and purchasing organically grown food products.