

and Oakton  
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**WELLBEING**

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Sammy Thompson and his Chihuahua mix Chuck, of Vienna, dress up in traditional Chihuahuan costumes as part of Fairfax County 4-H Dog Show on Aug. 3.

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PHOTO BY DEB COBB/THE CONNECTION

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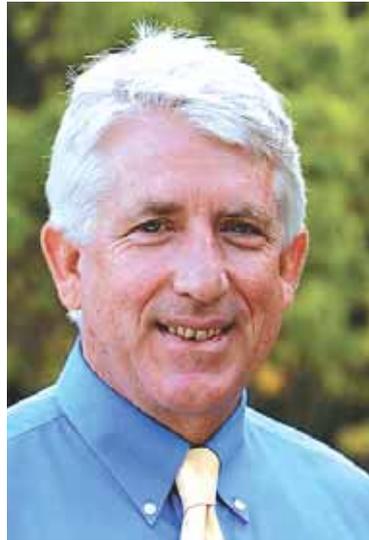
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## Defense of Marriage?

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

BY MICHAEL LEE POPE  
THE CONNECTION

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.



Sen. Mark Herring (D-33)



Sen. Mark Obenshain (R-26)

"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, communications 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 4-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 8-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."



PHOTO BY LOUISE KRAFFT/CONNECTION NEWSPAPERS

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.

## The Median Has No Message

BY MICHAEL LEE POPE  
THE CONNECTION

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 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 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."



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Fairfax County Board of Supervisors Chairman Sharon Bulova welcomed Virginia Governor Bob McDonnell during the event at the Fairfax County Government Center on Tuesday, July 30 to promote the governor's "Virginia Adopts: Campaign for 1,000" initiative.



From left—Supervisor John Cook (R-Braddock), Ryan Kelly, office of Governor Bob McDonnell, Janet Kelly and Kelly's mother. Janet Kelly spoke about the couple's adoption experience during the event at the Fairfax County Government Center on Tuesday, July 30.

# VA Adopts: Campaign for 1,000

## Learn More

- ❖ Virginia Governor Bob McDonnell urges anyone considering becoming a foster parent or adopting to visit: [www.VirginiaAdopts.Virginia.Gov](http://www.VirginiaAdopts.Virginia.Gov).  
Twitter: @VirginiaAdopts  
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- #VAAdopts  
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- ❖ For more information about Fairfax County foster and adoption services, go to [www.fairfaxcounty.gov/dfs/childrencyouth/fca.htm](http://www.fairfaxcounty.gov/dfs/childrencyouth/fca.htm)
- ❖ Attend an Orientation Meeting: The Fairfax County Department of Family Services hosts orientation meetings for prospective foster and adoptive parents the second Monday of each month at 7 p.m. at the Pennino Building, 12011 Government Center Parkway. For more information, call 703-324-7639 or TTY: 703-222-9452

## Governor McDonnell promotes adoption, foster care during Fairfax County tour.

BY VICTORIA ROSS  
THE CONNECTION

The atmosphere was festive as more than 100 people—including adoptive parents, children and state and local officials—gathered in the Fairfax County Government Center atrium Tuesday, July 30 to welcome Virginia Gov. Bob McDonnell (R) during the statewide tour to promote his "Virginia Adopts: Campaign for 1,000" initiative.



PHOTO CONTRIBUTED

**Supervisor Pat Herry (R-Springfield) spoke about his adoption experience during the event to promote the governor's "Virginia Adopts: Campaign for 1,000" initiative held Tuesday, July 30. Daughter Valeria, now 21, joined Herry's family in 2002. Nancy, Valeria, Pat and Sean Herry in a recent campaign photo.**

**THE GOAL** of the campaign is to match 1,000 children currently in foster care with adoptive families. The governor launched the statewide campaign on May 17 from the steps of the Governor's Mansion during Virginia's Foster Care Month.

"Whether you're Republican, Democrat, pro-choice, pro-life, adoption can transcend those issues," McDonnell said at Tuesday's event. "Even in affluent place like Fairfax, there are children in need of loving homes."

McDonnell said the General Assembly provided \$1.5 million for the campaign, and the money will be used to help prospective adoptive parents with medical and other expenses associated with adopting a child.

"I'm passionate about this," McDonnell said. "Children in foster care are there through no fault of their own, and just as much as any child, they deserve a loving, secure and stable family and home."

McDonnell noted that in 2012, 708 children were adopted from foster care in Virginia. He said that most of the 4,000 chil-

dren currently in Virginia's foster care system are over the age of 10 and many a part of a sibling group. He also acknowledged the grim statistics for children who age out of the foster care system: within two years of aging out, about 25 percent will be incarcerated and 54 percent will be homeless.

"Of the 4,000 children in Virginia's foster care system, about 1,000 children are ready for, and eagerly awaiting, adoption," McDonnell said. "Each of these children deserves a secure, stable home environment. Together, we can help these children find loving families and make Virginia a better place."

Supervisor Pat Herry (R-Springfield) and Chairman Sharon Bulova (D-at-large) sat with McDonnell and gave the welcome and closing remarks.

Herry spoke movingly about his own experience as an adoptive parent. He and his wife, Nancy, adopted daughter Valeria in 2002 when she was 9 years old. She is

now 21, and about to graduate from culinary school.

"As an adoptive parent this campaign is close to my heart," Herry said. "By matching kids with adoptive families we are giving these children a shot at a life, a chance to stay in education, and a place to call home."

Herry said he and his wife first met their daughter when she was playing with his sister's children. She had been adopted from Russia by a local couple, but that adoption wasn't working out.

"It was a bad situation. We met her and we started having her over to our house. The last thing I thought I'd be doing that summer is adopting a child," Herry said. "There was a need and somebody needed to step up and help this girl."

"When she came into our lives, she didn't know the days of week or how to tell time," Herry said during the event. "By the end of this year, she will have graduated from

Indiana University of Pennsylvania's Culinary School."

Herry admitted it was difficult for him to say "adopted daughter."

"She's my daughter, period. I asked her permission before I publicly talked about her. She said if I can help somebody else get adopted, that's okay."

**NANNETTE BOWLER**, director of the Fairfax County Department of Family Services, served as mistress of ceremonies for the event.

"The Department of Social Services is grateful to the governor for his leadership in heightening the awareness of the great need for adoptive homes for our foster children who are available for adoption, yet do not have adoptive placements, particularly children ages 12 to 17 years of age," said Bowler.

Currently, about 300 youth in Fairfax County are in foster care, according to county Bowler, and when children cannot return home safely, county officials attempt to provide adoption or permanent-placement services for them.

"I think anytime we can bring this issue to the forefront, especially at such a high level, it can only help to get the word out about the dire need for the children to have a loving, permanent family," Bowler said.

# NEWS

Front row, from left, Courtney Beatty (Flint Hill School), Josie Heck (Bishop Ireton), Abby Whisler (Trinity Christian School), Alexis Curcio (Trinity Christian School); back row: Catherine Miller (Oakton HS), Alisha Seecharan (Marshall HS), Natalie Brendsel (Flint Hill School), Kyra Nyman (Oakton HS), Courtney Hulbert (Trinity Christian School), and Danielle Guirgis (Trinity Christian School).



PHOTO CONTRIBUTED

## High School Seniors Celebrate Volunteering

The local Cherry Blossom Chapter of the National Charity League recognized its senior class of 2013 for their community service hours at a ceremony held recently at Westwood Country Club. This senior recognition event celebrated the philanthropic dedication of these young women who, alongside their mothers, performed six years of volunteer service at local charities.

For more than 50 years, National Charity League, Inc. (NCL), a 501(c)(3) non-profit, has thrived as one of the nation's most distinctive and well-re-

spected mother-daughter membership organizations. NCL is the only national organization committed to fostering the mother-daughter relationship through philanthropic, leadership and cultural activities together and in peer groups. Today, NCL has over 180 chapters with more than 50,000 actively engaged members—women and daughters in grades seven through 12—in 22 states.

The chapter is currently seeking new members from the high school graduating class of 2020. For more information, contact MBrendsel@aol.com.

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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 Guide 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,

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

## Two Hours in a Japanese Middle School

To the Editor:

The 23rd Shimane Grassroots Summit (July 1-8) was to be the fulfillment of a promise I made to my daughter Kolleen that I would take her to Japan one day. When I picked up the brochure about this annual gathering I had little idea what it was all about. But the opportunity arrived at an auspicious time: Kolleen had just turned 18 and would be graduating high school just before the event. And as she was to begin the adult chapter in her life, I figured I would not have another opportunity. The price was unbeatable too. We were going.

I could not have staged a better way for us to see Japan. The opportunity afforded us the usual tourist experiences at restaurants, hotels and attractions but also, more importantly, the unusual experience of being injected into the life of ordinary Japanese, including a brief homestay. On July 4 we were untethered from the safety of hotel amenities and were bussed to a local community cen-

ter, a junior college and also a middle school where I witnessed several things that would make sense in any school here:

\*Session in summer. The Japanese are educated all year round.

\*Uniforms. Even the shoes were uniform because everyone wore the indoor slippers. There were no activist t-shirts, grunge or any distractions that belied attitude or social status.

\*Cleaning. On our arrival every student had a broom, brush, mop or sponge in their hand. It was Friday and the school was being cleaned—not by the staff, not by paid janitors but by the students. And I don't mean half-heartedly. As I approached the stairwell, a girl was literally on the floor polishing an area with a cloth. Another thing I noticed: no signs of vandalism.

\*Choral duty. We were ushered into a music room where all the students sang. We were given sheet music to sing along too. They sang very strong and very well—what a great thing to do.

\*Identity. Despite all the activities that annealed their society, it struck me that rather than loose individual identity, the Japanese have much more understanding of who they are and what they do

and why.

Our visit to the middle school ended ceremoniously with songs, closing statements and—how humbling—many gifts and solicitations for our autographs. Before the Grassroot Summit, I had never heard of Matsue City or Shimane prefecture. But now I will never forget these places and the students at that middle school.

**James Metzger**  
Vienna

## A Thank-you to Congressman Wolf

To the Editor:

As a Chinese American living in Vienna, I'm very grateful for my

representative Congressman Frank Wolf's co-sponsorship of the recently introduced House Resolution 281, condemning the systematic, state-sanctioned forced organ harvesting from prisoners of conscience in China.

I very well know that the Chinese communist regime must have exerted pressure to Mr. Wolf and anyone else who has supported the basic rights of Chinese people. Therefore, I am proud of him for withstanding the pressure and upholding the banner of American values and basic human rights for us in the district, Virginians, and Americans throughout the nation. Good job, Mr. Wolf!

**Maureen Neumann**  
Vienna

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Supervisor Cathy Hudgins (D-Hunter Mill) cuts the ribbon and opens the 65th Fairfax County 4-H Fair on Aug. 3. With her on the podium are (from left) Katie Mutchler, of Fairfax Station, Fair Princess; Amy Jenkins, of Fairfax Station, Fair Princess; Rachel Stephenson of Chantilly, Queen; Connor Tweddle of Vienna, King; and Lenah Nguyen, 4-H extension agent for Fairfax County.



## Champions Parade at 65th 4-H Fair

Alina Ampeh of Oakton with horse Maia displays the first place ribbon she just won in the showmanship class of the horse show at the Fairfax County 4-H Fair on Aug. 3.



PHOTOS BY DEB COBB/  
THE CONNECTION



Connor Tweddle of Vienna, King of the Fairfax County 4-H Fair and member of the Krazy for K9s 4-H Dog Training Club, poses with other members of the club, including sister Gillien Tweddle, Kira Baugh, Lex Blanton and Sammy Thompson before the parade of champions at the conclusion of the fair on Aug. 4.

## ENTERTAINMENT

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

### WEDNESDAY/AUG. 7

**The Lion's Whiskers.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Catskill Puppet Theatre shares an Ethiopian folktale of a woman who tries to gain the love of her new stepson. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Ballroom with a Twist.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Emmy-nominated choreographer Louis van Amstel leads a select group of stars from TV's talent competitions in a performance that features dance routines set to music hits. \$25-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

### THURSDAY/AUG. 8

**Culkin School of Traditional Irish Dance and The Bog Band.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Enjoy the Celtic spirit with Theatre-in-the-Woods favorites, accompanied by Irish melodies of the Bog Band. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Great Falls Writer's Group.** 11:30 a.m.-1 p.m., at Great Falls Public Library, 9830 Georgetown Pike, Great Falls. Author and Great Falls resident Kristin Clark Taylor facilitates the newly-formed group of writers, authors and would-be authors in a discussion of the daily practice and joy of writing. [www.fairfaxcounty.gov/library/branches/gf/](http://www.fairfaxcounty.gov/library/branches/gf/).

**The Hula Monsters.** 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Hula Monsters can be described as a swing band with a Hawaiian flavor. Their repertoire includes Hawaiian, rockabilly, blues, country and jazz standards. [www.hulamasters.com](http://www.hulamasters.com).

**David Daniels Watercolor Demonstration.** 7:30 p.m., at the Vienna Art Center, 115 Pleasant St., N.W., Vienna. The nationally known artist and former biologist demonstrates his experimental, impressionistic use of watercolors, using many transparent layers of paint to demonstrate nature's overlooked beauties. 703-319-3971 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Gipsy Kings.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Gipsy Kings put a contemporary twist on traditional flamenco music with smash hits like "Djebi Djoba" and "Bamboleo." \$30-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

### FRIDAY/AUG. 9

**Culkin School of Traditional Irish Dance and The Bog Band.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Enjoy the Celtic spirit with Theatre-in-the-Woods favorites, accompanied by Irish melodies of the Bog Band. \$10. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Kingsley Winter Band.** 6:30 p.m., at 144 Maple Ave. E., Vienna. The Kingsley Winter Band plays original rock music. <http://www.viennava.gov>.

**Wildfire Chimay Brewery Beer Dinner.** 6:30 p.m., at Wildfire, 2001 International Drive, McLean. Chef Eddie Ishaq has created a custom four-course menu of food and beer pairings and Nick Smith of Chimay Brewery speaks about the beers; reception precedes 7 p.m. seated dinner. \$60. 703-442-9110.



"Goldfish-peony," watercolor, by David Daniels, is among the works the experimental, impressionistic watercolorist has on exhibit at the Vienna Art Center on Thursday, Aug. 8, at 7:30 p.m.

**Don McLean and Judy Collins.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Two singer/songwriters share their influential folk and rock anthems. \$22-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

**Falstaff.** 8 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's Falstaff chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

### SATURDAY/AUG. 10

**The Dan Zanes Song Gusto Hour.** 10:30 a.m., at 1551 Trap Road, Vienna. Dan Zanes performs eclectic and danceable songs that put him at the forefront of the family music genre. [www.wolftrap.org](http://www.wolftrap.org).

**Jill Banks' Painting Demonstration.** 1-4 p.m., Great Falls Library, 9830 Georgetown Pike, Great Falls. Jill Banks will be doing a public painting demonstration. 703-403-7435 or [www.JillBanks.com](http://www.JillBanks.com).

**Polyface Buying Club Barbeque.** 4 p.m. 9206 Sterling Montague Drive, Great Falls. The Polyface family and its North Reston Buying Club offer food, fellowship, swimming, tennis, a temporary petting zoo, and more. [www.polyfacefarms.com](http://www.polyfacefarms.com).

**Mary Chapin Carpenter and Shawn Colvin with BeauSoleil avec Michael Doucet.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. D.C. hometown girl Mary Chapin Carpenter and Austin-based singer/songwriter Shawn Colvin perform together as a duo, sharing a wide-range of material that spans their careers; BeauSoleil and Michael Doucet are special guests. \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

### SUNDAY/AUG. 11

**Falstaff.** 3 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's Falstaff chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

**Wayne Tympanick.** 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to Wayne Tympanick play jazz and dixieland music. <http://www.viennava.gov>.

**Frampton's Guitar Circus.** Featuring: Peter Frampton and B.B. King. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Frampton, the British rocker behind hits like "Baby, I Love Your Way" and "Show Me the Way," joins fellow guitarist B.B. King. \$30-\$45. 1-877-965-3872

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Soulful folk-rock band The Post headlines with indie gospel singer/songwriter Jason Brown and his band Wednesday, Aug. 28 at Jammin Java. Also playing are Mariah Maxwell and Vienna Idol winner Ethan Schaefer, opening for special guest Amy Andrews. \$10. <https://jamminjava.com/events/august28>.

or <http://www.wolftrap.org>.

### MONDAY/AUG. 12

**Ke\$ha.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Ke\$ha brings her electro-pop tracks and edgy style to Wolf Trap for the first time. \$38-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

### TUESDAY/AUG. 13

**Huey Lewis & The News "Sports" 30th Anniversary Tour.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Grammy-winning and Oscar-nominated, Huey Lewis & The News, play hits including "The Heart of Rock 'n' Roll" and "The Power of Love."

\$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

### WEDNESDAY/AUG. 14

**Diana Ross.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Motown singer Diana Ross returns to Wolf Trap for the first time in over a decade, with No. 1 hits like "You Can't Hurry Love," "I'm Coming Out," and "Ain't No Mountain High Enough." \$30-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

**Falstaff.** 8 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's Falstaff chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

### THURSDAY/AUG. 15

**Art of Fine Framing Seminar.** 6:30 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Join Color Wheel Gallery 65 together with Color Wheel's award winning Fine Framing for an informative evening of creative ideas for custom framing your artwork. Learn how all the individual parts come together in this fine craft for your artwork to be preserved, archival safe, and of course, beautiful. **Grace Potter & The Nocturnals with Guest: Trombone Shorty & Orleans Avenue.** 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Direct from Vermont comes pop-rock band Grace Potter & The Nocturnals, whose music encompasses folk, country, blues, hard and alternative rock. \$30-\$40. 1-877-965-3872 or <http://www.wolftrap.org>.

# Honoring Brian Bedell

Annual Vienna event raises money and awareness for brain cancer research.

Adults and children of all ages could be seen playing wiffle ball at the 18th Northern Virginia Annual Wiffle Ball World Series on Saturday, Aug. 3 at Waters Field. The event was sponsored by the 2 Young Foundation to raise money and awareness for brain cancer research.

The 2 Young Foundation was started in 2004 after Brian Bedell, a resident of Vienna, was diagnosed with brain cancer. This was the ninth year that the foundation hosted the tournament.

"He wanted to make a difference in people's lives and leave a legacy," foundation President Mike Ryan said. "As kids, we used to play wiffle ball and we loved it. What a better way to remember Brian than through something that was a part of our youth."

Bedell passed away in 2005 at the age of 35, but his friends and family continue to take part in the tournament.

"His friends have grown up and moved away, but they still come back every year for the event," Jodi Leigh said.

Bedell grew up in Vienna and graduated from Oakton High School. The local community has provided support and continues to participate in the event. NBC News-4 Anchor Jim Vance delivered the first pitch and the town council and Mayor Jane Seeman attended to offer her support.



In addition to the wiffle ball tournament, the event features a Kids' World for children to play.

Money raised at the event will go towards brain cancer research at the Duke Medical Center, where Bedell received treatments.

"It's a catalyst for so much more," Ryan said. "We're out here playing ball but we're helping families that are going through the same thing."

Through the tournament, the 2 Young Foundation has donated over \$300,000 to support brain cancer research and awareness over the past nine years.

—JASMINE KANG

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# WELLBEING

## If You Are What You Eat, Eat Well

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

BY MARILYN CAMPBELL  
THE CONNECTION

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

**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.

"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 sig-



KRISTEN 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."**

nature 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.

SEE WELLBEING, PAGE 11

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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# Personal Challenge Inspires Book, Help to Others

FROM PAGE 10

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



**Teri Cochran**

her native Lithuania, said, "I heard her giving a talk, and then I 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."

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."

Bethesda, Md.-based acupuncturist Ausra Kaminskas, who was a medical doctor in

**WHILE COCHRAN 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 Cochran. "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."

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# SPORTS

**The Tigers finished the season with a six-game winning streak including four playoff wins, three of which were over teams they had not beaten this year.**



PHOTO CONTRIBUTED

## AAA Tigers Win Championship

**8-5 finals defeat of Royals is Tigers' third straight win over higher seed.**

The fifth seeded Vienna Little League (VLL) AAA Tigers shook off early jitters and controversial calls with a furious last inning comeback featuring a 3-run homer, to hold off the American League Champion Royals, 8-5 before an exuberant crowd at Rhodes Field at Yeonis Park. The win completed an improbable run by a team with "hearts that are much, much bigger than the size of the players"—said VLL American League President Jitendra Joshi. The Tigers finished the season with a six-game winning streak including four playoff wins, three of which were over teams they had not beaten this year. In succession, the Tigers knocked off the Padres, the undefeated and first seeded Dodgers, and the Royals.

The six-inning contest ended like the semi-finals, with Wesley Clarke on the mound, this time squeezing a soft line drive with the top of the order looming in the hole and the tying run in the on-deck circle. This slammed the door on a Royals rally that brought them from down 8-2 at the start of the inning. With one out, a run in and a man on second, the Royals' Will Lavallee hit a towering home run off the tarp beyond the center field fence, and suddenly the score was 8-5. But Clarke calmly struck out the next batter before getting the final pop out.

In the top half of the inning, the Tigers stretched a 5-2 lead to 8-2 when Evan Mazur cracked a single, scoring two runs, which turned out to be the difference in the game. But every Tiger had a contribution—large and small—as has been their trademark in the last four weeks. Moreover, the Tigers throughout the game—and the playoffs—displayed their

characteristic composure by squelching several Royal threats at big rallies.

The Royals scratched out a run to open the scoring in the first, but that threat was doused by a double play. Shortstop Tyler Schoeberlein snagged a line drive and ran all the way to first (saving a risky throw) to double off the runner. David Neidecker then struck out the last batter, continuing his first inning playoff dominance despite a persistent viral infection. Mark Quantrill replaced Neidecker on the mound and held the Royals scoreless, maintaining the Tiger deficit at 1-0.

But the Tigers went to work in the top of the third. David Calderon continued his steady hitting with a sharp single, and then ended up on third base with a steal and a passed ball. Then Charlie Thompson, who along with Neidecker, embodies the determination of these scrappy tigers, hit a screaming line drive to center field, tying the game at 1-1. The Tigers went on a tear after that. J. P Prillemen walked, Neidecker moved both runners over with a nifty slap sacrifice to the right side, and Tyler Schoeberlein then smashed a single scoring both runners. Clarke followed with a double, Quantrill moved Clarke over with a ground out, and Michael Ciardelli singled home Clarke.

In total, Tiger pitchers walked only three batters the entire game and for the playoffs threw nearly 80 percent of their pitches for strikes. There were no easy outs up and down their lineup as evidenced by the bottom of the lineup starting the third inning rally that was completed by the top of the order.

The atmosphere was high spirited and passionate with parents and fans wearing custom t-shirts and waving flags and signs in support of their teams. The championship was the first for Robert Neidecker, a 7-year VLL coach with a reputation for teaching excellent fundamentals with a kid-friendly positive approach. Assistant coaches Adam Schoeberlein, Jim Quantrill and Jim Mazur rounded out the coaching staff.

### SPORTS ROUNDUP

#### Soccer Tryout

Reston United 99 Blue, a U14 NCSL D5 team, is holding supplemental tryouts in August. Coach Kamal Ismail is a former professional player and has more than 20 years coaching experience. He currently coaches JV and varsity boys' soccer at South Lake High School. The team has been in the NCSL since U9 and currently has players from Reston, Herndon, Ashburn and Chantilly. For more information, email Jay at birdintheyard@yahoo.com.

#### Arlington Native Wins Bronze Medals

Mary White of Arlington won bronze medals in the 100-meter and 200-meter dash competition, age 65-69 in the National Senior Games held July 19-Aug. 1 in Cleveland. White will also compete in the 2013 Northern Virginia Senior Olympics track events on Sept. 7 at the Thomas Jefferson Community Center. For more information, call 703-228-4721.



PHOTOS BY HARVEY LEVINE/THE CONNECTION

**Yorktown graduate Shaun Wood hit a pair of home runs for the Vienna Riverdogs this season.**

**Yorktown graduate Red Dowdell helped the Vienna Riverdogs finish with a winning record.**

## Big Train Finishes Runner-up in Ripken League Playoffs

The Bethesda Big Train finished runner-up in the Cal Ripken Collegiate Baseball League for the second consecutive season.

Bethesda lost to the Baltimore Redbirds, 4-1, on Sunday in the championship game at Shirley Povich Field. Baltimore broke a 1-all tie with three runs in the bottom of the eighth inning.

Bethesda's Johnny Cole finished 1 for 3 with the Big Train's lone RBI. Justin Hepner suffered the loss on the mound, allowing three runs — two earned — on three hits over seven innings. He walked eight and struck out five.

Baltimore beat Bethesda 3-2 on July 31 during the second day of the playoffs. The Big Train battled their way back through the loser's bracket, beating Rockville 8-0 on Aug. 1, and Alexandria 5-4 on Aug. 2 to reach the championship game.

Baltimore defeated Bethesda in last season's title game, ending the Big Train's streak of three consecutive championships.

The Big Train finished atop the regular-season standings with a 30-14 record, three games ahead of the second-place Alexandria Aces.

Pitcher Bubba Derby turned in a strong season for the Big Train, finishing tied for the league lead with six wins and led the league in strikeouts (56) and ERA (0.76).

## Vienna Riverdogs Post Winning Record

The Vienna Riverdogs finished the 2013 season with a winning record despite failing to qualify for the CRCBL playoffs.

Vienna posted a 23-21 record and tied for seventh in the regular-season standings.

Westfield High School graduate Aaron Scoville led Vienna with a .290 batting average. Quinn Pippin led the team in home runs (4) and RBIs (29).

Yorktown High School graduates Red Dowdell (2012, VMI) and Shaun Wood (2011, West Virginia) each had more than 90 at-bats for the Riverdogs. Dowdell batted .250 with seven doubles and eight RBIs.

Wood hit .242 with two home runs and 12 RBIs, and was named league Player of the Week once during the season.

## Herndon Finishes with 10 Victories

The Herndon Braves finished at the bottom of the league standings with a 10-34 record.

Thomas Jefferson High School of Science and Technology graduate Thomas Woodruff led the Braves with a .285 average. Annandale graduate Jake Barnes finished with two home runs and 21 RBIs, and Austin Bream had three home runs and 18 RBIs.

## WEEK IN VIENNA

### Two New Businesses Come to Vienna Shopping Center

Two new merchants, Mike's Flooring and Elements Therapeutic Massage, have signed leases totaling approximately 3,800 square feet of space at the Vienna Shopping Center.

Mike's Flooring, a family-owned-and-operated business specializing in commercial and residential flooring, has leased 1,900 square feet next to the Rose Kabob Restaurant. Mike's Flooring operates Monday through Friday from 9 a.m. to 6 p.m., Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m.

Elements Therapeutic Massage, which plans to open its new location this summer, has leased 1,900 square feet next to Sleepy's.

Vienna Shopping Center is at the intersection of Maple Drive and Courthouse Road in Vienna. The shopping center includes Panera Bread, Subway, Sleepys, Robek's and Foster's Grill. The Rappaport Companies provides property management, leasing and marketing services for the center, which is owned by Vienna Associates Limited Partnership.

### Used Book Collection Continues

The McLean Area American Association of University Women's (AAUW) Annual Used Final Book Collection is Saturday, Aug. 10 at the Sun Trust Bank, 515 Maple Avenue, Vienna, from 10 a.m. to 4 p.m. All kinds of books in good condition, especially children's books and DVDs, are needed for the 44th annual Book Sale.

The Used Book Sale will be Friday, Sept. 20 from 9 a.m.-7 p.m.; Saturday the 21st from 10 a.m.-6 p.m., and; Sunday, the 22nd from noon-4 p.m. at the McLean Community Center on Ingleside Avenue in McLean. Proceeds go toward scholarships and professional development for women and girls. In addition to the very well sorted hardbacks and paperbacks in the main sales rooms, there will be special children's and "treasures" rooms at the sale for the most valuable items collected.

At last year's September Sale there were an estimated 46,000 books on display sorted into 32 categories and AAUW members gave more than 1,700 volunteer hours to generate over \$36,000 in revenue. AAUW hopes that this year's 44th Annual Sale will do

even better with the support of the metropolitan community. Questions: 703-527-4206.

### American Red Cross Blood Drives For August

The American Red Cross Greater Chesapeake and Potomac Blood Services Region will hold blood drives in cities and towns throughout the region. 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 by blood donation. Call 1-800-REDCROSS (1-800-733-2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your blood donation appointment today.

Blood drive schedule for the area:

Aug. 10, 9 a.m.-3 p.m. at McLean Bible Church, 8925 Leesburg Pike, Vienna,

Aug. 29, 10 a.m.-4 p.m. at Cordia Partners, 8229 Boone Blvd., Vienna.

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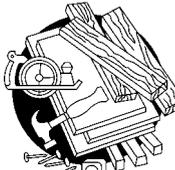
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**American Association of University Women Book Donation.** 10 a.m.-4 p.m. Sun Trust Bank, 515 Maple Ave. E., Vienna. Donate books, CDs, DVDs and software to the McLean Area AAUW's Annual Book Collection's 44th annual Book Sale. No records, tapes, textbooks, encyclopedias, magazines or books in poor condition. 703-527-4206 or [www.mcleanaauw.org](http://www.mcleanaauw.org).

**Thornton Cline's "Practice Personalities."** 10 a.m.-2 p.m. Music and Arts, 5849 Leesburg Pike, Falls Church. The Grammy-nominated Songwriter of the Year reveals the nine practice personalities at a free workshop and book signing event. <http://www.musicarts.com/>.

### WEDNESDAYS/AUG. 14-28

**Dulles University Success Series.** 1-5 p.m., at 1934 Old Gallows Road, Suite 510, Vienna. All the Buzz and Dulles University offer marketing managers, salespeople and other marketers a series of hand-on marketing workshops with practical, immediate takeaways. \$199 per workshop. 703-688-2899 or <http://allthebuzzcreative.wordpress.com>.

### THURSDAY/AUG. 29

**American Red Cross Blood Drive.** 10 a.m.-4 p.m. Cordial Partners, 8229 Boone Blvd., Vienna. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or [redcrossblood.org](http://redcrossblood.org).

### SATURDAY/SEPT. 7

**McLean Community Flea Market.** 9 a.m.-1 p.m., 1420 Beverly Road, McLean. Recycle old items and purchase new ones. Free. Vendor spaces are accepted on a first-come, first-served basis for \$45; register using the form on the inside back cover of the program guide or online at [www.mcleancenter.org/](http://www.mcleancenter.org/)  
[info@mcleancenter.org](mailto:info@mcleancenter.org) or call 703-556-0551 by Sept. 5.

**Household Hazardous Waste Disposal.** 9 a.m.-2 p.m., McLean Community Center, 1234 Ingleside Ave., McLean. The Fairfax County HHW Program accepts and discards or recycles hazardous materials from Fairfax County residents according to all legal regulations. <http://www.fairfaxcounty.gov/dpwes/trash/dispshw.htm>. Free.

### THURSDAY/SEPT. 12

**Public Meeting on Spring Hill RECenter Renovations.** 7-9 p.m. Spring Hill Elementary School Cafeteria, 8201 Lewinsville Road, McLean. Supervisor John Foust and the Fairfax County Park Authority review plans to renovate and expand the RECenter, which will begin in Sept. and end in Jan. 2015. Contact Jane Edmondson in the office of Supervisor Foust at 703-356-0551 or at [Jane.Edmondson@FairfaxCounty.gov](mailto:Jane.Edmondson@FairfaxCounty.gov).

### MONDAY/SEPT. 16

**McLean Community Center's Open Finance Meeting and Public Hearing on FY 2015 Budget.** 7:30 p.m., McLean Community Center, 1234 Ingleside Ave. The Center's governing board will discuss its proposed FY 2015 budget with district residents. The public hearing will immediately follow; district residents who wish to speak at the hearing should call 703-790-0123, TTY: 711. Send written comments to the governing board at [feedback@mcleancenter.org](mailto:feedback@mcleancenter.org); fax, 703-556-0547; or to the Center's street address.

### SATURDAY/SEPT. 21

**Taste of Tysons.** 11 a.m.-8 p.m., 8829 Boone Blvd., Vienna. The Tysons Regional Chamber of Commerce presents a day of food, wine and beer, community vendors, entertainment and the Kidz Zone. Vendors are welcome to showcase their businesses. For information regarding restaurant vending, 703-749-3141; exhibitors, 703-281-1333; logistics, 703-286-7735; publicity, 703-876-4848; sponsorships, 703-281-1333. <http://www.tasteoftyson.com/>.

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