



PHOTOS COURTESY OF DANIEL GLASS

Jason Saitta and his band covering Cheap Trick's song, "Surrender."

Fine Tuning Songwriting Skills

Chantilly teen attends Grammy Camp in California.

BY BONNIE HOBBS
CENTRE VIEW

This fall, junior Jason Saitta will be one of the leads in Chantilly High's musical, "Evita." But his summer was also none too shabby.

Primarily a musician and songwriter, Saitta, 16, was one of 78 high-school students and recent grads who attended the Grammy Foundation's ninth annual Grammy Camp. It was held, July 13-22, at the University of Southern California's Thornton School of Music, and 1,000 students applied.



Jason Saitta at Loudoun YouthFest in June in Brambleton, Va.

Just 74 from all over the U.S., plus four international students, were accepted — and he was one of only 12 songwriters chosen. "I was so excited; I couldn't believe it," he said. "It was absolutely amazing — probably the best experience I've ever had musically."

Saitta plays several instruments, but mainly guitar. He also sings, plays in two bands and is taking piano lessons. He and friend Max Snyder are in an acoustic band, The Exceptions, playing covers plus songs Saitta wrote, ranging from classic rock to modern pop. They've played at Clifton venues and have a three-song EP coming out soon.

In addition, Saitta plays in the band, "That's What She Said," which does classic and alternative rock. He especially likes acoustic music because it's "a more intimate environment with the audience. You can convey emotion better because you're not as drowned-out by instruments; it's just you and a guitar."

He's written songs since he was in middle school at Rocky Run. "After my first relationship ended, I wanted to put my feelings on paper, rather than keeping them bottled up," he said. "And I like writing songs that mean something to me and aren't about superficial things. People relate better to you that way; songs with good lyrics that hit you right in the heart make them more memorable."

Saitta's written about 22 "good songs," he said. "I write a lot about love — a mix of ballads and upbeat music. Applying to Grammy Camp, he had to submit two songs he wrote and either performed, himself, or someone else performed. He also submitted a video essay, speaking his mind sincerely."

SEE CHANTILLY TEEN, PAGE 13

Creating Jobs, Helping Community

CLRC workers learn new skills building garden boxes for sale.

BY BONNIE HOBBS
CENTRE VIEW

C Guided by summer intern Tori Jameson, 13 workers at the Centreville Labor Resource Center have learned how to build raised, garden boxes. The project was part of their continual education learning new skills and is hoped to yield both funds and jobs for the center.

The boxes are available for sale to the public. They come in two sizes, 6x3 and 2x2, but the workers can build them any size a customer wants and can install them in people's yards.

"They're made of untreated cedar, which is rot-proof and water-resistant," said Jameson. "So they'll last three times as long as the pine ones which are sold commercially, and they get even prettier as they age. They're also food-safe, but treated pine is not."

The boxes are designed for growing vegetables or flowers; raised garden beds allow for more weed control and prevent runoff of nutritious soil. And Jameson said the smaller, deeper one is especially good for growing root vegetables, such as carrots.

"Because the boxes are raised to allow drainage, you can grow more in them than you could in a flat space on the ground," said Jameson. "So people can grow fruits and vegetables with deeper

roots. The boxes allow more density and also look really nice in a yard."

The workers cut the wood in advance and will assemble and install the boxes on site. Jameson has a bachelor's in technology education from N.C. State and taught carpentry to middle-schoolers. So, she said, "I worked with the guys, in both English and Spanish, on their measurement and carpentry skills."

She taught them how to use a miter saw, and now they're training each another. "And that's the

"These people have great courage and heart."

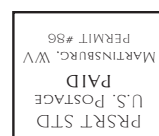
— Nathan Watts,
CLRC intern and
aspiring chaplain

mark of a successful project, that they've taken ownership of it," she said. "People can contact us for pricing of the box and installation." Call CLRC Director Roberto Fernández or center Coordinator Molly Maddra at 703-543-6272.

"Most places try to make a huge profit off the boxes, and then you still have to install them," added Jameson. "But here, we're just charging for the cost of the materials and labor. The center, itself, is nonprofit. But we want to generate employment for the guys and create a beautiful product for the community."

Jameson's doing a 10-week internship program at the CLRC. She's in the ordination process at Andover Newton Theological School in Boston, en route to be

SEE CREATING JOBS, PAGE 13



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PEOPLE

Cooney, Nardone Engaged

John and Judy Cooney of Little Rocky Run are pleased to announce the engagement of their daughter, Erin Alyse, to John Louis Nardone of West Chester Pa.

Erin is a 2003 graduate of Virginia Tech and a 2005 graduate of Marymount University with a master's degree in education. She has been a teacher with Fairfax County Public Schools for eight years.

John, the son of Joseph Nardone of Melbourne, Fla., and Mary Lee Nardone of Media, Pa., is a graduate of The Motorcycle Mechanics Institute of Phoenix, Ariz. He is currently employed by State Farm Insurance Company as an auto estimatics inspector. He is also an avid motocross enthusiast and a five-time amateur racing champion.

A May 2014 wedding is planned.



Erin Alyse Cooney and John Louis Nardone

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CENTRE VIEW



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ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 15, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Backpack Donations are Needed

From now through Aug. 16, Western Fairfax Christian Ministries (WFCM) is collecting 1,682 backpacks to donate to local students receiving free or reduced-cost lunches. The greatest need is for larger sizes with multiple compartments; they should be new and without wheels.

Middle-school students need 17-inch or larger backpacks with two or more compartments. High-school students need larger 18-inch backpacks, also with compartments. Elementary students in grades K through three need midsize backpacks; students in grades four, five and six need standard 17-inch backpacks.

Go to www.wfcmva.org for further details and purchasing information. All backpack donations are tax-deductible, and WFCM will furnish receipts. Backpacks may be dropped off Tuesday through Saturday, from 10 a.m.-4 p.m., at the WFCM Thrift Store, 13939 Metrotech Drive in Chantilly.

Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices — such as keyboards, speakers, printers and scanners, as well as household hazardous wastes — including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, Aug. 18, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road in Fairfax. For more information, call 703-324-5052.

Boom Caused by Blasting

Residents of Centreville's Singleton's Grove community were awakened Friday morning, Aug. 2, by the sound of a large boom. According to one woman, they were "jolted awake at 5:50 a.m. to the sound of a large explosion" that shook their houses.

Fairfax County Fire and Rescue Department spokesman Dan Schmidt said blasting was going on then in the vicinity of Government Center Parkway and Ridge Top Road in Fair Oaks. A townhouse/office project is being built in that area, and Schmidt said the county had received prior notice about the blasting.

Citizens Fire & Rescue Academy

The Fairfax County Fire and Rescue Department is giving residents a chance to learn what firefighters and paramedics do every day. They may apply to attend the Citizens Fire & Rescue Academy. Applications will be accepted until Aug. 23 or until the class of 25 is filled.

The free classes will begin Sept. 19 and run nine consecutive weeks, from 6-9 p.m., at various locations in and outside the department. Each session will cover different aspects of the organization. Topics include fire suppression, emergency medical services, training, recruitment and special operations. Attendees must be at least 18; sign up at www.fairfaxcounty.gov/fr/cfa.

Beware: Prepaid Money Cards Scam

Fairfax County police are investigating a scam in which a local couple was bilked out of thousands of dollars by an unknown suspect claiming to be affiliated with the Internal Revenue Ser

SEE ROUNDUP, PAGE 9

NEWS

CENTRE VIEW EDITOR STEVEN MAUREN
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PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Army Air Force vet Elmer Smith spoke about flying President Franklin D. Roosevelt to the "Big Three" conference.

Veterans Share Their Stories

Rocky Run Middle holds annual WWII Day.

BY BONNIE HOBBS
CENTRE VIEW

A veteran of three wars, Russell O'Connell helped protect Gen. George Patton. Elmer Smith flew President Roosevelt to the "Big Three" meeting with Stalin and Churchill. And Ruth Erno was a Navy communications officer.

They were among the more than 80 veterans who participated in June in Rocky Run Middle School's annual World War II Day. It's hosted each year by the seventh-grade class and organized by history teacher Jamie Sawatzky.

Students learned about those times from a variety of perspectives, including civilians, a Japanese-American who served with the U.S. Army while his family

was interned, and a man who flew with the German Luftwaffe. Most of the veterans were from the WWII era, but others saw action in the Korean, Vietnam and Iraq wars.

Participating, as well, were six people involved in the invasion of Normandy, France, plus Walter Goodman, a scientific adviser and eyewitness to the atomic-bomb explosion at Nagasaki, Japan. Olvin McBarnette spoke on the post-war desegregation of the veterans, and three Holocaust survivors told their stories, too, as did three people who grew up behind the Iron Curtain. All were interviewed by the students in small groups throughout the school, and some also spoke to larger audiences in the little theater. And some of the interviews were videotaped and sent to the Library of Congress as part of its Veterans History project.

A PILOT with the 368th fighter group, O'Connell flew

SEE STUDENTS LEARN, PAGE 8



Russell O'Connell shows his T-shirt honoring his service in WWII, Korea and Vietnam.



Veteran Edward O'Connor enjoys sharing his WWII memories with the Rocky Run students.

Defense of Marriage?

Candidates for attorney general take different approaches to constitutional ban on gay marriage.

BY MICHAEL LEE POPE
CENTRE VIEW

Virginia's next attorney general will have to stand in a courtroom and make a decision about whether or not the commonwealth's constitutional ban on marriage should be defended. Republican candidate Sen. Mark Obenshain (R-26) has been clear about his support for the amendment and his intention to provide a vigorous defense of marriage. Democratic candidate Sen. Mark Herring (D-33), on the other hand, has yet to take a position on whether or not he will defend the amendment if elected.

"He's taking a look at the case," said Kevin O'Holleran, campaign manager for the Herring campaign. "He's going to work with his attorney general staff and make sure that they do what they feel is appropriate in this circumstance."

Last week, the American Civil Liberties Union of Virginia and the Lambda Legal filed a federal lawsuit in the Western District of Virginia at Harrisonburg challenging the amendment. Ken Cuccinelli, the Republican incumbent currently running for governor, has vowed to defend the amendment in court. But he will no longer be the attorney general by the time the suit is before a judge. Meanwhile, the Obenshain campaign jumped on Herring's lack of position as a political weakness that demonstrates inconsistency.

"Senator Obenshain and Senator Herring both voted for Virginia's marriage amendment, both clearly at the time believing that it was constitutional," said Paul Logan, com-



Sen. Mark Herring (D-33)



Sen. Mark Obenshain (R-26)

"When people elect an attorney general, they want to hear the candidate say that he will defend the law. But there may be political advantages to saying that this is a law that, if elected, he would not support."

— Kevin O'Holleran, campaign manager for state Sen. Mark Herring

munications director for the Obenshain campaign. "Senator Obenshain has said consistently that as attorney general, he will defend Virginia's laws — including this one — against any challenges, whether he agrees with the policy behind the laws or not."

THE FEDERAL LAWSUIT was filed last week on behalf of a Staunton couple and a Winchester couple who have been denied

marriage licenses. The ACLU and Lambda Legal are hoping to certify the case as a class-action suit to represent all same-sex couples in Virginia who wish to marry here or who have married in other jurisdictions. The complaint says constitutional prohibition against gay marriage, which was approved by Virginia voters in 2006, sends a message lesbians, gay men and their children are second-class citizens.

"I know of too many couples who have left the state due to a lack of the protections now offered to our neighbors in the District of Columbia and Maryland," said Sen. Adam Ebbin (D-30). "With a total of 13 states and D.C. offering equality to couples, Virginia is at a competitive and economic disadvantage."

The Staunton plaintiffs are Joanne Harris, 37, and Jessica Duff, 33, who have been together since 2006. They have a four-year-old son, Jabari. The Winchester plaintiffs are Christy Berghoff, 34, and Victoria Kidd, also 34, who have been together almost a decade. They have an eight-month-old daughter, Lydia. Advocates for gay marriage view the case as an ideal test of the constitutionality of prohibiting gays and lesbians from participating in the institution of marriage.

"More than half of the people of Virginia believe all Virginians should have the freedom to marry the person they love," said Claire Guthrie Gastañaga, executive director of the ACLU of Virginia. "Every day that same-sex couples in Virginia are denied the freedom to marry, the government sends a message that they are second class citizens and their families are not worthy of equal

dignity and respect."

HERRING FINDS himself in a precarious political position. On one hand, the amendment is very unpopular with the Democratic base he needs to win a statewide election. So announcing that he intends to defend the prohibition in court would be a losing proposition. On the other hand, announcing that he will selectively defend Virginia's laws might be a difficult sell on the campaign trail.

"For Senator Herring, it's really a lose-lose situation," said Stephen Farnsworth, political science professor with the University of Mary Washington. "When people elect an attorney general, they want to hear the candidate say that he will defend the law. But there may be political advantages to saying that this is a law that, if elected, he would not support."

Republicans, on the other hand, find themselves on solid ground. Polls show that most Republican voters in Virginia support the prohibition against gay marriage. And social conservatives such as Cuccinelli are able to frame their support of the amendment in the context of adhering to the will of Virginia voters.

"Virginia has followed the traditional definition of marriage as being between one man and one woman for more than 400 years, and Virginians voted overwhelmingly to add this traditional definition to their constitution," said Brian Gottstein, spokesman for the attorney general. "Consistent with the duties of the attorney general, this office will continue to defend challenges to the constitution and the laws of Virginia."

The Median Has No Message

Political signs banished from roadsides as campaign season heats up.

BY MICHAEL LEE POPE
CENTRE VIEW

Some people call them flowers of democracy. Others call them weeds of political pollution. Whatever one thinks of the campaign signs and placards that appear along the roads of Fairfax County, expect to see a lot fewer of them. Last month, county officials launched a new program in which nonviolent inmates at the county jail hit the streets four days a week to remove illegal signs.

With apologies to Marshall McLuhan, the message is no longer in the median.

Anger and resentment has been rising over the issue of roadside political signs for years, and campaigns frequently go to war with each other to see which side can plant or steal or deface the largest number of placards. Unlike Prince William County, which had an agreement with the Virginia Department of Transportation that allows the local government to collect the signs and fine violators, Fairfax was caught in a bind. Part of the Virginia code made it illegal for the



Don't expect to see political signs in the medians of Fairfax County this election season. Crews of nonviolent offenders are out four days a week confiscating the placards thanks to a new arrangement with the Virginia Department of Transportation.

county to remove the signs in Fairfax County until after an election.

Until now.

Last year, Del. David Albo (R-42) introduced House Bill 34. The legislation amended Virginia law specific to Fairfax County, allowing the commissioner of highways to enter into an agreement with the

PHOTO BY LOUISE KRAFFT/CENTRE VIEW

Board of Supervisors. Instead of waiting for the Virginia Department of Transportation to enforce the law against signs in the medians, the new law allows Fairfax County to enter into an agreement similar to the one that already exists in Prince William allowing the local government to collect the signs and issue a \$100 fine for each violation.

"Once you do it a couple of times, then nobody does it anymore," said Albo. "Politicians are running to write laws, and they don't want to break them."

ALBO SAYS the 2011 campaign was the last straw. As the election for state Senate approached, the roadsides of Fairfax County were littered with thousands of signs for every candidate under the sun. Because two different attorneys general issued conflicting opinions about whether or not political signs constituted free speech, Albo said,

candidates could argue the practice was legal. Albo's bill this year ended that ambiguity, clarifying the law even as it gave new authority to Fairfax County.

"This is something that has bothered people for a number of years," said Springfield Supervisor Pat Herrity. "The county has tried before to address it, but we've clearly got it addressed this time."

Back in February, the supervisors approved a contract with VDOT. Now, as a result of Albo's legislation and the supervisors' agreement, Fairfax County has a contract to enforce VDOT's rules. The new program launched on July 1, and the clean-up crew of inmates has been out every Tuesday to Friday since that time. County leaders say the weekends are still fair game.

"Signs will be removed from selected highways, not all neighborhood streets," said Troy Manos, communications director for Bulova. "Basically that means if you are having a garage sale and you want to put a sign at the end of a small residential street, that would be OK."

PEOPLE

Four Receive Lifesaving Award

AAA presented its School Safety Patrol Lifesaving Award in June. From left, back: Marke Dickinson, AAA Mid-Atlantic executive vice president, chief marketing officer; Myra Wieman, Safety Services manager, AAA Mid-Atlantic Foundation for Safety & Education; Susan Meade-Beachell, executive director, AAA Mid-Atlantic Foundation for Safety & Education; Joe Beddick, Safety Services manager, AAA Mid-Atlantic Foundation for Safety & Education. In front: Washington, D.C. metro area 2013 Lifesaving Award winners: Alanna Miller, Hunter Hamilton, Daceris Mendez and Inmar Castillo-Hernandez. Hunter of Greenbriar East Elementary School was awarded a 2013 AAA Lifesaving Award for performing a lifesaving act. On Dec. 11, 2012, Hunter was at his patrol post at the intersection of Point Pleasant Drive and Majestic Lane. A kindergarten student suddenly ran into the street through a large group of students. Hunter immediately stepped off the curb going several feet into the street to grab the child by the arm. He was almost pulled down as the student tried to pull away. Fairfax Crossing Guard Joyce Harrell witnessed the incident and was in the intersection at the time, but unable to reach the child. Harrell stated that "Hunter's immediately action and alertness prevented what could have been a dangerous situation."



PHOTO CONTRIBUTED



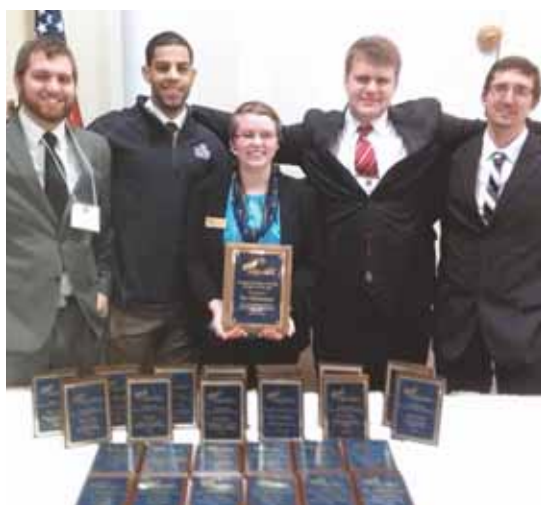
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Award Winners

Students from Bluefield College's chapter of Phi Beta Lambda, a national student business organization, recently competed in the PBL State Leadership Conference in Richmond, and brought home a state title with more awards than any other team participating in the statewide academic competition. Five members of the Virginia state champion Phi Beta Lambda team at Bluefield College are (from left): Jordan Johnson of Chantilly, Kenssy Quezada of New York, Cary Carpenter of Roanoke, Tyler Giles of Roanoke and Jordan Owens of Weber City, Va. Johnson won first place Sports Management and Marketing and third place Contemporary Sports Issues.



PHOTO CONTRIBUTED

Scholarship Recipients

Twelve Fairfax County students were among 20 recognized for their leadership and achievements by the Northwest Federal Credit Union Foundation. Each received a \$5,000 Ben DeFelice Scholarship at the Foundation's award ceremony on June 2. From left are Chauncey Crail, Katherine Neal, Grant Pemberton, John Franklin, Alexandra Smyre (a graduate of Westfield High School, currently attending University of Virginia), Kristi Carrigan, Wray Sinclair, Steven Natale, Justin Sunday, Andrew Brailey and James Chang. Not pictured is Timothy Tran.

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Issues That Matter

Mental health services discussion gives insight into real differences between candidates.

It came as somewhat of a relief to have the candidates for governor in Virginia, Ken Cuccinelli (R) and Terry McAuliffe (D), discuss an actual issue that matters to many Virginia families this week at a forum on mental health issues.

While press coverage of Cuccinelli and McAuliffe might lead one to believe that they are two similar, ethically challenged candidates, in fact they differ dramatically in their views about key issues affecting Virginia.

Money is critical to providing appropriate mental health services. So is access to health insurance that covers treatment for mental illness.

Virginia has an opportunity to expand health care for poor residents, with the bill paid by the federal government. Virginians are already paying the taxes that fund the expansion of Medicaid in other states. This would provide coverage for individuals with income up to \$14,856 — \$30,656 for a family of four.

Cuccinelli opposes expanding Medicaid; McAuliffe supports it.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years if it opts out of Medicaid expansion to individu-

als and families with incomes up to 133 percent of the poverty level.

It's a travesty that legislators engaged in partisan grandstanding could get to decide that as many as 400,000 Virginians would not get access to health coverage.

About 13 percent of Northern Virginia residents do not have health insurance. Fairfax County government, which supports the expansion, says it would provide coverage for 25,000 to 30,000 Fairfax County residents.

Beyond Gifts And Disclosure

It's unlikely that there will be a special session of the General Assembly to address "holes" in Virginia's disclosure laws. No doubt some changes to rules on gifts to candidates and officials and their families will emerge from the next session of the Virginia General Assembly, which begins in January.

Virginia is one of only a few states with no limits on campaign contributions and little oversight on campaign spending, setting the stage for abuses beyond gifts, shopping sprees,

etc. Reform should move beyond gifts and into genuine campaign finance reform.

Share Wisdom, Second Request

Our Insider's Edition Newcomers and Community Guides, will publish the last week of August. Thank you to the many people who have sent in contributions for publication. We are still seeking more input.

What tips do you have for someone getting to know your community? Do you have a favorite park? What sites in your community do you take visitors to see? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about.

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.

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Friday, Aug. 16. For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM,
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BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

FRIDAY/AUG. 9

Shabbat Service. 7:30 p.m. at Temple Beth Torah, 4212 C-Technology Court, Chantilly. The service will be held in the new building. All community members are welcome. Call 703-217-8938 or visit www.BethTorah.net.

FRIDAY/AUG. 23

New Member Shabbat Service. 7:30 p.m. at Temple Beth Torah, 4212 C-Technology Court, Chantilly. The service will be held in the new building. All community members are welcome to attend. Call 703-217-8938 or visit www.BethTorah.net.

SATURDAY/AUG. 24

Pre-school Open House. Happy Faces Daycare, 13923 Braddock Road. The event will include moon bounces, snow-cones, and balloon animals. Children can enjoy the events while parents are taken on a tour. All parents who register after the event will receive two free weeks enrollment. Visit www.happyfacesdaycare.com or call 703-830-1200.

THURSDAY/SEPT. 5

Board of Directors Meeting. 7:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. The Southwestern Youth Association will be holding their annual meeting. The SYA executive board positions are for one year terms. Nominations are now being accepted. This meeting is open to the community. Call 703-815-3362 or contact the SYA office at syaboard@verizon.net.

SEPT. 14

Blood Drive. 7 a.m. to 1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May, 23 to Sept. 9, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched. Visit www.redcrossblood.org or call 1-800-733-2767.



PHOTO COURTESY OF SHAWNA LEVINS

Supporting Kids First

Fairfax County Local Childcare Coordinators Dariece Rau, Kimberly Nelson, Christine Bodziak, Shawna Levins, Cinzia Putzeys and Debora Smith, along with area au pairs and their host families enjoyed yogurt and other treats at Yolly Molly Café in Fairfax on Sunday, Aug. 4 to support Cultural Care's Kids First Foundation. Yolly Molly provided the setting and donated 15 percent of all sales between 1-5 p.m. that day to benefit Kids First. More than \$100 was raised which will be matched 100 percent by Cultural Care Au Pair. Yolly Molly will continue to collect donations for Kids First through Aug. 25. See culturalcarekidsfirst.org.

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

FRIDAY/AUG. 9

Yoga Storytime. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-9 can enjoy story time that incorporates basic yoga moves. Free. Registration required, 703-502-3883.

Ready for School Storytime. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

SATURDAY/AUG. 10

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Kaleidoscope Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Sensory story time focusing on children on the autism spectrum and with other developmental disabilities. Free. Registration required. 703-502-3883.

I Dig Sign Language. 2:30 p.m. at Centreville Library, 14200 St. Germain Drive. All ages can enjoy songs and games introducing basic American Sign Language. Free, but registration required. 703-830-2223.

Paws for Reading. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 5-12 can meet and read to a trained therapy dog. They can read from a library book or already owned one. Free. Registration required, 703-502-3883.

Starlight Cinema. 6 p.m. at 5875 Trinity Parkway, Centreville. Movie begins at dark. "Ice Age: Continental Drift," with voices by Ray Romano, Karen Disher, Queen Latifah, John Leguizamo, Chris Wedge, Denis Leary, Wanda Sykes and Josh Peck, is rated PG; 94 minutes; 2012. Free; bring a blanket or chairs and a picnic.

SATURDAY-SUNDAY/AUG. 10-11

Annual Civil War Weekend. Aug. 10, 10 a.m.-4 p.m. and Aug. 11, 10 a.m.-3 p.m. at Sully Historic Site, 3650 Historic Sully Way. Reenactors demonstrate the varied work of the army including drill, camp life and medical care. \$9/adults, \$7/seniors and children. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully.

SUNDAY/AUG. 11

Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station. The Northern Virginia NTRAK members present a N gauge model train show. Free admission for museum member; \$4 adults; \$2 children 5-15. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/AUG. 12

Storytime. 10 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

CHS One Book Group Discussion. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Discuss "Peak" by Roland Smith. Free. 703-502-3883.

TUESDAY/AUG. 13

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000

Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Storytime. 1 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Ladies Book Club Discussion. 7:30 p.m. at Temple Beth Torah, 4212 C-Technology Court, Chantilly. 'Yiddish Policeman's Union' by Michael Chabon. Call 703-217-8938 or visit www.BethTorah.net.

WEDNESDAY/AUG. 14

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Sunnyland Music with Slim Harrison. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. All ages can sing along and do-si-do to traditional music. Free. Registration required, 703-502-3883.

Chantilly Book Group. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults call for title. Free. 703-502-3883.

THURSDAY/AUG. 15

Storytime. 10:30 a.m. at Chantilly

Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

FRIDAY/AUG. 16

Swing Dance Lesson and Dance. 8:30 p.m. lesson and 9 p.m. dance at Hilton Washington Dulles Airport, 13869 Park Center Road. The Rockin Bones will perform. Beginners welcome. Class and dance are \$15.

SATURDAY/AUG. 17

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Civil War Day. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway. Features live music, food from Amphora Catering, civil war reenactments and more. Free. Visit www.thewineryatbullrun.com or call 703-815-2233.

Magic and Mayhem. 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Grades 6-8 can participate in this sci-fi/fantasy book group. Call for title. Free. Registration required. 703-502-3883.

Starlight Cinema. 6 p.m. at 5875 Trinity Parkway, Centreville. Movie begins at dark. "Kung Fu Panda 2: The Kaboom of Doom," with voices by Jack Black, Angelina Jolie and Jackie Chan, is rated PG; 90 minutes; 2011. Free; bring a blanket or chairs and a picnic.

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Baha'i Faith...1-800-22-UNITE

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Clifton Baptist Church...703-263-1161
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Mount Olive Baptist Church...703-830-8769
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Students Learn History from Those Who Lived It

FROM PAGE 3

planes escorting bombers making runs over Europe. "We used to protect Patton," he said. But it was dangerous work. "During those days, [the enemy] would shoot anything that moved," said O'Connell.

At one point, he said, "[Gen.] Eisenhower gave Patton the order to take a certain town — and Patton told him, 'I took it yesterday; do you want me to give it back?'"

When a student asked O'Connell how he felt about killing people, he replied, "The Germans had lots of horse-drawn vehicles. I didn't feel bad about killing the Germans, but I did feel bad about killing their horses."

Mentioning his life before joining the military, he said, "We were poor, real poor. It was the Depression, and we lived in a basement in Michigan with no lights and no water and ate mashed-potato sandwiches for lunch."

Now an author and artist, Mark Strauss, 83, was a Jewish boy in Poland during WWII; and from ages 12-and-a-half to 14, he lived in the Lwow ghetto. "It was absolute hell," he said. "I was always in fear and felt threatened and terrified. I was also uncomfortable because I was hidden in a 10x7 room and could never walk around or the people in the room below would have heard me."

But through it all, he said, he never lost hope. "It was impossible to believe the Allies would lose the war," he explained. "When we were liberated by the Soviets, I felt exhilarated. But I couldn't walk because I hadn't used my muscles in 18 months."

A student asked for Strauss's most vivid memory of the Holocaust and, he replied, "There are a lot of ugly memories. But the worst was when my father escaped from his work assignment."

He'd been beaten, his nose was broken and his appearance was a total shock. And afterward, my parents fought; they were ruined by the war."

Strauss loved President Harry Truman, though. "He had a bill passed to allow people like me military transport to come to the U.S.," said Strauss. "I didn't speak any English, so the kids avoided me." He later wrote books about his experiences.

A boy asked how he feels about the Germans today, and Strauss said he doesn't hate them or any people. "I think of people as indi-



With prints of his artwork in the background, Mark Strauss spoke about life in a Polish ghetto during WWII.

viduals," he said. When asked how being isolated affected him, Strauss answered, "I became more introspective. I live on a farm and can depend on my own resources without society." It was his second time participating in WWII Day and he called it "very impressive, but also needed, because we have to know what happened in order to look with some intelligence toward the future."

STUDENT Brandon Park interviewed some of the guests and listened to their stories. "I learned what it was like to be in the war," he said. "It's important to do this because a lot of the veterans are passing away each day, so we try to preserve the memories of the Greatest Generation."

Student Aaron Opoku mostly asked "how the events of WWII affected their lives today and what lessons it taught them. They said, when you start something, you should finish it. And they learned to appreciate all the small things in life and not take them for granted."

Aaron said reading history textbooks bored him. "But this was interesting," he said. "It's more exciting to hear about history from one person's point of view, and with emotion, and I'll remember it longer."

"It's a fun experience because you got to talk to veterans who were really there and get a first-person account," added student Zach Lawrence. "It also helps us understand why they didn't like the enemy and their passion for what they did during the war. The veterans provided lots of solid facts and information about their day-to-day lives during the war — and about their families' lives, both as

civilians and soldiers."

Peter Koch was also a WWII veteran, but for the other side. He flew with the German Luftwaffe out of Poland and Germany. "They started building gliders — soaring planes — and I'd fly in them with my father and his friends when I was 8 or 9," said Koch. "My father was one of the youngest Navy pilots in WWI and, at the end of 1943, I joined the Navy, too."

Koch was trained to fly Germany's first jet planes, the Messerschmitts. But toward the end of the war, he said, "There was no more fuel to fly them, so I was assigned to an airborne division of paratroopers. But they didn't have fuel to transport us so, at the end of 1944, I went to Poland."

A student asked what his scariest experience was, and Koch said it came in 1945 "when the Russians made a 26-hour bombardment of Berlin. The earth was shaking and we were in trenches. It was a horrible experience, and I lost a lot of my buddies."

Another student asked if he agreed with Hitler's thoughts and ideas. "Hitler came to power before 1930 and got Germany out of its post-WWI slump," replied Koch. "So he was successful and people believed him. But what made him so successful was his terrible propaganda machine, so I grew up believing it and believing we'd win the war. But when we started running out of fuel, I began doubting it."

Much later, after he finished college in 1953, Koch "met American officers in Germany who shared my interest in engineering and we became friends. I came to the U.S. in 1956 on an engineering contract and married an American woman."

He said people here didn't show any resentment toward him, and



Students question Peter Koch about his service with the German Luftwaffe.

one of his friends was a former American prisoner-of-war in Germany. He also found many things in common with Americans and now considers himself 95 percent American.

Koch said Rocky Run's WWII Day "gives me an opportunity to open up about my memories and to tell the younger generation that war is no use — it's destructive. What did Europe gain from two world wars? Nothing."

ALSO SHARING her experiences was Ruth Erno, 91, who was a Navy communications officer. She joined in 1943 at age 21 and, as she spoke to the students, beside her was a photo of herself in uniform.

"There'd be whole generations of families who worked in the Navy shipyards at Portsmouth, N.H., so they couldn't imagine taking order from me, but we worked it out," she said.

"I was in charge of a communications station; and in Washington, I published three documents used by radio officers."

Although she and the others worked long hours, Erno said their job was "thrilling and exciting. In the Navy, everything you do is teamwork, and you feel a personal responsibility for what you do. I was a WAVE [Women Accepted for Volunteer Emergency] service. It was established July 30, 1942, for women in the Naval Reserves. In the late 1940s, the law was changed to allow women to stay in the Navy."

When Erno first went in, she was enlisted and was trained to repair aircraft. But radio operators were needed at the 1st Naval District Headquarters, so she received on-the-job training and was later sent to communications college.

"I sent and received messages to

and from ships by radio — or by the newest thing then, teletype," she said. "Later, I was responsible for the message center and was also in charge of the Navy post office and telephone exchange on base, as well as dockside commu-

nications for ships coming in."

Erno said her most memorable, wartime moment was when she was at Portsmouth and was the only woman in uniform. "I did the public relations for special events and got to meet the governors and

'My Crew Chief and Medic Saved Lives'

Vietnam veterans also share their stories.

BY BONNIE HOBBS
CENTRE VIEW

Each year, Rocky Run Middle School invites veterans to participate in its annual World War II day. This year, it extended an invitation to veterans of more recent wars, as well, and they, too, enjoyed imparting their knowledge and reminiscences to the students.

One of them was Rocky Run's librarian, Charlie Fontz, who shared his own military experiences. Before joining the school and beginning a second career in education, he served 21 years in the Navy, retiring as a commander. And as a young lieutenant, he was a helicopter pilot, flying H460s in Vietnam.

"We went to all the major port cities there," he said. "I was the logistics pilot, we and carried machine guns, ammunition, mail, cargo and movies to the Navy ships and our Navy facilities on shore in Vietnam. Mail and movies were especially big for the troops' morale."

During his career, Fontz flew in the Atlantic, Pacific and Mediterranean theaters. "Most of the time, I was assigned to a ship's air detachment," he said. "I was even a ship's operations officer in the Mediterranean, in addition to running the air detachment."

Because of his military duties, Fontz was away 24 months during the first three years of his marriage. "That's always rough on families, especially during wartime," he said. "And back then, we didn't have instant communications.

"When my wife and I had our first baby, I



An Army veteran, Eli Linden was wounded during the invasion of Normandy.



Beside a photo of herself taken 70 years ago, during wartime, Ruth Erno discussed her duties as a Navy communications officer.

their families who came there," she said. "I'd also escort them when they visited submarines and an aircraft carrier."

This was her second visit to Rocky Run, and she was pleased to participate in the special event.

"Today, many of the servicemen who come back don't talk about their experiences," she said. "But I enjoy being with young people. My degree was in education, and I don't think the WWII section in the textbooks is large enough."



Larry McKinley holds a model of the Medevac helicopter he flew in Vietnam and the Gulf War.

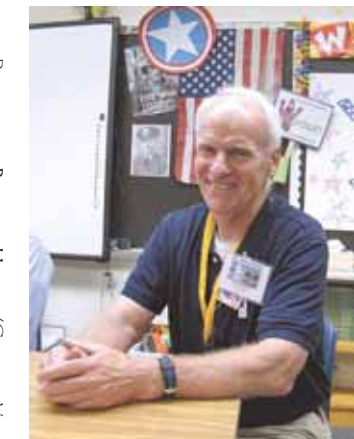
was at sea off Vietnam and I heard the news by telegram communicated via MARS [Military Auxiliary Radio System] radio operators. So after telling your wife, 'I love you,' you then had to say, 'Over.'"

Now, said fellow Vietnam vet Bill Marriott, "Guys in Afghanistan talk to their families via telephone, Skype, e-mail and Twitter, so it's quite a difference." During the Vietnam draw-down, he served in the Army Signal Corps. "I provided telephone service by day and got shot at every night," he said. "They lobbed mortars and rockets at us."

Army vet Ed Zakreski was also in the Signal Corps, serving in Da Nang, in North Vietnam. "In war, half of the jobs are support jobs," he said. "I got to work in an air-conditioned building because the telephone equipment was so warm. It was a big deal because we were in a country with a high humidity and temperatures



Army vet Ed Zakreski served in the Signal Corps in Da Nang, North Vietnam.



Rocky Run's librarian, Charlie Fontz, was a Navy helicopter pilot during the Vietnam War.

over 100 degrees."

Larry McKinley was a Medevac helicopter pilot with the Army Medical Service Corps in Vietnam and the Gulf War. "The two wars were so vastly different in their structure," he said. "I talk to the kids about Vietnam. I loved what I did; I rescued people and flew something important in the way we fought wars."

"We took troops and supplies to the war, and injured soldiers back to the hospital in a timely fashion," continued McKinley. "We sometimes had support from gunships. I was 21 during the Vietnam War and, in Desert Storm, I was 45 and commanded a unit."

When he was younger, he said, "I thought I couldn't get hurt. Later, I wanted to get home safely. In Vietnam, I was primarily in the delta where they grew rice. But I was the pilot; my crew chief and my medic in the back of the helicopter saved lives."

FROM PAGE 3

vice. The caller also claimed to be holding a family member in exchange for numbers associated with prepaid money cards in the victim's possession. The victim relinquished information from the cards and the money was gone. But no family member had actually been held against his will. So police are warning residents to beware so they don't fall prey to this kind of scheme.

Generally, say police, "If anyone except a legitimate business asks for your card numbers, it could be a scam. Avoid using money card numbers if someone contacts you regarding prize winnings or sweepstakes, and do not use card numbers to purchase something from a classified advertisement."

Furthermore, they warn, "Do not give your card numbers to another person, unless you're absolutely certain of their credibility. In most cases, the money lost from this type of scam is not insured; so when it's gone, it's gone."

Hold Summer Food Drive

Summer is when WFCM is most in need of food donations. Children are home from school and need three meals a day, but many come from homes where both money and food are scarce. So WFCM is hoping local residents and businesses will hold summer food drives to help it restock its food pantry so it can provide food to local families in need. Anyone interested in doing so should contact Terry Kelly at tkelly@wfcma.org.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil, canned fruit, rice (2-lb. bags), canned meat, canned white beans (garbanzo, northern, cannellini, navy), fruit juice, Hamburger Helper, dry pasta, sugar, dry beans, and canned vegetables. (Also needed are shampoo, feminine napkins and dish soap. Bring all items to WFCM's new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include bathing suits and shorts for all ages, Bibles in English and Spanish, plus large black yard bags. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when. The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

Give Caregivers a Break


Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

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WELLBEING



PHOTO BY KIRSTEN ROSE PHOTOGRAPHY

Madeleine, Teri, Doug and William Cochrane. When Teri Cochrane's children were young, doctors told her their illnesses would prevent them from having normal childhoods. She credits improved nutrition with their health and well-being, an issue she discusses in her book, "Restorative Recipes: A Mindful Path to the Essential You."



THIS IS "FRECKLES"

With a name like Freckles, you'd think he'd be covered with freckles...but he's not. This Beagle mix has an all-white body, with a tan head and a really cool huge black band around his back and belly. His birth date is July 15, 2012 and he loves other dogs. He's also HOUSE-BROKEN :-). If a super sweet cutie pie is on your list of must-haves, come and meet Freckles. He's everyone's favorite and he wishes he had your love forever. This sweetie is waiting for you!

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If You Are What You Eat, Eat Well

Local nutritionist turns personal challenge into book and health and nutrition practice.

a book called "Restorative Recipes: A Mindful Path to the Essential You."

BY MARILYN CAMPBELL
CENTRE VIEW

HER CLIENTS RANGE from infants to adults. Cochrane's approach is tailored for each individual, focusing on specific health concerns and how they can be addressed through improved nutrition and natural supplements. She addresses ailments including allergies, hormonal imbalances, headaches, gastrointestinal upsets, menopausal symptoms, cancer and depression.

When Teri Cochrane's son was 18 months old, he was diagnosed with asthma and placed on a variety of medications, including steroids. Less than two years later, doctors warned the Reston mother that he would have frequent seizures, would never have a normal childhood and would never grow taller than 5 feet 4 inches. When Cochrane's daughter was born three years later, she also suffered from health problems, including chronic, severe abdominal pain.

"I went to great doctors in the area, but there wasn't an effort to find out why they were sick," said Cochrane. "It was always, 'Give them this medicine.'"

Cochrane was unwilling to accept constant medication without knowing the root cause of her children's illnesses, however. Making it her life's mission to find healing alternatives, she began doing her own research to find nutritional solutions.

"We found a pediatrician who was familiar with alternative medicine and we started our son on his healing path," said Cochrane. "The doctor said 'Don't eat this,' but he didn't tell me what we could eat. It took a lot of effort and a lot of tears to determine how to feed my family in a different way. Fifteen years ago, the term gluten-free wasn't on anyone's radar."

Cochrane left her corporate career after 20 years and returned to school to study nutrition, herbology and holistic methods of healing. She started her own nutrition and wellness practice called Healing Paths, Nutrition and Wellness Counseling, and has written

"Our counseling includes plans for insulin insensitivity, irritable bowel syndrome, high blood pressure, high cholesterol, cardiovascular disease, ADHD (attention deficit hyperactivity disorder) and other chronic and autoimmune conditions," said Cochrane.

"Food is our medicine," she continued. "But we've lost sight of our food. If you're eating fast food or food out of a package, you're not eating real food."

Nurse Practitioner Laura Evan, who holds a doctorate in nursing practice and is an assistant professor in the Nurse Practitioner Program at the George Mason University School of Nursing in Fairfax, agrees that eliminating processed foods can improve health.

"Avoid trans fats," she said. "These are modified fats found in processed foods. Avoid salt. It's a flavor enhancer [and] encourages the body to hold on to water and can increase [blood pressure] in certain patients."


Cochrane approaches each client as an individual. "Each person has their own signature biochemistry, and that tells me what they need for their body," said Cochrane. "You have to eliminate certain foods and then reintroduce them after waiting a period of time between each introduction."

She also offers meal plans and provides cooking and shopping guidelines for balanced nutrition that will meet individual health needs. She even takes clients on grocery store tours to demystify the new shopping process.

ALEXANDRIA RESIDENT Tamara Kieffer is one Cochrane's patients. "I have had migraines for many

"It took me a lot of effort and a lot of tears to determine how to feed my family in a different way. Fifteen years ago, the term gluten-free wasn't on anyone's radar."

— Teri Cochrane, author and nutritionist



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Personal Challenge Inspires Book

FROM PAGE 10

years ... and wanted to get off some of the medication and explore a homeopathic approach," she said. "It is a process and it gets frustrating because you want results right away. I got off gluten and cut out nitrates and nitrites, which meant giving up processed deli meat and hotdogs."

Once she began to see improvements in her health, Kieffer became motivated. "It is hard to cut things out of your diet, especially sugar, which was the last thing to go, but as soon as I did, my brain fog cleared and I felt so much better." She says honey and dates work well as sweeteners.

Kieffer stresses that changing her diet was a long and difficult process, but says the pay-off was well worth the sacrifice. "My migraines are much improved. I am not off my meds entirely, but I was able to reduce them and now they work 90 percent of the time. Before it was much less."

Chronic abdominal issues have plagued Judy Clayton, of Arlington, for most of her life. "From constipation to endometriosis and internal scarring from multiple surgeries, I've had chronic pain [since childhood]," she said, adding that she also suffered from high blood pressure.

"When Teri tested me, it showed that I was dairy lactose intolerant, and was allergic to mold, like those found in mushrooms and peanut butter," Clayton said.

Clayton, who is 66, thought making the recommended dietary changes would be difficult, but she was wrong.

Her new diet includes a myriad of foods like beef, chicken, goat milk products and grain-like foods such as quinoa. "I thought I was going to miss bread and potato chips, but I don't," she said. "I think that my body is getting more nutrients so I don't crave the foods I used to eat. I've also lost 18 pounds and feel like a whole new person."

Bethesda, Md.-based acupuncturist Ausra Kaminskas, who was a medical doctor in her native Lithuania, said, "I heard her giving a talk, and then I



PHOTOS BY LINDSAY BENSON GARRETT

"Restorative Recipes: A Mindful Path to the Essential You," written by Reston-based nutritionist Teri Cochrane is filled with healthful recipes that she says can help heal one's body.



Teri Cochrane

started referring my patients to Teri when Western medicine wasn't helping. Her work made a huge difference in their health. Her experience is amazing and her knowledge is profound, but apart from the knowledge, she has a professional intuition."

WHILE COCHRANE IS PROUD to have turned her personal research into a source to help others, she is especially proud of the health and well-being of her two children. Today, her 15-year-old daughter Madeleine is a ballet dancer in an elite professional program.

Her son William is 19 years old and is 5-feet-11-inches tall. He is attending the University of Virginia on a full scholarship.

"He is fit and no longer on medication," said Cochrane. "He was prom king, on the varsity swim team and a junior Olympic champion in karate."

She's also grateful for their health. "I could pay it forward and provide a service. I went back to school to gain knowledge to help other families."



PHOTO COURTESY OF AUSRA KAMINSKAS

Bethesda-based acupuncturist Ausra Kaminskas says that she often refers her clients to Healing Paths, Nutrition and Wellness Counseling in Reston.

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Automatic Debate

BY MICHAEL LEE POPE
CENTRE VIEW

Should nonviolent felons have their right to vote automatically restored? What exactly is a nonviolent felony? What kind of process can be considered automatic?

These are some of the questions at the heart of an ongoing debate in Virginia about restoration of rights for those who have paid their debt to society. It's also a point of distinction between the candidates for governor because the winner of the election will have the power to determine who gets to have civil liberties restored as well as the process to make it happen.

Republican Attorney General Ken Cuccinelli voted against restoring voting rights when he was in the state Senate, although his views on the issue have been evolving. He now supports an amendment to restore voting rights, although he maintains that the governor does not have the constitutional authority to issue an executive order automatically restoring them. Former Democratic Committee Chairman Terry McAuliffe, on the other hand, says he will issue an executive order the first day of his administration ditching the application process in favor of a new system in which the governor's office would review all nonviolent felons.

Both Cuccinelli and McAuliffe support a constitutional amendment, although that's a nonstarter in the Republican-controlled House of Delegates. "The stereotypical position on restoration of voting rights for felons is that Democrats would generally be more supportive than Republicans," said Kyle Kondik, analyst with the University of Virginia Center for Politics. "We're not necessarily seeing that in this instance because the governor has been for it."

Since he took office in 2010, Republican Gov. Bob McDonnell has defied conventional wisdom on the issue of restoration of voting rights for nonviolent felons. Despite the long history of Republican opposition to the issue, McDonnell has restored voting rights to more felons than any other governor in the history of Virginia — more than 4,000, so far. Last week, he launched a new online application so nonviolent felons could use the Internet to facilitate the process of restoring civil rights. He even raised the issue during his State of the Commonwealth Address earlier this year.

"As a nation that believes in redemption



PHOTO BY MICHAEL LEE POPE/CENTRE VIEW

Candidates for governor disagree about whether or not the governor has the authority to issue an executive order to automatically restore voting rights.

and second chances, we must provide a clear path for willing individuals to be productive members of society once they have served their sentences and paid their fines and restitution," said McDonnell in the January address to members of the General Assembly. "It is time for Virginia to join most of the other states and make the restoration of civil rights an automatic process for nonviolent offenders."

WITHIN MINUTES of the governor's speech, civil-rights groups spoke out in support of the governor's new position. The American Civil Liberties Union of Virginia praised the effort

as a way to shed "this vestige of the Jim Crow era." Virginia Organizing and Virginia New Majority also issued written statements supporting the effort, which now had bipartisan appeal.

Then House Republicans pulled the rug out. A few days after the State of the Commonwealth address, the House Subcommittee on Constitutional Amendments met to consider a constitutional amendment introduced by Del. Charniele Herring (D-46). The amendment would have kept the governor's power to restore civil rights, although it would have added a new power to the General Assembly to "provide for the restoration of civil rights to persons who have been convicted of nonviolent felonies and who have completed service of their sentences, subject to the conditions, requirements, and definitions set forth in that law." But House Republicans broke with the Republican governor, the Republican lieutenant governor and the Republican attorney general.

"A number of Republicans stood up on the floor of the House and essentially attacked

Candidates for governor agree on amendment for voting rights; disagree on executive order.

the governor for supporting this," said Del. Rob Krupicka (D-45). "It's clear they don't intend to follow his wishes."

Since the session, momentum has been building to find a way to achieve some kind of action without the need for a constitutional amendment — an initiative that has failed year after year for more than three decades. In March, Attorney General Cuccinelli put together an advisory committee to figure out a way to move forward on the issue after decades of deadlock. In May, the advisory group released a report that discussed several alternative approaches, but didn't endorse any one in particular. One approach would designate an existing agency within the executive branch to spearhead a more proactive rights restoration process on behalf of the governor.

CUCCINELLI was one of the strongest opponents to extending voting rights to nonviolent felons during his years in the General Assembly. Year after year, the issue was raised by Northern Virginia Democrats. And year after year, the conservative Republican who represented the 37th Senate District — an area that stretched from Burke to Centreville — would vote against it.

"Being in the middle of it for a number of years changed my opinion on this particular point," said Cuccinelli in a May interview with Connection Newspapers. "I think I'm consistent with some of the other things I've done in the criminal justice arena."

When he arrived in Richmond, Cuccinelli said, he thought denial of voting rights should be part of the punishment given to felons. Over the years though, he saw a pattern of behavior in which legislators would increase penalties for all manner of offenses — a phenomenon he calls "felony creep." By the time he became attorney general in 2010, Cuccinelli began to have second thoughts about his longstanding opposition to restoration of voting rights for nonviolent felons. This year, he appeared before a panel of legislators to testify in favor of an amendment that he voted against as a legislator.

"When I arrived as attorney general, I evolved to a different position," said Cuccinelli. "I think that we need to be more

open as a society to reintegrating people who go into our prisons and our jails when they come out."

MCAULIFFE takes a traditional Democratic position on extending voting rights, although he says streamlining the process would be one of the first actions he would take as governor.

"Provided that they have served their time without significant incident and have made all required restitution and paid all fees and fines, their civil rights will be automatically restored to them and they can fully rejoin civil society," McAuliffe said in a written statement on the issue.

McAuliffe also says he would support a constitutional amendment that would automatically restore voting rights for nonviolent felons. This is an approach cheered by civil-rights advocates who fear that future governors might not take the same position as McAuliffe or even Cuccinelli and McDonnell. "Until such legislation is passed, under the Virginia Constitution, it's up to the governor to use his or her constitutional authority to restore civil rights to non-violent felons," McAuliffe wrote. "This is basic fairness. Once someone has paid their debt, they should be free and clear."

SOME OF THE ISSUES remain unresolved. For example, what is "automatic" restoration? The ACLU uses that term to mean no application process is needed and no review of an individual's background is conducted. McDonnell, on the other hand, uses the term to mean that all applicants who qualify are approved. Another issue that is up for interpretation is who qualifies as a "nonviolent" felon. Civil rights advocates are concerned that that the definition leaves too much room for interpretation. "The Virginia constitution gives the governor complete discretion," said Hope Amezcua, legislative counsel and staff attorney at the American Civil Liberties Union of Virginia. "If you are a person who has committed a crime that isn't considered nonviolent by the code of Virginia but you are on the governor's violent list, you don't qualify and you have to go through the more rigorous process."

CRIME REPORT

The following incidents were reported by the Sully District Station.

INDECENT EXPOSURE, 5500 block of Sequoia Farms Drive, July 19, 6:40 p.m. Two girls, ages 12 and 15, were walking at approximately 8:20 in the morning when they saw a man sitting in a car. The man was exposing himself.

BURGLARY, 5000 block of Oakcrest Drive, July 12, 5:30 p.m. A resident reported someone entered the home and stole several items to include jewelry. Forced entry was made through a rear door.

UNLAWFUL ENTRY/DESTRUCTION OF PROPERTY, 14300 block of Green Trails Boulevard, July 12, 8 a.m. An employee reported someone entered the pool area and damaged several items.

LARCENIES:
13900 block of Lee Jackson Memorial Highway, bicycle from business.

5400 block of Clubside Lane, jewelry from residence.

13700 block of Lee Jackson Memorial Highway, bank deposit from business.

Braddock Road/Newton Patent Drive, GPS, briefcase and sunglasses from vehicle.

13800 block of Braddock Road, watch from business.

13900 block of Lee Jackson Memorial Highway, lottery tickets from business.

4900 block of Stonecroft Boulevard, prescription medicine from vehicle.

5800 block of Stone Ridge Drive, cell phone from business.

STOLEN VEHICLES:
13600 block of Bayberry Lane, CBR 600 motorcycle.

6100 block of Redwood Square Center, 2009 Ford F-150.

Creating Jobs and Helping the Community

FROM PAGE 1

coming a minister with the United Church of Christ. And she's had a great time at the center.

"Being welcomed by this community has been a treat and a blessing," said Jameson. "The guys are wonderful people and I'm glad to be able to work with them all summer."

Nathan Watts, of Vanderbilt Divinity School in Nashville, is also a CLRC intern. He'll graduate in December and wants to become a college chaplain. At the center, he's done outreach to update the volunteers on what's been happening there this summer.

"I've also been promoting a language-exchange program the CLRC will have in the fall and winter," he said. "It's reverse ESL — teaching local residents Spanish. We started with our data base, but will add in the churches and anyone in the community who wants to learn Spanish and make some friends."

Watts said the new program will build relationships, encourage education and direct dialogue and empower the workers. "They'll be asked what phrases, cultural customs, etc., they want to teach English speakers," he said. He also noted there's more to the workers than meets the eye.

"Some of these men weren't day laborers in their own country," said Watts. "They were leaders — teachers, business owners and nurses. So they were used to a different type of work and more responsibility than day labor. But that's their reality as they've come to America. So this program gives them leadership opportunities again."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Posing with the handmade garden boxes are (back row, from left) Roberto Fernández and Nathan Watts and (front row, from left) Tori Jameson, Marco Antonio Noriega and Diego Abel Gonzalez.

Two of the workers, Marco Antonio Noriega and Diego Abel Gonzalez, both came from Guatemala. Noriega described the center as "a nice place that helps us earn money to send to our country to our families." And he said both interns were wonderful instructors.

Agreeing, Gonzalez said, "They've helped us and it's meant a lot. I appreciate that they came here and gave us their time." A Mountain View High grad, he's been coming to the center for three months. He does land-

scaping, moving and other jobs and helps translate for workers new to the CLRC.

"The center's what we need in this community because it provides us with the help we need learning English and vocabulary," said Gonzalez. "It also helps get workers off the street, but only if the community hires us." "The center is fantastic," said Watts. "It's practical because it puts money into the pockets of people who need it — not only the workers, but their families back home."

Jameson said leadership development has

been this summer's focal point. "One day, a group of middle-schoolers visited us, and the guys taught them how to assemble the boxes," she said. "Then the workers and staff taught them some Spanish, including animal names and some phrases."

"Immigration reform is what everyone's talking about, but this is a real model of how to meet people's needs," added Watts. "These people have great courage and heart. They've traveled all the way from Central America; it was traumatic and totally uprooting, but they survived. And here, the workers negotiate the price of their work — and that's empowering and humanizing."

Both he and Jameson have loved interning at the CLRC. "I didn't expect to like it as much, be so welcomed and learn so much," said Jameson. "I'm so thankful and grateful to have spent a large chunk of my summer working here in this community with these guys. In my religious training, we're taught about justice and advocacy, and it's great to see these high-minded ideals in a practical context and to learn from the people, themselves."

Watts called the center a "good and extremely successful response to the realities of day labor. It educates people about the importance of taking care of immigrants. I've never been part of anything quite like this, and it's something I'll carry with me as an example of what people can do to support others living in their community."

Praising the work of Fernández, Maddra and former center director Shani Moser, he added, "There are immigrant communities everywhere, but not all of them have something like this."

Chantilly Teen Fine Tunes His Songwriting Skills

FROM PAGE 1

At camp, he attended daily songwriting classes taught by Thornton's vice-dean. "He recommended we read the book, 'Steal Like an Artist,' because he said lightning — inspiration — doesn't strike when you want it to. But the best artists take pieces from other songs — taking the core elements that make a song what it is and transforming them into their own thing."

For one assignment, his group removed the lyrics and melody from "Papa's Got a Brand-New Bag" and discovered a blues song underneath. Then they had to write a response song in that same style. "After we performed it, a multimedia student asked if he could make a music video out of it, and he did," said Saitta. "It was the first music video made in Grammy Camp history, and it turned out great."

Guest speakers gave pointers on making it in the music industry, making money from songs and getting music internships. "We also had famous speakers, including Ryan Seacrest and A.J. McLean from the Backstreet Boys," said Saitta. "They were part of a panel talking about their big breaks in the industry."

"I was a novice before I went to Grammy

Camp and had no idea how I was going to have a future in music," he continued. "Now I know you do it through internships, building relationships and networking."

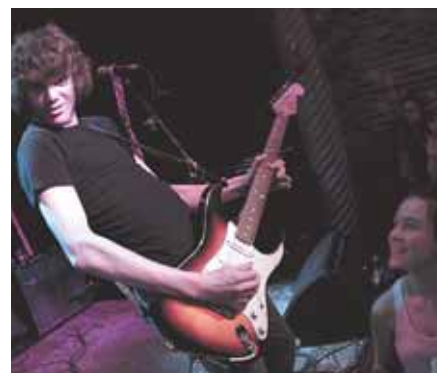
The students also took field trips; Saitta's group visited The Village Studios in Los Angeles. "It's where Stevie Nicks, Pink Floyd, John Mayer and Lenny Kravitz recorded," he said. "One of my favorite bands of all time is Pink Floyd. There was a lot of history in that place — it was a cool environment."

Saitta said the students had to write several songs within a time limit, together and individually. Each also received a private lesson with an instructor. "I played three things I'd written before for him, and he critiqued them," said Saitta. "He said they were similar musically and only used a few chords, so he gave me tips on how to change them up and make them more interesting."

However, the instructor liked Saitta's lyrics. "That's the part of songwriting I like



Jason Saitta



PHOTOS COURTESY OF DANIEL GLASS

Jason Saitta singing with his band, That's What She Said, as an opening act for Mayday Parade.

best," he said. "The words tell a story, and that's what listeners relate to. You paint a picture in their heads."

At camp, he said, "I learned that you have to surround yourself with people as passionate about music as you are, or you're not going to be happy. That's why the camp was great; everybody wanted to be there and was the best of the best that applied."

Saitta said the students were advised to be diligent, work hard and build relationships with almost everybody in the indus-

try — marketers, songwriters, singers, musicians, etc., to be successful. Toward that end, he got the phone numbers of all the other students there.

Then when he got home, he sent an acoustic demo of a song he wrote to a drummer and a saxophone player and asked them to create music they thought would fit in certain parts of the song. "They live in two, different parts of the country, but they did it, recorded it and sent it to me," said Saitta. "Now I'll send it to an audio engineer friend I made, and he'll make it sound great. It really is the definition of networking."

He said the camp gave him a better understanding of how the music industry works and how to improve his songwriting. "I learned how to make each song stand out so people will want to listen to them, over and over," said Saitta. "You want to make all the songs on your CD appeal to as many people as possible."

Overall, he said, "The camp was incredibly worthwhile. I'm going to apply again next year." For more information, plus samples of his music, go to <http://youtube.com/jasonsaittamusic/> and <http://facebook.com/jasonsaitta/>.

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In execution of a Deed of Trust from Ananad Kumar Erungur Ramamurthy and Archana Saibaba, dated October 15, 2007, and recorded October 16, 2007, in Deed Book 1961 at page 2200 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on
Monday, August 19, 2013 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:
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TERMS OF SALE: A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.375 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or material-man's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

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BUSINESS



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Under Renovation

Fair Oaks Mall is undergoing a multi-million dollar renovation to include interior and exterior upgrades. The project will be completed in two phases, with all renovations targeted for completion by the 2014 holiday season. Upgrades to the mall and grounds will include new lighting, flooring, entrances (above), landscaping and interior and exterior signage. See www.ShopFairOaksMall.com.

BUSINESS NOTES

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

Dr. Kathleen Phillips joins the veterinarian team at the Pet Medical Center of Springfield. Phillips received a Bachelor of Science in microbiology from the University of Rochester and graduated from Cornell University, College of Veterinary Medicine in 2001.

Candice Bennett will serve as president of The Junior League of Northern Virginia's Board of Directors for the 2013-2014 year.

Joel and Michael Greenzaid, of G Street Fabrics, were honored by Bernina of America for having one of the highest sales dollar volumes of 2012. Bernina of America is a manufacturer of sewing, embroidery and quilting machines. They have a Centreville location at 5077 Westfields Blvd. Visit www.gstreetfabrics.com.

The Wall Street Journal and REAL Trends, Inc. ranked **the Wydler Brothers Team** of Long & Foster Real Estate, Inc. 59th out of 100 agents nationwide, based on transaction volume in 2012. Brothers Hans and Steve Wydler made the list for the third consecutive year.

Genghis Grill launched a slew of re-branded locations in the Washington D.C. area. The update includes new menu options, an elevated Fresh Market Bar experience and a redesigned interior. Upgraded locations in the area include the Alexandria, Chantilly, Sterling, Waldorf and Waugh Chapel restaurants.

The Folds of Honor Foundation, with help from Chantilly furniture business **CORT**, launched the first Honor Cottage retreat house for military families in Sperry, Okla. The retreat house is designed for military families of injured or fallen soldiers to rest and recover. CORT provided the cottage with furniture, accessories and housewares. Additionally, CORT supplied monetary donations to the foundation and continues to organize fundraising activities across the country. Visit www.cort.com or www.foldsofhoronor.org.

At the Chairman's Luncheon and Annual Meeting for the **Dulles Regional Chamber of Commerce** elected officers for the coming year include Don Owens of Griffin-Owens & Associates in Herndon as the new chairman; attorney Mary Gayle Holden from Sterling as vice-chair; Bob Gangi of Citibank as secretary; Eileen Kennedy of Cardinal Bank as treasurer; and Doug Downer of HRI Associates in Herndon as vice president for Friday Night Live. The members voted in a slate of directors, including the following newcomers: Matt Chubb with Kaiser Permanente; Dr. Marla Gebaide of Centreville Chiropractic Center; Bruce Gemmill with John Marshall Bank; Matt Hurst with B.F. Saul Hotel Division; Arsalan Lutfi with Trivision Studios in Chantilly; Scott McClinton with Westfields Marriott; Michael O'Reilly, The O'Reilly Law Firm in Herndon; Byron Schulze, Virginia Commerce Bank, and Ken Spedden, ex-officio with Innovative Solutions Consortium.

Chamber partners, Dulles 28 Benefactors, Rising Stars, and committee chairs were thanked for their signal contributions to this chamber. Excellence in the past year was also recognized. The award for a standing committee went to Economic Development and Advocacy, co-chaired by Bill Lauer of TETRA Partners; Joe Ritchey of Prospective, Inc.; and Dave Cordingley of MainStreet Bank. Best event committee awards this year were shared by the Stars Over Dulles Awards Gala, co-chaired by Bob Kessler of Systems Furniture Gallery and Donna Weyh Roberts of Weyh Roberts & Associates, and by the Chantilly Day Committee, co-chaired by Carl Brown, Staybridge Suites Chantilly, and Shak Hill of Shak Hill Insurance, with major support from Bill Keech of Westfields Business Owners Association. Committee chair award went to Bob Gangi of Citibank. Volunteer of the year is Angela Inzerillo of AdviCoach.

Dan Augustine joins **CORT Business Services** as the new director of government sales. Augustine will manage approximately 16 sales and support team members spread across the United States. Augustine is a former U.S. Army Colonel who prior to joining CORT served as vice president for Elbit Systems.

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