

# Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

# Toasting Together

NEWS, PAGE 4

## Wellbeing

NEWS, PAGE 9

## Police Link Bank Robberies

NEWS, PAGE 3

Marshmallows roast on an open flame during the Kings Park community's National Night Out event on Tuesday night, Aug. 2.

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AUGUST 4-10, 2011

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

# Changes Ahead for BRAC Connector Routes

## Supervisors approve \$4,150,609 service plan for Connector buses.

BY NICHOLAS M. HORROCK  
THE CONNECTION

The Fairfax County Board of Supervisors last week approved a \$4,150,609 South County Service plan for Connector Buses that is designed to assist the 11,900 new workers transferring to Fairfax County as part of the Army's Base Realignment and Closure operations.

The new routes will go into effect on Sept. 3, according to Rollo Axton, chief Transit Services Division of the Fairfax County Department of Transportation. Under questioning by Supervisor Gerry Hyland (D-Mount Vernon), Axton said that FCDOT had been coordinating closely with military authorities at Fort Belvoir.

The 2005 BRAC will nearly double Fort Belvoir's employment by transferring 19,300 workers to its campuses, 11,900 of which will work in Fairfax County.

Some 8,500 workers are already transferring to the National Geospatial Intelligence Agency and another 3,400 will be at the main post at Fort Belvoir by late Sep-

tember.

"The service area for this corridor runs roughly parallel to I-95 south of the Capital Beltway through the communities of Springfield, Newington and Lorton," FCDOT reported to the board.

"Six connector routes currently operate in this area either along I-95 or a parallel road including Backlick, Loisdale and Lorton Roads. This area is expected to experience explosive growth as planned residential developments come on line in Lorton and Department of Defense plans to expand two military installations when they are completed in late 2011. Traffic congestion on I-95 and parallel to Route 95 is at an all time high and is expected to get worse with this shift in personnel."

**BEGINNING LAST** June, FCDOT conducted three public meetings to gather views on the proposed service plan. FCDOT also sought comments through a website, e-mail and from the BRAC partners.

Axton said the plan as submitted to the board incorporates comments received during the planning.

FCDOT issued the following material on the changes:

This is to notify the Board that the Fairfax County Department of Transportation (FCDOT) intends to make several schedule and/or routing changes to Fairfax Connector routes as outlined below:

❖ **Route 159** (Lee, Mount Vernon District): Revised weekday peak-direction schedule on existing Route 159 from local service to limited-stop service. Route 159 provides peak-direction service from the Engleside and Sequoyah neighborhoods to the Huntington Metrorail Station via Richmond Highway. Revised schedule would provide local service to all bus stops in the Engleside and Sequoyah neighborhoods and would service only Richmond Highway Express (REX) stops along Richmond Highway, providing a faster connection to Metrorail. Frequent local service along Richmond Highway would be maintained via enhanced Route 171 service

❖ **Route 171** (Lee, Mount Vernon Districts): Modified the existing routing and revised the schedule accordingly. Revised routing begins at the Huntington Metrorail Station and travels along Richmond Hwy, Fort Belvoir at DLA, Telegraph Road, Pohick Road and Lorton Station Boulevard to the southern terminal at the Lorton VRE. The

weekday schedule has been adjusted improving service to 20 minute headways in the peak period and 30 minute headways during the midday, evening and on weekends. Route 171 provides a connection between Fort Belvoir at DLA and the Lorton VRE terminal. Service is complimented by Route 371 Lorton VRE to Franconia – Springfield Metro Rail Station.

❖ **Route 305** (Lee, Mount Vernon and Springfield District): Modified the existing routing to provide bi-directional service to the Newington Forest, Silverbrook, Laurel Hill and Lorton communities and Lorton VRE during weekday peak periods. The proposed route is the combination of existing routes 305 and 307 and will provide Newington Forest, Silverbrook and Laurel Hill riders with direct service to Metrorail at Franconia-Springfield Station on the north end of the route or VRE at Lorton Station to the south. The proposed route will also continue to serve the Gambrill and Sydenstricker Park & Ride Lots in the peak direction.

❖ **Route 310** (Lee, Springfield Districts): Revised the schedule to increase service to 20 minute headways in the peak period and 30 minute headways in the base period.

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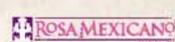
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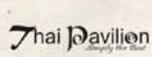














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- Chesapeake Crab & Beer Festival  
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- Abbey Road on the River  
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- Wilson Bridge Half Marathon  
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## Woman Charged with Robbing Two Banks

**Police locate vehicle, apprehend suspect.**

**F**airfax County Police arrested a woman they believe is responsible for two recent robberies of Apple Federal Credit Unions in Kingstowne and Springfield.

According to a Fairfax County Police release, on Tuesday, Aug. 2, just after 6 p.m., a patrol officer discovered a 1997 Buick LeSabre in the parking lot of Beacon Mall in the 6700 block of Richmond Highway that was linked to the two bank robberies.

Officers set up surveillance of the vehicle in the hopes of determining who the owner was. According to the release, detectives responded to the call and established probable cause to arrest the owner of the LeSabre.

At a nearby business, Angela Marie Roselee Fitzhugh-Hill of the 3400 block of Holly Hill Road in Alexandria was working. When she returned to her car, officers apprehended her. She was taken to the Fairfax County Adult Detention Center, where police charged her with two counts of threats to bomb and two counts of robbery.

On Aug. 1, detectives released a video that showed the suspect who robbed the credit union on Friday, July 15, at 6831 Sir Viceroy Drive in Kingstowne around 12:30 p.m.

On Friday, July 29, around 11 a.m., a woman wearing a light colored shirt and blue jeans robbed the

Apple Credit Union at 6314 Springfield Plaza.

During both robberies, the woman handed a note to the teller demanding money, and fled the scene with an undisclosed amount of cash. No injuries were reported.

On Thursday, July 28, another bank robbery occurred at BB&T Bank at 6120 Arlington Blvd. The suspect demanded money, and then fled with an undisclosed amount of cash. There were no injuries.

The suspect in that robbery was described as a black man, about 5 feet 7 inches tall, medium build and wearing a blue and black track suit. Officer Don Gotthardt, a spokesman for the FCPD, said the police do not believe the two bank robberies are related at this time.

“Bank robberies are crimes of opportunity and desperation. These are hard financial times,

and suspects sometimes feel a sense of desperation. I can't speak to the exact motivation in these specific cases,” said Gotthardt.

Anyone with information about these robberies is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text “TIP187” plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

— VICTORIA ROSS

**“Bank robberies are crimes of opportunity and desperation.”**

— Officer Don Gotthardt

**Police released this the person who they say robbed two local banks. To view more photos and a video, go to [www.connectionnewspapers.com/](http://www.connectionnewspapers.com/)**



POLICE PHOTO



PHOTO BY MICHAEL K. BOHN/THE CONNECTION

## Victory on Final Hole

**Springfield golfer Mimi Hoffman wins state title.**

**T**wo former champions found themselves in a tight final match in the 2011 Virginia Senior Women's Amateur on Friday, July 29, at the Homestead's Old Course. Springfield's Mimi Hoffman was 1-up on Alexandria resident Shelley Savage on the 17th hole as each reached the par-4's green in regulation.

Savage, who won the tournament in 2005, needed a birdie to keep the match alive, while Hoffman, who won in 2006, wanted to end it right there. Savage missed her attempt, and Hoffman made hers, winning the title 2 and 1.

“I have goose bumps. I am so happy, so happy,” Hoffman said afterward. “It's been a long time since I've won one of these. This is special for me because Shelley is such a good player.”

Hoffman, an aerospace engineer for Boeing, lost to Savage, a retired Navy Nurse Corps captain, earlier this season in the 2011 Senior Women's Stroke Play.

Another Springfield player, Patti Lawson, won the championship's sixth flight over Robin Alapas from Manassas, 5 and 4.

— MICHAEL K. BOHN

**Springfield's Mimi Hoffman won the 2011 Virginia Senior Women's Amateur. The title is a bookend for victory in the 1999 Women's Amateur.**



Neighbors from the Kings Park community in Springfield gather for the 2011 National Night Out event on Tuesday, Aug. 2.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Before the police showed up, George Mason Student Carolyn Metcalf, 19, shows the finer points of marshmallow toasting to Nora Rice, 6.

# Safety and Marshmallows

## Kings Park Civic Association hosts National Night Out event.

**O**n Tuesday night, Aug. 2, members of the Kings Park Civic Association gathered to toast marshmallows and swap information about neighborhood safety. The civic association joined many other HOAs from across the U.S. for

the 28th National Night Out. The annual event promotes public safety, neighbors to talking to neighbors. It's also a chance for the public safety community to go out and talk to citizens about programs like Neighborhood Watch.



Auxillary Police Officer E.B. Llopes Jr. places public safety information and stickers on the Kings Park table.



Auxillary Police Officer E Apoliario prepares to make s'mores at Kings Park Civic Association's National Night Out event.



Auxillary Police Officer E Apoliario begins toasting a marshmallow.



Auxillary Police Officer E.B. Llopes Jr. hands out information and stickers about safety. He is shown here with Susan Metcalf.

# Connector Routes Altered

FROM PAGE 2

There are no changes being proposed to the routing.

❖ **Route 333/334** (Lee, Mount Vernon Districts): Modified exiting routes 331 and 332 to shift service to the south of Downtown Springfield in order to facilitate better connections between various large employment sites, neighborhoods and the Franconia-Springfield Metrorail Station. The proposed routes provide circulator service to the Loisdale Road, Newington, Gateway 95, Fort Belvoir-DLA and Boston Boulevard areas on weekdays only. New routes 333 and 334 are based off of restructured routes 331 and 332 service; route numbers 331 and 332 will be eliminated with this change. Coverage to the downtown Springfield area will be provided via routes 310, 401 and 402.

❖ **Route 371** (Lee, Springfield Districts): New route 371 is proposed to provide bi-directional service between Patriot Ridge, Fullerton Road, Saratoga Center, Lorton VRE, Laurel Hill, Lorton and the Franconia-Springfield Metrorail Station. Route 371 is proposed to serve as the western component of

the proposed route 171 route, providing complementary service to the Interstate 95 corridor and providing direct service between Lorton and the Metrorail system. Route 371 would connect with proposed route 171 at the Lorton VRE station and the routes would be timed together as much as possible to facilitate transfer activity.

❖ **Route 395** (Lee, Springfield Districts): Route 395 is the permanent route number for the existing route 380D. No changes are being proposed to routing or schedule. Route 395 will continue to provide peak direction service between the Pentagon Transit Station and the Gambrill Road and Backlick North Park and Ride Lots via the I-95/395 Shirley Highway HOV lanes.

❖ **Route 335** (Lee, Mount Vernon Districts): New route 335 is proposed as bi-directional direct service from Franconia – Springfield Metro Station to the new hospital on Fort Belvoir via Beulah Street, Telegraph Gate, John J. Kingman Road, Gunston Road, 12 Street and Belvoir Road. This route will provide an efficient option for travel between Fort Belvoir Main Post and Franconia-Springfield Metro Station and VRE to help accommodate the influx of new personnel moving to the main post due to the BRAC action.

## CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

### THURSDAY/AUG. 4

**Science Rocks with Flumpa and Friends.** 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Music, science and movement with Wendy and Flumpa, the tree frog. All ages. 703-339-4610.  
**English Conversation Group.** 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. Adults. 703-339-4610.

### FRIDAY/AUG. 5

**The Fairfax Symphony Orchestra's Brass Quintet.** Lake Accotink Park, 7500 Lake Accotink Park Road, Springfield. Classical music concert. Free.

### SATURDAY/AUG. 6

**The Fairfax Symphony Orchestra's OTO Percussion Duo.** 10 a.m.

Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Musical duet. Free.

**Wild Tails.** 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Wildlife Ambassadors bring animal guests to explore how these animals use their tails to communicate, climb, protect themselves and more. Age 6-12. 703-249-1520.

### SUNDAY/AUG. 7

**Artists' Reception.** 2-5 p.m. The Artists' Undertaking Gallery, 309 Mill St., Occoquan. The exhibit "reLeaf: An Exploration of Leaf and Tree Forms" features copper works by Anne Jordan of Fairfax and mixed media by Elisabeth Hudgins of Arlington. 703-494-0584 or www.theartistsundertaking.com.

**Nitehawks Swing and Gregg Smith.** 2 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Big band dance arrangements, jump and jive tunes, ballads and rock & roll. Free. www.WorkhouseArts.org.

**Stars on Sunday and Art Under the Arches.** Workhouse Art Center, 9601 Ox Road, Lorton. View the Explorers Visual Arts Campers' artwork on display around the quad

archways from 12-5 p.m. Listen to big band swing, rock and roll and Broadway music from 1:30-5 p.m. www.WorkhouseArts.org.

### MONDAY/AUG. 8

**Jammin' Beach Party.** 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Cody & Bj take you to a musical beach party with surfing, limbo, singing and dancing. All ages. 703-339-4610.

### TUESDAY/AUG. 9

**Manga Drawing Workshop.** 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Art League instructor, Dana Yang, teaches basic manga drawing techniques for character facial features. Art supplies provided. Age 13-18. 703-249-1520.

**Conversations with the Director.** 7:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Meet Sam Clay, Director of Fairfax County Public Library, and share your view of what the future should hold for the library system. Adults. 703-971-0010.

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Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

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- Opening Up Your Floor Plan

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# 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.

## Supporting Cook

To the Editor:

I have lived in the Braddock District in Fairfax for 23 years, and I have to tell your many readers how refreshing it has been these last two years to have a supervisor who is both responsive to my concerns and a responsible leader when it comes to spending our tax payer money efficiently and wisely.

For many years as our housing values were booming, community leaders spent our tax money lavishly on school administration, community projects and government facilities. Old habits can be hard to break and Supervisor John Cook (R-Braddock) has been one of the few common sense leaders in Fairfax County that has been willing to make the tough choices to get our government spending down and more in line with our current economic reality.

Supervisor Cook has continued to oppose increasing our local taxes and fees knowing that our communities will be strengthened when residents have more money in their pockets to care for their homes and families. John has focused on helping fellow residents improve their communities through pragmatic and creative solutions worked out right in the neighborhoods. His support in zoning issues, overcrowded parking issues and even snow removal

on our local roads has been very positive and is making Braddock a better place to live. Continued efforts to control spending as we strengthen our neighborhoods will insure a brighter future for our children.

LETTERS We need more leaders like Supervisor Cook who can solve problems without automatically raising our taxes.

Jane Pyrak  
Annandale

## Hurley Supports Turf Fields

To the Editor:

I grew up here in Fairfax County playing soccer from age 4 to 19. I love turf fields. Turf fields without a doubt prevent injuries because you are less likely to trip.

Compared to grass fields, turf is always perfectly flat and gives the ball an extra bounce. The ball also rolls a lot smoother as opposed to grass fields, where the ball can catch on patches of grass. Synthetic turf improves the game and keeps it going and gives it more of a professional feel. I've been playing on turf fields for a while now and I admit I'm a bit spoiled because I refuse to play on grass fields.

Now that I live in Braddock Dis-

trict, I've learned none of our local high schools (Lake Braddock, Robinson and Woodson) have turf fields. This makes no sense. All of these high schools include or are adjacent to a middle school, so except in the very worst weather P.E. students in grades seven through 10 would all be able to use the turf during the school day in P.E. classes.

And it is just not fair that we are surrounded by high schools that do have turf. Their sports teams, including football, lacrosse and field hockey, get to practice in wet weather when Braddock District schools are limited to indoor practice. And since play-offs are almost always played on turf, it is a clear disadvantage not to have turf to practice on at your own high school.

The good news is that we have a School Board candidate who is well aware of and has been working on this issue for years. When Nell Hurley was fields director of Braddock Road Youth Club, that club helped pay for installing synthetic turf at Wakefield Park. Nell has been urging the installation of two turf fields at each FCPS high school. This is one of many reasons that this experienced, energetic leader is running for office. I support Nell Hurley for Braddock School Board this fall.

Danielle Shipp  
Fairfax

## 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, 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)

plies they need.

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 [wyschroeder@DoorwaysVA.org](mailto:wyschroeder@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).

## Challenging Spike on Details

To the Editor:

What do they teach at Maryland business schools? While I commend Tyler Fisher for speaking up, clearly homework is left undone. Fisher's commentary titled, "Support Spike," [Burke Connection, July 21-27, 2011] tries to malign Fairfax County's award winning budget.

Fisher ignores Supervisor John Cook's (R-Braddock) assertion during the budget mark-up session that the Board had 95 percent consensus on the adopted FY 2012 budget.

Clearly, Fisher did not consider every candidate for chairman of the Fairfax County Board of Supervisors before writing the commentary.

Every business owner, corporate leader and nonprofit director with whom I have spoken knows the importance of establishing measurable objectives. So far, [Michael "Spike" Williams] remains short on details only saying he wants to trim the budget. He is unlike every current Republican supervisor.

He has failed to show what services he will slash. He has not said the amount of spending he will cut. How will he help improve our quality of life? Will he cut any pen

SEE LETTERS, PAGE 7

## THE CONNECTION

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# LETTERS

FROM PAGE 6

nies from our real estate tax rate? How many? Will he persuade a majority of Supervisors to cut services? How? Spike fails to offer anything other than empty rhetoric. He offers nothing for accountability.

I challenge Spike to publicly dispute my statement in this publication.

With more than 20 years experience serving on state, regional and local public committees as well as nonprofit boards, I am working to raise expectations and the level of accountability.

My accomplishments in public life include building organizations from concept to actualize ongoing services for thousands of people in need.

As a person planning to begin serving as chairman in January 2012, I demand of myself more than what I request of my opponent.

If I am elected, I invite voters to hold me accountable for lowering commercial real estate tax rates by 21.2 percent to \$0.93 per \$100 of assessed value. Residential real estate taxes will also be at \$0.93 or lower. Meanwhile, we will increase our investment in education, transportation, and public safety.

**Will Radle (I)**

Candidate for chairman  
Fairfax County Board of Supervisors

## Vote for Thomas Cranmer

To the Editor:

I am a senior at James Madison University, and I recently voted in-person absentee in the Republican Primary here in Fairfax County. I will be voting absentee again in the November election, as I will be

at school, and I am excited to cast my vote for Thomas Cranmer, for Northern Virginia Soil and Water Conservation Board. Cranmer was endorsed by the Fairfax County Republican Committee.

Environmental stewardship is an issue that often gets overlooked in elections, especially national ones. However, through local efforts, we have a chance to protect the environment here in Fairfax County. Thomas Cranmer has the necessary knowledge and leadership to make strong, cost-effective decisions that will see to the environmental needs of our community while protecting individual property rights.

Cranmer is running on a platform of "Science based stewardship." He has an impressive background as a scientist and government official, with a geology degree from Yale, an M.B.A. from Columbia University, and experience as the Manager of Oil, Gas and Electricity Operations in Iraq with the U.S. State Department. He has extensive experience as an environment consultant, in both the corporate and government sectors.

The Soil and Water Conservation District board director is a non-partisan position, but Cranmer's pledges of affordable implementation of new environmental programs, such as drought planning and identification of tax break impacts, reflect strong conservative values rooted in a fine educational background and notable government service. Cranmer is seeking one of the three seats on the board, along with incumbent John Peterson. Northern Virginia deserves to have an individual such as Thomas Cranmer guiding our environmental efforts.

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**THE CONNECTION**  
NEWSPAPERS

CAMPS & SCHOOLS

# Summer Stock Rocks

Sangster Elementary summer theater camp presents Broadway showcase.

**O**n Friday, July 29, 35 students performed a musical review featuring tunes from classic rock Broadway musicals as part of Sangster Elementary School's Summer Stock camp.

Co-directed by Jennifer Lambert and Joshua Redford, the 10-day camp provides participants with an intense musical theater production that culminates in a performance for family and friends.



PHOTOS BY DEB COBB/THE CONNECTION

Eric Gilbertson performs 'Footloose' from the musical 'Footloose' with the cast during the Sangster Elementary School's Summer Stock musical theater camp's production of 'bROCKway' on July 29.



Delaney Fetzer, Natalie Presnell and Kadie Weingast perform 'Dancing Queen' from the hit musical 'Mamma Mia!' as part of Sangster Elementary School's Summer Stock musical theater camp production 'bROCKway' to a rapt audience of other campers, staff and parents on July 29.



Production assistant and former Summer Stock camper Elizabeth Garcia of Springfield got her moment to shine during the Sangster Elementary School's summer musical theater camp production of 'bROCKway' when she performed 'Super Trouper' from the popular musical 'Mamma Mia' on July 29. Garcia has been involved in the program, first as a camper, more recently as a production assistant since the program's inception nine years ago.



Delaney Fetzer, Kadie Weingast and Natalie Presnell, all of Springfield and all graduates of Sangster Elementary School, are 'Dancing Queens' performing the popular song from the hit musical 'Mamma Mia!' on July 29 at a performance of the Sangster Elementary School's Summer Stock musical theater camp's production 'bROCKway.'



On July 29, some of the 35 students in the Sangster Elementary School's Summer Stock musical theater camp run through a dress rehearsal of their production of 'bROCKway' a musical review of songs from rock musical classics such as 'The Wiz,' 'Grease' and 'Mamma Mia.'



The boys of the Sangster Elementary School's Summer Stock musical theater camp production 'bROCKway' sing 'Grease Lightning' from 'Grease' during a July 29 performance. Pictured in no particular order: Juliet Berger, Deklin Caban, Patrick Gentry, Eric Gilbertson, George Bilbertson, Matthew Larson, Stefan Lazaraoe, Kyle Mahoney, Charles Pritz and Adin Weingast.



Kayla Rothstein and Adin Weingast sing 'Beauty School Dropout' from 'Grease' during a July 29 dress rehearsal of the Sangster Elementary School's Summer Stock musical theater camp production of 'bROCKway.'

# Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

BY JULIA O'DONOGHUE  
THE CONNECTION



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Jim 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 re-

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

**In the 11 years tracked by Caswell, 231 athletes in Fairfax schools suffered two concussions and 26 athletes had three or more concussions.**

turning 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.

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,

## 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.

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 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

## 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

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 Almquist.

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 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.

# 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 [sim-



**Youngsters at the Hank Harris tennis camp gather for a group picture on one of the tennis courts at Episcopal High School.**

ply] 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



**Campers at the Hank Harris' summer academy work on the fundamentals of hitting a quality serve.**

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 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

SEE PLAYING, PAGE 11

## Learning from a Seasoned Tennis Professional

BY RICH SANDERS  
THE CONNECTION

**Tennis legend Graham Stilwell loves to share his love of the sport.**

**F**ormer pro tennis circuit player Graham Stilwell spent many years playing the sport at a high level as both a youth and young man. These days, the former pro tour member (from 1963-75) who went up against and defeated the likes of past tennis greats such as Rod Laver, Arthur Ashe, John Newcombe, and Guillermo Vilas, loves to share his knowledge of the game with youngsters and adults alike.

Stilwell, who grew up in England, is administrator and teacher for 4 Star Tennis Academy, one of the most prominent tennis academies across the Mid Atlantic Region. 4 Star Tennis Academy, which has sites in the Merrifield area of Vienna as well as in Potomac, Md., runs a junior program for the Fairfax-based Four Seasons

Tennis Club, which has been a tennis fixture in the area since 1972.

While Stilwell said there might be better ways to get into top notch shape than playing tennis, a healthy workout is still a wonderful benefit of the game.

"If the goal is to get in great shape, there are probably better ways to do it than playing tennis," said Stilwell. "However, people consider hitting the ball in tennis fun while also getting in shape. Playing tennis is a good way to get into condition."

He said pro circuit players, who often have their own personal trainers, have to be in outstanding physical shape. Recreational players generally play for enjoyment and a good workout. But the nature of the sport presents physical conditioning challenges.

"Tennis is more intensity of exercise in short spurts," said Stilwell. "In tennis, 10

seconds [of volleying] is a pretty long point. In tennis, you have high intensity for short periods, then a break. Your heart rate goes up and down. If you're playing a long tennis match it's pretty tiring, especially in the kid of [hot] weather we've had the last few weeks."

For young children getting started in the game, Graham breaks a regulation sized 78-foot into quarters and youngsters ages five and six hit from sideline to sideline over portable nets. Children ages 7 and 8 move up to a 60-foot court. These court changes based on age are sanctioned by the United States Tennis Association (USTA) in part of its Quickstart program.

Also, the tennis balls are different for youngsters, who start out using soft sponge balls before moving to two other stages of junior tennis balls and eventually, at age 10, going to regulation balls.

"Tennis for kids is a different sport initially," said Stilwell. "The Quickstart programs from USTA make learning initially a bit easier for young kids. We use the smaller courts at 4 Star. We find they get to the point where they can play faster. And we have three stages of balls before regulation."

Stilwell, a doubles finalist at Wimbledon in 1966, and member of the British Davis Cup Team from 1963-69, has taught tennis for 32 years, working with newcomers to the sport to seasoned professionals. "I get enormous satisfaction from being able to pass on to others both the technical aspects of effective stroke production through my on court teaching, and the mental and emotional aspects of competing," he said.

# SPORTS

## Playing Your Way to Fitness

FROM PAGE 10

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 racquet 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."

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### Springfield

5901 Erving St. \$349,900 Sun 1-4 Doris Crockett Weichert..703-615-8411  
 8426 Rainbow Bridge Ln. \$399,000 Sun 1-4 Candace Rende Long & Foster..703-314-2461

### Lorton

5933 Clematis Trl. \$375,000 Sun 1-4 Mike Smith RE/MAX..703-969-6168  
 9086 Purvis Dr. \$626,000 Sun 12-2 Theo Poitevin Keller Williams..703-675-4710  
 9603 Masey McQuire Ct. \$394,500 Sun 1-4 Carol Mayer Avery-Hess..703-850-9345

### Burke

5822 Shana Pl. \$265,000 Sun 1-4 Bob Dooley Samson Properties..703-581-5758  
 6054 Heathwick Ct. \$370,000 Sun 1-4 Debbie Kent Cottage Street..703-740-7654  
 9980 Whitewater Dr. \$347,000 Sun 1-4 Allison Garcia Golston..571-338-0276

### Annandale

9103 Meadow Rue Ln. \$575,000 Sun 1-4 Kris Walker Weichert..703-981-7802

### Fairfax

11836 Robertson Farm Cir. \$799,000 Sun 1-4 Sara Mirza Long & Foster..703-887-4616  
 12012 Gary Hill Dr. \$639,000 Sun 1-4 Carol Hermandorfer Long & Foster..703-503-1812  
 12906 Ashton Oaks Dr. \$549,900 Sun 1-4 Lori Hall Long & Foster..703-405-1601  
 13124 Westbrook Dr. \$849,900 Sun 2-4 George Lodge Keller Williams..571-217-5981  
 3137 Bayswater Ct. \$399,900 Sun 1-4 Gene Sampson Jobin..703-217-5716  
 3517 Barkley Dr. \$649,000 Sun 1-4 James Merritt Keller Williams..703-980-5554  
 11032 Collingham Dr. \$529,900 Sun 2-4 Pat Gallagher Long & Foster..571-241-6324  
 4672 Luxberry Dr. \$479,900 Sun 1-4 Art Hoppe Century 21..703-850-8488  
 9616 Ceralene Dr. \$729,000 Sun 1-4 Christine Zinser Long & Foster..703-503-1861  
 12300 Ox Hill Rd. \$584,900 Sun 1-3 Trang Vu Betimes..703-338-0946  
 4448 Majestic Ln. \$499,999 Sat 12-5 Leslie Carter Carter..703-587-4575  
 3886 University Dr. \$440,000 Sun 1-4 Joe Frangipane Long & Foster..703-628-4430

### Fairfax Station

11305 Hunting Horse Dr. \$799,000 Sun 1-4 Carol Hermandorfer Long & Foster..703-503-1812  
 9011 Banyon Ridge Rd. \$524,900 Sun 1-4 Beckie Owen Long & Foster..703-328-4129

### Clifton

11902 Henderson Ct. \$835,000 Sat 1-4 Lynne Sambuco Prudential Carruthers..571-330-2381  
 12218 Henderson Rd. \$499,900 Sun 1-4 Rob Ferguson RE/MAX..703-926-6139  
 7467 Clifton Rd. \$525,000 Sun 12-4 Robin Garbe Long & Foster..703-307-5092

### Centreville

13700 Leland Rd. \$499,900 Sun 12-3 John Lusk Thomas E. Reed..703-408-5729  
 14613 Flower Hill Dr. \$360,000 Sun 1-4 Marta Nazario Nelson..703-309-4693  
 13680 Water Springs Ct. \$315,000 Sun 1-4 Frank Gulla Long & Foster..703-725-4912  
 14392 Uniform Dr. \$349,900 Sat 1-4 Kyung Kim Infinity..703-819-6059  
 14173 Red River Dr. \$290,000 Sat 11-3/Sun 12-3 Charter Wells Keller Williams..703-475-4704

### Chantilly

13630 Old Chatwood Pl. \$554,900 Sun 1-4 Tiffany Bram eVenture..703-624-5586  
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9103 Meadow Rue Ln. \$575,000 Sun 1-4 Kris Walker Weichert..703-981-7802  
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**All listings due by Tuesday at 3 P.M.**

### PUBLIC NOTICE

#### VOLUNTARY REMEDIATION ACTIVITY COMPLETION

7828, 7901, 7909, and 7915 Cinderbed Road  
 Newington, Fairfax County, Virginia

In accordance with the Virginia Department of Environmental Quality (VDEQ) Voluntary Remediation Program (VRP), investigation, remediation, and risk assessment activities are being completed at the referenced site. The participant in the VDEQ VRP is SDNewing, LLC (Mr. Dino Diana, P.O. Box 25, Ladysmith, VA 22501). Environmental investigations at the site indicated the surface soil, subsurface soil, and groundwater had been impacted by petroleum compounds associated with the historical use of the property. Excavation and removal of contaminated material was used to remediate portions of the property. A *Certification of Satisfactory Completion of Remediation* will be requested of the VDEQ VRP for the site upon approval of the risk assessment. Deed restrictions are proposed for the property preventing use of groundwater and restricting use of the property to commercial/industrial uses. If you have any questions or comments about this notice please contact:

Daniel Wilhelm  
 Environmental Consultants and Contractors, Inc.  
 43045 John Mosby Highway  
 Chantilly, VA 20152  
 (703) 327-2900

# Lee High Hires New Coaches

**Dowling to guide Lancer baseball; So, former Fairfax JV coach, now at helm of Lee hoops program.**

BY RICH SANDERS  
THE CONNECTION

**J**ohn Dowling, who was hired as the new Lee High baseball coach earlier this week, has always been a baseball guy through and through. When he realized, as a right-handed pitcher at Ithaca College (N.Y.), that he would never be good enough to play professionally, he figured the next best thing would be to one day coach the sport he loves.

"I realized early in my college career the only way I could stay involved in baseball was to coach," he said.

Dowling, who earned his undergraduate degree in history from Ithaca in 2005 and ultimately gained his masters in social studies at Syracuse University in 2007, has gotten his feet wet in the coaching profession as an assistant over the past several years. He said he has tried to learn from each coach he has worked under.

Surprisingly, perhaps his biggest coaching influence has not come in baseball circles but in girls' basketball while working as an assistant last winter with the Forest Park (Northwest Region) girls' basketball program in Woodbridge.

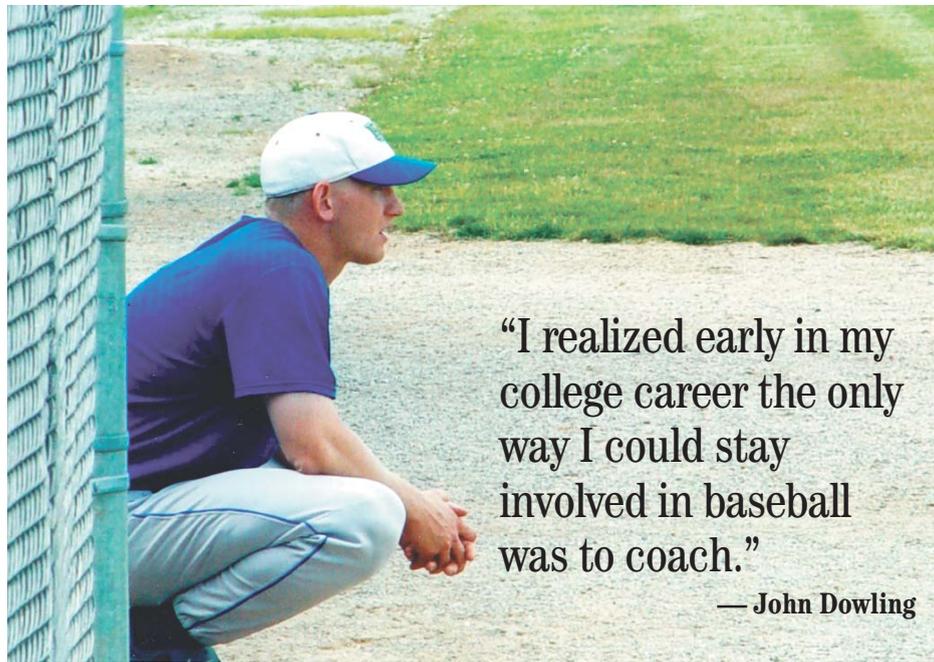
There, Dowling was part of head coach Rebecca Tillett's coaching staff on a Bruins' team that advanced all the way to the Virginia State AAA semifinals before seeing its season end. Dowling said he grew as a coach working with Tillett and enjoyed his winter with the Bruins' girl's team.

"It was a great opportunity for me because it kind of pushed me outside my comfort zone," said Dowling. "I'd never coached anything other than baseball."

At Forest Park, Dowling has taught social studies the past four years and also served as the associate head baseball coach in both 2010 and this past spring 2011 season. Forest Park baseball, following an average 10-10 regular season last spring, went on to capture the Cardinal District tournament with a finals win over a talented Woodbridge High team that had reached the state finals the year before.

This summer, Dowling, who moved to Northern Virginia four years ago, served as pitching coach of the Herndon Braves, members of the summertime wooden bat Cal Ripken Sr. Collegiate Baseball League. Prior to coming to the Braves, he was pitching coach of the Alexandria Aces, also a member of the Cal Ripken league.

Dowling looks forward to his new head coaching duties at Lee, which earlier this year struggled through a 2-17 season un-



**John Dowling, new Lee baseball coach, has been associate head coach at Forest Park High the past two years.**

der former head coach Brett McColley. Dowling's coaching philosophy is that athletics often mirrors life experiences in that an individual, like a team, is going to experience ups and downs, good times and bad times. The main thing is for a person, or a team, to continue working hard to become the best he can become.

"There's going to be adversity," said Dowling, of everyday life affairs or a high school baseball season's course. "My focus is on competing, really going out and trying your best. Wins and losses are important, but not the end all and be all. I'm more focused on the process [or pursuit of winning]. I want my kids go out and play the right way and compete. I'm a big believer in controlling the things you can control — good attitude and good work ethic."

Dowling, who grew up in Whitesboro, N.Y., and is a lifelong New York Mets fan, resides in Arlington. He will spend much time in the months ahead preparing for the 2012 Lee baseball season.

"I'm excited for the opportunity," said Dowling. "Ever since I graduated from college, I've tried to get involved in coaching and have had a passion for baseball."

A press release, sent out by the Lee High sports office and athletic director Lori Barb, reads, "As a result of his experiences, Coach Dowling is a firm believer in hard work and the benefits of competition to produce personal growth. Under Coach Dowling's guidance, 'student-athletes' in the Lancer baseball program will be just that; students first, and athletes second. On the field student-athletes will always compete while maintaining perspective by focusing on the process over the result."

**EARLIER THIS SUMMER**, Lee also named its new head boys' basketball coach, Kosa So, to take over for longtime former Lancer coach Michael Harris.

Much like Dowling with the Lancers' baseball program, So will be looking to help

"I realized early in my college career the only way I could stay involved in baseball was to coach."

— John Dowling

PHOTO COURTESY OF JOHN DOWLING

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Person must have the ability to work with individuals, staff, families and other service agencies. They must be willing to have a flexible work schedule and be available for emergencies. For more information email: [susan.greene@csi-va.org](mailto:susan.greene@csi-va.org) or call 703-913-3150. Our website can be accessed at [www.csi-va.org](http://www.csi-va.org) Our office is located at 8136 Old Keene Mill Road, Suite B-300, Springfield, VA 22152.  
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**21 Announcements**  
**LEGAL NOTICE**  
AT&T intends to file an application for the collocation of new antennas on the King Hall building located at George Mason University Campus, Fairfax Station, Virginia. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as "George Mason" will consist of the collocation of three new antennas at an antennas RAD center height of 88' 8" and 86' 8" above ground level on the existing 210-foot tall tower located on the roof of the building. In addition, a new equipment rack will be installed in the existing equipment shelter located on the roof of the building. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Ms. Rebecca Grant, AT&T, at 7150 Standard Drive, Hanover, Maryland 21076 or c/o [theresa.scarlato@atcassociates.com](mailto:theresa.scarlato@atcassociates.com)

**21 Announcements**  
**LEGAL NOTICE**  
AT&T intends to file an application to modify an existing wireless communications facility at 9780 Main Street, Fairfax, City of Fairfax, Virginia 22031. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as "Mantua" will consist of the collocation of three antennas on new frames at an antenna tip height of 107 feet above ground level. Additional equipment will be installed in the existing equipment shelter. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Rebecca Grant, AT&T, at 7150 Standard Drive, Hanover, Maryland 21076 or c/o [theresa.scarlato@atcassociates.com](mailto:theresa.scarlato@atcassociates.com)

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**21 Announcements**  
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Bangkok Noodle, Inc trading as Bangkok Noodle, 7022-B Commerce St. Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premises, Mix Beverage on Premises license to sell or manufacture alcoholic beverages. Chanaphon Sermbhongse, owner

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Bangkok Noodle, Inc trading as Bangkok Noodle, 7022-B Commerce St. Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premises, Mix Beverage on Premises license to sell or manufacture alcoholic beverages. Chanaphon Sermbhongse, owner

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Fanfare Eatery at Fairfax, LLC trading as Fanfare Eatery, 11861 Palace Way, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine, Beer, Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Jeffrey I Newman, Member

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