

McLean Parks Provide Classic Summer Fun

NEWS, PAGE 8

Peter Muend and son Lukas stay active
in Lewinsville Park on Saturday, Aug. 3.

Tyson's Interim Parking Project Approved

NEWS, PAGE 3

VA Adopts: Campaign for 1,000

NEWS, PAGE 4

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The Fairfax County Board of Supervisors approved an interim commuter parking lot for the McLean Metro Station July 30.



PHOTO
CONTRIBUTED

Tyson's Interim Parking Project Approved

Located next to McLean Station, 711-space proposal is the first approved by county.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Board of Supervisors approved the first agreement for an interim commuter parking lot for Silver Line users in Tysons Corner Tuesday, July 30.

The site at 1820 Dolley Madison Road is adjacent to the McLean station, the easternmost in Tysons Corner. It currently features 293 surface parking lots and an empty three-story office building.

The property owners, Cityline Partners, plan to remove the building and replace it with 418 parking spaces, bringing the total number of commuter parking spots to 711.

The agreement approved by the Board of Supervisors stipulates that all costs associated with the construction, maintenance and operation of the parking lot must be furnished by Cityline, who will also determine the fees that will be charged and retain all fees collected.

All 711 parking spaces must be available for commuter parking from 5 a.m. to 8 p.m. Monday through Friday. The agreement does not preclude Cityline from providing additional weeknight and weekend parking hours.

"I'm glad the empty lot and building will be used to help encourage the use of the McLean station," said Barney Wichers of McLean. "I figure the McLean station is going to be the main one used by McLean and Great Falls residents, since we'll be able to get there without getting too deep into Tysons. So it's important to have plenty of parking there, and there didn't seem to be too many other options."

The agreement is the culmination of a process that began in June 2010 with the approval of the



ALEX McVEIGH/THE CONNECTION

The current parking lot adjacent to the McLean Silver Line Metrorail station will be expanded and used for commuter parking.

Tyson's Comprehensive Plan by the Board of Supervisors. Supervisor John Foust (D-Dranesville) added a follow on motion to the plan that "directs staff to explore options for providing commuter parking at Metrorail stations in Tysons Corner."

Foust's motion called for the commuter parking to be provided "on an interim basis until Tysons development reaches a level where such commuter parking is not practical or desirable."

The Board of Supervisors issued the request for proposals in November 2012, to which Cityline replied:

"Eventually Tysons will be a transit-oriented, walkable community with circulator bus systems serving the stations," said Board of Supervisors Chair Sharon Bulova. "In the meantime, however, neighbors of Tysons who wish to take advantage of the new rail stations may need a place to park in order to take the train. Cityline's interim parking project is a bridge solution, designed to encourage ridership on the Silver Line during its early years as development in and around Tysons is filling in."

The agreement approved by the Board of Supervisors will last for 10 years, but can be terminated by either the county or Cityline with 60 days written notice.

The agreement also states that the county will agree not to terminate within five years without cause. Causes include the parking lot being operated in an unsafe manner, poor maintenance or violation of state or county laws, or applicable zoning ordinances.

The new lot is expected to be open by the time Silver Line operations begin in early 2014.

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.



Lt. Col. Edwin C. Roessler Jr.

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

"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

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 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."

SEE ROESSLER, PAGE 7



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

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- ❖ Virginia Governor Bob McDonnell urges anyone considering becoming a foster parent or adopting to visit:
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- ❖ 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

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

BY VICTORIA ROSS
THE CONNECTION

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



PHOTO CONTRIBUTED

Supervisor Pat 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.

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

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

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

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

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

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

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

Supervisor Pat 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

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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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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LETTERS TO THE EDITOR

Two Hours in a Japanese Middle School

To the Editor:

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

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

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

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

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

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

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

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

and why.

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

James Metzger
Vienna

A Thank-you to Congressman Wolf

To the Editor:

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

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

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

Maureen Neumann
Vienna

Write

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

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NEWS

Roessler Named County Police Chief

FROM PAGE 3

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.”

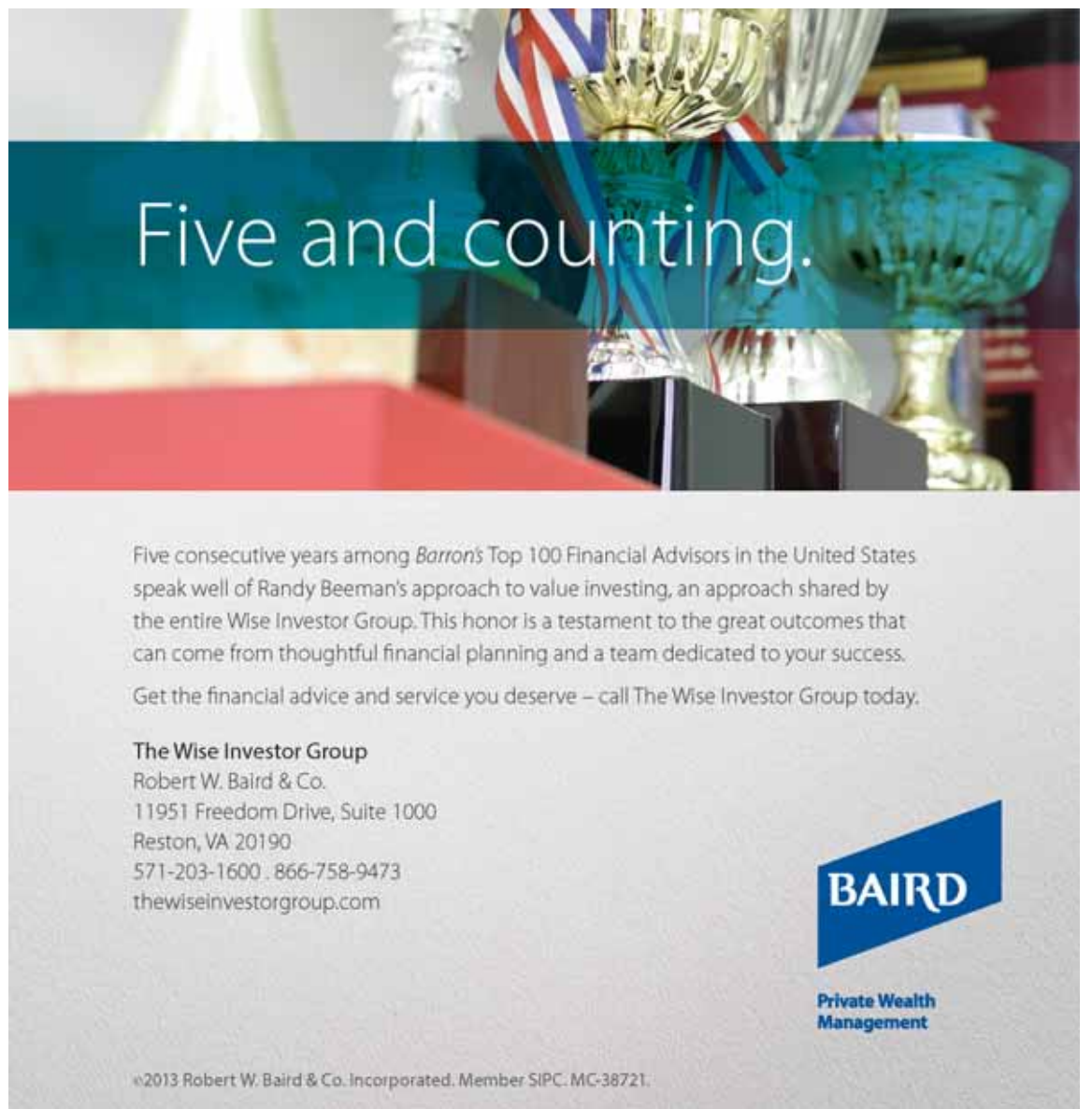
HIS VISION now is for the police to “continue ethical leadership with an engaged community so we can continue to build upon our ability to fight crime, enhance our culture of safety and keep pace with urbanization.” He said the culture of safety includes developing safety protocols regarding how the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



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PHOTOS BY SYDNEY LO/THE CONNECTION

Linda Mattingly of McLean walks her dog Daisy through McLean Central Park on Saturday, Aug. 3.



Dean Berman of McLean and his dog Penny stroll down McLean Central Park's trails on Saturday, Aug. 3.

McLean Parks Provide Classic Summer Fun

McLean families usher in August outdoors.

BY SYDNEY LO
THE CONNECTION

As McLean transitions into summer's latter half, residents relished August's first weekend at the town's various parks.

McLean Central Park, located at 1468 Dolley Madison Blvd., serves as a pleasing outdoor venue for McLean's Linda Mattingly who, while walking her dog Daisy, praised the park's "many trails, and that in the summer it's so shady. ... They keep the park in beautiful shape, remove dead trees and cut overgrown grass." Beyond making daily visits to the park with her dog, Mattingly visits the park for family amusement. "I have small grandchildren and I take them over to the little play area."

Dean Berman of McLean also visited McLean Central Park with his own canine friend, Penny, and described the setting as "close and convenient." Berman



McLean's Brittany Howell gets ready to play basketball with her sons Xavier and Oliver at Lewinsville Park on Saturday, Aug. 3.

considers other parks "kind of depressing" compared to the picturesque McLean Central Park, but suggested that the park "add a dog place with dog fountains."

McLean Central Park's range of walking paths is accompanied by a multipurpose gazebo which guests can reserve for private events.

Lewinsville Park, located at 1659 Chain Bridge Road, also offers convenience and versatility to local residents. As she walked her sons Xavier and Oliver to the park for a game of basketball, Brittany Howell said, "I live in central McLean, so [Lewinsville Park] is very close. It has a lot of green space, fields and courts. As a mother of two boys, it's helpful."

In addition to providing an accessible variety of recreational spaces, Lewinsville Park functions as a comfortable venue for athletic classes. "We come here for my son's [Saturday] soccer lessons ... I like the location and the open fields," said McLean's Monica Whent as her son Lukas Muend kicked around a soccer ball. Despite Lewinsville Park's commendable features, Whent said, "It might be nice if it had a kids' playground."

Clemynjontri Park, located at 6317 Georgetown Pike, provides a famously safe play area for children with or without physical and sensory disabilities in the McLean area.

Yulia Goreva of McLean praised the park's safety while she enjoyed a sunny Sunday with her two children.



Lev Goreva, 2, plays with his mother Yulia in Clemynjontri Park on Sunday, Aug. 4.

dren. "I like that [Clemynjontri Park] is accessible for smaller kids. The monkey bars are very low, so it's not scary for them, and there are many different toys for my 2-year-old son [Lev] to play with."

Also delighting in the playground's ease was Scarlet Steuble, 7, of Great Falls. "I like to go on the swings ... the ground is soft, so it doesn't hurt when you fall." Sister Charlotte, 8, adds that "It's a lot bigger and it has a lot more stuff than all the other parks." Johnna Steuble, mother of Scarlet and Charlotte, embraces the park's security and commends its "wide variety of activities ... such as a maze and a carousel."



Sisters Charlotte, 8, and Scarlet Steuble, 7, enjoy one of Clemynjontri Park's many amusements on Sunday, Aug. 4.



John Glassman and daughters Alexandra, 5, and Victoria, 2, cite Clemynjontri Park as their favorite park in the area on Sunday, Aug. 4.

ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/AUG. 7

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

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

FRIDAY/AUG. 9

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

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

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.

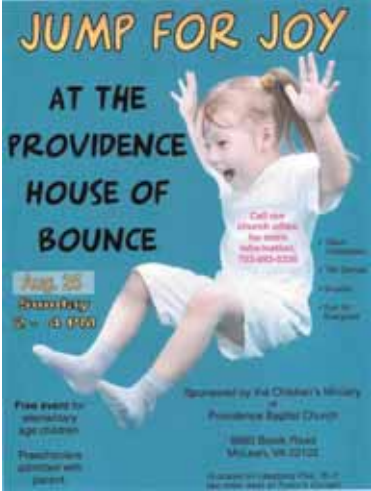
Polyface Buying Club Barbeque: 4 p.m. 9206 Sterling Montague Drive, Great Falls. The Polyface family and its North Reston Buying Club offer food, fellowship, swimming, tennis, a temporary pettings zoo, and more. www.polyfacefarms.com.

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>.



Jump for joy on giant inflatables and with Wii games. Snacks are also provided at the free event Sunday, Aug. 25, 2-4 p.m. at Providence Baptist Church, 8980 Brook Road, McLean.

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>.

SEE ENTERTAINMENT, PAGE 10

★

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ENTERTAINMENT

FROM PAGE 8

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>.

Seldom Scene. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Seldom Scene has long been one of the most progressive bands in bluegrass and one of this musical genre's finest acts. www.seldomscene.com.

FRIDAY/AUG. 16

US Navy Band Cruisers. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to the US Navy Band Cruisers play their rock music on the green. <http://www.viennava.gov>.

Dart Tournament. 6:30-9 p.m. American Legion Post 180, 330 Center St. N, Vienna. Compete against locals in a dart tournament hosted by the American Legion. \$15 per 2-person team. 703-938-9535 or Drjazz777@mac.com.

Josh Groban. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Josh Groban comes to the Filene Center stage with hits "You Raise Me Up" and "You're Still You" in his Wolf Trap debut. \$40-\$95. 1-877-965-3872 or <http://www.wolftrap.org>.



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WELLBEING

If You Are What You Eat, Eat Well

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

BY MARILYN CAMPBELL
THE CONNECTION

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.



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."

Making it her life's mission to find healing alternatives, she began doing her own research to find nutritional solutions.



Teri Cochrane

"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

"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

Healing Paths, Nutrition and Wellness Counseling, and has written a book called "Restorative Recipes: A Mindful Path to the Essential You."

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

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

SEE PERSONAL CHALLENGE, PAGE 13

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- Diplomate, American Board of Orthodontics (Board Certified)
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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.

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



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

he will leave the Housing and Redevelopment 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.



Anne Gruner Appointed to the GMU Board of Visitors

Last month, Gov. Bob McDonnell announced appointments to five boards of visitors: College of William & Mary, George Mason University, Old Dominion University, University of Virginia and Virginia Commonwealth University. He also announced appointments to 13 other Virginia boards and commissions. Anne C. Gruner of McLean, vice president of J.K. Gruner Associates, was appointed to the George Mason University Board of Visitors. She is pictured at the swearing in ceremony with Clerk of Court John Fry.

SCHOOL NOTES

Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.

Kevin Steiner and **Anne Carro** are two high school students of 50 in the southeastern U.S. and Puerto Rico to receive the Congress-Bundestag Youth Exchange Scholarship from CIEE, an international education exchange program working with the Bureau of Educational and Cultural Affairs. The scholarship allows the students to spend the full 2013-2014 academic year in

Germany.

Kevin Steiner, of Fairfax, is a junior at George C. Marshall High School and **Anne Carro**, of Vienna, is a junior at McLean High School.

George C. Marshall competed in the Regional Science Fair and two students received grand prizes, and are eligible to go to the International Science Fair in Phoenix, Ariz. in May. Nine more projects were awarded first place and are eligible to go to the Virginia State Science Fair in April.

Personal Challenge Inspires Book, Help to Others

FROM PAGE II

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

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

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

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

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

ALEXANDRIA RESIDENT Tamara Kieffer is one Cochrane’s patients. “I have had migraines for many years ... and wanted to get off some of the medication and explore a homeopathic approach,” she said. “It is a process and it gets frustrating because you want results right away. I got off gluten and cut out nitrates and nitrites, which meant giving up processed deli meat and hotdogs.”

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

Kieffer stresses that changing her diet was a long and difficult process, but says the pay-off was well worth the sacrifice. “My migraines are much improved. I am not off

my meds entirely, but I was able to reduce them and now they work 90 percent of the time. Before it was much less.”

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

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

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

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

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

her native Lithuania, said, “I heard her giving a talk, and then I started referring my patients to Teri when Western medicine wasn’t helping. Her work made a huge difference in their health. Her experience is amazing and her knowledge is profound, but apart from the knowledge, she has a professional intuition.”

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.”

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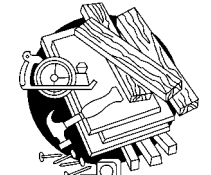
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