

and Oakton
Vienna
CONNECTION
Sam Savia
Honored

NEWS, PAGE 3

A ceremonial fire ax, inscribed and mounted, was presented to VVFD lifetime member Sam Savia at his 70th anniversary celebration hosted by the fire department.



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PHOTO BY DONNA MANZ/THE CONNECTION

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A Community
Garden Grows
In Vienna
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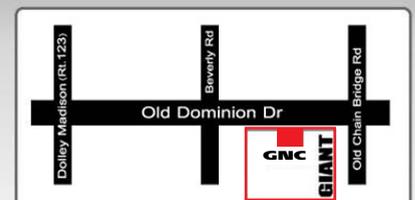
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PHOTOS BY DONNA MANZ/THE CONNECTION

Simone “Sam” Savia, born and raised in Vienna, was honored by the Vienna Volunteer Fire Department for his 70 years of volunteer service. VVFD Chief John Morrison (left) and VVFD president Bob Zillian led the tribute at the firehouse on July 25.



VVFD unveiled the banner for the newly-designated Sam Savia Apparatus Bay. The Savia family has been part of the Vienna community for more than 85 years.

Sam Savia Honored

Community recognizes Savia’s 70 years of service to Vienna Volunteer Fire Department.

BY DONNA MANZ
THE CONNECTION

It’s not unusual for the Vienna Volunteer Fire Department to honor one of its own. What is unusual is the scope of service rendered by Simone “Sam” Savia.

Savia, now in his mid-80s, has served with VVFD for 70 years. On July 25, the Vienna fire station’s apparatus bay — unveiled as the Sam Savia Apparatus Bay to a standing ovation — was filled with more than 150 Sam Savia supporters.

VVFD president Bob Zillian and VVFD Chief John Morrison led the tribute to Savia. Vienna Vice-Mayor Laurie DiRocco, County Board of Supervisors Chairman Sharon Bulova, Hunter Mill District Supervisor Cathy Hudgins and County Fire and Rescue Chief Ronald Mastin all recognized Savia’s achievements. A County-wide dispatch closed the remarks, booming over the speaker system, congratulating Savia for his 70 years of service to Fairfax County Fire and Rescue.

In his remarks, Chief Morrison referred to Savia’s “unwavering commitment to community and the fire department.”

An inscribed mounted ceremonial fire ax was presented to Savia on behalf of the Vienna Volunteer



On behalf of the Town of Vienna, Vice-Mayor Laurie DiRocco presents Sam Savia with a certificate proclaiming July 25, 2011, Sam Savia Day.



Gertie and Sam Savia at the VVFD celebration honoring Sam Savia’s 70 years of service with Vienna’s fire department. Behind Sam is his sister Antoinette, Savia’s last living sibling.

Fire Department.

PERHAPS THE MOST MOVING portion of the program came at its conclusion, when black draping was dropped from the wall to unveil the banner designating the apparatus facility as the Sam Savia Apparatus Bay.

SEE LIFE-LONG, PAGE 13

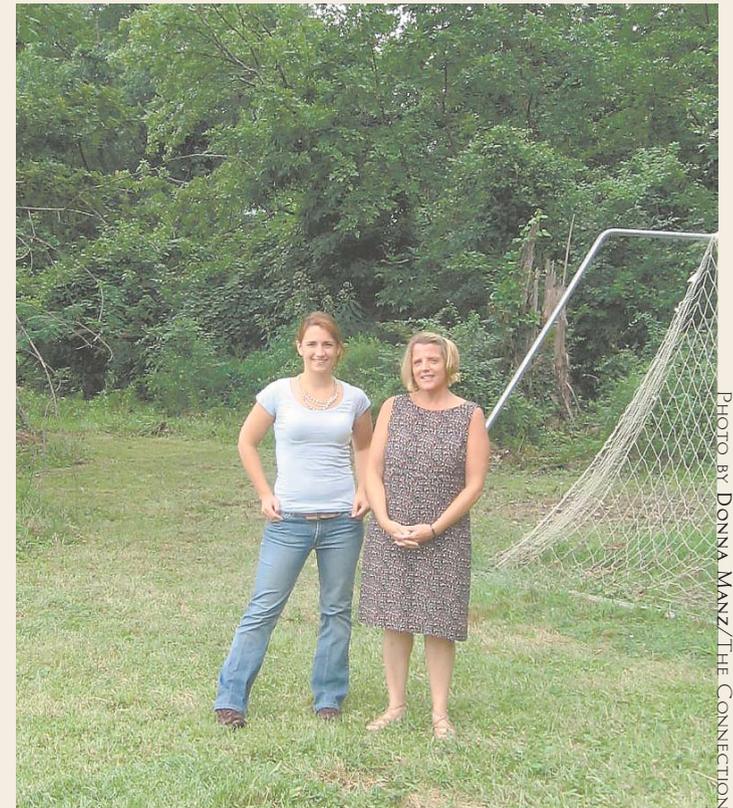


PHOTO BY DONNA MANZ/THE CONNECTION

Katie Wolffe, Team Marketing Leader for Vienna Whole Foods, and Cathy Salgado, Parks and Recreation Director for the Town of Vienna, look over the newly-purchased piece of land that will become the Vienna community garden, a partnership of the town and Whole Foods.

A Community Garden Grows in Vienna

Town, Whole Foods form partnership to develop vegetable garden.

BY DONNA MANZ
THE CONNECTION

For four or five years, people in Vienna have talked to Town Parks and Recreation Director Cathy Salgado about their wish for a community garden, a place in town where residents could grow vegetables in a common setting. What a community garden needs, of course, is land. Off to the side along the Washington and Old Dominion Trail, adjacent to the community center and behind Vienna Elementary School sat a lot of unused overgrown land. In June, the Town of Vienna bought that piece of land at fair-market value.

Serendipity stepped in when Katie Wolffe of Whole Foods in Vienna approached Salgado with the idea of working together to create a garden that would draw the community to it.

The mid-Atlantic president of Whole Foods believes that community gardens are important assets to a community, Wolffe said. Every Whole Foods store needs to sponsor a community garden in some way, by helping to create one or to sustain one, using the store’s human resources, financial support or both.

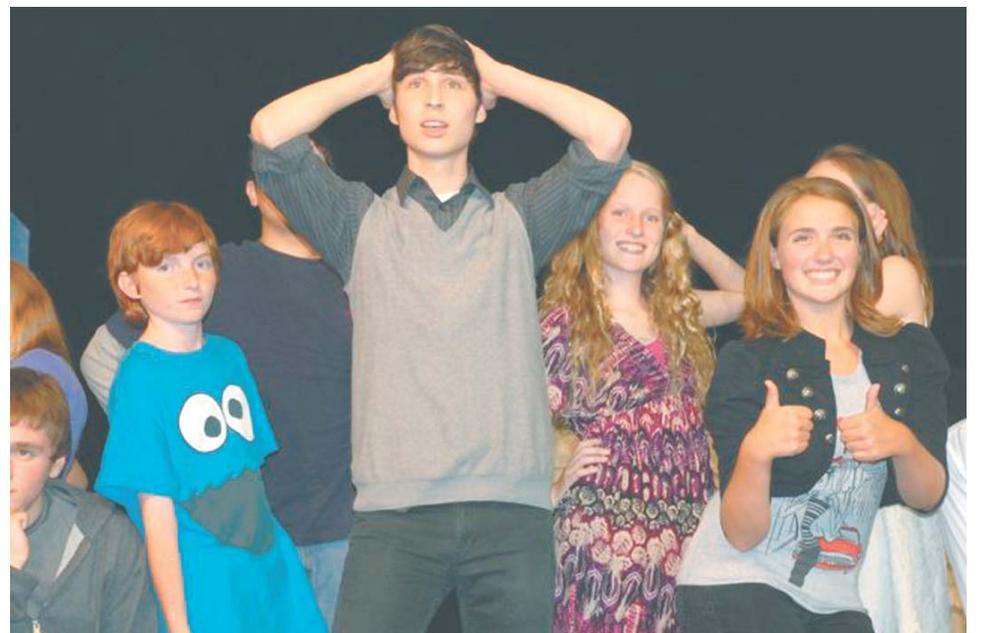
The Vienna Whole Foods, soon to celebrate its 15th anniversary in the Town of Vienna, struggled to find the right partner. It was Town Councilwoman Edythe Kelleher who connected the dots, acting as a bridge between the town and to Whole Foods. Wolffe, Marketing Team Leader at Vienna Whole Foods, came to Salgado about nine months ago about the project, cooperating to create Vienna’s first community garden.

NOW, THE TOWN has the

SEE PARTNERSHIP, PAGE 13



Standing, from left: Josh Willis-Jones, Chris Foerster, Ryan Elci, Sara Hendricks, Joe Fried, Sarah Chapin, Daxx Wieser, Brian Ammer, Morgan Miller, Andrew Cressman, and Kirby Jacobs. On the floor: Chris Foote and Emilia Brennan.



From left, Nicky Cressman, Daxx Wieser, Danielle Cressman and Sarah Chapin. Evan Goldman, played by Daxx Wieser, copes with being 13 in the Vienna Youth Players Summer 2011 musical, "13." Sarah Chapin plays Patrice, Evan's best friend, whom he betrays in his quest for popularity.

PHOTOS BY AMIEE FREEMAN/THE CONNECTION

Being '13' in Vienna

Vienna Youth Players Present the Musical '13.'

BY AMIEE FREEMAN
THE CONNECTION

Neither child, nor adult, 13 marks a pivotal age; few would describe it enthusiastically as fun. Nevertheless, "fun" is exactly how the cast members of the Vienna Youth Players describe their upcoming production of the musical "13."

Based on the book by Dan Elish and with music and lyrics by Jason Robert Brown, "13" follows the adventures of Evan Goldman. After his parent's divorce, Evan moves with his mother from New York City to small town Indiana. With just six weeks until his 13th birthday, Evan has one mission: get the cool kids in school to come to his bar mitzvah.

Vienna Youth Players Director Babs Dyer said she chose this play for its message. "It's the opposite of 'Grease.' The guy [Evan] decides it is cooler to be uncool. It's about kids making choices. At first Evan makes a poor choice, then becomes enlightened."

ABOUT 60 area elementary, middle and high school students auditioned for the play in June; 29 were cast, said co-producer Kathy Cutri. With hour-and-a-half to two-and-a-half hour practices every Monday, Wednesday and Friday for the past five weeks, the young performers have "dedicated their summer to this performance," said Cutri.

Daxx Wieser, a rising senior at James Madison High School in Vienna, plays Evan. Wieser de-

scribes Evan as a "a moody teenager who's trying to fit in at a new middle school." In order to impress the cool kids, Evan betrays his only friends, the unpopular Patrice, played by Sara Chapin, and social pariah Archie, played by Joe Fried.

This performance is Wieser's second with the Vienna Youth Players. Last year he appeared as the white stag in "Narnia." This fall he was the lead in Madison High School's production of "Dandelion Wine."

"I never played a character this age before. It's easier to play a 13-year-old on the brink of adulthood."

Chapin, a rising junior at George

When and Where

"13" shows on Friday, Aug. 5; Saturday, Aug. 6; Friday, Aug. 12; and Saturday, Aug. 13 at 7:30 p.m. and on Sunday, Aug. 14 at 1 p.m. at the Vienna Community Center, 120 Cherry Street in Vienna. Tickets are \$12 for students and seniors and \$14 for adults. This musical is sponsored by the Town of Vienna Department of Parks and Recreation.

C. Marshall High School in Falls Church, said she saw "13" when it was performed on Broadway in 2008 and that she "loves the show." When Dyer told her that the Vienna Youth Players were doing this show, she said she was "thrilled."

About her character, Patrice, Chapin said, "I am my character. Patrice is a nerdy outcast. She's the nerdy side of me."

Regarding his character, Archie, Fried, a rising senior at Fairfax High School in Fairfax, said: "Most people think only about them-

selves. Due to his illness (Archie has muscular dystrophy and walks with crutches), Archie has a good reason to think only about himself. However, he also spends a good deal of time also thinking about girls."

Brian Ammer, a rising senior at Madison, plays the jock, Brett Sampson. Brett is one of the cool kids Evan wants to come to his party. In an effort to curry favor, Evan attempts to set Brett up with cheerleader Kendra, played by Morgan Miller. Meanwhile, Lucy, played by Chris Foerster, has her eye on Brett. The scenario has disastrous consequences for Evan.

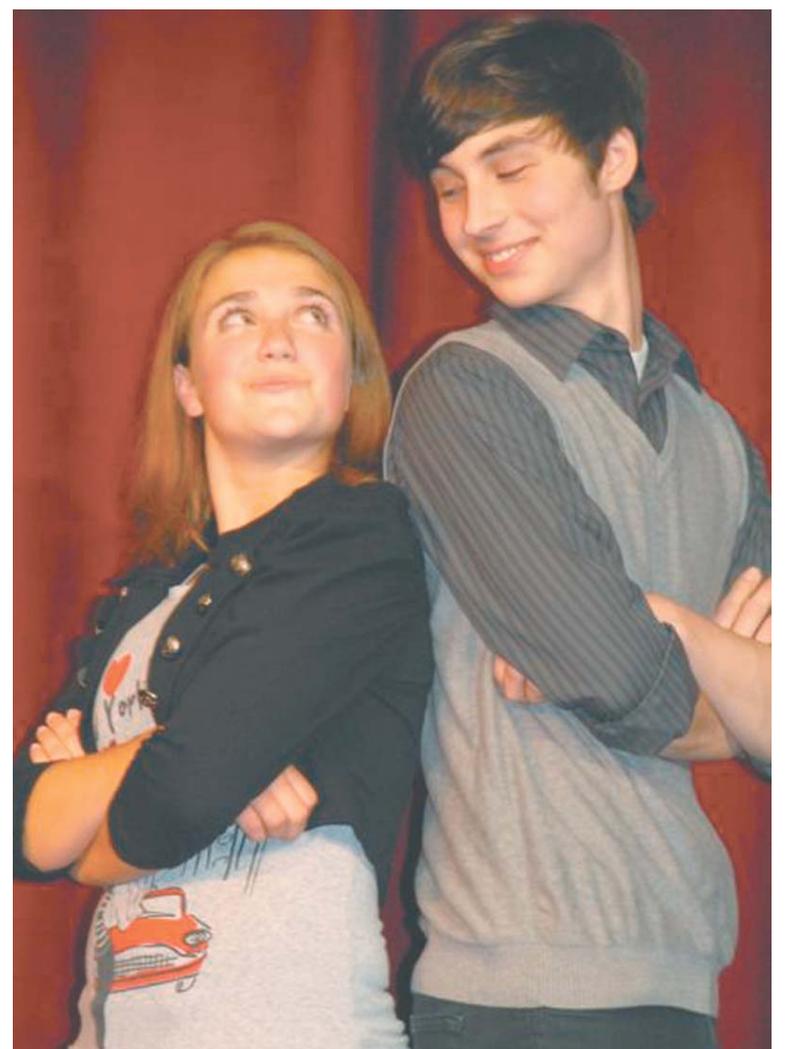
"It's really fun. The show itself is fun. It's a great way to spend the summer," said Ammer.

Foerster, a rising junior at Marshall, said she also saw the play on Broadway. When she heard that the Vienna Youth Players were doing this play, she "freaked out. I love this play." Of her character, Lucy, Foerster says "she's very different from me; she's very assertive."

Miller, a rising junior at Madison, thinks the play is hilarious and enjoys the dancing numbers.

Stuart Orloff, a rising 8th grader at Henry David Thoreau Middle School in Vienna, plays one of five rabbis who act as Evan's conscience throughout the play. Performing in this play "is most fun ever," said Orloff, who admits to arriving to rehearsals a half-hour early because "it is so much fun."

TEN-YEAR-OLD Heather Colbert, a student at Cunningham Park Elementary in Vienna, is in



Sarah Chapin and Daxx Wieser pose in front of the red curtain during rehearsal for "13."

the ensemble. This is Colbert's third performance with Vienna Youth Players. Colbert says it's "cool being with the other kids." Colbert followed her older sister, Hannah, who is also in this summer's performance, into acting with the Vienna Youth Players.

Nicole Pradas, a rising sophomore at the University of Richmond and a 2010 Madison graduate is the choreographer for the musical. She said "this is the funniest show. It is perfect for 9- to

13-year-olds or any teenager. Anyone in high school can relate to the characters' experiences, when puberty is not the nicest experience."

"This cast has been awesome. They have been the most cohesive and best natured cast I've ever had, and I mean that emphatically," said Dyer.

"I'm always impressed about the talent our kids have. Some people see just kids, but as rehearsals go along and they pull it together you just say, 'Wow!'" said Cutri.

Dulles Rail Moves Forward

County board approves new cost allocation, considers Route 28 Station 'problematic.'

BY NICHOLAS HORROCK
THE CONNECTION

The Fairfax Board of Supervisors Tuesday, July 26, voted to approve the new cost allocation plan for Phase 2 of the Dulles Rail project, but said if it cannot find sufficient funding to build the Route 28 Metro station at \$83 million and the Fairfax and Herndon parking garages at \$109 million, the work should be completed by all the Dulles Rail partners.

In a plan by Secretary of Transportation Ray LaHood, provided to the board at its July 12 meeting, one way to reallocate costs of the Dulles Rail project so it could

move forward was to have Fairfax and Loudoun counties assume the cost of building parking garages at the rail stations. The plan also called for Fairfax to pay the cost of building a station at Route 28.

The Dulles Rail partnership includes Fairfax and Loudoun Counties, the State of Virginia, the Metropolitan Washington Airport Authority and the Federal Government. An analysis by LaHood's office concluded that Phase 2 could not be completed without a reallocation of costs and an abandonment of the underground station at Dulles. In the intervening weeks, the Metropolitan Washington Airport Authority voted to abandon the plan to build the subway station at Dulles underground and close to the terminal and said it would build it near the North Garage, providing a covered walkway to the terminal. Though this will save some \$300 million in estimated costs, DOT officials believe a whole range of other cost reductions will be necessary to make the project viable.

In a report to Fairfax County citizens, Board Chairman Sharon Bulova called the demand that

Fairfax "assume the full cost of the station... problematic."

She wrote "the Route 28 station will service both Fairfax and Loudoun Counties. The station pavilion on the north side provides for Loudoun and Fairfax transit connections to the station."

She said the north side entrance pavilion connects with land owned by the State of Virginia at the Center for Innovative Technology and "will provide the State with significant development opportunities."

She said the county therefore "prefers that a State or Federal grant (or funding) be put toward the cost of the station and that the station remained funded through the project." Fairfax would agree to building the garages in part because it can collect parking fees and in hope of getting federal transit assistance.

The Route 28 station would transfer about \$83 million in costs to the county. It would include two station entrances on both sides of the Dulles Toll Road and a pedestrian bridge built across the toll road and an airport access highway. There would be a bus drop and pick up at both entrances and

a kiss&ride on the south side. There would be parking for 2,000 cars.

At Tuesday's session the board voted to send County Executive Anthony H. Griffin to further meetings with the Dulles Rail partners with these instructions.

1. On the funding of the Route 28 station. "Fairfax County will make every reasonable effort to assemble a funding option for the Route 28 Station" and the two garages.

But if it could not get the funding, "the construction costs... should remain in the overall project."

2. The Route 28 station and the garages would remain under the Dulles Partners until Fairfax was able to arrange funding.

Funding may include federal transportation loans and loans or grants from Virginia. At a July 20 meeting, Virginia promised \$150 million toward the project.

The board vote split in general according to party lines. The Democrats voted in favor of trying to get the project going under LaHood's plan and two of the three Republicans voted against.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

THURSDAY/AUG. 4

Eating Disorders: Identification, Treatment & Recovery. 7 p.m. The Women's Center, 127 Park St., N.E., Vienna. The signs and symptoms associated with anorexia nervosa, bulimia and binge eating disorder, effective treatment approaches for eating disorders and what recovery entails. \$25-\$35. Register at www.thewomenscenter.org.

SATURDAY/AUG. 6

Vienna Farmers Market. 8 a.m.-12 p.m. 131 Church St., Vienna. Luau theme with free leis, games, hula dancing, balloon lady and more. With the Vienna Choral Society and Vienna Oakton Shepherd Center. Canned food drive. 703-200-7806.

MONDAY/AUG. 8

Concussion Prevention Workshop. 1 p.m. Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. With former WWE wrestler Chris Nowinski, known in the wrestling world as "Chris Harvard," co-founder of the Sports Legacy Institute. This free workshop is geared toward coaches, healthcare personnel, athletic trainers and parents, and will help participants gain information and learn skills in the detection, management and prevention of concussions. Register at www.surveymonkey.com/s/QT6SV53. 804-864-7738.

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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.

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

EDITORIAL

LETTERS TO THE EDITOR

Solution To Budget Impasse?

To the Editor:

Last week, while the United States Congress remains stalemated over the Federal debt ceiling, the Commonwealth of Virginia reported a "surplus" of \$311 million to conclude its fiscal year 2011.

There is legitimate dispute as to whether Virginia can claim a surplus, considering budget decisions we made in 2010 that defer certain pension payments. Regardless, we have a budget where the revenues and expenditures meet in a way accepted by both sides on the political aisle. More importantly, it's accepted by the financial markets that continue to rate Virginia's debt at its highest "AAA" grade.

How do we do it? Are we immune from partisan bickering?

Of course not. We have legislative debates and battles in Richmond. However, we always find a way to compromise. (Even in the famous "Long Session" of 2004, we reached a resolution by early May).

The reason we get things done is twofold. First, Virginia's Constitution requires us to balance costs and revenues annually. That task takes priority to all others.

Secondly, Virginia lawmakers are part-time. This is critical. After two months of session, most of us need to return home to make a living. We also lack year-round

staff in Richmond, so there's no practical way to churn out endless press releases and similar fodder. These limitations keep partisan posturing to a merciful minimum.

We disagree, we cast our votes and then we find a solution.

I may not presume to suggest our model to the Federal government. But it sure seems to work in the Commonwealth.

Sen. Chap Petersen
D-34

Support Schoeneman

To the Editor:

As a rising senior at WT. Woodson High School in Fairfax, the quality of my education an issue that is particularly important to me.

During my time as a student, I have witnessed administrative problems as well as harsh and arbitrary punishments for students who do not have outlined rights within the school system. [Republican 37th District House of Delegates Candidate] Brian Schoeneman has a clear vision for reforming the School Board and disciplinary process.

As a member of the House of Delegates, Schoeneman will take action to address these issues by implementing School Board reform initiatives and enforcing a Student/Parent Bill of Rights. His

ideas for School Board reform entail a better representation for the students as well as the school. Many times, due to the lack of administrative accountability, the School Board will merely represent the school administration. Schoeneman will work towards creating a voice for the students' and the schools' needs.

In order to create better schools and stronger communities, we need to ensure that we choose our local politicians wisely. Your ballot in the upcoming November election could bring about the most immediate and profound changes because participation on the local level is the most effective way to do so. On a final note, I highly encourage other high school students to become more engaged in local politics and to become actively involved in the decisions that can affect our quality of life in Fairfax County.

Eunice Kwon
Fairfax

Windmills vs. Oil Spills

To the Editor:

This week on WTOP 103.5 FM's "Ask the Governor," Virginia Gov. Bob McDonnell was asked what he was doing with regard to offshore drilling.

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

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 or visit 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. 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.

Governor McDonnell assured the caller that in fact he had been lobbying the federal government to allow drilling off Virginia's coast, claiming that, "You got 4,000 rigs in the Gulf. They've been doing it safely for the most part for a while. We can do it off the Atlantic coast."

Even a cursory look at the facts shows that the governor is misinformed. The Bureau of Ocean Energy Management tracks all spills larger than one barrel (42 gallons), and their statistics, publicly available on the Internet, show that since the year 2000 alone, there have been 362 reported spills of petroleum products from drilling platforms and rigs in the Gulf of Mexico, totaling more than 850,000 gallons.

I'm not sure what Gov. McDonnell considers "doing it safely," but from where I'm sitting, that's not it.

Our choice for Virginia's Continental Shelf: risk drilling for oil and gas in order to recover an estimated 6 days worth of oil or 18 days of gas supply ... or install windmills in the very same area 13+ miles offshore that will supply up to 83 percent of the electricity Virginia requires. Let's choose windmills, not oil spills.

Jane Twitmyer
Ashburn

THE CONNECTION

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Donna Manz
Contributing Writer
dmanz@connectionnewspapers.com

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor ❖ 703-224-3031
rsanders@connectionnewspapers.com

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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heinly, John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecqueux
circulation@connectionnewspapers.com

CONNECTION NEWSPAPERS, L.L.C.
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com

Closures Coming on Hunter Mill Road

Virginia Department of Transportation (VDOT) will be closing portions of Hunter Mill Road in coming days to facilitate repair and eventual replacement of the bridge at Difficult Run.

VDOT recommended this action after an annual inspection of the bridge revealed severe corrosion of the steel beams.

The bridge is located between Hunter Station Road and Lawyers Road.

"Hunter Mill Road is an absolutely vital link between the communities of Reston and Vienna, and our access to the Dulles Toll Road," said Supervisor Cathy Hudgins (D- Hunter Mill). "I am pleased that VDOT has agreed to expedite the repairs to minimize the impact on residents that rely on this important thoroughfare."

Supervisor Hudgins will hold an information meeting on the project on Monday, Aug. 8, 7 p.m., at the North County Governmental Center, 12000 Bowman Towne Drive, in Reston.

Contact the Hunter Mill District office at 703-478-0283.



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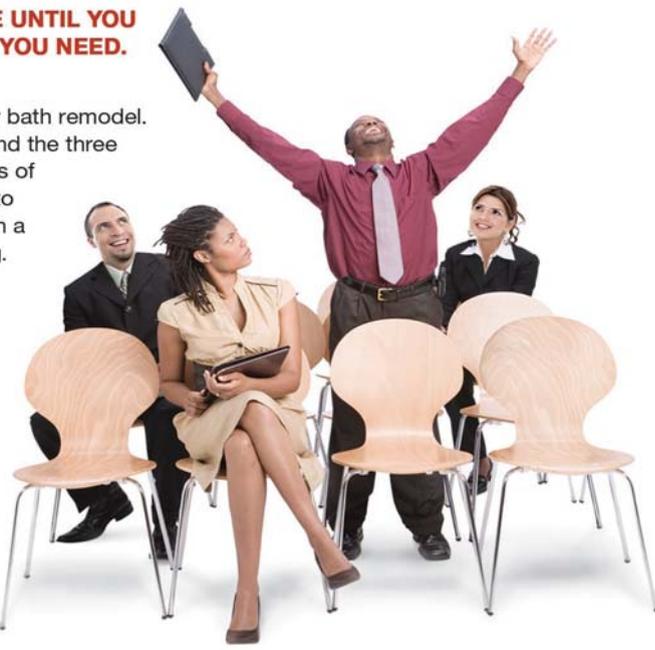
Kitchen and Bath Seminar
Find inspiration for your kitchen or bath remodel. Explore the latest design trends and the three levels of remodeling, see examples of what others are doing, learn how to prepare for your remodel, and gain a better understanding of budgeting.

Saturday August 6th from 10:30am to 12:30pm
Thos. Somerville Company:
6535 Arlington Boulevard,
Falls Church, VA 22042
and
Case Bethesda Office:
4701 Sangamore Rd.,
North Plaza Suite 40
Bethesda, MD 20816

Saturday August 13th from 2:00pm to 4:00pm
PNC Bank
4749 Sangamore Road, Bethesda, MD 20816

A catered lunch will be provided, but hurry because space is limited, so reserve your spot today.

The Seminar is FREE. To RSVP please visit casesdesign.com/seminar or call 703-667-7397.



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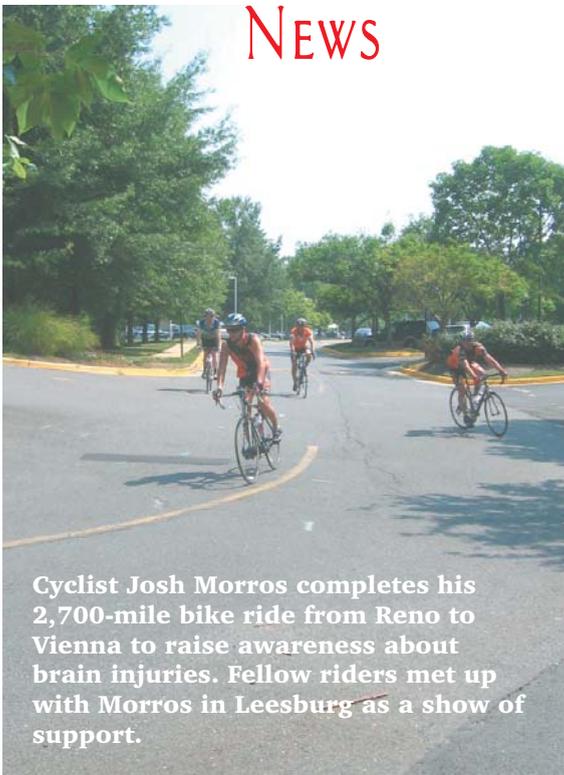
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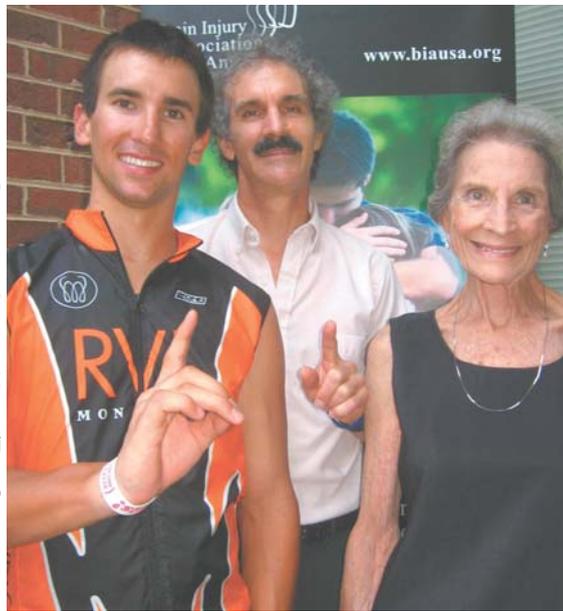
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Cyclist Josh Morros completes his 2,700-mile bike ride from Reno to Vienna to raise awareness about brain injuries. Fellow riders met up with Morros in Leesburg as a show of support.

PHOTOS BY DONNA MANZ/THE CONNECTION



Robert Demichelis, a traumatic brain injury survivor, and his mother Alice, of Reston, were on-hand to congratulate Josh Morros on the completion of his cross-country bike ride.

Brain-Injured Cyclist Rides Cross-Country

Nineteen-year-old rides from Reno to Vienna to raise awareness of brain injuries.

When 19-year-old Josh Morros rode his bicycle down Springhill Road to its end on July 29, a crowd of cameras was waiting for him. Surrounded by three riders who met up with Morros in Leesburg, Morros rode through a finish line banner. The young man, who, only three years earlier had suffered a traumatic brain injury while in a professional motorcycle competition, achieved what was unthinkable when he lay in a coma in Utah. Morros completed a 2,700-mile bike ride he began on June 20 in Reno, the place where he sustained his brain injury. His across-the-country ride ended at the headquarters of the Brain Injury Association of America [BIAA]. Friends, family, supporters and news crews were waiting for Morros when he appeared on Springhill Road in Vienna shortly after 11 a.m. His parents nervously awaited his arrival, having driven across country as Josh cycled his way.

"When I first started, I didn't think I could do it," said Morros. The first day was rough but the second day, Morros pushed himself to ride 112 miles. "There were times when it got super-hard," he said. "Then I thought of my grandmother. Grandma fought cancer for years. She never gave up, working hard to fight it."

"For me to do 2,700 miles, it seemed like an easy thing."

WAITING FOR MORROS was Alice Demichelis of Reston and her son Robert. In February of 1980, Robert Demichelis, a 23-year-old CPA, hit an abutment while driving. Like Morros, Robert's brain was badly injured. Alice took up the mantle of advocacy on her son's behalf. A volunteer lobbyist, Alice Demichelis brought awareness of closed-head injuries, not then included as a Social Security disability, to members of Congress. Finally, in 1986, Robert's



Having completed his 2,700-mile journey by bike, Josh Morros celebrated at the headquarters of the Brain Injury Association of America in Vienna with his parents, Teresa and John, and family dog.

position as a test case paid off. Since 1986, a closed-head injury makes an American eligible for Social Security disability claims.

Robert Demichelis said he does have short-term memory problems but his long-term memory is good. He will recall his undergraduate major, a double-major in accounting and finance, and a career with a prominent accounting firm after graduation. He doesn't remember his accident or that he was in a three-week coma.

The Brain Injury Association of America is an advocate for traumatic brain injury survivors and their families. Alice Demichelis supports their mission.

Ashburn Mona Vie representative Paul Meehan, of the biking team riding with Morros from Leesburg, presented Morros with a \$2,500 check from the company. Morros said he depends on the Mona Vie water supplement for nutrition as he recovers.

Morros has no plans to continue bicycling promotions but he said he will continue to fight for awareness of the condition and to support fundraising to further research on brain injuries.

"It's a privilege to be able to do this for the kids who can't," said Morros.

TO LEARN MORE about traumatic brain injury, go to www.biausa.org or call 800-444-6443. To follow Josh and his campaign to raise awareness about brain injuries, see www.becauseicanride.org.

— DONNA MANZ

Oakton Resident Awarded Doctor of Pharmacy Degree

Ying Yin Chen of Oakton was awarded a Doctor of Pharmacy (Pharm.D.) degree from the West Virginia University School of Pharmacy.

Chen is the daughter of Chin-Piao Chen and Pi-Hsiang Lin. While studying at the WVU School of Pharmacy, she was the president of the American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP), Community Service co-chair of the American Society of Health-System Pharmacists-Student Society of Health-System Pharmacists (ASHP-SSHP), member of the Alpha Eta chapter of the Phi Lambda Sigma national pharmacy leadership society and secretary of the student chapter of the National Community Pharmacists Association (NCPA). She was also the recipient of the Rite Aid/James Kyle Harman Scholarship, the Walgreens Scholarship, the Walgreens Diversity Scholarship and achieved Dean's and President's List honors.

At graduation, Chen received the APhA-ASP Senior Recognition Certificate. She graduated magna



Dr. Ying Yin Chen is presented her Pharm.D. degree by Dr. Christopher C. Colenda, West Virginia University's chancellor for health sciences (left) and Dr. Patricia Chase, dean of the WVU School of Pharmacy (right).

cum laude and will be completing a hospital pharmacy residency at Inova Fairfax Hospital in Fairfax.



David Noursi is receiving his Eagle Rank from Troop 1539 Scout Master, Steve Costner.

Becoming an Eagle

David Noursi, a Boy Scout with Troop 1539 sponsored by the American Legion, became the latest Eagle Scout in Vienna. On Sunday, July 10, approximately 60 people from Troop 1539, the Noursi family and friends gathered in the Fellowship Hall at Fairfax Presbyterian Church to celebrate David's accomplishments. Special guests included Del. Mark Keam (D-35) and Supervisor Cathy Hudgins (D-Hunter Mill District).

For his Eagle Scout Project, which was completed in October 2010, David planned and led about 40 volunteers in the

removal of invasive plants and revitalization of native and adaptive plants in the Northside Park in Vienna. During his scouting career, David earned 36 merit badges, more than 10 awards and participated in several training seminars and numerous campouts and other outdoor activities.

David is a rising 9th grader and will be attending Thomas Jefferson High School for Science and Technology (TJHSST) next year. Next month, David will be joining more than 20 of his fellow scouts on a 10-day hiking trip in Philmont, N.M.

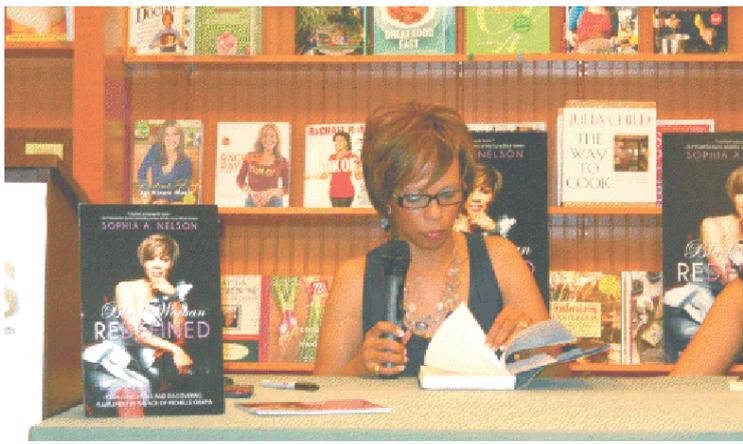


PHOTO BY LORI BAKER/THE CONNECTION

Sophia Nelson reads a selection from her new book, "Black Woman Redefined."

First Lady Inspires Local Author

Tysons Corner Barnes & Noble welcomes author Sophia Nelson.

BY LORI BAKER
THE CONNECTION

For years now, since Barack Obama was elected, African American women have heard the words "post-racial," and wondered. Though some would agree with the description of this era we live in, many others, including local author Sophia Nelson, feel that there is some work yet to be done.

Nelson, who makes her home in Ashburn, Va., was recently at Barnes & Noble in Tysons Corner signing copies of her new book, "Black Woman Redefined; Dispelling Myths and Discovering Fulfillment in the Age of Michelle Obama." But don't be misled by the title. The book, while especially inspirational to black women, contains valuable information for all women.

She wrote the book because she was "growing weary of the portrayals of black women both in the mass media and in everyday life." Especially during the '90s, Nelson points out, "there was a slow decline in the media of the black woman's image." The tone of the book is positive, but Nelson is very frank. Her honesty has made an enemy or two, she points out. But she feels strongly that the messages need to be heard. And they have been.

Her book has been well-received. The first printing sold so many copies that a second printing is now in the works. It has also just been nominated for the African American Literacy Award in

the non-fiction category.

Ashburn resident, Twana Ballard and her two teenage daughters, Taylor and Logan, were looking forward to meeting Nelson and having her sign their book. "She seems like a very powerful African American woman," Taylor said. "She is very inspirational and I'm hoping to learn some tips for life."

"She seems like a nice woman to look up to," added her sister Logan. "I haven't read the book but I've heard it's very good. I want to check it out."

Washington, D.C. resident, Naima, was one of several who made the trek across the river to hear Nelson speak. "As an African American woman, I was interested in finding out how we're redefined in her book. People use those terms. I always like to know what they mean."

Nearly every chapter is filled with interesting (in some cases, surprising) research findings.

"The research has been phenomenal," said Glynda Mayo Hall of Centreville. "It helps put it in perspective for those of us in the baby boom generation." Nelson said that it took a year to conduct the research and a year to write the book.

The idea started with an article she wrote for the Washington Post following some of the distasteful rhetoric of the 2008 presidential campaign. Her message was widely embraced, and eventually led to the production of this book.

Mary Jackson of Reston was looking forward to sharing the book with her five granddaughters, one just starting her career, and four others in college. "I loved it," she said. "Even with an education, African American females have a difficult time. It's excellent reading and will charge them up."

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WEDNESDAY/AUG. 3

California Tortilla Battle to Break Out: Semi-Finals Round #1. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Paint & Personalize a Mug. 7 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Presented by Clay Café Studios. Glazed and fired mugs will be returned to the library two weeks later. Age 12-18. 703-790-8088.

THURSDAY/AUG. 4

Folksinger John McCutcheon. 7:30 p.m. Nottoway Park, 9537 Courthouse Road, Vienna. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.
Disney in Concert: Magical Music from the Movies. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The National Symphony Orchestra, led by conductor Steven Reineke, present songs from The Little Mermaid, The Lion King, Aladdin, Pirates of the Caribbean, Beauty and the Beast and more. Tickets \$20-\$52. www.wolftrap.org.

FRIDAY/AUG. 5

Shakespeare in the Park. 7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. The Traveling Players Ensemble performs Shakespeare's "Romeo and Juliet." Free. www.travelingplayers.org or 703-987-

"Old Coffee Pot," oil painting by Jean Johnston. Johnston is the featured artist at the Vienna Arts Society Gallery, 513 Maple Ave. West in Vienna, through Sept. 3. Her oil paintings often showcase antique vessels. Gallery hours are 10 a.m.-4 p.m., Tuesdays-Saturdays. 703-319-3220 or www.ViennaArtsSociety.org.



1712.
Deep River Summer Revival with Seth Glier. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Tan Dun: Martial Arts Trilogies. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. National Symphony Orchestra, led by conductor Tan Dun, presents concertos based on the films Hero, The Banquet, and Crouching Tiger, Hidden Dragon. Tickets \$20-\$52. www.wolftrap.org.
English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group. Adults. 703-938-0405.
Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

SATURDAY/AUG. 6

Jody Marshall & Friends. 5 p.m. Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Free. 703-288-9505.
Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Books, magazines, media and more. TysonsLibraryFriends@gmail.com or 703-790-8088.
Deep River Summer Revival with Larkin Poe. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Arlo Guthrie & Time for Three. 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Arlo Guthrie, Time for Three and the National Symphony Orchestra present an evening of folk and classical music collaborations. \$20-\$52. www.wolftrap.org.
Fairfax County Master Gardeners Association, Inc. 10 a.m.-1 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice. 703-293-6227.
Amazing Folktales. 2 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Carousel Puppets presents Amazing Folktales. All Ages. 703-938-0405.
Neighborhood Plant Clinic. 10 a.m.-1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Horticultural tips and strategies. 703-242-4020.
Friends of the Tysons-Pimmit Library Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. 703-790-8088.
Plant Clinic. 10 a.m.-1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Masters Gardeners from the Fairfax County Cooperative Extension answer your gardening questions. Adults. 703-790-8088.

SUNDAY/AUG. 7

Summer Tour of the Potomac Valley Native Plant Collection. 2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Enjoy Eupatorium, sunflowers, Liatris, milkweed, obedient plant, purple coneflower and more. Free and open to the public. 703-255-3631.
Book Sale. 1-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Books, magazines, media and more. TysonsLibraryFriends@gmail.com or 703-790-8088.
Alison Krauss & Union Station. 8 p.m. Wolf Trap Foundation for the

Performing Arts, 1624 Trap Road, Vienna. Bluegrass music. With dobro player Jerry Douglas and folk-rock band Dawes. \$30-\$48. www.wolftrap.org.
Friends of the Library Book Sale. 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. The Friends of the Tysons-Pimmit Regional Library offer a "Books by the Bag" special, \$6 per bag. 703-790-8088.

MONDAY/AUG. 8

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.
Introducing Beans-N-Frank. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sing, dance, and just have fun with rap duo Beans-N-Frank. All ages. 703-790-8088.

TUESDAY/AUG. 9

Drawing 1. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Make Your Mark. Learn to draw or improve your drawing skills with artist Lydia Bratton. Age 12-18. 703-938-0405.
One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Adults. 703-242-4020.
Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Explore the importance of money and the economy at every stage of life. Monthly group discussion focuses on personal finance and investing. Adults. 703-242-4020.
Personalized Internet Training.

2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.
Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

WEDNESDAY/AUG. 10

Cash Cash, Breathe Electric, For the Foxes and The Baby Grand. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Science Spectacular. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. See fog rings, bubbling potions, a voice changer and more with wacky scientist Eric Energy. Age 6-12. 703-356-0770.

THURSDAY/AUG. 11

Vienna Arts Society's General Membership Meeting. 7:30 p.m. Vienna Art Center, 115 Pleasant St., N.W., Vienna. Artist Gwenn Bragg will explain her technique of using transparent watercolors in "Shadows on White." Free and open to the public. 703-319-3971 or www.ViennaArtsSociety.org
Bubble Bath Bunny with Kamp Kreatures Puppets. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Eager Beaver tries to get his pet Magic Bunny to take a bath. All ages. Register at 703-242-4020.

FRIDAY/AUG. 12

Dan Navarro at 7 p.m., followed by **Tyler Bryant** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

VVFD Scrapbooking Weekend. 6 p.m.-12 a.m. Vienna Volunteer Fire Department, 400 Center St. South, Vienna. Food available for purchase. Admission \$35. 703-981-4504 or lisemerson3@verizon.net.
The Magic of Hans Christian Andersen. 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Applause Unlimited presents "The Ugly Duckling," "Thumbelina," and "The Emperor's New Clothes" told with puppets and masks. All ages. 703-293-6227.
English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group. Adults. 703-938-0405.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.
Writing Group. 11 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Freewriting. 703-790-8088.
Friday Flicks. 11:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Bring lunch and enjoy a movie. Call for title. Ages 1-6 with adult. 703-790-8088.

SATURDAY/AUG. 13
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.
Emy Tseng. 5 p.m. Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Free. 703-288-9505.
The Fabulous Mary Ann Redmond Band. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
VVFD Scrapbooking Weekend. 9 a.m.-9 p.m. Vienna Volunteer Fire Department, 400 Center St. South, Vienna. Food available for purchase. Admission \$35. 703-981-4504 or lisemerson3@verizon.net.
Alexandria Scottish Rite Centennial Event. 6 p.m. The Alexandria Scottish Rite Temple, 1430 West Braddock Road, Alexandria. With political satire performed by The Hexagoners. \$20 per person including dinner. 703-998-9044.
Artist's Reception. 6-8 p.m. Applegate Gallery & Custom Framing, 101 Church St. N.W. Suite C, Vienna. "Selected Works 2009-2011," photographs by Reston resident Ed Hahn, will be on display through Sept. 9. Refreshments served. info@applegatet framing.com.
Traveling Players Present Three Classical Plays. 3 p.m. The Madeira School, 8328 Georgetown Pike, McLean. The comedies Moliere's "Sganarelle", Shakespeare's "Comedy of Errors" and Flaminio Scala's "The Tragic Events". Free and open to the public. www.travelingplayers.org or 703-987-1712.
Fairfax County Master Gardeners Association, Inc. 10 a.m.-1 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice. 703-293-6227.

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Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

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-



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.

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 Casewell 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 Casewell’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.

SCHOOLS

Send school notes to vienna@connectionnewspapers.com. Deadline is Friday.

Michelle Larsen of Oakton was presented the Sundance "Second Time Around" Award, Nestle Purina Award for Excellence in Companion Animal Nutrition, a Herman and Mildred Corder Scholarship, and the Amy L. McDermott Memorial Scholarship at the annual Virginia Tech Virginia-Maryland Regional College of Veterinary Medicine Annual Awards Ceremony. Larsen is a graduate student pursuing a doctorate in veterinary medicine.

Lindsey McCrickard of Vienna was presented the Virginia Veterinary Medical Association Scholarship, Amy L. McDermott Memorial Scholarship, and Herman and Mildred Corder Scholarship at the annual Virginia Tech Virginia-Maryland Regional College of Veterinary Medicine Annual Awards Ceremony. McCrickard is a graduate student pursuing a doctorate in veterinary medicine.

Catherine Colliatie of Vienna has graduated cum laude with a bachelor of science in accounting and information systems from Virginia Tech.

Lisa Bell of Vienna has received a 2011 Pamplin Leader Award at James Madison High School. The Pamplin Leader is a one-year, \$1,000 tuition scholarship to Virginia Tech.

Shawn Reinhard of Vienna has been named to the spring 2011 dean's list at Parkland College of Champaign, Ill.

Elise Lundy of Vienna has been named to the spring 2011 dean's list at Geneva College of Beaver Falls, Pa.

Oakton residents **Julia K. Horowitz**, **Caroline C. Hollis** and **Nicole E. Abdullah** were selected to

participate in the 2011 Summer Residential Governor's School for Humanities and Visual & Performing Arts at Radford University. The students attend classes taught by university faculty members in the humanities, visual and performing arts to explore fields that they are considering as career options.

Mikayla Chronister of Oakton has been named to the spring 2011 honors list at Mary Baldwin College of Staunton.

Helena Billington of Vienna has been named to the spring 2011 honors list at Mary Baldwin College of Staunton.

Eric Noll of Vienna has been named to the spring 2011 dean's commendation list at Gettysburg College of Gettysburg, Pa.

Partnership for Garden

FROM PAGE 3

concept, the partner, and the land to turn the vision of Vienna's community garden into reality.

"We've been part of this community for 15 years, and we want the community to be as beautiful as it can be, and dynamic, providing the things the community wants," said Wolffe.

Whole Foods of Vienna has made a financial commitment as well as a hands-on one. The store will set aside a 5-percent day to raise the funds needed to buy materials for the beds' infrastructure. On the designated day, 5 percent of the store's receipts will be donated to the Town of Vienna to be used expressly for the new garden. Store team members, paid by Whole Foods, will work on building the raised beds.

"We are going to prepare it beautifully for its first inhabitants," said Salgado.

THE 9,322 SQ. FT. PROPERTY is to be divided into raised-bed plots sized at approximately 8 by 4 or 8 by 5 square feet. Size will depend on division of the nonrectangular lot. Beds will rent for less than \$100 for the year, probably more in the vicinity of \$65 to \$75 each bed. Raised beds delineate plots and reduce run-off.

The community garden is planned with a dual purpose: to provide a raised bed with water access to grow family produce and to provide a learning environment for school and club groups. The Community Enhancement Commission, chaired by Susan Stillman, hopes to work with schools, creating a place for educational demonstrations and presentations. Whole Foods, too, plans on giving presentations in the community garden the store is helping to support, Wolffe said.

There's work to be done on the

plot of land shielded from the W & OD by dense foliage. Brush needs to be cleared; water lines need to be added to the earth. Salgado anticipates that details for the garden will be finalized by late fall.

Nottoway Park, a Fairfax County park that rents beds for \$65 a year, has a waiting list. Just as the county has rules for the use of the beds, so will Vienna. Produce raised in the community garden is for personal consumption only and is not to be sold. Town residents are to have preference securing the rental beds. If any beds remain, the Town will open them for rental to nonresidents.

TO LEARN MORE about the plans for the Vienna community garden, contact Parks and Recreation Director Cathy Salgado at CSalgado@viennava.gov. Katie Wolffe at Whole Foods can be reached at Katie.Wolffe@wholefoods.com.

Life-long Service Honored

FROM PAGE 3

"Sam's a wonderful man," said VVFD Auxiliary volunteer Vera Lloyd of Vienna. "The whole family is wonderful. I don't know anyone who'd have something bad to say about the Savias, as you can see from the crowd here tonight."

The Town of Vienna proclaimed July 25, 2011, Sam Savia Day, in recognition of Savia's dedication to the community. Vienna Little League (VLL) named a field after Savia several years ago to honor his service to VLL. The Vienna-born Savia was inducted into the Virginia Firefighters Hall of Fame, as well. The induction certificate is to be framed and hung in the VVFD station.

"Sam's the reason I'm here," said Charlie "Boots" Singleton, himself a lifetime member with 59 years of service to VVFD. The antique fire truck still in ceremonial use today was not antique when Savia and Singleton rode to fires on it.

Singleton drove, Savia rode as officer. "I do recall

the time we were responding to a fire call in Tysons," said Singleton. "We took a sharp curve at Westwood. By that time, Sam had moved up, near me, almost patting my leg, telling me to slow down." Singleton admits he was "known for getting to fires fast."

IN NOVEMBER 1941, Sam Savia was a teenager too young to join the armed forces. But he joined the Vienna Volunteer Fire Department, which was, at that time, near his home on Church Street where he was born and raised. The original Vienna Volunteer Fire Department firehouse was in the spot that Bazin's on Church sits on today.

Sam and his wife Gertrude had four children, raising them in Vienna, not far from the old and new fire stations.

"Sam and all of his family were a wonderful part of Vienna when I was growing up," said Shirley Martin, who grew up with the Savia children. "They were all great people and active in the fire department over the years."

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FAITH

Vienna Presbyterian Church sponsored free one-week camp for children in the Cunningham Park neighborhoods.



PHOTOS BY DONNA MANZ / THE CONNECTION



VPC high school students funded the camp through their \$99 participation fee. The students volunteered their time for a week to help out.

Church Sponsors Free Summer Camp

Vienna Presbyterian hosts youngsters from Cedar Park apartments at Cunningham Park ES.

BY DONNA MANZ
THE CONNECTION

Vienna Presbyterian Church (VPC) set up a summer kids' camp at Cunningham Park Elementary School's playground on July 25. At Cedar Park apartments the week prior, volunteers attached postcard announcements to every door detailing the free one-week camp.

Twenty student volunteers who paid \$99 to help out and six adult volunteers waited at 9 a.m. that first morning. An hour later, only one child, insistent to his mother, was there. His mother, getting her own first-hand look at the camp and staff, became confident. She called another mom who, in turn, called another mom. Soon, there were 13 youngsters play

SEE YOUTH CAMP, PAGE 17

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Youth Camp Becomes a Family Affair

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ing soccer, doing crafts and eating sandwiches. Each day, the number of participants rose, until, by mid-week, approximately 55 Cedar Park children, aged 5 to 12, started the day with VPC, walking over with their families.

"We do so many ministries at VPC that we wanted to do something that embraces the entire community," said Barry Hill, who helped develop the camp as his summer mission project. Although the camp was dedicated to Cedar Park apartments this first year, the church hopes to outreach further to the community in future years. "We have to start somewhere, so this was a good place to start," said Hill.

Camp coordinator Sue Hamblen of Vienna agreed. "We want the relationship to grow between Cunningham Park Elementary School and VPC," Hamblen said. "We see mentoring possibilities and an ability to provide outreach to the community."

EVERY DAY, VPC provided a breakfast snack and full lunch. Volunteers supervised campers in active games, such as soccer and kick ball, and in crafts. Each day the campers did a surprise craft, such as tie-dyeing shirts. All supplies were provided by the church. The \$99 participation fee the high school students paid funded the supplies.

The last day of the inaugural camp was "water day." From water balloons to water relay races, it was, as Hill described it, "just an excuse to get wet and have some fun."

Danny, a rising sixth-grader at Cunningham Park Elementary School, said he came to have fun, play soccer and do other activities with his friends, such as the arts and crafts. Danny, like the other young campers, was identified by his first name only.

Daniel, a rising Thoreau Middle School seventh-grader, heard about the camp from Danny. "The thing I like most to do here is



Co-directors Sue Hamblen and Barry Hill developed the free camp as an outreach mission project.

play soccer with my friends and do arts and crafts," said Daniel, agreeing with Danny.

The high school volunteers, all of them enthusiastic and down-to-earth, shared common perspectives. They want to help the community, make new friends and have some fun while doing so.

"I like being helpful to the community, and it's a nice way to meet new people and friends from VPC," said Morgan Mullis, a rising junior at Oakton High School. Fellow Oakton High School volunteer Austin Murga, a rising senior, saw no reason why he should not get involved. "Summer is long," said Murga. "I'm doing this to help kids and see how other people live outside my own neighborhood."

Jackie Harrell, a rising junior at James Madison High School, thought helping at the camp would be "a lot of fun."



Maria Abdullah contributed her skills as a Spanish-speaking camp counselor at VPC's one-week camp.

"I like working with little kids and I thought it would be a nice way to help our community," Harrell said.

THE CAMP was set up with the expectation that, at least, one parent or guardian would stay around while their children were present. What happened, instead, was a family participation level the staff had not imagined. The camp became a family affair.

"It's a bold thing for them to come to something they're not familiar with, to come out with their whole family," said Spanish-speaking VPC volunteer, Maria Abdullah of Oakton.

Parents and siblings ate lunch with the campers, played games with them.

"I didn't expect them to stay but they did," said Abdullah. "They were a part of our group."

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Eddy Bazin, a missionary in Port-au-prince, Haiti, will speak at **Antioch Christian Church**, 1860 Beulah Road in Vienna, on Sunday, Aug. 7 at 10 a.m. Bazin is a native Haitian who came to the U.S. for his education, then returned to Haiti to establish a church with a school, health clinic, feeding center and an orphanage. He will discuss the affects of the earthquake, the rebuilding effort and how to help. 703-938-6753 or www.antiochdoc.org.

Alliance Church Centre, 12113 Vale Road in Oakton, will hold its Vacation Bible School Aug. 24-26 from 8:45 a.m.-1 p.m. The Sonsurf Beach Bash will have Bible stories, crafts, skits, games, songs, snacks and more for nursery school-6th grade. 703-264-1273 or 703-795-8801.

The Church of the Good Shepherd, a United Methodist church at 2351 Hunter Mill Road in Vienna, will begin its "Champions of the Faith" series on Sunday, Aug. 28, in the 10 a.m. worship service. The "Champion the Dream"

event will be on the anniversary of Dr. Martin Luther King Jr.'s 1963 "I Have a Dream" speech, the same day the Martin Luther King Jr. National Memorial is to be unveiled. Wesley Theological Seminary Professor of Urban Ministry Fred D. Smith, PhD, will lead the 9 a.m. Sunday school class then deliver a sermon at 10 a.m. on the "Beloved Community," the Biblical theme adopted by the civil rights movement. www.GoodShepherdVA.com.

Epiphany United Methodist Church, 1014 Country Club Drive in Vienna, will celebrate its 50th anniversary with a special worship service on Sunday, Sept. 25 at 11 a.m. www.epiphanyumc.com or 703-938-3494.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Presbyterian Church, 124 Park St. in Vienna, presents the 12-week program "Passages," for those experiencing separation or divorce. The DivorceCare series meets Tuesdays at 7 p.m. Cost of materials \$20, scholarships available. 703-938 9050 or Passages@ViennaPres.org.

Looking for Improved Fitness — How About Tennis?

Sport combines fun, good exercise, and social interaction.

BY RICH SANDERS
THE CONNECTION

Like 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 and having a good time," said John Kratzke,



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.

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



PHOTO COURTESY OF HANK HARRIS ACADEMY

A young girl works on a shot during tennis at the Hank Harris Academy.

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."

PEOPLE

From Left, Peggy Fox, reporter for WUSA 9; Jeannemarie Davis, recipient of the Woman of the Year Award and director of the Office of Intergovernmental Affairs in the Office of Governor Bob McDonnell; and Donna Morea, President, CGI U.S., Europe and Asia, chair of the event and recipient of the 2010 Woman of the Year award.



CONTRIBUTED

Jeannemarie Davis Honored

The National Capital Area Council (NCAC), Boy Scouts of America (BSA) announced that former Virginia State Senator Jeannemarie Davis was honored with the 2011 Learning for Life Woman of the Year Award. Davis received the award tonight during the Council's 7th Annual Woman of the Year reception, where she was recognized for her outstanding support of youth and for promoting character education, life skills and career awareness programs in the community.

Davis served three terms in the Virginia House of Delegates (1997-2002) before being elected to the State Senate in 2003, where she served for four years. She also represented the 34th District as

the only Republican female in the Virginia State Senate. Davis has been active in the Northern Virginia area for more than 20 years, including 10 years in public service, and spends much of her time with local organizations focused on improving lives and strengthening the community. In January 2010, she accepted her current position to serve as the director of the Office of Intergovernmental Affairs in the Office of Governor Bob McDonnell. "We each want to ensure that all children are achieving their full potential and that our schools are cultivating productive, well-rounded individuals who can contribute as future employees and good citizens. Learning for Life is helping many children at-

tain those goals by providing them with opportunities that might otherwise be unavailable to them," said Davis. The Learning for Life Corporation offers seven programs for age groups from kindergarten through age 20 designed to support schools and community-based organizations in their efforts to prepare youth to successfully handle the complexities of contemporary society and to enhance their self-confidence, motivation, and self-esteem. The programs focus on character education and career education. Learning for Life programs help youth develop social and life skills, assist in character development, and help youth formulate positive personal values.

Oakton High Alum Graduates from Penn State

Braden C. Crooks, a 2006 graduate of Oakton High School and the son of Kristin Allington and Brian Crooks, graduated from the Pennsylvania State University on May 14, 2011 with a bachelor's degree in landscape architecture.

While pursuing his degree, Crooks worked on projects ranging from designing for a small business campus and identifying lands to protect for a local conservancy to new-town and urban revitalization designs.

Crooks, 23, founded Groundswell PA, a new advocacy group that is hoping to incorporate a local hydraulic-fracturing ban into State College borough's home-rule charter.

Penn State's landscape architecture department recently celebrated its 100th anniversary and the undergraduate program is one of the most highly regarded in the country.



Braden C. Crooks

Competing at Kentucky Horse Park

Arielle Ampeh, rising Freshman at TJHSST, competed in National USPC QUIZ Championships in July at Kentucky Horse Park. Arielle is 14 and attended Flint Hill Elementary School, Louise Archer and Luther Jackson Middle. Arielle is pictured on her pony Maia.



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5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD.....703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING703-450-6600
(LOUDOUN).....703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234.....703-368-1002
(Metro).....703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

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