

# CENTRE VIEW

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

Enjoying National Night Out in Sully Station II are (front row, from left) Jesse and Rose Plowchin, Lt. John Trace and Capt. Purvis Dawson of the Sully District Station, Kim Hines, Laura Elder and Deputy Chief of Patrol E.C. Roessler; and (back row, from left) Paul Fraraccio and Eugene Larty of the West Centreville Fire Station 38.

## A National Night of Fun

Sully II block parties honor local law enforcement.

BY BONNIE HOBBS  
CENTRE VIEW

When it comes to celebrating National Night Out, residents of Centreville's Sully Station II community do it in style. Four neighborhoods held block parties Tuesday evening, Aug. 2, for local police, fire and sheriff's personnel, and the fun included everything from a Mariachi band to deep-fried Snickers.

"I've done this my whole career and it's great to see neighbors come out like they did when I grew up in Brooklyn," said Deputy Chief of Patrol E.C. Roessler, with the Fairfax County police. "I live in Centreville, so I see these people when I go to an event in the Sully District."

But at National Night Out, he said, they view him a different way, other than as another dad at the pool. Said Roessler: "They see me as a police officer, and I'm proud to serve them as both a fellow parent and

SEE BLOCK PARTIES, PAGE 3



Jim and Jen Franconeri of Hartlaub Court with some of the food offered at their block party.

## Behind the Badge

Police Capt. Purvis Dawson commands Sully District Station.

BY BONNIE HOBBS  
CENTRE VIEW

While attending Groveton High in Alexandria, Purvis Dawson wanted to someday be a Navy pilot or a police officer. Then two of his best friends — who were passengers in a car — were killed in a drunk-driving accident.

"That was the turning point for me," he said. "I didn't want to see any more of my friends killed so senselessly. I wanted to make a difference and give back to the community."

From then on, Dawson headed toward a career in law enforcement. He's now a captain and, since mid-April, he's been the commander of the Sully District Police Station.

"In 30 years, I've seen it all," he said. "I've seen life born on the streets and I've seen it leave. After coming here, I met with all the shifts and every specialty within the station and told them I believe I've been entrusted to lead it. And when something is entrusted to you, you return it better than the way you found it. That's how I've lived my life, and this will be my last assignment before retiring in September 2012."

Dawson replaced Capt. John Piper, who's now commanding the Criminal Intelligence Division of the Criminal Investigations Bureau. And he's delighted to be at



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Capt. Purvis Dawson, commander of the Sully District Police Station.

the Sully District Station.

"I was a lieutenant with Tech Services and was the project manager for this building being built," said Dawson. "When they broke ground, I had an office in a trailer across from the parking lot. So this is like coming home for me, and I'm happy to be here."

Born in Fairfax County and raised in the Mount Vernon area, he began his career with the county Police Department in 1981 and was president of his graduating class at the Criminal Justice Academy. He was a patrol officer at the West Springfield Station and, for six years at the Mount

**"I pour my heart and soul into this job."**

— Police Capt. Purvis Dawson, commander, Sully District Station

SEE DAWSON, PAGE 4

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**NEWS**

**Kacur Leaves To Lead Cluster II**

**J**im Kacur, who's been Chantilly High's principal since July 2005, has been promoted. Effective Aug. 1, he's the new FCPS assistant superintendent for Cluster II, replacing Phyllis Pajardo, who was named assistant superintendent for human resources.

"Jim brings the broad perspective of a principal to the table," said county schools Superintendent Jack Dale. "His experience in school-based Administration – as well as his leadership positions in the Virginia High School League (VHSL) and the FCPS High School Principals Association – makes him well suited to lead Cluster II. We are happy to have someone with his background and abilities accept the challenge of leading a cluster."

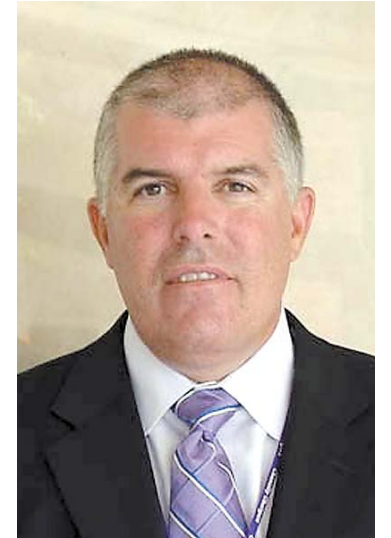
At Chantilly, Kacur established a professional learning community and, working collaboratively with his staff, created an environment focused on results and achievement for each member of the school. As a result, students there soared academically during his tenure.

Test scores on state and national

assessments have increased, as have the pass rates for each of the subgroups, measured by the No Child Left Behind law. In addition, Chantilly has won the coveted Governor's Award for Educational Excellence for the past three years and the VHSL Wachovia Cup for Academics four times since Kacur took the helm.

He currently chairs the FCPS High School Principals Association and has served in leadership positions at district and regional level in the VHSL. Kacur also served as a principal mentor in the FCPS Leadership Development Cohort.

Before coming to Chantilly, Kacur was an assistant principal at Thomas Jefferson High School for Science and Technology, from 2003 to 2005. He's presently working on his doctorate in educational



**Jim Kacur**

administration and policy studies at George Washington University.  
— BONNIE HOBBS

**SCHOOL NOTES**

The Junior League of Northern Virginia is hosting a **Back-to-School Health Fair** for uninsured or underinsured children residing in Herndon, Reston, Chantilly or Centreville. Saturday, Aug. 13, 9 a.m.-2 p.m. Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Suite #103, Herndon.

**Alexandra Shapiro** of Fairfax was named to the Dean's High Honors list at Connecticut College.

**Valerie Pratt**, daughter of Jennifer and Douglas Pratt of Oak Hill, graduated from Randolph-Macon Academy. She was named to the Dean's List during the final grading period.

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The Mariachi band, Mariachi El Rey, performs at the block party on Flower Hill Drive.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Police, fire and sheriff's personnel, local residents and Sully District Supervisor Michael Frey (at far right) gather on Wood Creek Lane.

# Block Parties Honor Local Law Enforcement

FROM PAGE 1

an officer.”

Deputy Sheriff Morgan Walker also liked getting a different perspective on the community. “It’s great seeing everybody smile and get together, compared to running from us,” he said.

It was his first National Night Out, and he and Reserve Deputy Sheriff Will Palenscar opened the doors of their cruiser and let children climb inside and examine their computer in the front seat. Walker also handed out sheriff’s-badge stickers to the children, while Palenscar answered a resident’s question about the difference between sheriff’s deputies and the police.

Bill Perry, Sully II Homeowners Association president, said he’s proud of his community of 1,320 homes and its residents. “We’ve got good volunteers and a perfect location, near Route 28 and I-66,” he said. “We have a diversity of people and, for the most part, they enjoy themselves here.”

Police Capt. Purvis Dawson was excited to attend his first National Night Out as commander of the Sully District Station. “I also went to the Newgate community [off Braddock Road in Centreville], and what’s incredible are people’s comments about how they look forward to this, every year,” he said. “And both there and in Sully II, no one was allowed to touch the food until the police arrived.”

He said residents told him “they realize that, in these tight, budget times, we’re doing more with less because of the community involvement and the partnerships we’ve formed. That dialogue and trust is there.”

Dawson was also pleased that they said the police are responsive to the community and address their needs in a timely fashion. They also told him they’re glad the Sully District Station keeps doing child, car-seat checks, although it could have been a budget casualty. “A man thanked me for keeping his child safe,” said Dawson. “They also had a Neighborhood Watch sign-up list in Newgate and were very supportive.”

## Wood Creek Lane

In this Sully II neighborhood, Technician Alison Jaquays, of fire station 38’s C shift, raved about the food. “The onion rings are awesome,” she said. “It’s the first time I’ve come to this, and I think it’s great. If they keep making those onion rings, I’ll keep coming.”

Firefighter Billy Smith II, also of the West Centreville fire station, hadn’t been to National Night Out before, either. “It’s good to be out with the community, meet some new people and answer questions about the fire department,” he said. “And it’s good for the community to see us, too, and put faces with our station, since we’re so close by.”

Resident Bonnie Worthy was hosting her block’s party for the seventh or eighth time, with the help of nine other neighbors. Featuring a Boardwalk Beach theme, this gathering offered fried chicken, fish and shrimp; hot dogs, hamburgers, French fries, onion rings, regular and Cajun corn dogs, homemade fudge and caramel corn and (drum roll, please) deep-fried Twinkies and Snickers.

“One of the kids, whose dad is a cop, asked me if we were going to honor the police today – and that’s why we do it,” said Worthy. “It’s become a tradition for them, and you don’t want kids’ first exposure to police, firefighters and paramedics to be when something goes wrong. This way, they see them as part of the community, eating hot dogs and drinking lemonade with them.”

Neighbor Sarah Wynkoop helped her organize the party and brought the corn dogs, French fries and Twinkies. “It’s nice to get together with the community, and I even met a new neighbor who just moved in,” she said. “It’s a great way to get back in touch with everyone – and I’m especially going to enjoy the deep-fried Snickers.”

## Hartlaub Court

On Hartlaub Court, Palenscar was enjoy-



Tanishi Dasgupta, 6 and a half, a first-grader at London Towne Elementary, takes a swing at a chili-pepper piñata.



From left: Firefighter Billy Smith II and Technician Alison Jaquays, both of Fire Station 38, have fun at National Night Out.

ing his third National Night Out. “I love it,” he said. “I get to know the community better, and I like the interaction with the people and hearing the kids say what their parents do and what they aspire to be when they get older.”

Jim and Jen Franconeri organized this block’s bash and served pizza, chicken, watermelon, ice cream and cupcakes. “We had a good turnout from the neighborhood,” said Jim Franconeri. “We’ve done this four or five times and like having the community gathering with the officers and their vehicles. It lets the kids get to know them and feel comfortable with them, and it’s a chance to see neighbors you don’t get to see in the course of the day.”

Jakir Chowdhury has lived there almost six years. At this event, he said, “The kids enjoy touring the police vehicles, ambulances and fire trucks, and they also play hopscotch and tetherball. And since everyone’s always busy, it’s a good time for us to all get together.”

## Flower Hill Drive

With food from Chipotle, a Mariachi band and a piñata., it was fiesta time in the Flower Hill Drive cul-de-sac. Auxiliary police officer Karen Sica liked the homemade lemonade and “having a good time with the public.” Lead auxiliary police officer Doug Cossa “really enjoyed the Mariachi band. We gave crime-prevention tips to the neighborhood kids, and we really liked the burritos from Chipotle.”

Joining them was Christian Cheshire, who’s in the county police Explorer program, which teaches young adults about leadership and law enforcement. He called the Flower Hill party “everything you could want at a Mexican fiesta.” Organizing it was three-year resident Elizabeth Gaeta, who also does the marketing for Chipotle.

“A community includes business neigh-

SEE BLOCK PARTIES, PAGE 4

# Dawson in Command of Sully District Station

FROM PAGE 1

Vernon District Station, he served as the crime prevention officer.

While there, Dawson organized the county's first Business Watch. He was also a founding member of the Police Department's Peer Support Team and served as one of its counselors. "When officers experience a tragic or horrific incident, sometimes they just need to know someone's there for them, to listen," he said. "It allows them to vent their fears, frustrations and emotions in a safe atmosphere. Again, that's making a difference."

During the past three decades, he was promoted several times, served at six of the eight district police stations and held seven command positions. And the variety of experiences he received in communications, field support, the bike team, Helicopter Division, Animal Services, Operations and as assistant commander of the Fair Oaks District Station from 2003-05 made Dawson the well-rounded leader he is today.

"One thing that greatly prepared me [to command a district station] was serving as the crime prevention officer in Mount Vernon from 1984-90," he said. "I learned public-speaking skills and how to deal with the community at large. It was rewarding to police and give back to the community I grew up in, and it prepared me for more responsibility."

In that job, Dawson learned how to let residents and businesses know that the police were also part of their community, not adversaries. Instead, he showed them the police were there "to make it a better place to live, work and play." Likewise, he said, "My bike team experience also embedded me in the community, so people knew they could reach out to me."

From 2005-06, he commanded the Heli-

copter Division based on West Ox Road and was also a crew member. "I thoroughly enjoyed it, seeing policing from a whole, different perspective," he said. "From the air, you can direct police how to set up a perimeter, look for the bad guy and watch the steps being taken by the officers. Seeing the K-9 officers setting up a track and picking up a person with the infrared camera – from 1,200 feet up – is amazing."

Helicopters can also make the difference between life and death and being maimed," continued Dawson. "I saw a lot of heroics by the flight officers and paramedics. After a tragic accident, it's invaluable to fly kids to a burn center or to Children's Hospital, vs. driving them in traffic."

At the Sully District Station, Dawson received a warm welcome. He also praised the "fantastic job" both Piper and the assistant station commander, Lt. John Trace, have done there.

"This station enjoys widespread, community support and the officers are just impeccable," he said. "They do their job well, but my goal still is to leave the station better. I plan on being extremely involved in the life of the community."

Noting that this area has a wide variety of businesses, institutions and organizations, Dawson said their safety and quality of life is as important to him as it is to the residents and "it's incumbent upon me to make sure everybody feels comfortable going to and from work. So officers will patrol the shopping areas and confer with security guards. I want to be pro-active, not reactive."

He also stressed the importance of speed-control measures on the Fairfax County Parkway, alcohol checkpoints and the child car-seat checks at the station that also keep residents safe. "If we can prevent fatalities or serious injuries, we're doing our job," said

Dawson. "And if there's something we're doing or not doing, we want people to tell us so we can examine, correct or tweak it."

He planned to contact local, school principals "so they'll know I'm a resource" for them. "I want to be visible and accessible to the community," said Dawson. "I'm not going to be tied down to a desk. And I want the officers out of their cars, at times, and in the open so people can interact with them and [vice versa]."

Although there have been a couple murders recently in Centerville, both were domestic in nature; on the whole, Dawson says it's a safe place. The main problems, he said, are larcenies — such as thefts of unlocked bicycles left outside, traffic and thefts of catalytic converters and GPS devices from vehicles.

At Sully, he leads 104 people; and at day's end, he asks himself if they did enough that day. "I pour my heart and soul into this job, and I want to make sure we, as an agency, have done enough and the right thing," he said. "I got that from my dad, who's always helped people."

What gives Dawson the greatest satisfaction, he said, is "seeing the excellent work being done here at Sully, touching the lives of others and hearing the community say we're doing a good job." As for commanding a district station, he said, "It feels awesome and incredible. I feel privileged, hon-

ored and humbled."

Meanwhile, as a husband and father of three daughters, 19, 16 and 10, he also strives to create a balance between work and home. "My wife and daughters have stood beside me, all the way," he said. But then, his wife understands his job well, since she comes from a law-enforcement family.

Her father, Frank Scott, is a retired Fairfax County police captain and her four brothers followed in his footsteps. Robert Scott is a sheriff's deputy; Sean Scott is a sergeant at the Sully District Station; Shane Scott is a former sheriff's deputy, now in government security; and pastor Jim Scott is a former police lieutenant.

Dawson met his wife when she visited the Mount Vernon station when her father was its assistant commander and he was the crime prevention officer. "I laid eyes on her and it was love at first sight," he said. "Her father said, 'Keep your eyes off of her — she's my daughter.' We've now been married 23 years."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

**Capt. Purvis Dawson once commanded the Fairfax County Police Department's Helicopter Division.**

# Block Parties Honor Local Law Enforcement

FROM PAGE 3

bors, too, and Chipotle has a restaurant right here in the Sully Station shopping center," she said. "So we wanted to be part of this whole shebang and give back to the people in the neighborhood who support us."

For the event, the residents brought desserts and Chipotle donated 100 burritos, chips, salsa and guacamole, plus restaurant coupons and packages of cilantro seeds for residents to plant. Neighbors kicked back and chatted with each other, while the band played and children took turns trying to break a big, red piñata shaped like a chili pepper.

## Belcher Farm Drive/ Beaumeadow Court

The theme here was "A Taste of Beaumeadow," and residents brought homemade dishes representing a variety of ethnic cuisine. There was Greek Tzatziki, a

chicken dish from India, Arroz con Gondules (rice with pigeon peas and pork) from Puerto Rico, and food from Peru and Japan. From America were items including barbecued chicken, macaroni and cheese, Buffalo chicken in dip, hot dogs, hamburgers, Buffalo chicken in dip, hot dogs, hamburgers, artichoke salad, Dutch apple pie and mini cupcakes in the shape of the American flag.

Clint Crawford and fiancé Sheree Glaze, plus Bill Worthington and Heidi Haynes, organized the event, and Meredith Chiapello was in charge of the children's games, divided into various age groups. They enjoyed the hula hoop contest, but the hit of the night was the doughnut-on-a-string competition. And in the 90-degree heat, things melted fast.

"I got messy, chocolate-frosted doughnuts and tied them on strings," said Chiapello. "The kids had to keep their hands behind their backs, and the ones eating their doughnuts first without dropping them on the ground won. They got all covered in choco-



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**Michael Smith prepares to lower a batter-coated Twinkie into a deep-fat fryer.**

late – it was so funny."

This cul-de-sac also puts on an Oktoberfest in the fall. "We have lots of



**From left: Steve McGough, Clint Crawford, Sheree Glaze and Bill Worthington hosted the block party at Belcher Farm Drive and Beaumeadow Court.**

German food and it's really nice," said Chiapello. "It's like this event – except in cooler weather."

# Serial Slasher Strikes Again

Police give safety tips to women.

BY BONNIE HOBBS  
CENTRE VIEW

Fairfax County police believe the man cutting young women in shopping centers has struck again. They received a report Monday, Aug. 1, from a 21-year-old woman who, they say, may well be the sixth victim of a serial slasher.

The victim said she was cut, June 8, while shopping at the T.J. Maxx store in the Fairfax Towne Center. As in the other cases, police say the assailant distracted her and cut her buttocks with a weapon such as a razor, box cutter or knife.

Of the six reported assaults, five have been in the Fair Oaks/Chantilly area. Three were in Fair Oaks Mall: The first attack, Feb. 14, happened near the front door of Champ's restaurant; another occurred May 16 in the Ann Taylor clothing store; and yet another, July 25, in the Forever XXI store.

The offense in Chantilly occurred June 20 in the Marshall's store in the Greenbriar Town Center. The only out-of-area assault was June 18 in the H&M store in Tysons Corner.

However, said police spokeswoman Lucy Caldwell, "Women shouldn't feel this is isolated just to Fair Oaks Mall. This type of behavior could happen anywhere. It wouldn't surprise us if there were more situations out there that weren't reported and weren't recognized as something police would want to hear about. But it's through piecing bits of information together that arrests are made."

In the just-reported, June 8 assault, the victim was

shopping when she felt a pinch on her buttocks. She turned around and, when she saw a man picking up pieces of clothing, police say she initially figured she'd been cut by one of the hangers.

But when she returned home, she discovered cuts in her clothing. She did not require medical treatment. The suspect was described as Hispanic and wearing long pants and a short-sleeved shirt.

All the victims have been teen-age girls or women or in their early 20s. And in each case, they've said their attacker is Hispanic, in his late 20s, around 5 feet 6 inches tall and heavysset, and often carrying a small, yellow bag.

Anyone with information about the suspect or any of these incidents is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

**"There's no reason to believe it won't happen again."**

— Lucy Caldwell, Fairfax County police spokeswoman

Caldwell said other possible victims of this assailant might have been embarrassed to tell authorities that someone did this to them or, simply, didn't consider it to be a crime. But, she said, "We do look at it as a form of assault. And the public plays a key role in helping us make apprehensions by reporting things so we're better able to link things together and find commonalities [among the offenses]."

She also stressed that police "don't want women to feel unduly afraid to go shopping. But if they feel at all uncomfortable in a store, they should report it to store security. There's no reason to believe it won't happen again, so women should stay alert."

Caldwell advises female shoppers to be aware of their surroundings and keep their eyes open. "They should also consider shopping with a friend," she said. "Actually, these are general safety tips women should always use — these incidents just highlight them."

## CRIME REPORT

Activities reported by the Sully police department through July 29.

### LARCENIES

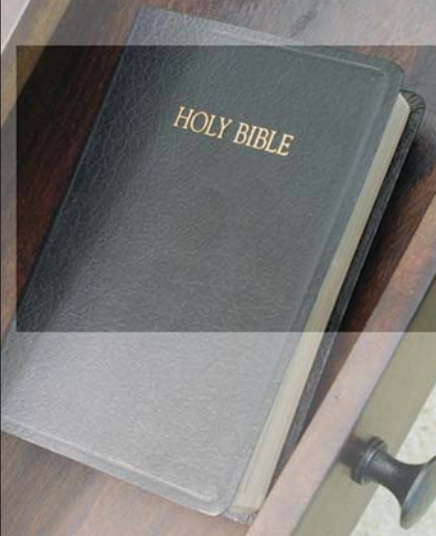
6700 block of Cedar View Court. Watch stolen from residence.  
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5900 block of Fort Drive. GPS stolen from vehicle.  
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and wallet stolen from vehicle.  
13700 block of Little Rocky Run Circle. Bicycle stolen from business.  
5600 block of Rocky Run Drive. Cash stolen from residence.  
5700 block of Rocky Run Drive. Tools stolen from vehicle.  
14000 block of Rose Lodge Place. Jewelry stolen from residence.  
14900 block of Rydell Road.

Immigration documents stolen from residence.  
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ROUNDUPS

## Sprinkler Extinguishes Apartment Fire

Fairfax County Fire and Rescue Department units responded early Tuesday morning to an apartment fire in Centreville's Trinity Centre community. The incident occurred Aug. 2, around 1:30 a.m., in a garden apartment at 5815 Post Corners Trail.

Firefighters reported light smoke on the top floor of the three-story apartment, upon arrival. They also discovered water coming from the attic area from an activated sprinkler head; they said this sprinkler was primarily responsible for extinguishing the blaze.

Firefighters checked the attic, as well as adjacent units to make sure the flames hadn't spread anywhere else. Damage was minor, but one resident was displaced. There were no injuries. Cause of the fire is still under investigation.

## Second Weekend of 'Hairspray'

The Alliance Theatre's Summer Stars production of "Hairspray" concludes this weekend at Chantilly High. This musical set in 1960s Baltimore shows how plus-sized teen Tracy Turnblad becomes a local, dance-show celebrity while promoting integration and open minds.

Oak Hill's Brittany Washington stars as Tracy, and Greenbriar's Joe Philipoom plays her mother, Edna. Performances are Thursday-Saturday, Aug. 4-5-6, at 7:30 p.m.; and Sunday, Aug. 7, at 2 p.m. Tickets are \$16, adults; \$14, children 12 and under; and senior citizens, \$14 at [www.TheAllianceTheatre.org](http://www.TheAllianceTheatre.org).

## Centreville Farmers Market

The farmers market has returned to Centreville. Every Friday from 3:30-6:30 p.m., local vendors are selling their wares at the Trinity Centre office park, 5875 Trinity Parkway (off Route 29). The market features a variety of items including fruits, vegetables, meats, baked goods, sweets and spices. The next farmers markets are Aug. 5 and Aug. 12. A partnership of Smart Markets Inc. and Trinity Centre, it will run through October. For more information, contact Jean Janssen at [jean@smartmarkets.org](mailto:jean@smartmarkets.org).

## Low-Cost Rabies Clinic Aug. 7

The Fairfax County Animal Shelter will host a low-cost rabies vaccination clinic for pets, this Sunday, Aug. 7, from 2-4 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Rabies vaccines are \$12 per pet and will be provided for dogs, cats and ferrets.

To receive a three-year vaccination, pet owners should bring proof of their pet's current rabies vaccination. All other pets will receive a vaccine valid for one year. No rabies tags will be issued at the clinic; however, 2011 dog licenses will be sold there for an additional \$10 per dog. All dogs must be on leash, and cats and

SEE ROUNDUPS, PAGE 7

## PEOPLE



**Dr. Riaz Rayek shows Dr. Grace Lee images from his last trip to Kabul in 2009 where he donated his dental services.**

PHOTO BY VICTORIA ROSS/CENTRE VIEW

## Dentist Finds Need To Give Back

**Fairfax dentist donates time, talent to help needy here and abroad.**

BY VICTORIA ROSS  
CENTRE VIEW

**D**r. Riaz Rayek's dental office, Smiles at Fairfax Corner, is modern, sleek and state-of-the-art, with an HDTV and the latest in dental technology.

But his office stands in stark contrast to one of the dental hospitals he regularly visits in his native Afghanistan.

Devastated by 30 years of war and poverty, Afghanistan has roughly one dentist per 200,000 patients. It's a nation that rarely possesses the basic infrastructure most countries take for granted — reliable water, telecommunications, refrigeration, telecommunications, sanitation and medical care. Access to any medical care, especially dental care, is limited.

The glaring disparity bothers Rayek, and for the past decade, he has made trips back to the capital city of Kabul to provide free dental services, educa-

tion and supplies to the one dental hospital that serves a population of 3.9 million.

"It's amazing what we take for granted," he said. "In Afghanistan, people are focused on surviving day to day, so dental care is not high on the list of priorities." Rayek was just 15 when his family fled Afghanistan in 1987. This came after the Soviet invasion in 1979, which turned Kabul into the Red Army's command center during the 10-year conflict between the Soviet-allied government and the Mujahedeen rebels. The American Embassy in Kabul closed in 1989.

Rayek said the one dental hospital treats about 500 patients a day and has a quarterly budget of \$318. "What's really sad is how unsanitary everything is. There are dental instruments just laying out everywhere or thrown into big trays," he said. According to the non-profit Global Dental Relief Project, oral septicemia is one of the leading causes of death in Afghanistan.

Rayek said that nearly all of the patients he has seen in Kabul have never been to a dentist. "When I go there, it is not unusual to see patients with multiple abscesses who are really in intense pain," he said.

Rayek last visited Kabul in 2009, purchasing the dental clinic's first panoramic x-ray machine. He

SEE HELPING NEEDY, PAGE 7

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## PEOPLE

**The oral-maxillofacial surgery recovery ward at the dental clinic in Kabul, where dental patients often spend hours recovering from surgery to remove abscessed teeth.**



PHOTOS BY  
DR. RIAZ RAYEK

## Helping Needy, Here and Abroad

FROM PAGE 6

hasn't been back because the security for Americans has disintegrated.

"Even though I've spent most of my life here, it's still difficult sometimes to integrate the past into this new life. I grew up under suppressive conditions during the Russian invasion. There were no personal liberties, so it's not a big deal for me to get patted down at the airport," Rayek said, laughing.

"But I understand why we are so passionate about our personal rights, and the opportunity this country holds is still inspiring," he said.

Although Rayek first wanted to be a medical researcher, he decided that dentistry was his passion. He received his undergraduate degree from George Mason University and then went on to receive a master's degree in physiology and biophysics from Georgetown University. In 2001, he graduated from the College of Dental Surgery in Baltimore, Md. He has been practicing family and general dentistry in Fairfax, Reston and Burke for more than 10 years.

He has been married to his "college sweetheart," Hoda, for 11 years. They live in Chantilly with their daughter and two sons.

"I really enjoy making patients look and feel their best. When I can help alleviate someone's pain, it's very rewarding," he said.

In the spirit of giving back to the community, Rayek and his team of Fairfax dentists have found many ways to help the needy, both here and abroad. He has treated children from Chernobyl, Russia, who were exposed to radiation. In the past few years, his team treated Afghani girls who were part of the first all-girls youth soccer team to travel outside the country.

"It was wonderful to be a part of that experience. In addition to taking care of their dental needs, we sent them home smiling with gifts and donations from other patients and families," Rayek said.

A few weeks ago, on July 16, the office opened its doors to nearly 30 Fairfax County patients who could not afford dental services.

"It is wonderful working with a team who believes that it's important to give something back to the community," said Dr. Grace Lee, one of the dentists at Smiles at Fairfax Corner. She has provided oral health care services to indigent adults at the Northern Virginia Dental Clinic, as well as visits to Albania to provide dental care to impoverished children.

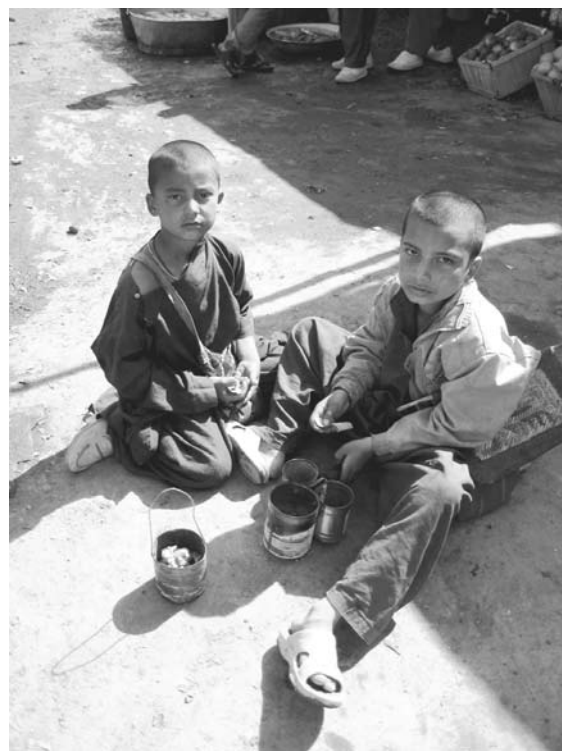
Dr. Tara Zier, who has worked with Riyak for several years at the Fairfax Corner location, said their team could not imagine not giving back in some way.

"It is so rewarding to give smiles to children who don't have access to regular dental care," Zier said.

Rayek estimates that his team of dentists donated about \$15,000 worth of dental services to patients that day. "I think we made a lot of parents and children happy that day," he said.

Rayek and Lee recently opened a second dental office in the Northern Virginia area, Smiles at Reston Town Center. The office occupies 6,250 square feet of retail space, the first dental clinic in the mixed-use center.

"We're excited to be expanding, but we are going to continue our community outreach in many ways. We consider it a privilege. It's not like something we have to do, but it's something we want to do," Rayek said.



**A common sight: two children begging for coins. "They are fighting for their survival on the road between Kabul and Jalalabad in eastern Afghanistan," said Riyak.**

## ROUNDUPS

FROM PAGE 6

ferrets must be in carriers.

Only cash and checks will be accepted. This clinic is a partnership between the shelter, the office of Supervisor Michael R. Frey (R-Sully) and Deepwood Veterinary Clinic. For more information, call the shelter at 703-830-1100.

## Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 11 and Aug. 25, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

## Local Families Need Food

WFCM distributes food to local residents year 'round, but its food-pantry shelves are especially bare throughout the summer months. So WFCM needs the community's help now so it can continue helping feed families who need assistance this summer. Food may be donated to WFCM's food pantry at 13981 Metrotech Drive in Chantilly. Checks toward the purchase of food may be hand-delivered to the food pantry or mailed to: WFCM, P.O. Box 220802, Chantilly, VA 20153.

## USOA Pipeline Work At E.C. Lawrence Park

Upper Occoquan Service Authority (UOSA) has contracted with Am-Liner East Inc. to reline an existing sanitary sewer line on Park Authority property at E.C. Lawrence Park. The work began this week and will last approximately three weeks. The relining will take place on that portion of the line between Route 28 and Braddock Road. However, the pump around operation in support of the work will start at Walney Pond and follow the existing easement over to a manhole just off of Braddock Road beyond the relining operation. The pumps will be staged at Walney Pond.

Meanwhile, several steps are being taken to mitigate adverse impacts to the community. Trails and walkways around the pond will remain open to the public, and construction fencing will be placed to keep the public away from the pumping equipment. There'll be 24-hour monitoring of the pumping equipment during actual, pumping operations.

Signs will be placed at both the Walney Pond site and the Braddock Road entrance with UOSA contact and project information. Selected residents close to the Braddock Road entrance to the site will be notified individually. Disturbed areas will be restored to Park Authority specifications.

## Backpacks Needed for Students

Each year, Western Fairfax Christian Ministries (WFCM) collects backpacks for the 24 elementary, middle and high schools in Centreville, Chantilly, Clifton, Fair Oaks, Fair Lakes and Fairfax. These new packs are provided at no cost to those students receiving free or reduced-cost lunches.

School counselors have requested more than 1,000 backpacks for the 2011-2012 school year. Middle- and high-school students are in need of large-sized backpacks. But to meet the demand, WFCM needs the community's help.

To do so, drop off donations of new, large-sized backpacks – no wheels – any time before Aug. 12. They'll be delivered directly to the schools later that same month. Bring them to the Centreville WFCM office at 14631 Lee Highway, No. 313, Monday-Friday, from 10 a.m.-2 p.m. For more information or directions, call 703-825-1996.

# OPINION

## Five Percent Off

Back-to-school sales tax holiday a reminder of other back-to-school rituals; buy extra supplies for needy students.

While some of us are not sure how it got to be August, never-mind time to start thinking about going back to school, the first day of school is about a month away, Tuesday after Labor Day, Sept. 5.

Virginia families can take advantage of what amounts to a three-day coupon for five percent off on many back-to-school items. Sales tax is suspended for the coming weekend, Friday through Sunday, Aug. 5, 6 and 7 (restrictions apply).

During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from sales tax.

The tax holiday should encourage more families to spend their back-to-school dollars in local stores rather than online. This is an excellent time to support local businesses, many suffering from the recession as well as competition from online businesses that offer tax-free shopping all the time. Local businesses that

don't get their money from the federal government need support from local shoppers now more than ever.

Also, remember that many families in the area are struggling. There are many options to help.

❖ FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 12. Drop donations between 9-5, Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. Volunteers will gather for Back to School parties to stuff their new backpacks with supplies. Go to <http://facetscares.org/donate/back-to-school-drive/> for a list of needed supplies or to make an online financial contribution. To help with a donation drive in your workplace or organization, contact Stacy Boden at 703-352-3268 or [sboden@facetscares.org](mailto:sboden@facetscares.org).

❖ Our Daily Bread's Back to School program will help more than 350 needy children in the Fairfax High School pyramid receive the sup-

plies they need.

## August Sales Tax Holiday: School Supplies And Clothing

**When:** The 2011 holiday will take place on Aug. 5-7, 2011.

**What's exempt:** School supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from sales tax. See: [www.tax.virginia.gov](http://www.tax.virginia.gov)

In addition to financial contributions to purchase the supplies, Our Daily Bread is seeking donations of new teen-sized backpacks and scientific calculators. ODB will accept donations through Aug. 12. Contact Jennifer Rose at 703-273-8829 or [holiday@ODBFairfax.org](mailto:holiday@ODBFairfax.org) or visit [www.ODBFairfax.org](http://www.ODBFairfax.org).

❖ Arlington Doorways for Women and Families is collecting money, school supplies, winter coats and more for needy students. Contact Wyatt Schroeder at [wshroeder@DoorwaysVA.org](mailto:wshroeder@DoorwaysVA.org). [www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/](http://www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/)

❖ United Community Ministries plans to raise \$10,000 and fill 1,000 backpacks this year. School supplies will be distributed to students in need on Aug. 25-26. Send donations to Attn: School Supplies, United Community Ministries, 7511 Fordson Rd., Alexandria, VA 22306. Contact Christine Fiske, 703-768-7106 ext. 328 or [christine.fiske@ucmagency.org](mailto:christine.fiske@ucmagency.org).

EDITORIAL

## Battle of Blackburn's Ford Remembered

BY MARK TRBOVICH  
PRESIDENT, BULL RUN CW ROUND TABLE

JULY 18<sup>TH</sup>

The sun beat down on the men in their woolen Confederate uniforms, their rifles slippery from the humidity and sweat. The flag bearer blinked the salt from his eyes and waited. Blackburn's Ford, just below them ... the cool running stream of the Bull Run River beckoned to them, tempting them.

Suddenly, a dozen shirtless young men ... boys really ... slipped jubilantly past the soldiers and down to the Ford.

There would be no blood today, no cannons opening fire, no volley after volley of bullets humming like a beehive. This was July 18th, 2011. The soldiers were reenactors, the boys on summer vacation, taking advantage of the Bull Run Occoquan Trail and a nearby swimming hole.

Some 150 years previously, there had been blood ... enough to lay 34 men, Confederates and Federals, in their graves.

The Battle of Blackburn's Ford had been a baptism of fire for the green young soldiers of both sides alike. Over 700 cannonballs and canister and countless lead bullets had been shot across that unassuming creek, causing 151 casualties.

General Irvin McDowell, who had not wanted to bring on an engagement that day, would learn that the Manassas Junction railroad would not be easily captured from the rebellious southerners and their leader, General P.G.T. Beauregard. It would require three days to find another, unprotected, ford at



COURTESY OF LIBRARY OF CONGRESS

1862 photo of ruins of a railroad bridge at Blackburn's Ford.

Sudley Springs some seven miles to the north.

As for the Confederates, they had bloodied the nose of the Federal army and it boosted their morale. It also gave them three crucial days to reinforce their troops to 32,000, matching the Federal's 35,000, enabling them to repulse the Union Army at the Battle of First Manassas.

The sesquicentennial of the Battle of

Blackburn's Ford was remembered that Monday morning by a mixed group of tourists, Manassas natives, historians, and reenactors.

The color bearers of the 17th Virginia Honor Guard bore the heat and humidity in their woolen period uniforms with dignity.

The Bull Run Civil War Round Table, led by president Mark Trbovich, lay a wreath in honor of the fallen soldiers. Member John McAnaw gave a brief history of the site. A descendent of one of the soldiers, Grace Karish, read the names of the dead. The ceremony concluded with a heart-wrenching rendition of Taps played by bugler David Shuma.

Ten years previously, in 2001, Trbovich and McAnaw had been instrumental in creating two Civil War Trails Markers to commemorate this battle and remember the dead. Since that time, many hundreds have visited the site and learned of the little known Battle of Blackburn's Ford.

Says Trbovich, "Blackburn's Ford is personal to me, because I have met so many descendants of the soldiers who fought here. They had long wished for some type of marker letting the world know about this little known battle and the sacrifices given by their ancestors."

If you would like to see it for yourself, Blackburn's Ford is located on the Bull Run River, at the boundary of Prince William County and Fairfax County along Rt. 28/Centreville Road.

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# COMMUNITY



SUBMITTED PHOTO

## 'Stuff the Bus'

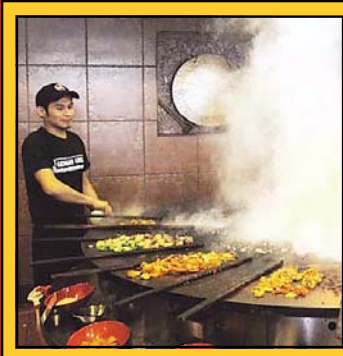
Apple Federal Credit Union employees load donated supplies onto a school bus July 26 at the Apple Fairfax Branch as part of Apple's "Stuff the Bus" program that provides school supplies to needy kids in Northern Virginia. From left, Bobby Sadr, Apple FCU branch representative; Susannah Lee, Apple FCU branch representative; Wayne Morris, Fairfax branch manager for Apple FCU; and Asha Kumari, Apple FCU branch representative. Apple members and the public are encouraged to drop off new school supplies and backpacks at Apple branches located throughout Fairfax and Loudoun counties by Aug. 9. For drop-off locations in each county and the specific donations needed, go to <https://www.applefcu.org/stuffthebus.asp>

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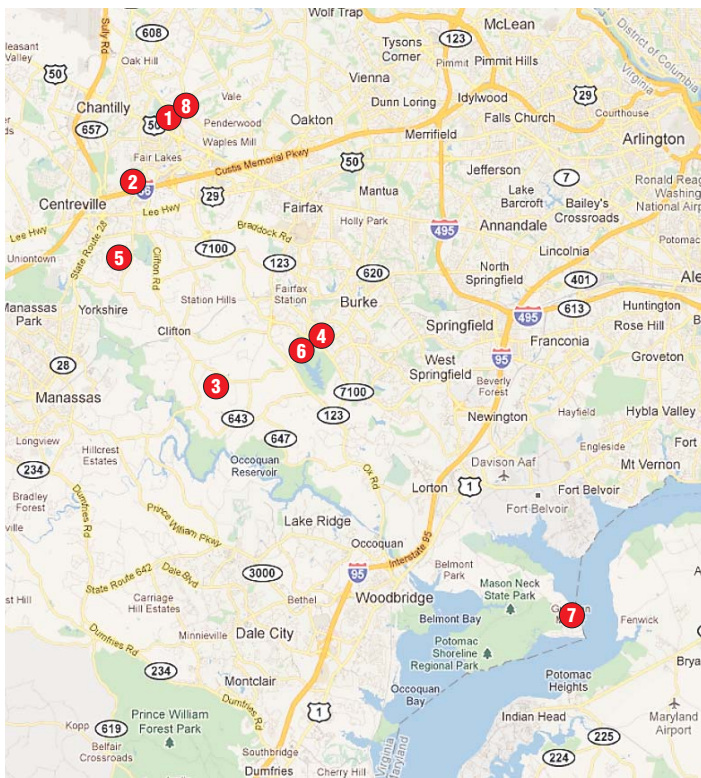
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# HOME SALES

In June 2011, 151 homes sold between \$1,350,000-\$14,700 in the Chantilly area.  
This week's list represents those homes sold in the \$1,350,000-\$350,000 range.  
For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	..	Postal City	....	Sold Price	..	Type	.....	Lot AC	.....	Subdivision
12833 ROSE GROVE DR	8	5	2	.....	OAK HILL	.....	\$1,350,000	...	Detached	.....	0.83	.....	OAK HILL RESERVE
3158 MARY ETNA LN	4	4	2	.....	OAK HILL	.....	\$1,250,000	...	Detached	.....	1.09	.....	SHADETREE ESTATES
12608 WINTER WREN CT	5	4	1	.....	OAK HILL	.....	\$1,158,966	...	Detached	.....	0.23	.....	THE RESERVE AT STONE HILL
3304 LAUREN OAKS CT	5	4	1	.....	OAK HILL	.....	\$1,150,000	...	Detached	.....	1.10	.....	WEST OAKS ESTS
3203 NAVY DR	6	4	1	.....	HERNDON	.....	\$1,050,000	...	Detached	.....	0.58	.....	DARTMOOR WOODS
3116 FRANKLINS WAY	5	4	1	.....	OAK HILL	.....	\$970,000	...	Detached	.....	0.26	.....	STILL OAKS
3963 WOODBERRY MEADOW DR	4	4	1	.....	FAIRFAX	.....	\$950,019	...	Detached	.....	0.24	.....	KENSINGTON MANOR
13806 CUTLEAF CT	5	4	1	.....	CHANTILLY	.....	\$815,000	...	Detached	.....	0.26	.....	WALNEY WOODS
12713 HUNT MANOR CT	4	2	1	.....	FAIRFAX	.....	\$796,900	...	Detached	.....	0.31	.....	FAIR OAKS HUNT
2609 IRON FORGE RD	4	3	1	.....	HERNDON	.....	\$775,000	...	Detached	.....	0.42	.....	SYCAMORE RIDGE
12601 CAMBERLEY FOREST DR	5	3	2	.....	HERNDON	.....	\$770,000	...	Detached	.....	2.02	.....	CAMBERLEY WEST
2921 MOTHER WELL CT	5	3	1	.....	OAK HILL	.....	\$753,000	...	Detached	.....	0.23	.....	CHANTILLY HIGHLANDS
12651 DUSTY WHEEL LN	4	3	1	.....	FAIRFAX	.....	\$752,500	...	Detached	.....	0.19	.....	CENTURY OAK
2940 SMITH FARM WAY	6	4	0	.....	HERNDON	.....	\$745,000	...	Detached	.....	0.31	.....	SMITHSFIELD AT WEST OX
4800 LEIGHFIELD VALLEY DR	4	3	1	.....	CHANTILLY	.....	\$738,500	...	Detached	.....	0.38	.....	POPLAR PARK
12913 LOCKSLEY CT	4	3	1	.....	HERNDON	.....	\$735,000	...	Detached	.....	0.24	.....	MONROE MANOR
13421 MARBLE ROCK DR	5	4	1	.....	CHANTILLY	.....	\$730,000	...	Detached	.....	0.36	.....	POPLAR TREE ESTATES
2556 FOX HOUND CT	5	5	0	.....	HERNDON	.....	\$730,000	...	Detached	.....	0.20	.....	MONROE MANOR
13110 CURVED IRON RD	5	4	1	.....	OAK HILL	.....	\$725,000	...	Detached	.....	0.24	.....	SYCAMORE RIDGE
12932 OAK LAWN PL	4	2	1	.....	HERNDON	.....	\$715,000	...	Detached	.....	0.32	.....	FRANKLIN OAKS
12206 THOROUGHbred RD	3	4	0	.....	HERNDON	.....	\$701,200	...	Detached	.....	5.02	.....	VALE VALLEY FARMS
3822 PARKLAND DR	4	3	1	.....	FAIRFAX	.....	\$679,000	...	Detached	.....	0.12	.....	PENDERBROOK
13945 LEETON CIR	5	3	1	.....	CHANTILLY	.....	\$647,250	...	Detached	.....	0.22	.....	ESTATES AT LEETON MANOR
3846 HIGHLAND OAKS DR	5	4	1	.....	FAIRFAX	.....	\$646,000	...	Detached	.....	0.15	.....	HIGHLAND OAKS
3013 JEANNIE ANNA CT	5	3	1	.....	HERNDON	.....	\$635,000	...	Detached	.....	0.22	.....	CHANTILLY HIGHLANDS
3021 TAYLOR MAKENZYE CT	5	3	1	.....	OAK HILL	.....	\$635,000	...	Detached	.....	0.20	.....	CHANTILLY HIGHLANDS
13361 GLEN TAYLOR LN	4	3	1	.....	OAK HILL	.....	\$622,710	...	Detached	.....	0.24	.....	CHANTILLY HIGHLANDS
3229 WILDMERE PL	4	2	1	.....	HERNDON	.....	\$617,500	...	Detached	.....	0.23	.....	FRANKLIN FARM
3114 HANNAH'S POND LN	4	2	1	.....	OAK HILL	.....	\$615,000	...	Detached	.....	0.30	.....	FRANKLIN FARM
13120 ROUNDING RUN CIR	4	3	1	.....	OAK HILL	.....	\$610,000	...	Detached	.....	0.20	.....	FRANKLIN FARM
3009 JEANNIE ANNA CT	4	3	1	.....	HERNDON	.....	\$605,000	...	Detached	.....	0.29	.....	CHANTILLY HIGHLANDS
13218 PLEASANT GLEN CT	4	3	1	.....	HERNDON	.....	\$600,000	...	Detached	.....	0.20	.....	BRADLEY ACRES
13368 TEABERRY CT	4	3	1	.....	FAIRFAX	.....	\$600,000	...	Detached	.....	0.32	.....	FRANKLIN GLEN
13923 VALLEY COUNTRY DR	5	3	1	.....	CHANTILLY	.....	\$595,000	...	Detached	.....	0.25	.....	WAVERLY CROSSING
13404 AMY WAY	4	4	1	.....	OAK HILL	.....	\$585,000	...	Detached	.....	0.20	.....	CHANTILLY HIGHLANDS
4272 KEARNY LN	4	3	1	.....	FAIRFAX	.....	\$585,000	...	Detached	.....	0.06	.....	CARR AT CEDAR LAKES
2783 PRINCE HAROLD CT	6	3	1	.....	OAK HILL	.....	\$575,000	...	Detached	.....	0.34	.....	FOX MILL ESTATES
13235 PLEASANT GLEN CT	4	2	1	.....	HERNDON	.....	\$569,000	...	Detached	.....	0.20	.....	BRADLEY ACRES
13171 AUTUMN HILL LN	4	2	1	.....	HERNDON	.....	\$562,500	...	Detached	.....	0.29	.....	FRANKLIN FARM
13364 SCOTSMORE WAY	4	2	1	.....	OAK HILL	.....	\$560,000	...	Detached	.....	0.20	.....	CHANTILLY HIGHLANDS
3535 ARMFIELD FARM DR	4	3	1	.....	CHANTILLY	.....	\$559,000	...	Detached	.....	0.14	.....	ARMFIELD FARMS
13452 MELVILLE LN	4	2	1	.....	CHANTILLY	.....	\$540,000	...	Detached	.....	0.23	.....	POPLAR TREE ESTATES
13629 OLD DAIRY RD	4	2	1	.....	HERNDON	.....	\$535,000	...	Detached	.....	0.31	.....	FRANKLIN FARM
13152 APPLEGROVE LN	3	2	1	.....	HERNDON	.....	\$528,000	...	Detached	.....	0.22	.....	FRANKLIN FARM
12838 TEWKSBURY DR	5	3	1	.....	HERNDON	.....	\$525,000	...	Detached	.....	0.35	.....	FOX MILL ESTS
12408 MEADOW FIELD DR	3	2	2	.....	FAIRFAX	.....	\$525,000	...	Townhouse	.....	0.06	.....	STONE CREEK CROSSING
13909 CASTLE CT	4	2	1	.....	CHANTILLY	.....	\$520,000	...	Detached	.....	0.40	.....	WAVERLY CROSSING
13428 BURROUGH FARM DR	4	3	1	.....	HERNDON	.....	\$505,000	...	Townhouse	.....	0.07	.....	MCNAIR FARMS LANDBAY
13244 PLEASANT GLEN CT	4	3	1	.....	OAK HILL	.....	\$500,000	...	Detached	.....	0.20	.....	BRADLEY ACRES
2451 SILK CT	4	4	1	.....	HERNDON	.....	\$500,000	...	Townhouse	.....	0.05	.....	PARKSIDE VILLAGE
13393 SIR RAMSAY WAY	4	2	1	.....	HERNDON	.....	\$500,000	...	Townhouse	.....	0.07	.....	MCNAIR FARMS
4181 CALAIS POINT CT	3	2	1	.....	FAIRFAX	.....	\$500,000	...	Townhouse	.....	0.07	.....	FAIR LAKES COURT
4155 BROOKGREEN DR	3	2	1	.....	FAIRFAX	.....	\$500,000	...	Townhouse	.....	0.07	.....	FAIR LAKES COURT
4047 STEWART'S BRIDGE CT	3	3	1	.....	FAIRFAX	.....	\$500,000	...	Townhouse	.....	0.04	.....	STONE CREEK CROSSING
13441 MUIRKIRK LN	5	3	0	.....	OAK HILL	.....	\$495,000	...	Detached	.....	0.21	.....	CHANTILLY HIGHLANDS
4116 LECLAIR CT	3	2	1	.....	FAIRFAX	.....	\$492,000	...	Townhouse	.....	0.05	.....	FAIR LAKES COURT
3000 SUMMERSHADE CT	4	3	0	.....	HERNDON	.....	\$489,900	...	Detached	.....	0.23	.....	WEST OX CLUSTER
13619 CLARY SAGE DR	5	3	1	.....	CHANTILLY	.....	\$486,000	...	Detached	.....	0.13	.....	ARMFIELD FARMS
4023 MIDDLE RIDGE DR	4	3	0	.....	FAIRFAX	.....	\$480,000	...	Detached	.....	0.22	.....	GREENBRIAR
13201 PARSON LN	4	2	1	.....	FAIRFAX	.....	\$480,000	...	Detached	.....	0.24	.....	GREENBRIAR
3715 MILLPOND CT	4	3	1	.....	FAIRFAX	.....	\$480,000	...	Detached	.....	0.12	.....	CENTURY OAK
4068 OAK VILLAGE LDG	3	2	2	.....	FAIRFAX	.....	\$472,000	...	Townhouse	.....	0.04	.....	LEONARD PROPERTY
2618 TARLETON CORNER DR	3	2	2	.....	HERNDON	.....	\$470,000	...	Townhouse	.....	0.05	.....	MCNAIR FARMS LANDBAY
4121 MARBLE LN	3	2	0	.....	FAIRFAX	.....	\$470,000	...	Detached	.....	0.24	.....	GREENBRIAR
4600 MARSHALL HALL LN	4	2	1	.....	FAIRFAX	.....	\$467,500	...	Detached	.....	0.26	.....	GREENBRIAR
2621 BASTIAN LN	4	2	2	.....	HERNDON	.....	\$465,000	...	Detached	.....	0.29	.....	FOX MILL ESTS
4512 STONE PINE CT	4	2	1	.....	CHANTILLY	.....	\$460,000	...	Detached	.....	0.20	.....	POPLAR TREE
4613 FILLINGAME DR	4	3	1	.....	CHANTILLY	.....	\$455,000	...	Detached	.....	0.32	.....	BROOKFIELD WOODS
4112 BROOKGREEN DR	3	2	1	.....	FAIRFAX	.....	\$450,000	...	Townhouse	.....	0.05	.....	FAIR LAKES COURT
13139 MELVILLE LN	4	2	0	.....	FAIRFAX	.....	\$450,000	...	Detached	.....	0.23	.....	GREENBRIAR
12810 DOGWOOD HILLS LN	3	2	2	.....	FAIRFAX	.....	\$445,500	...	Townhouse	.....	0.05	.....	BIRCH POND
3414 TYBURN TREE CT	4	2	1	.....	OAK HILL	.....	\$440,000	...	Detached	.....	0.23	.....	FRANKLIN FARM
13067 PARK CRESCENT CIR	3	2	2	.....	HERNDON	.....	\$439,900	...	Townhouse	.....	0.04	.....	WOODLAND PARK
4410 MIDDLE RIDGE DR	4	2	0	.....	FAIRFAX	.....	\$438,000	...	Detached	.....	0.22	.....	GREENBRIAR
2954 MOCKERNUT CT	3	2	1	.....	HERNDON	.....	\$435,000	...	Detached	.....	0.20	.....	EMERALD CHASE
4101 MEADOW FIELD CT	4	3	1	.....	FAIRFAX	.....	\$435,000	...	Townhouse	.....	0.06	.....	FAIR RIDGE
13314 PENNYPACKER LN	5	3	0	.....	FAIRFAX	.....	\$434,900	...	Detached	.....	0.20	.....	GREENBRIAR
12748 DOGWOOD HILLS LN	3	3	1	.....	FAIRFAX	.....	\$430,000	...	Townhouse	.....	0.04	.....	BIRCH POND
3420 TYBURN TREE CT	5	3	1	.....	HERNDON	.....	\$425,000	...	Detached	.....	0.24	.....	FRANKLIN FARM
12701 PINECREST RD	5	3	0	.....	HERNDON	.....	\$415,000	...	Detached	.....	0.26	.....	FOX MILL ESTATES
13410 BURROUGH FARM DR	3	2	2	.....	HERNDON	.....	\$410,000	...	Townhouse	.....	0.04	.....	MCNAIR FARMS LANDBAY
4421 MIDSTONE LN	3	2	0	.....	FAIRFAX	.....	\$409,900	...	Detached	.....	0.19	.....	GREENBRIAR
4281 FOX LAKE DR	4	3	1	.....	FAIRFAX	.....	\$408,500	...	Townhouse	.....	0.04	.....	FAIR RIDGE
2610 PURITAN CT	5	3	0	.....	HERNDON	.....	\$405,000	...	Detached	.....	0.31	.....	FOX MILL ESTS
3178 KIRKWELL PL	4	3	0	.....	HERNDON	.....	\$405,000	...	Detached	.....	0.23	.....	CHANTILLY HIGHLANDS
11720 VALLEY RIDGE CIR	3	3	1	.....	FAIRFAX	.....	\$405,000	...	Townhouse	.....	0.03	.....	PENDERBROOK
13007 MOUNT AUBERN CT	4	2	1	.....	HERNDON	.....	\$400,000	...	Detached	.....	0.24	.....	WEST OX CLUSTER
13121 POINT PLEASANT DR	3	2	0	.....	FAIRFAX	.....	\$400,000	...	Detached	.....	0.22	.....	GREENBRIAR
4508 LEES CORNER RD	3	2	1	.....	CHANTILLY	.....	\$399,900	...	Detached	.....	0.25	.....	BROOKFIELD
2523 POLLY JEFFERSON WAY	3	3	1	.....	HERNDON	.....	\$395,000	...	Townhouse	.....	0.04	.....	MCNAIR FARMS WEST
2401 HAY RAKE CT	3	2	2	.....	HERNDON	.....	\$395,000	...	Townhouse	.....	0.05	.....	MCNAIR FARMS LANDBAY 11
12802 MADELEY CT	4	2	0	.....	FAIRFAX	.....	\$390,000	...	Detached	.....	0.25	.....	GREENBRIAR
4005 MURDSTONE CT	3	2	2	.....	FAIRFAX	.....	\$389,999	...	Townhouse	.....	0.05	.....	FAIR RIDGE
13683 SAINT JOHNS WOOD PL	4	3	0	.....	HERNDON	.....	\$389,500	...	Townhouse	.....	0.03	.....	WELLESLEY
2516 ISHAM RANDOLPH DR	3	2	2	.....	HERNDON	.....	\$385,000	...	Townhouse	.....	0.04	.....	MCNAIR FARMS WEST
4278 SLEEPY LAKE DR	3	2	2	.....	FAIRFAX	.....	\$385,000	...	Townhouse	.....	0.04	.....	FAIR RIDGE
4323 MAJESTIC LN	4	2	0	.....	FAIRFAX	.....	\$382,500	...	Detached	.....	0.26	.....	GREENBRIAR
13172 KIDWELL FIELD RD	3	2	2	.....	HERNDON	.....	\$380,000	...	Townhouse	.....	0.04	.....	MCNAIR FARMS LANDBAY 11
3824 CHANTILLY RD	4	1	0	.....	CHANTILLY	.....	\$375,000	...	Detached	.....	0.69	.....	CHANTILLY ESTATES
13155 QUAIL CREEK LN	4	2	2	.....	FAIRFAX	.....	\$375,000	...	Townhouse	.....	0.03	.....	FAIR LAKES LAND BAY
4336 SILAS HUTCHINSON DR	4	2	1	.....	CHANTILLY	.....	\$370,000	...	Detached	.....	0.27	.....	PLEASANT VALLEY
13224 ROLLING PLAINS CT	3	2	2	.....	HERNDON	.....	\$370,000	...	Townhouse	.....	0.04	.....	MCNAIR FARMS LAND BAY 2
13121 PELFREY LN	3	2	0	.....	FAIRFAX	.....	\$370,000	...	Detached	.....	0.20	.....	GREENBRIAR
13615 BECKINGHAM DR	3	2	1	.....	HERNDON	.....	\$366,000	...	Townhouse	.....	0.04	.....	WELLESLEY
13516 COATES LN	3	2	1	.....	OAK HILL	.....	\$350,000	...	Detached	.....	0.10	.....	FRANKLIN FARM
3347 OAKSHADE CT	3	2	1	.....	FAIRFAX	.....	\$350,000	...	Townhouse	.....	0.04	.....	FRANKLIN GLEN



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## HEALTH & FITNESS

# Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

BY JULIA O'DONOGHUE  
THE CONNECTION

**J**im McLaughlin knows he had at least one concussion while playing football at Woodson High School in the 1980s. At the time, coaches and players thought it was simply a matter of "shaking it off" before getting back in the game.

Over two decades later, Woodson's cavalier attitude toward concussions has evaporated. Fairfax County Public Schools now has a stringent protocol for concussion treatment. Any student suspected of sustaining a concussion is prohibited from returning to sports games or practice on the day the injury took place.

McLaughlin, for one, is grateful for the more conservative approach. He will have two sons participating in the Woodson's football program this fall and is a former assistant football coach with the Braddock Road Youth Club.

"One of the things that impressed me last year about Fairfax County Public Schools was that there was a real emphasis on educating parents and players about concussions," said McLaughlin, whose sons also play lacrosse.

**ACROSS THE COUNTRY**, concussions have come a frontline concern at all levels of athletics, from youth leagues to professional sports. Boston University is currently studying the brains of professional athletes to determine the impact of concussions and repeated blows to the head on long-term cognitive functioning and emotional well-being.

Just this year, a few high-profile incidents brought a new level of attention to concussion treatment.

The star of the National Hockey League, the Pittsburgh Penguins' Sidney Crosby, has not been able to resume playing since he sustained a concussion in early January.

Dave Duerson, who played professional football, committed suicide this winter. He had requested that his brain be examined for a degenerative disease that is caused by repeated blows to the head and linked to depression and dementia.

Virginia implemented new concussion policies for high school sports programs on July 1. The commonwealth's General Assembly unanimously passed a bill to strengthen concussion guidelines last year.

Sen. Ralph Northam (D-6), the bill's chief sponsor, is a child neurologist and faculty member at the Eastern Virginia Medical School.

Among other things, the Virginia Board of Education now recommends that students get a written medical release from a licensed health care professional before returning to team practices or games if they are suspected of having a concussion.

It is also suggested that parents and students participating in high school sports programs be required to review information about concussions on an annual basis.



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

**A George Mason University professor found more than half of the sports-related concussions in Fairfax County Public Schools occurred during football.**

Most of the policies drawn up by the Virginia School Board have already been in place in Fairfax County for several years.

"We have been ramping up our process for several years now," said Jon Almquist, who oversees the Fairfax school system's athletic trainers.

Fairfax has had a certified athletic trainer, who can help monitor concussion treatment, on every high school campus since 1983. The school system increased the number of athletic training positions at each school from two part-time slots to one full-time slot and a part-time slot in 2005.

"Our athletic trainers are available to assess the athletes every day. No child is going to go back to a sport team unless they can get through a rigorous

workout without the return of symptoms. And you have to make sure that they get not only physical rest but also cognitive rest," said Almquist.

**STUDENTS** with concussions typically have to take a hiatus from doing any type of physical activity and may have to refrain from cognitive activities — including reading, writing and completing math problems — for several

weeks. They also must return to their normal exercise and academic routines slowly, with a gradual increase in rigor drawn out over several weeks, according to the National Children's Medical Center in Washington D.C. Though his children haven't had concussions, McLaughlin said he knows many of their classmates have. According to McLaughlin, Fairfax's coaches appear to have been supportive of long-term treatment plans for students. Teachers have also been understanding and willing to adjust academic workloads.

"There is no way on the front end of things that we can tell how long the healing process is going to take. A concussion is more of a software injury than a hardware injury," said Almquist.

An academic study suggests that the frequency of concussions in contact sports might be on the rise in

SEE MORE SPORTS-RELATED, PAGE 15

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# BULLETIN BOARD

## MONTH OF AUGUST

**ExtravaCATza.** The first 100 cats adopted from the shelter in August will receive a free spay or neuter by the shelter's veterinarian. Also no adoption fee for cats who are seven years or older. The shelter will be open its normal adoption hours for cats, dogs and other animals throughout the month: Tuesdays - Fridays, 12 p.m. to 6:30 p.m. and Saturdays, 10 a.m. to 4:30 p.m. Located at 4500 West Ox Road, Fairfax. Call 703-830-1100.

## TUESDAYS, AUG. 9, 16

**Men, do you like to sing?** 7:30-9 p.m. Want to try your hand at a cappella singing? The Fairfax Jubilaires are offering five free one-hour singing lessons. Instruction provided by their internationally known, award-winning directing staff. Male singers of all talent levels are welcome. No experience necessary. At Lord of Life Lutheran

Church (West), 13421 Twin Lakes Drive, Clifton (one traffic light south of Centreville High School, Union Mill Road). Email Aaron Watts at [adwatts78@yahoo.com](mailto:adwatts78@yahoo.com) if you plan to attend. Call 703-793-7166 or go to: [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org).

**Senior Fall Prevention Classes** are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Classes are held Tuesdays and/or Thursdays from 1:30-2:30 p.m.; Mondays and/or Fridays from 2-3 p.m. at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Registration required. Call 703-667-9800 to register as space is limited. Cost is \$10 per class.

## TUESDAYS AND THURSDAYS

**ESL Classes.** 7 to 9 p.m. Basic, Intermediate and Advanced levels. Cost is \$10 registration fee, \$25/book fee. Starts Sept. 13 through Nov. 17. Registration is Tuesday, Sept. 8 from 7 to 9 p.m.

At Lord of Life Lutheran Church in both Fairfax and Clifton locations: At 5114 Twinbook Road, Fairfax, and 13421 Twin Lakes Drive, Clifton. Call 703-323-9500 or visit [www.lordoflifelutheranva.org](http://www.lordoflifelutheranva.org)

## SUNDAY/AUG. 7

**Low-Cost Rabies Clinic.** 2 to 4 p.m. Cost is \$12 per pet. Vaccines will be provided for dogs, cats and ferrets. Dog licenses will be sold for \$10/dog. At the Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Call 703-830-1100.

**Sully District Volunteer Organizational Meeting.** 4 to 6 p.m. The Sully District Republican Committee will be hosting a Volunteer and Candidate meet and greet. Incumbents such as Supervisor Michael Frey and Del. Jim LeMunyon will discuss the importance of districtwide campaign organization. Meets at 14260 Centreville Square Unit M Centreville. Call

703-638-4749.

## AUG. 8 TO 12

**Music Camp.** 9:30 a.m. to 12:30 p.m. Centreville United Methodist Church is sponsoring its 2011 Music Camp. Children who will be in grades 2 through 6 (in the 2011-2012 school year) are invited to participate in a week of fun music activities. During the week, campers will learn the musical, "Daniel Chapter Six," the story of Daniel in the lion's den, and present it at Friday afternoon's closing program. Daily activities will include singing, handbell ringing, crafts, movement, and snacks. The cost per camper is \$20 with a \$50 family maximum. Download Music Camp registration forms on the church website, [www.centreville-umc.org](http://www.centreville-umc.org), or stop by the church office between 9 a.m. to 4 p.m. Centreville UMC is located at 6400 Old Centreville Road. Call 703-830-2684.

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## Centreville United Methodist Church

### Sunday Worship Services

8:15 AM  
9:30 AM  
11:00 AM

Contemporary Service in the ROC  
11:02 AM



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## Sunday Services at Centreville Presbyterian Church



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## Centreville Baptist Church

### Worship Services

8:00 & 9:30 am Celebration Service  
11:00 am Contemporary Service

### Bible Study

9:30 am & 11:00 am

### Ministries Include:

Nursery through Elementary, Youth, College Age,  
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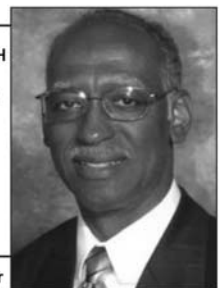
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### SUNDAY SERVICE SCHEDULE AT CENTREVILLE HIGH SCHOOL

Sunday School	9:00-9:45 AM
Worship Service	9:45 AM
Children's & Youth Church	10:00 AM
Youth Minister: Rev. Bobby Joe Ford, Jr.	
Wednesday Bible Study	7:00-9:00 PM
(Includes Youth Classes)	

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## ENTERTAINMENT

### TUESDAYS AND THURSDAYS

**Centreville Stitchers** welcome adults who enjoy knitting, crocheting, or other needlework crafts and conversation. Join us at the Centreville Regional Library, 14200 St. Germain Dr., Centreville, VA. Admission is free. If you have any questions, contact Jo at 703-803-0595 or email joknitter@verizon.net.

- ❖ Tuesday, Aug. 9 - 6:30 to 8:30 p.m.
- ❖ Thursday, Aug. 25 - 1:30 to 3:30 p.m.
- ❖ Tuesday, Sept. 13 - 6:30 to 8:30 p.m.
- ❖ Thursday, Sept. 22 - 1:30 to 3:30 p.m.

### MONDAYS AND WEDNESDAYS

**ZUMBA Classes.** 7 to 8 p.m. Latin based dance fitness class. The first class is free; afterward it's \$7-\$9 per class. At Cornerstone Montessori School, 4455 Brookfield Corporate Drive, Suite 201, Chantilly. Visit [www.gozumbafun.com](http://www.gozumbafun.com).

### NOW THROUGH AUG. 7

**"Hairspray."** The Alliance Theatre presents the hit, Broadway musical, "Hairspray," this summer at Chantilly High. "Hairspray" has delighted audiences by sweeping them away to 1960s Baltimore where change is in the air. Lovable, plus-sized heroine, Tracy Turnblad, has a passion for dancing and wins a spot on local, TV dance program, "The Corny Collins Show." Overnight, she's transformed from outsider to teen celebrity. Can a larger-than-life teen manage to vanquish the program's reigning princess, integrate the television show and find true love while singing and dancing, without mussing her hair? Performances are Thursday-Friday-Saturday, Aug. 4-5-6, at 7:30 p.m.; and Sunday, Aug. 7, at 2 p.m. Tickets are \$16, adults; \$14, children 12 and under; and senior citizens, \$14. Those ordering 10 or more tickets online receive a \$2/ticket discount. (Use coupon code 10PLUS when checking out).

### FRIDAY/AUG. 5

**Swing Dancing.** 9 p.m. to midnight. Admission is \$15. With JP McDermott and Western Bop. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

### SATURDAY/AUG. 6

**BBQ Fundraiser.** 4 to 8 p.m. The Northern Virginia Chapter of Delta Waterfowl will be holding its annual BBQ Fundraiser at the Arlington/Fairfax Izaak Walton League of America Pavilion, 14708 Mount Olive Road, Centreville. Visit [www.virginiadelta.org](http://www.virginiadelta.org).

### SUNDAY/AUG. 7

**Sully District Volunteer Organizational Meeting.** 4 to 6 p.m. The Sully District Republican Committee will be hosting a Volunteer and Candidate meet and greet. Incumbents such as Supervisor Michael Frey and Del. Jim LeMunyon will discuss the importance of districtwide campaign organization. Meets at 14260 Centreville Square Unit M Centreville. Call 703-638-4749.

### THURSDAY/AUG. 11

**Story Time.** 9 to 10 a.m. Free. Emmie the Clown will be conducting a children's reading club called Red Nose Readers. At Chick-fil-A at Chantilly Place, 4412 Chantilly Place, Chantilly. Call 703-631-2253.

### FRIDAY/AUG. 12

**Swing Dancing.** 9 p.m. to midnight. Admission is \$15. With the Deja Blue Blues Band. Drop-in beginner Swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

**Local Concert.** 6 to 10 p.m. Tickets \$3/door; CDs \$5 and come with a ticket. Kickoff release of the EP "No More Loose Ends" by Mark Bradley. Also features the bands Upper 90, All Five Seasons, Christopher Graham and Four Guys and a Piano. At Chantilly Highlands Community Center, 3225 Kinross Circle, Herndon.

### SATURDAY/AUG. 13

**Super Science Saturdays.** 10 a.m. to 3 p.m. Free. The theme is "Energy." Super Science Saturdays take place from 10 a.m. to 3 p.m. on the second Saturday of each month, offering activities focused a different science concept. Through demonstrations and hands-on activities, visitors will become immersed in science, technology, engineering and mathematics (STEM) topics related to aviation and space exploration. At the National Air and Space Museum, Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Visit: <http://www.nasm.si.edu/events/superscience/>.

**Sully Civil War Weekend.** 10 a.m.-5 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Federal and

Confederate troops recreate Civil War daily life as re-enactors demonstrate the varied work of the army. Skirmishes include infantry, artillery and cavalry. Visit the weekend encampment and discover a soldier's lifestyle during this turbulent time in America's history. Enjoy live music and a fashion show. House tour includes artifacts rarely on exhibit belonging to the Haight family, mid-19th century residents at Sully. \$8 adults, \$6 seniors and children. 703-708-0861.

### SUNDAY/AUG. 14

**Sully Civil War Weekend.** 10 a.m.-3 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Federal and Confederate troops recreate Civil War daily life as re-enactors demonstrate the varied work of the army. Skirmishes include infantry, artillery and cavalry. Visit the weekend encampment and discover a soldier's lifestyle during this turbulent time in America's history. Enjoy live music and a fashion show. House tour includes artifacts rarely on exhibit belonging to the Haight family, mid-19th century residents at Sully. \$8 adults, \$6 seniors and children. 703-708-0861.

### FRIDAY/AUG. 19

**Swing Dancing.** 9 p.m. to midnight. Admission is \$15. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. With the Daryl Davis Band. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road (Route 28 near the airport), Herndon.

### SATURDAY/AUG. 20

**Southern Gospel Concert.** 6 p.m. The Proclaimers Quartet from Columbus, GA. At Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. The church is located on Route 50, 1/5 mile east of the Route 28 overpass on the corner of Route 50 and Sullyfield Circle. Call 703-631-1799.

### THURSDAY/AUG. 25

**Story Time.** 9 to 10 a.m. Free. Emmie the Clown will be conducting a children's reading club called Red Nose Readers. At Chick-fil-A at Chantilly Place, 4412 Chantilly Place, Chantilly. Call 703-631-2253.

### WEDNESDAY/AUG. 31

**Back to School Fair.** 5 p.m. BBQ to support Rocky Run Middle School. 100 percent of the profits will go toward the Rocky Run Middle School PTA.

### MONDAY/SEPT. 5

**Labor Day Car Show.** Features cars, trucks, motorcycles, Street Rods, Customs, Antiques, Classics and Muscle cars. Sponsored by the Clifton Lions Club and the Custom Cruisers of Northern Virginia. Proceeds benefit Life with Cancer. If you would like to be a sponsor, contact Jim Chesley at 703-830-2129 or send a donation, made out to the Clifton Lions Club, to Jim Chesley at 7207 Main Street, Clifton, VA 20124-0225.

**Fireman's Chili Challenge and Cook Off.** The Richard King Annual Fireman's Chili Challenge and Cook Off will be held at the Barn in the Town of Clifton. Music will be provided by Lost Highway Band, Human Country Jukebox, Jammboxx and the Screaming Monkeys. Sponsored by the CBA and The W.N.C. Email Rusty to volunteer [rusty@wncrew.org](mailto:rusty@wncrew.org).

### SATURDAY/SEPT. 10

**Super Science Saturdays.** 10 a.m. to 3 p.m. Free. The theme is "Living and Working in Space." Super Science Saturdays take place from 10 a.m. to 3 p.m. on the second Saturday of each month, offering activities focused a different science concept. Through demonstrations and hands-on activities, visitors will become immersed in science, technology, engineering and mathematics (STEM) topics related to aviation and space exploration. At the National Air and Space Museum, Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Visit: <http://www.nasm.si.edu/events/superscience/>.

### FRIDAY/SEPT. 16

**Hispanic Heritage Month Family Day.** 10 a.m.-3 p.m. Smithsonian National Air & Space Museum Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Latin-Americans' contributions to aviation and space exploration, bilingual story times, tours, book signings and hands-on activities. 202-633-1000 or <http://airandspace.si.edu/HazyFamilyDays/>.

### MONDAY/SEPT. 19

**Highlights of GFWC History.** 7 p.m. The Western Fairfax County Women's Club (WFCWC) kicks off its 2011-2012 club year with an in-depth history of the General Federation of Women's Clubs (GFWC), one of the world's largest and oldest women's volunteer service organizations. At the Greenbriar Community Center, 4615 Stringfellow Road, Chantilly. Call Co-Vice President Jackie at 703-378-8551 or e-mail [westernfairfaxcountywc@gmail.com](mailto:westernfairfaxcountywc@gmail.com).

## More Sports-Related Concussions Reported in Schools

FROM PAGE 12

Fairfax County Public Schools.

George Mason University professor Shane Caswell examined concussion data collected for 12 contact sports programs in 25 Fairfax County high schools from 1997 to 2008.

According to Caswell, the frequency of sports-related concussions in Fairfax schools' sports programs grew four times as great over that 11-year stretch. Caswell admitted that this could be, in part, because Fairfax improved its detection and reporting process for concussions during that time.

The rate of concussion was rising in all the sports studied. Approximately 11 percent of the 2,651 concussions tracked during that time period were "repeat" concussions, where one student suffered a head injury more than once. In the 11 years tracked by Caswell, 231 athletes in Fairfax schools suffered two concussions and 26 athletes had three or more concussions.

"If you put them back in the classroom or on the field too soon, it is just going to delay the healing process," said Almqvist.

Caswell found concussion rates across all 12 sports to be on the rise and concluded it was important to monitor concussions across many athletic programs in Fairfax.

"The high-participation collision sports of football and boys' lacrosse warrant continued vigilance, but the findings suggest that

### Fairfax County Public Schools Concussion Data

George Mason University professor Shane Caswell studied trends in sports-related concussions by examining 12 high school sports programs in Fairfax County Public Schools from the 1997-1998 school year to the 2007-2008 school year.

The following is data on the number of concussions Fairfax students sustained while playing each high school sport over that time period. The information is taken from Caswell's study published in the American Journal of Sports Medicine last January.

The professor only examined concussions reported in the following sports programs: football, boys lacrosse, boys soccer, wrestling, boys basketball, baseball, girls soccer, girls lacrosse, girls basketball, field hockey, softball and cheerleading.

Sport	Number of Concussions (Percentage of Total)	Number of "Exposures" to Concussions (Percentage of Total)	Rate per 1,000 Athletic Exposures*
All Athletes	2,651 (100%)	10,926,892 (100%)	0.24
All Boys Sports	1,986 (74.9%)	5,833,723 (53.4%)	0.34
All Girls Sports	665 (25.1%)	5,093,169 (46.6%)	0.13
Football	1,407 (53.1%)	2,335,666 (21.4%)	0.60
Girls Soccer	195 (7.4%)	554,500 (5.1%)	0.35
Boys Lacrosse	244 (9.2%)	800,085 (7.3%)	0.30
Girls Lacrosse	114 (4.3%)	559,295 (5.1%)	0.20
Boys Soccer	103 (3.9%)	606,100 (5.5%)	0.17
Wrestling	123 (4.6%)	724,430 (6.6%)	0.17
Girls Basketball	120 (4.5%)	730,876 (6.7%)	0.16
Softball	47 (1.8%)	439,175 (4.0%)	0.11
Boys Basketball	77 (2.9%)	788,022 (7.2%)	0.10
Field Hockey	58 (2.2%)	588,456 (5.4%)	0.10
Baseball	32 (1.2%)	579,420 (5.3%)	0.06
Cheerleading	131 (4.9%)	2,220,967 (20.3%)	0.06

\*A higher rate indicates that concussions occurred more frequently.

focus on concussion detection, treatment and prevention should not be limited to those sports traditionally associated with concussion risk," he wrote.

Indeed, South Lakes parent John Farrell said three of his four children suffered from sports related concussions, though they

were all in sports where concussions are not nearly as frequent. One daughter got repeat concussions after being hit in the head during a basketball game. A son had a concussion after he was hit in the head with a baseball and another daughter had a cheerleading accident, he said.

### Signs and Symptoms Of a Concussion

This following list was compiled by Children's National Medical Center. These signs may not appear directly after a blow to the head and adults should be on the look out for concussion symptoms several days after an incident.

#### SIGNS OBSERVED BY PARENTS/TEACHERS/COACHES:

- ❖ Student appears dazed or stunned
- ❖ Student is confused about events
- ❖ Student answers questions slowly
- ❖ Student repeats questions
- ❖ Student cannot recall events prior to the hit, bump or fall
- ❖ Student cannot recall events after the hit, bump or fall
- ❖ Student loses consciousness (even briefly)
- ❖ Student shows behavior or personality changes
- ❖ Student forgets class schedule or assignments

#### SYMPTOMS REPORTED BY STUDENT:

- ❖ Student has difficulty thinking clearly
- ❖ Student has difficulty remembering or concentrating
- ❖ Student is feeling more slowed down
- ❖ Student is feeling sluggish, hazy, foggy or groggy
- ❖ Student has headache or pressure in the head
- ❖ Student is vomiting or experiencing nausea
- ❖ Student has balance problems or dizziness
- ❖ Student feels fatigued or tired
- ❖ Student has blurry or double vision
- ❖ Student has sensitivity to light or noise
- ❖ Student has numbness or tingling
- ❖ Student is irritable, sad, nervous or more emotional than usual
- ❖ Student is drowsy or has trouble with sleep
- ❖ Student is sleeping too much

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- A+ Education Learning Fun, publishes Aug. 17, closes Aug. 11
- Insider's Edition: Community and Newcomer's Guide, publishes Aug. 24, closes Aug. 18

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# HEALTH & FITNESS

## Looking for Improved Fitness — How About Tennis?

**Sport combines fun, good exercise, and social interaction.**

BY RICH SANDERS  
THE GAZETTE

**L**ike the perfect service point that produces an ace and a match victory, the sport of tennis, while its overall popularity over the years has gone through its highs and lows in the United States, is an absolute winner when it comes to its fitness and enjoyment benefits.

For those, from youngsters to young adults to the middle-aged and beyond, looking to improve their physical conditioning as well as taking up a fulfilling sport, recreation or competitive tennis is almost a perfect solution. The enjoyment of successfully volleying the ball back and forth with a partner is a sort of athletic exhilaration, an instant gratification that if learned to achieve consistently can grow towards passion and perhaps a deep love for the sport.

"I think one of the things that draws people to tennis is that one can get a real good workout in an hour playing a game of singles with one other person," said Hank Harris, director of the Hank Harris Tennis Academy, a summer program for youngsters ages 7 to 18 at Episcopal High School in Alexandria, where Harris serves as the head boys' tennis coach during the school year. "It's a sport that's all you — you can out-think your opponent [in a match] or [simply] work on your game."

Harris, a former University of Virginia men's tennis standout who went on to coach former women's professional star Pam Shriver, said the fitness benefits of the game are a natural byproduct of tennis if one is taught how to play the game the right way.

Harris explained that a good tennis player is constantly moving his or her feet and body during a volley, anticipating where an opponent might hit the ball, getting into position to put forth a fluent swing on the ball, and always being prepared to move forward or backward, left or right in readiness to how an opponent might react and where the ball might be headed. For beginners, recreation players, or competitive players, the sound principle of constantly being in position to move and go after the ball is a key principle for any tennis player.

"If you're playing good tennis, you're always moving," said Harris. "At no point should you not be moving. It's a game of movement, stopping and starting."

**PEOPLE LOVE TENNIS** for the physical conditioning benefits, the social aspect of going out and hitting the ball around with a friend, the whole idea of improving one's game, and the opportunity of competing against another person in a match.

"Tennis keeps you moving and engaged



PHOTO COURTESY/CHANTILLY INTERNATIONAL TENNIS

**Coach Doug Kegerreis (front, right) spends a moment with young tennis camper Annabel Hoyes of Oakton at the recent Chantilly Chargers' Tennis Camp.**

and having a good time," said John Kratzke, tennis director of the Highlands Swim and Tennis Club in McLean. "It doesn't matter if you're 5 or a 55-year-old."

Kratzke, a former player at William & Mary College, has been a full-time tennis instructor throughout Northern Virginia for the past 12 years. At Highlands, he oversees a tennis program of which 175 youth and 100 adults are participants.

"People enjoy competing and that side of it, and others love learning something new and adding to their skill set," he said, of the different mindsets his students have in regards to the sport.

He said he does not have one set teaching formula for all of his players or students, but instead tries to help individuals learn strategies and playing techniques best suited for their temperament, skill level, and goals in the sport.

"Having it being fun and fast-paced is what gets people interested in tennis," said Kratzke.

Most seasoned tennis professionals or teachers believe it is imperative that individuals desiring to take up the game take lessons from a tennis professional at a local club or tennis academy.

"I would highly recommend taking a few lessons," said Doug Kegerreis, president of Chantilly International Tennis (CIT), a tennis management service that helps create and provide tennis programs for clubs, youth organizations, and neighborhood associations.

Kegerreis, a physical education teacher at Oakton Elementary School in Fairfax County and the head tennis coach, along with his wife Karen, of both the Chantilly High boys' and girls' spring season teams, gives a tennis lesson through a media venue on YouTube. Individuals, after getting an idea for his teaching methods upon viewing the YouTube program, will sometimes

call Kegerreis for personal tennis instruction.

"Tennis is a skilled sport but can be very difficult if you don't have guidance," said Kegerreis, who said the primary goal of CIT is to give students a desire to play the sport throughout their lives. "If you go out and spend most of your time chasing balls two courts over, it's frustrating. I feel like you need some basic guidance. For some people that's all they need and want. They don't want to be tournament players."

He said one of the first elements he teaches newcomers to the sport, both younger and older students, is to learn how to successfully volley or rally — hitting the tennis ball back and forth over the net with a partner. He said a key to good rallying back and forth is for players to execute easy, fluent swings and not try to hit the ball too hard.

"I don't care how much power you have, you have to learn to control your swing speed," said Kegerreis, who believes consistent seven or eight hit rallies can develop good physical workouts for players.

He recommends that someone new to the sport purchase a mass merchandise tennis racket at a place such as Wal-Mart for between \$19 and \$40. A more experienced player, or someone who plays 10 or more times a year, should look for performance rackets which, at close-out sales, can be as inexpensive as between \$70 and \$90.

**GLENN ADAMS**, the boys' tennis coach at Madison High for the past 10 years, tries to create in all of his team members — whether they are standout players on the Warhawks' squad or backup team members — a will to play tennis for years to come. He said he often, when talking to prospective Madison players coming out of junior high schools, notices a lack of true love for the sport. Adams believes youngsters who

are taught tennis at a young age develop a lifetime love for the sport. For those youngsters who take it up during, say, their teen years, there is not that immediate passion.

"It just doesn't develop on its own or spontaneously," said Adams, of rising ninth graders developing a bond with tennis. "When I talk to rising freshmen from [Madison feeder schools] Thoreau or Kilmer I don't sense tennis has become a passion in their lives. They have to be afforded a few lessons to develop a passion."

Adams keeps a large Madison team roster during the spring season in hopes that his players will catch tennis fever for life. The benefits, he said, are so rewarding. A runner/jogger of 40 years, Adams said he much prefers the fitness routine of tennis to that of running, which to him is quite grueling.

"Tennis is a great cardio activity," said Adams. "In tennis you get to exercise without the pain and torture of running. I always tell the guys to stick with the sport through the [beginner] frustration level."

"Tennis only requires one hour for a good workout for a singles game and, if you're playing doubles, and hour-and-a-half," he said. "You can play a tennis game during a work break or in the middle of a work day."

Adams said the first 6 months of playing tennis could be frustrating as one learns how to consistently hit the ball over the net.

"But get that first six months in and you'll definitely start to land those shots, whether they are lucky shots or not," he said, with a laugh.

Harris, the Alexandria area tennis pro, is trying to spread the word about the sport he loves in Alexandria. He had two daughters who were a part of the T.C. Williams High girls' tennis team this past spring. While thrilled to have had his daughters a part of the Titans' program, he and others are disappointed that the school, despite massive upgrades and renovations to the campus in recent years, did not include outdoor tennis courts on the campus. As a result, the Titans play their home matches at Wakefield Park in Arlington or elsewhere.

Harris, at his summer camps and over the course of the year when he is teaching and working with young people and adults in the sport, makes it a priority to emphasize that first and foremost, tennis should be a fun endeavor.

"If it isn't fun, you shouldn't play," said Harris. "We try to make it fun. You try to be encouraging to kids whether they make contact with the ball or not. You can't be disappointed with them but positive."

Harris, like his colleagues, stresses lessons for newcomers to tennis. Some early success can breed confidence and the sky is the limit from there.

"Like anything in life, if you can do something on a pretty good level it improves your self confidence," he said. "And the more steady and consistent you get, the more exercise you get playing."



# SPORTS



Westfield High School Hall of Fame Inductees, from left: Coach Tom Verbanic, Jim Bour (accepting for his son, Justin Bour), Karen Woolley, Hall of Fame Chairperson Lou Nistler, and Evan Royster. Also inducted, but not pictured, was David Lewis.

PHOTO COURTESY/  
WESTFIELD HALL

## SPORTS NOTES

The Westfield High School Athletic Hall of Fame induction ceremonies were held at the Chantilly National Golf and Country Club. A cocktail hour and dinner buffet was served. Those inducted were: Coach Tom Verbanic, whose parents came down from N.Y. to attend and celebrate the event with he and his wife, Martha; Karen Woolley, a recent Dartmouth University graduate who was accompanied by her mother; Evan Royster, recently drafted by the Redskins, whose parents also attended; Justin Bour, whose parents Tracy and Jim Bour accepted the award on behalf of their son because of his current obligations as a minor league baseball player within the Chicago Cubs' system; and David Lewis, who was not able to attend as he now lives and works in Texas.

Also in attendance were Westfield Athletic Booster Club (WABC) President John Cleveland; WABC Volunteer Coordinator Beth Cleveland; WABC Vice President Karen Duncan; Westfield Activities Director Terri Towel; and Westfield Athletic Hall of Fame Committee members Lou Nistler, Sam Miller, Nancy Miller, Kim Davidson, Lory Sasek and Becky Bays. Other guests included Westfield baseball coaches Chuck Welch and Billy Clay, and Westfield football coach Kyle Simmons.

**Adult softball teams needed:** Grab your friends, family, co-workers and neighbors and sign up to be a part of Fairfax County's adult softball program — Fairfax Adult Softball (FAS). It is currently accepting applications for adult softball teams for the upcoming fall season. Deadline to register is Sunday, Aug. 7. There are Men's, Women's, Coed, Corporate Coed, and Senior's (age 50-plus) leagues available. For more information, call 703-815-9007 or email

office@fairfaxadultsoftball.com.

Applications can be found on the FAS website at [www.fairfaxadultsoftball.com](http://www.fairfaxadultsoftball.com).

**The Virginia Blackwatch Patriots FC NCSL** under-19 Travel Team for players born after July 31, 1992 who reside in the Westfield, Centreville, Robinson, Chantilly, Lake Braddock, South County, Annandale, Woodson, Edison, Manassas and West Springfield High School areas is looking to add a few more experienced players for the upcoming NCSL Premier Travel Soccer season (2011-12). All positions are welcome as the team is looking for impact players that have a balance of skill and of being a good teammate. Contact Coach Bill Walter at 571-259-1000, or at [billybobandktr@aol.com](mailto:billybobandktr@aol.com)

**Potomac Inline Hockey** in Chantilly has opened youth league registration for the fall season that starts on Sept. 8. Registration can be done online at [www.potomachockey.com](http://www.potomachockey.com). Contact youth@potomachockey.com or call 703-961-8280 for full details.

Also, Potomac Inline Hockey is offering free year-round, learn to play lessons for youngsters who are interested in playing inline hockey. Lessons are held on Saturday mornings from 8 a.m. to 9 a.m. at The Box in Chantilly. Registration can be done online at [www.potomachockey.com](http://www.potomachockey.com). Contact youth@potomachockey.com or call 703-961-8280 for full details.

**Register for Chantilly Soccer Club Academy** - Cross-over Soccer - is taking place at [www.chantillysoccerclub.org](http://www.chantillysoccerclub.org)



PHOTO COURTESY/CENTREVILLE CROSS COUNTRY

Centreville High cross country coaches Jean Cole and Kelley Devlin visited their team members at Blue Ridge Running Camp, held at Eastern Mennonite University in Harrisonburg, Va., July 25-29. Twenty-three students represented Centreville High for the week of training and preparation for the upcoming fall season.

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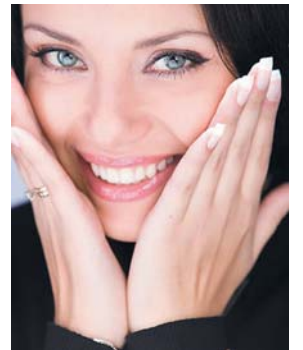
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