



ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 14 ♦ CLASSIFIED, PAGE 16

PHOTO BY VICTORIA ROSS/THE CONNECTION

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.

Remembering Joan Cross

NEWS, PAGE 3

Fighting Crime

COMMUNITY, PAGE 6

Wellbeing

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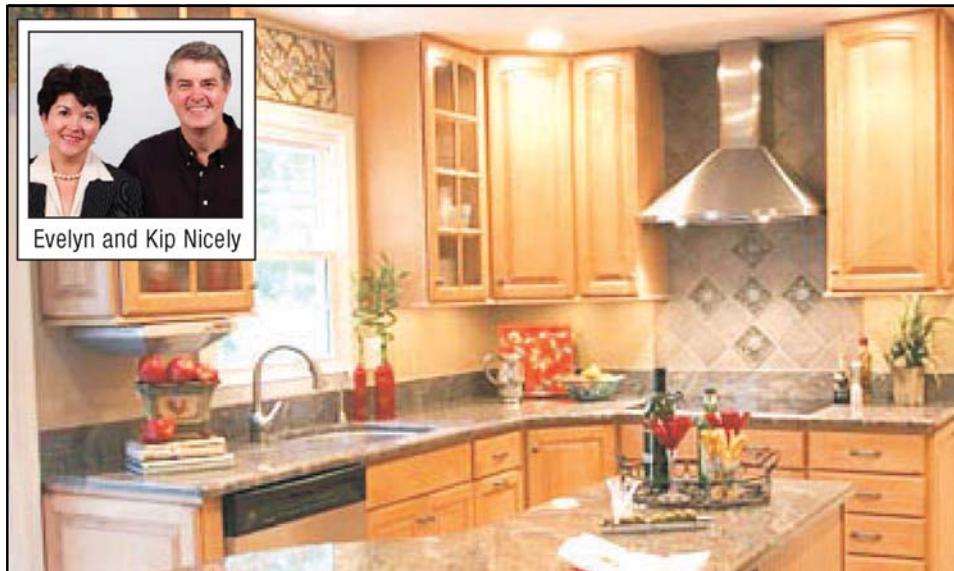
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City of Fairfax Celebrates a Life

Hundreds attend public memorial to honor Joan Cross.

BY VICTORIA ROSS
THE CONNECTION

In the end, it was the little things remembered — a fierce love of Scrabble, the way Joan Cross gently put her hand on your arm, her fondness for pranks — that moved many to tears.

"I don't think any of us Cross boys realized that my mother was a greater person and touched more people than we thought," said John Clarke, during the Celebration of Life memorial service for his mother, Joan W. Cross, at The Stacy C. Sherwood Center on Thursday morning, July 28.

Cross, 68, a five-term member of the Fairfax City Council, died Thursday, July 21, at her home from complications of cancer.

"The song we danced to at my wedding in 2006 captured the essence of our relationship, 'Because you loved me,' by Celine Dion," Clarke said, tearing up at the memory. "I really just have eight words to say about my mom: I was blessed because my mother loved me."

Clarke, who lives in Plainfield, Ill., attended the public service with his brothers,

SEE CEREMONY, PAGE 16



PHOTO BY VICTORIA ROSS/THE CONNECTION

The Sherwood Center was adorned with dozens of flower arrangements and tables included collages of photos and newspaper articles about Joan Cross, a Fairfax councilmember who died on July 21.

Local Dentist Finds Way To Give Back

BY VICTORIA ROSS
THE CONNECTION

Dr. Riaz Rayek and Dr. Tara Zier's dental office, Smiles at Fairfax Corner, is modern, sleek and state-of-the-art, with an HDTV and the latest in dental technology.

But his office stands in stark contrast to one of the dental hospitals he visits in his native Afghanistan.

Devastated by 30 years of war and poverty, Afghanistan has roughly one dentist per 200,000 patients. It's a nation that rarely possesses the basic infrastructure most countries take for granted — clean water, refrigeration, telecommunications, sanitation and medical care. Access to any medical care, especially dental care, is limited.

The glaring disparity bothers Rayek, and for the past decade, he has made trips back to the capital city of Kabul to provide education, advice and supplies to the one dental hospital that serves a population of 3.9 million.

"It's amazing what we take for granted," he said. "In Afghanistan, people are focused on surviving day to day, so dental care is

not high on the list of priorities." Rayek was just 15 when his family fled Afghanistan in 1987. This came after the Soviet invasion in 1979, which turned Kabul into the Red Army's command center during the 10-year conflict between the Soviet-allied government and the Mujahedeen rebels. The American Embassy in Kabul closed in 1989.

Rayek said the one dental hospital treats about 500 patients a day and has a quarterly budget of \$318. "What's really sad is how unsanitary everything is. There are dental instruments just laying out everywhere or thrown into big trays," he said. According to the non-profit Global Dental Relief Project, oral septicemia is one of the leading causes of death in Afghanistan.

Rayek last visited Kabul in 2009, securing the donation for the dental clinic's first panoramic x-ray machine, which he paid to have shipped. He hasn't been back because the security for Americans has disintegrated, and several medical professionals have been killed in the past few years.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Dr. Riaz Rayek shows Dr. Grace Lee images from his last trip to Kabul in 2009 where he donated his dental services.

"Even though I've spent most of my life here, it's still difficult sometimes to integrate the past into this new life. I grew up under suppressive conditions during the Russian invasion. There were no personal liberties, so it's not a big deal for me to get patted down at the airport," Rayek said, laughing.

"But I understand why we are so passionate about our personal rights, and the opportunity this country holds is still inspiring," he said.

Although Rayek first wanted to be a medical researcher, he decided that dentistry was his passion. He received his undergraduate degree from George Mason University and then went on to receive a master's degree in physiology and biophysics from Georgetown University. In 2001, he graduated from the College of Dental Surgery in Baltimore, Md. He has been practicing family and general dentistry in Fairfax, Reston and Burke for more than 10

years.

He has been married to his "college sweetheart," Hoda, for 11 years. They live in Chantilly with their daughter and two sons.

"I really enjoy making patients look and

SEE DENTAL, PAGE 9

Police Charge Fairfax Woman in Fatal Crash

A Fairfax woman involved in a vehicle crash that killed a Clifton man has been charged with failing to yield right of way. She is Tiffany Segreti, 27, of 3500 block of Chain Bridge Road.

According to Fairfax County Police, on June 28, around 5:50 p.m., Segreti was driving a 2011 Chevrolet Impala on Mattie Moore Court and trying to turn left onto Shirley Gate Road in Fairfax.

Police say she entered the intersection and struck a 2009 GMC Sierra pickup truck driven by Charles R. Blevins, 64, of Clifton Road. The impact was so forceful that it pushed the pickup off the road and sent it airborne. The truck slammed into a street light and Blevins was severely injured severely.

He was rushed to Inova Fairfax Hospital in life-threatening condition and died July 1. Segreti wasn't injured. Police say neither speed nor alcohol appeared to be contributing factors to the crash.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Helping Keep Children Safe with ID Kits

City of Fairfax Police, in conjunction with the Optimist Club, will be offering Safe Assured identification kits on Saturday, Aug. 6, from 11 a.m.-5 p.m., at Walgreen's at 10320 Main St.

Parents will receive a full-color photo ID and a mini-CD containing digital fingerprints, a digital photo, video showing movement and mannerisms, a general physical description, vital personal information and a family code word. Private information is encrypted and accessible only by law enforcement.

Missing-persons posters can be created and printed directly from the mini-CD in English, Spanish and French. The Safe Assured ID kits can also be used as a valuable aid for adults with special needs. The kits are free and an appointment is necessary. Call Sgt. Dan Grimm at 703-385-7966 for further information.

Goodwill Store To Open In Fairfax

On Saturday, Aug. 6, Goodwill of Greater Washington is opening a retail store and donation site at 9960 Main St., in Fairfax. The 13th outlet in the regional nonprofit chain, the store will resell donated goods to help finance employment programs and job training throughout the Washington, D.C., area. The grand opening ceremony will run from 10 a.m.-12 noon.

Capital One Bank contributed \$150,000 in capital to help Goodwill open the new outlet, which will be located in the storefront previously occupied by Yesterday's Rose.

To learn more about Goodwill of Greater Washington, go to www.dcgoodwill.org.

NEWS

Serial Slasher Strikes Again

Fairfax County Police give safety tips to women.

BY BONNIE HOBBS
THE CONNECTION

Fairfax County Police believe the man cutting young women in shopping centers has struck again. They received a report Monday, Aug. 1, from a 21-year-old woman who, they say, may well be the sixth victim of a serial slasher.

The victim said she was cut, June 8, while shopping at the T.J. Maxx store in the Fairfax Towne Center. As in the other cases, police say the assailant distracted her and cut her buttocks with a weapon such as a razor, box cutter or knife.

Of the six reported assaults, five have been in the Fair Oaks/Chantilly area. Three were in Fair Oaks Mall. The first attack, Feb. 14, happened near the front door of Champps restaurant; another occurred May 16 in the Ann Taylor clothing store; and yet another, July 25, in the Forever XXI store. The offense in Chantilly occurred June 20 in the Marshall's store in the Greenbriar Town Center. The only out-of-area assault was June 18 in the H&M store in Tysons Corner.

However, said police spokesman Lucy Caldwell, "Women shouldn't feel this is isolated just to Fair Oaks Mall. This type of behavior could happen anywhere. It wouldn't surprise us if there were more situations out there that weren't reported and weren't recognized as something police would want to hear about. But it's through piecing bits of information together that arrests are made."

In the just-reported, June 8 assault, the victim was shop-

ping when she felt a pinch on her buttocks. She turned around and, when she saw a man picking up pieces of clothing, police say she initially figured she'd been cut by one of the hangers.

But when she returned home, she discovered cuts in her clothing. She did not require medical treatment. The suspect was described as Hispanic and wearing long pants and a short-sleeved shirt.

All the victims have been teenage girls or women or in their early 20s. In each case, they've said their attacker is Hispanic, in his late 20s, around 5 feet 6 inches tall and heavyset, and often carrying a small, yellow bag.

Anyone with information about the suspect or any of these incidents is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Caldwell said other possible victims of this assailant might have been embarrassed to tell authorities that someone did this to them or, simply, didn't consider it to be a crime. But, she said, "We do look at it as a form of assault. And the public plays a key role in helping us make apprehensions by reporting things so we're better able to link things together and find commonalities [among the offenses]."

She also stressed that police "don't want women to feel unduly afraid to go shopping. But if they feel at all uncomfortable in a store, they should report it to store security. There's no reason to believe it won't happen again, so women should stay alert."

Caldwell advises female shoppers to be aware of their surroundings and keep their eyes open. "They should also consider shopping with a friend," she said. "Actually, these are general safety tips women should always use — these incidents just highlight them."



'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/>.

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 Ierman 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. This free workshop is geared toward coaches, healthcare personnel, athletic trainers and parents, and will help participants gain information and learn skills in the detection, management and prevention of concussions. Register at www.surveymonkey.com/s/QT6SV53. 804-864-7738.

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.

SEE BULLETIN, PAGE 7

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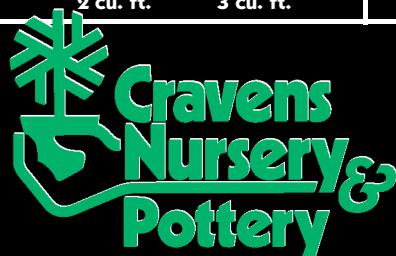
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COMMUNITY



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



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

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.

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



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.

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 7

www.CONNECTIONNEWSPAPERS.COM

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 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.

"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 program really helps strengthen neighborhood spirit and partnerships between the police and the community,"
— Officer J.T. Frey



PHOTO BY VICTORIA ROSS/THE CONNECTION

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

BULLETIN BOARD

FROM PAGE 5

SATURDAY/AUG. 20

National Alliance on Mental Illness Family Support Group Meeting. 1 p.m. City of Fairfax Regional Library Conference Room B, 10360 North St., Fairfax. Family members, partners and friends of people with mental illness can share information, ideas and encouragement. No registration required. gaylej08@gmail.com.

WEDNESDAY/AUG. 24

Electoral Board General Meeting; Canvass and Provisional Ballot Meeting for Aug. 23 Primary. 9 a.m. Fairfax County Government Center, Room 315-C, 12000 Government Center Parkway, Fairfax. 703-324-4735, TTY 711.

SATURDAY/SEPT. 10

Disaster Response Volunteer Training. 9 a.m.-5 p.m. The Salvation Army Fairfax Corps, 4915 Ox Road, Fairfax. The Salvation Army seeks volunteers who will help serve during disaster situations. Contact Liz O'Dell, Donation and Volunteer Coordinator for The Salvation Army National Capital Area Command, 202-756-3906 or Liz_O'Dell@uss.salvationarmy.org.

TUESDAY/SEPT. 13

Fairfax County Board of Supervisors Meeting. 9:30 a.m. Fairfax County Government Center, Board Auditorium, 12000 Government Center Parkway, Fairfax. 703-324-3151, TTY 703-324-3903.

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OPINION

Five Percent Off

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

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

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

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

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

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

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

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

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

EDITORIAL

tance to make it less demanding for me to attend college. If elected, I believe she will provide the opportunity to give both myself and other students an informed and personal choice when it comes to educating myself.

It is important for high school students like myself to get involved in elections.

In this uncertain economy, teenagers are not aware of how their debt from college will affect them in their future, but politicians in our area can help make this situation better for us. Gerarda Culipher's platform of lowering taxes and embracing job creation will help ensure a promising future for me after graduation. There is real hope! I encourage my fellow seniors in the county to vote in November, and by making an informed decision could thereby save them money in student loans.

Melanie Fernandez
Annandale

Backing 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.

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

August Sales Tax Holiday: School Supplies and Clothing

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

What's exempt: School supplies selling for \$20 or less per item, clothing and footwear selling for \$100 or less per item will be exempt from sales tax. See: www.tax.virginia.gov

plies they need.

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

♦ Arlington Doorways for Women and Families is collecting money, school supplies, winter coats and more for needy students. Contact Wyatt Schroeder at w.schroeder@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.

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Support for Culipher

To the Editor:

This coming fall, I will be a rising senior at Falls Church High School and will not be able to vote in the election because of my birthday. Even though I will not personally be able to vote, I am still interested in the upcoming election because of the State Senate. The candidate for my district that interests me is Gerarda Culipher (R) because she wants to help college students take on less debt.

Being a student in AVID, a pre-college program through Falls Church High School, I look forward to going to college and getting the best education that I can afford. I plan to apply to Liberty University next year, an in-state private school. One reason that Culipher interests me is that she has made it one of her priorities to ensure financial liberty for young people after college graduation through lower student debt. She will ensure that Virginia's public state universities keep reasonable tuition prices and remain an available option for Virginia applicants. This will in turn help to keep Virginia's private universities, like Liberty, affordable as well.

Gerarda Culipher has a strong, visionary outlook on education. I believe Culipher has a plan to provide some level of financial assis-

tance to make it less demanding for me to attend college. If elected, I believe she will provide the opportunity to give both myself and other students an informed and personal choice when it comes to educating myself.

It is important for high school students like myself to get involved in elections.

In this uncertain economy, teenagers are not aware of how their debt from college will affect them in their future, but politicians in our area can help make this situation better for us. Gerarda Culipher's platform of lowering taxes and embracing job creation will help ensure a promising future for me after graduation. There is real hope! I encourage my fellow seniors in the county to vote in November, and by making an informed decision could thereby save them money in student loans.

Melanie Fernandez
Annandale

Backing 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

Jane Pyrak
Annandale

Eunice Kwon
Fairfax

NEWS



PHOTOS BY DR. RIAZ RAYEK

Gabriella Parada, 7, of Fairfax gives a big smile after her comprehensive oral exam at Smiles at Fairfax Corner on June 16.

Dental Care for Those In Need, here and Abroad

FROM PAGE 3

feel their best. When I can help alleviate someone's pain, it's very rewarding," he said.

In the spirit of giving back to the community, Rayek and his team of Fairfax dentists have found many ways to help the needy, both here and abroad. He has treated children from Chernobyl, Russia, who were exposed to radiation. In the past few years, his team treated Afghani girls who were part of the first all-girls youth soccer team to travel outside the country.

"It was wonderful to be a part of that experience. In addition to taking care of their dental needs, we sent them home smiling with gifts and donations from other patients and families," Rayek said.

A few weeks ago, on July 16, the office opened its doors to nearly 30 Fairfax County patients who could not afford dental services. "We worked with Vienna Presbyterian Church, who identified needy patients in the community," he said.

"It is wonderful working with a team who believes that it's important to give something back to the community," said Dr. Grace Lee, one of the dentists at Smiles at Fairfax Corner. She has provided oral health care services to indigent adults at the Northern Virginia Dental Clinic, as well as visits to Albania to provide dental care to impoverished children.

Zier, who has worked with Rayek for several years at the Fairfax Corner location, said their team could not imagine not giving back in some way.

Rayek estimates that his team of dentists donated about \$15,000 worth of dental services to patients that day. "I think we made

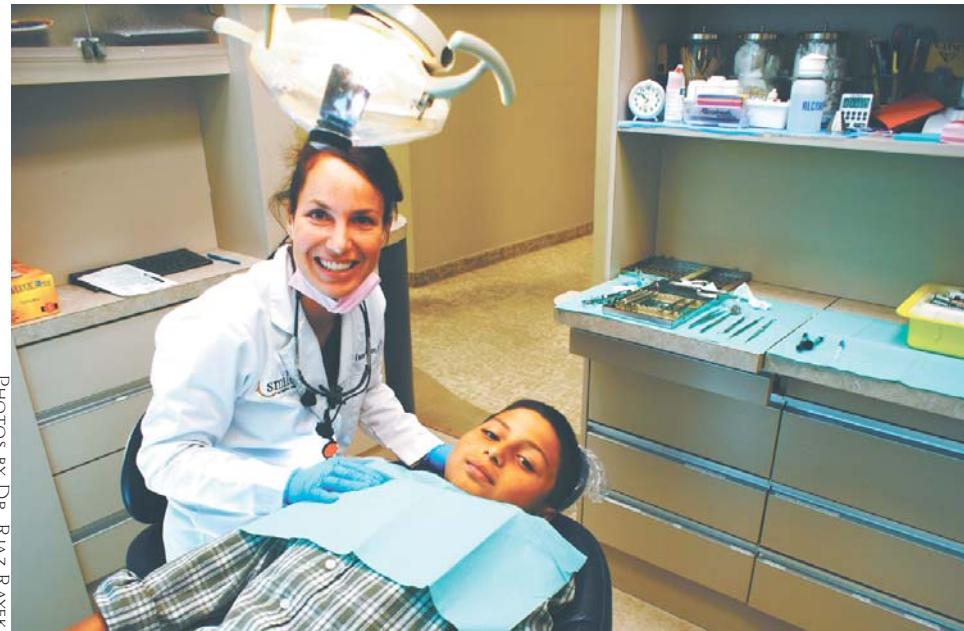


A common sight: two children begging for coins. 'They are fighting for their survival on the road between Kabul and Jalalabad in eastern Afghanistan,' said Riyak.

a lot of parents and children happy that day," he said.

Rayek and Lee recently opened a second dental office in the Northern Virginia area, Smiles at Reston Town Center. The office is the first dental clinic in the mixed-use center

"We're excited to be expanding, but we are going to continue our community outreach in many ways. We consider it a privilege. It's not like something we have to do, but it's something we want to do," Rayek said.



Dr. Tara Zier prepares to treat Erick Mejia at Smiles at Fairfax Corner.



The oral-maxillofacial surgery recovery ward at the dental clinic in Kabul, where dental patients often spend hours recovering from surgery to remove abscessed teeth.



Dental instruments in unsanitary trays at the main dental clinic in Kabul.

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ENTERTAINMENT



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

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

—junior Katie Kuzin

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."

SEE THESPIANS, PAGE 13

www.CONNECTIONNEWSPAPERS.COM

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

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 rhumba. 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 13



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/.

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Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

BY JULIA O'DONOGHUE
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

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

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

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

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

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

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

Fairfax has had a certified athletic trainer,

Fairfax County Public Schools Concussion Data

George Mason University professor Shane 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

SYMPOTMS 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.

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 11

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.woltrap.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

Genealogy Databases. 2 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Search for ancestors using the library's

genealogy databases and other free Internet databases. Adults. 703-293-6227.

English Conversation Group. 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

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.

Cash Cash, Breathe Electric, For the Foxes and The Baby Grand. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Science Spectacular. 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.

THURSDAY/AUG. 11

Science Rocks with Flumpa and Friends. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Music, science and movement with Wendy and Flumpa, the tree frog. All ages. 703-249-1520.



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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 [simply]



PHOTOS COURTESY OF HANK HARRIS ACADEMY

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 14

Learning from a Seasoned Tennis Professional

BY RICH SANDERS
THE CONNECTION

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 kind 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 court into quarters and youngsters ages five and six hit from sideline to sideline over portable nets. Children ages 7 and 8 move up to a 60-foot court. These court changes based on age are sanctioned by the United States Tennis Association (USTA) in part of its Quickstart program.

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

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

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

SPORTS

Playing Your Way to Fitness

FROM PAGE 14

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, an 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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COMMUNITY

Ceremony for Joan Cross

FROM PAGE 3

William Clarke of Carlsbad, Calif., and Brady Clarke of Pittsburgh, along with their stepfather, Ron Cross, and other family members.

They joined hundreds who gathered at the community arts center to reflect, share stories and celebrate the life of Cross, who lived more than 20 years in the City of Fairfax and was known as a caring, energetic leader and volunteer. She served as the city's ambassador on a number of regional boards and commissions, including the Central Fairfax Chamber of Commerce, Potomac Watershed Roundtable and the Northern Virginia Regional Commission.

A NATIVE of Wapello, Iowa, Joan Elizabeth Cross (nee Weaver) moved to Fairfax in the early 1990s, and quickly became active in both the business community and her neighborhood. She helped found, and was chair of Destination Fairfax, a partnership between the city and local businesses to increase tourism in the city.

In 2004, the Central Fairfax Chamber of Commerce named her the Small Business Advocate of the Year, and she received the chamber's Athena Award in 1997. She also served on the city's Board of Architectural Review for 10 years and chaired the board for three terms. She co-chaired the city's Independence Day Celebration Committee for two years.

"Joan and I came onto council at the same time. We referred to ourselves as 'The Bookends' as we were seated to the far right and far left on the dais," said Patrice Winter, a former city councilmember, after the service. "We became each other's cheerleader in quick order. Joan was someone that you wished you had known forever. She was a wise woman and a gentle soul. She had a remarkable skill of identifying with everyone no matter their age or station. When you were with her, you were the only one who mattered. She was selfless."

Jane Weaver-Sobel, Cross' younger sister from Charlotte, N.C., told the story of how Cross saved her life and never stopped helping. "When I was 2-years-old, I fell out of our second-story window, and Joan caught me by my ankles," she said to laughter from the crowd.

"Last summer, she came to housesit. I want you to know that she watered all of my plants, every single day, including all the artificial ones. That was Joan, when she did something, she gave it her all. She was

FAITH NOTES

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



Col. Richard Rappoport, Fairfax Police Chief, and Del. David Bulova (D-37) gather in the art room of the Stacy C. Sherwood Center on Thursday, July 28, to celebrate the life of Joan Cross, a Fairfax councilmember who died on July 21.

an author, a journalist, a trailblazer. She landed in Fairfax because all of you were here. Here fingerprints are all over this wonderful city," Weaver-Sobel said.

During the two-hour celebration, family members and dignitaries spoke about Cross, including Fairfax Mayor Robert Lederer, who presented a proclamation to Cross' husband, Ron, and three sons, honoring her life of public service.

"This is the perfect place to remember Joan," Lederer said of the Sherwood Center, which hosts many of the city's arts events. "She loved the arts, and she was a great supporter of this beautiful center."

Ron Cross, who was married to Joan Cross for nearly 20 years, gave an emotional speech. "Sixty-three years ago, a little boy met a little girl. ... In 1991, we met again. We enjoyed the magic of life together, and she brought such joy into my life," he said.

THE SERVICE was conducted by The Rev. Tory Baicum, rector of Truro Church, who read one of Cross' favorite poems, "Footprints in the Sand" by Mary Stevenson. At the end of the service, Mark Coletti of the MacMillan-Birtles Pipe Band, played "Amazing Grace" on the traditional Great Highlands Bagpipe.

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

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.

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Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac
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WEDNESDAY 11 A.M.

EXPERIENCED PRESCHOOL TEACHERS

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5 Open House

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25 Sales & Auctions

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21 Announcements

ATT&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. ATT&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 antenna 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

21 Announcements

LEGAL NOTICE

ATT&T intends to file an application to modify an existing wireless communications facility at 9780 Main Street, Fairfax, City of Fairfax, Virginia 22031. ATT&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

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21 Announcements

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

21 Announcements

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Sat & Sun

Aug 6 & 7

1:00 - 3:00 pm

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Minutes to I-81

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► 57±AC Tract, Zoned A-1

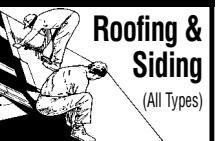
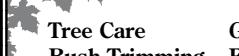
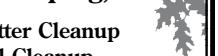
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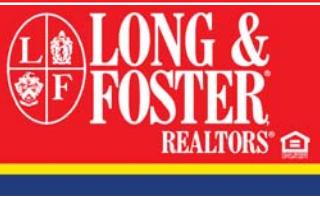
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4 BR, 4BA, main
lvl MBR, MBA
w/tub & sep shwr,
gmt kit**

w/maple/corian, brkfst rm, hdwds, grt rm w/cath ceiling & gas f/pl, din rm, sunrm, loft, guest suite, fin w/out LL, rec rm w/wet bar, games rm, bonus rm, blt-ins, ceil/fans, irrig sys, Trex deck, fen/yl, 2 car gge, cul-de-sac, pastoral views, Gated com, HOA fee inc phone/cable/trash/amenities.(50+ is ok)



**COMING SOON!
Burke Centre
Beautifully updated, 5 BR, 3.5 BA, kit w/granite & Brkfst bar. Bathrms w/granite top vanities, MBR suite w/dressing area, vanity & WIC, liv rm, din rm, fam rm w/gas fpl, moldg, ceil/fans, BONUS nanny suite, wkshop, deck, fen/yl backs to trees, 2 car gge, FIOS, Burke Conserv. amenities. Nr Ft Belvoir, VRE, Pentagon bus & NCE bdg. MOVE-IN READY! Call for more info.**

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