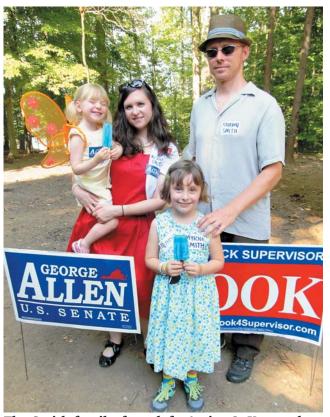


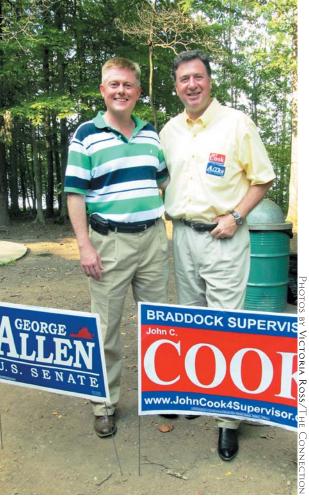
News



U.S. Senate candidate George Allen pets Salami and chats with owner Jorge Reyes during Braddock Supervisor John Cook's 3rd annual Big Braddock BBO for volunteers Saturday, July 28, at Burke Lake Park.



The Smith family, from left: Amity, 3, Kassandra, Myrna, 6 and Shawn enjoy politics and popsicles at Braddock Supervisor John Cook's 3rd annual Big Braddock BBQ for volunteers Saturday, July 28, at Burke Lake Park. The event featured U.S. Senate candidate George Allen.



Supervisor John Cook (R-Braddock) with U.S. Senate candidate George Allen during Cook's 3rd annual Big Braddock BBQ for volunteers Saturday, July 28, at Burke Lake Park. "We had a great event. When I first started this, we had about four people, so it's great to see we had 200 people come through, which is pretty unbelievable for a summer political event. Our goal was 100," Cook said.

BBQ, Republican-Style

George Allen talks jobs, energy and education at Braddock district fundraiser.

> By Victoria Ross The Connection

.S. Senate candidate George Allen was energetic as he shook hands, posed for photos and made small talk with Republican supporters Saturday at Supervisor John Cook's 3rd annual Big Braddock BBQ for volunteers at Burke Lake Park.

The event, Allen's sixth and last campaign stop of the day, included political heavyweights such as former U.S. Rep. Tom Davis and Pat Mullins, chairman of the Republican Party of Virginia, in addition to more than 150 Fairfax County Republican volunteers.

On his way to the podium as the event's guest speaker, Allen chatted with dozens of volunteers, providing personal anecdotes and asking questions about their children,

"Salami is a great name for a dog," Allen said to Jorge Reyna of Burke. "I love dogs, but we have three cats now. I don't think we'll be getting a dog for a while."

"I was a little surprised he spent so much time talking with everyone," Reyna said. "He seems to care about what people have

The candidate, who is in a toss-up race with former Governor Timothy Kaine to fill Senator Jim Webb's vacant seat, joked that his goal was to personally meet every one of Virginia's 8 million voters.

When Allen eventually made his way to the podium, he delivered a folksy speech, sticking mostly to positive messages on affordable education, economic growth and energy independence.

"Susan and I live in Mount Vernon, and our three children attended Fairfax County Public Schools. We know how taxes, regulations, congested roads and fuel prices affect families and small businesses," Allen said. "Like many of you, we have a daughter who just graduated from college and is living back at home while she looks for a job." Allen then pointed out several children in the audience he met earlier at the event. "We have Reagan here, who wants to be a vet and Amity over here, with the butterfly wings, who wants to be an astronaut...The job situation for young people is discouraging. We want to make things better. We want to send the message that Virginia is open for business again, that America is open for business again."

Allen also rallied the volunteers, telling them each volunteer is worth 100 votes and stressing how pivotal Fairfax County and Virginia will be this election year.

"Virginia will determine the future of America," Allen said, "and the future is

The loudest applause came when Allen



Supervisor Pat Herrity (R-Springfield) with former state Sen. Jeannemarie Devolites Davis. Davis currently serves in the McDonnell administration. She said she is gearing up to run for Lieutenant Governor in 2013.

said he would like to unleash the state's nates with everyone," Allen said. energy potential by lifting restrictions on coal and natural gas. If elected, Allen said his first bill would be to allow Virginia to drill for oil and gas off its coast, and use the revenues to fund the state's roads and transportation needs.

"Energy matters. It's an issue that reso-

Both Kaine and Allen have ramped up their rallies and speaking engagements in Northern Virginia in the past few weeks. Political strategists on both sides agree that whoever wins the seat vacated by Webb will have a powerful voice in determining control of the Senate next year.

News



Child care providers, parents and concerned citizens filled the Fairfax County Board Auditorium for the Child Care Town Hall. Representatives from Supervisor Pat Herrity's office reported that more than 350 people were in attendance.

Child Care Meeting Draws Vocal Crowd

Debate focuses on discrepancy in state, county regulations.

> BY ANDREA WORKER The Connection

udging by the crowd and the occasional calls for order, the topic under discussion in the Board Auditorium at the Fairfax County Government Center was a hot one. Over 350 home child care providers, parents, and interested citizens packed the Child Care Town Hall Meeting on the evening of Monday, July 23, sponsored by Fairfax County Supervisors Pat Herrity (R-Springfield) and Michael Frey (R-Sully) and Mac Cannon, Chairman of the Child Advisory Council.

level highlighted a discrepancy between state and county regulations. The Virginia Department of Social Services (VDSS), the state authority that licenses home day care businesses, implemented a policy change requiring new applicants and providers seeking license renewal to receive approval from their local zoning administration before the license is granted or renewed.



Supervisor Pat Herrity (R-Springfield) had to call for order several times, when some of the attendees reacted loudly to portions of the speakers' presentations and responses.

imposed by the two authorities. The state of Virginia allows up to 12 children to be cared for. Presently, the zoning ordinances in Fairfax County allow for five children to be cared for in a townhouse, apartment, or mobile home setting, or seven in singlefamily detached dwelling. Providers wanting to care for additional children in a single-family dwelling can seek a special permit from the Fairfax Board of Zoning Appeals (BOA) at a cost of a non-refundable \$1100 fee, plus any costs associated with providing the documentation required by the Board for the appeals process. Even if the applicant is successful, the maximum allowed under current zoning rules is 10 children, still less than the 12 allowed by

THE CONFLICT lies in the caps

A representative from Supervisor Herrity's office told the Con-

nection Newspapers that there are currently more Recent changes to licensing regulations at the state than 200 state-licensed providers caring for 12 children in the county, in perfect agreement with their licensing agreement, but in violation of the county's zoning codes. As the situation stands, those providers would be forced to apply for the special permit with no guarantee of success, and still have to lower the number of children they care for.

Several providers and parents took to the micro

SEE CHILD CARE, PAGE 10



Staff members from Fairfax County Public Library administrative offices and Access Services branch pose in front of the "Geek the Library" display in the Government Center on Tuesday, July 31, officially designated as "Geek the Library Day." Edwin S. Clay III, library director, is in the middle of the back row.

To Geek or Not To Geek, That is the...Verb

Library launches novel campaign to get people talking.

By Victoria Ross The Connection

uth geeks fairy tales. Katie geeks wildlife. Benjamin

County residents can now "geek" whatever their passion is at their local library during Fairfax County Public Library's (FCPL) "Geek the Library" campaign.

Funded by a grant from the Bill and Melinda Gates Foundation, the campaign highlights what people are passionate about-or what they 'geek'and how local libraries can and do to support them.

Geek the Library introduces "geek" as a verb, and encourages the public to talk about what they geek—whether it's engineering, superheroes, art, politics or anything else, said Mary Mulrenan, FCPS marketing director. (Mulrenan personally geeks Downton Abbey.)

The campaign, which runs through September, is also designed to heighten awareness about funding issues public libraries face and provide information on how people can get active and support their local

"This is a fun campaign that we hope will get residents talking about the valuable role of the library and will encourage those who don't currently use the library to drop by or visit us online," said Edwin S. Clay III, library director. "We offer thousands of free eBooks; Wi-Fi at all our branches; meeting space; computer access; tutoring and so much more."

RESIDENTS CAN PICK UP

Geek the Library materials at their local branch and sign a GeekBoard. Facebook and Twitter followers can post what they

Geek online. To find out more, visit the library's website at www.fairfaxcounty.gov/Library, and click on the "Geek the Library" tab.

"This campaign is designed to provoke conversation about the vital role that public libraries and librarians play in today's challenging environment," said Cathy De Rosa, global vice president of marketing for Online Computer Library Center, Inc., a nonprofit library cooperative which led the campaign development. "We hope it will spark important community discussions about how public libraries can remain strong."

As the economy slowly recovers, Americans are turning to local libraries for educational opportunities, job searching resources and entertainment. According to Clay, other libraries have successfully used the campaign to position the library as a critical asset—for individuals to find jobs, reeducate themselves and enhance literacy, and for the community to gain access to technology and continue their education.

A new American Library Association (ALA) report sheds light on the importance of public libraries as a key access point for technology and job resources. According to the 2012 Public Library Funding & Technology Access Study, more than 60 percent of libraries report that they are the only provider of free computer and Internet access in their community.

"Fairfax County Public Library is fortunate to be expanding our hours in the fall thanks to an increase to the library budget in FY2013 by the Fairfax County Board of Supervisors," said Clay.

The Fairfax Library Foundation provided supplemental support for the campaign.

Free Remodeling & Design Seminars!



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Saturday's Seminars:

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- 10 Tips for a Stress Free Remodel
- Universal Design-Planning Ahead

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Seating is limited. Call Gerri at 703.425.5588 to reserve your seats!

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The 9th Annual Asian Festival held on the campus of George Mason University opened this year with a Buddhist Alms ceremony, with area Buddhists giving alms to monks from around the region.

Asian Culture Celebrated



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Nora Oakey, and her son, Graham, 2, enjoy the traditional cultural performances at the 9th Annual Asian Festival this past Saturday on the campus of George Mason

more than just traditional performances from Asian countries: It also featured vendors serving traditional food from a variety of Asian countries. Sarepa Ken serves up some Vietnamese food, including a variety of kebabs.

> PHOTOS BY ROBBIE HAMMER/ THE CONNECTION





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WEEK IN FAIRFAX

Grill Causes Townhouse Fire in Fair Oaks

Fire officials say a fire Monday night at a Fair Oaks townhouse was accidental, but damage is estimated at more than \$10,000. They attribute the cause to an unattended grill on the deck.

Fairfax County Fire and Rescue Department units responded to the single-family townhouse at 12582 Garland Tree Court on July 30, around 10:30 p.m. First-arriving firefighters encountered smoke and fire coming from the second-floor deck in the rear of the two-story, middle townhouse.

The flames were rapidly spreading upward into the eaves and attic. But firefighters were able to attack the fire aggressively from the outside and quickly extinguish the blaze. According to the Fire Department, the home's interior suffered minor damage from the fire. No one was injured; however, four adults and two children were displaced.

As a result of this incident, the Fire Department offers the following Grill Safety Tips to residents:

- ❖ Grills should be placed at least 15 feet from any home, building or combustibles to insure adequate air circulation.
- Charcoal must be kept dry. Wet charcoal can spontaneously ignite. Spare propane bottles should be stored outside away from the home. A backyard shed is a good place.
- ❖ Keep children and pets away from grills; they continue giving off heat long

after cooking has stopped.

- Never place hot ashes in paper or plastic bags or containers. Only use metal containers for hot ashes.
- Use Underwriters Laboratories (UL) approved electrical starters in place of lighter fluid.
- Never use a grill on apartment or condominium balconies. This practice is one of the biggest dangers with grills. It's both unsafe and against the law.

Collecting Bikes for Bikes for the World

Senthil Kannan, a Boy Scout in Troop 1983, will be collecting bikes on behalf of Bikes the World for his Eagle Scout Project. The collection will take place on Sept. 16, 12 - 4 p.m. at the REI in Fairfax Corner, 11950 Grand Commons Ave. in Fairfax. Donate your used bike (and bike parts) to make a difference in someone's life. Bikes for the World works with partner charities in developing countries who train and hire local people to recondition bikes and distribute them to individuals in need of affordable transportation. A \$10 donation along with your donated bike (both are taxdeductible) covers shipping and handling, and your donation will help reduce landfill Senthil waste. Contact senthil.kannan.61109@gmail.com. For geninformation visit www.bikesfortheworld.org.

FIRST 50 GUESTS WIN FREE ITALIAN ICE

.......

*PLEASE BRING A NEW CHILD'S HAT FOR DONATION TO: Children's National

GRAND OPENING:

Thursday, August 9, 2012 from 10am-10pm



LOCATION: 10726 Fairfax Blvd (Shops of Fairfax) www.RitasofFairfax.com

*RULES: To qualify for the FREE Rita's Italian Ice for a Year Guests must be at least 13 years of age (with valid identification), only one winner will be awarded per household, WINNERS SHOULD BE ONE OF THE FIRST 50 GUESTS IN LINE ON THURSDAY MORNING AUGUST 9, 2012 WHEN DOORS OPEN AT 10:00 A.M. WITH A DONATION OF AT LEAST 1 NEW CHILD'S HAT (SUCH AS BOYS, GIRLS, SPORTS RELATED) FOR CHILDREN'S NATIONAL MEDICAL CENTER. Each of the first 50 Guests must sign-in, stay in line, and the winners of the FREE Rita's Italian Ice for a Year will receive their prize after the doors open at 10:00 a.m.

No purchase necessary to participate and win. Only valid at address listed above. Limit one coupon offer per Guest. Not for resale.

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Watch our informative video at www.NicelyDoneKitchens.com

OPINION

Readers Respond on TJ Admissions

"Stop making smart 8th graders feel inferior because they are not admitted."

eaders responded to last week's editorial, which cited a civil rights complaint about the apparent lack of access to gifted and talented programs and admission to Thomas Jefferson High School for Science and Technology.

The larger impact of the disparities is evident in the demographics of the students who qualify for gifted and talented services at a certain level in elementary school, which affects more than 12,000 students. By comparison, the incoming class at Thomas Jefferson is 480 students.

From the complaint:

"Being 'identified' as eligible for Level 4 services is no easy task for Black or Latino students in Fairfax County. Data specifically broken down for elementary and middle school was not readily available. However, overall K-8 data is striking. Among the 12,044 elementary and middle school students identified last year as eligible for Level IV GT services by FCPS last year, substantial racial and ethnic disparities are evident.'

Hispanic students make up 6.2 percent of those identified as gifted but 22 percent of students overall. Black students make up just 3.8 percent of those identified but nearly 10 percent of students overall.

The complaint was filed by Martina Hone, former school board member and founder of the Coalition of the Silence, and Charisse Espy Glassman, education chair of the Fairfax NAACP.

HERE ARE some excerpts from reader comments:

"The [editorial] was incomplete ... as it failed to address the relatively much larger issue of white students admission to Thomas Jefferson, which your article states as 26 percent of the class of 2016, which is versus a Fairfax County school system white student population of about 45 percent."

"[Poor students are] not innately less talented, however they don't reach their full potential ... This should come as no surprise considering their home environment includes overworked parents that have 'no time' to micromanage a student, and no resources to hire a tutor. The stereotypical Asian 'Tiger Mom' is not just a stereotype, in my experience ... The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tu-

Brad Brewster, Fairfax Station underrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued ... Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to UVA. Make every school in Fairfax County as incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admit-

Eddie Eitches, McLean

Demographics

	White	Asian	Hispanic	Black
Fairfax County	62.7	17.6	15.6	9.2
FCPS	44	20	22	10
TJ	26.2	64.2	2.7	1.4
Gifted and Talented	51.3	32.4	6.2	3.8

tored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.'

Daniel Bronson, Arlington

"This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life's responsibilities and diversions. The others, not nearly so much. Change the cultures if you can."

William Smith, Fairfax

"There are sufficient talented African Americans in the jurisdiction to make up at least 10 percent of TJ, their percentage of the overall population. And this is true for Latinos and

DEMOGRAPHICS:

class at Thomas Jefferson.

Whites make up 62.7 percent of Fairfax County population, 44 percent of students in Fairfax County Public Schools, 51.3 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 26.2 percent of the incoming class at Thomas

Asians make up about 18 percent of the overall Fairfax County population, 20 percent of students in Fairfax County Public Schools, 34 percent of elementary and middle school students who qualify for higher level gifted services in FCPS and 64 percent of the incoming

Hispanics make up about 16 percent of the overall Fairfax County population, 22 percent of students in Fairfax County Public Schools, 6 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 3.8 percent of the incoming class at Thomas Jefferson.

Blacks make up 9.2 percent of the Fairfax County population overall, 10 percent of the students in Fairfax County Public Schools, 3.8 percent of the students who qualify for specific gifted services in FCPS and 1.4 percent of the incoming class at Thomas Jefferson.

Storms Provide Wake-Up (

Dust off emergency plans; sign-up for Fairfax County alerts.

BY JEFFREY MCKAY Supervisor (D-Lee District)

've been thinking a lot about emergencies lately—a derecho, four days without power in a heat wave with two small kids, and a flooded kitchen floor will do that to you. So will a magnitude 5.8 earthquake such as the one we experienced last August.

In this part of the country, we're accustomed to weather emergencies that give a few days' notice. With hurricanes and snow storms, there's usually time to make a store run, secure loose items

around the house, and alter travel plans. Garden-variety thunderstorms are a normal part of our summers, and any power outages are usually short. The derecho violent straight line thunderstorms with the power of tornados - that roared into our area on June 29 was something else entirely, and a sharp reminder of what nature can do to our infrastructure. I'd say we've had a loud wake-up call to government at all levels, to utilities, and most of all, to us as individuals to plan for the unexpected.

Back in the days and months after the 9/11 terrorist attack, you

couldn't read a news story or turn on the TV without hearing about family emergency plans. Many of us put those plans in place, and then - as the years rolled by without incident - those plans and emergency kits gathered dust and got shuttled off to a closet somewhere. Emergencies come in many different forms and some of the most damaging have natural causes. Now would be a good time to dust off and replenish those emergency kits and communication plans.

Fairfax County's web page has lot of very useful information at http://www.fairfaxcounty.gov/ oem/residents/. If you go to http:/ /family.readynova.com/ you'll be guided through creating a family emergency plan. It'll be a half hour

well spent that could save you hours and days later.

If I could ask for just one thing, it's for every Fairfax County resident to sign up for the County's CEAN (Community Emergency Alert Network) text alert system. This system delivers important alerts, notifications, and updates during a major crisis or emergency, in addition to day-to-day notices about weather and traffic. You can sign up online at www.fairfaxcounty.gov/cean. Messages will be delivered to all devices vou register including email accounts, cell phones, text pagers, satellite phones, and wireless devices.

This is information that I hope you'll never need to use, but it can help you to sleep better at night knowing you're well prepared.

■ Fairfax

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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.

THURSDAY/AUG. 2

Senior Fall Prevention Classes. 1:30 p.m. The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; Instructor certified in back and hip rehab. Every Tuesday and Thursday in a heated indoor pool. \$10. Registration required at 703-667-9800.

SATURDAY/AUG. 4

Women and Children's Expo. 10 a.m.-6 p.m. Grand Court, Fair Oaks Mall. Showcasing career opportunities for women and enrichment programs for children. 703-359-8302. ShopFair.Oaks.Mall.com.

SUNDAY/AUG. 5

Parents Without Partners

Orientation Meeting. 2 p.m. City of Fairfax Regional Library, 10360 North Street, Room 214, Fairfax. RSVP 703-691-4968

Volunteers for Change Orientation.

12-1 p.m. Volunteer Fairfax Office. 10530 Page Avenue, Fairfax. Orientation for those wishing to participate in local community service projects. Registration required at 703-246-3895 or ikivlin@volunteerfairfax.org.

MONDAY/AUG. 6

Summer Exercise Sessions. 9:30 a.m. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Exercise for strength, balance and flexibility using chairs. Seven weekly sessions; \$7 per session. Sponsored by The Shepherd's Center Fairfax-Burke. 703-323-5886 or fairfax-burkesc.org.







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FAIRFAX CONNECTION * AUGUST 2-8, 2012 * 7

WELLBEING Taking Care of One's Teeth

American Dental Association says many Americans don't know basic oral care.

By Marilyn Campbell
The Connection

ere's a pop quiz:
How often should a
person replace
their toothbrush?
"Once a year," said Terrie Andrews
of McLean.

When should a parent schedule a child's first dental appointment? "Just after their 6th birthday," said Julie Mahon, an Alexandria mother of 2-year-old twins.

Both answers are incorrect, but consistent with the findings of a new survey by the American Dental Association, which tested the average person's knowledge of oral health care. On average, Americans did not know the answers to questions ranging from how often to brush to what causes cavities.

THE SURVEY is part of an initia-

tive, launched this summer, aimed at educating the public about maintaining healthy teeth. Dental care experts say prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy. "Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime," said Dr. Matthew Messina, ADA consumer advisor.

In fact, toothbrushes should be replaced every three months or as soon as the bristles become frayed or worn. The ADA also recommends brushing one's teeth twice per day and says a child's first dental visit should take place no later than six months after the first tooth appears.

More than 80 percent of those surveyed believe sugar causes cavities. They're actually caused by acid that forms when germs in the mouth feed on sugar. The acid attacks and weakens the tooth enamel, allowing a cavity to form.

The survey showed that many believe gums that bleed after brushing is normal, but experts say such bleeding could be a sign of early gum disease. "Periodontal disease is a slowly progressing disease where the early warning signs are subtle. There is seldom any pain until the disease is very advanced. Redness and puffiness in the gums around the teeth are something to watch for. Bleeding of the gums when someone brushes or flosses is not normal and should be evaluated. Eventually, pain and swelling from gum infections will occur, but the damage is advanced by that point," said Messina.

Diet plays a role in healthy teeth, as well. "Don't underestimate the role of nutrition and the role that food choices play in preventing gum disease and maintaining healthy teeth. The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk of developing gum disease and tooth



Dr. Matthew Messina of the American Medical Association says prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy. "Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime."

— Dr. Matthew Messina

decay. Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth." Martin added that a lack of vitamin B3 can cause bad breath and canker sores.

SELECTING THE BEST

Choosing the right dentist for one's child is one of the most important decisions that a parent will make. What should a parent consider when choosing a pediatric dentist? The American Academy of Pediatric Dentistry offers a few suggestions:

❖ Does the dentist have special training or interest in treating children?

❖ Is the dental office set up for children? For example, does it offer toys, books, games or child-sized furniture?

How does the dental office manage emergencies?
 Is the office conveniently located to your home or

child's school?

❖ Does the practice accept your dental benefit plan?

❖ Is the dentist a member of the American Dental
Association and the American Academy of Pediatric

DENTISTRY ON THE EDGE: THE LATEST TECHNOLOGY IN COSMETIC DENTISTRY

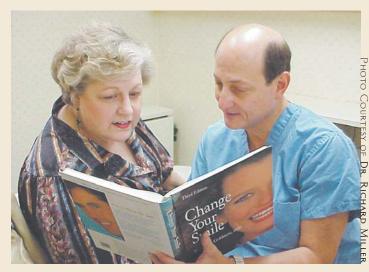
While a toothbrush and floss are considered the keys to a beautiful smile, cosmetic dentists have new tools in the quest for perfect teeth. The American Academy of Cosmetic Dentistry (AACD) says a few technological advancements are increasing safety, efficiency and patient comfort during dental procedures. Topping the list:

❖ Computer-Aided Dentistry-Computer-Aided Manufacturing: Dental restorations like porcelain crowns can now be made faster and without the mess of traditional, goop-filled rubber molds used to make impressions of one's teeth. The new procedure uses 3-D scans and computer software to create perfect restorations.

❖ iPad and Smartphone Applications: Tasks ranging from managing dental records to displaying x-rays are now made easier with a few new iPad and smart phone applications. One such application is the Smile Touch Guide, created by AACD dentist David Traub, DDS. Used for virtually any cosmetic procedure, dentists and patients can work together to decide on the correct shape and length of the teeth. The patient can see what the full set of teeth will look like and make changes.

❖ Digital X-Rays: With digital x-rays, cosmetic dentists can reduce the amount of radiation patients are exposed to with standard x-rays by as much as 90 percent. The dentist places a small camera into the patient's mouth and takes a picture. An image appears on a computer screen almost immediately. Cosmetic dentists say digital x-ray pictures are clearer than those taken with standard machines.

* Botox: Cosmetic dentists are now using Botox and dermal filler treatments to treat problems like temporomandibular joint (TMJ) disorders.



Halitosis specialist Dr. Richard Miller counsels a patient on oral health care. Experts say mouthwash often provides only a temporary solution for bad breath.

Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

By Marilyn Campbell
The Connection

hen Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and

tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with supersized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and increases according to the severity of the problem. Most insurance plans don't cover services for halitosis.

Still those who've cleared the air say finding a solution is worth every penny.

"We're getting married, so it was worth it to us," said Welch.

WELLBEING

Getting a Body Like an Olympian

Local fitness gurus offer gold medal advice for achieving a toned, muscular body.

By Marilyn Campbell
The Connection

uscular legs, toned abs and buffed biceps are hard to miss in London this week, but is it possible for the average sports fan to achieve a body like an Olympian? Local fitness experts say "maybe."

"It depends on your genetic make-up and how easily you build muscles," said Michelle Walters-Edwards, chair of Marymount University's Department of Health and Human Performance and an associate professor of exercise and health sciences at the Arlington campus. "It is possible for everybody to change physically and define they way they look, but that doesn't mean that we can all look like Michael Phelps."

Olympic-level fitness often requires resources that are not always available to the average fitness enthusiast. "Often people don't have the money to join a gym or take a yoga class," said Andrew Mead of the National Association for Sport and Physical Education (NASPE) in Reston. "Other people say they don't have the time."

According to experts, the first stop on the

road to a lean, muscular body is deciding on a goal, whether it is to tone muscle, lose weight or increase endurance.

"To get muscle definition, you have to change what is on top of the muscle," said Walters-Edwards. "Having less fat around the muscles gives it a better definition. You have to change your body fat composition or reduce the body fat that you have in order to show good definition of the muscles. You want to look at your body fat composition, reduce fat and build lean muscles. That combination in the long-term is what is going to make muscles look more defined." Walters-Edwards recommended enlisting the help of a fitness professional to calculate one's body mass index (BMI).

Noshing on the right types of food can be more effective at achieving a lean physique than simply counting calories. "Stay away from highly-processed foods and starchy carbohydrates like white rice, white pasta, potatoes and white bread," said Walters-Edwards. "They can lead to large surges in the blood sugar when you've eaten them and that can make you hungry. Whole grains are great."



Students at the Potomac Tennis Club work to tone and tighten their muscles. Fitness experts say that while it is possible to change one's body, not everyone can look like an Olympic athlete.

FOR THOSE WHO might not yet be in shape, experts said to start with small, attainable goals. "Make what ever you do fun and consistent," said Brenda Loube of the National Association of Health and Fitness and Corporate Fitness. "Just get moving."

Fitness plans must be consistent and include both aerobic exercise and strength training: "You have to work out at an intensity where you feel breathless, but you're not gasping for breath," said Walters-Edwards. "You have to be able to maintain that intensity for 30 minutes (ideally 60 as you build your endurance) for a minimum of three to five days a week."

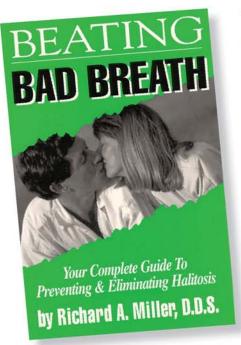
Adding muscle through strength training can boost one's metabolism. "To add muscle,

you want to lift three sets of eight to ten repetitions with a rest in between each set, for all big muscle groups in the body," said Walters-Edwards. "You have to work at an intensity that is hard enough to make your body change."

Experts agreed that it's important to become informed about resources that aid in reaching fitness goals. "People are in need of support in terms of gaining knowledge and access to fitness," said Mead. "There is support to help." Mead and other experts recommended seeking help from online health and fitness tools such as w w w . m y f i t n e s s p a l . c o m , www.dailyfitnesscenter.com/ and http://www.aahperd.org/naspe/.

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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.

FRIDAY/AUG. 3

Pushcart Players: Happily Ever After... A Cinderella Tale. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/ TITW.

Wolf Trap Opera Company: The Rake's Progress. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

Dinner and Whiskey Tasting at George Washington's Distillery. 6:30 p.m. George Washington's Distillery & Gristmill, 5513 Mount Vernon Memorial Highway, Alexandria. Reception, dinner distillery tour and more. \$150.

MountVernon.org. Incendio. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Latin. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/ performances.

SATURDAY/AUG. 4

Traditional Vietnamese Cultural

Celebration. 6:30-9:30 p.m. Ossian Hall Park, 7900 Heritage Drive, Annandale. Music, dance, martial arts and fashion show.

jble98@yahoo.com or 703-725-8418.

Pushcart Players: Happily Ever After... A Cinderella Tale. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/

SUNDAY/AUG. 5

Wolf Trap Opera Company: The Rake's Progress. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna, Preshow talk one hour before performance. www.wolftrap.org.

MONDAY/AUG. 6

Children's Music Performance Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

TUESDAY/AUG. 7

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Based on an African fable, the production features a

combination of poetry, dance, and delightfully imaginative costumes accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

THURSDAY/AUG. 9

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road. Vienna. Based on an African fable, the production features a combination of poetry, dance, and delightfully imaginative costumes accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

FRIDAY/AUG. 10

Guy Mendilow Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. World music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/ performances.

SATURDAY/AUG. 11

The United States Air Force Band

Airmen of Note. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton, Big Band Jazz. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/ performances.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

Wolf Trap Opera Company: The Rake's Progress. 7 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

MONDAY/AUG. 13 Make Something Mondays! 10 a.m.

Burke United Methodist Church. 6200 Burke Centre Parkway. A free craft for preschoolers, elementary students and parents. www.burkeumc.org, 703-250-6100

Joe Walsh. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$30 lawn. www.wolftrap.com.

TUESDAY/AUG. 14

Lyle Lovett. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

SATURDAY/AUG. 18

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason

University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. Tickets \$20-\$99. www.ticketmaster.com, 1-800-745-3000 or www.patriotcenter.com.

Sunset Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink. Beverages served. \$6. Register at 703-569-0285.

SUNDAY/AUG. 19

Canine Cruises. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road. Springfield. Cruiser the shores of Lake Accotink with your dog. Limit one dog per person. \$6. Register at 703-569-0285.

MONDAY/AUG. 20

"We need to

balance...a safe

environment with

common sense."

— Supervisor Pat Herrity

(R-Springfield)

Make Something Mondays! 10 a.m. Burke United Methodist Church.

6200 Burke Centre Parkway. A free craft for preschoolers, elementary students and parents.

www.burkeumc.org, 703-250-6100 Children's Music Performance

Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

TUESDAY/AUG. 21

Train with Matt Kearney and Andy Grammer. 7 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 inhouse, \$35 lawn. www.wolftrap.com.

SATURDAY/AUG. 25

Summer Dance Party! 6:30 p.m. Burke United Methodist Church, 6200 Burke Centre Parkway. A free dance party for preschool and elementary children and their families, www.burkeumc.org, 703-

SUNDAY/AUG. 26

Golden Reunion. 4-7 p.m. Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale, Celebrate achievements of adult learners and commitment of volunteers. info@lcnv.org

MONDAY/AUG. 27

Make Something Mondays! 10 a.m. Burke United Methodist Church, 6200 Burke Centre Parkway. A free craft for preschoolers, elementary students and parents. www.burkeumc.org, 703-250-6100

Legacy for Fairfax Charity Golf Tournament. 8 a.m. Fairfax Army Navy Country Club, Old Lee Highway, Fairfax. Sponsored by City of Fairfax Parks and Recreation. Register at 703-385-7858 or www.legacyforfairfax.org.

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Child Care Regulations Challenged

phones to object to the situation. Some of the caregivers declared that they would be forced to close their business and seek other employment if required to drop their enrollment. Parents expressed similar concerns. Parent "Vanessa" told the assem-

only place left with room, she would have to quit her employment to stay at home and care for her children. "Two bodies of government have created a problem for the people. If I have to quit, welfare would be my only option. We are creating a revolving door that none of us wants," she said. "Delia" has run a state-licensed home day care for 13 years. "If they don't fix this mess, I think they will get a lot of illegal child care

going on. And that is not good for anybody, especially the kids," she worries.

Supervisor Herrity was in agreement with many of the sentiments expressed. In his opening remarks, he stated "I believe that the proposed child care regulations...are placing unnecessary strain on providers and pushing them out of business or worse, forcing providers to provide services without a license. We need to balance...a safe environment with common sense."

SPEAKERS from the Fairfax Office for Children and from the Department of Planning and Zoning were part of the panel and outlined additional proposed

changes, most of which were met with a positive reaction, especially when Eileen McLane, outgoing Zoning Administrator, announced intentions of streamlining the entire application process. To cheers and applause, McLane and her successor, Leslie Johnson, told the gathering that Fairfax County would not enbly that if a franchise-type care center became the force the limits against current state-licensed pro-

viders not in compliance while the regulations continue to be reviewed, unless doing so would pose a health or safety risk. The Zoning Department will sign off on the applications and renewals as they stand. The State has also agreed to leniency. Jenifer Nalli with the VDSS said that her department would renew existing licenses for their existing number of children unless otherwise notified

by Fairfax County, or until the situation is fully resolved. No specific date was announced, but mid-2013 was mentioned by most of the speakers as the time when the changes could be expected to be finalized.

The meeting officially adjourned shortly after 9 p.m., but the members of the panel stayed to continue answering questions and address concerns.

In a statement released on July 24, Supervisor Herrity announced that he would be asking the Fairfax County Board of Supervisors at a committee meeting that day look at increasing the number of children that can be cared for without obtaining a special permit, to match the cap allowed by the State.

News



Back row, from left are Bill Wilkinson, SRO Mike Murphy, Sgt. Kyle Penman and Stan Tomajko; with (front row, from left) brothers Eric and Brady Wilkinson and Jordan Tomajko. Brady and Jordan are holding their replica rifles.

Dads, Sons Discuss Serious Child's Play

By Bonnie Hobbs The Connection

ity of Fairfax police recently hosted a press conference to raise awareness about the use of replica weapons. But besides police and sheriffs, some Fairfax fathers and sons also attended. The sons hadn't done anything wrong, but they regularly use these weapons to play a popular game called Airsoft.

Bill Wilkinson, a P.E. and health teacher at Lanier Middle School, brought his son Brady, 14, a rising freshman at Fairfax High. Wilkinson said his older son Kyle, 16, plays the game, too.

"A couple guys on each team work together to eliminate the other people," explained Brady. "You're using replica weapons that look like real guns like pistols and sniper rifles. We play in the woods or in our backyard."

A few months ago, said Wilkinson, "There was incident in the community where some kids had been seen carrying weapons, and citizens called Fairfax City police. The police later gathered the names of local kids known to play Airsoft."

Next thing Wilkinson knew, Fairfax police Sgt. Kyle Penman was at his home, interviewing him, his wife and Brady. "We were quite surprised," said Wilkinson. "He explained what was going on, and it was educational for us and brought home the dangers of using Airsoft weapons. We were aware, but it made us more so, and it created a dialogue between my wife and sons and I."

Brady said he understood why neighbors might be concerned because "I carry the guns bicycling to a friend's house or sticking out of my backpack. I'm now more careful carrying them around; I conceal them better."

Regarding the press conference, Wilkinson said, "I'm a huge advocate of the police. So to be able to help them out to put this [information] in front of the news was really important to us. And as a teacher, I know education is key."

Dad Stan Tomajko came with his son Jordan, 14, also a rising Fairfax High freshman. "I brought my [replica] M14 rifle," said Jordan. "We play Airsoft in our backyards; the weapons fire plastic BBs that sting, but we're always careful about how we use them."

Jordan said Friday's event taught him that, "If an officer ever sees you with one of these weapons, you should always put it down and listen to what he says. That way, he doesn't perceive you as a threat."

Tomajko came because, he said, "It's important for me to be educated on what police perceive is the real thing. I wanted my son to learn that, as well."

Replica-Gun Safety Tips for Youth

♦If a law-enforcement officer approaches while you're carrying a replica weapon, immediately stop and follow his or her commands.

♦ Make sure everyone who can see you with this type of gun knows you're playing a game with a pneumatic gun – Airsoft, BB or pellet.

Obey all laws when carrying or using these weapons;

there's a difference between role-playing with these guns and actually firing them.

♦ Obtain permission from the property owner before playing with replica weapons on his or her property.
♦ Never remove, alter or disguise the weapon's orange

Never remove, alter or disguise the weapon's orange safety tip.

Always follow safety rules for firearms handling.

SCHOOL 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.

Fairfax residents **Cara Bialek** and **David Hixon** have been named to the fall 2011 dean's list at the Savannah

College of Art and Design, Savannah, Ga.

Paul Anthony Polanski of Fairfax has earned a bachelor of science from Excelsior College of Albany, N.Y.

Austin Lee has been named to the fall 2011 dean's list at Randolph-Macon Academy. He is the son of Leah Lee of Fairfax and Seung Kyu of Arlington.

Brittney Ransdell has been named to the fall 2011 dean's list at Randolph-Macon Academy. She is the daughter of Denise Ralls of Fairfax.

Nathan Warren of Fairfax has been named to the fall 2011 honor roll at Loomis Chaffee School, Windsor, Ct.

OPEN HOUSES SATURDAY/SUNDAY, AUGUST 4 & 5

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.

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add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to: kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time: Name of the Place Event will Be Held: Address of the Place Event Will Be Held:

 $Name\ and\ Phone\ Number\ for\ More\ Information:$

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

fairfax@connectionnewspapers.com

or mail to: Calendar, Connection Newspapers 1606 King Street Alexandria, VA 22314.

For more information, call 703-778-9410.



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SPORTS



Great Falls native Kate Ziegler, seen at the U.S. Olympic Trials, will compete in her second Olympic games when she swims in the 800-meter freestyle on Thursday, Aug. 2.

Ziegler's Second Olympics

Great Falls native Kate Ziegler to compete in London.

reat Falls native and Bishop O'Connell High School graduate Kate Ziegler will swim in her second Olympic games on Thursday, Aug. 2, when she competes in heat five of the 800-meter freestyle in London.

Ziegler, 24, will swim in lane five of the heat, competing with Canada's Savannah King, Spain's Erika Villaecija Garcia, China's Yiwen Shao, Great Britain's Rebecca Adlington, New Zealand's Lauren Boyle, Australia's Jess Ashwood and Argentina's Cecilia Biagioli.

Fellow American and Bethesda, Md., native Katie Ledecky, 15, will swim in heat three. The top eight finishers will compete in the finals on Aug. 3.

Ziegler competed in the 2008 Olympics in Beijing, finishing 10th in the 800 and 14th in the 400. She won gold medals at the 2005 (1500 free, 800 free) and 2007 world championships (1500 free, 800 free), along with a silver (1500 free) and bronze (800 free) at the 2011 world championships.

In 2005, Ziegler first broke Sippy Woodhead's 25-year-old American record in the 800 freestyle during the FINA World Cup. At the time, Woodhead's record was the oldest American mark in the record book. In 2007, Ziegler broke Janet Evans' world record in the 1500 freestyle. Evans'



Bishop O'Connell graduate Kate Ziegler is seen at the U.S. Olympic trials in Omaha.

record was the longest standing swimming world

Ziegler, who stands 6 feet, was born in Fairfax and graduated from Arlington's Bishop O'Connell High School in 2006. She trains in Great Falls with her club team, The Fish, and coach Ray Benecki. She attends Chapman University in Orange, Calif.

email



Supporting Troops First

Josh Marr, Hidden Creek Country Club's golf pro, played 16 hours of golf on Monday, July 23 to raise funds for Troops First, a foundation that aids in the rehabilitation of combat wounded soldiers. In total, Marr played 270 holes or 15 rounds of golf. He shot an average of 73 per round with an average time of 1 hour and 10 minutes per round. Once all the pledges are in, Marr believes he will have raised \$14,500. On Aug. 4, Hidden Creek will host the Foster Cup and raise funds through that event, also for Troops First.

-Sports Roundups

Adult Softball Teams Wanted

Fairfax Adult Softball is accepting applications for adult softball teams. Men, women, coed, social coed, corporate coed and senior (age 50 and older) leagues are available. Applications are accessible via the FAS Web site at www.playsoftballnow.com. Sign up before Aug. 3 to ensure a spot.

Don't have a team yet? FAS will place you on a team. Visit the FAS website and register as an individual free agent.

For further information, call 703-815-

9007 or office@fairfaxadultsoftball.com.

Fuller is Lee HS Girls' Soccer Coach

John Fuller has been named the varsity girls' soccer coach at Robert E. Lee High School.

Fuller was the Lee JV coach last season and has been the JV girls' soccer coach at Connelly School of the Holy Child in Potomac, Md., for the last 10 years. He coached U16 girls' soccer for eight years with travel teams in Virginia and Florida,

winning regional titles and finishing second at the Walt Disney tournament in Orlando.

Fuller is the chief diversity educator for the U.S. Department of Veterans Affairs in Washington, D.C., and is a former director of diversity for Johns Hopkins Hospital. He is a retired U.S. Army major and former U.S. Marine Corps sergeant with 26 years of military service.

Fuller graduated with a Doctor of Education degree from California Coast University, has an MS in business ethics and an MS in community leadership from Duquesne University, and an MA in education from Vermont College. He completed his undergraduate studies at Indiana University.

Tryouts for 14U Raiders Elite Softball

The 14U Raiders Elite girls' select fastpitch softball team (Vienna) will be holding tryouts for the 2012-13 season at Meadow Lane Field (off Plum St. and Courthouse Rd.) from 6-8 p.m. on Wednesday, Aug. 8, from 10 a.m.-noon on Saturday, Aug. 11, from 6-8 p.m. on Wednesday, Aug. 15 and from 3-5 p.m. on Sunday, Aug. 19.

The team is looking for one seasoned tournament pitcher and two or three strong hitters/fielders with travel experience. For more information, visit viennaraiders.org.

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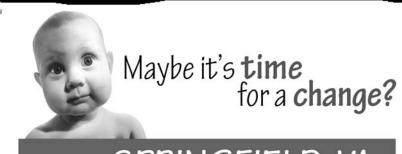
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Geriatric Care Manager

Senior Care Associates, a private care management practice in Fairfax, VA has an opening for a part-time care manager. This position requires an RN or licensed clinical social worker (LCSW) with a minimum of 3 years home care experience. Home, hospital, facility visits. Flexible schedule. Please contact Linda Aufderhaar at 703-502-0240 or send resume to Linda@seniorcare-associates.com.

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IN RE: ZOE AVA AUSTIN
(a minor under 18 yrs old)

SUMMONS

JOHN DOE DONOR ID NUMBER 1432 Defendant.
TO THE ABOVE NAMED DEFENDANT:

YOU ARE HEREBY SUMMONED and required to answer the Complaint in this ac-

tion of which a copy is herewith served upon you, and to serve a copy of your answer to the said Complaint on the subscriber at her office, 1327 Ashley River Road, Building C, Suite 100, Charleston, South Carolina 29407, within thirty (30) days after the service thereof, exclusive of YOU ARE HEREBY GIVEN NOTICE that if you fail to appear and defend and fail to

IN THE FAMILY COURT OF THE

NINTH JUDICIAL CIRCUIT

CASE NO. 2012-DR-10-2158

answer the Complaint as required by this Summons within thirty (30) days after the service hereof, exclusive of the day of such service, judgment by default will be entered against you for the relief demanded in the Complaint

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Cindy M. Floyd Attorney for the Plaintiff 1327 Ashley River Road, Bldg C, ste 100 Charleston, South Carolina 29407 843-820-5356



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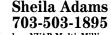
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River Creek \$725,000

eous Executive TH in gated commu nity of River Creek in sburg. 4BR, 5.5BA backs to golf course tone and hardwood flooring throughout Too many upgrades to list! 5300sqft+ fin shed living space Call Courtney for more information (703) 786-5330.



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\$569,900



Gorgeous Middleridge Colonial, just waiting for you. Undated

Gourmet dream kitchen w/granite, Great Room w/Pillars, Large Breakfast area, Bay Window, Step out to Multi Level Deck, perfect for entertaining, Hardwoods on main level, 4 BR's, 3 1/2 Bath, Finished



Nancy Basham Associate Broke

Tom & Nancy Basham

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Coming Soon! Updated to perfection! 4 bedrooms, 3.5 baths in Clifton. Beautifully renovated kitchen and baths, hardwoods on two upper levels, new windows, new HVAC, finished walkout basement, huge deck with gazebo overlooking creek and private lot. Meticulously maintained. Move right in. It's all been done! \$615.000



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Call Mickie NOW!

Catie, Steve & Associates Direct: 703-278-9313 Cell: **703-362-2591**

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Fairfax \$539,000 Gorgeous just doesn't describe it! We just can't find the right words to describe this smashing 3 bedroom+den home. From its front porch & vard, to its gleam

ing wood floors on 2 levels, to its completely remodeled kitchen & baths! Not to mention its customized deck overlooking a magnificent lot, and its completely fir ished rec room! Even the garage is awesome. Call Catie

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