A Safe Place To Buy and Sell

Helping People in Crisis

Preventing Concussions This Summer

From left are Lt. Matt Owens, PFC Tara Gerhard and Supervisor Kathy Smith at the Exchange Zone outside the Sully District Police Station.
A Safe Place To Buy and Sell

Sully District Police Station now has an Exchange Zone.

By Bonnie Hobbs The Connection

Purchases made online can sometimes be a dicey proposition. When it comes to meet an unknown buyer or seller to exchange an item for money, it’s best to do so in a safe environment.

So the Sully District Police Station has just established Fairfax County’s first-ever Exchange Zone, right in its parking lot. Two parking spaces marked with “Exchange Zone” signs are now in front of the station and under 24-hour surveillance.

“My dad’s a police chief outside Pittsburgh and he did this there,” said PFC Tara Gerhard. “The community loves it, so we took the idea from him. It’s also an opportunity for the police to make the community feel safe, and it builds good relationships between them.”

The Exchange Zone was officially dedicated on Monday, June 27, and Supervisor Kathy Smith (D-Sully) was on hand for the ceremony, as was Lt. Matt Owens, the station’s assistant commander/acting commander.

“I’m happy they were pro-active about it here,” said Smith. “It’s a great resource for the community and creates safety for them when they do exchanges with people they don’t know.”

Besides that, said Gerhard, “It’s also an opportunity for families with child-custody arrangements to exchange children, if the situation between them isn’t good. People behave better if they know they’re under video surveillance.”

Often, items purchased on Craigslist, for example, require a face-to-face interaction for the exchange, and meeting with a stranger can put consumers in a vulnerable position and create opportunities for criminals. Things don’t always go smoothly and, throughout the year, police respond to numerous reports of robberies, thefts and assaults.

Many times, people who just wanted to get a good deal on an item they’d hoped to buy become unsuspecting victims of crimes. In Mount Vernon, “There were lots of robberies and larcenies of cell phones during exchanges. So that made us endorse this idea even more.”

And Owens couldn’t be happier to have the Exchange Zone right smack in front of the station. “We’re very pleased to offer this to the public,” he said. “It enables them to make business transactions that began over the Internet in a safe place. As opposed to bringing a complete stranger into their home or meeting them in an unfamiliar location, here the exchange is being captured on video.”

“And it’s a good lead for officers to use, should anything go wrong,” he continued. “If people are here using the Exchange Zone and an emergency occurs, they can call 911 so an officer can respond. Or if they prefer, they may come inside the building and make a report or ask to speak to an officer. Even if they just have a feeling that something isn’t right, they’re welcome to come inside the station.”

“It’s a great resource for the community and creates safety for them when they do exchanges with people they don’t know.”

— Supervisor Kathy Smith (D-Sully)
Help Flood Victims

Members of the Fairfax County Police Motor Squad are collect- ing items for victims of the flooding in West Virginia. To make a donation, visit the Sully District Police Station, 4900 Stonecroft Blvd, Chantilly where the drop off boxes are located. They are accepting the following items: canned foods, cleaning supplies, bottled water, baby items and diapers, pet food and toiletry items.

The boxes will be picked up on Saturday, July 9 and delivered to West Virginia communities affected by the recent flooding.

Summer Parent Clinic Returns

The Fairfax County Public Schools Office of Intervention and Prevention Services will again be offering Summer Parent Clinic. Parents will have an opportunity to schedule a 45-minute consultative appointment with a school psychologist or school social worker.

Supportive consultation is available for parents when children are experiencing social-emotional, behavioral, or academic challenges such as anxiety, attention, poor school performance, bullying, and poor peer or family interactions. School psychologists and school social workers will be available to parents for assistance in identifying community resources, guidance on how to manage challenging behaviors, as well as how to work collaboratively with school teams around issues of academic or behavioral concern.

This summer, Parent Clinic appointments will be available now through Aug. 19. To schedule an appointment, call the FCPS Parent Clinic at 703-503-2506 or email the Parent Clinic at http://www.fcps.edu/dss/parentclinic/mailform.html.

Free Car Seat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety car seat inspections Thursday, July 7, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust it, as needed. Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000 to confirm dates and times.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Interested in Citizen Corps Council?

There is an opening for a Sully resident to serve on the Citizen Corps Council. The Citizen Corps is FEMA’s grassroots strategy to involve community members in all-hazards emergency preparedness and resilience.

For additional information, follow the link to its website: http://www.fairfaxcounty.gov/oem/citizen corps/

If you’re interested in volunteering, contact Laura Floyd at laura.floyd@fairfaxcounty.gov.

Moving Equipment Sought

The Centreville Labor Resource Center is in need of moving equipment to add to its tool supplies. Requested items are back braces, lift belts, sliders and straps that are used for moving jobs. This equipment can be checked out by workers and brought back when they complete jobs. It will ensure that they’re able to complete moving jobs more safely. In addition, the CLRC is seeking Spanish-speaking people to fill a number of volunteer positions. Contact Molly Maddra-Santiago at director@centrevillelrc.org.
Bite Me Cancer Presents Thyroid Cancer Research Grant

Bite Me Cancer, a national nonprofit based in Fairfax that supports teenagers with cancer and raises funds for thyroid cancer research, named Dr. Irene Min of Weill Cornell Medicine in New York as the recipient of the group’s third research grant.

The $57,500 grant is being administered in conjunction with Bite Me Cancer’s partner, The American Thyroid Association. “It is my great honor to be awarded for the thyroid cancer research,” Min said. “This means a lot to me because I have been trying hard to establish a new project on thyroid cancer and to obtain funding that supports the project with independence.”

“We are very excited about the research Dr. Min will be doing and that Bite Me Cancer and its wonderful supporters can help further her work,” said Nikki Ferraro, a thyroid cancer survivor who founded Bite Me Cancer six years ago. Min received her BS in biology from Soyang University, Seoul, South Korea and her M.Phil from the Department of Physiology, from Cambridge University in England. She earned a Ph.D. in Genetics from Tufts University School of Medicine in Boston.

An experienced basic research scientist with a focus in stem cell biology, genetics and genomics, Min’s research program will focus on specific immune therapeutics that can loosen the immune suppressive environment to reach a greater level of improvement in thyroid cancer tumor targeting.

Bite Me Cancer’s first grant funded a thyroid cancer research project at The University of Texas M. D. Anderson Cancer Center in Houston. The group’s second grant supported thyroid cancer research at Memorial Sloan Kettering Cancer Center in New York.

Bite Me Cancer is close to securing a majority of the funding needed to fund a fourth thyroid cancer research grant.

Thyroid cancer is the third most diagnosed cancer among children between the ages of 15-19 in the U.S., according to the National Institutes of Health in Bethesda. Ferraro was diagnosed with a rare form of thyroid cancer in 2010 when she was 17. She started raising money for cancer research just weeks later even before her first major cancer surgery.

Along with raising funds for thyroid cancer research the group provides support, encouragement and understanding for teenagers who have been diagnosed with cancer. Bite Me Cancer provides Teen Support Bags to teenagers in treatment for all cancers through their 70-plus hospital partners across the country.

The American Thyroid Association, headquartered in Falls Church, is devoted to thyroid biology and to the prevention and treatment of thyroid disease through excellence in research, clinical care, education, and public health.

To learn more about Bite Me Cancer to or find out how to contribute time or money to support the foundation, visit www.bitemeancer.org.

From left are Joseph Randiki, Laurel High School; Charles M. Coffin, Jr., ZUL Chapter mentor, and DaSean Gallishaw, Westfield High School, at Hampton University.

Obituary

John “Jack” Carroll Stinson

John “Jack” Carroll Stinson, former president of the Stuart-Mosby Historical Society, died on June 28, 2016; he was 85. He is preceded in death by his parents, Dewey Lee and Bessee McDearman Stinson; brother, Dewey Lee Stinson Jr.; and son, John Carroll Stinson Jr.

Jack is survived by his wife, Betty Ann Stinson, two sons: Frederick Ashby Stinson and Donald Gilman; seven grandchildren: Laura, Patrick and Katie Gilman; Trey and Cole Dickerson; Ashton and Turner Stinson; and one great granddaughter, Savannah Dickerson.

Jack was born in Newport News, Va. on Sept. 16, 1930. He met his sweetheart, Betty Ann Wright, in high school. They were married in 1952 and enjoyed 63 years as “the love of each other’s lives.” In 1953, Jack graduated from Randolph Macon College in Ashland, Va. He worked for Reynolds Metals Company immediately out of college and remained there for 39 years. Jack had a passion for history, his library was full of books on “the war between the states” and he frequently visited historical memorials, reenactments, and battlefields. He was a member of the Sons of Confederate Veterans, Freemason Society, past president of the Stuart-Mosby Historical Society and past commander of The Military Order of the Stars and Bars. He and Betty Ann loved horses and taught their sons to ride at an early age. In 1995, Jack and Betty Ann moved to Midlothian to be closer to family; they were both members of Bethel Baptist Church. Jack was very handy, his grandchildren always said, “Papa can fix anything.” The funeral service was held at Bethel Baptist Church, Midlothian, Va. on July 1. Graveside service will be held at Dale Memorial Park on July 6 at 11 a.m.

From left, Bobbie Smith, executive director of the American Thyroid Association; Bite Me Cancer founder and board member Nikki Ferraro, and Nikki’s mom Sharon Ferraro (who also is on the Bite Me Cancer board of directors) pose with a check for $57,000 from the Bite Me Cancer Foundation that will fund a thyroid cancer research grant being administered by Bite Me Cancer and its partner, The American Thyroid Association. This is the third research grant Bite Me Cancer has funded.

Avanti Sridhar with Patricia Lotane.

Becoming Leaders

The Zeta Upsilon Lambda (ZUL) Chapter, Fairfax County, of Alpha Phi Alpha Fraternity, Inc., through its Joyce Gillespie Harrington Educational and Charitable Foundation, Inc., sponsored two area high school students, DaSean Gallishaw of Westfield High School and Joseph Randiki of Laurel High School, to participate as Alpha Ambassadors in the 2016 Leadership Development Institute (LDI) program. LDI was held on the campus of Hampton University, in Hampton, Va., June 23-26. The theme for the program was “The Resilience of Leadership.”

Prior to and while attending LDI, these Alpha Ambassadors demonstrate maturity, character, scholarship, and service. At LDI, members of Alpha Phi Alpha Fraternity, Inc., institute faculty and mentors nurture the leadership potential of each ambassador, which, in turn, supports the personal growth of each ambassador.

To learn more about the foundation or to make a donation, go to http://gjbfdn.org.
CRIME

The following incidents were reported by the Fair Oaks Police District

BURGLARY: 4200 block of Lauries Way, June 29. A resident reported someone entered the residence and took property.

BURGLARY: 11000 block Fair Oaks Shopping Center, June 22, 12 p.m. Officers responded to an alarm and discovered someone had entered the store and stole property.

BURGLARY: 3300 block of Fern Hollow Place, June 19, 10:19 a.m. A resident reported that someone entered their garage and took property.

TRESPASSING/POSSESSION OF DRUG PARAPHERNALIA/OBSTRUCTION/ARREST: 12100 Pine Forest Circle (Pine Forest Apartments), June 13, 9:08 a.m. An employee at this location notified police that three men were trespassing on the property. Officers arrived and further investigation determined the men did not have a valid reason to be on the property. Additionally, upon a search incident to arrest, drug paraphernalia was found and one suspect allegedly resisted arrest. A 23-year-old of no fixed address and a 28-year-old from Fairfax were arrested and transported to police headquarters for an interview. The first was subsequently charged with trespassing, possession of controlled paraphernalia, and resisting arrest. The second was charged with trespassing and possession of controlled paraphernalia. They were both taken to the adult detention center. Additional charges may be pending.

COMMERCIAL ROBBERY: 11700 block of Fair Oaks Shopping Center (Sunglass Hut), June 13, 9:13 a.m. The police responded to a report of two men who entered a business and began removing property. An employee approached the men, and they allegedly assaulted her and fled with the property. The victim did not require medical attention. The suspects were described as black, approximately 17 to 19 years old, one wearing a blue hooded sweatshirt, and the other wearing a gray jacket and black pants.

PURSUIT/FELONY SPEEDING TO ELUDE/CHILD ENDANGERMENT/ARREST: Route 28/McLean Road, June 21, 7:08 p.m. Detectives in Fairfax County attempted to locate a suspect in an investigation. Loudoun County deputies assisted in furthering the investigation, when the subject fled in a vehicle. A pursuit ensued with both agencies involved. The suspect ended in Fairfax County when the fleeing vehicle crashed. The driver, a 51-year-old of no fixed address, was arrested, transported to the adult detention center, and charged with felony speeding to elude, child endangerment, and grand larceny. She was also treated for minor injuries.

JULY 1

LARCENIES

13960 block of Metrotech Drive, property from business

JUNE 30

LARCENIES

2900 block of Blue Holly Lane, phone from business

13300 block of Franklin Farm Road, beer from business

10100 block of Valentine Drive, jewelry from business

STOLEN VEHICLES

3000 block of High Tower Place, 2006 Jeep Grand Cherokee

JUNE 28

LARCENIES

4500 block of Market Commons Drive, purse from business

JUNE 24-27

LARCENIES

2700 block of Clarkes Landing Drive, property from residence

2390 block of Dulles Corner Boulevard, purse from business

12300 block of Lee Jackson Memorial Highway, license plate from vehicle

4000 block of Malakati Lane, beer from business

4900 block of Pheasant Ridge Road, wallet from business

5000 block of Stringellow Road, items from vehicles

STOLEN VEHICLES

4500 block of Nevitt Way, 2013 Toyota Corolla

JUNE 24

LARCENIES

12500 block of Fair Lakes Circle, merchandise from business

13600 block of Salk Street, cash from vehicle

JUNE 23

LARCENIES

5400 block of Ashleigh Road, mailbox from residence

12100 block of Fair Lakes Promenade Drive, phone from business

13000 block of Fair Lakes Shopping Center, merchandise from business

12200 block of Price Club Plaza, wallet from business

JUNE 22

LARCENIES

13000 block of Fair Lakes Shopping Center, merchandise from business

9900 block of Oak Plank Court, cash from vehicle

4500 block of West Ox Road, cash from business

STOLEN VEHICLES

9500 block of Longford Court, 2015 Toyota Corolla

JUNE 21

LARCENIES

4100 block of Chain Bridge Road, phone from business

3000 block of High Tower Place, 2006 Jeep Grand Cherokee

JUNE 24-27

LARCENIES

2700 block of Clarkes Landing Drive, property from residence

2390 block of Dulles Corner Boulevard, purse from business

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LARCENIES

4100 block of Chain Bridge Road, phone from business
Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don’t come into much contact with families that might be having trouble feeding their children. We can’t imagine that there are children who are hungry in summer.

But many children in our region don’t know what their next meal will be in summer. During the school year, many have depended on school programs to provide lunch, such during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school. In Fairfax County, that overall number is lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school. In Arlington, more than 30 percent of students qualify for subsidized meals at school. But most of the students who counted on school meals during the school year are not in school for the summer.

Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, lamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Our favorite pictures include both pets and humans. Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

Locations for Summer Meals

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunches. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

Opinion

Celebrating Being American

To the Editor:

“You don’t celebrate Easter?”

“No…"”

“What about Memorial Day?”

“Yes, I am an American just like you!”

The script above is the dialogue I would usually encounter with other classmates on the playground growing up. As an American Muslim, I would not partake in Easter since it is a Christian holiday.

As I rushed home after school somedays I would ask my parents or siblings which holidays we could get excited about and celebrate. I was slightly puzzled since my family and I didn’t celebrate every holiday listed on our calendar. Other students in my class would get hyped about certain upcoming holidays and I was then informed that some of these events were celebrated by those of different faiths. All I knew at the time as a young child was that I was a member of the Ahmadiyya Muslim Community. I thought of Eid as being the Muslim community’s Christmas since as a kid I would get presents on that day. My family explained to me that we did celebrate Thanksgiving, Memorial, Independence and Veterans’ Day because those were holidays that could be enjoyed by every American citizen. It was exciting to know that I could sport red, white, blue attire on patriotic holidays. Having such holidays gave me purpose and identity of who I am and to which country I could preach my loyalty to. Prophet Muhammad (peace and blessings be on him) had said that, “Loyalty to one’s homeland is a part of faith.”

America has given its citizens religious freedom whereas in many countries people are not free to practice what they believe. Why shouldn’t I be loyal to my country? A country that has never exposed me to darkness seen in other countries today. A country that has given me free education as a child and has given me the ability to be taught alongside other children of diverse backgrounds.

Woody Guthrie’s, “This Land is Your Land,” still plays in my head till this day: “This land is your land, This land is my land.”

From California to the New York Island; From the redwood forest to the Gulf Stream waters.

This land was made for you and me.”

This song didn’t mean much to me in music class in elementary school but as an adult, I appreciate and understand the strong message it can enforce in the minds of young Americans.

Mariam Sadia Susan Malik

Chantilly

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Send to Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444.

By e-mail: chantilly@connectionnewspapers.com

Circulation: 703-778-9427

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**CENTREVILLE COMMUNITY WORSHIP**

The Church of the Ascension Traditional Anglican Catholic Services 1928 Book of Common Prayer, 1940 Hymnal and King James Bible with Apocrypha Holy Communion 10 a.m. Sundays (with Church School and Nursery) 13941 Bredwood Road Centreville VA 20120 in the “Old Stone Church” of Historic Centreville

www.ascension-ucc.org (703) 830-3176

**CENTREVILLE BAPTIST CHURCH**

many peoples, one body

We invite YOU to come connect with God this Sunday.

Worship Services Sundays at 9:35 am and 10:45 am

Community Groups Sundays at 9:00, 9:15 and 10:45 am

15100 Lee Highway, Centreville, VA 20120 703-830-3323 www.cbcva.org

CENTREVILLE COMMUNITY WORSHIP

To highlight your faith community, call Karen at 703-778-9422

LEGOS

Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duo Storytime

Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five

Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com.

Singing

7:30 p.m. at Leod of Life Lutheran Church, 13421 Twin Lakes Drive, Chantilly. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

PET ADOPTIONS

Adopt a Cat or Dog, Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lofgodrescue.org for more.

Adopt a Dog, Saturdays, 12-2 p.m. at Petco, 13053 Lee Highway. Visit http://www.petco.com for more.

Adopt a Dog, Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit www.fairfaxjubilaires.org for more.

FRIDAY/July 8

Slipping & Painting, 6-30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Instructors will help guests create their own masterpiece. Tickets are $40-45. Visit www.wineryatbullrun.com.

SATURDAY/July 9

Stretch & Sip, 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Bring a yoga mat and a glass of wine will be included at the end of the session. Tickets are $13.50-15. Visit www.wineryatbullrun.com for more.

Dairy Delights, 12-3 p.m at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Help hand crank ice cream and enjoy flavors such as vanilla, peach, strawberry and even asparagus. Listen to music, play period games and make a momento. Train rides also available for $2. Admission is $8. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully.

MONDAY/July 11

“How to Throw a Rockin’ Facebook Party,” 7-9 p.m. at Gunnel House at Truro Church, 10520 Main St., Fairfax. Facebook can be a marketing tool for authors. Capital Christian Writers presents tips on throwing a successful Facebook party with Heather Gray, vice president of Virginia’s American Christian Fiction Writers and the founder of the Inspired Inkpot, a co-op street team for authors writing Christian fiction. Free. Visit www.capitalchristianwriters.org.

FRIDAY/July 15


FRIDAY-SUNDAY/July 15-17

Collectors’ Showcase of America. 2:8 p.m., Friday, 9 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find sports collectibles and celebrity autograph guests. Tickets are $8 for adult, $5 for a weekend pass, free for children 12 and under. Visit www.dullesexpo.com for more.

WEDNESDAY/July 20


SATURDAY-SUNDAY/July 23-24

D.C. Big Flea Market, 9 a.m.-4 p.m. Saturday, 11 a.m.-5 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find period and antique furniture. Tickets are $10 for both days. Visit www.thelgeekmarket.com for more.

SUNDAY/July 24

Book Sale, 1-4 p.m at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Books of all genres will be offered for sale with an emphasis on books concerning history and the Civil War. Regular admission rates apply but discounts may be given for purchases. Museum members and children 4 and under, free; children 5-15, $2; adults 16 and older, $4. Visit www.fairfax-station.org.

**MONDAY/FRIDAY/July 25-29

Washington County Young Actors’ Workshop, 9 a.m.-12 p.m. at Westfield High School, 4700 Steadman Rd., Chantilly. This high-energy, educational summer musical theater program is specifically designed for elementary students in grades 2-7. Tuition is $125. Westfield Theatre Boosters is now accepting registrations for Young Actors’ Workshop. For an enrollment form and more information, visit www.westfieldtheatreboosters.com.

SATURDAY/July 30

Bull Run Ranges, 8 a.m.-1 p.m. at Bull Run Regional Park, 7770 Bull Run Drive, Centreville. A flea market and vendor fair. Free to attend, prices vary for vendors. Visit www.nrvparks.com/parks/bull-run-regional-park.

SUNDAY/July 31

Nation’s Capital Model T Ford Club, 9 a.m.-2 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host the Nation’s Capital Model T Ford Club (NCMTFC) to commemorate Fairfax Station’s brief fame as a movie star in the 1924 silent film, “The Road To Happiness.” Museum members and children 4 and under, free; children 5-15, $2; adults 16 and older, $4. Visit www.fairfax-station.org.
**Sports**

Riptide Defeats Pinecrest

At their first home meet of the NVSL season, the Virginia Run Riptide tested the nerves of their fans with a “nail-biter” of a morning meet, narrowly nipping the Pinecrest Piranhas by a score of 215 to 205. It took 59 personal best swims and five new team records by Nicholas Harris (6 & under backstroke), Anthony Arecomona (13-14 free and fly), Nick McGrath (15-18 free), and Leo Wang (15-18 breast) to secure the win on the day.

Summer swimming is unique in that an eight year old can earn points equal to an 18 year old and the Riptide under 8’s carried the points equal to an 18 year old and that an eight year old can earn the win on the day.

Kevin O’Connor day winning more points than any other age group. Kevin O’Connor

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Viewing Party for Chloe Hicks

Chloe Hicks, who is part of the Virginia Run Riptide swim team since she was 5, competed in the 200 Back Stroke at the Olympic Trials in Omaha, Neb. on Friday, July 1. Since her swim team could not all be there to cheer her on, the Riptide held a viewing party in the neighborhood Rio style. Hundreds of parents and fellow Riptide swimmers packed the community center to cheer on Chloe. She was seeded 122 and finished 60th. Chloe is a recent Westfield High School graduate attending Virginia Tech in the fall with plans to swim for the Hookies. Chloe said, “Swimming in the Olympic trials was one of the greatest experiences I have ever had. I got to learn so much about elite swimming and I met some amazing people along the way. I can’t wait to train hard for the next four years and see what I can do for 2020.”

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**Piranhas Dominate**

The Sully Station II Piranhas were absolutely dominant in their first win of the season on July 2 over Holmes Run Acres. Swimmers captured 31 individual wins, completed four age group sweeps, and worked together to bring home nine of 12 relay victories. Swimmers were high as the team sported their finest red, white and blue attire and celebrated Independence Day a bit early with a 259-154 victory.

The 8&U boys set the tone from the start with a freestyle sweep in the first event. AJ Sexton was a double event winner in free (20.02) and butterfly (24.46) and was joined by Gabriel Alquinta (24.34) and Mark McLendon (25.02) in the sweep. Jason Li also notched two wins in backstroke (24.18) and breaststroke (24.58), followed by teammate Zacchaeus Post with a strong second place showing (24.15). The 15-18 girls showed spirit and depth with two sweeps en route to tallying 35 out of a possible 41 points on the meet. The freestyle sweep was completed by Karena Hall (27.44), Carly Logan (29.57), and Georgia Stamper (29.65). Double event winner Caitlin Campbell brought home the backstroke win (30.90) and led the fly sweep (30.48) with Hall (31.41) and Hope Alston (33.86).

See Piranhas, Page 11
Preventing Concussions This Summer
Local physician is pioneering traumatic brain injury treatment.

Summer has been dubbed trauma season by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury (TBI).

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Md. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, W.Va. The blast and collapse trapped 13 miners for nearly two days.

“Only one guy survived,” said Lewis. “They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?”

Lewis’ focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other conditions.

On a more personal level, Lewis’ 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school’s athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible,” Lewis said. “I implement this with my own 16-year-old son.” He also advises his patients to “take a fish oil supplement every day or eat good sourced salmon.”

Symptoms of a concussion might not be immediately apparent. “The more subtle symptoms are those that appear days or weeks after an injury,” said Lewis. “The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it’s stuffed with cotton.”

Among the signs that one might have sustained a concussion are a “loss of consciousness, followed by marked confusion,” said Robert Wade, Ph.D., dean of Nursing, Northern Virginia Community College’s Medical Education Campus. “Most likely a headache too.” No two injuries are the same. “Each concussion is different, which means the same child could have different symptoms during different concussions,” said Ryan Wildenhain, head of Sports Medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. “One of my warning signs are grades that are falling off,” said Lewis. “A straight ‘A’ student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it’s part of our culture.”

Wearing proper protective equipment is recommended as a way to prevent concussions. “Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does,” said Wildenhain. “Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do.”

Lewis warns that even protective equipment isn’t foolproof. “Even if you’re wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury,” he said. “If coaches see anything that is any way questionable they should get them off the field and out of harm’s way. I think it’s a parent’s duty to stop the game and pull the kid out of a game if they see something that a coach doesn’t see or doesn’t respond to.”

For more information on concussion prevention see www.cdc.gov/headsup/
And cancel the third shift. My constant dieting or lack of dieting, or sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week or 10 days after my Friday infusion, food doesn’t appeal to me. Even chocolate (in particular) and sweets in general do not allude to cravings I experienced during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, go or take, my interest in food returns and it’s Kate-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I’m hungry after a week of not eating is to disrepect the obvious. There’s not a word that accurately characterizes how I’m feeling when the urge to splurge finally returns. Sufficient to say, it’s not safe for food to be around me. And the food which is most often lending a hand is certainly any four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house, I have one cookie, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sit two Ben & Jerry’s, one Breyer’s quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe any of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar? If so, the authority because there’s going to be a bump in the unemployment rate next month, Mr. Marx, Nabose, Entertman’s, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): “It ain’t bragging if it’s true.” Well, I ain’t bragging, either.

Now don’t get me wrong, when in the supermarket, I’m still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post-chemo week, I don’t have – to quote a singing Tom Cruise and Val Kilmer: “If it can be done, we can do it.”

By KENNETH B. LOURIE

Stop The Presses!
Sports

Piranhas

From Page 8

Their winning ways continued with Stamper capturing breaststroke in 34.03. The 11-2 girls were similarly powerful with strong showings in all events and a sweep in fly led by double event winner Caroline Li (32.95) followed by Madison Stalfort (37.56) and Callie Ver Planck (37.59). Li brought home the backstroke win in 34.74 and Angela Cai secured two more victories in free (28.58) and breaststroke (36.24). Mahika Rawat added points to the board with a terrific swim in freestyle, and the girls bonded together to turn in an outstanding relay time.

Six more Piranhas were double event winners on the day. Turning in impressive performances were Ehma Stalfort in free (17.59) and fly (21.59), Collin West in free (29.60) and fly (34.40), Anthony Kang in free (27.02) and back (23.08), Colin Brown in breaststroke (38.12) and fly (30.57), Faith Alston in free (26.37) and back, and Delaney Kennedy in breaststroke (36.40) and fly (31.12).

Individual event winners also included Simon Campbell in free (35.31), Kellen Campbell in back (28.17), and breaststrokers Caden Seng (48.56), Alyssa Seng (28.30) and Hayley Norris (46.25). Piranhas adding key points to the board included Hannah Kang, Cecilia Alquinta, Jack Jiang, Nick Jiang, Darius Dittmer, Brody Campbell, Elijah Post, Payton Susko, Kelly Elson, Mary Campbell, Liliana Glancy, Gabriel Quitugua, Charles Tai, Jacob Susko, and Michael Jiang. A special shout out to swimmers Martin Trabal, Casey Glick, and Brooke Franconeri who swam up an age division and competed with heart for their team.

SS2 will travel to Country Club Hills for their next A meet on Saturday, July 9.

8&U boys set the tone for the Sully 2 meet. From left are Mark McLendon, AJ Sexton, Jason Li, Gabriel Alquinta, and Luke Heard.

Sully 2 in red, white and blue. From left are Georgia Stamper, Coach Katie O’Brien, Coach Scott Brown, and Caitlin Campbell.
Pirates Vanquish Cottontail Cobia

The Pirates of Poplar Tree went fishing for Cottontail Cobia in their NVSL Division 4 season opener on June 25 and, after a several hour-long battle, successfully landed their catch and emerged victorious. There were 66 best times and three team records set:

8&U Girls Free Relay New Record
1:16.79 Allie Farello, Sara Small, Kathy Nie, Emily Radcliffe 6/25/2016

Previous Record
1:17.53 Haley Alderman, Mary Kominski, Lauren Young, Julia Young 6/20/2009

10-12 Boys Medley Relay
1:30.19 Jonathan Wen, Zachary Cummins, Fletcher Madsen, Steven Longino 7/8/2009

15-18 Girls Medley Relay
2:14.15 Julia Young, Corinne Kominski, Haley Alderman, Lauren Young 6/25/2016

Previous Record
2:15.03 Lauren Hensley, Katie Dingman, Brianna Frady, Hannah Warmick 7/10/2013

Tyler Fiening started the meet off with a fast first place finish in Freestyle. Emily Radcliffe and Allie Farello both matched it in Freestyle with Kathy Nie placing second. Adrian Coray placed first in the Boys 9-10 and Skylar Small did the same for the Girls 9-10 while Lauren Radcliffe took second place for the Girls. Kellen Nie brought home third in the 11-12 Boys, while Neha Balaji took first place for the Girls. In the 13-14 age group, Conner Madsen finished third and Natalie Farello took second place while Sarah Radcliffe placed third. Marcello Corey took first place for the 15-18 boys, Lauren Young also placed in first place while Julia Young took second.

Blake Madson kicked off the Backstroke races with the top spot and Robert Pacifico pulled in the second spot as well. The girls swept the event with Emily Radcliffe, Allie Farello, and Caleigh Holl placing 1-2-3, respectively. Adrian Coray placed first in the Boys 9-10 and Lauren Radcliffe took first place for the Girls as well. For the 11-12 Boys, Kai Taft took first place and Nicholas Martin second.

Emma Chernisky, finished second and Elena Benson took second place for the 11-12 Girls. Lucy Chen and Mary Kominski took first and second places for the 13-14 Girls. Fletcher Madsen narrowly out-touched Jonathan Wen to go 1-2 in the 15-19 Boys while Julia Young and Haley Alderman took second and third place for the 15-19 Girls. Blake Madson started off the Breaststroke races with the top spot and Robert Pacifico pulled in the second spot as well. Sara Small and Isabelle Fernandez continued the Pirate run taking the first and second spots for the 13-14 Girls. The 9-10 Boys Ben Farello and Nick Chernisky placed first and third.

The 9-10 Girls swept the event with Skylar Small, Marissa Erickson and Eva Bartnik taking 1-2-3. Kellen Nie took first for the 11-12 Boys while Joseph Thomas placed second along with Neha Balaji for the girls. In 13-14 Girls Mary Kominski took first for the girls. Fletcher Madsen and Jonathan Wen placed second and third while Corrine Kominski and Julia Bruner took the top spots for the 15-18s.

Tyler Fiening flew away with the first place finish in Butterfly. Sara Small pulled in first place as well. For the 9-10 Ben Farello pulled down first then the Erickson sisters, Marissa and Sydney finished 2-3 for the girls. Kai Taft took first for the 11-12 Boys. Conner Madsen and Matthew Benson placed 2-3 for the 13-14 Boys. The girls swept with Natalie Farello, Sarah Radcliffe and Lucy Chen bringing home the honors. Marcelo Corey placed second for the 15-18 Boys. Lauren Young placed first and Haley Alderman took second.

The Pirates cleaned up on the relays, winning most of the events. The final tally was Pirates 237, Cottontail 182. Next Saturday the Pirates are host- ing the Crosspointe Cruisers at home.

DONATIONS

The Student Auto Sales Program operating from Centreville High School works in conjunction with the CHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fca.edu for more.

Cell Phones for Soldiers is accepting donations of old cell phones so that groups can call home. Patron can drop off donations at 14215SE Centreville Centre, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Virginia is having its “Living Free” support groups for the spring on Wednesdays, 7-15 p.m. The support groups are free, and will cover “Stepping into Freedom,” “Concerned Persons Group (for family and friends of addicts),” “The Image of God in You,” and “Handling Loss and Grief.” There are also support groups on Sundays, 10-10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults 7 p.m. every second Tuesday of the month. This telephone support group is designed for caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dls/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson’s Support Group for people living with Parkinson’s disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-379-7523 or visit www.fairoaksparkinsons.com for more.

Volunteers Needed

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711, or email Lisa.Callahan@fairfaxcounty.gov.

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Volunteer Fairfax invites individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Full hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.

The Shepherd’s Center of Western Fairfax County (SCWFC) needs volunteer drivers for medical/foodbank appointments. SCWFC serves age 50+ residents in Chantilly, Centreville, Clifton, and western Fairfax/Fairfax/Fairfax Station helping them remain independent and age in place at home. Visit www.scwfc.org or contact 703-266-3544 or scwfc.office@gmail.com.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at Petsmart, 13866 Montrose Drive, Chantilly. Call 703-691-HAHT or visit www.hart90.org for more.

Sully Historic Site needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully- historic-site for more.

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Great museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information, or visit Fair Fairfaxstation.org.

Northern Virginia Family Service is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.