

From left, Max Becker and Patrick Drohan of Atlas Road Crew perform at the Great Falls Village Green Sunday, Aug. 4. Drohan is a native of Great Falls and a graduate of Langley High School.

Hometown Concert On the Green

NEWS, PAGE 3

Weaving Music
And Art Together

ENTERTAINMENT, PAGE 17

VA Adopts:
Campaign for 1,000

NEWS, PAGE 4

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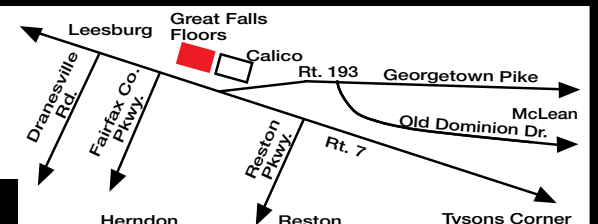
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Atlas Road Crew, featuring Great Falls native Patrick Drohan, performs at the weekly Concert on the Green Sunday, Aug. 4.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Hometown Concert on the Green

Atlas Road Crew, with Great Falls native Patrick Drohan, performs in weekly concert series.

BY ALEX McVEIGH
THE CONNECTION

The weekly Concerts on the Green at the Great Falls Village Centre always feature a regional band, but the show Sunday, Aug. 4 was as close to home as it gets. The band, Atlas Road Crew, a rock quintet from South Carolina, featured Patrick Drohan, a Great Falls native, on drums.

"It was exciting to play a Concert on the Green," Drohan said. "We tailored our set list to covers and originals that best fit the easygoing atmosphere of a summer evening in Great Falls."

Atlas Road Crew was formed by Drohan and four fellow University of South Carolina graduates, Max Becker (bass), Taylor Nicholson (vocals, rhythm guitar), Dave Beddingfield (lead guitar) and Bryce James (keyboard).

What began as a group of friends bonding over bands such as Lynyrd Skynyrd and the Allman Brothers soon became a full time gig for the group, who have been touring extensively and have released a seven song EP.

The Great Falls show consisted of a few originals, mixed in with covers from bands such as Led Zeppelin, the Marshall Tucker Band and more.

"They had a great sound, and played some great covers," said John Malone of Great Falls. "Widespread Panic is one of my favorite bands, and not only did they play a few songs by them, they played 'No Sugar Tonight' by the Guess Who, which Widespread played at their recent show at Wolf Trap. Talk about meant to be."

The concert was sponsored by realtors Glynis and Kevin Canto, which was fitting for Drohan's hometown show.

"I grew up with Patrick as my neighbor for many years, so this is really exciting," Kevin Canto said.

For Atlas Road Crew, the gig was the latest in what has been a very busy summer.



Atlas Road Crew performs at the Great Falls Village Green Sunday, Aug. 4.

"We did a big tour in June, and over the last few weeks we've been doing some weekend jaunts, going out and playing a few shows in the same general area," Drohan said. "We did Washington, D.C. Friday night, Blacksburg last night, and now we're here in Great Falls, which is awesome. It's a beautiful night."

Beautiful Sunday nights in Great Falls have been rare over the last few weeks. The Atlas Road Crew show was the first in three weeks, as the previous two had been called off due to inclement weather, making it the fourth concert cancelled by weather.

The show originally scheduled for June 2, featuring rock and roll cover band High Five, has been moved to Sunday, Aug. 18.

The concert that was set for June 30, featuring rock group The Remedy, has been moved to Sunday, Aug. 25.

To reschedule the concerts planned for July 21 (rockabilly group Four Star Combo) and July 28 (blues rock guitarist Tom Principato), the schedule would have to extend into September, past Labor Day.

According to members of Celebrate Great Falls, which hosts the concert series, a decision has not been made on those shows. Updates will be posted to www.celebrategreatfalls.org.

New County Police Chief Named

**Supervisors appoint
Lt. Col. Edwin C. Roessler Jr.**

BY BONNIE HOBBS
THE CONNECTION

Effective Tuesday morning Aug. 6, a Centreville resident, Lt. Col. Edwin C. Roessler Jr., became Fairfax County's new chief of police. He was appointed July 30 by the county Board of Supervisors.

The position became vacant in October 2012, when former Chief Dave Rohrer was promoted to deputy county executive for public safety. Roessler has served as acting police chief since March 23, and his new job culminates a law-enforcement career spanning 24 years.

"It's a noble profession, I enjoy it and I look forward to being able to serve the men and women of the police department and the community," he said. "And what's really exciting is that I'm a member of the community, and it's an honor to serve my neighbors."

Originally from Brooklyn, N.Y., Roessler, 49, actually comes from a family of New York City firefighters. But a few uncles were police officers and, in high school, he decided to study criminal justice and go into law enforcement.

Then, after a stint with the New York City Department of Investigation, he and his wife moved to Virginia for a better lifestyle. While in college, Roessler did an internship at American University and got a taste of Fairfax County. And earlier, two cousins had moved here—one joining the police department and, the other, the fire department.

So he came to the county, too, and became a patrol officer. "Route 28 was one lane each way then, and there were three farms here when we first moved to Centreville, over 24 years ago," said Roessler.

HE AND HIS WIFE, a small-business owner, have three children. Their oldest daughter is in college, their youngest daughter is a high school senior and their son is starting middle school.

Over the years, Roessler's held several high-level, management positions. But as far as he's concerned, the highlight of



Lt. Col. Edwin C. Roessler Jr.

his career was being a patrol officer.

"It's the satisfaction of helping someone in crisis or just lending them a hand when they need it," he explained. "Sometimes, you're doing something that changes their life. Patrol officers are given the latitude, discretion and trust to help the community, and that's what drew me to the job."

But throughout every assignment, said Roessler, "It's a police family; the people I work with, we're a team. And in every county agency, I've had great mentors that allowed me to grow. It's a leadership style of always being willing to help each other out."

"You entrust your life to others so you can get home at the end of the day," he continued. "It's also about the working relationships you form. And what a terrific community this is—the support we get is a thrill." He said the residents and the county leadership are the police department's partners in making Fairfax County a safe place to live, work and play.

Roessler chose the supervision-and-command career path, within the department, and competed for each advancement, including deputy chief. However, he became acting chief based on his seniority. He then applied for the top job, and the supervisors and county executive conducted a national search over some six months.

Tuesday morning at 9:30

SEE ROESSLER, PAGE 9



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

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.

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-



PHOTO CONTRIBUTED

Supervisor Pat Herrity (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 Herrity's family in 2002. Nancy, Valeria, Pat and Sean Herrity in a recent campaign photo.

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

Herrity 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," Herrity 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."

Herrity 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," Herrity 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," Herrity said during the event. "By the end of this year, she will have graduated from

- ❖ Virginia Governor Bob McDonnell urges anyone considering becoming a foster parent or adopting to visit:
www.VirginiaAdopts.Virginia.Gov.
Twitter: @VirginiaAdopts
Facebook: VirginiaAdopts
- #VAdopts
#Campaign for 1000
- ❖ For more information about Fairfax County foster and adoption services, go to
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

Indiana University of Pennsylvania's Culinary School."

Herrity 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.



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NEWS

Sullivan Named to Park Board

Rip Sullivan named by Supervisor John Foust (D-Dranesville) to represent Dranesville district.

BY ALEX McVEIGH
THE CONNECTION

McLean resident Richard "Rip" Sullivan has been named the Dranesville representative for the park authority board, replacing Kevin Fay, who stepped down in July.

"Rip has a great track record of dedicated and effective public service in our community," said Supervisor John Foust (D-Dranesville), who appointed Sullivan. "This experience will prove invaluable as he works with the community and me on issues already underway in this district, as well as new park initiatives."

Sullivan, who practices commercial litigation in Virginia and Washington, D.C., has served as chair of the McLean Community Foundation, the Dranesville Budget Task Force, Fairfax Transportation Advisory Commission, Fairfax Consumer Protection Commission and as vice chair of the Fairfax County Housing and Redevelopment Authority.

Due to his appointment to the park authority board, Sullivan says he will leave the Housing and Redevel-

opment Authority.

"Leaving the Housing and Redevelopment Authority is the bitter part of this bittersweet decision," Sullivan said. "But I know the parks are a key part of what makes this county great, and looking ahead, I'm excited to be a part of planning for their future."

The Dranesville District has several parks that are currently undergoing a master planning process. Salona, McLean Central Park and Langley Fork Park are currently in the middle of a revision process for their master plans.

Salona also has a task force, which last met in May, and is discussing various features that could be included on the 51-acre parcel.

"Kevin did a masterful job during his time on the board, and I'm not kidding myself, I knew there will be a steep learning curve for me," Sullivan said. "That being said, I'm ready to dive right in and start looking at the issues. One of my goals as a member of the board is to be as accessible as possible to the residents of the district and the other interested parties."

Sullivan said his primary goal is to help preserve the current park spaces in a region that is seeing increasing development.

"Preserving open space in our rapidly urbanizing area is very important to me," he said. "Our parks currently meet a wide variety of recreational needs, which is a characteristic we want to maintain."

The Fairfax County Park Authority Board consists of 12 members appointed by the Board of Supervisors, one from each district and three at-large members.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Rip Sullivan, pictured here speaking at a McLean Community Foundation event, has been named Dranesville representative for the Fairfax County Park Authority Board.

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NEWS

Student Art at Starbucks

Forestville Elementary School youth have the honor of exhibiting their original paintings on the walls of the Great Falls Village Center Starbucks, courtesy of Great Falls Studios. July through October, at the 9863 Georgetown Pike Starbucks, the 100-plus artist organization based in Great Falls is sponsoring the rotating exhibit in the "conference room" space of the coffee house.

Great Falls Studios is working with art teachers at Great Falls, Forestville and Colvin Run Elementary Schools to exhibit the local children's work. The first group of artists to be featured are Renee Riddell's art students at Forestville. Their paintings, which have been framed and installed by Great Falls Studios, are a mix of self-portraits, landscapes and still-life pieces by kindergartners through sixth graders.

Student paintings will be on display through October and friends and family



Art by Emma R., a sixth grader at Forestville Elementary School. Emma's work is on exhibit alongside her classmate's art at the Great Falls Village Starbucks.

will be invited to an artists closing reception in the fall. For more details, go to <http://www.greatfallsstudios.com/>.

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Concerts on the Green

June 9.....	Mike Terpak (Blues).....	Roz Drayer, Realtor(Sponsor)
June 16.....	Diamond Alley Band (Dance/Rock).....	Dr. Donna Greco (Sponsor)
June 23.....	The Shields Brothers (Pop/Rock).....	The Simmons Team/McLean Mortgage
June 30.....	The Remedy.....	Bic Decaro(Sponsor)
July 7.....	Daryl Davis (Jazz/Fifties).....	Dominion Title (Sponsor)
July 14.....	Emma Bailey (Pop/Rock).....	Loebig Chiropractic (Sponsor)
July 21.....	Four Star Combo (Rock/Fifties).....	Jan and Dan Laytham Realtors(Sponsors)
July 28.....	Tom Principato (Blues).....	Capital One Bank (Sponsor)
August 4.....	Atlas Roar Crew (Rock).....	Glynis & Kevin Cantor Realtors
August 11.....	Ruthie & The Wranglers (Country).....	Keller Williams Realty, Great Falls & McLean
August 18.....	High Five (Pop/Rock).....	John Nugent & Sons (Sponsor)
August 25.....	The Remedy.....	Bic Decaro, Westgate Realty Group, Inc (Sponsor)

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OPINION

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,

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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 halfheartedly. 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.

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

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

EDITORIALS

LETTERS TO THE EDITOR

Grateful to Garden Club

To the Editor:

The garden in front of the Great Falls Library is one of the most beautiful public spots in town. I regularly walk along the sidewalk to see what's blooming. It's situated so that even motorists can appreciate it just from driving by, but then you miss the plant identifiers and wildlife. Some residents may think that the county or the library has installed and maintains it, but it is actually the Great Falls Garden Club that is behind this civic treasure. This summer, their new wildflower meadow garden debuted, filling the dry pond in front. Now, yellow and lavender flowers fill that spot.

I'm not a member of the Garden Club, but I've spoken with members when they are there, weeding and replanting and, in the fall, cleaning it up.

Our community is blessed to have residents who enhance our public spaces this way. I'm sure I'm not the only resident who is grateful to Garden Club members for their inspiration and ongoing commitment to Great Falls.

Bill Canis
Great Falls

Two Hours in a Japanese 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 center, a junior college and also a middle school where I witnessed several things that would make

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NEWS

Roessler Named County Police Chief

FROM PAGE 3

a.m., Roessler officially became chief, and he couldn't have been happier. "Being the chief, I feel like a cop on the street again. Being able to serve others, I feel content. This is a calling, and I'm just proud to be part of a great organization and county. The support from the community—and having terrific staff and volunteers—makes it fun."

As a longtime member of the department's senior management team, Roessler said "several great leaders have allowed us to develop innovative ideas to make us a Cadillac, cutting edge, law enforcement agency. It's high performance and fine tuned."

HIS VISION now is for the police to "continue ethical leadership with an engaged community so we can continue to build upon our ability to fight crime, enhance our culture of safety and keep pace with urbanization." He said the culture of safety includes developing safety protocols regarding how the police interact with the community.

As for urbanization, Roessler tied it to the 11 new police positions the supervisors approved as of July. Two will be animal control officers and nine will be the foundation of a new police station in Tysons Corner. Others will be

needed in connection with county growth related to projects such as the Silver Line, rail to Dulles, the Springfield Mall redevelopment and the revitalization of Route 1, South County and the Reston Town Center.

"Being the chief, I feel like a cop on the street again. Being able to serve others, I feel content. This is a calling, and I'm just proud to be part of a great organization and county."

—Lt. Col. Edwin C. Roessler Jr.

"So it'll take a new style of policing," he said. "For example, officers will go up a 30-story building or navigate a city-style environment in pairs." And when large crowds flock to places such as Fairfax Corner on the weekends, said Roessler, "We need to pay attention to make sure we have adequate staffing to meet future needs. All this will happen over decades, but we need to start planning now."

"We'll make five-year strategic plans, including staffing, budgets and program objectives, and tweak them," he said. In the current economy, said Roessler, "We're looking at where we can alter our business model, without sacrificing safety, to economize where we can. But as the economy improves, we'll be able to do more."

Looking back on his distinguished career, what he's proudest of is being a patrol officer. "And it's important for me to remember that," he added. "They're what the community sees every day; they're the first responders to 911 calls. They're the face of the Fairfax County Police Department and they're what makes our reputation."

Now leading 1,360 sworn officers, 352 non-sworn officers, plus a core of volunteers, Roessler takes his new position seriously. He said the toughest part of his job will be meeting the challenge of looking out for the employees' safety and welfare, including their pay and benefits, within budget constraints.

What will give him the greatest satisfaction, he said, is "being able to serve my fellow employees, volunteers and the community as a leader. I love Fairfax County. The motto is 'A great place to live, work, play and grow old,' and I'm living all that."

WEEK IN GREAT FALLS Senior Center Begins Search for Board Nominees

The Great Falls Senior Center (GFSC) is preparing for its first elections of Board of Directors in December by asking for interested individuals to apply for nomination.

GFSC will be governed and managed by an elected board of directors of between five and 13 members. The board members must be members of the GFSC, and the majority must live in Great Falls. Each director will be elected for a two-year term beginning Jan. 1, 2014.

GFSC's sole mission is to enrich the lives of older residents in the Great Falls area. Board members must be committed to that mission and be passionate about working with seniors. Individuals who feel they can contribute to GFSC's goals and future can receive an application from Carol Blackwell, nominations chair, via e-mail at lovriver@aol.com; by postal mail at 1034 Cup Leaf Holly Court, Great Falls, VA 22066; or by phone at 571-236-6933.

Applications will close on Sept. 13, 2013. A slate of nominees will be presented at the November event. Nominees and qualifications will be presented at the December membership meeting. Only GFSC members can vote. To become a GFSC member, contact Bob Lundegard at boblund@verizon.net or call 703-759-2626.

Arts Center at Turner Farm Discussed

In March 2013, Great Falls Foundation for the Arts (GFFFTA) announced to the community the plan to create a Community Center for the Arts at Turner Farm.

The first to respond were several local performing arts groups including Starshine Theater, School of Theatrical Dance and Dodgeball Theater as well as professionals from area community theaters. Founding board member Mollie Vardell then presented the plans to the Rotary Club of Great Falls. A booth at Great Falls Day on May 5 was also an opportunity for GFFFTA Executive Director Julie Casso to display the master plan and concept photos to the public. Many Great Falls residents stopped to see the display, ask questions, give input and express excitement for such a center. On June 11, at the Great Falls Citizens Association (GFCA) public meeting at the Grange, Mollie Vardell again outlined all the details of the Turner Farm Project. Follow up discussions ensued with representatives of the Turner Farm equestrian group and a follow up meeting is being scheduled with GFCA as well.

Other groups scheduling time this fall for a GFFFTA briefing include Great Falls Garden Club, Historical Society, Senior Center, and Celebrate Great Falls Foundation. For more information or to schedule a briefing contact Julie Casso (julie.casso@greatfallsart.org).

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WELLBEING

If You Are What You Eat, Eat Well

BY MARILYN CAMPBELL
THE CONNECTION

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 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



Teri Cochrane

"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

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 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 wait-

ing 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 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



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."

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."

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."

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'Regionality' of Transportation Projects Questioned

Transportation Authority approves FY2014 Project List.

BY ANDREA WORKER
THE CONNECTION

"Tonight we acted to address one of the greatest threats to our region: Congestion." So spoke Marty Nohe, chairman of the Northern Virginia Transportation Authority (NVTa) and Coles District supervisor for Prince William County. Despite numerous calls to slow down the process by speakers at the public hearing before the Authority, on Wednesday, July 24, the NVTa approved the FY2014 proposed regional multimodal project list as presented and vetted by the NVTa's Project Implementation Working Group (PIWG) headed by Authority member (and Arlington County Board Member) Christopher Zimmerman.

"NVTa's approval ... is a great first step toward improving transportation in Northern Virginia," stated Fairfax County Board of Supervisors Chairman Sharon Bulova in a press release. Bulova, who represents Fairfax County on the NVTa added, "Infrastructure improvements are critical to the continued success of our region. This initial package of projects will make a difference in people's lives across the region." The Authority approved first year Pay-As-You-Go projects valued at \$116 million, as well as voting for a bond package to fund an additional \$93 million worth of projects.

The NVTa was established by the General Assembly in 2002 to provide a common voice on transportation for the counties of Arlington, Fairfax, Loudoun and Prince William, as well as the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park. Their mandate includes developing immediate and long-term plans and selecting projects that address the transportation needs of the entire region. Since its creation, there have been plans aplenty, most recently revised and published as TransAction 2040 with page upon page of proposed transportation improvements. The only thing missing was how to pay for the enormous project wish list contained in the well-researched and presented plan.

THE PASSAGE of HB2313 earlier during the General Assembly session, with a new sales tax and a variety of other taxes and fee increases earmarked specifically for transportation, finally gave the NVTa, and the residents of Northern Virginia, the means to start tackling the area's congestion problems as a whole, rather than in a piecemeal fashion. An estimated \$1.9 billion will be dedicated to Northern Virginia transportation needs over the next six years, with 70 percent of the funds to be allocated by the NVTa for regional projects, and the remaining 30 percent going directly to the individual jurisdictions for local projects.

When it became clear that the NVTa would actually be able to fund and initiate



The members of the Northern Virginia Transportation Authority listen to testimony during the public hearing portion of their meeting on July 24. Twenty-one speakers addressed the Authority before the members proceeded to vote on a list of transportation projects to be funded and initiated in FY2014.

Projects Approved

Some of the projects approved for first year funding include widening sections of Route 28 to eight lanes, the purchase of additional VRE railcars, Herndon Parkway intersection improvements, Innovation Center Metrorail Station, Chain Bridge Road widening and Alexandria DASH bus expansion, representing 59 percent road projects to 41 percent transit/multimodal projects funded by Pay-As-You-Go, and 45 percent road versus 55 percent transit/multimodal for projects to be funded by bonds. The NVTa urges citizens to keep informed by frequently visiting their website at www.thenovaauthority.org, where all of the related documents and a complete list of the approved projects and their costs can be found.

transportation projects as early as July 1, the start of Fiscal Year 2014, the Authority went into high gear to solidify plans and solicit public opinion. Hearings were held throughout the region and the public was given opportunities to study the proposals and comment by testimony before the Authority, and by other written and electronic means. Over 200 public comments were received and considered by the PWIG between June 6 and July 22. On the night of the final public hearing, an additional 21 speakers added their testimony before the Authority.

At the previous public assembly in June, many of the speakers used their allotted time to either praise or protest specific proposals. At this pre-vote public hearing there was acknowledgement of the efforts of the Authority and the many others who worked to obtain this funding and to bring the projects to the table, but a large number of speakers recommended that the Authority not approve the project list without further study and consideration.

Virginia Delegate Bob Marshall (R-13)

was one speaker who advised a slower approach and a clearer explanation of how the projects were chosen and vetted. "I have re-read the law ... the NVTa is not required to spend any funds made available in fiscal year 2014 in the year of 2014. "Marshall's conclusions suggested that the Authority consider saving funds toward more long-range projects that

"NVTa's approval ... is a great first step toward improving transportation in Northern Virginia."

— Fairfax County Board of Supervisors Chairman Sharon Bulova

could better use the money in terms of efficiency and moving more people." Marshall also indicated that in a review of the documents on the NVTa website he was unable to find any clear objective scoring by which each project was selected. (Member Zimmerman later remarked that explanations could be found in the appendices of the TransAction 2040 Plan.)

Delegate Jim LeMunyon (R-67) echoed some of the sentiments expressed by his colleague. He praised the cost per benefit substantiation of two of the proposed projects but stated his concern that 95 percent of the proposals did not carry the same level of analysis. "It's a qualitative 'yeah, it'll get traffic moving a little bit better.'" When

it comes to stating the benefits of a project, LeMunyon says the Authority is missing a word. "It's not how will the project reduce congestion. It's how much," he said, suggesting that the Authority consider these analyses before approving their final project list. "Until you answer the 'how much' question I don't think you can comply with the law."

QUESTIONS WERE RAISED about the "regionality" of some of the projects, like bus shelters and improvements to pedestrian pathways. Eileen Curtis, representing the Dulles Regional Chamber asked that a formal definition of the term "regional" be added and applied to the workings of the Authority. Brian Gordon, representing the Apartment and Office Building Association of Metropolitan Washington also called for additional project selection criteria going forward to ensure that chosen projects were truly regional in their scope and impact, as did Leo Schefer, president of the Washington Airports Task Force. Others, like Mark Scheufler of Manassas Park, commented on projects that appeared to benefit locales outside the Authority's jurisdiction. "Why is the NVTa accelerating the schedule of a funded VDOT project to help a jurisdiction that is not in the NVTa tax district?" questioned Scheufler. "If these are the best projects in the queue," he added, "I am not sure why there was such a dire need to raise the sales tax in Northern Virginia."

Several speakers also cautioned the Authority on its plans to fund projects through a bond package. David Birtwistle, CEO of the Northern Virginia Transportation Alliance urged the Authority to wait until long-range plans were reviewed and better defined as regionally significant before moving forward with the issuance of bonds.

When the last speaker concluded his remarks, the Authority listened to presentations from its working groups and consultants. Zimmerman, as head of the Projects Implementation Working Group, took this time to review the history of the NVTa and to defend the regionality and selection process of the projects recommended for implementation in the first year. Zimmerman referred to TransAction 2040, the Authority's long term planning document, saying that it contained within its technical indices the quantitative measuring methods applied to the more than 200 projects outlined in the plan, with additional information regarding the regional merits of each proposal.

In addition to approving the proposed project list in its entirety, the NVTa also approved the funding methods—both Pay-As-You-Go and by Bond as recommended. They approved the authorization for the initiation of a bond validation proceeding, the appointment of the FY2014 Technical Advisory Committee members, bond counsel, and John Mason, former mayor of the city of Fairfax as the interim executive director. Mason had previously served as the Authority's executive director in 2007-2008.

PHOTO BY ANDREA WORKER/THE CONNECTION

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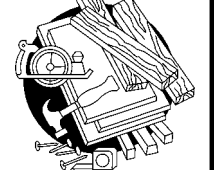
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The Mount Vernon Gazette

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Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

KidWX Connects Parents With Providers

Organization has an extensive online database of local resources from music classes to diabetes experts.

BY MARILYN CAMPBELL
THE CONNECTION

When Linda Nimmo and Jamie Finch were looking for resources for their children two years ago, they scoured the internet and local organizations for the right services. The effort was so time consuming that they both left their full-time corporate jobs and turned their quest into a way to help others.

"It was through trial and error that I found most of the resources I used," said Nimmo. "When you receive any type of diagnosis, you will do anything, go anywhere and spend whatever it takes to help your child. After spending a tremendous amount of time and money on health professionals, tutors, testing, camps, public schools [and] private school, I realized there was a big gap in a service to help parents."

Nimmo and Finch created a company called KidWX (Key, Informative, Detailed Written eXchange), a web-based clearing house where parents and caregivers can search for service providers. In fact, the two Reston women celebrated the company's first anniversary earlier this month.

While parents can search through KidWX's database of service providers who deal with everything from academic tutoring and music lessons to health issues like diabetes and autism, the company's six key areas are education, enrichment and remediation, extracurricular activities, health and wellness, nonprofit support organizations.

"The D.C. Metro area is ... face-paced ... with parents moving into the area on a regular basis," said Finch. "This combination necessitates the resources of KidWX. We take the stress and guesswork out of making service provider choices for local parents."

It's something parents appreciate. Serafina Lobsenz of Reston says she appreciates the time-saving aspect of having "access to information and opinions about educational programs and extra-curricular activities [without doing] countless hours of research."

Both parents and service providers join KidWX through the company's website for little or no money. "We have offered 'free' membership for parents during our promotional period [which runs] through the end of August," said Nimmo. "We are relaunching with two types of individual memberships: FREE (Posting Member) or Advanced Membership, \$4 a month or \$48 per year. Memberships for nonprofit organizations and their member communities are free. We provide a promotion code to the organization to register as well as the parent member community."

Emily Boynton of the Capitol Chapter of



PHOTOS COURTESY OF KIDWX

KidWX co-founders Linda Nimmo and Jamie Finch helped sponsor "Autism Night Out," an event designed to raise awareness about autism.



KidWX co-founders Jamie Finch and Linda Nimmo (pictured with Montgomery County Police Officer Laurie Reyes) participated in "Autism Night Out," an event designed to give parents, public safety personnel and community members a better understanding of autism.



Linda Nimmo and Jamie Finch of KidWX gave away fresh fruit when they recently sponsored a table at the Northern Virginia Kidney Walk at the Reston Town Center.

JDRF (Juvenile Diabetes Research Foundation International), a charitable funder and advocate of type 1 (juvenile) diabetes research, said, "Through KidWX, we have made connections with local schools and held educational programs at one of them." She says her organization plans to refer their members to KidWX, "which will help our community find the perfect fit for their children."

Feedback and reviews of service providers that parents can leave on the site is one of the most useful advantages of KidWX, says Sue Fajer, of Herndon, who has two children, ages 9 and 11. This exchange of

information saves other parents time and money on experimenting with service providers to find a good match for their children, she said.

"When I heard about KidWX and how they are receptacle for parent reviews of anything from physicians to camps, I was very excited to share our experiences with other parents," she said. "We posted information on the programs and companies with which we've had successes and those which have been less successful with our children. We have provided reviews on everything from music lessons and unique camps, to sports and academics."

"After spending a tremendous amount of time and money on health professionals, tutors, testing, camps, public schools, private school, I realized there was a big gap in a service to help parents."

— Linda Nimmo, KidWX

Great Falls resident Alina Derminassian agrees, saying that having access to negative and positive reviews "helps me choose the right provider for my children. It is a great site to join to access reliable information."

Many families find service providers through "word-of-mouth" references, says David Kondner Sr., director of the Math School of Great Falls, Inc., adding that method is not always the most efficient. "On their own, parents can waste considerable time and money trying various tutoring alternatives," he said.

In addition to hosting the site, Nimmo and Finch have helped sponsor numerous community events, including the Autism Speaks Walk on the National Mall, several Reston Interfaith Walks to End Homelessness, several Kidney Walks for the National Kidney Foundation, the Salvation Army Annual Fundraiser and Fashion the Show and the Reston Festival.

"We have also sponsored several expos [including] a summer camp forum, two special needs events, a child care fair, a health and wellness expo, a Lyme disease workshop and a CPR and babysitting certification workshop for kids," Nimmo said, explaining that community events allow them to meet local parents.

"Each month KidWX sponsors a community project that involves local and our own children, [including] blankets for Jill's House in Vienna, a canned food drive for the Embury Rucker Shelter in Reston [and] furniture for Homestretch in Falls Church," said Nimmo.

As they celebrate their first anniversary and reflect on their accomplishments, Nimmo and Finch are planning to relaunch their website in mid-August and expand their business.

"Our goal is to impact millions of parents and children across the nation, but the community we live in is our immediate focus," said Finch.

For more information on KidWX, go to: www.kidwx.com.

SPORTS

The Tigers finished the season with a six-game winning streak including four play-off 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.



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.

ENTERTAINMENT



From left—Grace Kugler, Mary Kugler, Emmy Sobich, Lily Shepherd, instructor Mary Jane Cogan, Sanjana Razzaque, Anna Grace Shepherd, Christina Lobbin, Heidi Lin, Han Lin, Sophia Sobich.



From left: Evie Franco, Will Franco, Katya Yearout, Renata Yearout, instructor Mary Jane Cogan, Ella Dahncke, Hayley Blankingship, Carolyn Stock, Oksana Vickers, Meredith Klote.

Weaving Music and Art Together

Artstars Studio performs “A Garden Walk.”

The piano students of Artstars Studio recently performed in recitals with the theme of “A Garden Walk.” Each musician played a piece that described something found in a garden—everything from birds and butterflies to baby bumblebees and angry hornets.

The instructor for Artstars Studio is Great Falls resi-

dent Mary Jane Cogan, who is also an artist. She asked each student to create a drawing or painting to coordinate with their musical selection. The artwork was displayed while each pianist played his or her music.

Additional artwork and information is available at: www.Artstars.biz.

PHOTOS CONTRIBUTED



Oksana Vickers performed “The Swan” by Camille Saint Saens.



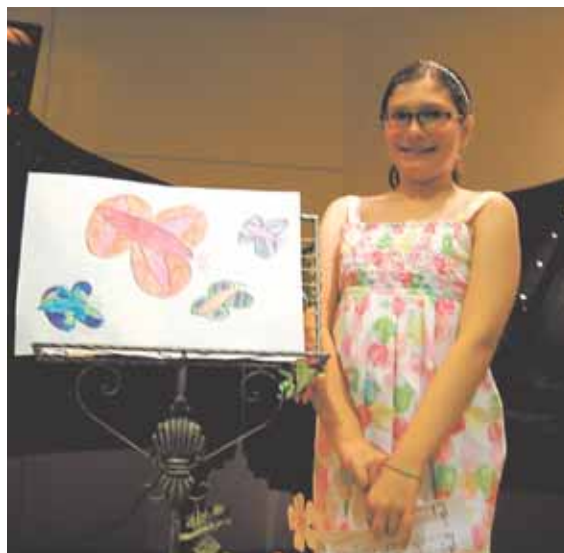
Han Lin played “The Cricket and the Bullfrog.”



Renata Yearout played “The Bunny With No Name.”



Christina Lobbin at the piano.



Shannon O’Kane played “The Fuzzy Worm.”



Catherine Kruse stands by her flower garden. She and her sister Meg played a duet of “Roses From the South” by Strauss.

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.

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.

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/.

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



"Seat by the Window: Montmartre," oil by Jill Banks, 24" h x 36" w, by Jill Banks. Banks will be giving a fun, educational painting demonstration with two dancers from the School of Theatrical Dance in Great Falls modeling 1-4 p.m. Aug. 10. During the show, Banks invites all guests willing to try their hand at putting what they see to paper to participate in a sketching session with provided pencils or crayons.; RSVP to 703-403-7435.

includes Hawaiian, rockabilly, blues, country and jazz standards. www.hulamonsters.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.

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 "Djobi 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.

Kingsley Winter Band. 6:30 p.m., at 144 Maple Ave. E., Vienna. The Kingsley Winter Band plays original

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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.

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.

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.

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 pettings zoo, and more. 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 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, archivally 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>.

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**SUNDAY WORSHIP, 7:45 AM & 11:00 AM
CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM**

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Antioch Christian Church
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Jehovah's Witness
Jehovah's Witnesses
... 703-759-1579
Lutheran
Emmanuel Lutheran Church
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Christ The King Lutheran Church
... 703-759-6068
St. Athanasius Lutheran Church
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Andrew Chapel United Methodist
... 703-759-3509
Church of the Good Shepherd
... 703-281-3987
The Vine Methodist Church
... 703-573-5336
Ephiphany United Methodist
... 703-938-3494
Great Falls United Methodist
... 703-759-3705
Oakton United Methodist
... 703-938-1233
Vale United Methodist
... 703-620-2594

Smith Chapel United Methodist
... 571-434-9680
Wesley United Methodist
... 703-938-8700
Non-Denominational
Celebration Center
for Spiritual Living
... 703-560-2030
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Grace Orthodox Presbyterian Church
... 703-560-6336
Korean Central Presbyterian
... 703-698-5577
Vienna Presbyterian
... 703-938-9050
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Langley Hills Friends
... 703-442-8394
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Northern Virginia
Christian Fellowship
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Vienna Seventh Day Adventists
... 703-938-8383
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