

# Culinaria Campers Cook Haute Cuisine

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Anna Patton, Bella Rosato and Lily Supernor  
work together at Culinaria Cooking School's  
summer camp in Vienna.



## Gun Control Vigil Continues

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## Virginia Voters Get More Choices in 2013

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## Virginia Voters Get More Choices in 2013

Northern Virginia has most two-party races on ballot.

BY VICTORIA ROSS  
THE CONNECTION

While the Virginia governor's race is the one getting the most attention, both nationally and in the state, Virginia's House of Delegates race is shaping up to be the most competitive in a decade.

According to an official candidate list released last week by the Virginia State Board of Elections, 57 House seats will be contested this November—marking only the second time in the last decade where at least half of the 100 House seats will have more than one name on the ballot.

2013 is the second election cycle since the House Republican leadership redrew district boundaries following the 2010 Census. In 2011, voters in nearly two-thirds of the 100 House districts had no choice on the ballot.

Of the 57 contested races, 44 include races with at least one Republican and one Democrat, and most of the two-party races on the ballot will take place in Northern Virginia (see chart.)

Throughout the state, 43 of the 100 House districts are uncontested, meaning there is only a single candidate on the ballot. Delegates Ken Plum (D-36) and Charniele Herring (D-43) are the only uncontested candidates in Fairfax County.

Republicans enter the election with a commanding 67-32 margin over the Democrats, although there are nearly three times as many Democrats challenging incumbent Republicans from two years ago. In June 2011, according to the Virginia Public Access Project, about 15 percent of the 100 House of Delegates seats were being contested between a Democrat and a Republican.

Each member of the Virginia House of Delegates serves two-year terms, represents approximately 80,000 citizens and receives an annual salary of \$17,640. By contrast, the Virginia Senate consists of 40 members. Each member is elected for a term of four years and receives an annual salary of \$18,000. A senator represents approximately 200,000 citizens of the commonwealth. The Virginia General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic capitol building in Richmond. For more information on the state legislature, go to [viriniageneralassembly.gov](http://viriniageneralassembly.gov).



In District 34—Democrat Kathleen Murphy (left) challenges Republican incumbent Barbara Comstock.

### House of Delegates 2013 Elections

#### LOCAL RACES WITH MAJOR PARTY CHALLENGERS

- ❖ **District 34**—Democrat Kathleen Murphy challenges Republican incumbent Barbara Comstock.
- ❖ **District 35**—Republican Leiann Leppin challenges Democratic incumbent Mark Keam.
- ❖ **District 37**—Republican Patrice Winter challenges Democratic incumbent David Bulova.
- ❖ **District 39**—Republican Joe Bury challenges Democratic incumbent Vivian Watts.
- ❖ **District 40**—Democrat Jerrold Foltz challenges Republican incumbent Tim Hugo.
- ❖ **District 41**—Republican Fredy Burgos and Independent Christopher DeCarolo challenge Democratic incumbent Eileen Filler-Corn.
- ❖ **District 42**—Democrat Ed Deitsch challenges Republican incumbent Dave Albo.

#### LOCAL RACES WITH THIRD-PARTY CHALLENGERS

- ❖ **District 38**—Jim Leslie challenges Democratic incumbent Kaye Kory.
- ❖ **District 43**—Glenda Gail Parker challenges Democratic incumbent Mark Sickles.
- ❖ **District 44**—Joe Glean challenges Democratic incumbent Scott Surovell.
- ❖ **District 45**—Jeff Engle challenges Democratic incumbent Rob Krupicka.
- ❖ **District 47**—Laura Delhomme challenges Democratic incumbent Patrick Hope.
- ❖ **District 48**—Lindsey Bolton challenges Democratic incumbent Bob Brink.
- ❖ **District 49**—Terry Modglin challenges Democratic incumbent Alfonso Lopez.

#### LOCAL UNCONTESTED RACES

- ❖ **District 36**—Democratic incumbent Ken Plum
- ❖ **District 46**—Democratic incumbent Charniele Herring



Vincent D'Avena, (left), and Steve Cook, Rotary District 7610 governor.

## Food for Trees Program Honored

Rotary recognizes Vincent D'Avena with Business of the Year Award.

Vincent D'Avena, the owner of A.V. Remodeling & Construction, was awarded Rotary International District 7610's Business of the Year Award at their annual conference for his company's annual holiday charity program, Food for Trees.

Food for Trees will be in its fifth year of selling trees to collect food for those in need during the holidays this year. The program began in 2009 when Vincent D'Avena wanted to find a way to give back to the community, and the holidays seemed like the perfect time. Vincent thought if he could purchase Christmas trees directly from the grower, at cost, he could pass that savings along to everyone he knew and in return ask them to make a food donation when they picked up their tree.

"McLean Rotary became aware of A.V. Remodeling when the company asked the club to co-sponsor their annual Food for Trees program in December 2012," said Jan Auerbach of McLean Rotary. "McLean Rotary was most happy to help spread the word about the program." In 2012, the Food for the Trees program sold 110 trees and donated over \$3,000 worth of food to Share of McLean, the

local food pantry, and another \$1,000 worth of food to the food pantry at McLean High School.

"We are very thankful to the McLean Rotary for their participation in the program and for helping us to spread the word about the program," said Vincent D'Avena. "The response and support of the program has been wonderful. We hope to

**"The trees were beautiful, but buying them was a 'feel good' opportunity when you knew you were also helping those in need by donating food."**

—Jan Auerbach of McLean Rotary

triple our orders and donations this year," added D'Avena.

"The trees were beautiful, but buying them was a 'feel good' opportunity when you knew you were also helping those in need by donating food," Auerbach added. "They have already set a date for

the fifth annual Food for Trees program (Dec. 7-8, 2013) and McLean Rotary will once again be a proud co-sponsor."

Founded in 2004 by Vincent D'Avena, A.V. Remodeling & Construction is an award winning home remodeling firm, dedicated to quality craftsmanship, universal design and environmentally intelligent remodeling, serving Arlington, Falls Church, Great Falls, McLean and Vienna. For more information visit [www.avremodeling.com](http://www.avremodeling.com) or call 703-307-7860.

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**Chefs Stephen Sands and Pete Snaith co-founded Culinary Cooking School in Vienna about three years ago. Teaching children cooking techniques was part of their original vision for the school.**



**Culinary campers take instruction from Chef Marilena Leavitt, classical chef.**

PHOTOS BY DONNA MANZ/THE CONNECTION

# Culinary Campers Cook Haute Cuisine

**Children's camps run one-week sessions, touring the world through food.**

BY DONNA MANZ  
THE CONNECTION

**H**ere's one thing that Culinary Cooking School's summer camp has that no other summer camp around has... food... gourmet food. The culinary campers tour the world in food journeys. And if nine one-week-long camps can fill up for the duration of the summer, it says a lot about the palates of area children.

"A lot of kids are not comfortable in the kitchen," said Culinary CEO and co-owner Stephen Sands. "We get these kids doing things, practicing knife skills, food preparation, cooking."

"This is a good life experience for the kids because it's something that stays with them for life."

The morning session on Monday, July 8, hosted the younger kids, aged 9 through 12. They prepared an Italian meal: pizza bianca, pasta sauce, homemade pasta noodles (yes, they rolled the dough and sent it through the pasta extruder), salad and zeppolini for dessert. It was a segregated class—boys grouping together, girls grouping together. Sands said that by the middle of the week, boys and girls team up naturally, working alongside one another.

"The first day [of camp], they might come in a bit intimidated, apprehensive," Sands said. "A few days later, you see the shift in their comfort level. They come in and start doing things on their own, they make friends, learn teamwork."

Although the instructor uses the gas stoves, the children use only induction burners that heat the food but are cool to the touch. No more than 20 campers are in a class.

**EACH WEEK'S SESSIONS**—a morning session for children, an afternoon session for teens—is taught by a new instructor and the themes change in deference to the children taking multiple camps. Each day, each session, features a different country, from

Europe's classical cuisines to trendy American and regional American. Most of the children questioned said the cooking classes were their idea, even if it was mom who found the camp on their behalf.

"I like cooking a lot," said 10-year-old Bella Rosato of Vienna, who admitted her mother found this camp for her. "Cooking is fun." Bella's friend and schoolmate Lily Supernor agreed that it's "fun to cook" because she learns more cooking skills.

Anna Patton, 10, from Vienna, likes to cook as well, but what she likes to cook is sweets, "not meals," she said, "just sweets."

Culinary co-owner and executive vice-president Pete Snaith said he grew up in a household where his mother did not do "serious" cooking, just traditional British food. It was Snaith's first visit to an Italian restaurant when he was 9 years old that opened his eyes and palate to a world of adventure-some tastes. "It was the first time I had homemade sauce and it was an awakening," Snaith said. "The more you are exposed to foods, the more you will be opened to other new experiences in life, new adventures."

Snaith said that, occasionally, a student balks at trying a new taste or food. But, once they do, they are forming a judgment based on personal experience, not a preconceived notion.

Many children come in used to eating certain things, Snaith said, and may be hesitant to try something new. "But, once they do, the looks on their faces are amazing," he said.

Sands and Snaith see the comfort and confidence levels rise in their campers from day one to the end of the session.

Culinary Cooking camps, for both age groups, run weekly through Aug. 2. There is a one-week hiatus and camp resumes on Aug. 12 for a specialty camp, children's baking.

"They learn proper techniques, life skills they'll have forever," said Sands. "You learn to cook and your diet will be better than what people who never learned to cook have."

**CULINARY COOKING SCHOOL** is located at 110 Pleasant St., N.W. in Vienna. To learn more about Culinary Cooking School and its schedule of classes, go to [www.culinariacookingschool.com](http://www.culinariacookingschool.com) or call 703-865-7920 for details.



**Ralph Greenwood shows his support for gun regulation with a sign.**

**Donna Auritsh holds a sign for observers to see. Drivers passing the vigil showed their support by honking or waving.**

PHOTOS BY JASMINE KANG/THE CONNECTION

## Gun Control Vigil Continues

BY JASMINE KANG  
THE CONNECTION

**E**very month, supporters of gun regulation hold a vigil outside of the NRA headquarters to honor the victims of shootings, as well as urge Congress to take action. The vigil takes place on the 14th of every month, which is the date of the Sandy Hook Elementary shooting.

"I come to express that we are way past time for gun regulation," Del. Ken Plum (D-36) said. "The vigil is a way to keep it in the public's mind. If it can happen once, it can happen again."

Those attending the vigil hope that Congress will pass legislation regarding gun regulation.

"I'm fed up with the violence and lack of action," Ralph Greenwood said. "A first step is reasonable control—registering weapons, instructions for safety, elimination of semiautomatic weapons and required background checks."

The event is organized by the Reston-Herndon Alliance to End Gun Violence, but local community members and other organizations participate in the vigil. According to Joanne Simon of the Alliance, about 35 people attended the first vigil, but it has now grown to over 100 participants.

"I'm here because I'm sick and tired of the deaths that can be prevented and for me, it's a moral issue," Alex Dixon said. "Guns have their place in our society but the way that they're being regulated does not respect people's inherent dignity and worth."

Alice Englert, a resident of Warrington, attended the vigil



**Larry Pullen holds a sign and t-shirts at the vigil. The t-shirts represent the victims of the Sandy Hook Elementary and Virginia Tech shootings.**

in honor of her relative Daniel Barden, a victim of the Sandy Hook Elementary shooting.

A display of t-shirts representing the victims of the Sandy Hook Elementary and Virginia Tech shootings was featured.

"It's a way to honor all gun victims, with the focus on Newtown and Virginia Tech," Simon said.

The vigil took place the day after George Zimmerman was found not guilty in shooting of Trayvon Martin.

"Many of us are mourning that verdict, which was a miscarriage of justice," Martina Leinz said. Leinz is the president of the Virginia chapter of Million Mom March, which advocates for gun safety.

The Alliance will continue to hold vigils on the 14th of each month in front of the NRA.

"It's not just about Trayvon Martin," Dixon said. It's about the nameless and faceless that have died and I'm here for them."

SEE VIEWPOINTS. PAGE 6



PHOTOS BY DONNA MANZ/THE CONNECTION

**A child peers behind a glass barrier at the counters laden with chocolates at Cocoa Vienna.**

## Pizza and Sweets for Vienna

**Local shop openings feature family favorites.**

**F**oodies, rejoice... several new food-focused shops have opened recently in Vienna and, already, they are attracting a following.

Over on Church Street, Cocoa Vienna launched in late-May with a non-traditional grand opening—the cracking of a chocolate “champagne” bottle. Co-owner Staci Meruvia was born and raised in Vienna and her parents still live in the house Staci was raised in.

Cocoa Vienna uses a high-end proprietary-grade cocoa, the beans of which are from western Africa and Central America. While the candies are not cheap, they are buttery-rich and flavorful. Tasters said so.

“It’s fantastic,” said Bridget Halsall. “I feel as if I’m in a chocolate-lovers’ Disneyland. What a great addition to our Vienna.”

There are sea-salt topped chocolate caramels, ganache creams—some spirit-infused, marzipan, traditional candy store chocolates and confections, and more. Chocolate re-creation of objects is whimsical and artful.

Prices at Cocoa Vienna come in at approximately \$21 a half-pound, about \$42 a pound. Chocolate lollipops are priced at \$3 each. The molded chocolates make unique gifts.

“Cocoa Vienna is a wonderful, locally-owned, non-franchised source of deliciousness,” Dan Gropper said.

Also in May, Paisano’s Pizza opened on Maple Avenue; the store does carryout, dine-in and delivery. Pizzas range from the traditional to the distinctive, such as Santa Fe pizza and Greek pizza made with gyro meat. Paisano’s makes sandwiches and finger-foods, as well.

Paisano’s takes order by phone, online and in-person.

Cocoa Vienna is located at 120 Church St. N.E., Suite 100. For hours of operation and to browse through the store’s chocolate gallery, go to



**Cocoa Vienna co-owners Sam Aboulhosn and Staci Meruvia (right) with Vienna Business Association President D.H. Scarborough (center).**



**Paisano’s Pizza on Maple Avenue opened in mid-May. The store features traditional and signature pizzas, as well as sandwiches and other finger-foods.**

www.cocoavienna.com. The store’s phone number is 703-865-8881.

Paisano’s Pizza is at 312 Maple Ave. W. For menu and hours, go to [www.pizzapaisanos.com/pizza-Vienna-va/](http://www.pizzapaisanos.com/pizza-Vienna-va/), or call 703-281-7800.

—DONNA MANZ

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# OPINION

## Share Wisdom With Newcomers and Others

### Connection Newcomers and Community Guide publishes in late August.

Our Insider's Edition Newcomers and Community Guide will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What great places and activities do you think newcomers should know about? Events that should not be missed? Organizations that do a great job?

Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insider's Guide to the Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com). Send in your Insider's Tips by Friday, Aug. 16.

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#### VIEWPOINTS

### What would you like Congress to do regarding gun violence?

Comments by participants in the Reston-Herndon Alliance to End Gun Violence monthly vigil at NRA Headquarters on Sunday, July 14.

—JASMINE KANG



**Bob Hatfield**, retired, Oakton

"Be courageous, think beyond the influence of the NRA and remember that U.S. citizens vote."



**Erin Moran**, student, McLean

"For now, background checks would be the biggest step. For assault weapons, I don't see any reason for someone to be carrying those."



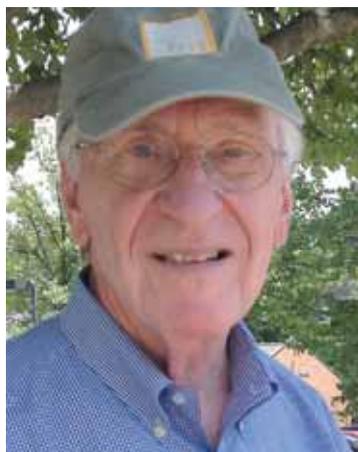
**Sabrina Adleson** (left), student, Burke

"I'd like Congress to pass reasonable laws—not depriving people of guns but having laws that keep people safe."



**Anne Alston**, retired, Herndon

"I would like to see magazine sizes reduced and I don't know if we're going to get around to that so, at the least, some regulation on background checks."



**Del. Ken Plum** (D-36), Reston

"I'd like to see Congress pass legislation regarding universal background checks and outlaw assault weapons, which are weapons of war and don't belong in a civilized society."

#### LETTER TO THE EDITOR

### Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president's bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president's plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president's plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA's efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

**Andre Sauvageot**  
Col., U.S. Army (retired)  
Reston

# ENTERTAINMENT

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## WEDNESDAY-FRIDAY/JULY 17-19

**Ramadan Tent.** 8:30 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax partners with Pinnacle Academy and the American Turkish Friendship Association to host a Ramadan Tent, free and open to the public, where dinner will be served after sundown. 703-281-1767 or 703-267-5751.

## WEDNESDAY/JULY 17

**Recess Monkey.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. A trio of elementary school teachers sing about the fun of being a kid as they rock to fan-favorites from their newest albums Deep Sea Diver and Desert Island Disc. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

## THURSDAY/JULY 18

**Recess Monkey.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. A trio of elementary school teachers sing about the fun of being a kid as they rock to fan-favorites from their newest albums Deep Sea Diver and Desert Island Disc. \$10.

**The Justin Trawick Group.** 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. Justin Trawick's music ranges in styles from folk/bluegrass all the way to funk/hip hop, with instrumentation that includes upright bass, electric and acoustic guitars. [www.justintrawick.com](http://www.justintrawick.com).

## FRIDAY/JULY 19

**The Secrets of Ballet.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Kirov Academy of Ballet of Washington, DC performs a series of vignettes, revealing the secrets, techniques and history of ballet. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Annapolis Bluegrass.** 6:30 p.m., at 144 Maple Ave. E., Vienna. Annapolis Bluegrass plays traditional bluegrass music on the green. <http://www.viennava.gov>.

**La traviata.** 8:15 p.m. at the Filene Center, 1551 Trap Road, Vienna. Grant Gershon conducts the National Symphony Orchestra and José María Condemi directs this new, fully-staged production. [www.wolftrap.org](http://www.wolftrap.org) or 703-255-1868.

## SATURDAY/JULY 20

**The Secrets of Ballet.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Kirov Academy of Ballet of Washington, DC performs a series of vignettes, revealing the secrets, techniques and history of ballet. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Sarah Bennett Swanner.** 6:30 p.m., on the Town Green, 144 Maple Ave. E., Vienna. Rescheduled from June 28, soulful blues artist Sarah Bennett Swanner will perform at the Town Green as part of the Summer on the Green Concert Series. [www.vienna.gov/index.aspx?NID=879](http://www.vienna.gov/index.aspx?NID=879).

**Vienna Volunteer Fire Department's Fire Ball.** 7 p.m., at VVFD Station, 400 Center St., Vienna. Join the Vienna Volunteer Fire Department for the formal Fire Ball dance. \$20 if prepaid online; \$30 at door. [http://fireball\\_vvfd.eventbrite.com](http://fireball_vvfd.eventbrite.com) or [www.VVFD.org](http://www.VVFD.org).

**The Coda Orchestra's "The Tymes."** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The show

features 10 acts, such as The Marcells and The Fireflies, who collectively sold more than 200 million records. \$22-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

## SUNDAY/JULY 21

**Breakfast Buffet.** 8 a.m.-noon, at Vienna's American Legion Post 180, 330 Center St. N., Vienna. Join Vienna's American Legion Post for omelets, scrambled eggs, blueberry pancakes, bacon, etc. Adults \$8; Children \$3. 703-938-1379.

**Unity of Fairfax Flag Raising Ceremony.** 12:30 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The flag will be raised by Specialist A3 William L. Parkin and Electronics Technician Third Class Julius Hankin to honor all veterans. [www.unityoffairfax.org](http://www.unityoffairfax.org) or 703-281-1767.

**Vienna Community Band.** 6:30 p.m., at 144 Maple Ave. E., Vienna. The Vienna Community Band performs the latest musical compositions. <http://www.viennava.gov>.

**Frankie Valli & The Four Seasons.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Frankie Valli and The Four Seasons return to play classics like "December 1963 (Oh What A Night)," "Rag Doll," "Walk Like a Man," "Big Girls Don't Cry," and "Stay." \$25-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

## MONDAY/JULY 22

**Robert Plant Presents Sensational Space Shifters.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Led Zeppelin front man Robert Plant and his band the Sensational Space Shifters come to play their African-influenced world music, country-folk, rock 'n' roll and blues fusion. \$35-\$65. 1-877-965-3872 or <http://www.wolftrap.org>.

## TUESDAY/JULY 23

**Illstyle & Peace Productions.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Dance collective combines elements of tap, ballet and beatboxing into their hip-hop choreography. \$8. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**An Evening With Steve Miller Band.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. With hits like "Fly Like An Eagle" and No. 1 Billboard hit "The Joker," The Steve Miller Band performs for the first time at Wolf Trap. \$30-\$35. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

## TUESDAY/JULY 23-28

### About the Mystical World of Tibet.

At Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Monks from Drepung Loseling Monastery display sand painting and perform as part of The Mystical Arts of Tibet world tour (many events free). In addition, three ticketed performances will be given: Lecture on Tibet Today; Sacred Music, Sacred Dance; lecture of the Symbolism of the Mandala. \$0-\$20. <http://www.unityoffairfax.org/auspicious-event> or 703-281-1767.

## WEDNESDAY/JULY 24

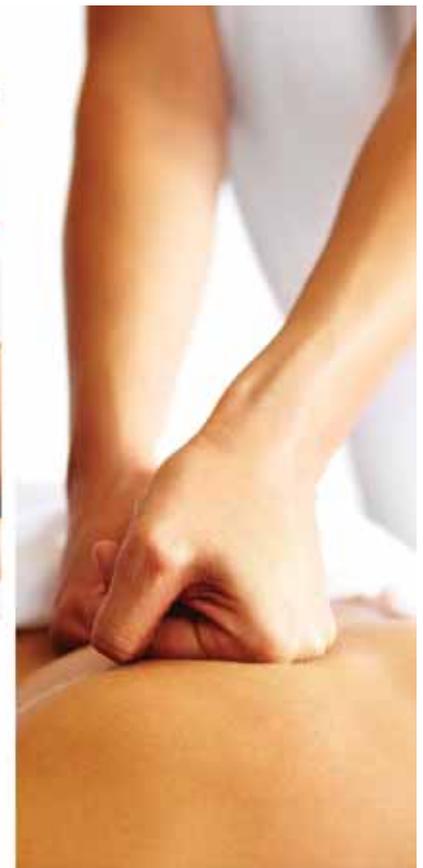
**Alastair Moock.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Parents' Choice Award winner sings songs about being a kid. \$8. <http://www.wolftrap.org>.

**Brandi Carlile.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Hits from her debut album to her most recent, Bear Creek; special guests are Americana Music Award-winner Justin Townes Earle and Brooklyn-based trio The Lone Bellow. \$30-\$40. [www.wolftrap.org](http://www.wolftrap.org).



The Mystical Arts of Tibet event gives a live exhibition of elaborate Peace Mandala sand painting and performances of related music, dance, and lectures July 23-28 at Unity of Fairfax Church in Oakton.

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Kyle Downer (11), a 2013 Oakton High School graduate, will play football at the University of Albany.**

## Oakton Graduate Downer Will Play Football at Albany

**D**ual-threat quarterback Kyle Downer helped the Oakton football team win its first six games of the 2012 campaign. After four straight losses to close the regular season, Downer led the Cougars on a postseason resurgence that included victories over the top three seeds in the Northern Region, a region championship and a berth in the state playoffs.

While Downer was a capable passer, he also hurt opponents with his legs. His 70-yard touchdown run gave the Cougars an early lead against No. 2-seed Lake Braddock in the region quarterfinals en route to a 20-13 victory. Downer finished the game with 152 yards and three touchdowns on the ground. The following week, Downer scored on the final play of regulation during a 14-13 win over Centreville in the semifinals. Against undefeated Westfield in the region championship game, Downer rushed for 119 yards and a touchdown and threw for two more scores.

Downer's skillset earned him a full scholarship to the University of Albany in New York, where he will play football and study business. Downer recently participated in a Q and A with the Connection.

**❖Connection:** What made Albany the right fit for you?

**Downer:** When I came up on my official visit, everything about the school felt right. I loved everything about the football program, from players to coaches, as well as the school itself.

**❖Connection:** Any word on playing time as a freshman?

**Downer:** As a freshman, there is probably a 90-percent chance I will redshirt.

**❖Connection:** What is your favorite memory of playing football at Oakton?

**Downer:** My favorite Oakton football memory has to be our region semifinal win over Centreville. Being able to be a part of that entire game and the final drive is a memory that will stay with me forever.

**❖Connection:** If you could go back and change one thing about your high school football career, what

would it be?

**Downer:** I'm not sure that there is anything that I would change. Even though I would have loved to have started at QB earlier in my career, I think not starting until my senior year gave me a chance to really mature and be ready and prepared when my time came.

**❖Connection:** At what age did you start playing football? When did you realize playing college football was a possibility for you?

**Downer:** My first year of football was seventh grade. Since freshman year, it was always a dream of mine to play college football. I don't think I knew I had a legitimate shot to play until the end of my sophomore year.

**❖Connection:** What are you most looking forward to about the transition from high school to college?

**Downer:** I'm most looking forward to football season. I want to be able to get back out on the field and challenge myself to get better playing at the Division I level.

**❖Connection:** Who is your favorite music artist? Why?

**Downer:** Zac Brown Band. I love country music because it's easy to listen to and it's always positive and enjoyable.

**❖Connection:** What's your favorite movie? Why?

**Downer:** I'm not sure if I have one favorite, but "The Blind Side," "Inception," and "Dodgeball" would all be near the top of the list.

**❖Connection:** What is your favorite hobby outside of football?

**Downer:** I don't have a favorite hobby, but I enjoy basketball, cooking, video games and watching my dad's races.

**❖Connection:** What location is the farthest you've traveled from the Washington, D.C. metro area?

**Downer:** The farthest I have traveled from DC is probably California. My aunt lives out in California and we have visited her out there a couple times.

— JON ROETMAN



PHOTO BY CARIN BOUHAROUN

**Shouse Village swimmer Thomas Myers competes in the boys' 9-10 50-meter breaststroke.**

## Shouse Village Falls to Cottontail Cobras

The Shouse Village Sharks lost against the Cottontail Cobras 227-193 in NVSL Division 10 on July 13 in Springfield. It was Shouse Village's first loss of the season.

Double winners for Shouse were: William Bouharoun, Kara Bremser, Sinead Eksteen, Annie Springsteen, Ryan Sribar and Charlie Williams. Single winners were: Monica Balistrere, Chloe Gao, Rachel Montgomery, Owen Pilewski, Paige Pilewski and Kathleen Oakley.

## StingRays Remain Undefeated

In DCCL action, the River Bend StingRays (5-0) continued their undefeated streak, beating previously undefeated Hidden Creek 351-165.

Winning four events each for River Bend: Sarah Allen, Pearce Bloom, Micaela Grassi, Eliza Pastore, Will Koeppen and Ryan Windus.

Aiden Bond won three events. Sophia Ambrose and Haley Smith each won two events.

Other first-place finishers for River Bend included: Faith O'Connor, Jake Geoghegan, Olivia McDonnell, Anna Takis and Connor Smith.

Bloom broke his own RiverBend 15-18 boys' 50M fly record with a time of 27.59 seconds.

The StingRays, the only remaining undefeated team in the DCCL, face Westwood next week in their final dual meet of the season.

## Adult Softball Teams Wanted

Fairfax Adult Softball is accepting applications for fall adult softball teams. Leagues are available for: men, coed, corporate coed, women, seniors, Reston men, Reston coed, and Reston corporate coed.

Fall season begins Sept. 3 and runs for seven weeks. The deadline is Aug. 2.

Applications are accessible via the FAS home page at [www.fairfaxadultsoftball.com](http://www.fairfaxadultsoftball.com). For more information, please call 703-815-9007 or email [office@fairfaxadultsoftball.com](mailto:office@fairfaxadultsoftball.com).

## Cycling Events Enter 3rd Year in NVSO

The 2013 NVSO 10K and 20K cycling events will take place Sept. 8 at the Northern Fauquier Community Park, located at 4155 Monroe Parkway, Marshall, Va.

The competition is open to men and women in five-year age groups and is governed by the rules of the U.S. Cycling Federation (USCF). Medals will be awarded according to the best times in each age group.

The 2013 NVSO will take place Sept. 7-19 with more than 50 events being held in 17 venues throughout Northern Virginia. Information is available at [nvso1982@gmail.com](mailto:nvso1982@gmail.com). Participants must be 50 years of age by Dec. 31, 2013 and live in a sponsoring jurisdiction.

# Creating Fresh, Healthy Summer Treats

Local chefs offer refreshing, healthy snack ideas to keep children satisfied all summer.

By MARILYN CAMPBELL  
THE CONNECTION

Enticing children to forgo strawberry-flavored candy and choose fresh fruit in its natural form can be challenging. After all, lemonade, popsicles and cookies with milk are considered summertime classics.

Some local culinary enthusiasts say there are an abundance of summer treats that can be made at home and keep children fueled and healthy all season long, however. They offer several suggestions that are ideal for after-camp snacks or whenever the munchies hit.

"When I think of healthy eating and kids and summer, the first thing I think of is fruit," said Andrea Nelson of Creative Kids Kitchen in Arlington. "Beyond the natural sugar factor, most fruit has as much vitamins as a vegetable."

One treat that tops Nelson's summer treat menu is fruit gazpacho. "It is made with a medley of fruits like watermelon, blueberries, honeydew melon. If you have a particularly picky eater, you can puree the fruit.



From left: Katie King, Sasha Fedorchak, Lucy Rogers, Eliza Grace Ulmer, Haley King and Grace Griffin prepare to cook in Arlington, Va. Local culinary enthusiasts say there are an abundance of healthy summer treats that can be made at home.

You can involve the kids by getting them to help wash and cut the fruit."

Christine Wisnewski, an instructor at Culinaria Cooking School in Vienna, also recommends making use of the bounty of fresh fruit available during summer. "Sliced

peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat. Or sweeten some Greek yogurt with a little bit of honey and use it as a dip for strawberries," she said.

Nelson turns the abundance of blueberries that are now available into blueberry biscuits. "They are super easy to make and blueberries are inexpensive right now," she said. "I also make baked strawberry, banana and quinoa muffins using nonfat Greek yogurt. They are healthy and gluten free."

Nikki Drummond of Tiny Chefs Cooking School in Potomac, Md., and Arlington, Alexandria, McLean, Oakton and Springfield, uses her classroom to offer children alternatives to prepackaged, sugar-laden treats. "We make fun fruit kabobs with a yogurt dip made with plain low-fat yogurt and honey and cinnamon," she said. "The kids cut up the fruit so they are having fun."

Drummond also teaches students to make a healthy dessert using uncooked oatmeal, wheat germ and chocolate chips. "We call them breakfast balls, but you can keep them in a container and kids can snack on them throughout the week," she said.

To cool kids down after a day of playing in the sun, Wisnewski offers homemade frozen bananas and sorbet. "[To make] frozen bananas, halve a banana crosswise, insert a popsicle stick in the cut end, freeze for one

**"Make the most of seasonal fruits: Sliced peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat."**

— Christine Wisnewski,  
Culinaria Cooking School

hour," she explained. "Dip frozen bananas in melted chocolate. Only dip one side if you want to limit the chocolate, then dip bananas in fun toppings like sprinkles, toasted coconut, chopped nuts, or crushed cookies."

To make sorbet, Wisnewski combines fruit and simple syrup. "To make a simple syrup, [use a] one-to-one ratio of sugar to water and bring to a boil to dissolve sugar," she said. "Reduce heat to very low and simmer 10 minutes. Cool, combine syrup with pureed summer fruit. Try berries, peaches or mangos. Add a pinch of salt, and a squeeze of citrus juice. Chill until the sorbet mixture is very cold."

For those who want culinary simplicity during the summer, Wisnewski said, "Fresh cherries or grapes heaped in a bowl of ice are more refreshing than those served alone. Even the largest watermelon disappears quickly and keeps kids hydrated when left on the counter for snacking. Some people opt for a sprinkle of salt on their watermelon." For a more sophisticated palate, she suggests adding a squeeze of lime, or a small sprinkle of mild chili powder or cumin.

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## "Focus-Pocus"



By KENNETH B. LOURIE

I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/ extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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## Summer Concerts Continue

The Summer on the Green Concert Series will run through the end of August. Due to inclement weather, two concerts originally scheduled for dates in June have been rescheduled for dates in July and August.

The upcoming concerts' schedule:

- ❖ July 19: Annapolis, bluegrass
- ❖ July 20: Sarah Bennett Swanner, soulful blues, sponsored by Michele Dandrea-Stanley Smith Barney, LLC
- ❖ July 21: Vienna Community Band
- ❖ July 28: Village Jazz Band, sponsored by Tysons Corner Center
- ❖ Aug. 2: Clarence Buffalo, soulful blues
- ❖ Aug. 3: Richard Walton Group, jazz
- ❖ Aug. 4: SoHo Down, country
- ❖ Aug. 9: The Kingsley Winter Band, rock, sponsored by Dr. Allen Garai of Garai Orthodontic Specialists
- ❖ Aug. 10: Open Mic Night
- ❖ Aug. 11: Wayne Tympanick, jazz/dixieland
- ❖ Aug. 16: U.S. Navy Band Cruisers
- ❖ Aug. 18: Bill Emerson and the Sweet Dixie Band, bluegrass

The Summer on the Green is a free performance series presented by the Town of Vienna and a host of concert sponsors and supported through community donations. All performances are held at the Vienna Town Green, 144 Maple Ave. E. Bring chairs or blankets for seating. No alcoholic beverages are allowed. It is recommended that pets be left at home.

For more information, call the Vienna Parks and Recreation Department at 703-255-6360 or visit [www.viennava.gov](http://www.viennava.gov).

## Vienna Youth Players Present Summer Musical

The Vienna Youth Players will present the musical "AIDA" at the Vienna Community Center, 120 Cherry St. S.E., on Aug. 2, 3, 9 and 10 at 7:30 p.m. and Aug. 11 at 1 p.m.

"AIDA" is a contemporary musical take on a grand classic tale of the timeless bond between an enslaved Nubian princess and an Egyptian soldier.

Tickets go on sale at the Vienna Community Center on Monday, July 8 and are \$14 general admission. For more information, call the Vienna Parks and Recreation Department at 703-255-6360 or visit [www.viennava.gov](http://www.viennava.gov).



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