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State Sen. Dave Marsden (D-37) attended the VVI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VVI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.

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FRIDAY/AUG. 15-SUNDAY/AUG. 31

eBooks. Richard Byrd Library, 7250 Commerce Street, Springfield. Learn how to browse the collection, check out books and download to PC, Mac and eBook readers. Call the library at 703-451-8055 to schedule an appointment.

One-on-One English Conversation Practice. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with a volunteer partner. Call 703-293-6227 for an appointment.

Personalized Internet/Microsoft Office Tutoring. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn how to use the Web or increase your skills. Call 703-293-6227 for an appointment.

FRIDAY/AUG. 15

Red Cross Blood Donation. 9 a.m.-2 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

Genealogy Help Desk. 2-3 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. 703-293-6227.

Basic computer skills. 1 p.m. 9000 Burke Lake Road, Burke. Learn basic

computer skills with one-on-one technology volunteers. For adults.

SATURDAY/AUG. 16

Legal and Financial Planning for Alzheimer's. 10 a.m. - 12:30 p.m. Alzheimer's Association National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax. This free workshop is for individuals and families dealing with Alzheimer's who need to know more about what legal and financial issues to consider and how to put plans in place. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

Teen Advisory Board Meeting. 10:30 a.m.-12 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. TAB is a group of young adult volunteers between the age of 13 to 18 years who meet twice a month to plan and implement projects that will benefit the library and the community. To apply please contact nancy.klein@fairfaxcounty.gov.

Genealogy Help Desk. 2-3 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. 703-293-6227.

Microsoft Powerpoint. 2:30-4 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn how to put together an attractive presentation using Microsoft PowerPoint. Register at www.fairfaxcounty.gov/library/branches/fx/ under "Events." 703-293-6227.

Master Gardeners Plant Clinic. 10 a.m. 9000 Burke Lake Road, Burke. Master Gardeners from Fairfax County Cooperative Extension hosts plant clinics each Saturday morning through the summer to answer any gardening questions. For adults.

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From left: Laurel Hill Elementary Principal Suzie Montgomery, School-Based Technology Specialist Tiffany Duncan, Special Education Teacher Susie Alonso, Assistant Principal David Stratuik, and Special Education Procedural Support Liaison Jean Massie work together on plans in the remaining days of August.



From left: Building Supervisor, Xiomara Almendares, Lead Special Education Specialist Natalie Valenzuela, Custodian Aura Ortiz, Assistant Principal Jen Niccolls, Principal Kathy Bruce, FCPS gardeners and Administrative Assistant Nora Marrero stand together outside Bonnie Brae Elementary.

PHOTOS BY PHOEBE MCPHERSON/THE CONNECTION

What Is New in Area Schools Q and A on upcoming school year with local elementary schools.

BY PHOEBE MCPHERSON
THE CONNECTION

This upcoming 2014-2015 school year, local elementary schools have much in store for students, especially with the full Monday schedules. The Connection takes a look at three elementary schools as to what parents and students can expect come September.

Bonnie Brae Elementary

Q: What is new this year?

Principal Kathy Bruce: "We are infusing a math lab for our primary grades. Bonnie Brae is excited to be able to work on improving math skills among its students with the extra time they've gained through full-day Mondays. It will be in addition to the regular math that they'll be having in the classroom."

Q: Single most important goal?

Bruce: "Our academic goal is really making sure that every student leaves the grade level at or above the reading level, because without reading, everything else doesn't fall into place."

Q: Challenge?

Lead Special Education Specialist, Natalie Valenzuela: "Meeting kids' needs where they are socially and emotionally, I think sometimes having social and emotional challenges lends itself to bullying."

If we're just trying to build up students, and help them to become stronger, and who they are, then there aren't as many opportunities and need for that, the bullying, the meanness, and there is better understanding across grade levels as to what is appropriate."

Q: Upcoming dates?

• Aug. 28: Open House
• Sept. 9, 15, 16: Back to School nights

Laurel Hill Elementary

Q: What is new this year?

From left: Assistant Principal Haley Dillons, Principal Kathleen Case, Assistant Principal Dovds sit and discuss master plans for the upcoming year at Union Mill Elementary. One of their main goals for the upcoming year is to focus on student learning in critical and creative instruction.



Principal Suzie Montgomery: "We will have local level four. Local level four is part of the Advanced Academic Programs that starts in third grade."

Schools have the option to start the program within the school...so kids can stay in their base school.

We will also have what is called a multi-age program in grades one and two. [It will be] three classes of students in first and second grade which will be combined and will learn together.

Q: Single most important goal?

Montgomery: "It's always our goal to make sure that our students are reading on grade level. I believe that reading, writing and math...they're the basis for everything."

Q: Challenge?

Montgomery: "[A challenge is] to provide the best education for the students, and meet those needs. That's what we do all the time."

Q: Upcoming dates?

• Aug. 25: Kindergarten Playdate
• Aug. 28: Open House
• Sept. 10, 11: Back to School Nights

Union Mill Elementary

Q: What is new this year?

Principal Kathleen Case: "We are happy to just be maintaining this year. For the past three years, Union Mill Elementary has un-

dergone summer renovations and become accustomed to the melody of jackhammers and 'toilets in the lobby.' But now, the con-

struction is complete and the school even featured a RecPac over summer vacation."

Q: Single most important goal?

Case: "To really work on core instruction with children as well as focusing more on those critical and creative thinking skills."

We've made headway, but we want to be more focused about it.

We don't want to necessarily try 50 new things. We just want to focus on...student learning."

Q: Challenge?

Case: "Continuing to build our community...just continuing to build on the great community that we have, and it's just continuing to build that Union Mill family with staff and/or families."

Q: Upcoming dates?

• Aug. 28: Open House
• Sept. 12: Back to School Picnic.
• Sept. 9, 11: Back to School Nights



Students Bring Home Grant for UPC

Eight members of the Unified Prevention Coalition (UPC) of Fairfax County's Youth Council recently attended the 30th annual Youth Alcohol & Drug Abuse Prevention Project Leadership Conference. It was held at Longwood University, and the teens returned home with strategic plans for the coming school year, plus a \$250 grant to carry out their ideas. Participating were (back row, from left) Sam Ahmed (Centreville HS), Omar Elhaj (Lake Braddock HS), and Matthew Bocharnikov (Oakton HS); and (front row, from left) Kristen Talman (Centreville HS), Sakira Coleman (South County HS), Anastasia Slepukhova (Lake Braddock HS), Jocelyn Escobar (Lake Braddock HS), Sandra Bocharnikov (UPC Youth Council coordinator), and Jasmine Gibson, Stone Bridge HS (formerly Herndon HS).

Heads Up Football Flourishing in Fairfax County

Program reduces concussion risk by teaching players to take the “head” out of tackling.

BY VICTORIA ROSS
THE CONNECTION

It wasn't that long ago when youth football coaches believed a player's toughness was measured by his ability to play through the pain. Concussions and other serious injuries were just “part of the game.”

“When I was playing football for W.T. Woodson in the late 1960s, you had two practices a day in the heat and humidity of August. There were no water breaks except before and after practice,” said state Sen. Dave Marsden (D-37). “Coaches thought drinking water would make you sick.”

Marsden, a wide receiver for Woodson, said injuries were minimized.

“When someone had disorienting head trauma, we'd say ‘you got your bell rung,’ or ‘he was shaken up by the play.’ Coaches clearly expected you to go right back in the game.”

During football's heyday, players and coaches alike looked up to legends like Paul “Bear” Bryant who left a legacy of 37 winning seasons and five Associated Press national championships at Alabama.

Bryant was also known as a strict disciplinarian: His first training camp as Texas A&M coach did much to write his legacy as a “tough” coach when Bryant took his “Junction Boys” to a small Texas town and ran a boot camp in which more than two-thirds of his players quit. As a player at Alabama, Bryant demonstrated his own toughness by playing against Tennessee with a broken leg.

“There was this thing that coaches had all been taught, that it took that kind of toughness to win ...,” Marsden said. “It was ridiculous, and we know better now.”

TWO YEARS AGO, as concussions were getting more attention in the NFL, USA Football — the national governing body for the sport and its youth outreach arm — created a program to teach safe tackling to youngsters called “Heads Up.” Heads Up Football is based on a style of tackling that puts emphasis on striking a blow with the shoulders instead of the head.

At the same time, Marsden received a call from his son Connor, who had played football at the University of Richmond. “He asked me to watch a Bryant Gumbel special regarding head injuries in football and said, ‘Dad you have to do something,’ he told me.”

Marsden thought about legislation, but realized there was a more efficient way to get the program off the ground: In 2013 he introduced a bill in the Virginia Senate to



State Sen. Dave Marsden (D-37) attended the VYI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VYI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.



Craig Richardson, chair of Communications for the Fairfax County Youth Football League and former president and commissioner of McLean Youth Football, is shown coaching his McLean team last season.

Supervisors Honor Those Promoting Heads Up Football

Last January, the Fairfax County Board of Supervisors honored a group of local coaches and residents for their role in promoting Heads Up Football, a program to reduce the number of concussions among players, in Fairfax County Public Schools.

The board recognized Bill Curran, Fairfax County Public Schools; Mark Meanna, USA football board member; Dick Adams, former Annandale High School coach; Mike Lalli, Chantilly High School coach; Chris Haddock, Centreville High School coach; and State Sen. Dave Marsden.

Local coaches were also previously among just three districts in the country to adopt a pilot program. The program aims to improve tackling techniques, and by extension, reduce the number

of concussions — a topic of increasing concern among parents and on the professional level, in the NFL. “All the polls show that NFL football is the most popular sport in our country today...But there's a bit of a contradiction, as the pro game is so popular there is a growing number of parents who are concerned and won't let their children participate in youth sports or youth football. The concern is long-term impact of head injuries and concussion impacts. So this is just a huge step forward to give parents that one extra level of security,” said Supervisor Michael Frey (R-Sully District). Added Supervisor Pat Herrity (R-Springfield): “Every little thing that we do, if we can prevent serious injuries, it's important to our students and our communities.”

making national headlines as the target of an FBI probe — were slim to none.

So he introduced his bill, then asked that it be tabled in favor of a letter to the Virginia High School League (VHSL) by the Education and Health Committee chairman asking that the matter be studied.

“A letter signed by the members of the Virginia Senate worked just as well,” Marsden said, smiling.

A task force was established and — after a year of meetings — significant reductions in full contact were written into regulations governing high school football in Virginia. VHSL Executive Director Ken Tilley presented the task force's action to the Senate at the 2014 session. Their actions also made “Heads Up Football” the standard of instruction.

Last year, Fairfax County became the first high school district in the country to adopt Heads Up Football.

Craig Richardson, the vice chair of Communications for the Fairfax County Youth Football League (FCYFL) and former president and commissioner of McLean Youth Football, said Heads Up football has become a key component of all Fairfax County clubs.

FCYFL is the umbrella organization comprising the 22 clubs that serve Arlington, Fairfax, Loudoun, Prince William and the City of Alexandria. Last season, FCYFL fielded more than 300 teams, with 1,200 coaches and more than 6,000 players.

When USA Football created Heads Up in 2012, it hoped to reach a few hundred of the nearly 11,000 leagues in the U.S.

IN ONE YEAR, Heads Up Football was adopted by nearly 2,800 groups.

The NFL noticed.

This year, the NFL provided USA Football with a five-year, \$45 million grant. And USA Football is in the process of hiring more master trainers, expecting to add between 50 and 70 to the first-year roster of about 30.

Heads Up football simplifies many safety techniques into six key components:

- ❖ education and certification
- ❖ equipment fitting
- ❖ concussion education and response
- ❖ heat and hydration
- ❖ the establishment of a player safety coach
- ❖ and tackling with the head up — and out of contact.

“The FCYFL has been on the forefront of making football the safest it can be for years,” Richardson said.

“For example, our age/weight matrix is the model that football programs across the county now follow. Every year, we weigh in every single one of the 6,000 or so players in our league, and they are placed within a particularly weight-class depending on their age and weight. The younger a player is in the weight-class, the more they can weigh, Richardson said.

Richardson also noted that — because there are three skill levels within each weight class — players are matched up appropriately.

“Finally, we require all coaches to be USA Football certified, which requires completion of an extensive online training course including a module on concussions and other safety issues, and they must complete a background check by a professional screening company,” he said.

Richardson said there was some initial hesitation from coaches, particularly those

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AREA ROUNDUPS

U.S. Rep Wolf (R-10) Announces Service Academy Appointments

Rep. Frank Wolf (R-10) announced the 10th District's Class of 2018 appointments to the nation's service academies, as well as those selected for Academy prep schools. The students appointed from the area include:

UNITED STATES AIR FORCE ACADEMY

James Lynch** - Fairfax Station, Robinson HS

UNITED STATES MERCHANT MARINE ACADEMY

Dominic Adase** - Springfield, West Springfield HS

UNITED STATES MILITARY ACADEMY

David Symmes** - Fairfax Station, South County HS

UNITED STATES MILITARY ACADEMY PREPARATORY SCHOOL

David Jaquish - Fairfax Station, Trinity Christian School

UNITED STATES NAVAL ACADEMY

Lourania Oliver** - Clifton, Flint Hill HS

Taylor Yohe** - Springfield, Thomas Jefferson HS

Margaret Ruud - Fairfax Station, Lake Braddock HS

**These appointees were nominated by Wolf's 10th District Service Academy Advisory Board, which interviews candidates and recommends nominees. The selection process is strictly a competitive one. Others listed above received their appointments through presidential, Senate or other nomination sources. Coast Guard Academy candidates do not need a nomination.

Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for Aug. 14 and Aug. 21.

Citizens Police Academy

People interested in law enforcement and who'd like to learn about the Fairfax County Police Department and meet many of those who serve in it may now do so. They may apply to join the Sept. 11-Nov. 15 session of the Citizens Police Academy. It's a free, 10-week pro

SEE WEEK, PAGE 7



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OPINION

Homelessness: Source of Trauma for Children

Nearly 700 children live in emergency homeless shelters in Fairfax County at some point during the year.

BY DEAN KLEIN

Summer vacation is wrapping up; kids everywhere are gearing up for the return to school. Stores are filled with school supplies; back-to-school advertising fills our TVs, radio and mailboxes. Many families are hustling from store to store getting supplies, backpacks, clothes and haircuts. As children, while we hated to see summer end, we fondly remember the yearly ritual and the excitement and anticipation of getting all those new things.

GUEST EDITORIAL

Unfortunately, not all families and children in Fairfax County experience the new school year this way. It may be hard to imagine that in a county as wealthy as Fairfax there are hundreds of children that do not have a home to call their own. In 2013, almost 700 children resided in emergency homeless shelters at some point during the year. This uncertain existence is a constant source of trauma for chil-



Dean Klein

dren. While Fairfax County does have strong programs and initiatives provided by its local government, its public school system and community non-profits to support these children, they are not enough. Permanent housing is a critical and basic need of everyone and research has consistently shown that unless children's most basic needs are met in a safe and consistent manner, their social, emotional, physical and cognitive development is often delayed.

Believe it or not, in a county where the median household income is in excess of \$100,000, housing costs are prohibitive for many. There is often a misconception about homeless families and it is not uncommon to hear, "they need to work like the rest of us."

The truth is they do. The vast majority of families in homeless shelters are employed and they are doing everything they can to move themselves to self-sufficiency and support their families. The problem is not with their motivation to support themselves. The challenge is that there is not housing available to them that they can afford.

While the median household income may be in the six figures, for many it is much lower.

Using the accepted formula of spending one third of gross income on housing, a rent of \$1,200/month requires an approximate annual income of \$44,000. That equates to about \$21 an hour. People who work in the service industry and the stores and businesses we rely on each and every day earn much less than that.

As stated in the Ten Year Plan to Prevent and End Homelessness adopted by our community in 2008, we need to have affordable housing that is accessible to all its hardworking members. While it is also imperative that we as a community continue to ensure that children have school supplies, access to good nutrition at school, clothing etc., without a home to call their own, they will continue to live in a perpetual state of fear and stress. If we genuinely want them to succeed, that is too heavy a load for the youngest and most vulnerable in our community.

If you would like to be a part of helping these families, please contact one of our non-profit partners working so hard to find and provide housing for them or the Fairfax County Public Schools Homeless Liaison Office working diligently to make sure these children receive the services they are entitled to and need. Visit <http://www.fairfaxcounty.gov/homeless/partnerupdate/community-partners.htm> and <http://www.fcps.edu/dss/ips/homelessinfo/HomelessBrochure.pdf> for more.

Dean Klein is director of the Fairfax County Office to Prevent and End Homelessness.

LETTERS TO THE EDITOR

Important Step Forward

To the Editor:

On Tuesday, July 29, we had the privilege of attending the ribbon cutting for the new Community Residences, Inc. (CRI) High Support Needs home at 9332 Burke Road, Fairfax. The home, especially tailored for those with intense needs, will serve six individuals with intellectual disabilities. Some will move to this home from the Northern Virginia Training Center, and others will transfer from other CRI homes in the area that are not equipped to provide the same level of support.

It is a brand new single-level home in a residential area with an open floor plan and ample room for its residents. The doors are wide, and the bathrooms and kitchen are adapted for those with physical as well as intellectual and developmental disabilities. Each resident will have an individual, personally designed and decorated room.

Kudos to Community Residences, the Virginia Department of Behavioral Health and Developmental Services, the Community Services Boards, the County of



The ribbon cutting for the new Community Residences, Inc. High Support Needs.

Fairfax, the Virginia Housing Development Authority and to all the financial institutions and non-profit organizations who worked together to negotiate the red tape, the permits, and the funding streams to make the home a reality.

Time will tell whether the supports available in this new home are truly "comparable" to those received by our loved ones at NVTC, as required by SB 627, signed into law by Governor McAuliffe on April 4. However, while this model is not the only possible solution for individuals with intensive needs currently in

Training Centers or for those who have waited for too many years on community waiting lists, it is a very significant step in finding ways to serve these vulnerable populations safely and responsibly. Many more homes of this type and quality need to be built so that families can keep their loved ones in close proximity.

It is important to note that this is not a waiver home, but rather a home for individuals with high support needs, so that the funding streams and the staffing are need-based rather than arbitrarily capped and subject to the uncertainties of budgeting in the Gen-

eral Assembly. The residents will have day programs as well as access to medical and dental care, plus many additional supports that their disabilities require but that cannot be accommodated by the funding stream available to a waiver group home.

Until the community has adequate placements for those with the most intensive support needs, please do not force NVTC residents out of their homes. Build the necessary accommodations and supports first or, better yet, maintain a right-sized NVTC in a smaller footprint on a portion of the present site, regardless of how many years it takes. We can do this in Northern Virginia: bring the various stakeholders together, as we did in 2010 with the proposed NoVA Regional Plan, to accomplish solutions that make sense for those who are medically fragile and behaviorally challenged. Let us keep our loved ones here in Northern Virginia, providing the care they need now and into the future, when appropriate alternatives are built and ready. "First, do no harm."

Jane Anthony and Judith Korf, Co-Presidents

Parents and Associates of the Northern Virginia Training Center

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LETTER

Why Join the Climate Change Debate?

To the Editor:

The author of "Global Warming is Impacting Us Now" (Connection, Aug. 7-13, 2014) is right: we're already seeing impacts of climate change in our communities. Unfortunately, they're only the beginning of the consequences that unchecked carbon pollution could bring. Many people think of climate change as an environmental problem, but the fact is, it's also a public health problem, and everyone has a personal stake in working to stop it.

It's easy to see why extreme storms are bad for our health in the short-term – we're at greater risk of injury, our roads may not be accessible to emergency vehicles, and our mental health could deteriorate, just to name a few. But extreme heat is a health risk, too.

In fact, heat is the deadliest weather hazard in the country. In addition to causing heat stroke and cardiovascular and respiratory problems, hotter temperatures also enhance the conditions for dangerous smog to form in our air. Also, extreme weather events continue to harm our health after the last raindrop has fallen or the heat wave has ended. For example, heavy rainfall and flooding can lead to mold and pest growth inside of homes, potentially causing asthma and allergy symptoms. And healthy children who are regularly exposed to even moderate levels of smog can end up with permanent lung damage.

Why join the climate change debate? Because your health may depend on it. Tell EPA and the Virginia Department of Environmental Quality that you want them to set strong limits on carbon pollution that are designed to protect our health.

Sean Holihan
Washington, D.C.

AREA ROUNDUPS

FROM PAGE 5
gram put on by the Police Department and is open to people who live or work in this county.

Participants complete some 40 hours of learning to gain a better understanding of and appreciation for police via a combination of lectures, tours and hands-on activities. Topics covered include the 911 Call Center, patrol, traffic stops, Adult Detention Center, gangs, financial crimes and SWAT team. To apply, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm> or email CPA@fairfaxcounty.gov.

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Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Top Sales in June, 2014



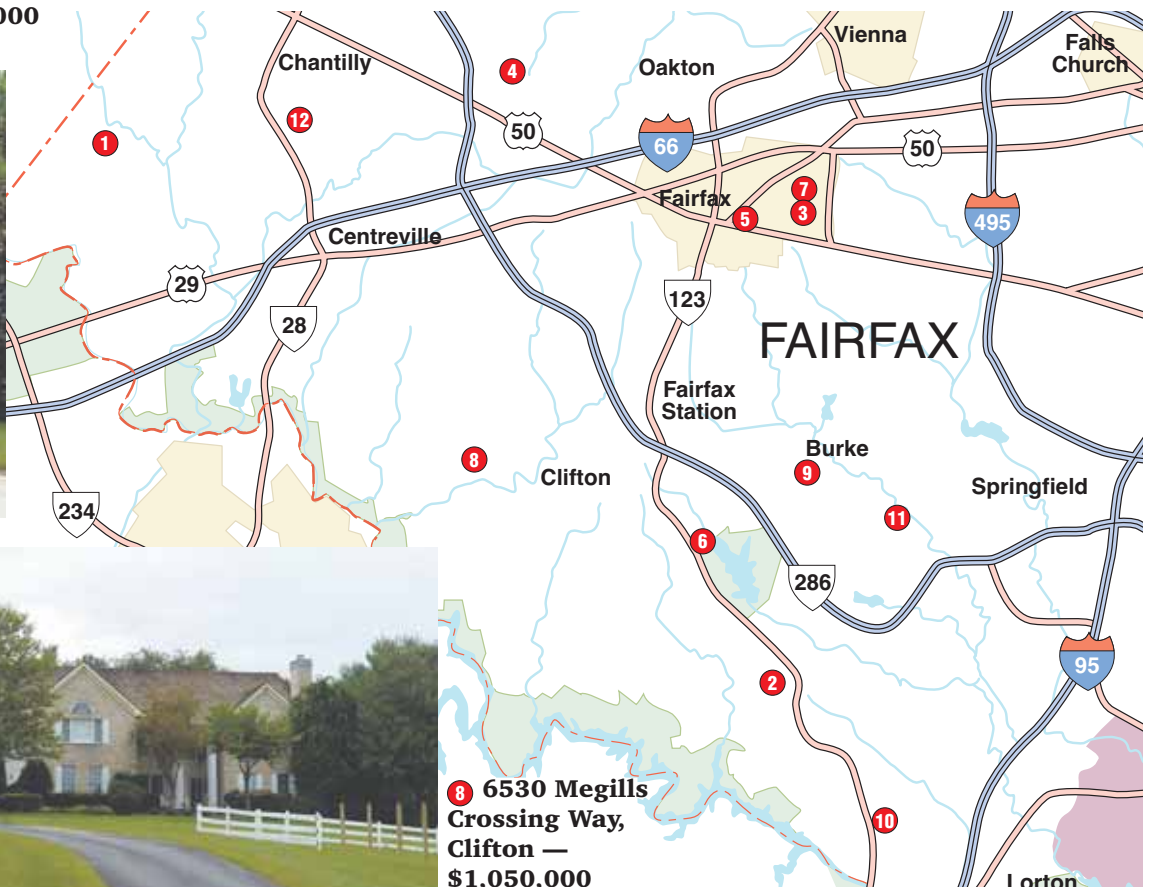
1 15604 Jillians Forest Way, Centreville — \$2,650,000



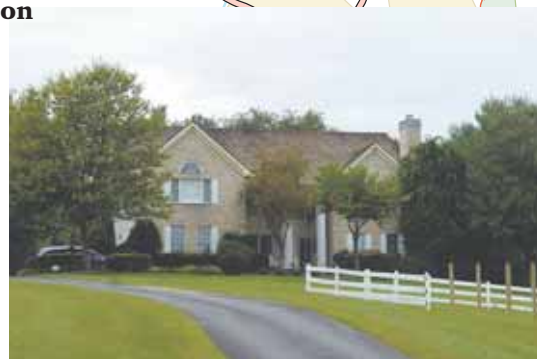
3 3554 Early Woodland Place, Fairfax — \$1,240,000



6 10609 Donovans Hill Drive, Fairfax Station — \$1,125,000



7 3444 Preservation Drive, Fairfax — \$1,099,000



8 6530 Megills Crossing Way, Clifton — \$1,050,000



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Address	BR	FB	HB	Postal City	Sold Price ..	Type ..	Lot AC	PostalCode	Subdivision	Date Sold								
1 15604 JILLIANS FOREST WAY	6	..	6	..	1	CENTREVILLE	\$2,650,000	..	Detached	5.59	20120	CARDINAL FOREST	06/30/14	
2 9752 THORN BUSH DR	5	..	4	..	1	FAIRFAX STATION	..	\$1,295,000	..	Detached	5.19	22039	ESTATES AT ROSELAND	06/04/14
3 3554 EARLY WOODLAND PL	4	..	4	..	1	FAIRFAX	\$1,240,000	..	Detached	0.23	22031	PICKETT'S RESERVE	06/18/14	
4 12390 FALKIRK DR	5	..	4	..	1	FAIRFAX	\$1,195,000	..	Detached	0.72	22033	DARTMOOR WOODS	06/13/14
5 10115 RATCLIFFE MANOR DR	5	..	4	..	1	FAIRFAX	\$1,180,000	..	Detached	0.17	22030	FARRCROFT	06/04/14	
6 10609 DONOVANS HILL DR	4	..	4	..	1	FAIRFAX STATION	..	\$1,125,000	..	Detached	2.30	22039	DONOVANS RIDGE	06/26/14	
7 3444 PRESERVATION DR	5	..	5	..	0	FAIRFAX	\$1,099,000	..	Detached	0.15	22031	PICKETT'S RESERVE	06/10/14
8 6530 MEGILLS CROSSING WAY	5	..	6	..	0	CLIFTON	\$1,050,000	..	Detached	5.00	20124	MEGILLS CROSSING	06/10/14	
9 9728 BURKE VIEW CT	4	..	3	..	1	BURKE	\$882,500	..	Detached	5.08	22015	BURKE HILLS ASSN	06/18/14
10 9229 HAINES DR	6	..	5	..	1	LORTON	\$880,000	..	Detached	0.64	22079	CAVANAUGH CROSSING	06/25/14
11 6221 CARDINAL BROOK CT	6	..	4	..	1	SPRINGFIELD	\$865,000	..	Detached	0.33	22152	CARDINAL RUN	06/30/14	
12 4700 BRENTWALL CT	5	..	3	..	1	CHANTILLY	\$746,000	..	Detached	0.29	20151	WALNEY ESTATES	06/06/14

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Keeping School Clutter Under Control

Staying organized this school year.

BY MARILYN CAMPBELL
THE CONNECTION

When summer comes to a grinding halt in a few weeks, a new school year will begin. From alarm clocks and school bells to piles of homework assignments and sports schedules, maintaining a coordinated household can be difficult, however. Local organizers are offering simple suggestions to help make the transition from summer to the start of the school year seamless.

"If you've had a lazy summer and your home is an organizational mess, take a day off from work or at least set aside several hours to spend whipping it back into shape before the first day of school," said Faye English, an organizer from Fairfax. "The school year will be much easier if you get organized from the beginning." Set aside time for tackling such projects as cleaning out bedroom and coat closets and mudrooms. "Take all of the clothes, jackets, shoes and sports equipment that your kids have outgrown and give them away," said English. "Once you've discarded everything you no longer need, start setting up new storage systems and make sure everything has a place."

One of the most noticeable changes that many families experience after returning to school is an increase in the paper that accumulates at home. "You have to plan the increase in paper work," said Alexandria-based organizer Laura Dando. "Give each child a file folder or a bulletin board where they can keep their important papers, permission slips and homework assignments. To control clutter, clean it out once a week."

Create a space to store or display artwork. "Children enjoy seeing their artwork hanging at home," said Dando. "At the end of the school year you can store some of the artwork in a keepsake box." Take inventory of each child's school supplies and determine what needs to be purchased and what can be reused. "Once the school sends the list of supplies your child will need, figure out what you already have so you don't feel compelled to blindly buy everything on the list," said English. "If your child [has] a backpack or lunchbox that's in perfectly good condition, consider reusing it."

SET ASIDE A SPACE where children will do homework and make sure each child has a bin with the supplies he or she will need

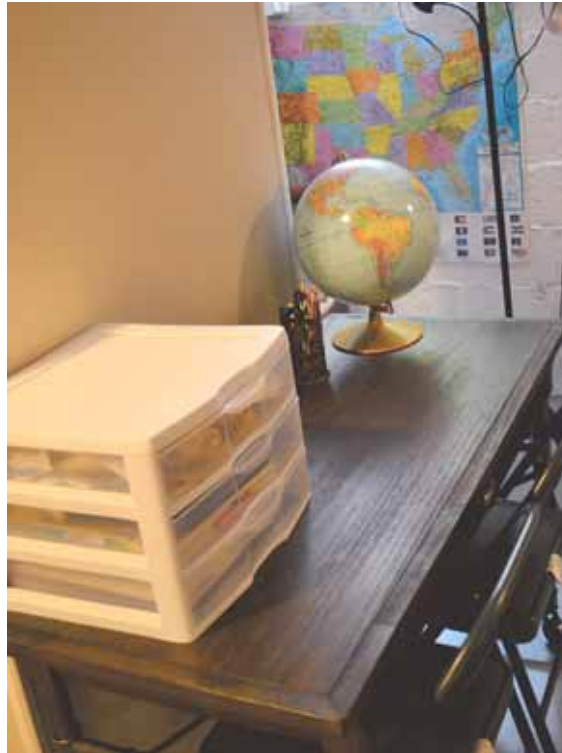


PHOTO BY MARILYN CAMPBELL

Designating a place in one's home for papers and homework supplies is one way to stay organized during the school year.

for completing their assignments, said Arlington-based organizer Michelle Stanbury. "The homework space should be quiet, free of distractions and have good lighting," she said.

Keep a large family calendar that includes each child's events. "It can even be a dry erase board," said Stanbury. "But it should include sports schedules, club meetings, field trip dates and other events. Use a different color marker for each child. This way everyone in the family knows everyone else's schedule."

Encourage children to begin choosing their outfits for school before going to bed at night. "This will save a lot of time and fights when children are getting ready for school in the morning," said Dando. "With younger children, it also helps if, when you're school shopping, you buy clothes that all coordinate together and match. This is especially useful for children who like to pick out their own outfits for school." Designate a place in your home where children hang up and store their coats and backpacks. "As parents, sometimes it feels easier to hang up our children's clothes for them," said English. "But if kids are trained to hang up their coats, backpacks and lunchboxes as soon as they come in the door from school, it will be less stressful for everyone."

"Give each child a file folder or a bulletin board where they can keep their important papers, permission slips and homework assignments. To control clutter, clean it out once a week."

— Laura Dando



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ENTERTAINMENT

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY/AUG. 15 – SUNDAY/AUG. 24 Legally Blonde – the Musical.

Workhouse Arts Center, W-3 Theatre, 9601 Ox Road, Lorton. This Broadway musical follows the story of Elle Woods as she goes on a mission to find love (and herself) at Harvard Law School. Buy tickets and find showtimes at www.metro-theatre.org.

FRIDAY/AUG. 15-SUNDAY/AUG. 31

“Sounds and Shapes” by Hadrian Mendoza. Building W-8, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center is proud to present our Featured Artists and Studio Exhibitions for the month of August. 703-584-2900 or www.workhousearts.org.

SATURDAY/AUG. 16-TUESDAY/SEPT 2

Glass Unpolished: Explorations of Time, Nature and Technology. Workhouse Arts Center W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Three artists from Virginia and Maryland use glass as a means to

“Legally Blonde: The Musical” rehearsal picture.

From left — Nakya Fenderson, Hank Von Kolnitz, Halle Kaufax, Lexi Rhem, Ben Cherrington, Roxy Matten, Chad Vann, Kyra Smith, Will Everett, Lizzy Rader. Performances Aug. 15-24 at the Workhouse Arts Center, Theatre #3, 9601 Ox Road, Lorton.



PHOTO BY GLENN COOK/COURTESY OF METROPOLITAN PERFORMING ARTS

dig into the conceptual nature of discovery, time, fiction and experiment. 703-584-2900.

SATURDAYS/AUG. 16-AUG. 23

Burke Arts in the Parks. 10 - 11 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks. Call 703-323-6601.

SATURDAY/AUG. 16-SUNDAY/SEPT 7

4th Annual Workhouse Clay National. Workhouse Arts Center W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary ceramic artworks being created throughout

the country. 703-584-2900.

SATURDAY/AUG. 16

Mount Vernon Nights: IONA (Celtic). 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. IONA weaves together the traditional music of Scotland, Ireland, Wales, England, France, and Spain, featuring fiddle, vocals, flute, guitar and percussion. Picnic baskets, lawn chairs and blankets are welcome, but outside alcohol is not permitted. www.workhousearts.org. 703-584-2900.

Tai Chi with Daniel. 8 a.m. Workhouse Arts Center Quad, 9518 Workhouse Way, Lorton. Enjoy free, drop-in Art of Movement Tai Chi. 703-584-2900.

Free Fine Art Photography Lecture and Demonstration. 11 a.m.-12:30 p.m. Workhouse Arts Center W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Join Instructor Craig Rudlin as he

explores these elements and how to utilize them to create images that engage and challenge the viewer. 703-584-2900.

Date Night: Chef's Table. 7-9 p.m. Workhouse Arts Center W-3 Classroom 302, 9518 Workhouse Way, Lorton. Enjoy a fun, relaxing escape from the daily grind with a great way to learn some basic cooking techniques while enjoying your company and making new friends. \$85. 703-584-2900.

Ballroom Social Dance. 7:30-10:30 p.m. Workhouse Arts Center W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. Get on your dancing shoes and come out to the Workhouse for an evening of social ballroom dance led by one of our instructors. \$10-\$15. 703-584-2900.

Trivia Night Fun(d)raiser for Kids. 6:30-8:30 p.m. Good Shepherd Parish Hall, 9350 Braddock Road,

SEE CALENDAR, PAGE 11

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ENTERTAINMENT

FROM PAGE 10

Burke. Central Fairfax Optimist Club event. Tickets \$10; all proceeds benefit kids' programs. Doors open at 6; food & beverages available; prizes/raffles. 540-341-8203.

Dog Adoption. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax.

MONDAY/AUG. 18

Lorton Evening Book

Conversations. 7 p.m. Lorton Community Library, 9520 Richmond Highway, Lorton. The Bluest Eye by Toni Morrison. Adult. 703-339-7385.

WEDNESDAY/AUG. 20

Workhouse Farmers Market. 3-7 p.m. Workhouse Arts Center Quad, 9518 Workhouse Way, Lorton. Stop by and get your fresh produce and more! 703-584-2900.

THURSDAY/AUG. 21

Chairman Sharon Bulova's Evenings on the Ellipse Summer Concert Series. 5:30-7:30 p.m. Fairfax County Government Center "Ellipse" (green lawn behind the building), 12000 Government Center Parkway, Fairfax. 703-324-7329.

Visit Hadrian Mendoza's latest exhibit, "Sounds and Shapes," in which he explores the combination of materials animal (goat and cow) skin and handmade ceramic shells in creating drums. His work will be on display at the Workhouse Arts Center in Lorton until Aug. 31.



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21 Announcements

21 Announcements

Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft
permit from the Department of Environmental Quality (DEQ) to
limit air pollution emitted by a facility in Fairfax County, Virginia.

Public comment period: August 14, 2014 to September 15 ,
2014.

Permit name: State Operating Permit issued by DEQ, under
the authority of the Air Pollution Control Board

APPLICANT Name, address and registration number: Syntech
Technology, Inc., 7371 Lockport Place, Lorton, VA 22017,
Registration No. 74042

Project description: Syntech Technology, Inc. has applied for a
permit for the manufacturing of syntactic foam buoyancy mod-
ules, which it already does, at the Lorton facility. Two permits
are being proposed simultaneously as separate parts of a sin-
gle document that together would regulate the operation of
equipment to mix foam ingredients and equipment to form, fin-
ish (smooth) and coat foam modules. The State Operating Per-
mit part would regulate the use of a methylene chloride (MeCl)
based solvent currently used to clean the mixing and forming
equipment. In order for limitations on a pollutant defined as a
Hazardous Air Pollutant (HAP) by the Clean Air Act to be fed-
erally enforceable, the limiting permit must be made available
for public comment prior to being issued. Therefore, the State
Operating Permit part of the subject document is available for
public comment.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEAR-
ING: DEQ accepts comments and requests for public hearing
by hand-delivery, e-mail, fax or postal mail. All comments and
requests must be in writing and be received by DEQ during the
comment period. Submittals must include the names, mailing
addresses and telephone numbers of the commenter/requester
and of all persons represented by the commenter/requester.
Only comments or requests for a public hearing regarding the
State Operating Permit part (Part II) of the combined permits
document will become part of the public comment record. A
request for public hearing must also include: 1) The reason
why a public hearing is requested. 2) A brief, informal state-
ment regarding the nature and extent of the interest of the re-
quester or of those represented by the requestor, including
how and to what extent such interest would be directly and ad-
versely affected by the permit. 3) Specific references, where
possible, to terms and conditions of the permit with suggested
revisions. A public hearing may be held, including another
comment period, if public response is significant, based on in-
dividual requests for public hearing, and there are substantial,
disputed issues relevant to the permit.

CONTACT FOR PUBLIC COMMENTS, DOCUMENT RE-
QUESTS AND ADDITIONAL INFORMATION: John McKie;
DEQ Northern Regional Office, 13901 Crown Ct., Woodbridge,
VA 22193; Phone: 703-583-3831; E-mail: john.mckie@deq.vir-
ginia.gov; Fax: 703-583-3821. The public may review the draft
permit and application at the DEQ office named above or may
request copies of the documents from the contact person listed
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Vossler Latest to Lead Robinson Football Program

The 29-year-old is Rams' fourth head coach in five years.

BY JON ROETMAN
THE CONNECTION

The Robinson football program, a proud, two-time Virginia state champion, has been reduced to a head-coaching turnstile in recent seasons.

Mark Bendorf, who coached the Rams for 14 seasons, guiding them to three state final appearances and a pair of titles (1997, 2001), retired following the 2010 season. After Bendorf's retirement, Trey Taylor lasted two seasons as head coach, guiding Robinson to a 9-13 record and a pair of first-round playoff exits. Former principal Dan Meier served as interim head coach during the 2013 campaign, leading the Rams to an 8-4 mark, including a playoff win over Patriot High School.

Following Meier's one-year stint, Scott Vossler became Robinson's third head coach in as many seasons, and fourth in the last five years. While those numbers might seem mind-boggling for one of the area's top programs, the hiring of Vossler, a 29-year-old Ohio native, might actually bring a level of continuity. Vossler spent the previous three seasons as a Robinson assistant, and was the team's defensive coordinator in 2013.

"The fact that I've been here for three years really helps," Vossler said. "All these

First-year Robinson head coach Scott Vossler talks to the Rams during a recent scrimmage.

PHOTO BY
CRAIG
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THE CONNECTION



guys that are seniors were freshmen my first year here. That helps me [know] where they've been and what they've dealt with, and it also, I think, helps them have some familiar faces that are around."

Vossler said he wants to return the Rams to prominence.

"I think we've got to get better at what we want to do," he said, "but I also think all of us coaches, administration and all the players feel an obligation to the people that played here and coached here before to get things back to where they had it."

ONE PLAYER who is very familiar with Vossler is linebacker Nick Roth, who enters

his third season as a varsity starter. Roth, a 6-foot-1, 200-pound senior, has put on 30 pounds since his sophomore year and is expected to be one of the Rams' top players in their 4-3 defensive scheme.

"[Vossler] knows all the players really well," Roth said. "He's a young head coach. He connects with the players a little better than the other coaches have."

Vossler said he expects the defense's back seven to be strong. The secondary has three standouts in senior cornerbacks Demarcus Byrdsong (5-10, 160) and Navarus Grant (6-1, 180), and safety Marcus Denham (5-10, 160).

Offensively, senior quarterback Jack

Rowlett (6-1, 185) returns for his third varsity season under center, and second running the wing-T. "He's going to carry us, hopefully," Vossler said. "The thing that I love about Jack, and I think you notice when he plays, is how competitive he is. If we put Jack in and told him he had to kick off right before the game, he'd tell me he could put it in the end zone. He's very confident, he's very competitive, he just wants to go out there and win." Rowlett, a standout lacrosse player who will play at the University of North Carolina, said he's much more confident now than he was as a sophomore.

"I've been through the meat grinder of the Concorde District," he said. "I've seen a bunch of teams and seen a bunch of good players. I won't be fazed and I know what to expect." Denham is the Rams' top returning running back.

Senior right tackle Josh Blaz (6-2, 250) and senior center Nick Rupert (6-3, 215) are two of the Rams' top offensive linemen.

ROBINSON will travel to face Robert E. Lee at 7:30 p.m. on Thursday, Aug. 28. It's the first of three consecutive road games to open the season for the Rams, including meetings with Woodson and Lake Braddock. Robinson's first home game is Sept. 19 against Mount Vernon.

"We're going to work real hard to try to keep the tradition strong and build off what those people left us," Vossler said. "We owe it to the school and we owe it to guys like Mark Bendorf and all those great players that were here to right the ship, so that's going to be our mindset all season."

Focus on Concussion Prevention

FROM PAGE 4

who had been around for a while.

"They had their own way of doing things, and they were a bit resistant to making changes to their approach to teaching. Once they saw the Heads-up football program, how it works, its safety benefits, and the ease in understanding it from the players perspective, all were converted and are now outspoken advocates for the program," Richardson said.

"Parents are obviously concerned given the extensive negative publicity primarily at the NFL level, and are excited that at the youth level we were proactively addressing the issue," he added. "The Heads-up program also requires significant parent involvement, so they are included in the training process and are an integral component of its success."

As more than 6,000 local youth began football camps in every area of the county last week, Richardson said the FCYFL reminded players, coaches and parents that Fairfax County is a Heads Up organization.

"We take player safety seriously. Our number one rule stipulates that there's

no physical contact for any player during the first three days of practice, and that each player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages."

Vienna Youth football commissioner Todd Casey ran a "Football Moms" camp last week at Oakton High School specifically to give parents the opportunity to experience and understand what their sons encounter during football practice. The camp was organized by VYI Football Moms, and nearly 50 Oakton and Vienna moms attended the Friday evening camp.

Tami Chadwick, whose son plays VYI football and whose daughter is an OHS cheerleader, said she is more concerned about the possibility of injuries in other sports.

"We have a great organization with involved coaches and parents," Chadwick said. "It's clear from day one that coaches are concerned with safety. For example, there is no way they let your son play with a helmet that does not fit properly."

"We coach with safety in mind," Casey said. "Fairfax County youth football is an incredible community that has a ridiculously large impact on the lives of those who play."

Casey said Heads Up has not detracted from staying competitive and continuing to compete in playoffs.

Greg Dunlap, a 15-year-old player from Lake Braddock, said the changes have made playing football "smarter and safer."

"You understand what you're doing more. It's not just blindly running and hitting the guy with the football," Dunlap said.

According to the National Federation of State High School Associations, participation in high school football was down 2.3 percent in the 2012-13 season compared to the 2008-09 season.

Some of that drop-off is attributed to parents' concerns about safety in football. Former NFL running back Merrill Hoge, now a member of USA Football's board of directors, said Heads Up Football is having a positive impact on the game and addressing parents' concerns.

"The ultimate objective is to educate everyone who needs to know more about the trauma in sport, and when it happens, that the right action takes place," Hoge says.

TO FAIRFAX COUNTY COACHES like Richardson and Casey, Heads Up Football benefits all coaches, whether they are working with pee wees starting out in football,

or high schoolers with college scholarships in sight.

Marsden added that Heads Up shifts the emphasis from treatment to prevention.

"In the past so much of the focus has been on treating a player after a big hit. This is the first time we saw there was something we could do on the front end that makes the game safer," Marsden said. "At the end of the day, prevention is always the best place to end up, whether it's medicine, crime or sports. Prevention is always better than the cure," Marsden said. Marsden sees the connection to high school football as essential. "The high school coach is critical to this program, not only continuing to succeed, but grow," Marsden said. "The high school coach in the area is the guy who supports the youth programs, the guy who is looked up to on every level, the guy the kids want to play for some day."

The more high schools applied to the program, it will legitimize the program even more. They prepare their kids for high school. If this is part of the high school curriculum, we will see more youth coaches embrace it."

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\$839,000

Luxurious colonial with an open floor plan, abundance of windows, chef's kitchen, 1st floor master suite and walk out lower level.

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Historic Victorian Colonial

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