

Taking a bite out of crime, McGruff, the crime-fighting bloodhound, makes an appearance at Middleridge's annual National Nigh Out event with Officer J.T. Frey, who coordinates the community-police partnership events in the West Springfield Police District.

Fighting Crime

NEWS, PAGE 4

Wellbeing
PAGE 9

Rams Skip
To Scotland

ENTERTAINMENT, PAGE 5





PHOTOS BY NANCY OHANIAN

Star pitcher Patty Maye Ohanian and her father, Art Ohanian, pose together after another successful game. Art Ohanian is also the head coach of the Stars.



The girls of the Vienna Stars beam happily with their medals and trophy baseplate after the Virginia ASA "B" State Championship in June.

Vienna Stars Shoot for Moon

Burke's Ohanian helps softball team excel.

The Vienna Stars '99 Fastpitch Softball team won the Virginia ASA "B" State Championship in June. The team is made up of 13 talented softball players, all of them born in 1999.

Patty Maye Ohanian, a Burke resident and rising seventh grader at Lake Braddock Secondary, is the starting pitcher and utility infielder. Her father, Art Ohanian, is also the team's head coach.

The Vienna Stars '99 just completed their last tournament of the 2010-2011 season at the USSSA Eastern Regional World Series in Maumee, Ohio. They placed ninth in a pool of 24 teams, beating the heat and some tough competition. The Vienna Stars '99 had the distinction of scoring the most runs of any team in the tournament.

The Vienna Stars organization, while based in Vienna, draws from a talented pool of young athletes all across Fairfax County, as well as Arlington, Prince William and Loudoun counties.

A year round team, the Vienna Stars '99 is looking forward to tryouts again in August and are gearing up for another competitive and successful season.

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Instructors from a local Zumba school lead festival visitors in a fast-paced dance routine. Zumba is a dance fitness program that is focused around Latin-American music.



PHOTOS BY NOAH YOO/THE CONNECTION

Members of Fairfax County Police Explorer Post 1742 collect donations that will go towards them attending the National Law Enforcement Explorer Conference in 2012. The Law Enforcement Explorer Program is for students between the ages of 14 and 21 that are interested in law enforcement as a career.



A trio of Hawaiian musicians play traditional Hawaiian folk songs as dancers perform a traditional hula dance at the National Night Out festival in Burke.

On Target for Safety

Burke residents gather to mark National Night Out.

Hundreds of people gathered in the parking lot of the Target in Burke on New Guinea Road Tuesday night, Aug. 2, for the annual National Night Out event, which promotes community-police awareness. The Target has served as a

focal point for the annual safety awareness event for several years.

Participants enjoyed games, music and food, and learned about public safety from police and firefighters.



A toddler looks on as local pop-punk band Bad Idea gives a rousing rendition of Jason Mraz's hit 'I'm Yours.'



People line up to get a taste from the loafs from Great Harvest Bread Co. Great Harvest Bread Co. has locations in Burke and Lorton. The Burke location having opened in 2004.



A Target employee braces herself as a young festival-goer tries his luck and pitching ability on the dunk tank.



The Burke Target parking lot was filled with booths from groups such as Relay For Life and companies like Guitar Center. One of the main attractions for children was the moon bounce.



Parents wait with their children in line for a chance to go on the moon bounce at this year's National Night Out.

COMMUNITY



Evan Emery, 12, a Robinson student wanted a mustache painted on his face 'because they really look cool.' He attended the Middleridge NNO event.

Middleridge celebrates its 10th annual National Night Out Against Crime with ice cream, music, games, face-painting and more on Tuesday, Aug. 8.

Fighting To Take Back the Night

Neighborhoods team up with police during National Night Out events.

BY VICTORIA ROSS
THE CONNECTION

With sirens blaring and lights flashing, police cars, fire-trucks and ambulances raced into neighborhoods throughout Fairfax County on Tuesday night, Aug. 2.

But they weren't there to investigate any crimes or misdemeanors. Instead, the heavy

law enforcement presence was part of the 28th annual National Night Out (NNO), a community-police partnership to strengthen neighborhood's anti-crime efforts.

The crime prevention event, sponsored by the National Association of Town Watch (NATW), involves citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from more than 15,000 communities across the nation. According to the NATW, more than



Nicole Myers, 16, volunteered to do face-painting at Middleridge's 10th annual NNO event. 'I love painting butterflies,' she said.



Catie Morales and husband Steve Morales help Mary Vander Maten dish out ice cream at the Middleridge National Night Out Against Crime event on Tuesday, Aug. 8. With nearly 600 homes, Middleridge has one of the largest NNO events in Fairfax County.



Del. David Bulova (D-37) chats with University Square residents during the neighborhood's annual NNO event. Frank Ruth, University Square's HOA president, said the event is a way to help neighbors meet each other. A former Robinson Secondary School science teacher, Ruth said his neighborhood is stronger because of events such as NNO.

37 million people participate in NNO events annually.

"It's a big to-do, and Middleridge is one of the biggest," said Fairfax County Police Officer J.T. Frey, who organizes 27 NNO events in the West Springfield Police District.

"This program really helps strengthen neighborhood spirit and partnerships between the police and the community," Frey said.

Mary Vander Maten, president of the Middleridge Civic Association (MCA), said the Middleridge event is similar to "really

big picnic for 500 people."

"It's a fun event, and there's something for everyone, but it also helps heighten crime awareness," Vander Maten said.

Catie Morales, former president of the MCA, organizes the Middleridge event. "There are about 600 homes here, and I think we have about 500 people come out. This is really a way to support and strengthen neighborhood camaraderie.

In addition to police, fire trucks and McGruff, the crime-fighting dog, the

SEE NEIGHBORHOOD. PAGE 6

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Director Chip Rome, far left, and his theater students are bringing 'Funny as a Crutch' to Edinburgh, Scotland. They are, back row, from left, Sean Baird, Mary Cate Turgeon, Jason Rath, Lauren Rainford, Brennan Laskas and Kyle Lynch; middle row, Katie Kuzin, Hannah Sikora, Lizzie Hodgdon, Allison Poms and Chris Keihl; bottom row, Hannah Bunting, Carys Meyer and Jackson Viccora.

Ram Actors Out on the Fringe

Performing 'Funny as a Crutch' at Fringe Festival.

BY BONNIE HOBBS
THE CONNECTION

Fresh from two performances in New York, a group of Robinson Secondary theater students are spending the next two weeks in Edinburgh, Scotland, acting in the legendary Fringe Festival.

They performed their show, "Funny as a Crutch," Friday-Saturday, July 29-30, at the 59E59 Theater off Broadway, returned home for a couple days and then, on Tuesday, flew to Scotland.

Making the trip were 12 actors, two techies and five adults, including Director Chip Rome. Last week, the young thespians were busy fine-tuning their show, while looking forward to their big adventure.

"I'm excited to go someplace new, perform at a worldwide festival and be part of the energy of it all," said junior Katie Kuzin. "I love everyone in the cast, so I can't wait to share that experience with them."

They're actually performing as RAMbunctious Theatre and their show is comprised of nine, comedy sketches looking at life as seen by people with disabilities. They performed it at school in March, to rave reviews, and are now taking it on the road.

"It's about people with disabilities trying to make

their way through their world, despite the rest of us," Rome said.

The actors will perform a preview and six shows at Paradise in Augustine's, a church in the center of Edinburgh. But that's not all they'll do.

"We'll spend some time at a couple castles, look for the Loch Ness Monster and watch the Highland Games — men in kilts throwing trees," said Rome. "Book and film festivals are going on there, at the same time. And since Edinburgh is supposed to be one of the most haunted cities in the world, we'll take a couple ghost tours."

They'll also see the famous Military Tattoo, thousands of bagpipers performing all at once at Edinburgh Castle. "They make a dramatic entrance, and there's always a light show at the end," said Rome. He and his students will also be able to see lots of other theatrical performances at the Fringe Festival.

"We'll have to choose among 1,200 shows a day to see in our off time," he said. "Every theater, church, pub, post office and street corner becomes a performance venue. During the first three weeks of August, the population of

Edinburgh triples."

Since performing their show at Robinson in March, the actors have rehearsed once a month. But last week, they rehearsed eight hours a day. They've also simplified their set and eliminated the play's blackouts and scene changes. So now, said Rome, "It just flows, and the kids like it much better."

"I'm excited to go someplace new, perform at a worldwide festival and be part of the energy of it all."

— junior Katie Kuzin

SEE THESPIANS, PAGE 11

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COMMUNITY

Neighborhood

FROM PAGE 6

Middleridge event featured music by Pet Rock, face-painting, children's games and 15 booths that showcase the neighborhoods programs, services and events.

"This program really helps strengthen neighborhood spirit and partnerships between the police and the community,"

— **Officer J.T. Frey**

"Communities are safer when neighbors look out after neighbors, and when we forge partnerships with our law enforcement officers," said David Bulova, who attended several NNO events on Tuesday evening with his family. "It's a great way to boost community pride and especially to give children a chance to interact in a positive way with the police. I've seen NNO make a real difference in my community."

"This is a great way to let residents know this is everything our awesome community does. It sums up the spirit of the neighborhood. There's a great mix of people here, from older residents to young families," said Gretchen Bulova, who volunteered to organize the first NNO event in Middleridge 10 years ago with her husband, Del. David Bulova (D-37).

"Newcomers can learn about the various activities in the neighborhood, such as the scouts, or the book club, and it's also a way to get people to volunteer," she said.



Claire and Kevin Williams, 5, wave bye to the fire truck at Middleridge's annual NNO event.

BULLETIN BOARD

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

SATURDAY/AUG. 6

Young Adult Survivorship Conference. 9:30 a.m.-3:30 p.m. Life with Cancer Family Center, 8411 Pennell St., Fairfax. With speaker Tamika Felder. A young adult panel with representatives from Life With Cancer, I'm Too Young For This, and Imerman Angels will discuss disclosure, dating and survivorship care plans. Register at 703-399-2940.

MONDAY/AUG. 8

Concussion Prevention Workshop. 1 p.m. Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. With former WWE wrestler Chris Nowinski, known in the wrestling world as "Chris Harvard," co-founder of the Sports Legacy Institute. Register at www.surveymonkey.com

SATURDAY/AUG. 13

You and Your Money: Financial Literacy for Women. 10 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Hosted by NoVA Coalition of Labor Union Women, this is the first in a series of free workshops on issues important to working women. Light refreshments served. 202-879-4490 or ccordovi@aft.org.

Journey through Grief Workshop. 2 p.m. Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Registration required at 703-941-7000 or www.havenofnova.org.

PHOTO BY VICTORIA ROSS/THE CONNECTION

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THE
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PEOPLE



Court of Honor For Boudreau

Aaron Boudreau, a member of Boy Scout Troop 1849 was awarded his Eagle Scout rank at a Court of Honor on June 18 at St. Andrew's Episcopal Church in Burke. Aaron's Eagle Scout Service project was to collect donations for care packages for Marines in Afghanistan. Working with members of his troop and VFW Post 7327, Aaron collected the donations and then packed and shipped 85 large care packages. Aaron lives in Fairfax Station and will be a senior at Lake Braddock in the fall.

Host Families Needed

AFS-USA, formerly American Field Service, is seeking homes in Northern Virginia for foreign exchange students during the coming school year. Boys and girls range in age from 16 to 18 and come from more than 50 countries. All students have excellent grades, speak good English and have their own spending money. Host families supply room, board, supervision and TLC. AFS supplies local, regional and national support as well as medical insurance. Students arrive in August, return home in January (semester only) or June (full year). For more information, and to discuss such things as choice of a boy or girl and national origin, contact one of the following AFS volunteers: Jerene Thomas at Thomasjere@aol.com; Paul Thompson at pthomp7815@aol.com; or Nancy Thompson at nancythomp12347@gmail.com.

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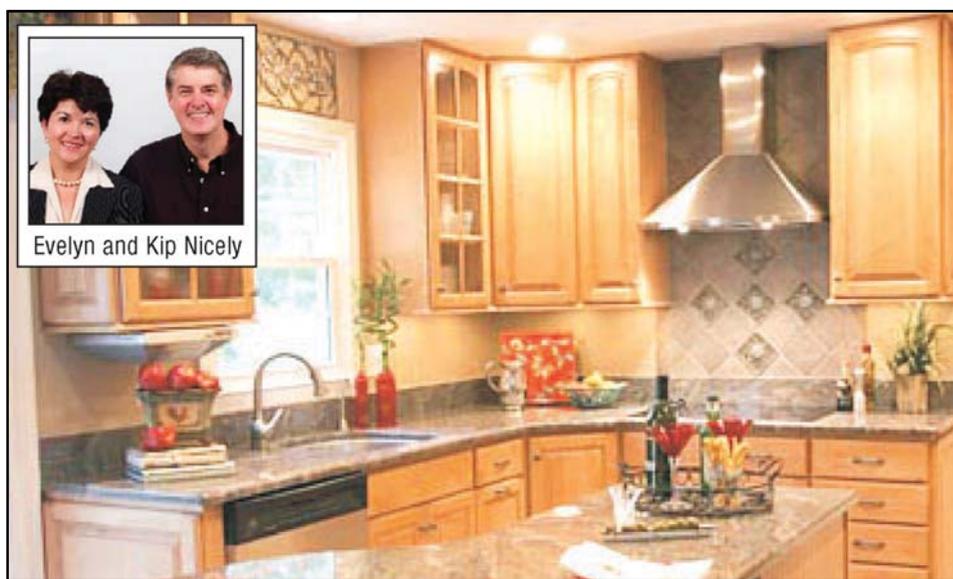
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OPINION

Five Percent Off

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

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

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

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

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

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

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

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

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

plies they need.

August Sales Tax Holiday: School Supplies and Clothing

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

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See: www.tax.virginia.gov

plies they need.

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

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

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

Supporting Cook

To the Editor:

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

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

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

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

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

Jane Pyrak
Annandale

Hurley Supports Turf Fields

To the Editor:

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

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

Now that I live in Braddock Dis-

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

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

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

Danielle Shipp
Fairfax

Challenging Spike on Details

To the Editor:

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

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

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

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

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

SEE LETTERS, PAGE 14

THE CONNECTION

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Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

BY JULIA O'DONOGHUE
THE CONNECTION



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

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

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

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

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

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

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

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

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

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

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

Among other things, the Virginia Board of Education now recommends that students get a written medical release from a licensed health care professional before re-

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

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

turning to team practices or games if they are suspected of having a concussion.

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

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

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

Fairfax has had a certified athletic trainer,

Fairfax County Public Schools Concussion Data

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

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

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

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

*A higher rate indicates that concussions occurred more frequently.

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

“Our athletic trainers are available to assess the athletes every day. No child is going to go back to a sport team unless they can get through a rigorous workout without the return of symptoms. And you have to make sure that they get not only physical rest but also cognitive rest,” said Almquist.

STUDENTS with concussions typically have to take a hiatus from doing any type of physical activity and may have to refrain from cognitive activities — including reading, writing and completing math problems — for several weeks. They also must return to their normal exercise and academic routines slowly, with a gradual increase in rigor drawn out over several weeks, according to the National Children’s Medical Center in Washington D.C.

Though his children haven’t had concussions, McLaughlin said he knows many of their classmates have. According to McLaughlin, Fairfax’s coaches appear to have been supportive of long-term treatment plans for students. Teachers have also been understanding and willing to adjust academic workloads.

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

An academic study suggests that the frequency of concussions in contact sports might be on the rise in Fairfax County Public Schools.

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

According to Caswell, the frequency of

Signs and Symptoms Of a Concussion

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

SIGNS OBSERVED BY PARENTS/TEACHERS/COACHES:

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

SYMPTOMS REPORTED BY STUDENT:

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

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

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

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

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

“The high-participation collision sports of football and boys’ lacrosse warrant continued vigilance, but the findings suggest that focus on concussion detection, treatment and prevention should not be limited to those sports traditionally associated with concussion risk,” he wrote.

Indeed, South Lakes parent John Farrell said three of his four children suffered from sports related concussions, though they were all in sports where concussions are not nearly as frequent. One daughter got repeat concussions after being hit in the head during a basketball game. A son had a concussion after he was hit in the head with a baseball and another daughter had a cheerleading accident, he said.

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ENTERTAINMENT

Breathing Life into a Monster

Matthew Warner launches a new horror novel.

BY HANNAH BUNTING
THE CONNECTION

When imagining the author of a horror novel, a dark and sinister man might come to mind. However, Northern Virginia novelist Matthew Warner is quite the opposite.

"He's friendly, easy-going, and easy to talk to", Warner's former high school journalism teacher Dr. Patrick McCarthy said. "He was such an enthusiastic student. Like a sponge, he just couldn't get enough knowledge. He always wanted to know more."

According to his mother, Pat Warner, her son was always interested in writing.

"I was amazed when he picked horror [as his preferred genre]. I wanted to know where he got his ideas from," Pat Warner said. "But he's so intense and creative, it's a good fit."

MATTHEW WARNER is a Lake Braddock alumnus and James Madison University graduate. He now lives with his wife and son in Staunton, Va., where they are expecting their second child.

Warner has worked with many forms of the written word, ranging from novels to screenplays. His published novels are "The Organ Donor," "Death Sentences," "Eyes Everywhere," and "Horror isn't a Four Letter Word." His most recent novel, "Blood Born" is a hot topic for horror genre readers.

"Blood Born" takes place in Northern Virginia, and tells the story of a monster that attacks and impregnates local teens. However, these aren't normal pregnancies. The monster babies gestate in a week and are born hungry, eating everything alive in their path. Soon the population of monsters grows, and they wreak havoc on the metropolitan area.

Warner described his novel as having an underlying representation of how society deals with crisis.

"[Society] overreacts. They aren't sure how to handle it right...and sometimes the cure is worse



PHOTO BY PAT JARRETT

Matthew Warner

than the disease" Warner said.

"[Blood Born] is the best he's written so far. I love the intensity and the drama of it. It was fast moving and easy to read. ... It was also easy to put yourself in the place of the characters", Pat Warner said.

Last year, Warner worked with Darkstone Entertainment to produce "The Lovecraft Chronicles," a series of short films involving monsters from famous literature.

Warner said he has already begun working on his next pieces: a stage comedy titled "Pirate Appreciation Day" and the novelization of the movie "Plan 9."

"Blood Born" is available for purchase on Amazon.com or at Warner's website: matthewwarner.com/.

CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/AUG. 4

The Bob Gibson Big Band. 8 p.m. Old Country Buffet 9650 Main St., Fairfax. Vintage to modern jazz and big band music. 703-764-0708.

Disney in Concert: Magical Music from the Movies. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The National Symphony Orchestra, led by conductor Steven Reineke, present songs from The Little Mermaid, The Lion King, Aladdin, Pirates of the Caribbean, Beauty and the Beast and more. Tickets \$20-\$52. www.wolftrap.org.

Science Rocks with Flumpa and Friends. 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Music, science and movement with Wendy and Flumpa, the tree frog. All ages. Register at 703-293-6227.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English

with other adults. 703-249-1520.
Lunchtime at the Movies. 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring lunch and watch movies based on children's books. Call for titles. Age 1-6 with adult. 703-644-7333.

Forensic Mysteries. 3:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Become a detective and analyze clues from skeletons, fingerprints and DNA. Presented by the Science Museum of Virginia. Age 12-18. 703-644-7333.

FRIDAY/AUG. 5

Tom Paxton. 7 p.m. Mason District Park Amphitheater, 6621 Columbia Pike, Annandale. Folk music. 703-324-SHOW.

Deep River Summer Revival with Seth Glier. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Tan Dun: Martial Arts Trilogy. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. National Symphony Orchestra, led by conductor Tan Dun, presents concertos based on the films Hero, The Banquet, and Crouching Tiger, Hidden Dragon. Tickets \$20-

\$52. www.wolftrap.org.
The Fairfax Symphony Orchestra's Brass Quintet. 7:30 p.m. Lake Accotink Park, 7500 Lake Accotink Park Road, Springfield. Classical music concert. Free.
Trio Caliente. 7:30 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Latin gypsy rumba. Free.

SATURDAY/AUG. 6

Deep River Summer Revival with Larkin Poe. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Arlo Guthrie & Time for Three. 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Arlo Guthrie, Time for Three and the National Symphony Orchestra present an evening of folk and classical music collaborations. \$20-\$52. www.wolftrap.org.

The Fairfax Symphony Orchestra's Percussion Duo. 10 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Musical duet. Free.

Fairfax County Master Gardeners Association, Inc. 10 a.m.-1 p.m.

SEE CALENDAR, PAGE 11

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ENTERTAINMENT

Thespians Travel to Scotland

FROM PAGE 10

In Scotland, after staying in castles the first couple days, the group will stay in dormitories at the University of Edinburgh. Describing Edinburgh as “a lovely, small, safe city,” Rome said the students will be on their own there, in groups of four, so they’ll be free to explore and visit whatever venues appeal to them. They’ll have morning check-ins, perform their play around noon, have free time and then meet up in the evenings for dinner and/or other events.

“I’m really excited because I got into theater this past year and have fallen in love with it,” said sophomore Mary Cate Turgeon. “So it’s great to go perform abroad with this group because we’ve all bonded as a family. We’re seeing some interesting shows there, including one called, ‘Blond Compassion.’ It makes fun of Americans’ obsession with self-help books, so it’ll be interesting to see the difference in cultures.”

KUZIN IS also looking forward to seeing the other shows, as well as exploring Scotland, taking the ghost tour and doing some shopping. “I’d like to bring home a kilt and other souvenirs for my friends and family,” she said.

Junior Carys Meyer is thrilled that she’ll be at the festival with people from all over the world and get

to see different shows and styles, all in one place. “I’m also excited about the Military Tattoo,” she said. “My dad’s seen it and said it’s really cool. I want to experience the culture in the city and maybe try my hand at throwing a tree during the Highland Games.”

Meyer said the whole thing’s “awesome because we’re one of the few high schools that goes to the festival by itself, as its own theater troupe, not as part of a larger group of several schools. And we’ve organized this trip ourselves.”

Senior Allison Poms wants to see the plays done by other groups and compare them to “Funny as a Crutch” with the show’s stage manager, Lizzie Hodgdon, who’s her best friend. Poms is also looking forward to being part of “all the creative talent” there. “I like improv, and the other shows have such random titles that we want to see anything that captures our attention,” she said.

Classmate Sean Baird designed the lighting and is the technical director for RAMbunctious Theatre. “Getting the rights to perform our show’s songs in another country was difficult,” he said. “So instead, my friend Paul Mayo wrote the songs that will go between the scenes as transition music.”

“I’m excited because my family is part of a Scottish clan,” continued Baird. “So as long as I get to go and say I’ve been to where my ancestors are from, I’m happy.”

CALENDAR

FROM PAGE 10

City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice. 703-293-6227.

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

Neighborhood Plant Clinic. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association answers gardening questions. Adults. 703-978-5600.

Read to the Dog. 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 6-12. 703-644-7333.

SUNDAY/AUG. 7

Alison Krauss & Union Station. 8 p.m. Wolf Trap Foundation for the

Performing Arts, 1624 Trap Road, Vienna. Bluegrass music. With dobro player Jerry Douglas and folk-rock band Dawes. \$30-\$48. www.wolftrap.org.

Neighborhood Plant Clinic. 1-4 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

MONDAY/AUG. 8

Introducing Beans-N-Frank. 7 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Sing, dance, and have fun with rap duo Beans-N-Frank. All ages. 703-644-7333.

TUESDAY/AUG. 9

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

Let’s Hear It For The Girls. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. All girls book discussion group. The Phantom Tollbooth by Norton Juster. Age 9-12 with adult female. 703-978-5600.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

WEDNESDAY/AUG. 10

Civil War History of the Hunter Mill Road Corridor. 7:30 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. With forum speaker Jim Lewis, a historian, tour guide and member of the Bull Run Civil War Round Table. Free. 703-425-9225.

Science Spectacular. 7 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. See fog rings, bubbling potions, a voice changer and more with wacky scientist Eric Energy. Age 6-12. 703-644-7333.

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Changes Ahead for BRAC Connector Routes

Supervisors approve voting precinct for George Mason University.

BY NICHOLAS M. HORROCK
THE CONNECTION

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

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

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

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

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

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

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

Axton said the plan as submitted to the

board incorporates comments received during the planning.

FCDOT issued the following material on the changes:

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

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

❖ **Route 171** (Lee, Mount Vernon Districts): Modified the existing routing and revised the schedule accordingly. Revised routing begins at the Huntington Metrorail Station and travels along Richmond Hwy, Fort Belvoir at DLA, Telegraph Road, Pohick Road and Lorton Station Boulevard to the southern terminal at the Lorton VRE. The weekday schedule has been adjusted improving service to 20 minute headways in the peak period and 30 minute headways during the midday, evening and on weekends. Route 171 provides a connection between Fort Belvoir at DLA and the Lorton VRE terminal. Service is complimented by

Route 371 Lorton VRE to Franconia – Springfield Metro Rail Station.

❖ **Route 305** (Lee, Mount Vernon and Springfield District): Modified the existing routing to provide bi-directional service to the Newington Forest, Silverbrook, Laurel Hill and Lorton communities and Lorton VRE during weekday peak periods. The proposed route is the combination of existing routes 305 and 307 and will provide Newington Forest, Silverbrook and Laurel Hill riders with direct service to Metrorail

at Franconia-Springfield Station on the north end of the route or VRE at Lorton Station to the south. The proposed route will also continue to serve the Gambrill and Sydenstricker Park & Ride Lots in the peak direction.

❖ **Route 310** (Lee, Springfield Districts): Revised the schedule to increase service to 20 minute headways in the peak period and 30 minute headways in the base period. There are no changes being proposed to the routing.

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

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

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

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

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

IN OTHER action the board approved the creation of a University precinct made up mostly of the George Mason University campus, and an on-campus polling location.

"The action will provide a convenient option for on-campus residents and will accommodate the planned growth of the Mason campus," Chairman Sharon Bulova (D-At-large) said in a news release.

"With the 7,500 new residences planned for Mason in the next five years, a distinct precinct and on-campus voting will make not only students, but faculty and staff as well, feel like they are part of the Fairfax Community."

The Virginia General Assembly's redistricting plan splits the Woodson precinct, where Mason is located, at Roberts Road, the eastern boundary of the campus thus isolating Mason. She said county staff worked with Mason to create the precinct.

"The action will provide a convenient option for on-campus residents and will accommodate the planned growth of the Mason campus."

— Chairman Sharon Bulova (D-At-large)

FAITH NOTES

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

One God Ministry, 4280 Chain Bridge Road in Fairfax, is hosting its Eighth Annual Community Festival and Concert on Saturday, Aug. 13 from 10 a.m.-4 p.m. Fun for the family includes free food, music, games and prizes, including an iPad2. The public service event raises funds to support the homeless and hungry in Fairfax. 703-591-

6161 or www.onegodministry.org.

Jubilee Christian Center, 4650 Shirley Gate Road in Fairfax, will host a Family Picnic on Aug. 17, from 6-7 p.m., and a Family Movie Night, with free pizza, on Aug. 31 at 7:15 p.m. No Family Night activities for Aug. 10 or Aug. 24, but the regular Wednesday Family Night activities for Boys and Girls Clubs and Adult Bible Study will resume on Sept. 7, at 7:15 p.m. 703-383-1170 or www.jccag.org.

Westwood Baptist Church, 8200 Old Keene Mill Road in Springfield, will change its Sunday morning schedule for

the month of August. Worship will begin at 9 a.m. followed by a brief fellowship time and then Sunday School for all ages at 10:15 a.m. 703-451-5120.

Barcroft Bible Church, 9401 Little River Turnpike in Fairfax, invites rising kindergarden-sixth graders to the "Kickin' it Old School" Summer Bible Camp with games, music and crafts. 10 a.m.-1 p.m. Lunch provided. \$15 per child. www.barcroft.org/kh-bible-camp.

The Fairfax Church of Christ, 3901 Rubgy Road in Fairfax, has facilitators available to help those who are experiencing a separation or divorce.

703-631-2100 or www.fxcc.org.

Lord of Life Lutheran Church, 13421 Twin Lakes Drive in Clifton, offers three levels of ESL classes every Tuesday and Thursday at 7 p.m. Cost for semester is \$35, including student book. To register, come to the next class. www.lordoflifeva.org or 703-323-9500. Registration is Sept. 8, 7 p.m. ESL classes are also available at 5114 Twinbrook Road, Fairfax.

The Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton, offers services on Saturdays at 4:30 p.m., in addition to

Sunday services at 9:15 a.m. and 11:15 a.m. www.uucf.org.

Congregation Adat Reyim, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Wednesday at 7:30 p.m. Hebrew School is Sundays at 9:30 and Mondays at 5:30 p.m. Hebrew High is Sunday at 5:30 p.m. Preschool is Monday-Friday at 9:30 a.m. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. For more information, contact us at 703-569-7577 or visit www.adatreyim.org.

Looking for Improved Fitness — How About Tennis?

Sport combines fun, good exercise and social interaction.

BY RICH SANDERS
THE GAZETTE

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

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

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



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

ply] work on your game."

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

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



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

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

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

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

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

and 100 adults are participants. "People enjoy competing and that side of it, and others love learning something new and adding to their skill set," he said, of the different mindsets his students have in regards to the sport.

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

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

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

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

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

SEE PLAYING, PAGE 15

Learning from a Seasoned Tennis Professional

BY RICH SANDERS
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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9011 Banyon Ridge Rd. \$524,900 Sun 1-4 Beckie Owen Long & Foster 703-328-4129

Lorton

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

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13124 Westbrook Dr. \$499,900 Sun 2-4 George Lodge Keller Williams 571-217-5981
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14392 Uniform Dr. \$349,900 Sat 1-4 Kyung Kim Infinity 703-819-6059
14173 Red River Dr. \$290,000 Sat 11-3/Sun 12-3 Charter Wells Keller Williams 703-475-4704

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5428 Castle Bar Ln. \$639,950 Sun 1-4 Tom & Cindy & Assoc. Long & Foster 703-822-0207
5610 Tower Hill Cir. \$825,000 Sun 1-4 Tom & Cindy & Assoc. Long & Foster 703-822-0207
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To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to shogan@connectionnewspapers.com
All listings due by Tuesday at 3 P.M.

LETTERS

FROM PAGE 8

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

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

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

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

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

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

Will Radle (I)

Candidate for chairman
Fairfax County Board of Supervisors

Vote for Thomas Cranmer

To the Editor:

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

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

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

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

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

Katy Summerlin
Fairfax Station

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SPORTS

Playing Your Way to Fitness

FROM PAGE 13

idea for his teaching methods upon viewing the YouTube program, will sometimes call Kegerreis for personal tennis instruction.

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

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

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

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

GLENN ADAMS, the boys' tennis coach at Madison High for the past 10 years, tries to create in all of his team members — whether they are standout players on the Warhawks' squad or backup team members — a will to play tennis for years to come. He said he often, when talking to prospective Madison players coming out of junior high schools, notices a lack of true love for the sport. Adams believes youngsters who are taught tennis at a young age develop a lifetime love for the sport. For those youngsters who take it up during, say, their teen years, there is not that immediate passion.

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

Adams keeps a large Madison team roster during the spring season in hopes that his players will catch tennis fever for life. The benefits, he said, are so rewarding. A runner/jogger of 40 years, Adams said

he much prefers the fitness routine of tennis to that of running, which to him is quite grueling.

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

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

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

"But get that first six months in and you'll definitely start to land those shots, whether they are lucky



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

PHOTO COURTESY OF HANK HARRIS ACADEMY

shots or not," he said, with a laugh.

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

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

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

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

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

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The Jewish Community Center of Northern Virginia offers programs and services to people of all ages and backgrounds. Located on Little River Turnpike, just 1 mile west of

the Capital Beltway, the JCCNV offers sports and fitness programs, a licensed preschool and after-school care, and engaging active retiree programs. This fall the JCCNV sports, fitness and aquatics department is offering a variety of new and exciting activities and programs for both youth and adults including youth and adult soccer leagues, swim classes and swim teams for all levels (including Master's Swim) and a dance academy with classes for ages 3-18 and adults. The center also offers women's basketball, running and cycling clubs, group exercise classes and personal training and wellness programs for all levels. Swing by the center to take a tour of the facility, or take part in the Join, Commit, Come get Fit week, Sept. 6-11 and try out the new fall classes, including Zumba & Zumba Gold, Spinning, Abs & Stretch and more. To learn more, please contact Paula Cole, director of sports, fitness and aquatics at 703-537-3049.



'Stuff the Bus'

Apple Federal Credit Union employees load donated supplies onto a school bus July 26 at the Apple Fairfax Branch as part of Apple's Stuff the Bus program that provides school supplies to

needy kids in Northern Virginia. From left, Bobby Sadr, Apple FCU branch representative; Susannah Lee, Apple FCU branch representative; Wayne Morris, Fairfax branch manager for Apple FCU; and Asha Kumari, Apple FCU branch representative. Apple members and the public are encouraged to drop off new school supplies and backpacks at Apple branches located throughout Fairfax and Loudoun counties by Aug. 9. For drop-off locations in each county and the specific donations needed, go to <https://www.applefcu.org/stuffthebus.asp/>.



Shelby Locke

Locke Heads to Girls State

On June 22, Shelby Locke, 16, a rising senior at West Springfield High School, was elected governor of Virginia Girls State. Running on a platform focused on raising cancer and health care awareness, she was elected into the highest office of the American Legion Auxiliary's weeklong citizenship seminar.

Held at Longwood University, Girls State offers a simulation of municipal government as the girls break into parties and cities, such as Locke's Nationalist Party in Randolph City.

Locke, the daughter of Martha and John Locke, has experience with leadership through her school's orchestra and track programs. She also leads the youth group at St. Andrews' Episcopal Church and serves the community through Relay for Life and the Pen Pals program for girls whose fathers have died of brain cancer. As a result of her personal experience with this, she plans to attend the University of Tampa to become a cardiologist surgeon.

SPORTS NOTES

Adult Softball Teams Needed: Grab friends, family, co-workers and neighbors and sign up today to be a part of Fairfax County's No. 1 adult softball program – Fairfax Adult softball (FAS). FAS, voted the best adult softball league in the recent June 2011 issue of Northern Virginia Magazine, is currently accepting applications for adult softball teams for the upcoming fall season. Deadline to register is Sunday, Aug. 7. There are Men's, Women's, Coed, Corporate Coed, and Senior's (age 50-plus) leagues available. Be part of the largest ASA softball association in the nation. For further information, call 703-815-9007 or e-mail office@fairfaxadultsoftball.com. Applications can be found on the FAS website at www.fairfaxadultsoftball.com.

EMPLOYMENT

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WEDNESDAY 11 A.M.

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Person must have the ability to work with individuals, staff, families and other service agencies. They must be willing to have a flexible work schedule and be available for emergencies. For more information email: susan.greene@csi-va.org or call 703-913-3150. Our website can be accessed at www.csi-va.org Our office is located at 8136 Old Keene Mill Road, Suite B-300, Springfield, VA 22152.
Deadline to send Resumes: August 10, 2011

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21 Announcements	21 Announcements	21 Announcements	21 Announcements

LEGAL NOTICE
AT&T intends to file an application for the collocation of new antennas on the King Hall building located at George Mason University Campus, Fairfax Station, Virginia. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as "George Mason" will consist of the collocation of three new antennas at an antennas RAD center height of 88' 8" and 86' 8" above ground level on the existing 210-foot tall tower located on the roof of the building. In addition, a new equipment rack will be installed in the existing equipment shelter located on the roof of the building. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Ms. Rebecca Grant, AT&T, at 7150 Standard Drive, Hanover, Maryland 21076 or c/o theresa.scarlato@atcassociates.com

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

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

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10:00AM**
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For Listing www.boltonauctioneers.com
703-494-5062
Frank "E"/Donna Bolton Lic #392/1478

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

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Nearly 23,000 sq ft of grounds backing to Heron Pond! Immaculate, Van Metre home featuring 5 BR, 3.5 BA, 3 Finished Levels



Fairfax \$499,900
Lovely Kings Park beauty featuring 4 BR's, 2 1/2 Baths. Kitchen has been redesigned with new Maple kitchen cabinets, & granite counters, Updated half bath, 1st floor family room, Finished lower level, New carpeting on main & lower level. This home has the perfect back yard, come & see!! Super Location. Call Sheila Adams 703-503-1895



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New Listing in South Run! \$849,900
Elegance abounds in this beautiful colonial home on large, flat treed lot. Entertainment comes easy in this spacious, expanded 3 level home with remodeled gourmet kitchen, breakfast room and expanded family room! There's plenty of space for everyone with 5 bedrooms plus main level study. Enjoy all this home and South Run has to offer - walking trails to Burke Lake, large pool, tennis and lovely wooded homesites.

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Burke Centre
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