

Elizabeth Mouzavires of Oak Hill rides in the Exceptional Rider class of the Fairfax County 4-H Fair on Aug. 3. The Exceptional Rider class is for those children participating in a therapeutic riding program. They ride with a volunteer who leads the horse. Mouzavires' father, Crosby Mouzavires, said, "The program has a powerful impact on these kids' lives."

Champions Parade at Frying Pan

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NEWS

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.

PHOTOS BY
DEB COBB/
THE CONNECTION



Champions Parade at Frying Pan

Frying Pan Farm Park hosts 65th annual 4-H Fair.

BY RYAN DUNN
THE CONNECTION

From Aug. 1-4, Frying Pan Farm Park in Herndon held its 65th annual Fairfax County 4-H Fair and Carnival. “The 65th anniversary at Frying Pan Park was a great success,” said Park Manager Yvonne Johnson. “Thousands of family members and 4-H members enjoyed old fashioned country fun and made lots of great memories. ... More people come every year so we have a bigger audience.”

Johnson has been managing the Frying Pan Farm Park in Herndon for 24 years. Although Saturday, Aug. 3 was overcast, events continued as planned: At an official opening ceremony the king and queen of the 2013 4-H Fair were announced. Connor Tweddle of Vienna was crowned king of the 4-H Fair. Rachel Stephenson, resident of Chantilly, was crowned queen of the 4-H Fair.

Carnival rides and fun family activities including entertainment, contests, animal shows and 4-H exhibits were on display. Visitors could watch the 4-H exhibitors, get their farm animals ready for the show, visit exhibit booths, try farm chores, enjoy fair food, hear musical entertainment, and watch the dog and horse shows.

Rising third grader Gracie Meade won first place in the Honey Bee and Apiary Products competition with her home baked honey granola bars. “My mom



Alina Ampeh of Oakton shows her horse Maia, a pony of the Americas, during the Horse Show at the 2013 Fairfax County 4-H Fair on Aug. 4. She won a blue ribbon for the event.

signed me up, and she is going to be so happy,” said Gracie. Gracie joined her local 4-H club after a visit to last year’s 4-H Fair. “We came to the 4-H Fair last fall, and Gracie loves animals, it was a natural fit,” said her father, Bill Meade.

Amy Jenkins, a 4-H club member and 10th grader at Robinson High School, entered her rabbit Honeysuckle into the rabbit show. A Jersey wooly rabbit, Honeysuckle won Best in Show award. “It takes a lot of grooming,” said Jenkins. “I had some of my rabbits compete at other shows previously. In December I will at the rabbit show in Richmond.”

Frying Pan Farm Park is the host site for three different 4-H clubs. Each club encourages anyone between the ages of 9 and 19 to get involved. The Hoofers & Heifers Livestock Club provides a unique opportunity for youth to learn about farm animals such as pigs, sheep, cows and goats. The Herndon Horse 4-H Club is a club dedicated to all farm animals with a major focus on horses. Krazy for



Amy Jenkins with her rabbit Honeysuckle, winner of the Best in Show Rabbit for the 2013 4-H Fair.

K9s 4-H Dog Training Club is open to youths interested in strengthening the bond with their dogs and learning about dog sports.

To learn more about the Frying Pan Farm Park, visit <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

To learn about the local 4-H Clubs in Fairfax County, visit <http://4hfairfax.blogspot.com/>.

PHOTO BY RYAN DUNN/THE CONNECTION

‘Camp Hutchison’ Feeds Heads, Hearts

Over 100 elementary school children are getting a groundbreaking summer school experience, thanks to the partnership between Hutchison Elementary School and Floris United Methodist Church. “Camp Hutchison” runs from July 8 through Aug. 2 and is facilitated by over 130 volunteers from the church and local community.

The camp combines education, enrichment and nutrition in a four week, half day program. In addition to being taught math and language arts by certified teacher volunteers, the children, grades 1-3, enjoy daily activities such as art, drama, music, science/nature and recreation. Campers also receive breakfast and lunch, prepared and served by volunteers, as well as a healthy snack to take home daily.

The potential benefits from Camp Hutchison are many. In “Outliers: The Story of Success,” author Malcolm Gladwell asserts students in areas of economic disadvantage can perform as well as more affluent students—the key is to extend their school year. Further benefits:

- ❖ Students gain confidence as they retain and even gain essential learning skills.

- ❖ Students are not at risk for unfavorable activity associated with lack of supervision or boredom.

- ❖ Students have the opportunity to engage in an English speaking environment in camp for four weeks, thus maintaining or strengthening their language skills.

- ❖ Students at risk for poor nutrition receive two healthy meals plus a snack each day.

—LAURIE TILLET



PHOTOS BY MARY FRANCES ROLL/FUMC INTERN

Students at the Camp Hutchison Fair chose their activities using “Hutch Bucks,” which were awarded to them during the month-long camp to reward their participation and enthusiasm.



One of the most popular games was the old-fashioned potato sack race.

Camp Hutchison is the latest initiative in the partnership between Hutchison Elementary School and Floris UMC, which began over a decade ago. Floris members and friends provide mentoring and tutoring to Hutchison students, conduct evening ESOL classes for Hutchison parents, and sponsor coat/book drives and fundraisers throughout the year. Hutchison Elementary School was founded in 1975 and has a rich multicultural student population that includes students from more than 28 countries.

Smith Takes Stage at Jammin' Java

Singer-songwriter A.J. Smith headlines hometown show.

BY ALEX McVEIGH
THE CONNECTION

Growing up in Herndon, A.J. Smith went to see plenty of shows at Jammin' Java in Vienna. On Sunday, Aug. 4, the singer-songwriter went to another show at the venue, but this time he was the headliner.

"I remember going to see Crash Boom Bang at Jammin' Java when I was a freshman in high school, and went to a lot of shows after that," he said. "It's always exciting to come back, but it's really exciting to be able to take the stage at Jammin' Java."

Smith, a senior at NYU, last played in Northern Virginia in July 2012, when his band performed at Café Montmartre at Lake Anne. Since then, Smith has revamped his band, adding a keyboardist and backup vocalist, and honed his skills even further.

"I think I've evolved a lot over the last year, I'm focusing much



A.J. Smith, native of Herndon, performs at Jammin' Java Sunday, Aug. 4.



Singer-songwriter A.J. Smith headlines a show Sunday, Aug. 4 at Jammin' Java in Vienna.

more on good arrangements, and trying to make each song something special," he said. "I'm trying to make my music more than just a rock band playing in a café."

Smith has had some help in his development. He has been working with Glenn Frey, a founding member of The Eagles who taught a songwriting class at NYU.

"It was amazing to work with him, and he really helped me work some songs out. There was one, 'If Only You,' that I was just ready to scrap, but he heard it and told me to keep working, now it's one of my favorite ones," he said.

SMITH was able to open up for The Eagles when they played a benefit concert at New York's Beacon Theatre. Another one of his songs, "Summertime," was released in Australia, where it climbed to number three on the club charts.

He has also had the chance to work with Roseanne Cash, daughter of Johnny Cash, and songwriter Claude Kelly, who has written for artists such as Britney Spears, Bruno Mars and more.

"Claude gave me some great comments on my songs," Smith said. "I played him one of my new songs, one I knew had some problems, and he picked them out, and also said he really liked my lyrics."

Smith has been playing music since he was 3, when he began playing piano. Before long, his parents were unable to tell if he was playing songs from his lessons, or songs he made up himself.

Soon, he picked up the violin, playing for a few years with the Herndon Methodist Church's Circuit Riders band. Recently, the violin has been a part of his music once again.

"I figured it was time to bring it back, and I've incorporated it into some new songs," he said. "Sometimes it's sort of a softer Celtic-style fiddling, other times it's hardcore electric violin. I think it adds a really unique vibe."

Smith brought out his violin for two songs during the Jammin' Java show. On "Battle Hymn," which was written in the aftermath of the shootings at Sandy Hook Elementary School, he played a slow, mournful melody, while "Jeopardy" let him saw away in a much faster, harder song.

"It was a fantastic show, really an exploration of a lot of different genres," said Melissa Herd of Falls Church. "He did some lighter,

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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,

MKIMM@CONNECTIONNEWSPAPERS.COM

Rosh Hashanah—The Jewish New Year

BY RABBI LEIBEL
FAJNLAND

CHABAD OF RESTON-HERNDON



CONTRIBUTED

The two-day festival of Rosh Hashanah is observed on the first and second days of the Hebrew month of Tishrei—This year Sept. 5th and 6th.

In Hebrew, Rosh Hashanah means, literally, "Head of the Year," and as its name indicates, it is the beginning of the Jewish year.

According to Jewish tradition, Rosh Hashana marks the anniversary of the creation of Adam and Eve, and thus the birthday of mankind—hence Rosh Hashanah is also the Day of Judgment for mankind, a day to highlight the special relationship between G-d and humanity.

On Rosh Hashanah, the day of man's creation, we recall man's

merit, the momentous potential given to him to influence the whole world in a positive direction, and his solemn responsibility to use his abilities fully.

Such great abilities were not only given for personal accomplishment, but to fulfill man's mission of perfecting the world.

One who thinks that this sacred mission can be performed by another should consider Adam, who was created individually, teaching us that each person is a "whole world." Moreover, Adam could not delegate his responsibilities to someone else, for there was no one else. The same is true of any person's mission in the world: it was not given to be given away.

When a person concentrates on the long-term implications of his actions for himself and the world,

Services Schedule

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

Services for Rosh Hashanah (Sept. 4–6) and Yom Kippur (Sept. 13-14) will take place at The Herndon Center, at 376 Elden St., Herndon. All the information for dates and times, as well as to reserve, can be found at www.chabadrh.org.

Membership is not required to join. All are welcome, free of charge, regardless of background or affiliation. According to Jewish tradition, at the New Year the "Doors of Heaven" are open; G-d accepts all prayers, from anyone, as such our doors will be open as well, to our entire community. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly, making it enjoyable and meaningful for both the seasoned and the unversed. The services will be traditional, yet with a thoroughly contemporary message, interspersed with traditional and modern Jewish tunes, English readings and a running commentary led by Rabbi Fajnländ.

In addition, a special children's program will accompany the adult services. For more information on the above event, call Rabbi Leibel Fajnländ at 703-476-1829 or write to Rabbi@chabadrh.org.

implications connected to the very purpose of creation—all impediments and obstacles to fulfilling one's life's mission are diminished and eliminated. For of what significance are impediments in the face of such a responsibility and

privilege?

May I wish you and those you love, in the words of our Jewish tradition, Leshana Tova U'Metuka—a good and sweet year. May it be a year filled with good health, prosperity and meaning.

LETTERS

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 re-

cently 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 Ameri-

can values and basic human rights for us in the district, Virginians, and Americans throughout the nation. Good job, Mr. Wolf!

Maureen Neumann
Vienna

Oak Hill & Herndon
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ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

WEEKDAYS/AUG. 7-29

"Paint and Beyond" Exhibit. 8 a.m.-5 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Paintings, mixed media and more will be on display. Free admission, parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. www.leagueofrestonartists.org.

WEDNESDAY/AUG. 7

"How to Train Your Dragon" Showing. 10 a.m. Bow Tie Cinema, 11940 Market St., Reston. Doors open at 9 a.m. 703-464-0816 or bowtietheaters.com.
Creative Connections Game. 7 p.m., ArtSpace, 750 Center St., Herndon. The Council for the Arts and ArtSpace co-sponsor a networking event for artists created by Trish Ratliff. Bring works in progress of any medium for feedback. Tables, easels, and light refreshments will be available. 703-956-6590 or www.artspaceherndon.com.

THURSDAY/AUG. 8

C.J. Chenier and the Red Hot Louisiana Band. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Nominated for a 2011 Grammy, C.J.'s musical style ranges from the traditional Zydeco of his father, Clifton Chenier, right on up to modern funk, with healthy doses of blues, R&B, swamp pop and even country. www.cjchenierandtheredhotlouisianaband.com.

FRIDAY/AUG. 9

Totally Trucks. 9:30 a.m.-noon. Reston Association's Central Services Facility, 12250 Sunset Hills Road. Families are invited to exhibit the trucks of the Reston Association, possibly including a police and fire truck. Children will receive a truck coloring book and a "Totally Trucks" construction helmet. No registration required, onsite parking is limited, overflow parking is next door at the Y.M.C.A. Ashleigh@reston.org or 703-435-6577.

Herr Metal and Dr. Fu. 6:30-10:30 p.m., at 777 Lynn St., Herndon. The tour focuses on rock hits recorded and popularized by Guns 'n' Roses, Bon Jovi, Poison, Motley Crue, Def Leppard, the Scorpions and others.



"Hoi An Old Town" by Duy Lam is one of the pieces in the Union of Color and Form exhibit, which opened Tuesday, Aug. 6, at ArtSpace Herndon.

<http://www.herndonrocks.com/>.

Swell Daze Community Concert. 8-10 p.m. Reston Town Center Pavilion, 1818 Discovery St., Reston. Virginia's up-and-coming alternative rock band covers hits from the 20th century. www.facebook.com/SwellDaze.

SATURDAY/AUG. 10

Family Fun Entertainment Series:
Prelude Bass. 10-10:45 a.m. Reston Town Square Park, corner of Market Street and Explorer Street. Musicians perform using modern and historical instruments. 703-476-4500 or www.restoncommunitycenter.com.
The GoodLife Theater. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Recycling Pirates is a rollicking musical about puppet characters created from trash. www.goodlifetheater.com.

Shanghai Student Musical Troupe. Noon-1 p.m. Reston Town Center Pavilion, 11900 Market St., Reston. The internationally-acclaimed music group performs. 703-912-4062 or www.restontowncenter.com/concerts.

Concerts on the Town Series:
Cheick Hamala Diabate and Corey Harris. 7:30-10 p.m. Reston Town Center Pavilion, 11900 Market St., Reston. The two artists showcase West African rhythms and blues. Free; bring lawn chairs or picnic blankets. Alcohol permitted at restaurants only. 703-912-4062 or www.restontowncenter.com/concerts.

WEDNESDAY/AUG. 14

Blue Sky Puppet Theater. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Pig Tales is one of Blue Sky's most popular

shows, filled with audience participation and humor aimed at all ages. www.blueskypuppets.com.

Screening of "Carmen." Reston Town Center 11, 11940 Market Street, Reston. SpectiCast brings George Bizet's masterpiece to American cinemas for the first time with a live recording of the Opéra National de Paris's production directed by Yves Beaunesne and conducted by Philippe Jordan. www.specticast.com/2013OiHD.html

THURSDAY/AUG. 15

The United States Navy Country Current. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Country Current is the United States Navy's premiere country music group. www.navyband.navy.mil.

FRIDAY/AUG. 16

JunkFood + Down Wilson. 6:30-10:30 p.m., at 777 Lynn St., Herndon. JunkFood regularly performs for a broad range of fans and plays covers from the 80's to today. <http://www.herndonrocks.com/>.

SATURDAY/AUG. 17

Paul Hadfield. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Paul Hadfield presents a mix of egg-juggling, unicycling, ladder-walking, rope-spinning, fruit-tossing, pratt-falling, joke-cracking and character-acting. www.thefunnyguy.com.

"Sea Chanters." 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. The United States Navy Band chorus performs music ranging from traditional choral music to Broadway musicals. www.fairfaxcounty.gov.

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A.J. Smith Headlines Hometown Show

FROM PAGE 4

catchy pop tunes, some heavier stuff and some ballads, all of which sounded great. I liked how he played a few songs with the full band, and then went more acoustic for a while."

VERSATILITY is the name of the game for Smith when it comes to performances. During the show he switched from keyboard to acoustic guitar to violin, depending on the song. His songs ran the gamut from hard to soft, fast to slow, soft to loud.

The same versatility was on display with the band itself during the show. For a few songs, his lead guitarist, keyboardist and backup singer left the stage, leaving him to perform trio-style with drummer Tom Jorgenson and bassist Lloyd Kikoler.

Darin Zhou of Vienna wasn't familiar with Smith, but attends Jammin' Java shows regularly.

"Shows like this are why I come to random weeknight shows here, because you can find people you otherwise might not hear about," he said. "I thought the band was great, they had a great presence,

and seemed to really connect with the audience, who in turn responded in a really fun way. I'll definitely be checking them out online later."

Smith was named a Carol Bayer Sager Songwriting Scholar and was admitted to NYU's graduate songwriting and film score program. He was also named Most Influential Student at NYU by the Washington Square News. He released his debut EP in April of this year.

More information on Smith can be found at www.ajsmithmusic.com.



Bob Hammann attempts to make a putt challenge during the annual Jimmy's Old Town Tavern Golf Tournament to benefit the Council for the Arts of Herndon Thursday, Aug. 1.



From left, Jennifer Boysko, Jimmy Cirrito, Herndon Mayor Lisa Merkel and Kelsey Cirrito at the Herndon Centennial Golf Course Thursday, Aug. 1.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

Golf Tournament Benefits Arts Council

Jimmy's Old Town Tavern hosts annual fundraiser.

BY ALEX McVEIGH
THE CONNECTION

Though the grounds were damp from the night before, and the skies threatened rain in the morning, that didn't stop more than 100 golfers from taking to the Herndon Centennial Golf Course Thursday, Aug. 1. They were there to support the Council for the Arts of Herndon during the annual fundraising tournament hosted by Jimmy's Old Town Tavern.

"I got asked to be in a foursome as sort of a last minute thing, and I'm sure glad I got the day off and could spend it out here for a good cause," said Terry Nielson of Sterling. "About the only thing I can complain about is that I didn't play that well."

This was the 16th year Jimmy's Old Town Tavern has hosted the tournament to benefit the Herndon Arts Council. The council is a nonprofit that supports arts and artists in all forms across the community.

In addition to the various events, programs and workshops they host, the council also awards scholarships to local students every year.

"The arts are a signature part of Herndon, which is why the Herndon community comes out to something like this to support them year after year," said Jimmy Cirrito, owner of Jimmy's.

In addition to the standard 18 holes of golf, various challenges were strewn across the course for players to compete in. One hole featured a hockey net that golfers tried to score on, another one featured trivia questions.

"We try and keep things interesting, there's a Harley Davidson motorcycle on the fifth hole, and a Subaru at the seventh hole. Any golfer that gets a hole in one on those holes wins the prize," Cirrito said.

The putting green was transformed into something that would more likely be found on a mini-golf course, with PVC pipes, levels, paint cans and a toilet.

"It was a very creative hole with all the construction equipment, but also very challenging," said John O'Malley of Herndon. "Also, the toilet sticks out so much that you wanted to aim for it, but it turned out you wanted to bounce the ball off the level just next to it."

Those who were able to sink the putt were entered into a drawing, where they would win a chance at \$1,000 if they could sink a 50-foot putt. The hole was sponsored by CB's Professional Services, the contractor who is building the new addition to Jimmy's, the "Buffalo Wing."

Mayor Lisa Merkel and Democratic state delegate candidate Jennifer Boysko could be found throughout the day delivering drinks to golfers on a golf cart, while several other holes also had refreshment stations.



Golfers complete a hole during the annual golf tournament to benefit the Council for the Arts of Herndon Thursday, Aug. 1.



COURTESY PHOTO

Surrounding Janie Odlen, the second annual Kim Klarman award recipient (second from right) are: (from left) Kim's daughter Michele Klarman, Gail Romansky, president of RSTA and Jillie Klarman.

Janie Odlen Receives Kim Klarman Award

On Saturday, July 27 at the mid-way point of the Reston Swim Team Association All-Stars meet, the festivities stopped and the tone turned solemn as the recipient of the second annual Kim Klarman Award was announced.

Peter Mazziotta, Board of Directors member representing North Hills began the presentation with these remarks: "Last year the Reston Swim Team Association lost a very dear and beloved friend to cancer — Kim Klarman. Kim had been president of RSTA for four years at the time of her death. She held many important positions for RSTA over the course of her 18 years of service to our organization, including 13 years as manager of Autumnwood, 12 years as a member of the Board of Directors and chairing some of our most important committees. She was also very actively involved in other charitable organizations throughout our community.

"In her memory and to honor her service, RSTA established the Kim Klarman Award. This annual award is given to someone who has served both RSTA and the community as a whole through his or her involvement with both RSTA and any variety of charitable and community organizations.

The recipient should embody everything that Kim stood for — her fighting 'no holds barred spirit,' her championing of the kids above all else no matter what the odds, her fairness, her ability to give of herself no matter the situation and her complete and total compassion for others. Here to present the second annual Kim Klarman award

is one of Kim's daughters, Jillie."

Jillie Klarman continued.

"Thanks Pete. Good morning. Hello swimmers. My mom would be very honored, yet a bit embarrassed to witness this. She really didn't like a lot of fan-fare for the things that she did, but it is very meaningful to me and my family to have an award bearing my mom's name and I am honored to be here today to present it. I would like to tell you a little bit about this year's recipient.

"For over two decades, the recipient has supported RSTA and community swimming. The recipient has served as a manager and board member for almost a decade. The recipient has served on numerous RSTA committees that require countless hours of time, including Personnel and All-Stars while also being an active participant in scheduling, registration and awards. The recipient loves kids and sports. As a Fairfax County teacher for over 30 years with a focus on math, she has mentored too many children to count — and they in turn have come to count on her when they have faced a problem that they may have thought unsolvable. She is an unparalleled motivator, always encouraging no matter how hard the lesson. Her energy is unmatched; her efforts to help everyone she touches 'be the best that they can' are an inspiration to all. It is my honor to present the second annual Kim Klarman award to Janie Odlen."

On behalf of Odlen, RSTA will make a donation of \$250 in her name to the charitable organization of her choice.

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

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 addresses ailments including allergies, hormonal imbalances, head-

aches, 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 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.

WHILE COCHRANE IS PROUD to have turned her personal research into a source to help others, she is especially proud of the health and well-being of her two children. Today, her 15-year-old daughter Madeleine is a ballet dancer in an elite professional program. Her son William is 19 years old and is 5-feet-11-inches tall. He is attending the University of Virginia on a full scholarship.

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

She's also grateful for their

health. "I could pay it forward and provide a service. I went back to school to gain knowledge to help other families."



PHOTO 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."

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EMPLOYMENT

New County Police Chief Named

**Supervisors appoint
Lt. Col. Edwin C.
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BY BONNIE HOBBS
THE CONNECTION



Lt. Col. Edwin C. Roessler Jr.

**Roessler's Resume
With FCPD**

Before Lt. Col. Edwin Roessler became acting and then full-fledged chief of police for Fairfax County, he served in every rank as he's moved up the ladder. Since 2010, he was deputy chief of patrol managing Animal Services, plus crime-fighting efforts across eight district stations.

Roessler also organized police emergency responses to a variety of natural disasters and tactical operational events. He deployed personnel to President Barack Obama's inauguration in January and managed patrol assets committed to solving several, multijurisdictional crimes. And he directed the Police Department's strategic-planning initiatives.

He received his undergraduate degree from Arizona State University and his graduate degree from George Washington University. He also graduated from a variety of professional-development-and-leadership programs.

As a senior commander, Roessler headed the Internal Affairs Bureau and the Criminal Justice Academy. He managed the department's budget and human resources and led a Patrol Bureau division overseeing the Crime Analysis Unit and the construction of the Sully District Station.

He also spearheaded efforts creating the Incident Support Services program serving department members and their families. And he both supervised and commanded the Civil Disturbance Unit. In addition, Roessler volunteered for assignments that would help increase and improve police services to the community.

He's currently a senior advisor to the International Association of Chiefs of Police for its international, police-education-and-training program. As Fairfax County's chief of police, his annual salary will be \$188,410.

— BONNIE HOBBS

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 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.

"So it'll take a new style of policing," he

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 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

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