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Supporters of Reston Interfaith participate walk the trails of Reston to help the homeless in Fairfax County. Reston Interfaith has changed its name to Cornerstones, effective Aug. 1, but nothing about their mission, which includes events like the homeless walk, will change.



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NEWS

County Hosts Crescent Hearing

Crescent redevelopment proposal brings optimism, concern for some.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Board of Supervisors hosted a public hearing to discuss an interim agreement to redevelop the Crescent Apartments at their Tuesday, July 30 meeting.

The Crescent Apartments are located adjacent to Lake Anne Plaza, and are part of the Lake Anne Village Center Commercial Revitalization Area. The 16-acre property currently features 181 affordable housing units.

The county purchased the apartments in 2006 for \$49.5 million with the goal of preserving affordable housing, and to assist in the revitalization efforts of Lake Anne. In 2009, the county added a Comprehensive Plan Amendment that allowed for up to 935 dwelling units to be built.

The county issued a request for proposals in February 2012, and received eight responses.

"One of the primary requirements of anyone that responded to RFP was the retention of 181 affordable units," said Barbara Byron of the county's Office for Community Revitalization and Reinvestment. "In addition to that, the RFP required that the rest of the units provide 20 percent of the total as affordable dwelling units."

LAKE ANNE DEVELOPMENT PARTNERS, a subsidiary of Republic Land Development, was selected by the county in early July.

"They are required to submit detailed relocations plan for how the 181 residents will be moved to new development within Crescent property," Byron said. "They will have to do that to our approval, and will be required to do that in the first phase of development."

Many of the current residents are concerned about the proposal, fearing that any relocation will be detrimental to their way of life. Hermina Belleza, who has lived at the Crescent Apartments for 12 years, is concerned about the effect a move would have on her daughter, who just graduated from Forest Edge Elementary School.

"I am very worried about the Crescent redevelopment plan. If my family is forced to move from Crescent, this will disrupt my daughter's education plans," she said. "We have built our life at Crescent around good schools and closeness to my job. I would be unable to afford a more expensive apartment in Reston."

Pat Hynes, the Hunter Mill representative for the Fairfax County School Board, said she supports the aspects of the agreement that provides for more affordable housing, saying it is a "fundamental tenet" of education and learning for those who need it the most.

"Families without stable, reliable housing move often, a factor we describe as 'student mobility,' and when we look at gaps in student achievement and



The Fairfax County Board of Supervisors hosted a public hearing Tuesday, July 30 on the redevelopment of the Crescent Apartments, located adjacent to Lake Anne.

on-time graduation, mobility is always found to be a powerful risk factor," she said. According to a 2010 report of the National Academy of Sciences, more than two moves during elementary school greatly exacerbates other risk factors for student achievement, significantly lowering success in math and reading and increasing likelihood of repeating grades and eventually dropping out, and the more moves, the worse it gets."

Stephen Smith-Cobbs, a pastor and member of Virginians Organized for Interfaith Community Engagement (VOICE), spoke at the hearing. VOICE is an advocacy group for those in need, and Smith-Cobbs said he applauded the county's commitment to affordable housing.

"Our primary concern is for every effort to be made in this process to accommodate as many of the current residents as possible after the apartments are redeveloped," he said.

Reston founder Bob Simon said that he has been trying to have more affordable housing back to the construction of Lake Anne, and even as recently as several years ago.

"This project from my point of view, is the answer to a dream," he said. "The reason I'm really excited is because we have an extraordinary developer in Republic. What's extraordinary is that they're interested not only in their bottom line, but in working with the community."

THE BOARD OF SUPERVISORS will make their final decision on the interim agreement at their Sept. 10 meeting.

"This agreement sets the stage for future negotiations," Byron said. "If approved, it does not bind the board to further actions, it's just a stepping stone that allows [Lake Anne Development Partners] to file rezoning applications."

Byron also pointed out that the zoning and permitting process that would take place after the agreement is approved, would mean it would be another three years before any kind of ground is broken.



The Cornerstones board, formerly Reston Interfaith, unveils their new name and logo, which became official Aug. 1.

Reston Interfaith Renamed Cornerstones

Nonprofit rolls out new name, logo, but "mission remains the same."

BY ALEX McVEIGH
THE CONNECTION

Reston Interfaith has been a force in the community for the past 43 years, advocating for those in need on a multitude of different levels. On Thursday, Aug. 1, they officially changed their name to Cornerstones.

"Cornerstones is about foundations. Cornerstones is about strength. Cornerstones is about building blocks and the mortar that holds them together," said Stu Rakoff, chair of the Cornerstones board. "I am a cornerstone because I believe deeply that it is only through service that we maintain the humanity and decency we strive to achieve ... when we act in unison and strength we can create the cornerstones that sustain our communities and families."

The name change is the result of a lengthy process that began almost a year ago. The research, new logo, new tagline, "Hope for tomorrow today" and color scheme were done pro bono by the Taproot Foundation, which provides marketing assistance to nonprofits.

Despite the elimination of the term "interfaith," Cornerstones is still very much as connected as it ever was with many local faith communities.

"People have asked if this change means we are moving away from churches, we are most certainly not," said Steven Miller, vice president for resource development with Cornerstones. "Two-thirds of our board is still made up of representatives from congregations."

Miller said they have received more questions about the loss of the word Reston.

"Our services are increasingly becoming much more than just Reston-centric," he said. "We have 53 townhouses, three of them are in Centreville, and the others are split pretty evenly across Reston and Herndon. We have member congregations in Great Falls, and many other partnerships that have come about due to natural extensions our mission."

The familiar blue and purple Reston Interfaith logo has been replaced with a logo featuring three gold "cornerstones" with a blue house completing the picture as the fourth corner.

Despite the name change, nothing will change in the mission, the Embury Rucker Community Shelter, Connections for Hope and Laurel Learning Center will all continue their previous functions.

"As Cornerstones, we remain firmly rooted in the Reston community and embrace founder Robert E. Simon's principle of inclusivity. We apply this value, that all may 'live, work, play and serve,' in the many communities where we now operate," said Kerrie Wilson, CEO of Cornerstones. "We have come this far because of the commitment and generosity of each of our supporters. While many are struggling in our community, we have many of the answers right here in the help our supporters so generously provide. They are the cornerstone of our work."

Cornerstones can be found online at www.cornerstonesva.org.

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 ... fast-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 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.

COMMENTARY

Past Time for Reform

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The State Integrity Investigation, a project of the Center for Public Integrity, recently gave Virginia an F grade and a rank of 47th among the 50 states in its Corruption Risk Report Card (www.stateintegrity.org/virginia). Ironically, among the 14 categories related to state employee actions in procurement and internal auditing the grades were A because of the tough laws legislators have passed to keep the state workforce honest. In the categories that would most impact legislators themselves, like legislative accountability, political financing, lobbying disclosure and ethics enforcement, the scores were F. My colleagues and I have put into place comprehensive laws that establish high standards and accountability to prevent corruption by state employees. The same rules have not been applied to elected officials. According to the State Integrity Investigation, Virginia is one of only nine states without a statewide ethics commission, one of four states without campaign finance limits, and one of 10 states that do not limit the value of personal gifts provided to elected officials.

Under current Virginia law, elected officials must publicly disclose any gifts with a value of more than \$50 with the name of the giver and any political contribution of more than \$100 with the name of the contributor. Recent media accounts of the state and

federal investigations of Governor McDonnell indicate that he was able to skirt the current disclosure laws by not reporting gifts that went to his wife, daughters and a business he owns. While he may not have violated the specific letter of the law, he seems to have found ways to violate its spirit. It will be up to the criminal justice system to deal with his situation as well as that of current Attorney General Cuccinelli, who also failed to report some gifts.

For those elected officials who disclose gifts on their economic interest forms, the information is publicly available. The nonprofit Virginia Public Access Project (www.vpap.org) provides information online. Disclosure forms are not audited and the fear of adverse publicity helps ensure that elected officials do file the required forms.

Clearly the laws on gifts and campaign contributions must be changed. I have been part of efforts in the past to strengthen the laws, but the significant bills have been defeated in committee. With the current publicity drawing attention to the lax ethics laws, change may be easier to achieve. Disclosure of gifts to family members must be included as well as loans from non-financial institutions. An ethics commission made up of non-legislative members needs to be established. The concern is not Democratic or Republican. It is a concern of everyone who wants open and honest government. These issues must be on the agenda for the 2014 General Assembly session. It is past time to act!

WEEK IN RESTON

American Red Cross Blood Drives for August

The American Red Cross Greater Chesapeake and Potomac Blood Services Region will hold blood drives in cities and towns throughout the region. Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May 23 to Sept. 9, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched by blood donation. Call 1-800-REDCROSS (1-800-733-2767) or visit www.redcrossblood.org to schedule your blood donation appointment today.

Blood drive schedule for the area:

Aug. 9, 7:30 a.m.-1:30 p.m. at U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston

Aug. 15, 8 a.m.-2 p.m. at The Hallmark Building, 13873 Park Center Road, Herndon

Aug. 21, 4-8 p.m. at St. Thomas A. Becket RCC, 1421 Wiehle Ave., Reston

Aug. 21, 3-8 p.m. at Worldgate Sport & Health, 13037 Worldgate Drive, Herndon

Aug. 26, 3-8 p.m. at Reston Sport & Health, 11445 Isaac Newton Square, Reston

Aug. 28, 8 a.m.-2 p.m. at Reston Hospital-West Wing, 1850 Town Center Parkway, Reston

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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.

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— MARY KIMM,

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LETTERS TO THE EDITOR

Rec Center: Another View

To the Editor:

Mr. Simon's Letters to the Editor ["Facts About Rec Center," Reston Connection, July 24-30, 2013] has prompted me to respond to this issue.

Having been a Reston resident for 19 plus years, my family has enjoyed the many facilities and activities available to us through the Reston Association (RA) and the Reston Community Center (RCC) (supported by our dues, fees and taxes), therefore the RCC's rec center proposal is one I am interested in for many reasons.

Like Mr. Simon, I look for the facts. I have attended most meetings on the subject and have spent many additional hours researching in order to fully understand the need, costs associated with, and scope of the proposal. I encourage everyone to do the same.

Having done so, I have to say that I am against the RCC rec center proposal as it is currently presented for the following reasons:

❖ Cost Structure: Currently, Small Tax District #5 (STD5) pays for 84 percent of the RCC's multi-

million dollar annual operating budget because fees for service do not cover expenses. I think taking on the building, operation and maintenance costs of a new, much grander, state of the art facility should not be considered until a much more thorough study has been done.

❖ Business Model: I fear that in order to recoup more costs from non STD5 taxpayers, this proposed facility will need to adopt a county business model which allows renting to private entities, creating times of the day where the very public for whom the facility was built (and who pay for it) cannot use it.

❖ Need: The need for a new facility is something I believe has yet to be proven conclusively. Reston will soon be home to Crunch Fitness and Lifetime Fitness. Let's see what impact they have on our area as far as need before deciding that Reston-only taxpayers have to provide it.

❖ Location: Baron Cameron Park (BCP) is a lovely and unique district park (and neighborhood park to many in Reston) that has been neglected for far too long. Keep in mind that if the need for indoor facilities grows, so will the need for outdoor ones. BCP's existing outdoor amenities need to

be upgraded and maximized and not diminished for the accommodation of a large indoor facility and parking.

I understand that Reston is growing and that we will need to expand to meet future needs, but the Brailsford & Dunlavey Study, commissioned by the RCC, is incomplete and vague. One flaw is that it deals only with current census data and does not take into account the extensive growth anticipated over the next 10 years. I do not believe that any currently developed parkland should be forfeited, nor do I believe that taxpayers are responsible for the wishes of special interest groups over the needs of the community as a whole.

Carrie Sawicki
Reston

Governor's Actions Vs. Governor's Words

To the Editor:

It is well known that a person's actions speak louder than their words. To really know someone

we must examine what they do, not what they say. Governor McDonnell has given us much to examine from the moment he ran for office. During his election campaign he said that he had a plan that would solve Virginia's transportation problems. Over three years later that plan seems to have been to raise our taxes, and with the help of our elected officials that is just what he did. Some plan. He tried to sell a money-making entity, the ABC stores, to private interests. Good thing that did not happen. During his time in office he and his family received monetary and other gifts from a wealthy businessman seeking political access. He has returned some of the gifts as well as paid back tax payer money spent on personal expenses. Now he has lawyers and a public relations professional to help him formulate the words that he hopes will influence the way he is seen and thus improve his image. But his actions have already spoken for him.

Rebecca Horahan
McLean

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

Champions Parade at 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



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.

Meade won first place in the Honey Bee and Apiary Products competition with her home baked honey granola bars.

“My mom 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



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

a club dedicated to all farm animals with a major focus on horses. Crazy for 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

ENTERTAINMENT

Send announcements to reston@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/>.

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 bowtiefinemas.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. This is a free event with ample parking. Bring works in progress of any medium for feedback. Tables, easels, and light refreshments will be available. 703-956-6590 or www.artspaceherndon.com.

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.

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.gjchenierandtheredhotlouisianaband.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. <http://www.fairfaxcounty.gov/parks/performance/>.

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. <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. Running time is 3 hours and 10 minutes. <http://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: General Foolishness. 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.

United States Navy “Sea Chanters.” 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. The United States Navy Band “Sea Chanters” chorus is the official chorus of the United States Navy. The Sea Chanters perform music ranging from traditional choral music, including the sea chantey, to Broadway musicals. <http://www.fairfaxcounty.gov/parks/performance/>.

Gallagher, Stang, and Lewis. 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. Features 3-part harmony vocals. <http://www.fairfaxcounty.gov/parks/performance/>.

MONDAY-MONDAY/AUG. 19-26

Northern Virginia Restaurant Week. The Greater Reston Chamber of Commerce brings the week of dining discounts back by popular demand; fine dining, fast casual, coffee shops, cafes and the like will have chic and hype-worthy offerings for the occasion. 703-707-9045.

WEDNESDAY/AUG. 21

Milkshake Duo. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Grammy-nominated Milkshake Duo has released four award-winning CDs, a Parents Choice

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The seventh annual Lake Anne Jazz & Blues Festival is Saturday, Aug. 31, 1-8 p.m., and features the likes of Beverly Cosham and Rashida Jolley.

7th Annual Lake Anne Jazz & Blues Festival Moved up to Labor Day Weekend

Lake Anne’s ever-popular Jazz & Blues Festival has been moved from October to Labor Day Weekend, Aug. 31. The free, family friendly, all-day event from 1-8 p.m. features local emerging artists and nationally acclaimed jazz performers. Rashida Jolley is headlining the event for the third year, and brings her R&B-hip hop-classical-pop fusion, popular from appearances on The Ellen Show, The Today Show, The Mo’Nique Show and most recently on NBC’s “America’s Got Talent.”

Silver award-winning DVD Screenplay, and has had music videos on Nick Jr., PBS KIDS and the Emmy-winning cartoon Todd World. www.milkshakemusic.com.

THURSDAY/AUG. 22

Wayne Taylor and Appaloosa. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Wayne Taylor and Appaloosa is a combined of seasoned musicians that play a variety of bluegrass music from Traditional to Contemporary. waynetaylorandappaloosa.com/.

FRIDAY/AUG. 23

Almost Journey + Kicking Norma. 6:30-10:30 p.m., at 777 Lynn St., Herndon. “Almost Journey” The newest NY based Journey tribute playing all of your favorite Journey hits and B-sides. <http://www.herndonrocks.com/>.

SATURDAY/AUG. 24

Rocknoceros. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children’s songs and much-loved favorites.

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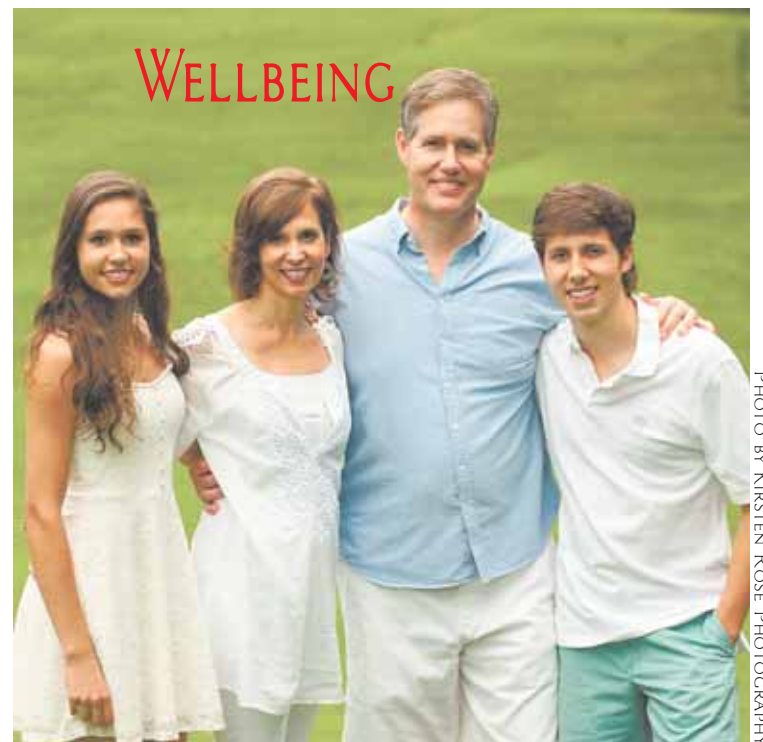


PHOTO BY KIRSTEN ROSE PHOTOGRAPHY

Madeleine, Teri, Doug and William Chochrane. When Teri Cochran'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."

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 Cochran'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 Cochran'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 Cochran. "It was always, 'Give them this medicine.'"

Cochran 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 Cochran. "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."

Cochran 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. Cochran'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,

SEE PERSONAL CHALLENGE,
PAGE 11

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Personal Challenge Inspires Book, Help to Others

FROM PAGE 10

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.

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 Ausra 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."



Teri Cochrane

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



PHOTO COURTESY OF AUSRA KAMINSKAS



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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.

FAITH

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, 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.

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 Fajnlend.

In addition, a special children’s program will accompany the adult services.

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829 or write to Rabbi@chabadrh.org.

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New County Police Chief Named

**Supervisors appoint
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BY BONNIE HOBBS
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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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