

# Burke CONNECTION Giving From The Heart

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PHOTO BY VICTORIA ROSS/THE CONNECTION



**Supervisor John Cook (R-Braddock) has donated blood to the annual Friends of Sadie Valentine blood drive since it began in 2010. From left—Steve Lauer, Sadie's father; Supervisor Cook; Erin Morrissey-Lauer holding Sadie, and Janet Braziel holding Claire. In December, 6-month-old Claire was diagnosed with neuroblastoma, the same cancer as Sadie. Janet and Erin have become fast friends and the two moms support each other through their "cancer journeys."**

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## Burke Florist Unfazed By Valentine's Day Rush

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**Mom Erin Morrissey-Lauer hugs daughter Sadie, three-and-a-half, after donating blood Sunday, Feb. 10, during the annual Friends of Sadie Valentine Blood Drive held at the Woods Community Centre in Burke. "We are so grateful for all the support and compassion our neighbors have shown us. It's very humbling," Lauer said.**



**Sadie, three-and-a-half, treats herself to one of the homemade cupcakes during the Friends of Sadie annual Valentine Blood Drive at the Woods Community Centre on Sunday, Feb. 10.**

PHOTOS BY VICTORIA ROSS/THE CONNECTION

## Giving From the Heart

**Burke community hosts "family-friendly" blood drive inspired by one child's battle with cancer.**

BY VICTORIA ROSS  
THE CONNECTION

As people streamed into the Woods Community Center in Burke on Sunday, Feb. 10, they were greeted with hugs, kisses and tables filled with pink and red homemade confections. Volunteers at the center handed out big red heart balloons to children and Valentine hearts to decorate.

The festive atmosphere was more welcoming than some people expected.

"This is such a treat. I expected something more like an assembly line in a school gym," said one donor, who was there to give blood for a community organization called Friends of Sadie.

Instead of a big gym, donors were ushered into a large hall with a fireplace, and given blankets as they lay in cots to donate blood.

"This is truly a labor of love," said Burke Landings resident Amy Dozier, who, with the help of friends and neighbors, created the Friends of Sadie in 2010.

**THE GROUP** held its first blood drive in support of their friend's

infant daughter, Sadie, who had been recently diagnosed with neuroblastoma.

"Our hope is that participation in this annual event will encourage families to celebrate Valentine's Day by exploring the true meaning of love and doing kind things for others," Dozier said, adding that their first blood drive—held during Snowmageddon in 2010—was an educational experience.

"People came out in cross-country skis to donate, believe it or not, and we collected 103 pints of blood. We were surprised by the community support that first year," Dozier said. "We learned through our friend's experience how critical blood products are to those individuals going through cancer treatment as well as other treatments for long term illnesses."

Burke resident Jeff Weatherbee came out with his family Sunday to donate blood and plasma for the fourth year in a row.

"We would not miss this. Just knowing Sadie and her parents would bring us out," Weatherbee said. "They are great people who would do anything to help the community, so we are here to help

them. And the Friends of Sadie make this event like a community potluck dinner. They make it as easy and fun as possible."

On Sunday, Friends of Sadie collected 210 units of blood from nearly 300 volunteers. According to Terri Craddock, the director of Blood Donor Services with Inova (which has partnered with Friends of Sadie since its first blood drive), the amount of blood collected on Sunday can save the lives of up to 650 people. With just one blood donation, there is the potential to save three lives, Craddock said.

"Right now, in the Northern Virginia area, blood supply is at critically low levels," Craddock said. "Their goal is so important—to continue to raise awareness about the importance of blood donation as well as raise funds for the childhood cancer organization, Band of Parents."

To put a little perspective on the success of the Friends of Sadie Valentine Blood Drive—and the moms driving that success:

- ❖ Most local blood drives see between 30-50 people a day and collect about 225 units of blood;

- ❖ Most tribute drives do not increase in attendance in the second and following years as the momentum is usually lost. But Friends of Sadie has increased attendance each year.

Dozier credits the close-knit Burke Landings neighborhood for



PHOTO CONTRIBUTED

**The Friends of Sadie—from left, top row: Laurie Florence, Carole Letzkus, Amy Dozier; bottom row: Erin Morrissey-Lauer, Sadie's mom Heather Wickham, Mary Mulvenon and Erin Lee.**

### About the "Friends of Sadie":

For more information, visit [www.friendsofsadie.org](http://www.friendsofsadie.org).

Friends of Sadie is a group of Burke moms inspired by one little girl's struggle with cancer. While looking for ways to help, they learned that Sadie and other cancer patients often require blood transfusions as a result of cancer treatments. After securing designated blood donations for Sadie's tumor resection surgery in the fall of 2009, Friends of Sadie realized that they could help ensure a safe and adequate supply of blood for others by hosting their first blood drive in Burke Centre on Valentine's Day 2010. The Friends of Sadie are committed to educating the community about the importance of blood donation and raising awareness and funds for childhood cancer organizations. Now held every year on the Sunday closest to Valentine's Day, the annual Valentine Blood Drive has become a family-friendly, community celebration of hope.



**Gilda Rodriguez, the health care aid at Fairview Elementary School, the neighborhood school for many of the Burke Landings families, donates blood every year.**

the continued success of the annual blood drive.

"We live in an amazing neighborhood," Dozier said, "we carpool one another's children (even when our child isn't going to that event or practice), we cook for one another, we celebrate with each other, grieve with each other. Maybe it is because this area is made up of so many transplants that make us create family out of neighbors and community. I truly know how blessed we are to live where we do and to get to help."

**THANKS TO THE EFFORTS** of Friends of Sadie and her team of

specialists, Sadie is now in stable condition and is a thriving and joyful 3-year-old-girl, her mom said. On Sunday, she was greeting donors, running around with her friends, and snatching homemade cupcakes from the table of sweets.

If you did not get the opportunity to donate blood on Sunday, Friends of Sadie has another opportunity. On Valentine's Day, the group is partnering with Burke Sweet Frog.

"Mention the Friends of Sadie Valentine Blood Drive between 3-8 p.m. and Sweet Frog will donate 25 percent of your bill," Dozier said. "What a way to celebrate Valentine's Day!"

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**Pierre from France, 17 yrs.** Loves the outdoors and playing soccer. Pierre's dream has been to spend time in America learning about our customs.

**Elisa from Italy, 16 yrs.** Likes to play tennis, swim, and loves to dance. Elisa can't wait to join her host family's activities.

For privacy reasons, photos above are not photos of actual students

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## AREA ROUNDUPS

### Seussical at Robinson

Seussical, the upbeat musical based on the story of Dr. Seuss' Horton from Horton Hears a Who, will be performed at Robinson Secondary by middle school drama students Feb. 15-17. This family-friendly show that focuses on a message of preserving childhood innocence and believing in the impossible will include 55 middle school students as cast members and more than 50 middle and high school students working on the crew. Directors Amy Hard and Katie Jenkins have run Robinson's summer theater programs together; Jenkins is a former student of Hard's. Tickets can be purchased online in advance or at the door. Shows will be performed at 7 p.m. on Friday and Saturday, Feb. 15 and 16, and at 2 p.m. on Saturday and Sunday, Feb. 16 and 17. Contact Katie Jenkins at 703-447-9982 or [kajenkins@fcps.edu](mailto:kajenkins@fcps.edu).

### School Boundary Meetings Set

Chantilly High, Fairfax High, Falls Church High, Oakton High,

Robinson Secondary, Woodson High, Franklin Middle, Frost Middle, Jackson Middle, Lanier Middle and Rocky Run Middle are all schools involved in the boundary study to relieve overcrowding at Fairfax High and Lanier Middle School.

And the public is invited to participate in community dialogues regarding possible scenarios for the movement of students from one school to another. All meetings will be from 7-9 p.m. and are as follows:

❖ Wednesday, Feb. 20—Lanier Middle School, cafeteria, 3801 Jermantown Road, Fairfax (snow date—Feb. 27).

❖ Tuesday, Feb. 26—Woodson High School, cafeteria, 9525 Main St., Fairfax (snow date—March 6).

For more information, to sign up for the meetings and to submit questions and comments, go to <http://www.fcps.edu/fts/planning/fairfaxlanier/index.shtml>.

### Citizens Fire and Rescue Academy

Area residents wanting to learn more about the Fairfax County Fire and Rescue Department may now have the chance. They may par-

ticipate in a nine-week program showing them what firefighters and paramedics do every day.

Applications to the first-ever Citizens Fire and Rescue Academy will be accepted until Monday, Feb. 18, or until the class of 25 is filled. The free program is open to those at least 18 years old. The academy will begin March 28, 2013, meeting for nine consecutive weeks, from 6-9 p.m., at various locations.

Each session will cover different aspects of the organization, providing an in-depth overview of it and its uniformed and civilian workforce. Program topics include fire suppression, emergency medical services, training, recruitment and special operations. Apply at [www.fairfaxcounty.gov/fr/cfa](http://www.fairfaxcounty.gov/fr/cfa).

### Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices—such as keyboards, speakers, printers and scanners, as well as household hazardous wastes—including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric

SEE ROUNDUPS, PAGE 9

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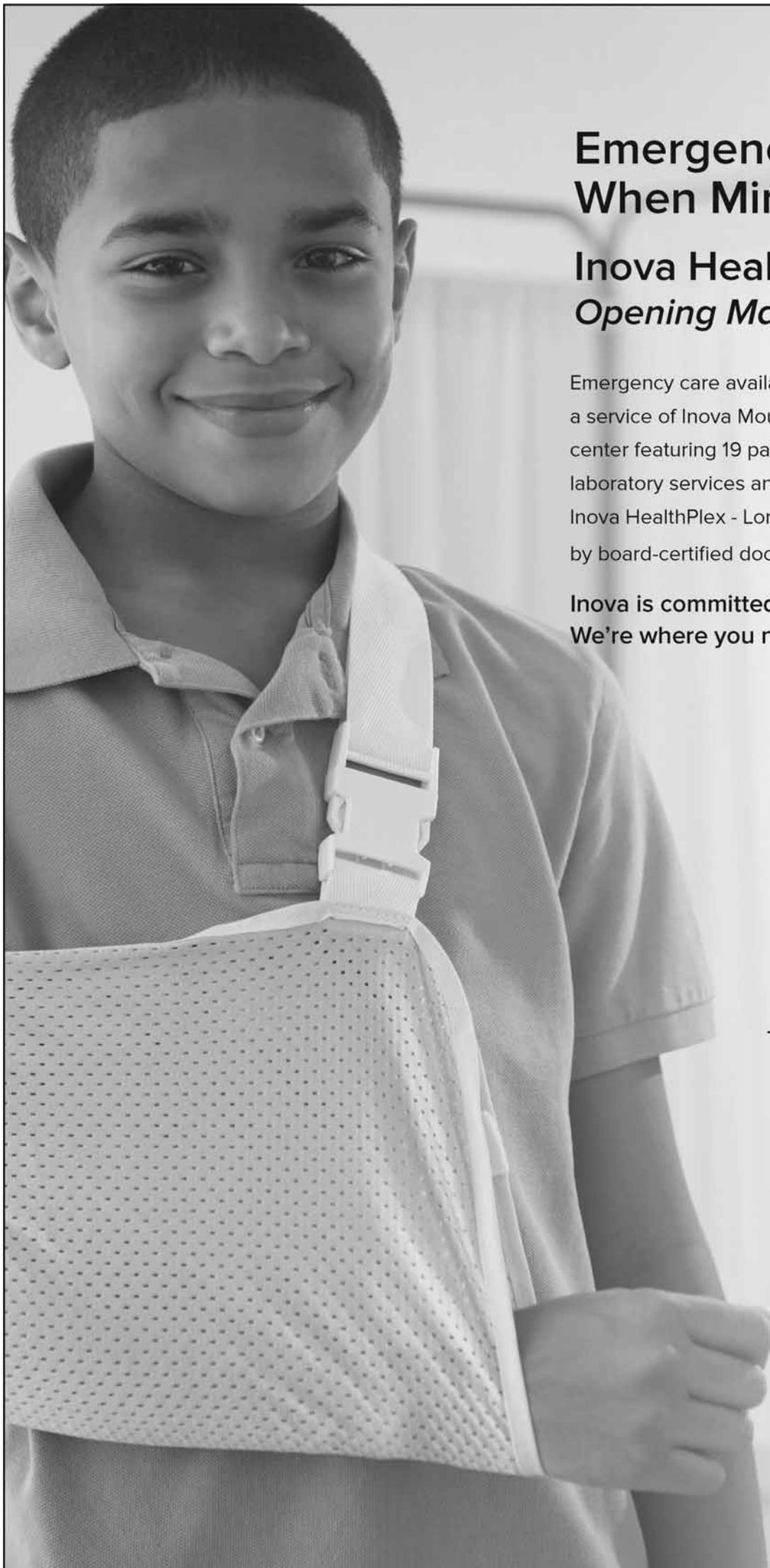
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# OPINION

## On Transportation

Compromise, in the works, should include indexing the gas tax to inflation.

Virginia needs more options, not fewer, in developing revenue to pay for roads and transportation. Compromise on a plan to increase transportation revenue should not include making Virginia the only state in the nation without a gas tax. The current, ridiculously low gas tax should be indexed to inflation. The last thing the commonwealth needs is to do away with an existing, major source of money for roads.

Sen. Dick Saslaw proposed raising the tax, now 17.5 cents a gallon, by five cents each of the next two years and then indexing it to inflation. At the least, the tax should be indexed to rise with inflation from its current level.

Possible proposals to cut the tax in half along with increases in the sales tax miss the point, but are still far preferable to eliminating it.

The gas tax is a user fee. It raises money for roads from people and businesses who are using the roads, including drivers who pass

through Virginia from out of state.

We agree with Del. Scott Surovell, who says: "Funding roads exclusively with sales taxes disproportionately burdens the elderly who drive less than others and people who do not own cars."

### Medicaid Expansion Progresses

The Fairfax County Chamber of Commerce said it well when it issued a statement in favor of the commonwealth embracing \$10 billion in federal money to expand the number of people eligible for health insurance under Medicaid:

"Northern Virginia businesses and taxpayers are already paying for health reform through new taxes levied by the Affordable Care Act. If we do not take advantage of Medicaid reform [and expansion], roughly \$10 billion in Virginia taxpayer dollars will go to the federal government to fund coverage extension in other states. If the General Assembly approves the reform and extension plan, nearly all those taxpayer dollars will remain in-state where they can be put to good use for the benefit of the commonwealth, its businesses and its citizens."

### Call for Photos for Pet Connection

The Pet Connection, a twice-yearly special edition, will publish at the end of February, and photos and stories of your pets with you and your family should be submitted by Feb. 21.

Our favorite pictures include both pets and humans. Please identify everyone in the photo, give a brief description what is happening in the photo and of your pet, and include address and phone number (we will not publish your address or phone number, just your town name). We also welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, and drawings, paintings or other artwork of your pet by children or adults.

To see our last pet edition, visit:

<http://connectionarchives.com/PDF/2012/072512/Burke.pdf>

<http://connectionarchives.com/PDF/2012/072512/Fairfax.pdf>

<http://connectionarchives.com/PDF/2012/072512/Lorton.pdf>

<http://connectionarchives.com/PDF/2012/072512/Springfield.pdf>

Residents from Springfield, Burke, Fairfax or Fairfax Station, should send submissions to: [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com).

## Sex Trafficking in Our Backyard

Northern Virginia is seeing increasing numbers of reported cases of sexual trafficking.

BY TIMOTHY D. HUGO  
STATE DELEGATE (R-40)

A couple of years ago, I became aware that sex trafficking of children was not solely an international issue, but one that was happening in our own backyard. Unfortunately, the truth is that it is one of the fastest growing criminal industries in the world, in the United States and, yes, here in Virginia. In 2011, I began working with Shared Hope International. This organization strives to prevent sex slavery, restore victims of sex trafficking, bring justice to vulnerable women and children, and strengthen Virginia's laws.

Since that time, the fight against human trafficking has become a top priority of mine. I am committed to fight against those who would do harm to our young people by enacting harsher penalties to those convicted of these horrendous crimes and by increasing public awareness.

According to the Polaris Project, a leading organization in the global fight against human trafficking, over 100,000 children alone are victims of the sex trade in the



United States each year. It ranks Virginia seventh in the nation in the percentage of calls received reporting human trafficking. This is not a top ten category that any state seeks. Northern Virginia itself is seeing increasing numbers of reported cases of sexual trafficking occurring in massage parlors, online escort services, and gang-related activities among other avenues. Just last year, members of a Fairfax-based gang were arrested for soliciting Fairfax County high school girls for sex trafficking.

Virginia lawmakers have responded and enacted several pieces of legislation including my HB 1898, which raised the penalty for abducting any individual for the purposes of prostitution or abducting a minor for child pornography. In addition, the General Assembly currently has before it my HB 1606, which would stiffen the penalty for soliciting a minor for prostitution. I will continue to look for ways to make Virginia one of the least desirable states for those who seek to harm our young people.

I am not alone in combating this evil. I will continue to work closely with Governor McDonnell, Attorney General Cuccinelli, my colleagues in the General Assembly, Shared Hope International, the Polaris Project, the Richmond Justice Initiative, law enforcement agencies and others to increase awareness of this issue and to institute harsher punishments for those who seek to harm young people for financial gain.

Corporations are also participating in efforts to battle human trafficking. Just last year, AT&T granted the Richmond Justice Initiative \$25,000 to develop educa-

tional programs to help prevent human trafficking in the Richmond area.

I believe there is no worse crime than one committed against a child. I am dedicated to ensuring child sex traffickers remain behind bars longer for such horrific behavior, so that no child falls prey to those who seek them harm.

One child taken from his/her home, one young person falling prey to this evil, is one too many.

If you would like additional information on this issue, please contact me at 703-815-1201 or [delthugo@house.virginia.gov](mailto:delthugo@house.virginia.gov)

*The writer is a majority caucus chairman at the Virginia House of Delegates.*

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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## Burke CONNECTION

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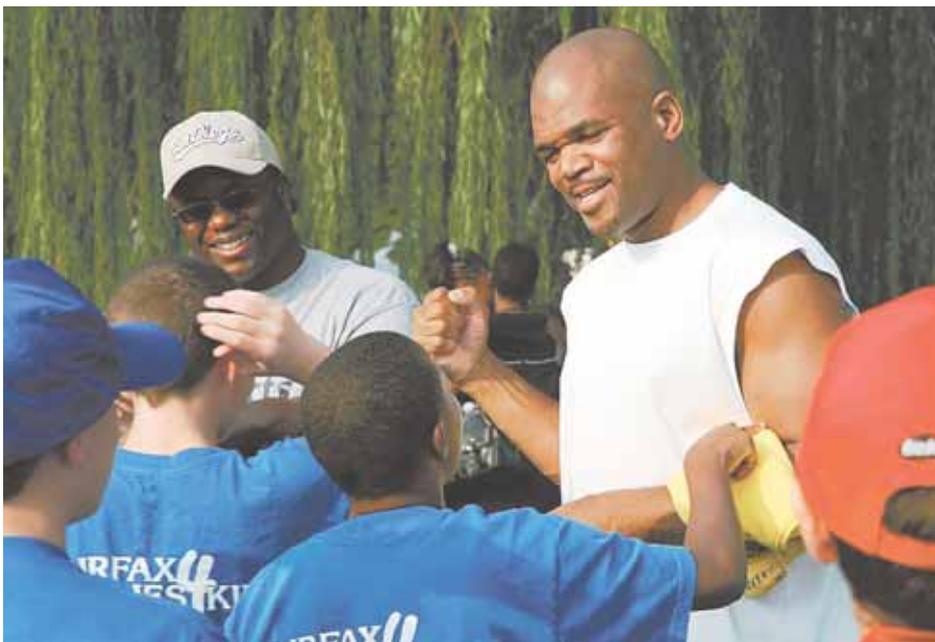
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## THE COUNTY LINE

During a fundraising walk in 2006, youth in Fairfax Families4Kids were greeted by rapper Run DMC, who grew up in foster care. Pastor Dan Rhodes (left) organized the event.



PHOTOS COURTESY OF JOAN BRADY

# A Positive Reflection

Joan Brady gives foster children needed exposure.

BY VICTORIA ROSS  
THE CONNECTION

*The last in a series.*

On Monday, Sept. 10, 2001, Joan Brady of Great Falls had just started a three-month sabbatical from her job with an Internet company. Newly-married, Brady, who was 36 years old at the time, was exhausted from 80-hour work weeks in a rigid corporate environment. She wanted time that fall to contemplate what to do next with her life.

The next day provided answers and a sense of urgency. It was Tuesday, Sept. 11, 2001.

The terrorist attacks, and the moving stories of heroism and tragedy on 9/11, indelibly left their mark. Brady, like many Americans, was inspired to do something new, to take more chances, to change direction.

"After that tragic day, it was hard to imagine going back to a job that had seemed critically important, but now felt largely meaningless," she said.

She thought she might become a social worker or a teacher, a job where she could make a difference in other people's lives. She decided to volunteer as a homework tutor at a group home for foster children.

As she struggled to find a way to motivate her students, she began "bribing" them with her photography. "Some teachers gave kids candy in exchange for completing homework assignments. I thought I'd try taking their photos and giving them copies," Brady said.

Their reaction to having their photos taken surprised her.

"It made me realize that they didn't have pictures of themselves, other than the one snapshot for their official file," Brady said. "I came to understand the connection between their having their picture taken and self-esteem."

According to child development experts, photos say "I'm important in this family." They show a child he or she is meaningfully connected to others, and provide a visual symbol of nurturing, love and caring. Foster children, who are frequently shuffled from one home to the next, rarely have family photos.

"In those days, I actually wasn't a professional photographer, just a gal with a point and shoot digital camera, trying to get through a three-month commitment I had made," Brady said. "I took pictures of the kids in the group home, mugging for the camera, playing basketball, bike riding, playing on the playground and occasionally holding up a good report from school."

She gave her students little \$1 photo albums she purchased at Michaels so they would have a place to store their photos.

She realized just how important the photos were to her students when she showed up at school one day and learned the photo albums had caused some trouble.

"It turned out that the kids weren't allowed to take anything to bed with them and several had been caught taking their little photo albums that we were filling with pictures to bed with them," she said. "It was in that moment that I realized I was doing something more than getting through the three-month commitment that I had made to be a homework tutor. I stayed on well beyond my three-month commitment."

By 2004, she combined her love of photography with her ability to connect with children and started Joan Brady Photography. She also began photographing foster children featured on Wednesday's Child. During a shoot in 2005, she met Beverly Howard, the director of a small Fairfax County foster-mentoring program called Fairfax Families4Kids.

In Fairfax County, about 400 children are in foster care, and about 20 children, most of whom are 14 and older, are in the Fairfax Families4Kids program. According to

Howard, these children are considered more difficult to place in adoptive homes because they are typically teens who have a range of special needs. Mentors provide one-on-one support and participate in monthly group activities.

"I got involved with the program when I met Beverly Howard, the director. She is a force of nature, a person no one can say no to. I have learned so much from her and have been so inspired by both her wisdom and her spirit," Brady said.

She became the group's volunteer photographer, shooting the children during their outings with mentors. Many of the children, especially the girls, didn't like to be photographed. They thought they were ugly, unworthy of a photographer's time.

In one photo, Kenny, a 14-year-old from Reston who was recently adopted, is high in the air, all legs and arms, about to make a powerful slam dunk. In another photo, Serena, 17, flashes a warm smile, her face framed in a cascade of long brown curls.

"Serena is a really interesting story. She's a tough girl whose initial reaction of 'don't take my picture!' evolved into 'take a picture of me!' and 'How come there aren't more pictures of me in the book!' She is such a sweet and thoughtful girl," Brady said.

Howard said Brady's photos capture the children's creativity and give them a positive reflection, something most of them have never had. She said the children are empowered by getting their photos taken.

"Joan sees well beyond the labels that so



Fairfax Families4Kids hosts a number of events for foster youth and mentors. In the photo, a 14-year-old boy in the program is getting his face painted at a Fairfax festival.

## Consider Mentoring

Fairfax Families4Kids is actively seeking mentors to connect with older children in foster care, those most at-risk for homelessness. To find out more about the Fairfax Families4Kids program or to become a volunteer or mentor, contact Beverly Howard, Ph.D., coordinator of the Fairfax Families4Kids program at 703-324-7518.

many of our youth have gathered along their journey in foster care," Howard said. "She can see the gifted artists, the aspiring scientists, the comedians, the athletes, and the beautiful children waiting for an opportunity to bloom."

## Becoming an Advocate

Brady doesn't look like a fighter. She is petite, quick to laugh, and looks younger than her 48 years. But spend five minutes with her, and one quickly finds out how passionate and relentless she is about Fairfax Families4Kids.

"Actually, [fighting for children] started when I became a court appointed special advocate for a 9-year-old boy in foster care from DC in 2002. And yeah, I was surprised ... surprised that doing what was right by children was something that most often required a fight," she said during a recent breakfast.

"This is not just mentoring. Beverly has created a family, a family where one would not otherwise exist. It's a family where kids are loved unconditionally, which, in my experience, is very rare for children in foster care who are most often judged by their

SEE MENTORS, PAGE 13

**AREA ROUNDUPS**

FROM PAGE 4

Sunday” events.

The next one is slated for Sunday, Feb. 24, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road, Fairfax. For more information, call 703-324-5052.

**Our Daily Bread to Host Fundraiser**

Join your neighbors at Our Daily Bread’s 5th Annual Empty Bowls community event and fundraiser on Thursday, Feb. 28, from 6 to 8:30 p.m. at the Stacy C. Sherwood Community Center in Fairfax, 3740 Old Lee Highway. Tickets are \$30 in advance and \$35 at the door, \$10 per child and \$25 for three or more children. Adults receive a handcrafted bowl with admission. The evening will include a soup and bread dinner donated by local restaurants, live music by the Fairfax Saxophone Quartet, raffles and a silent auction. Proceeds benefit Our Daily Bread’s efforts to provide food, financial assistance and financial education programs and related service to needy individuals and families throughout the Fairfax County area. Advance registration and information at [www.odbfairfax.org](http://www.odbfairfax.org). Contact [info@odbfairfax.org](mailto:info@odbfairfax.org) or 703-273-8829.

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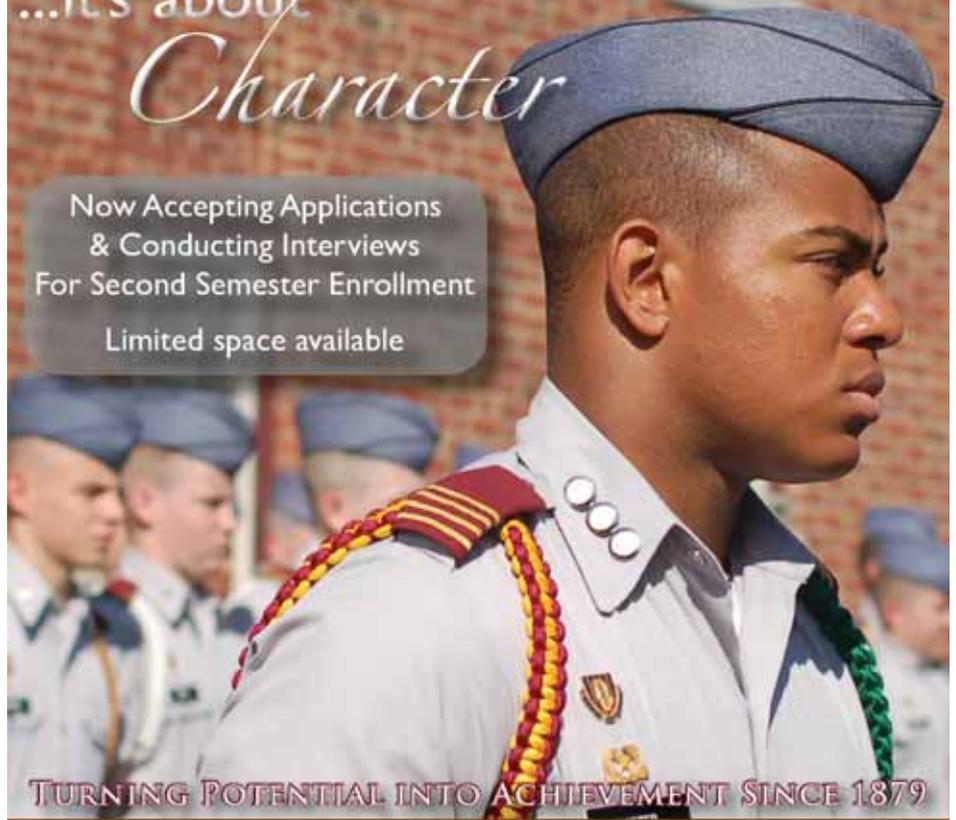
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The fully stocked storage refrigerator at Flowers 'n' Ferns sees a constant turnover, with fresh flowers arriving daily from around the United States, Europe and South America.



Flowers 'n' Ferns employee Lisa Bellacicco of Springfield prepares pre-orders for Valentine's Day, amidst the back room's "organized chaos."

## Burke Florist Unfazed By Valentine's Day Rush

Flowers 'n' Ferns is well prepared for its 33rd rose rodeo.

By TIM PETERSON  
THE CONNECTION

Diamonds may be a girl's best friend, but when it comes to Valentine's Day, fresh flowers are a must-have. For area florists like Karen Fountain, the second-generation manager of Flowers 'n' Ferns in Burke, the romantic holiday is often the highest grossing single day of the year.

During the Feast of Saint Valentine, Fountain generally sells between three and 500 arrangements for delivery and pickup orders, as well as walk-ins. It's no small feat. "My feet get tired, I'm not going to lie," said a still enthusiastic Fountain. "But we have a lot of fun with our customers. We call it 'fun and romance.'"

For over 33 years, the family-run Flowers 'n' Ferns florist shop in Burke has provided customers—from last-minute Valentine's desperates to blushing brides and high school homecomers—with fresh stems and a personal touch. Fountain's parents Larry and Fern (hence the name) Denholm opened the shop after their Springfield Florist's establishment was torn down to make way for the Mixing Bowl.

**AFTER DECADES** of rose peddling, Fountain and her stalwart crew of five employees (plus three part-timers and two extra drivers to cover busy holidays) have had their fair share of rush orders and high-volume Valentine's traffic. "We know how to be prepared," said Fountain. "When that gentleman comes in on Thursday at 5 p.m., we'll still have roses for him."

Not much fazes her, not even Franken-storms and shotgun weddings. Last fall, Fountain received a phone call from longtime customer Rabbi Amy Perlin. Perlin's son was supposed to be married the coming weekend, but the New Jersey venue was flooded from Hurricane Sandy.

"After I hung up and took a big breath, I called my wholesalers, got a feeling for what was out there in the color scheme," said Fountain. "I went straight



Stargazer lilies are a colorful complement to more traditional roses as an option on Valentine's Day.

into business mode: what can I get tomorrow, etc. It was a few extra hours, but we were able to get it done.

"They've been longtime friends of ours," Fountain added. "So it was a little emotional as well, but I had to do it. And I would do that for anyone who walks in the door."

**CONSISTENTLY FRESH** flowers and a neighbor's personal attention are the root of the shop's longevity. Blooms arrive fresh daily from local wholesalers and abroad: tulips from Virginia and the Netherlands, Gerbera Daisies from Florida and roses from Ecuador and Colombia.

Despite the shop's highly functional website and three-month-old smartphone app, Fountain still encourages Valentine's Day shoppers and anyone else to call direct and buy in person. She claims the live interaction can save her customers money on service charges and allows her to give each order an appropriately unique flair.

"I can design anything for any style," said Fountain, "whimsical, elegant, or more traditional romantic." And as far as choosing the perfect petals for Valentine's Day, the florista advises roses aren't the be all-end all. "Just think of their favorite color," she said. "Gerbera Daisies, tulips, mixed baskets can be just as romantic."

And though roses will still be available at 5 p.m., don't underestimate the romance of punctuality.

Flowers 'n' Ferns is located at Burke Town Plaza, 9562 Old Keene Mill Road. Visit their website for more information at [www.flowersnferns.com](http://www.flowersnferns.com).

## Home Life Style

### Home Remodeling Projects Continue to Rise

Updating kitchens and bathrooms are homeowners' priorities.

By MARILYN CAMPBELL  
THE CONNECTION

Home remodeling projects continue to rebound, and kitchens and bathrooms are at the top of the project list, according to a new report for the National Association of the Remodeling Industry.

"I was personally surprised [by] the number of really high-end projects, like those over \$150,000," said Nikki Golden, NARI spokeswoman.

When the owners of a Fairfax Station home decided to turn their outdated master bathroom into a modern spa retreat, they added a black granite vanity, matching shower bench and custom glass shower doors. "This master bathroom has been completely transformed into an oasis," said Fairfax-based contractor Robert Kalmin of RJK Construction. "Immediately as you walk in, you are greeted by a large double vanity. The cabinetry door style is Centennial from Bertch Bath. Two mirrors with matching trim are hung above each sink and add continuity."

Kalmin, who is also a board member of the Washington-region's National Association of the Remod-



The owners of this Fairfax Station master bathroom decided to turn their outdated space into a modern, spa retreat.

eling Industry chapter, said that a creative use of lighting helped set a relaxing, spa-like tone. "Three sconce lights add direct lighting and flare to this bathroom," he said. "The Key West soaking tub ... would make anyone jealous. A unique feature in this bathroom is the extra cabinet that is adjacent to the bathtub. It adds extra storage space and creates more countertop space for decorative items like candles."

**WHEN IT COMES TO** kitchens, NARI says homeowners are expressing a desire to expand. For

example, when the owners of a Reston home decided to remodel their kitchen, they removed a wall that separated the kitchen from the living area and created an open, free-flowing space that allowed for casual entertaining.

"Removing a partition wall allowed us to bring out a peninsula into the living area, expanding the kitchen and providing the opportunity for additional cabinetry, countertop space and a bar top," said Suzanne Kalmin of RJK Construction. "The [cabinetry] creates a contrast in the kitchen. The door style is a full overlay, called Pem-

broke and the finish is 'Raven' on cherry wood."

The homeowners wanted a durable counter surface so they chose quartz. In addition, "a section of butcher block next to the cook-top serves as a convenient prep space for cutting vegetables or bread," Suzanne Kalmin added. "This kitchen is packed with professional grade appliances, [including] a Viking professional cooktop and oven-microwave combination."

The homeowners chose stainless steel appliances to strike an earthy but luxurious tone, she continued. "[They] are complemented by the stainless steel backsplash ... behind the range and between the countertop and bar of the peninsula. A staggered glass natural stone combination tile is featured in the backsplash. The front of the bar is covered with a staggered natural stacked stone."

To complete the project, the wood flooring the adjacent living room was refinished to match the flooring in the remodeled kitchen to create a seamless finish.

## How Does Your Garden Grow?

Capital Home and Garden Show set for Feb. 22-24 at Dulles Expo Center.

By MARILYN CAMPBELL  
CENTRE VIEW

Since Punxsutawney Phil didn't see his shadow on Groundhog Day earlier this month, spring might be around the corner. But whether one believes in folklore or not, the winter chill will soon give way to warm weather blooms.

If the thought of getting a spring garden ready is enough to make you crawl back into your own hole, the Capital Home and Garden

Show might offer inspiration. Justin Cave, of HGTV's "Ground Breakers" and Tim Carter, who gives residential construction advice in his nationally syndicated column, "Ask the Builder," are scheduled to headline the show. Set for Feb. 22-24, at Chantilly's Dulles Expo Center, the event will offer homeowners more than 500 vendors pedaling the latest in home and garden services and products.

Cameron Ashburn who lives in Arlington is planning to attend.

### Capital Home and Garden Show

Dulles Expo Center, Chantilly

Friday, Feb. 22: 10 a.m. - 9 p.m.

Saturday, Feb. 23: 9 a.m. - 9 p.m.

Sunday, Feb. 24: 10 a.m. - 6 p.m.

**Tickets** (single tickets valid for one day of show):

On-site adult admission \$10; Online adult admission \$7

Children 6-12 years-old admission \$3

Children 5 years and under free

For more information visit [www.capitalhomeandgardenshow.com](http://www.capitalhomeandgardenshow.com).

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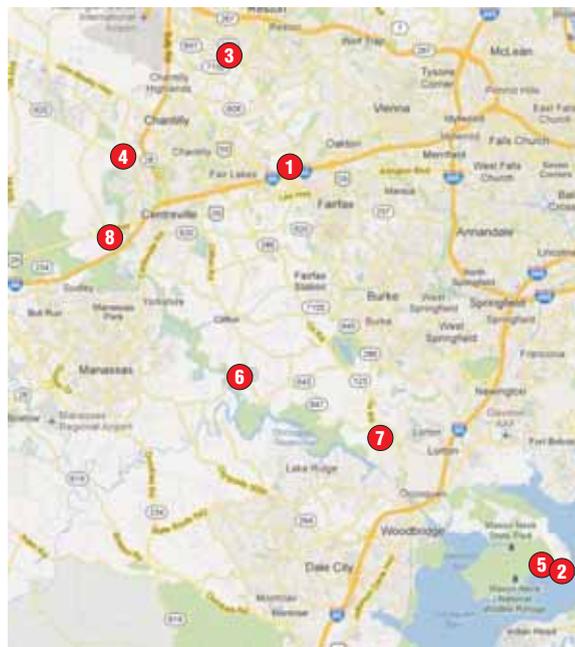


**4** 15039 Braddock Road, Centreville — \$960,000

**8** 6728 Cedar Spring Road, Centreville — \$870,000



**6** 12500 Old Yates Ford Road, Clifton — \$960,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 3722 HIGHLAND PL	5	5	3	FAIRFAX	\$1,925,000	Detached	2.03	22033	FAIRFAX FARMS	12/16/12
2 5933 RIVER DR	3	3	3	LORTON	\$1,700,000	Detached	0.65	22079	HALLOWING POINT RIVER	12/21/12
3 3435 FAWN WOOD LN	4	4	1	FAIRFAX	\$1,175,000	Detached	0.83	22033	OAK HILL ESTATES	12/28/12
4 15039 BRADDOCK RD	9	6	0	CENTREVILLE	\$960,000	Detached	7.22	20120	CUB RUN	12/03/12
5 6103 CHAPMAN RD	4	3	1	LORTON	\$899,000	Detached	0.66	22079	HALLOWING POINT RIVER	12/20/12
6 12500 OLD YATES FORD RD	5	5	3	CLIFTON	\$886,000	Detached	1.00	20124	BULL RUN	12/07/12
7 9043 JOHN SUTHERLAND LN	4	4	1	LORTON	\$879,780	Detached	0.83	22079	OCCOQUAN OVERLOOK	12/14/12
8 6728 CEDAR SPRING RD	5	4	2	CENTREVILLE	\$870,000	Detached	5.01	20121	THE WOODS AT BULL RUN	12/21/12

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# THE COUNTY LINE



PHOTO BY EULEN ZANGLA

Joan Brady is an award-winning photographer whose images have appeared in many publications.

## Mentors Seen as 'Family'

FROM PAGE 8

worst behaviors with a blind eye turned toward their attributes."

Sully District Supervisor Michael Frey, a champion of the program, was quick to praise Brady's role in the program.

"While the mentors and volunteers are definitely the heart of FF4Kids, Joan Brady is definitely its soul," Frey said. "I can't imagine where the program would be without her."

Neither can anyone else connected to the program.

In 2009, when the program was in danger of being eliminated because of across-the-board cuts in the county budget, Brady marshaled an army of supporters, launched a "save the program" blog, and cajoled, begged and nagged officials to keep the program. (In 2010, the program, fueled primarily by the work of the mentors and volunteers, cost about \$133,000 in a social services budget of more than \$200 million.)

Brady appeared before the Fairfax County Board of Supervisors during the budget hearings. Her plan was to let the program's youth speak directly to the supervisors.

County staff said no. That answer was not acceptable to Brady.

"That's when we began fighting. I may have led the effort, but it was very much of a group commitment," Brady said. "We knew that these kids were virtually invisible to the community. We knew that they could not stand up for themselves. We wrote letters and emails and met individually with members of the Board of Supervisors. We went directly to the Human Services Council, writing to them as well."

Supporters scheduled their testimony so that they had a block of time, and they coordinated their speeches so that each of them covered a different aspect of the program.

And Brady made sure supervisors heard from the children, by having supporters read comments from their audio testimony.

Molly Pell of Fairfax spoke about adopting one of the children in the program, and included the comments of a youth she mentored

"None of us in this room can fully understand what Families4Kids means to the youth involved, but I believe one of our youth stated it best, when she

told us:

"[If I didn't have FF4Kids], I would lose my mind ... I would lose my sanity. I wouldn't be able to function much. Cause even now I don't have very much. I get teased on at school. I get teased at the place where I'm supposed to call home. If I lost here ... it would be like there was no reason to do anything anymore."

In their short lives, so much has been taken from these youth. Please don't take away Fairfax Families4Kids," Pell said during the hearings.

"We stood together as unified members of the community," Brady said. "We achieved a stay of execution during those budget hearings in 2010."

### Being Part of the "Family"

Brady is an award-winning photographer whose images have appeared in many publications, including "The Washington Post," "NYTimes.com," "Washingtonian" magazine, "Children's Voice" (the magazine of the Welfare League of America) and "O Magazine."

She is justifiably proud of her work, and will talk about it when prompted.

But she quickly steers the conversation back to the children, and how much difference mentors make in the lives of foster children. What she is not always quick to talk about is that the children in the program consider her an important part of their "family," too.

During a celebration for mentors last month, Jorge, 17, stood up to address the group: "I don't have a mentor, but Joan is always there for me ... I check in with her and she checks in with me, nagging me about school and work," he said. "I know she cares."

"Honestly, I probably am in touch with him every week-and-a-half, and I think he usually checks in and when I respond, I do totally nag," she said, laughing. "Ok, I do follow the kids on Facebook, so occasionally I check in to admonish, but it's not much."

"But see. Just that tiny bit of interaction he has with me—something that I hadn't even noted—makes a big difference for him. It just takes a tiny bit of attention to make a difference," Brady said. "That's why I want the story to be about what's really important: the children, definitely not me ..."

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## OPEN HOUSES SATURDAY/SUNDAY, FEBRUARY 16 & 17

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6308 Swan Landing Ct. \$609,000..Sun 1-4.....John Hilton.....Century 21..703-599-1351

### Centreville

13849 Wakley Ct.....\$349,900..Sat 1-4.....John Hilton.....Century 21..703-599-1351

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6321 Barsky Ct.....\$729,900..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

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7572 Cross Gate Ln.....\$469,950..Sun 1-4..Tom & Cindy & Assoc..Long & Foster..703-822-0207

### Lorton

9269 Blu Steel Way.....\$992,500..Sun 1-4.....Bob Lovett.....RE/MAX..703-690-0037  
6830 Tiddle Way.....\$699,000..Sun 1-4.....Beckie Owen..Long & Foster..703-328-4129  
7203 Lyndam Hill Cir.....\$639,950..Sun 1-4..Tom & Cindy & Assoc..Long & Foster..703-822-0207

### Manassas

14916 Yolanda Ln.....\$375,000..Sun 1-4....The Applegate Team..Long & Foster..703-451-5818

### Springfield

6421 Wainfleet Ct.....\$529,000..Sun 1-4.....Joe Frangipane..Long & Foster..703-628-4430  
7262 Linden Tree Ln.....\$449,950..Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808  
8469 Canyon Oak Dr.....\$334,900..Sun 1-4.....Melissa Vahdati.....Exit..571-437-9770  
8665 Maple Glen Ct.....\$325,000..Sun 1-4.....Monique Craft.....Weichert..703-451-7253

To add your Realtor-represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to [shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com). All listings due by Tuesday at 3 P.M.

# Jail Tours Provide Wake-up Call for at-Risk Teens

The Sheriff's Office runs the Teen Awareness Program (TAP).

“At-risk kids are able to see and hear first-hand the effects of making a right decision versus a wrong decision,” says Deputy Sheriff Lieutenant Steve Elbert, about the tours and presentations he leads at the Fairfax County Adult Detention Center. The Sheriff's Office initiated the Teen Awareness Program (TAP) a year ago, in partnership with the Juvenile and Domestic Relations Court, to become part of the court's diversion program for first-time, non-violent juvenile offenders. Juvenile Intake Services provides a variety of diversion programs in lieu of the formal court process.

Tours are scheduled 5-10 times per year, during summer and other school breaks. The Sheriff's Office limits each tour to 15 teenagers and strongly recommends to the court that a parent accompany each teen.

“When parents share this experience with their teenager,” explains Elbert, who developed the TAP initiative, “they have something to discuss on the ride home from the jail. If the parents see new signs of poor decision-making weeks or months later, they can return to the same discussion.”

The day starts with a presentation about the demographics of the jail population, the

range of criminal charges, the different levels of security, the role of a deputy sheriff and the daily schedule for inmates.

After the introduction, Elbert takes the group on a tour through the intake process, the crowded holding cells and the different housing areas. The emphasis is on the lack of privacy, loss of freedom and privileges, and the monotony of daily life.

**FOLLOWING THE TOUR**, Elbert and a pre-selected inmate talk about their parallel situations, the choices each made, and the radically different outcomes.

“Early in high school, I occasionally ran with some bad crowds,” says Elbert. “Twice I found myself in a situation where I could commit a felony with my friends or walk away. Both times I made the right decision. Today, I am a law enforcement officer, working in a great community for a highly regarded Sheriff's Office. Had I chosen differently 30 years ago, I would not have been afforded this career opportunity.”

An inmate who has shared the stage with Elbert on a few of the tours faced similar situations as a teenager, but he made different decisions. “Now,” explains Elbert, “instead of finishing his four-year degree at

George Mason University, this young man is a convicted felon living in a jail cell.”

“When he gets out,” said Elbert, “he will be an ex-con, which means he will have a tough time finding a job, he will have to work three times as hard to prove himself, and he will be at risk for repeating the same poor choices that landed him in jail in the first place.”

The teenagers have the opportunity to direct their questions to the inmate after he speaks. The most frequently asked questions concern whether the inmate can contact family and friends and how often he can have visitors. Parents often ask the inmate if his path to jail was related to, or influenced by, the use of illegal drugs.

Colleen Cramer, a hearing officer in the Juvenile and Domestic Relations Court, was impressed when she accompanied Elbert on the first tour. “Your tone of professionalism and respect and your recognition of the fact that many inmates are good people who

make poor choices help our diversion program participants realize that someday it may be just one decision separating them from the people they will be seeing behind bars,” said Cramer.

A parent reported to Cramer that on the way home from the tour, her son said he would not have done what he did had he seen the jail beforehand. “The Sheriff's Office should continue to provide young adults with this wake-up call,” the parent wrote.



Deputy Sheriff Lieutenant Steve Elbert

**THE SHERIFF'S OFFICE**

is preparing to expand the program to include referrals from School Resource Officers. The SROs are assigned to middle and high schools throughout Fairfax County during the school year, with the goal of creating and maintaining a safe and orderly learning environment for students, teachers and staff.

For more information about the Adult Detention Center, visit [www.fairfaxcounty.gov/sheriff/adcenter.htm](http://www.fairfaxcounty.gov/sheriff/adcenter.htm), email [sheriff@fairfaxcounty.gov](mailto:sheriff@fairfaxcounty.gov) or call the public information office at 703-246-3251.

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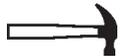
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**21 Announcements**

**NOTICE OF ADOPTION**  
DONALD YOUNG, PLEASE TAKE NOTICE that on Sep-  
tember 14, 2012, a PETITION FOR ADOPTION was filed in the of-  
fice of the Cabell County, West Virginia Circuit Court. PLEASE  
TAKE FURTHER NOTICE that a HEARING on this Petition is  
scheduled for March 8, 2013, at 9:15am, at the Cabell County  
Courthouse, located at 750 Fifth Avenue, Huntington, West Vir-  
ginia 25701. Said hearing will be before Honorable David M.  
Pancake, Cabell County Circuit Court Judge.

Please be advised that your parental rights may be terminated  
in the proceeding. Also, you may appear and may any objections  
known or to otherwise protect your interest. You shall  
have thirty(30) days upon being served with this notice to re-  
spond to this notice and if you fail to respond within the re-  
quired time you may not appear in or receive further notice of  
the adoption proceedings. A copy of the Petition, Case No.: 12-  
A-34, can be obtained at the Cabell County Circuit Clerk's of-  
fice at the Cabell County Courthouse, located at 750 Fifth Ave-  
nue, Huntington, West Virginia, 25701, phone number 304-  
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Entered this 4th day of February

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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.

## THURSDAY/FEB. 14

**Bob's Discount Furniture Donation and Opening Reception.** 9:45 a.m., at Bob's Discount Furniture, Greenbriar Shopping, 13055A Lee Jackson Memorial Highway, Fairfax. Entertainment and refreshments offered at the ribbon cutting as the organization presents \$25,000 to 16 local schools (between Fairfax and Waldorf, Md., at a concurrent opening) for arts and education programs. www.facebook.com/mybobs.

**Preschool Storytime.** 10:30 a.m., at the City of Fairfax Library, 10360 North St., Fairfax. Stories, songs and activities with a Valentine's Day theme for children ages 3-5 accompanied by adult. 703-293-6227 or www.fairfaxcounty.gov/library/branches/fx/.

**Friends of the Burke Centre Library Used Book Sale.** 1-6 p.m., at Freds Oak Road, Burke. Discover thousands of books for adults and children. 703-249-1520.

## FRIDAY/FEB. 15

**Friends of the Burke Centre Library Used Book Sale.** 1-6 p.m., at Freds Oak Road, Burke. Discover thousands of books for adults and children. 703-249-1520.

## SATURDAY/FEB. 16

**Friends of the Burke Centre Library Used Book Sale.** 1-6 p.m., at Freds Oak Road, Burke. Discover thousands of books for adults and children. 703-249-1520.

## TUESDAY/FEB. 19

**22nd Annual Board of Supervisors Breakfast.** 7-9:30 a.m., at the Waterford in Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Join Leadership Fairfax and other Fairfax County leaders for a morning of information and networking that gives businesses and residents of Fairfax County an opportunity to hear straight from the Board of Supervisors about what is happening in Fairfax County. Limited seating; \$50 paid alumni member, \$65 alumni non members and general public, \$30 current LLP '12 and LFI/ELI '13 members. www.leadershipfairfax.org.

## FRIDAY/FEB. 22

**Friday Night Film Series: Brother Outside.** 7:30 p.m., at Accotink Unitarian Universalist Church, 10215 Lakehaven Court, Burke. The film takes a multifaceted approach to telling Bayard Rustin's story, creating an aesthetic that reflects Rustin's position as an outsider, troublemaker and an eloquent speaker; a non-religious event, guests are welcome to come with friends and bring dinner to eat. 703-503-4579, www.accotinkuuc.org or administrator@accotinkuuc.org.

## SATURDAY/FEB. 23

**Black History Month Celebration.** 1-3 p.m., at Burke Centre Library, 5935 Freds Oak Road, Burke. An afternoon of dance, recitals and music and recognition of Dr. Martin Luther King, Jr. www.fairfaxnaacp.org.

**Around the World in 80 Days.** 8 p.m., at George Mason University's Center for the Arts, 4400 University Dr., Fairfax. Philadelphia's Walnut

## "Mardi Gras with MJO" at George Mason

The Metropolitan Jazz Orchestra celebrates the birthplace of jazz music with "Mardi Gras with the MJO" at George Mason University's Center for the Arts in Fairfax on Saturday, Feb. 16, at 8 p.m. Led by director Jim Carroll, the Metropolitan Jazz Orchestra will perform a collection of New Orleans tunes by the likes of Jelly Roll Morton, Sidney Bechet, Duke Ellington, Louis Armstrong, Ray Charles and more. www.gmu.cfa.edu.



Jim Carroll



PHOTO BY PETER SCHAAP

## Pianist Jeffrey Siegel

## Keyboard Conversations with Jeffrey Siegel

Schubert in the Age of the Sound-byte, so titled Jeffrey Siegel's program, asks how Franz Schubert's irresistible lyric dramas in tones fit into our robotic society with today's limited attention span. The distinguished pianist performs as he explores that question with commentary in a family friendly environment. On Sunday, Feb. 24 at 7 p.m. in the Center for the Arts at GMU, 4400 University Drive, Fairfax. \$19-38 and half price for youth through grade 12 when accompanied by adult. 888-945-2468 or cfa.gmu.edu.

Street Theatre brings the tale of the eccentric gentleman Phileas Fogg who circumnavigates the world on a bet. \$20-\$40; half-price for youth accompanied by an adult; free for GMU students. cfa.gmu.edu.

Oak Leather Drive, Burke. A musical by local playwrights Martin and Janice Landry based on the story of Esther, the secretly Jewish queen who becomes the Queen of Persia and must take a huge risk to save her people, who are to be annihilated by royal decree. Reservations. Tickets@BurkePresChurch.org.

## SUNDAY/FEB. 24

**Schubert in the Age of the Sound-byte.** 7 p.m., at the GMU Center for the Arts, 4400 University Drive, Fairfax. The distinguished pianist Jeffrey Siegel performs as he explores the question of how Schubert's dramas in tones fit into our robotic society with today's limited attention span. \$19-38 and half price for youth through grade 12 when accompanied by adult. 888-945-2468 or cfa.gmu.edu.

## THURSDAY/FEB. 28

**Chocolate Lovers Festival Spirit Night.** 5-8 p.m., at the Chick-fil-A, 9509 Fairfax Blvd. The Chocolate Lovers Festival Committee (CLFC) and the Chick-fil-A at Fairfax Circle are partnering to raise funds in support of the 2013 festival; when the Chocolate Lovers' Festival is mentioned during an order, 20 percent of the purchase goes to support 2013 CLFC grant recipients. www.cfa.restaurant.com/fairfaxcircle.

**Esther, the Musical.** 7 p.m., at Burke Presbyterian Church, 5960

## FRIDAY/MARCH 1

**Esther, the Musical.** 7 p.m., at Burke Presbyterian Church, 5960 Oak Leather Drive, Burke. A musical by local playwrights Martin and Janice Landry based on the story of Esther, the secretly Jewish queen who becomes the Queen of Persia and must take a huge risk to save her people, who are to be annihilated by royal decree. Reservations. Tickets@BurkePresChurch.org.

## SATURDAY/MARCH 2

**Esther, the Musical.** 7 p.m., at Burke Presbyterian Church, 5960 Oak Leather Drive, Burke. A musical by local playwrights Martin and Janice Landry based on the story of Esther, the secretly Jewish queen who becomes the Queen of Persia and must take a huge risk to save her people, who are to be annihilated by royal decree. Reservations. Tickets@BurkePresChurch.org.

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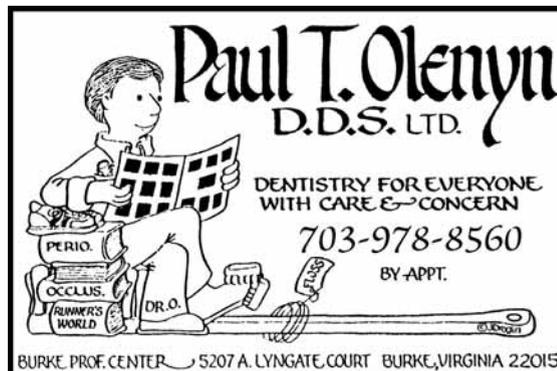


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THE CONNECTION

# SPORTS

## Woodson Girls' Basketball Secures Regional Berth

Cavaliers defeat Lee in Patriot District tournament.

BY JON ROETMAN  
THE CONNECTION

**W**oodson senior guard Keara Finnerty, a first-team All-Patriot District selection, hasn't played in a Northern Region tournament since her freshman season. Senior guard Anna Walker, a member of the all-district second team who played two seasons at Falls Church before transferring to Woodson, has never experienced regionals.

The Woodson girls' basketball team started the season 0-6, not exactly a strong indicator of future success. But the Cavaliers responded by winning nine of their next 10 games and earning a top-four seed in the Patriot District tournament. On Tuesday, Woodson's season of resurgence went a step further as the No. 4 Cavaliers defeated No. 5 Lee 45-32 in the first round of the district tournament at Woodson High School. With the victory, the Cavaliers advanced to the semifinals and secured a berth in the Northern Region tournament for the first time since the 2009-10 season.

According to stats from the Washington Post's website, Finnerty averages a team-high 18.7 points per contest. The Cavaliers' second-leading scorer, Walker, averages 9.1 and senior Katie Hayes, third on the team in scoring, averages 4.7. Against Lee on Tuesday, Finnerty finished with 11 points, but didn't score until knocking down a 3-pointer with less than 4 minutes remaining in the second quarter. Thanks to sophomore Emma Kirschner, Woodson was able to jump out to an early lead without a major contribution from its primary offensive threat.

Kirschner knocked down a trio of jumpers in the first quarter, helping the Cavaliers to an 8-2 advantage. She finished with nine points and nine rebounds.

"Anna Walker has always been a decent scorer for us, but we've been searching for other scorers," Woodson head coach Patrick Neri said. "Emma Kirschner came out strong and gave us a boost."

Walker led Woodson with 15 points.

The victory improved Woodson's record to 12-11.



**Woodson senior Anna Walker, who played for Falls Church her freshman and sophomore seasons, will make her first trip to the Northern Region tournament after the Cavaliers defeated Lee in the first round of the Patriot District tournament on Feb. 12.**



**Woodson sophomore point guard Eric Bowles was named Patriot District Player of the Year.**

### Woodson Boys Punch Regional Ticket

The top-seed Woodson boys' basketball team took care of business on Tuesday, beating No. 8 Annandale 69-51 during the opening round of the Patriot District tournament at Woodson High School. The Cavaliers advanced to the semifinals and secured a berth in the Northern Region tournament.

With the victory, Woodson reached 20 wins for the second consecutive season, including back-to-back 13-1 regular-season district records. The Cavaliers have won five in a row and 17 of their last 18 games. However, Woodson had won 12 straight at this point last season before losing to T.C. Williams in

the district semifinals and Fairfax in the opening round of the regional tournament.

What is it about this year's team that will help Woodson avoid another late-season collapse?

Multiple Cavaliers answered with a certain 'E' word.

"I feel like this team, we have more experience, more players that have already played on varsity and in situations like this," said sophomore point guard Eric Bowles, who started for Woodson as a freshman. "We just come out and play our game and just have to do what we do to get the win."

— JON ROETMAN

The Cavaliers faced No. 1 West Springfield in the district semifinals on Wednesday, after The Connection's deadline. The district championship game is at 7 p.m. on Friday, Feb. 15 at Lake Braddock Secondary School.

**Woodson senior Simone Freidman won the all-around title at the Northern Region gymnastics meet on Feb. 6 at Lake Braddock Secondary School.**



PHOTO BY  
LOUISE KRAFFT/  
THE CONNECTION

## Freidman Wins Region Title

Cavaliers finish fourth at Northern Region meet.

BY JON ROETMAN  
THE CONNECTION

**W**hen Simone Freidman was a freshman at Woodson, she watched Herndon senior Maria Hayden shine at the 2010 Northern Region gymnastics meet, winning the all-around title. Freidman hoped to one day experience similar success.

Three years later, Freidman had her chance to excel on the Northern Region stage. She didn't compete in high school gymnastics during her sophomore and junior seasons due to club commitments, but Freidman re-joined the Cavaliers as a senior. She had already won the Patriot District all-around title when she competed at regionals on Feb. 6 at Lake Braddock Secondary School.

At the end of the night, Freidman added another championship to her resume.

Freidman captured the Northern Region all-around title, posting a score of 38.350. She placed first on beam (9.85), second on floor (9.55), tied for third on vault (9.6) and finished fifth on bars (9.35).

"It's unbelievable," Freidman said. "I really wanted this. I really wanted to be able to say I have the district title, I have the regional title ... [and] it means a lot as a senior [to be] leaving and making my mark with the title."

"As a freshman, there was one girl named Maria Hayden who won everything. I just remem-

ber looking at her and being like, wow, she's a senior, she made her mark, this is so great. I'm glad to finally be, four years later, [following] in her footsteps."

Woodson finished fourth as a team, posing a score of 141.45. Washington-Lee won its second consecutive region championship, finishing with a score of 147.15. McLean finished runner-up for the second straight year, earning a state berth with a score of 143. Chantilly placed third (142.45).

The top eight individual finishers in each event, the top four all-around competitors and the top two teams advance to the state meet.

Stone Bridge placed fifth (136.275), Yorktown was sixth (132.175), Oakton finished seventh (131.75) and Lake Braddock was eighth (119).

Centreville's Ciara Hoernke and Hayfield's Molly Overstreet tied for second in the all-around at 38.05. Marshall's Morgan Stahl was fourth (37.575). Stahl won floor (9.725) and vault (9.7) and Hoernke won bars (9.9).

Lake Braddock's Whitney King finished fifth in the all-around with a score of 37.55. She finished in the top eight on beam (third, 9.7) and vault (tied for third, 9.6).

The VHSL state meet will be held this weekend at Centreville High School. Team competition will begin at 3:30 p.m. on Friday, Feb. 15, and individual competition will start at 12:20 p.m. on Saturday, Feb. 16.

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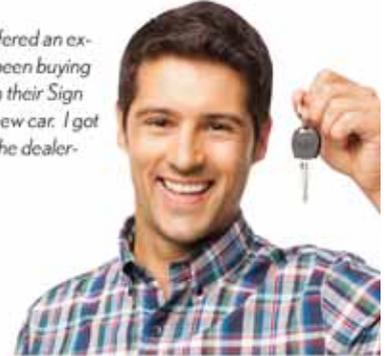
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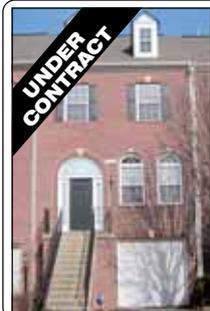
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