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Home LifeStyle

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# Thousands Throng to City of Fairfax

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Mom Arati Parajuli with daughter Aayushma, 6, and son Aubin, 5, enjoying rainbow-sherbet cones at the annual Chocolate Lovers Festival on Feb. 7-8.

Combining  
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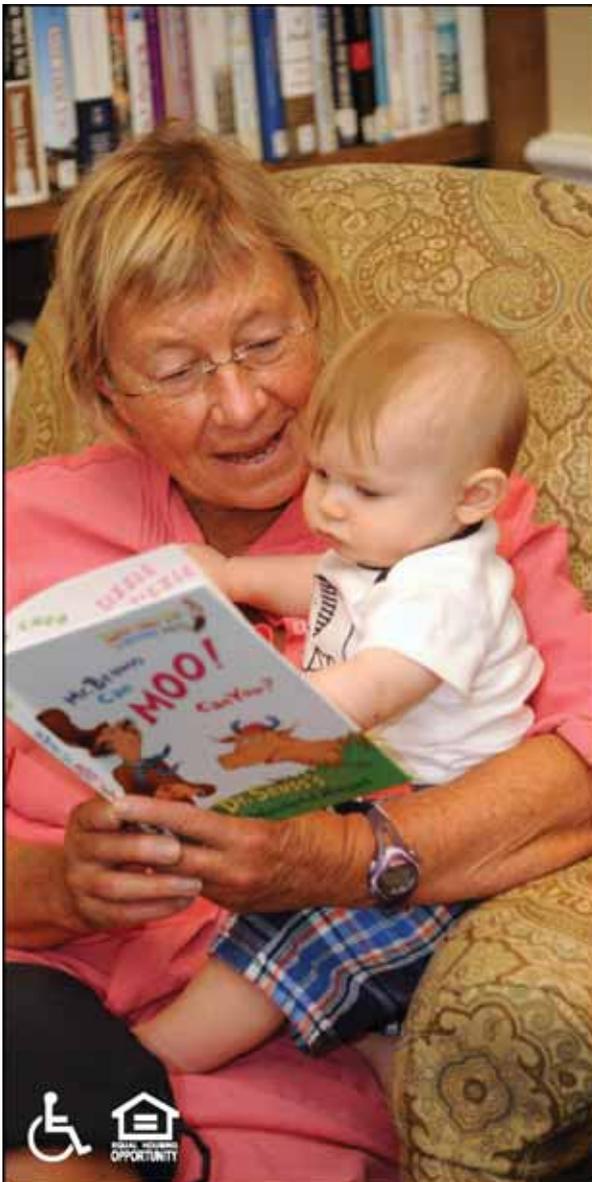
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## Combining Health and Mental Health

Community Services Board provides emergency services, prevention and treatment.

BY KENNETH MOORE  
THE CONNECTION

**O**ne teenager who attempted suicide revealed that if anyone had asked him before hand whether he was thinking of hurting himself, he would have said yes.

That message rang loud and clear to Teresa Gallahan, school nurse at a Catholic school in Chantilly. The teen was part of a training video for a course on Youth Mental Health First Aid, offered by the Fairfax-Falls Church Community Services Board.

Gallahan, from Herndon, was impressed that the instructor urged her to enter the phone number for the CSB Crisis Hotline into her cell phone on the spot.

"I'm trained to look for resources," said Gallahan, a Herndon resident, who has worked at St. Veronica School for approximately 7 years. Gallahan and her principal have now organized all teachers and staff to take the CSB training.

"Most parents appreciate that we keep an eye on their children," Gallahan said.

Since 2012, 1,750 have taken the CSB First Aid Mental Health Training. More than 10,000 people have taken the CSB online youth suicide prevention program.

Mental Health First Aid is one of the ways the Community Services Board serves all residents in the community.

**TRACEY PHILLIPS** was 24 weeks pregnant when her labor began.

She had three premature triplets; her second baby didn't survive, and her son and daughter spent five and four months in the neonatal intensive care unit.

"I had to recover from a C-section, we had to plan for my son's funeral, and we had two very sick children in the NICU," she said. "The human spirit finds a way."

Phillips' family was immediately helped by the CSB's Infant and Toddler Connection, which provides evaluations and early intervention services for infants and toddlers who might have developmental or in-



Fairfax County Community Services' Board opened its new facility in Merrifield.

tellectual disabilities or developmental delay.

"We would be looking at a very different picture had my family not been given early intervention," Phillips said. "When my daughter started to walk I was sure she was on the right track."

Phillips' children, now six, both have special needs. Phillips now works for the Infant and Toddler program and is grateful she can give back to other families who are beginning their special needs journeys.

"There's a whole movement of people with lived experience who have something to offer," said CSB Executive Director Tisha Deeghan, of hiring people like Phillips. "That voice is absolutely magical in helping."

"Even with all that happened to us, I have found other families that have been through much worse," Phillips said. "We have been through the worst of it, we can see a future."

During FY 2014, the CSB served 3,164 children through the Infant and Toddler Connection.

**THE COMMUNITY** Services Board plans, organizes and provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB served 21,249 residents during last year's fiscal year.

Most CSB services are primarily for people whose conditions seriously impact their daily functioning. But anyone with a related concern may contact the CSB for help in finding appropriate treatment and resources.

"We are here for everybody," said Deeghan, who moved to Fairfax for her new job in September. "We are the agency that deals with the most difficult and complex situations."

Deeghan took the helm at the Community Services Board in September 2014, coming from Michigan with 33 years of experience in mental health and substance use disorder treatment and prevention. Most recently, Deeghan was the senior vice president and chief operating officer for Genesee Health System in Michigan for 13 years.

Deeghan replaces George Braunstein who retired in 2014 after serving as executive director since 2008.

"I'm learning the Fairfax way, the Virginia way. There is so much wealth here, but there are two Fairfaxes," said Deeghan of her new home. "There is the wealth and the resources and the tremendous support from the Board of Supervisors. But there's another Fairfax, where people are very vulnerable, people who cannot find jobs, people who can't access services."

**CSB'S NEW MERRIFIELD CENTER** opened late last month at 8221 Willow Oaks Corporate Drive, and offers an integrated system of care, allowing people who are receiving services for mental health issues, substance abuse to receive other medical care at the same time.

"It's state of the art," Deeghan said. "It's the best example that I know of of an opportunity to bring integrated-care services to people."

Primary health care, pharmacy, dental clinic are available at the same location, as well as emergency services, entry and referral services, and more.

As one example, having a pharmacy onsite so patients are certain to receive their

**Sign Up for Mental Health First Aid**

[www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm](http://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm)



Tisha Deeghan, a Fairfax resident, became executive director of the Fairfax County Community Services Board in September 2014.

### What Is the CSB?

The Fairfax-Falls Church Community Services Board is the public agency that provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides crisis intervention and suicide prevention services.

The Community Services Board serves three major populations: people with mental illness, people with substance abuse disorder, and people with intellectual disability and/or developmental disability. <http://www.fairfaxcounty.gov/csb/>

medications as soon as they are prescribed is a major advantage.

"It's exciting to me to see this system and all the creative community-based services in place," said Deeghan. "We're seeing much less need for high-end or restrictive services, such as hospitalization or residential placement, because we are getting so good at providing community-based services."

Providing integrated services is a national movement, Deeghan said. She cited a study a few years ago that showed that people with serious mental health issues often die 25 years or more earlier than others from treatable illnesses, because they didn't have access to health care.

Of the people served at the CSB last year, only 40 percent said they had a primary health care provider.

One in every five people live with a mental health problem, according to CSB documents. Two-thirds go without treatment. "Mental illness and substance abuse disorders impact every single layer of economics," said Belinda Buescher, of the CSB.

**"The human spirit finds a way."**

— Tracey Phillips

### Who To Call for Help

- In emergency situations (24/7)
- ❖ CSB Emergency Services, 703-573-5679, TTY 711
- ❖ Fairfax Detoxification Center, 703-502-7000, TTY 703-322-9080
- ❖ CrisisLink suicide hotline, 703-527-4077
- ❖ CrisisLink suicide text hotline, 703-940-0888
- ❖ Call 911 for a life-threatening emergency
- During business hours:
- ❖ CSB Entry & Referral Services, 703-383-8500, TTY 711
- ❖ Infant & Toddler Connection, 703-246-7121, TTY 703-324-4495
- For basic needs: food, housing, medical care, etc., 703-222-0880, TTY 711
- Staff at all of the numbers listed above can take calls in English and Spanish and can access other languages when needed.



PHOTO BY ANDREA WORKER/THE CONNECTION

The W.T. Woodson High School Athletic Hall of Fame Inductees, staff and representatives line up for an official photo at the induction ceremony. From left — back row: Hall of Fame Co-chair Jim McLaughlin, David Marsden, Gabe Oliverio, David Strong. Front row: Bill Boice, Stuart Segraves, Shelby Pigott, Bill McCulloch, Carolyn Hadiji, Mounir Hadiji. Segraves and Pigott represented the late Scott Segraves, and the Hadijis were there for daughter Sarrah Hadiji who was unable to attend.

## Woodson High School Inducts 2014-2015 Hall of Fame Athletes

BY ANDREA WORKER  
THE CONNECTION

### 2014-2015 Athletic Hall of Fame Inductees

W.T. Woodson High School in Fairfax welcomed eight new members into its Athletic Hall of Fame on Saturday, Feb. 7 at the Grand Atrium Banquet Venue in Tysons Corner. This is the third Hall of Fame “class” for Woodson. The honors program was established in conjunction with the school’s 50<sup>th</sup> anniversary in 2012.

They came from as far away as California, Texas and Florida and as locally as the high school’s halls themselves where inductee Billy McCulloch, as Woodson Assistant Lacrosse Coach, still works with the sport at which he excelled. They went on to work in business, investment, coaching, distinguished military careers and even a politician in the group with Virginia State Senator Dave Marsden from the 37<sup>th</sup> District in Fairfax County. With all of the catching up, the telling of tales and reminiscing about teachers, coaches, games, and events, the gathering had much the feel of a true high school reunion, despite the fact that the honorees represented five different decades and at least eight different sports between them. During the reception, a slideshow picturing the athletes at various times during their Woodson careers attracted much attention and some good-natured jibes about “that crazy hair”, or “those groovy shorts”, or “what the heck were you wearing there?” and Master of Ceremonies — and 1995 Woodson graduate - Jarrod Wronski (who now owns Metro DC DJs) had a time of it to wrangle the crowd to order and begin the official program.

Woodson Interim Principal Dan Meier gave the welcoming address before turning the proceedings over to Wronski and to Hall of Fame Committee Co-Chairs Dan Checkosky, Student Activities Director, and Jim McLaughlin, Woodson Class of 1984. The co-chairs spoke to the school’s long-standing traditions and successful athletics

- Bill Boice, 1979 – 1983, Wrestling, Football, and Baseball
- Sarrah Hadiji, 2003 – 2007, Cross Country, Indoor/Outdoor Track & Field
- Michelle Dodds Heotis, 1986 – 1990, Tennis
- Billy McCulloch, 1997 – 2001, Lacrosse, Football
- David Marsden, 1962 – 1966, Football, Basketball, Track & Field
- Gabe Oliverio, 1963 – 1965, Basketball, Baseball
- Scott Segraves, 1971 – 1975, Football, Wrestling, Baseball
- David Strong, 1962 – 1966, Football, Basketball, Track & Field

programs throughout the years. “Woodson really is dedicated to the values of the student athlete, meaning that excellence is the standard both academically and athletically,” said Checkosky. Checkosky and McLaughlin called for the recognition of the sponsors, the Hall of Fame Committee, the organizers of the event, and the Woodson coaching staff. There was a standing ovation for retired, long-time Woodson Coach Paul “Red” Jenkins, who was mentioned often throughout the proceedings. Then it was time to make the presentations.

There were so many accomplishments to be recognized for each inductee that the introductions took a considerable amount of time. The audience didn’t seem to mind, breaking into applause (and an occasional ‘whooping’ sound) when various titles, placements and championships were mentioned.

There was more applause, a good deal of laughter and even a few tears shed as each honoree addressed the assembly. Of the eight honorees, five were present to accept their awards. Two were unable to attend. Sarrah Hadiji, who now lives in Oregon, was represented by her parents, Carolyn and Mounir Hadiji. Michelle Dodds Heotis sent a letter of thanks that was read by MC Wronski. Stuart Segraves tearfully accepted the honor on behalf of his brother Scott who passed away in 1987.

## What differences do you see between high school sports programs, then and now?

—ANDREA WORKER

### David Strong, 1962 –1966 :

“I was in the first full class of Woodson when it started. The kids now, they are bigger, faster, stronger. I have to say, from what I see, they are just much more talented. At the game we attended last night, they were very impressive.”



### Bill Boice, 1979-1983 :

“One thing that is disappointing about high school sports today is the diminished interest in some of the programs. I wrestled on the Woodson Championship team and all four years at West Point. I coached high school wrestling. Now I go to events and I see only one half of a venue even set up for seating when it used to be a packed house and multiple mats. Soccer and lacrosse seem to have taken over, but I think there’s room for these other sports with some support.”



### Billy McCulloch, 1997-2001:

“I played lacrosse and football at Woodson. Now I am an assistant lacrosse coach here, and I have seen lacrosse really continue to grow. I think the athletes are better, too. The U-Teams have gotten better so it ups the game a level. I am just glad I am here to give back to the game and the students.”



### Gabe Oliverio, 1963-1965;

“There’s no comparison. No way any of us could stack up against these kids today. With the earlier training and the camps, they are just better rounded and better prepared. The coaching has also advanced since back in the day. When I played, they wouldn’t let us touch weights! We might get hurt! We were probably like the Pillsbury doughboys compared to today’s athletes!”



### David Marsden, State Sen. (D-37), 1962-1966:

“Like Dave (inductee David Strong) I am a member of the first graduating class at Woodson. The biggest difference? Virginia was still segregated when we started at Woodson. Before we left we had the first fully integrated team in Virginia. Some of the adults may have had a problem with that, but for us kids, we were just glad to have more good players on our team! Better nutrition, better training and better sports science are at play now. We weren’t allowed to drink water during the summer trainings. It was thought not to be good for you. Can you imagine? I think its safer now, and it’s something I keep working on, with a bill in the state senate aimed at just that.”





Phuong Nguyen holds a cookie-dough ice cream cone.



Parker Keane, 5, chows down on a chocolate-covered marshmallow.



Caitlyn Schawalder, 5, proudly shows a marshmallow drenched with chocolate.

# Thousands Throng to City of Fairfax

Annual Chocolate Lovers Festival was Feb. 7-8.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



First-place winner in professional, chocolate sculpture.



Lily Mae Hamilton, 5, happily dips a treat into the chocolate fountain while mom Lora Ann and brother Jack, 1, watch.



A romantic plate of cupcakes for Valentine's Day.



First-place winner in professional cupcakes.

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## Not the First or Only Time

Secrecy around police shootings has been a problem for at least a decade.

The official position of the Fairfax County Board of Supervisors on the need for changes in policy after the shooting of John Geer by police in Springfield in August of 2013 appears to be that this is the first time police policies have been a problem:

"Policies for handling police-involved incidents, which served us well for decades, were inadequate in this complicated situation."

Police-involved shootings have resulted in excruciating obfuscation and delay by Fairfax County Police dating back more than a decade. In this editorial, we refer to two high-profile cases, but these are not the only cases where police secrecy had caused incalculable pain to families while damaging the credibility of the police and other county officials. And this issue is not limited to Fairfax County. Alexandria and Arlington use similar approaches to limit public access to information.

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

We'll quote the father of David Masters who wrote a letter to the Mount Vernon Gazette (a Connection Newspaper) in June, 2013, two months before John Geer was shot:

"I am the father of David Masters. David was shot to death by a Fairfax County police officer on Nov. 13, 2009 while sitting in his truck at a stop at the intersection of Route 1 and Fort Hunt Road. I don't know any more about the circumstances of this grim fatality now than I did then and now, as then, the records of this tragedy are not available to anyone outside the police department. The officer who shot my son was ultimately and I must say secretly fired by the then police chief, David Rohrer. But even that was done without any admission of culpability by anyone in the county. ... I don't understand why the Virginia Freedom of In-

formation Act gives blanket exemption to police matters. ... As it is now, the police department can, and seemingly does, operate in a culture of complete autonomy without fear that its actions will be held up to any kind of scrutiny."

The Connection reported in 2006 about the accidental shooting of an unarmed Salvatore J. "Sal" Culosi Jr. during his arrest on gambling charges:

"With red-rimmed eyes and her voice cracking, Anita Culosi expressed outrage Thursday evening [March 30, 2006] that a Fairfax County police officer will not be charged with a crime for accidentally killing her 37-year-old son. 'My son is laying in a cemetery,' she said, surrounded by family members holding framed pictures of her son. 'That man pulled a trigger and shot my son dead.'"

Anita Culosi's son, Salvatore J. "Sal" Culosi Jr., was accidentally shot to death by a Fairfax County SWAT team officer on Jan. 24 outside his Fair Oaks townhouse. He had been under investigation for illegal sports gambling for the previous three months, accepting at least \$28,000 in bets from an undercover Fairfax County detective.

In July, 2012, more than a year before John Geer was shot and killed, a group of citizens identified four cases, including Masters and Culosi, where police secrecy continued to block questions about shooting deaths. Citizens Coalition for Police Accountability characterized "questionable circumstances" around the shootings, noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases are closed.

CCPA Executive Director Nicholas Beltrante sent letters asking for the release of documents, "to find out what happened in the shooting deaths, why deadly force was used instead of a taser gun or beanbag gun, and to find out if police misconduct took place."

Beltrante said: "Our letters will highlight to the public the importance of amending the Virginia FOIA to require the release of police incident reports, and the value of improving

police accountability by creating an independent police citizen oversight panel made up of Fairfax county citizens .... Unnecessary use of deadly force by the police, if it is occurring, will undermine the integrity and confidence of the public in our police and our elected officials."

The revelations about the shooting of John Geer as a result of a civil lawsuit seriously undermine the credibility of the investigation process.

Aside from the officer who shot Geer, four other officers on the scene told investigators that same day that they were shocked by the shot that killed Geer and thought the shooting was unnecessary. There was no weapon in view, and Geer made great effort to be predictable in his actions, asking permission to scratch his nose, otherwise keeping his hands up on the doorframe.

But a day after the shooting, police released the following update:

"The preliminary investigation indicates that when officers arrived on the scene, they were met by an individual who displayed what appeared to be a weapon in a threatening manner and was subsequently shot."

And last month, before the statements of the other officers were released, the police released this update with the name of the officer:

"Geer was reported as having multiple firearms inside the home, displaying a firearm that he threatened to use against the police, and refused the officers' requests that he remain outside and speak to them. Officers, including a trained negotiator, attempted to peaceably resolve the situation. They spoke with Geer for more than 30 minutes as he stood in the doorway of his home. When Geer began lowering his hands at one point during the negotiations, PFC Adam Torres fired a single shot that struck Geer."

But investigators knew that the negotiator had not seen Geer holding a weapon.

We don't agree with this statement by Bulova: "The Board of Supervisors has taken the steps needed to ensure its policies allow for justice to be fairly and swiftly served."

This is not an isolated case. The Board of Supervisors must demand transparency from the police.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### EDITORIAL

### LETTERS TO THE EDITOR

## Failing in Their Duties

To the Editor:

I applaud your editorial on the Geer murder ("No Justification for Secrecy, Delay on Geer Shooting," Connection, February 4-10, 2015). The Connection has done yeoman's work in keeping this tragedy in front of the public, unlike other newspapers which are johnnie-come-latelies.

Our chairman and county Board of Supervisors have failed in their

duty to oversee the Fairfax County Police Department, except Pat Herrity who seems to have spoken out against this scandal early. The "blanket approach" to deny FOIA requests you mention is simply a policy. Policies are guidelines for what should normally be done; they are not a legal requirement and can be changed with a stroke of the pen by the FCPD either on its own or at the direction of the Board of Supervisors.

I hope you will call for the resignation of the chief of FCPD; oppose re-election of the chairman and Board of Supervisors, less

Herrity; oppose re-election of our Commonwealth's Attorney; and payment of the \$12M to Geer's estate. The chief has condoned a cover-up and our elected officials have failed in their duties. The \$12M should come from the budget of the FCPD and our Commonwealth's Attorney, and foreclose raising the pay of the chairman and Board of Supervisors based on their inexcusable handling of this affair.

Mike Shumaker  
Fairfax

### 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:

Letters to the Editor  
The Connection  
1606 King St.  
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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## December, 2014 Top Sales



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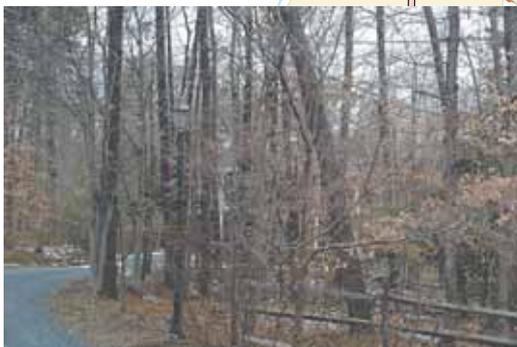
**2** 9516 Shelly Krasnow Lane, Fairfax — \$1,155,000



**3** 7400 Union Ridge Road, Clifton — \$965,000



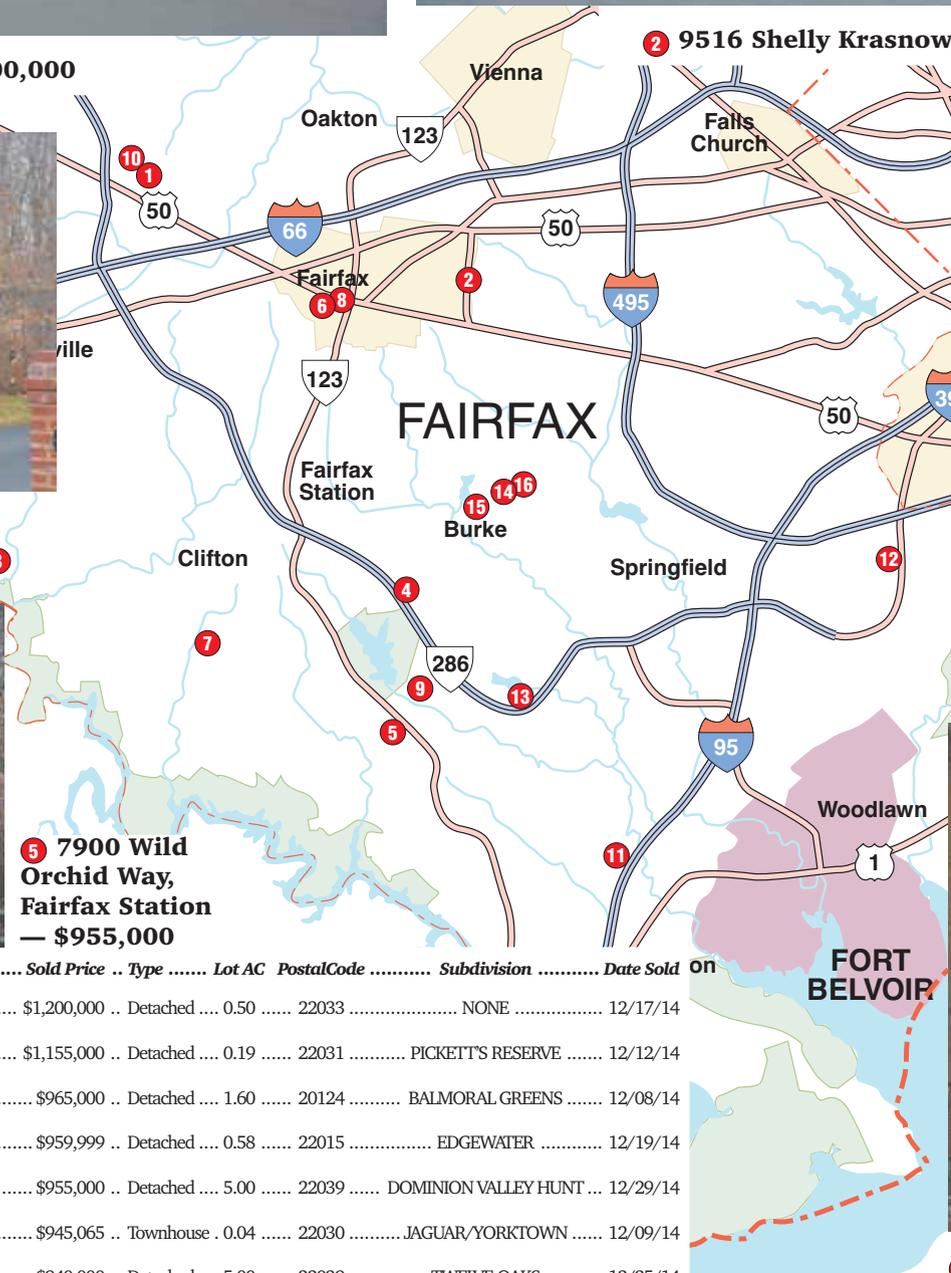
**6** 10693 Yorktown Court, Fairfax — \$945,065



**5** 7900 Wild Orchid Way, Fairfax Station — \$955,000



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3 7400 UNION RIDGE RD	4	5	2	CLIFTON	\$965,000	Detached	1.60	20124	BALMORAL GREENS		12/08/14	
4 6462 LAKE MEADOW DR	5	4	1	BURKE	\$959,999	Detached	0.58	22015	EDGEWATER		12/19/14	
5 7900 WILD ORCHID WAY	5	4	1	FAIRFAX STATION	\$955,000	Detached	5.00	22039	DOMINION VALLEY HUNT		12/29/14	
6 10693 YORKTOWN CT	3	3	2	FAIRFAX	\$945,065	Townhouse	0.04	22030	JAGUAR/YORKTOWN		12/09/14	
7 7110 TWELVE OAKS DR	5	4	1	FAIRFAX STATION	\$940,000	Detached	5.00	22039	TWELVE OAKS		12/25/14	
8 10689 YORKTOWN CT	3	3	2	FAIRFAX	\$881,960	Townhouse	0.05	22030	JAGUAR/YORKTOWN		12/18/14	
9 9736 ROLLING RIDGE DR	5	3	1	FAIRFAX STATION	\$855,000	Detached	0.61	22039	SOUTH RUN		12/29/14	
10 3589 ROCKY MEADOW CT	5	3	1	FAIRFAX	\$850,000	Detached	0.29	22033	WESTVALE		12/19/14	
11 8943 RHODODENDRON CIR	5	5	0	LORTON	\$844,000	Detached	0.31	22079	LAUREL HILL LANDBAY		12/24/14	
12 5929 EMBRY SPRING LN	4	4	1	ALEXANDRIA	\$816,000	Detached	0.09	22315	NORTHAMPTON		12/18/14	
13 7406 ARUNDEL PL	5	3	1	SPRINGFIELD	\$771,000	Detached	0.20	22153	MIDDLEFORD		12/12/14	
14 5311 RENAISSANCE CT	4	4	1	BURKE	\$765,000	Detached	0.22	22015	SIGNAL HILL CARRS		12/15/14	
15 5616 TILIA CT	6	3	1	BURKE	\$739,500	Detached	0.39	22015	BURKE ESTATES		12/22/14	
16 5314 RENAISSANCE CT	4	3	1	BURKE	\$727,500	Detached	0.22	22015	SIGNAL HILL CARRS		12/15/14	

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**13** 7406 Arundel Place, Springfield — \$771,000

## Couples Who Work Together Stay Together

Local couples offer advice about keeping a relationship healthy at home and on the job.

BY MARILYN CAMPBELL  
THE CONNECTION

Going into business with one's spouse can bring both joy and challenges. As Valentine's Day approaches, three local husband and wife real estate partners share their experiences and offer advice to other couples.

Min and Jimmy O'Burns of Long and Foster in Reston, have been in business together for 15 years. The two met when they were neighbors with identical condos. They started dating after six months "and have been joined at the hip ever since," according to Min O'Burns.

"I burned out on selling new homes and wanted to join Jimmy," Min O'Burns, who originally worked for a builder, continued. "I had to convince him that I would be an asset rather than a ball and chain. Pretty soon we became what is our motto, 'The power of two.'"

Working as a team allows them to spend a significant amount of time together. "It's not suited for everyone," said Min O'Burns, adding that the nature of real estate makes it ideal for couples, with flexible appointments and the ability to enjoy lunch together. "You both need to be of the same kind of mindset. You have to have the same work ethic and diligence."

Understanding your own personality as well as your spouse's is key to working together successfully as a married couple. "You have to identify each other's strengths and figure out who's good at what," said Min O'Burns. "The two of us together make a pretty good team."

"Jimmy is a strong negotiator and strategist," she continued. "I'm a good writer, I'm organized and I'm good at marketing. I'm also a little bit of a hand holder."

"We still enjoy it after all the years we've been in business together. In my mind there is no downside," added Jimmy O'Burns. "We're serious about our business and we think that business should come with a little bit of humor."

Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, Realtors, have been married for 10 years. They met through their work in the real estate business. In fact, Deborah, an Alexandria native, has 25 years of experience and Lenny more than 40.

"We tell clients 'You're paying one commission, but you're getting the experience and knowledge of two people,'" said Deborah Manarin.

She added that one big asset of working with a spouse is a shared knowledge of the industry. "We both understand the business and the stresses of dealing with people 24-7. Each of us is a good sounding board for



PHOTO BY MITRO HOOD

**GRAND WINNER: Sun Design Remodeling's reconciliation of a spacious Fredericksburg home to its poolside setting was named the Washington-area's Best Exterior design solution in the recent "Contractor of the Year" awards. The multi-component Craftsman-style architectural solution includes a large outdoor kitchen and comfortable gathering places.**



COURTESY OF DEBORAH AND LENNY MANARIN  
**Husband and wife real estate team Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, have a combined total of more than 65 years of experience in the real estate industry.**

the other on issues you're dealing with," Deborah Manarin.

Debbie and Damon Nicholas of Coldwell Banker Residential Brokerage in Fairfax met as students at the University of Virginia and have been married for 32 years.

Debbie was a real estate agent and Damon was a full-time federal employee when they had their first child, who was born with severe disabilities. Two other sons quickly followed.

"We found ourselves going to two to three doctor's appointments per week," said Debbie Nicholas.

After a promotion took away all of Damon Nicholas' flexibility, he switched to real estate full time. The move meant Debbie Nicholas could stay home, Damon could go to doctors' appointments and they could get more involved at school. The couple also developed a Special Olympics program at Willow Springs Elementary School in



COURTESY OF DEBBIE AND DAMON NICHOLAS  
**Husband and wife real estate team Debbie and Damon Nicholas met while they were students at the University of Virginia.**

Fairfax and coached their younger sons in youth leagues.

Working together offers both pleasures and challenges.

"It's difficult and easy at the same time," said Damon Nicholas. "It's difficult to shut off work at times because we have a passion for helping our clients and we love what we do. The good news is that we see each other a lot more than other couples. And we like each other so that's good."

The Nicholas' three sons are now adults. In 2013, their middle son joined their real estate team.

Debbie and Damon Nicholas offer simple advice to other couples considering going into business together.

"It's always important to respect your spouse," said Debbie Nicholas. "Above all we want to demonstrate to people that we love each other and respect each other. Working together is not something that you commit to if you can't respect each other in public and in private."



PHOTO COURTESY OF NICELY DONE KITCHENS

**This ultra-modern kitchen, designed by Nicely Done Kitchens in Springfield, features red, white and black cabinetry and a muted gray backsplash.**



PHOTO COURTESY OF NICELY DONE KITCHENS

**An island with a cook top and generous counter space, as well as bar-height seating, allows the family to cook, serve and enjoy the company of their guests simultaneously.**



PHOTO COURTESY OF NICELY DONE KITCHENS

**Red, white and black cabinetry makes a bold statement that is softened by a muted gray backsplash and coordinating paint color in this Springfield kitchen.**

## A Contemporary Kitchen

BY MARILYN CAMPBELL  
THE CONNECTION

When a Springfield couple decided to remodel their 1960s home, they wanted to think outside the box, especially when it came to the kitchen. "Originally confined to a small kitchen 'box,' crunched in the back of their house, this couple wanted to expand and modernize their ... house to a contemporary, European design," said Stephanie Brick, associate architectural designer at Nicely Done Kitchens in Springfield.

In what Brick describes as a "bold move," walls to the kitchen and dining room were removed, and the kitchen was relocated to the opposite side of the home. The result was an open, free-flowing, light-filled space that suits the couple's lifestyle.

"With their cook top and generous prep space on the island in front of their bar-height seating, they can now cook, serve and enjoy company all from the comfort of their new kitchen design," said Brick.

Simultaneously bold and sleek, red, white and black cabinetry is softened by a muted gray backsplash and coordinating paint color for the walls.

"The black perimeter countertops are expertly contrasted by the bold white quartz waterfall countertop, cascading elegantly over the sides of the bar-height seating area," said Brick.

Glossy cabinet front paneling hides the kitchen's modern appliances and helps maintain the sleek design. "The ruby-red cabinets on both sides of the kitchen are floating, anchored to neither the ceiling nor the floor for a subtle yet distinctly modern aesthetic," said Brick.

Design options are plentiful. "Today, homeowners have a wider variety of style choices than they did even a couple of years ago," said Evelyn Nicely, president of Nicely Done Kitchens. "Contemporary kitchens have certainly gained popularity all over the country, and also in Northern Virginia. Contemporary kitchens offer the clean, stream-

lined look that a lot of homeowners are after."

Before deciding on a daring design, there are factors to consider. "It is acceptable to put a traditional, transitional or contemporary kitchen in a traditional or even colonial house," said Rich Caswell, project manager at Nicely Done Kitchens. "If you're talk-

ing about stark modern, its more of a bold move in terms of resale or what a realtor might think."

"However, in our area, we have a mix of clients," said Nicely. "Traditional and transitional kitchens are just as popular as the contemporary kitchens. We pay close attention to our clients' preferences and tastes,

as well as the entire style of the home, to be able to provide them with a kitchen that will increase and hold its value. The homeowner and the designer determine the perfect style of kitchen that will be chosen, be it, contemporary, traditional or transitional."

The bottom line, said Brick, is that

homeowners should create a design that appeals to them most. "By large and by far, anytime you're redoing your home, it's a huge investment of time and money," she said. "Go with your heart. If modern is what you love, then that's what you should go with. You're going to be using your kitchen day in and day out."

Local family transforms their home with a red, black and white kitchen.

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## ENTERTAINMENT

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

### FRIDAY/FEB. 13

#### A Tribute to Black History Month.

South County High School, 8501 Silverbrook Road, Lorton. \$5.

**Juan Gabriel.** 9 p.m. Patriot Center, 4400 University Drive, Fairfax. Juan Gabriel is one of the top selling Latin music artists in history, having sold over 100 million albums worldwide. He has a star on the Hollywood Walk of Fame, multiple Grammy and Latin Grammy nominations and awards, and was honored by the Latin Grammys as Person of the Year. Tickets available through Ticketmaster and Patriot Center box office.

**Stereo Riots, Last Armistice, Burn the Ballroom.** 6 p.m. Empire, 6355 Rolling Road, Springfield. Musical stylings of three bands. \$10 to \$12. 703-569-5940.

**Bingo.** 7 p.m. Fire Station 3, 4081 University Drive, Fairfax. Benefits the Fairfax Volunteer Fire Department. 703-273-3638.

**Dancing Heart-Innovative Music for Flute, Percussion and Piano.** 8-9:30 p.m. Old Town Hall, 3999 University Drive, Fairfax. The Dancing Heart Ensemble grew out of a shared fervor to perform exciting, innovative music which transforms audiences and performers alike. The group commissions works, adds their own personal touch with new arrangements of existing pieces, and combines works around various captivating themes. Dancing Heart believes that audiences love to be informed and engaged, so they are informal, accessible and interactive. For information, [joanna.ormesher@fairfaxva.gov](mailto:joanna.ormesher@fairfaxva.gov).

### FRIDAY - SUNDAY/FEB. 13 - 15.

#### Workhouse Cabaret Series:

**Dreams of New Orleans.** Friday and Saturday, 8 p.m., Sunday, 1 p.m. W-3 Theatre, Workhouse Art Center, 9601 Ox Road, Lorton. Join the cabaret 'krewé' of Mary Payne, Calvin Register, Christopher Shaw and Karissa Swanigan-Upchurch on a virtual parade down Bourbon Street led by pianist Jacob Kidder and percussionist James Lawson, featuring both classic and contemporary songs from the stage and screen that evoke the spirit of the famed French Quarter! Ticket price includes planche campagnarde. A la carte cash bar available in venue. Ticket price includes planche campagnarde. \$30, \$25. 703-548-2900.

### FRIDAY-SATURDAY/FEB. 13-28

**"Christos' Orange - Ten Years Later."** Workhouse Art Center, 9601 Ox Road, Lorton. The Workhouse Arts Center presents an exhibit by the artists in Gallery 5 Studio commemorating the ten year anniversary of the installation of "The Gates" in Central Park in New York City.

### FRIDAY-SATURDAY/FEB. 13-14

**Vagina Monologues.** 8-11 p.m. Harris

Theater, George Mason University, 4400 University Drive, Fairfax. At George Mason, The Vagina Monologues are performed in February as part of V-Day George Mason. First performed at Mason in 1999, the event is cosponsored by Wellness, Alcohol and Violence Education and Services, and Women's and Gender Studies. Proceeds from the performance benefit the Mason Victims of Violence Fund. \$5, 10, 15, 25. 703-993-2787.

### SATURDAY-SUNDAY/FEB. 14-15

**Richard Strauss Salome.** Saturday, 8 p.m., Sunday, 2 p.m. George Mason University's Center for the Arts, 4373 Mason Pond Drive, Fairfax. With a steamy combination of biblical themes, sexual tension and murder, Richard Strauss' Salome surprised opera audiences when it appeared in 1905. Virginia Opera's upcoming Salome, co-produced with Portland Opera in Oregon, is an example of the lush musical sound of the early 20th century opera composition. Salome is an epic journey into the macabre - all set to the spellbinding music of Richard Strauss. For tickets go to <http://cfa.gmu.edu/tickets/> or call 703-993-2787.

### SATURDAY/FEB. 14

**Partner's Yoga.** 1-2 p.m. Studio A. Workhouse Art Center, 9601 Ox Road, Lorton. Let's celebrate Valentine's Day with Partner's Yoga! A heartfelt and celebratory workshop of breath, partner yoga and just being together. Bring your sweetheart or a special friend! No prior Yoga experience necessary! Reservations required. \$20 per couple. 703-548-2900.

**A Mug-Throwing Extravaganza.** 6-9 p.m. Building W-8, Workhouse Art Center, 9601 Ox Road, Lorton. Watch resident ceramic artist Brian Grow turn pounds of clay into mugs in three hours. Mugs will be available for purchase. 703-548-2900.

**"The Sixth Generation" Valentine's Day Dance.** 8 p.m. W-16-McGuireWoods Gallery, Workhouse Art Center, 9601 Ox Road, Lorton. Join The Sixth Generation for a Valentine's Day concert in 60's Dance Hall Style at the Workhouse Arts Center! Award-winning rock-n-rollers, The Sixth Generation, perform live in the McGuireWoods gallery with plenty of room to dance the night away. \$20 to \$30. 703-548-2900.

#### I Love You Just Like This!

**Valentine's Day Storytime.** 11 a.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Special event storytime. Children's event. 703-278-0300.

**Homecoming Block Party and Tailgating.** 1-3:30 p.m. Parking Lot K, George Mason University, 4400 University Drive, Fairfax. It's the 17th annual Homecoming Pregame Block Party. Wander through heated tents and hang out with friends, and meet alumni. You just never know who you'll find. A great event for any Patriot fan, the gathering will include Mason's family-friendly area, complete with interactive games, crafts, and face painting for our younger Patriots 13 and under. Pre-register. For questions contact [masonhc@gmu.edu](mailto:masonhc@gmu.edu)

**Annual Valentine's Day Banquet.** 6:30-11 p.m. Waterford, 6715 Commerce Street, Springfield. The Family Ministry of the Greater Little Zion Baptist Church is sponsoring their Annual Valentine's Day Banquet. All couples and singles are invited to fellowship with us and enjoy an evening of dining, music, dancing and featured entertainment. The theme for this night of extravaganza and celebration of Valentine's Day is Celebration of Love. \$55 per person.

**2nd Saturday Art Walk.** 6 to 9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing exhibitions and meet featured artists, all while enjoying light refreshments and music. Free. 703-584-2900.

### SUNDAY/FEB. 15

**N Gauge Model Train Show.** 1-4 p.m. 11200 Fairfax Station Road, Fairfax Station. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org) phone 703-425-9225.

**Rick Whitehead Trio.** 6-8 p.m. Church of the Good Shepherd, 9350 Braddock Rd., Burke. Special Valentine weekend concert featuring the Rick White Jazz Trio. Food, drinks, music, and dancing create a special romantic evening! \$25. 703-323-5400.

### WEDNESDAY/FEB. 18

**Ash Wednesday Spaghetti Dinner.** 6 p.m. Pender United Methodist Church, 12401 Alder Woods Drive, Fairfax. Fairfax American Heritage Girls Troop VA1907 will host an Ash Wednesday Spaghetti Dinner. Proceeds from donations to the dinner will help support the needy in our community. The dinner includes a choice of white or wheat pasta and meat or vegetarian sauce, garlic bread, salad and dessert. A gluten-free option is also available. Reservations requested to help with planning. Call 703-815-6197 or email [ahg1907@gmail.com](mailto:ahg1907@gmail.com) by Feb. 15 to reserve your spot.

### SATURDAY/FEB. 21

**8th Annual Monopoly Tournament.** Workhouse Arts Center, 9601 Ox Road, Gallery Building 16, 2nd floor, Lorton. Play Monopoly to raise money for the Lorton Community Action Center (LCAC). Registration fee is \$25. Visit [LortonMonopoly.com](http://LortonMonopoly.com) or call 703-339-5161, ext. 150 for more information.

**Ballroom Social Dance.** 7:30-10:30 p.m. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Get on your dancing shoes and come out to the Workhouse for an evening of social ballroom dance. \$5 per person for mini-lesson at 7:30, \$10 per person for open dance.

### BULLETIN BOARD

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

### SATURDAY/FEB. 14

**NAACP Branch Membership Meeting.** 10 a.m. - Noon. 9002 Burke Lake Rd., Burke. (Supervisor Cook's conference room, attached to Kings Park Library). Your

involvement is key to our success. Bring your ideas and support. See you there.

### WEDNESDAY/FEB. 18

**Diagnosis Dementia...Now What?** 1:30 pm. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. This discussion will help you start planning for the future, while also adjusting to a new life with someone who has dementia. Call 703-204-4664 to RSVP and for more information.

## NEWS

# Virginia Opera's Special Gift for Valentine's Weekend

## "Salome" at George Mason University Center for the Arts.

BY DAVID SIEGEL  
THE CONNECTION

**S**alome, a name that conjures unforgettable impressions: passion, desire, murder. The opera "Salome" is based upon a once shocking Oscar Wilde literary work. This Valentine's weekend the Virginia Opera is presenting a production about how love's obsession in the wrong hands can lead to the most unfortunate, unforeseen consequences.

With "Salome" a key figure is a *femme fatale* young woman who uses her femininity to get her way. She even demands the head of Jochanaan on a silver platter. The production is propelled by the rich score of German composer Richard Strauss. The music triggers chilling emotions and highlights the drama of the story. The opera is world famous for its "Dance of the Seven Veils."

"Scandalous in every way, the work includes some of the most glorious music and some of the craziest, most debauched moments in all opera," said conductor Ari Pelto. "It is fantastically exciting that Virginia Opera is able, and has the courage, to mount this production offering an unusually special night of theatre."

Directed by Stephen Lawless, "Salome" will feature Kelly Cae Hogan leading an eminent cast. Hogan was not long ago seen as Blanche DuBois in Virginia Opera's sultry "A Streetcar Named Desire." Alan Woodrow sings the key role



Kelly Cae Hogan as Salome in Virginia Opera's production of "Salome."

### When and Where

Virginia Opera's "Salome" George Mason University Center for the Arts, at George Mason University, 4400 University Drive, Fairfax. Performances Sat., Feb. 14 at 8 p.m. and Sun., Feb. 15 at 2 p.m. Tickets: \$44 to \$98. Call 888.945.2468 or visit <http://cfa.gmu.edu/tickets/> Note: "Salome" will be performed in German with English subtitles. Each performance will feature a free pre-opera discussion lead by Virginia Opera's Dr. Glenn "Dr. Opera" Winters starting 45 minutes before the curtain.

of King Herod. Herod's promise to Salome sets things in motion to a spectacular finale. Woodrow spoke of the character of Salome as "almost a bored school girl, who only knows that she wants; when told 'no' she seeks out retribution."

Woodrow added that "Salome doesn't know how powerful she is. She is not aware of her powers of seduction over some men." The outcomes of her impetuous nature

are not good.

To Woodrow, his Herod character is interesting in its complexity. Herod recognizes that Jochanaan is someone very special. He understands that Jochanaan should not be killed; there will be considerable consequences. But, since Salome has danced for Herod he must grant her wish. Woodrow made it clear that the last few minutes of the opera are something special to behold.

Virginia Opera partnered with Portland, Ore. Opera to produce "Salome." The production has a set design by Benoit Dudardyn and costumes from Ingeborg Bernerth that depict modern times in the Middle East. Virginia Opera President and CEO, Russell P. Allen, said, "With this production of 'Salome,' our audiences are receiving one of the most highly dramatic and intense operas ever written."

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# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION  
**Robinson gymnast Bailey Young won the Conference 5 vault title on Feb. 5 at Centreville High School.**



**Robinson gymnast Caroline Burda competes on beam during the Conference 5 championship meet on Feb. 5 at Centreville High School.**

## Young, Burda Lead Robinson Gymnastics to Conference 5 Title

**Rams win second straight championship, third in four years.**

BY JON ROETMAN  
 THE CONNECTION

**T**he pain in Bailey Young's ankles is severe enough that she chose end a decade-long club gymnastics career, despite training to be a Level 10.

As a junior at Robinson last year, she competed for the school's gymnastics team, but only participated in two events.

Now a senior, Young decided to push through the pain and compete in the all-around. Despite tendonitis in both ankles from years of wear and tear, she participated in each of the four events during the Conference 5 championship meet, culminating with vault.

"Everyone else gets two chances to vault, but I know I (usually) only get one," said Young, referring to limitations resulting from ankle pain. "It's a lot of pressure [to] just [have] one vault that a lot of girls don't have."

Young landed her one vault attempt during the conference meet, held it long enough to appease the judges, and then had to be carried by a teammate back to Robinson's seating area, where she iced her left ankle.

**YOUNG'S EFFORT** on vault showed toughness. It also showed talent.

Young recorded a score of 9.2, earning an individual conference title while helping Robinson repeat as Conference 5 team champion on Feb. 5 at Centreville High School.

It was Robinson's third title in four years, including a Concorde District championship in 2012.

The Rams finished with a score of 136.55, well ahead of second-place Herndon (131.925). The two teams earned regional berths.

Oakton finished third with a score of 130.225, fol-

lowed by Westfield (119.75), Chantilly (119.6) and Centreville (90.425).

"It feels really good," Young said. "Obviously it hurts, but it's good to know the pain was worth it for today."

Young placed fourth in the all-around with a score of 33.975, earning a regional berth (top four all-arounds advance). Along with her win on vault, Young placed fourth on bars (8.35), tied for fourth on floor (9) and finished 12th on beam (7.425).

"She's a tough one," Robinson head coach Megan Smiley said. "I think it just shows how committed she is to Robinson and the program. She loves the girls, she loves the team. We're going to miss her next year."

Young wasn't the only Robinson gymnast overcoming an injury. Caroline Burda hurt her left knee during the regular season and wore a brace during the Conference 5 meet. She wasn't listed as a vault competitor in the meet program, but decided during the week to compete in the all-around.

**BURDA**, a sophomore, finished runner-up in the all-around for the second year in a row, this time recording a score of 34.05. She tied for second on bars (8.45), tied for third on beam (8.35), placed sixth on floor (8.95) and finished 22nd on vault (8.3).

"I thought that I did the best I could," Burda said. "I wish beam had gone a little bit better. It was a pretty low score for me, but I hope to work hard this next week and prepare for regionals and hopefully do better."

Robinson's Emily Gross placed second on vault (9.125). Britnie Sullins tied for fourth on floor (9), placed fifth on vault (9.075) and took sixth on bars (8.225). Kayla Mathews tied for third on beam (8.35), and Jennifer Groth tied for sixth on vault (8.9) and finished seventh on beam (7.825).

Herndon's Alexa Bradley won the all-around title (36.175), including first-place finishes on floor (9.575), bars (9) and beam (8.5). Oakton's Natalie Weaver placed third in the all-around (34).

The 6A North region meet was scheduled for Feb. 11, after The Connection's deadline. The state meet will be held Feb. 20-21 at Patriot High School.



PHOTO BY LOUISE KRAFFT/THE CONNECTION

## A Game-Winning Effort

**Lake Braddock sophomore Bailey Edwards drives through the West Potomac defense during the Bruins' 41-40 overtime victory on Tuesday at West Potomac High School. Edwards finished with 12 points and knocked down 10 of 12 free-throw attempts, including the game-winner with 2.2 seconds remaining in OT. Lake Braddock made 20 of 23 attempts from the line. The Bruins will host South County at 5:45 p.m. on Friday.**



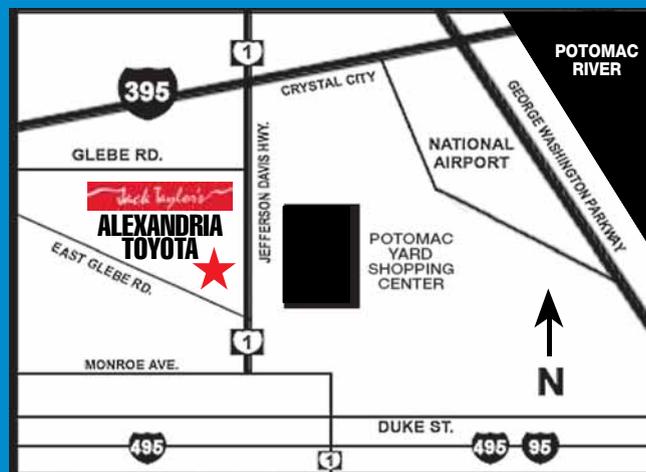
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## Participating in Mid-Atlantic Erg Sprints

**Thousands of spectators, rowers, coaches, volunteers and vendors filled the gym and the hallways at T.C. Williams on Jan. 31 for the 30th annual Mid-Atlantic Erg Sprints. Pictured on the right is W.T. Woodson rower Jack Ning.**

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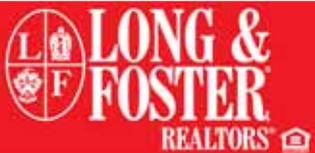
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