

Fairfax junior Rachel Barborek won the Conference 6 all-around gymnastics championship on Feb. 3 at McLean High School.

A Conference Champion

SPORTS, PAGE 12

Sadie's Gift

NEWS, PAGE 3

Did Someone Say Chocolate?

NEWS, PAGE 2

Candy and wine made of chocolate.



Did Someone Say Chocolate?

Fairfax's annual Chocolate Lovers Festival was Feb. 1-2.



Charlie Grace, 4, happily holds her chocolate treat from Extreme Ice Cream.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Megan Wilson with the Confection Connection's offerings.



Fairfax's Madeline Feinberg, 5, dips a treat into the chocolate fountain while dad Matt watches.



Allie Moss, 7, is about to eat a chocolate-covered marshmallow.



A "Despicable Me" minion cake.



Kelly Spann enjoys a chocolate-covered banana and strawberry.

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.



PHOTO CONTRIBUTED

Sadie’s Gift

Inspired by one child’s struggle with cancer, Burke community prepares for fifth annual “family-friendly” blood drive to give other children hope.

BY VICTORIA ROSS
THE CONNECTION

Erin and Ethan Lauer of Burke vividly remember the history-making snowstorm that buried the region with more than three feet of hard, wet snow exactly four years ago this week.

Dubbed “Snowmageddon” by local and national media, the blizzard shut down most businesses, schools, and the federal government for weeks. Snowmageddon, meteorologists said, rivaled the snowfall production of any other major snowstorm in recorded history.

The ferocious storm came in two rounds. When the second wave hit, temperatures plummeted into the high teens and winds gusted over 40 mph. The Lauers held little hope that friends and neighbors would dig out of the ice and snow to attend a Valentine’s Day blood-drive for their infant daughter, Sadie, who had been diagnosed with a life-threatening cancer called Neuroblastoma when she was just 3-months-old.

The family was in for a surprise.

WHEN FRIENDS AND NEIGHBORS LEARNED Sadie was critically ill, they quickly rallied around the family. They formed a Friends of Sadie Planning Committee and organized a Valentine’s Day Blood Drive at a nearby community center for Sadie and other children battling cancer.

In addition to chemotherapy, the protocol for Neuroblastoma called for surgery to remove the cancerous tumor from Sadie’s neck, and numerous blood transfusions. To reduce the risk of complications from the blood transfusions, O negative/CMV negative blood is preferred, according to pediatric oncologists.



PHOTOS CONTRIBUTED

On her 3-month birthday, Sadie was diagnosed with Neuroblastoma, a potentially deadly form of childhood cancer. At 4 1/2, Sadie is still monitored for signs of the disease, but she is a healthy, thriving little girl with a promising future.

When and Where

The 5th Annual Valentine Blood Drive will be held Sunday, Feb. 9, from 9:30 a.m.–5 p.m. at the Woods Community Center, 10100 Wards Grove Circle in Burke. Bring the whole family! Benefit bake sale to raise funds for children fighting cancer through The Truth 365. Free childcare and fun Valentine’s Day activities. More details and volunteer opportunities available at <http://www.friendsofsadie.org/>. Visit www.visitinova.org/donateblood to schedule an appointment online or call Inova Blood Donor Services (1-866-256-6372), sponsor code 7637.

But only 7 percent of the population is O negative, and an even smaller percentage of donors are CMV negative.

“Before Sadie got sick, I was not aware of the importance of blood donation, especially donations from a person like me who has CMV negative blood and is O negative,” said Mary Mulvenon, Friends of Sadie Planning Committee. “For 25 years, I could have been donating and I wasn’t doing it because I just didn’t know.”

“We planned a family-friendly event, something for

SEE DRIVE, PAGE 14



PHOTO CONTRIBUTED

Students from Hayfield and South County Secondary School’s Junior ROTC volunteered to help the hungry by working a Stuff the Bus event in Lorton. There are still several Stuff the Bus events in the next couple of weeks throughout Fairfax County.

It’s Time to Stuff the Bus

Stuff the Bus campaign continues in February.

BY JANELLE GERMANOS
THE CONNECTION

Fairfax County residents can do more than just shop when they go to the grocery store this month.

The Stuff the Bus campaign, which has already been held at seven locations throughout Fairfax County, allows shoppers to donate food to nonprofit organizations in the area.

Fastran Buses staffed by MV transportation are parked in the parking lots of grocery stores, reminding shoppers to “Stuff the Bus” for those in need.

The Lorton Community Action Center is one of the organizations that has benefited from the Stuff the Bus campaign. According to Linda Patterson, the executive director of Lorton Community Action Center, 1,160 pounds of food and \$495.94 was donated from the Stuff the Bus drive at the Lorton Valley Giant.

“It was a very cold weekend, but the volunteers stuck it out and did a great job of talking to folks who entered the store,” Patterson said. “And of course, Lorton Valley Giant is awesome.” Students from Hayfield and South County Secondary School’s Junior ROTC volunteered at the Stuff the Bus drive benefiting the Lorton Community Action Center.

“The youth did a great job of talking up the need,” Patterson said. “They had little fliers of specific donations we need folks to target. And people did exactly that. They bought the items on our list-the items we

are most in need of.”

Lorton Community Action Center is in need of diapers and wipes, as well as pasta, pasta sauce, rice and breakfast cereal.

Patterson said the Stuff the Bus Campaign is truly helpful for LCAC.

“Prior to us having being part of Stuff the Bus, we didn’t really have any food drives until March or April,” she said. “To have this one, in either January or February, has been a huge help to LCAC. It gives us some of the things that will help us carry on until early spring.”

It was this need that led Fairfax County to first implement the Stuff the Bus campaign. Fairfax County and MV Transportation started Stuff the Bus, now in its fourth year, to address a decrease in food donations after the holidays.

Fairfax County is not immune to food shortages. In Fairfax County Public Schools, 47,000 students qualify for free and reduced lunch.

Robert Petitti, executive director of the Koinonia Foundation, said the Stuff the Bus campaign really helps provide food for families after the holidays.

“We could always use personal items- toothpaste, deodorant, diapers-all sizes of diapers are wonderful,” Petitti said. “What we could also really use right now is sugar, flour, rice, peanut butter. I know that at the Giant food store in Kingstowne, the manager is placing five dollar bags right at the checkout for us.”

Fairfax County residents still have three more dates to donate foods to groups in the area, including the James Mott Community Assistance Program, Cornerstones, Falls Church Community Service Council, United Community Ministries, Ecumenical Community Helping Others and Koinonia Foundation.



Beverly Howard, Nannette Bowler, and Paul McWhinney listen as Democratic Women of Clifton chair Jane Barker begins “Our Children: Fostering, Adopting and Mentoring in Virginia” on Jan. 19.

Learning about Foster Care and Adoption

Children need permanent families in Fairfax County.

BY JANELLE GERMANOS
THE CONNECTION

In Fairfax County, there are 265 children in Foster Care. That number may sound like a lot, said Nannette Bowler, director of Fairfax County Department of Family services, but that number was at over 3,000 children 10 years ago.

Still, there are children who need permanent homes, Bowler told members of the Democratic Women of Clifton and Northern Virginia at a recent meeting.

This fact and others surrounding foster care and adoption in Virginia led Jane Barker, chair of the Democratic Women of Clifton and Northern Virginia, to host state and county officials working to place children in permanent homes at their Jan. 19 meeting.

The event, “Our Children: Fostering, Adopting and Mentoring in Virginia,” gave attendees the opportunity to learn more about helping children in Fairfax County.

Barker, who along with her husband state Sen. George Barker, has been a foster parent to 13 children, said the event allowed for the community to learn more about foster children and the procedure involved in adopting or becoming a foster parent.

“This is an issue we need to take seriously,” Barker said. “You never know who could help with this.”

The event started with a presentation from Paul McWhinney, the director of Family Services for the Virginia Department of Social Services. McWhinney shared information on the state of foster care and adoption in Virginia.

In May of 2013, previous Gov. Bob McDonnell launched the Virginia Adopts campaign, which aimed to have 1,000 children adopted in Virginia.

Although the campaign was successful, McWhinney said there is still a great deal of work to be done.

“This is not yet over,” McWhinney said.

In Fairfax County alone in 2013, there were 18,376



Beverly Howard, the coordinator of Fairfax Families4Kids, speaks to members of the Democratic Women of Clifton regarding mentoring opportunities for foster children in Fairfax County.

calls reporting possible child abuse and neglect, Bowler said.

Efforts in Fairfax County are focused on permanency, and Bowler said the goal is for children who enter foster care to be placed in a permanent situation within 12 months of entering foster care.

“Foster care is meant to be a temporary solution until a permanent family situation is possible,” Bowler said.

Permanency is important for children who have been in foster care, but can be difficult to achieve for children between the ages of 12 and 17.

Older children between the ages of 12-17 make up the highest number of children in foster care in Fairfax County.

There is also racial disproportionality in the foster care system, with black and

Hispanic families and children being overrepresented in the child welfare system, Bowler said.

According to Bowler, youth who age out of the foster care system who are not adopted face a number of challenges, including lack of education, economic hardship, and becoming a single parent.

Bowler shared information on how to become a foster parent in Fairfax County. Potential foster and adoptive parents must be 21 or older, legally married, divorced or single, and able to provide a safe and loving environment.

For Beverly Howard, the coordinator of Fairfax Families4Kids, the lack of permanency that these children face was the biggest challenge she faced when adopting foster children.

“One of the two girls didn’t even unpack her trash bag with her clothes,” Howard said. “At ages 8 and 9, they were very damaged after being in foster care for five years.”

Adults who may not be able to adopt or become foster parents but still want to make a difference in a foster child’s life can become a mentor through Fairfax Families4Kids.

“Not everybody is ready to adopt, but everybody has something to offer,” Howard said.

Barker ended the meeting encouraging members to continue their advocacy efforts surrounding children.

“I don’t think there is a more noble profession than helping children,” Barker said.

Will Terms Go from Two Years to Four?

City ponders change to how long officials may serve.

BY BONNIE HOBBS
THE CONNECTION

The Fairfax City Council is pondering whether the terms of office for the mayor, council members and members of the School Board should be changed from two to four years. And during last week’s Council meeting, they voted to place the matter on a Nov. 4 advisory referendum.

Previously, the Council appointed seven residents to review the City Charter. And when they reported back last summer, they recommended the term change for all the two-year, elected offices.

At the Tuesday, Jan. 28, meeting, School Board Chairman Janice Miller officially told the Council that the Board agrees. Afterward, she explained why.

“A two-year term is a really short period of time,” she said. “People new to the Board barely get their feet on the ground [and get familiar with the issues] when it’s time to run for re-election. Having four years would give everyone more time to work together thoughtfully, purposefully and strategically to accomplish their goals.”

So, said Miller, “I think it’s a good thing that we’ll have a conversation about it and it’ll be on an advisory referendum. We’re affirming our support of the proposal.”

Since it’s an advisory referen-

dum, it’s not binding. Afterward, the Council will look at how the residents voted and then make a final decision on this issue. But that’s just the first step.

Virginia’s a Dillon Rule state, meaning the localities derive their powers from the state. So if the City Council decides to increase the term limits, it must then ask the General Assembly – via its local, legislative agenda – for permission to change the City Charter. If received, the earliest the new terms would take effect would be in July 2015.

During the meeting, the Council members were initially going to vote on a consent-agenda item to place the advisory referendum on the May 6 ballot, but Councilman Jeffrey Greenfield made a substitute motion that it go on the Nov. 4 ballot, instead.

Councilman David Meyer seconded it, but Councilwoman Eleanor Schmidt said May would be better because those running for re-election would be out “knocking on doors,” anyway, and could explain the proposal to the residents while doing so.

But Councilman Steven Stombres said waiting until the November ballot would allow for “more input from the community.” The Council then voted 5-1 to place the advisory referendum on the November ballot.

BULLETIN BOARD

Send notes to the Connection at 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. 8

Dog Adoption Event. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. hart90.org

FEB. 9, 16, 23

“Religions & Cultures of the Middle East.” Six-class series taught by Johnnie Hicks of George Mason University, formerly of the Tehran American School in Iran. 3-4:30 p.m. Grace Presbyterian Church, 7434 Bath St., Springfield. 703-451-2900.

SATURDAY/FEB. 15

Dog Adoption. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Mem. Hwy., Fairfax. 703-817-9444

MONDAY/FEB. 17

Beating Hunger. 9:30 a.m. – 4:30 p.m. Kingstowne Giant, 5870 Kingstowne Blvd., Alexandria. Join Fairfax County Government, Giant, Shoppers Food and Pharmacy, Wal-Mart and MV Transportation, Inc. as we collect food donations to assist the most vulnerable in our community. Purchase food and other needed items at the cash register or at the special display in the store and drop your contribution by our bus. All donations for this event go directly to Koinonia Foundation, a local nonprofit organization that helps to feed needy families and individuals in Fairfax County.

WEDNESDAY/FEB. 19

Understanding Dementia, Improving Lives. 1:30 p.m. Insight Memory Care Center, formerly Alzheimer’s Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Learn some simple steps to help tap into remaining abilities for loved ones with dementia that will improve their quality of life. Call 703-204-4664 to RSVP.

WWW.CONNECTIONNEWSPAPERS.COM

WEEK IN FAIRFAX

Helping Keep Children Safe

City of Fairfax police, in conjunction with the Optimist Club of Fairfax, will be offering Safe Assured identification kits for children on Saturday, Feb. 8, from 10 a.m.-4 p.m., at police headquarters at 3730 Old Lee Highway.

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

Missing-persons posters can be created and printed directly from the CD in English, Spanish and French. The Safe Assured ID kits can also be used as a valuable aid for adults with special needs. The kits are free, but an appointment is necessary. Call Sgt. Mike Duncan at 703-273-2889 for further information and to make appointments.

SEE WEEK, PAGE 14

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OPINION

Few Thoughts on General Assembly Action

Yes, allow homeschoolers access to programs in public school.

It's possible that this is not the right bill exactly, and in general, we favor local control. But it is wrongheaded of public schools to force families into a take-it-or-leave-it position.

Families that homeschool their children are likely saving localities more than \$10,000 a year in operating costs and take some pressure off overcrowded schools. It makes sense that these students should not only have access to sports, if they can meet the requirements, but they should also have access to other extracurricular activities and even some classes.

Public schools need to provide for the best for all students in their jurisdiction.

This is HB63.

Are We Barbarians?

Testimony stated that on occasion the clothing of the person in the electric chair would burst into flames and the man throwing the switch for an execution feared the person being executed might burst into flames as well.

There have been problems acquiring the drugs needed for lethal injection for execution, so the Virginia House of Delegates passed the following: HB1052 Method of execution. Provides that if the Director of the Department of

Corrections certifies that lethal injection is not available as a method of execution, electrocution shall be used instead.
House: VOTE: PASSAGE

(64-Y 32-N)

How local Northern Virginia delegates voted:
YEAS: Albo, Comstock, Hugo, LeMunyon and Rust.

NAYS: Brink, Bulova, Filler-Corn, Herring, Hope, Keam, Kory, Krupicka, Lopez, Plum, Sickles, Simon, Surovell and Watts.

EDITORIALS

Send Photos for Pet Connection

The Pet Connection, a bi-annual themed edition, will publish Feb. 26.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Can your dog catch a Frisbee 10 feet in the air, or devour an entire pizza when you turn your back for less than a minute?

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to

Please No Hunting on Sundays

For those who enjoy a hike or a ride through the Virginia countryside, it's good to know that on Sundays during hunting season, one can still enjoy the outdoors without worrying about being mistaken for a deer. On Saturdays, vigilance, bright colors, loud talking and sometimes even jingle bells hung on clothing or saddles helps provide a sense of safety. This bill already passed the House of Delegates, and will likely proceed in the Senate.

visit people in a nursing home? Tell us about your experience.

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Send photos and identify everyone in the photo including the pets and tell us what is happening in the photo, and include your address (we will only print the town name).

Submissions should arrive by Feb. 19.

Email editors@connectionnewspapers.com, or submit photos and stories directly on our website at www.connectionnewspapers.com/pets/.

LETTERS TO THE EDITOR

School Budget: How to Pay?

To the Editor:

Every year this paper publishes liberals' letters about the Fairfax County school budget, which increases yearly without exception. One year it is teacher pay, the next year class enrollment, this year renovation costs.

The implication is that if the schools don't get what their administrators demand, Fairfax County will collapse. This despite a continuous decline in student performance. Furthermore, there is no quid pro quo; it is my way or the highway by those who claim sanctimonious justification.

However, like the Federal government, no consideration is ever made for how to pay for this; unlike the Federal government, Fairfax County cannot print money. So what will it be? Raise taxes, the favored Fairfax County school administrator way? Borrow money, another favored FC school administrator way? Or what will you cut from your budget to pay for these needed renovations, not the Fairfax County school administration way? Something has to give. Fairfax County is run by

Democrat politicians for favored Democrat constituencies.

One point all should recognize: there is a reason for the increasing student enrollment, one I have discussed with my delegate and for which the state legislature has statistics to confirm. There are on average 6,000 illegal alien children in the Fairfax County Public Schools. Now these children must be educated, will be educated and that is not in dispute by any sane person. However, that is where the growth is and in fact without these children, the school enrollment would decrease such that certain schools in places like Bailey's Crossroads, the Route One corridor in Mount Vernon, Herndon and elsewhere would actually be seriously viewed for closing.

Fairfax County should require that every child being enrolled in the public schools have one parent prove their legal residency, not just in the county but the country. The purpose of such is not to deny schooling to these children. Rather it is for Fairfax County schools to be able to calculate and present a bill to the Federal government demanding reimbursement for each child's education whose parent(s) are not in the county or country

legally.

Finally, who believes that education bureaucrats are good stewards of the tax-payers' money other than the usual suspects? Clearly, they did not go into the teaching profession with much

respect or understanding for the capitalist economic system that has brought this nation the greatest prosperity on the globe.

Christopher Thompson
West Springfield



Cub Scouts from Pack 2000.

Cub Scouts Learn About Lorton's Landfill

Cub Scouts from Pack 2000, based out of Halley Elementary School in Lorton, were hosted by the Fairfax County Solid Waste Management team at the Lorton landfill on Jan. 25. Chris Meoli, head of Engineering and Environmental Compliance, and Mike Malfitano, Environmental Technical Specialist, both Fairfax County employees, explained the operations of the facility to seven 4th grade Webelos boys and their parents from the local area.

The boys learned about how solid waste is processed in Fairfax County, and how the landfill in Lorton is maintained and kept safe. The boys were shown the landfill gas collectors up close, which collect methane released underground and use that gas to power eight generators which provide enough electricity to power approximately 5,000 homes.

Fairfax CONNECTION

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Councilman Stombres Not Seeking Another Term

Time for 'new energy and a fresh perspective.'

BY BONNIE HOBBS
THE CONNECTION

While enjoying his time as a member of the Fairfax City Council, Steven Stombres will not be running for re-election. He made the announcement last Tuesday, Jan. 28, during the Council's regular meeting.

"I have been incredibly honored to serve on the City Council for the past six years, but I wanted to let the community know tonight that I do not intend to run for another term," he said.

Stombres said it's been an "amazing experience" but, after spending a great deal of time "contemplating the ever-increasing time requirements of my full-time job, the busy schedule of the upcoming budget deliberations here in the City, and the demands of a spirited campaign season, I do not believe that I can continue to dedicate the time and effort necessary to do the job."

WHEN HE'S NOT WEARING his Councilman hat, he works on Capitol Hill as the chief of staff for the office of the majority leader of the U.S. House of Representatives. And that position takes up so much of his time, said Stombres, that City residents "deserve more from their Council members" than he can offer at this point in his career. But he noted how proud he is of the many things they've accomplished together over the years and how



Councilman Steven Stombres stands by the City of Fairfax seal and flag.

pleased he was "to play a small part in the success we have all enjoyed."

"We continue to have the lowest, overall tax burden of any jurisdiction in the region," said Stombres. "And the money that we do ask residents and businesses to invest in the City is well spent in the form of first-class services, award-winning parks and recreation activities, great schools, heroic first responders and public-safety officers, an incredibly dedicated City staff, and a well-run, financially sound, local government."

Since he and fellow Councilmen

Dan Drummond and David Meyer were first elected in 2008, he said, the City of Fairfax has been named by Forbes Magazine as the third best place to live in America. "Although I believe we're number one," said Stombres.

"We achieved a triple A bond rating, we created the environmental sustainability committee [and] we won a gold medal from the National Recreation and Parks Association," he continued. "We were certified as a Green Government by the Virginia Municipal League, we conducted a money-saving energy audit and we increased our recycling rate from 37

"I did my best to try to talk him out of this. I respect that it's in the best interests of his career and family, but it's bittersweet."

— Mayor Scott Silverthorne

percent in 2005 to almost 58 percent today."

Stombres also stressed that the City has made some critical decisions recently, including "dealing with our aging water system. But looking ahead, there are some important and consequential issues on the horizon that we are just beginning to consider. It seems that now is an appropriate time to step down from the Council."

He recalled that, when he ran for his first term, he said it was time for some "new energy" on the City Council. "After the upcoming election, I am confident that we will continue to have experienced hands representing the City, but I still believe in a citizen Council," said Stombres. "I have seen firsthand how a new face on the dais can bring new energy and a fresh perspective that can be invigorating to the Council, the City staff, and the community as a whole."

He said he's grateful to many people and will tell them all eventually. But in the meantime, he specifically thanked Mayor Scott Silverthorne and past Mayor Rob Lederer "for their leadership and guidance throughout my time on the Council. I have thoroughly enjoyed serving side-by-side with Gary Rasmussen, Joan Cross, Jeff Greenfield, David Meyer, Dan Drummond, Ellie Schmidt, and Michael DeMarco. They are all amazing public servants."

Stombres also acknowledged his gratitude toward Page Johnson, Steve Moloney, Janice Miller and Beverly Myers — "all of whom play

such an important role in the daily life of our community. I am also grateful to the citizens who stay involved in the affairs of the City and volunteer their time and talents to our community."

Furthermore, he said, "I would be remiss if I didn't thank Bob Sisson, Dave Hodgkins, Melanie Burrell, Brian Lubkeman, David Summers, Brooke Hardin, Mike McCarty, Chief Rappaport, Chief Rohr, Wendy Sanford, Chris Martin, Nicole Hange and the entire staff here at City Hall. None of the things that we all take credit for would be possible without their work behind the scenes."

LASTLY, Stombres thanked his "wonderful wife Kristen and my three children, Katie, Ellie and Jimmy for all of their love and support and for sharing me with the community. None of the things I have done or tried to do would have been possible without them."

Prior to the Council meeting, he'd discussed his decision with Silverthorne. And after he finished speaking, the mayor told him, "You've been a joy to work with. You're smart, funny and fun."

Then, addressing the whole Council and the audience, Silverthorne said, "I did my best to try to talk him out of this. I respect that it's in the best interests of his career and family, but it's bittersweet. In my 20 years with the City, this is the best council I've worked with. I wish you the best and thank you very much for your service."

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Consistent Bedtimes Linked to Improved Wellbeing in Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

BY MARILYN CAMPBELL
THE CONNECTION

When the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Gulyn and their 11-year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Gulyn, Ph.D., a professor



PHOTO COURTESY OF LINDA GULYN

From left: Twins Christopher and Jonathan, 11, and their 13-year-old twin brothers, Timothy and Danny, pictured with parents Linda and Peter Gulyn have a consistent bedtime and structured bedtime routine. Experts say a regular bedtime can have a positive impact on a child's behavior and overall health.

of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at

a regular time can have a positive impact on a child's behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was estab-

lished. Local childcare experts agree, saying a regular bedtime routine, such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack of adequate sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, Md., said a structured bedtime is part of what he calls "good sleep hygiene," which can impact a child's overall wellbeing. "Often in my practice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging.

"Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than contemplative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac, Md.

Cogan stressed that teenagers actually need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

ESTABLISHING A REGULAR

BEDTIME can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. "Build it into their daily routine and give them a lot of advanced warning," said Gulyn. "If I you just pluck up a kid from

make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put

down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed ... helps the child know you appreciate their effort and are proud of their accomplishment."

Kensington-based psychotherapist Karen Prince cautions, "Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Gulyn.

"For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."

"Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

— Dr. Bruce P. Pfeffer, child psychiatrist

on their pajamas. A high-energy child will need more lead time to slow their motor down. " Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them

the middle of an activity and just say 'Go to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'"

When it comes to bedtime, it is important that children know what to expect, she said. "You have to

Holy Yoga in Burke Participants enjoy the physical and spiritual benefits of the class.

BY JANELLE GERMANOS
THE CONNECTION

Tracie Willstatter of Burke is among several participants of Holy Yoga looking to combine the exercise's physical benefits, including relaxation, with Christian prayer and worship. "I enjoy the exercise, the people and the socializing," Willstatter said. "And especially the focus on Christ."

Willstatter attends Holy Yoga at Knollwood Community Church in Burke. The class is part of the larger Holy Yoga movement throughout the United States created by Brooke Boon.

Fairfax Station Resident Sandy Rogers, a certified Holy Yoga Instructor, leads "Stretch Your Faith," the Holy Yoga class in Burke. According to Rogers, Holy Yoga combines the physical benefits of yoga with spiritual components of Christian worship.

Rogers tried a traditional yoga class five years ago and loved it.

"It helped me with arthritis," Rogers said. "I thought that I really wanted to teach this."

The only problem, Rogers said, is that there are certain Buddhist and eastern aspects of traditional yoga that make it difficult for Christians to follow.

When Rogers found out about Holy Yoga, which combines yoga with Bible readings and prayer, she decided to become an instructor.

Now, Rogers teaches Holy Yoga classes twice a week in Burke at Knollwood Community Church.

Although the poses and peaceful environment are similar to those of a traditional yoga class, Rogers said Holy Yoga is a way for Christians to worship and connect with God. Christian music is played in the background as Rogers guides the class with Bible verses.

Class participant Tina Simons, who has been practicing yoga for 17 years, said the spiritual component of Holy Yoga is very replen-

ishing.

"It connects me as well as being in a Bible study," Simons said.

Rogers said that some church members were initially hesitant with the idea of practicing yoga in the church, but were comfortable after watching a class.

"We had the pastors come watch the first time we held the class," Rogers said.

Debbie Dosch, a Burke resident and long time friend of Rogers, said the class is for all levels and is a pressure-free environment.

"There's no intimidation," Dosch said. "You just do what you can do."

The class takes place Tuesdays at 6:15 p.m. and Thursdays at 1:30 p.m. at Knollwood Community Church Fellowship Center, 10000 Coffey Woods Road, Burke.

PHOTOS BY
JANELLE GERMANOS/
THE CONNECTION



Debbie Dosch of Burke speaks with Holy Yoga instructor Sandy Rogers during a class at Knollwood Community Church.



Participants of Holy Yoga at Knollwood Community Church in Burke practice a breathing exercise during a class on Feb. 4.

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CALENDAR

Send notes to the Connection at south@connectionnews-papers.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.

THURSDAY/FEB. 6—FRIDAY/FEB. 7

All that Jazz! 7 p.m. West Springfield High School, 6100 Rolling Rd, Springfield. A musical Cabaret presented by the students of the West Springfield High School choral department and will also feature special performances by West Springfield's own Personality Show Choir. Tickets: \$7. www.spartanchoir.com

FRIDAY/ FEB. 7

Basic Gardening: Gardening with Roses. 1:30-2:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Master gardeners show you common-sense approaches and precautions to help ensure successful growing. \$10/person. Register on-line at www.fairfaxcounty.gov/parks/greenspring.

Friday Night Film Series Presents:

The House I Live In. 7 p.m. Accotink Unitarian Universalist Church, 10215 Lakehaven Court, Burke. The House I Live In captures heart-wrenching stories of those on the front lines — from the dealer to



Laugh until you cry at the 9th Annual Comedy Night at the Jewish Community Center of Northern Virginia in Fairfax on Saturday, Feb. 8 at 8:30 p.m.

the grieving mother, the narcotics officer to the senator, the inmate to the federal judge — and offers a penetrating look at the profound human rights implications of America's longest war. www.accotinkuuc.org, administrator@accotinkuuc.org

SATURDAY/FEB. 8, 15, 22

Laurel Grove "Colored" School Open House. 11 a.m. – 3 p.m. 6840 Beulah Street, Alexandria. Laurel Grove School is a one room

school that served African American students in the Franconia Community of Fairfax County from 1882 to 1932. Visit the school to learn about families coming together to build a school and the importance of educating their children.

SATURDAY/FEB. 8

Virginia Grand Military Band. 7:30 p.m. Rachel M. Schlesinger Concert Hall, NVCC Campus, 3001 N. Beauregard St., Alexandria. Performing works by Rodgers and Hammerstein, von Suppe and Sousa. Adults \$15. Band directors, students and children admitted free. Free parking. 703 426-4777. www.vgmb.com

Second Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Tour the studios, meet the artists, enjoy refreshments and purchase original works of art from nearly 100 Artists at the Workhouse.

9th Annual Comedy Night. 8:30 p.m. JCCNV, 8900 Little River Turnpike, Fairfax. Comedy night features Emmy award-winning comedy writer and comedian Monica Piper. Tickets: \$34, \$26 JCCNV members. <http://jccnvcomedynite2014.brownpapertickets.com>.

"Off the Wall" Benefit. 6-9 p.m. George Mason University, 4400 University Drive, Fairfax. Guests have the opportunity to tour studios,

SEE CALENDAR, PAGE 11

COMMUNITIES OF WORSHIP

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An Evening of Enduring Music and Song

"MJO's Simply Swingin' with Sinatra and Friends."

BY DAVID SIEGEL
THE CONNECTION

It will be a memorable evening for the golden age of pop standards and tin pan alley as the Metropolitan Jazz Orchestra (MJO) and vocalist Steve Lippia bring the Great American Songbook to life at George Mason University's Center for the Arts. It will feature music that has "depth and weight ... the kind of event that will stay with you long after it's over," said Jim Carroll, MJO artistic director.

The Great American Songbook is the short-hand name for the influential and well-loved popular songs of the mid-20th century. The enduring music and lyrics were written for Broadway shows, Hollywood films and touring artists. They were songs about love and life, with a rhythm and rhyme all their own.

You can expect "music at its finest it's everything mixed into one delicious gumbo. It's both pop music and high art



Steve Lippia

...The main thing is it swings! And swings hard," said Carroll of the "MJO's Simply Swingin' with Sinatra and Friends"

Carroll indicated that the evening would "open up with the MJO doing some swingin' featuring the guys in the band. Steve Lippia and his conductor Steve Sigmund, who toured with Ray Charles, will join for the last tune of the first half and continue through the second half of the performance."

"The MJO is comprised of the finest musicians in the Metropolitan area; hence the name "Metropolitan Jazz Orchestra." The group is "a big band typical in the hey-day of backing up folks like Tony Bennett, Frank Sinatra, Sammy

Where and When

"MJO's Simply Swingin' with Sinatra and Friends" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performance: Saturday, Feb. 8 at 8 p.m. Tickets: \$24-\$48. Call 888-948-2468 or visit cfa.gmu.edu. Note: Youth discount tickets are half price for youth through Grade 12.

Davis Jr. and Mel Torme." Today the singers might be Harry Connick Jr., Michael Buble and Jane Monheit.

Steve Lippia is an in-demand vocalist who has performed throughout the world. Lippia said he wanted to not only present songs "for those who readily remember them, but also to introduce a whole new generation to the timeless standards and spirit" of the Great American Songbook.

The songs, lyrics and musical arrangements have a "very distinctive style with nuances ... great elements. The lyrics are like poetry and great stories for the listener," added Lippia.

In his interaction with the audience, Lippia plans to tell anecdotes about some of the songs. I want people at ease and emotionally involved, like being in a living room together, not just a big hall."

"Great music, great arrangements, great players, great singing, a great time," Carroll said.

NEWS

What to Do this Valentine's Day

Romantic events happening in the Fairfax County area.

BY AMNA REHMATULLA
THE CONNECTION

Start planning your romantic Valentine's Day from now with your loved one by heading off to one of these events...

❖ Friday/Feb. 14

Valentine's Day Chocolate Buffet. 6-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyse, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis

Valentine's Day Latin Style. La Sandia Mexican Kitchen, 7852L Tysons Corner Center, McLean. Show some Latin Love this Valentine's Day with a 3-course dinner and signature beverage or cocktail for \$29 per person. A taste of what's on the menu: Shrimp and Crab Empenadas, Chile Relleno, Pasilla Lava Cake, and more. Call for reservations 703-893-2222.

Chaise Lounge. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Love and Kisses, Swings and Misses A Valentine's Day Celebration Smooth '60s-inspired big-band jazz featuring a sultry female vocalist and a sophisticated "sound that is musically tight and always swinging" (Fanfare Magazine). Tickets: \$25. <http://www.wolftrap.org>

Horse-Drawn Carriage Rides. 5:30-9:30 p.m. Reston Town Center, Market Street, Reston. Spend Valentine's Day the old-fashioned way this year by taking a stroll in a horse-drawn carriage through the streets of Reston Town Center. Pick up location by Talbots on Market Street. All proceeds benefit Volunteer Fairfax. Tickets: \$5/person. Children under 5 ride free.



Spend your Saturday listening to romantic tunes by Pianist Peter Nero at George Mason University's Center for the Arts.

PHOTO BY
DONNA
BILLINGSLEY

❖ Saturday/Feb. 15

Valentine's Wine Dinner. 8 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enjoy a 4-course meal paired with your favorite Paradise Springs wines. \$119/person; \$109 for wine club members; \$149 VIP seating in Barrel Room. 703-830-9463.

"Music of the Heart." 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Take part in an evening of romantic music that blends popular and classical styles with pianist Peter Nero. Tickets are \$30-\$60. Tickets are half price for youth through grade 12. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

Partner Yoga. 2-3 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Partner poses are a great way to learn more about how to communicate more effectively with your partner and have fun while improving your body health. \$20 per couple, no experience is necessary—both beginners and master yogis are invited to join. Register online: <http://www.workhousearts.org/>

A Valentine's Sweetheart. 9 a.m. - 2 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse is offering a Seasonal Camp for kids, ages 6-10. A Valentine's Sweetheart will give kids the opportunity to learn how to bake sweet treats, draw and paint portraits, and par-

ticipate in other Valentine's Day activities. Tuition is \$65 per child and includes the materials fee. Register online: <http://www.workhousearts.org/>

Date Night: Chef's Table. 7-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. A casual cooking class with a professional chef, where participants will be working in pairs to create menu items. At the end of the class, the participants will be served a tasting portion. Tuition is \$85 per person, which also includes a glass of wine and all materials fees. Please register online at least 2 days prior to event date. <http://www.workhousearts.org/>

Ballroom Social Dance. 7:30 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Get on the dance floor with your Valentine at the monthly Ballroom Social Dance. Each month features a short mini-lesson covering a specific style of dance at 7:30 p.m. (February will be Swing) and then the dance floor is open from 8-10:30 p.m. \$5 for the mini less, \$10 admission to the dance.

Valentine's Day Chocolate Buffet. 7-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyse, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis

CALENDAR

FROM PAGE 10
classrooms and the Fine Art Gallery in the Art and Design Building, and interact with faculty and students in

various disciplines: graphic design, photography, printmaking, sculpture, painting, drawing, new media and game design. Faculty and students

will provide creative and interactive demonstrations, workshops and presentations in which guests can participate. Tickets: soa.gmu.edu

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Cavaliers Praise 'the Best Coach'

Woodson gymnastics coach Mike Cooper wrapping up final season.

BY JON ROETMAN
THE CONNECTION

As gymnasts sat anxiously awaiting the opportunity to grab a gift bag and hear the results of the Conference 7 championship meet at Lake Braddock Secondary School, Director of Student Activities Mark Martino grabbed the microphone and acknowledged Woodson coach Mike Cooper, who after more than three decades is wrapping up his final season coaching high school gymnastics.

When Martino finished, gymnasts chanted "Coo-per, Coo-per" to honor the well-liked Cavaliers coach. Some of the athletes stood up and hugged him. Minutes later, it was announced Cooper's time as Woodson head coach would continue for at least two more weeks.

The Woodson gymnastics team placed second at the Conference 7 meet on Jan. 31, earning a trip to the 6A North region meet on Feb. 12 at Lake Braddock. With the top two teams receiving regional berths, the Cavaliers punched their ticket with a score of 132.9, edging third-place South County (131.55). T.C. Williams won the conference title with a score of 143.45.

"I'm excited because since we moved in this conference we've always been either first or second," Cooper said, "so it's nice to go out, making it to the regional tournament."

Woodson joined the Patriot District during the 2009-10 season. The Cavaliers won the district in 2010 and 2013. The VHSL underwent a six-class realignment prior to the 2013-14 school year, and seven of the eight schools from the Patriot District formed Conference 7 in the 6A North region (Lee moved to 5A).

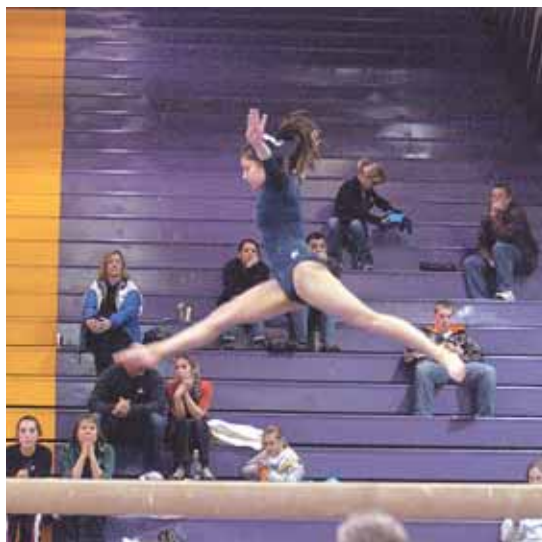
Woodson senior Rachael Talento played a major role in the Cavaliers advancing to regionals. Talento placed third in the all-around with a score of 35.95, finishing second on floor (9.275), third on bars (8.925), fourth on beam (8.9) and eighth on vault (8.85).



After more than three decades, Woodson coach Mike Cooper is in his final season coaching high school gymnastics.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION

Woodson senior Rachael Talento finished third in the all-around and helped the Cavaliers finish second as a team during the Conference 7 gymnastics championship meet on Jan. 31 at Lake Braddock.



"She did her best that she's ever done," Cooper said. "She quit club and she's trying to maintain everything. The three events — the bars, the beam and the floor — she did fantastic. Unfortunately, her vault is not the strongest, but we're going to be working on that for the next week, trying to get a harder vault."

Talento reached level 9 with Cardinal Gymnastics before quitting last summer. Talento said she "just kind of burned out" and wanted more time for herself.

"I quit club about six months ago, so I hadn't been in the gym much until the season started," Talento said. "For this season, I just wanted to come out and have fun, so being able to make it to regionals is really great and ... I'm really excited to go out and make my last meet something."

Talento credited Cooper for helping her get back into gymnastics after a six-month layoff.

"It was hard," she said. "I hadn't really done anything in a while. I lost a lot of my muscle and a lot of my skills. Then Cooper whipped me back into shape. ... I'm so happy I was able to do this with him for this last year. He's honestly the best and it's been a great season."

Woodson freshman Charlie Klika

placed third on floor with a score of 9.15. Cavalier freshman Margaret Bushman finished seventh (8.925).

While Cooper helped Woodson finish conference runner-up this year, much of his success as a high school gymnastics coach came at Lake Braddock. Cooper led the Bruins to five consecutive state championships from 1995 through 1999. Cooper also coached boys' gymnastics, along with swimming and diving at different schools around Northern Virginia.

"He's the best coach you can honestly have," Talento said. "He's very patient and he'll help you with anything."

Cooper said he intends to spend time traveling with his wife, though he will continue coaching at the club level.

"I want my fingers in it," he said, "I just don't want my whole body in it."

Now, thanks to the performance of the Cavaliers at the conference meet, Cooper will have at least one more chance to coach at the high school level.

"I do it because I love the sport," he said. "Out of the decades from the '80s to 2014, I still stay in contact with the girls and boys and that to me is showing that I've done something with my career."

Fairfax's Barborek Wins Conference 6 Gymnastics Title

Fairfax junior Rachel Barborek won the Conference 6 all-around gymnastics championship on Feb. 3, producing a score of 37.1 during the conference meet at McLean High School.

With the victory, Barborek secured a berth in the 6A North region meet, which will be held Feb. 12 at Lake Braddock Secondary School. Barborek finished first on bars (9.475), tied for second on vault (9.4), placed third on beam (9.275) and tied for eighth on floor (8.95).

Barborek competed for Fairfax as a freshman. Last season, she reached level 10 as a club gymnast for Capital Gymnastics and, by rule, was unable to compete for her high school team.

Barborek eventually quit club gymnastics and rejoined the Rebels.

"I'd like to go," Barborek said, "all the way to states."

Barborek helped Fairfax finish fifth as a team with a score of 117.775. McLean won the conference title with a score of 144.475, followed by Washington-Lee (140.925), Yorktown (137.25) and South Lakes (121.425).

— JON ROETMAN



Fairfax junior Rachel Barborek won the Conference 6 all-around gymnastics championship on Feb. 3 at McLean High School.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

South County Frosh Burgess Finishes Conference 7 Runner-Up

South County freshman Collea Burgess finished runner-up in the all-around competition on Jan. 31 during the Conference 7 gymnastics championship meet at Lake Braddock Secondary School.

Burgess posted a score of 36.025. T.C. Williams senior Holland Cathey won the title with a score of 37.55.

Burgess' performance earned her a spot on the all-around competition at the 6A North region meet on Feb. 12 at Lake Braddock. She placed first on bars (9.45), fourth on vault (9.2), tied for fifth on floor (9) and finished ninth on beam (8.375).

"I think I did good," Burgess said, "but I could have done better." South County finished third with a score of 131.55. T.C. Williams won the conference championship with a score of 143.45 and Woodson earned the other regional berth with total of 132.9.

— JON ROETMAN



South County freshman Collea Burgess finished runner-up in the all-around competition during the Conference 7 gymnastics championship meet on Jan. 31 at Lake Braddock.

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Drive for Hope

FROM PAGE 3

everyone,” said Amy Dozier, a founding member of the Friends of Sadie. “We planned for everything...except the snow.” “We were blown away by the community support that year. Believe it or not, people came out in cross-country skis to get here to donate,” Dozier said. At the end of the day, nearly 150 people were screened to donate, and 113 pints of blood was collected.

Unlike many “tribute” blood drives that lose momentum after the first year, the Friends of Sadie Blood Drive has increased both the number of donors and the pints of blood collected. According to the American Red Cross, just one donation can help save up to three lives.

Burke resident Jim Weatherbee has donated every year with his family in tow. “We would not miss this. Just knowing Sadie and her parents would bring us out,” Weatherbee said last year. “The Friends of Sadie make this as easy and fun as possible” “When we first got the news about Sadie, we were just devastated,” said Erin Lauer. “Just like that, our whole world was turned upside down.”

After the success of that first blood drive, Lauer said they were overwhelmed by the outpouring of love.

“We felt that the whole community came out on the heels of the second big snowfall

of the season because they wanted to do something in support of one of theirs,” she said.

“The first blood drive was unbelievable. I can’t say enough about the ferocity and seriousness of purpose with which the organizers approached it,” said Ethan Lauer.

THE 5TH ANNUAL VALENTINE BLOOD DRIVE will be held Sunday, Feb. 9, from 9:30 a.m. to 5 p.m. at the Woods Community Center, 10100 Wards Grove Circle in Burke. The family-friendly event includes a benefit bake sale to raise funds for children fighting cancer through The Truth 365. Free childcare is provided on site, and a variety of fun Valentine’s Day activities are planned.

And Sadie, now a joyful, rambunctious 4 1/2 year old, will be there to greet donors, play with her friends, and snatch a homemade cupcake or two for her and her big sister, Anna.

“Our kids have learned that cancer isn’t just for old people, friends rally around each other in good times and bad, they have a voice and can contribute in their own way and so much more,” said Laurie Florence, Friends of Sadie Planning Committee.

“For all of the brave little heroes that we have met along Sadie’s journey, we will work to raise awareness and money so that a cure for childhood cancer will someday be found,” said Erin Lauer.

WEEK IN FAIRFAX

FROM PAGE 5

Fairfax City Council Meeting

The next meeting of the Fairfax City Council is Tuesday, Feb. 11, at 7 p.m. It’s at City Hall, 10455 Armstrong St. in Fairfax.

Bulova’s General Assembly Tour

Del. David Bulova (D-37) is hosting his second annual Constituent Day on Monday, Feb. 17. Participants will meet him between 9:30 and 10 a.m. and then visitors will get a behind-the-scenes tour of the General Assembly Building and the State Capitol. Bulova has also arranged for a private tour of the historic John Marshall House. Those interested in attending should e-mail him at info@davidbulova.com.

Del. Filler-Corn Holds Office Hours

Del. Eileen Filler-Corn (41st District - Burke, Fairfax, Fairfax Station, Springfield) will hold office hours for anyone interested in discussing the 2014 Virginia General Assembly session at Caribou Coffee

shop (8948 Burke Lake Rd, Springfield) from 10 a.m. – 11:30 a.m. on Sunday, Feb. 9 and at Einstein Bros Bagels Saturday, Feb. 15 at (9490, Main St, Fairfax) from 4 p.m. to 5:30 p.m. No appointment necessary.

Register for Summer Camp

Registration opened Feb. 3 for participants from the 2013 camp and will open Tuesday, Feb. 18, for new camp participants. The City of Fairfax is offering summer camps for children age 3 through rising 10th-graders. Camps run from June 30 to Aug. 15 in City schools, either for seven weeks or in designated two-week sessions. For more information, go to www.fairfaxva.gov/parksrec.

With traditional day camp and specialty camp offerings, City of Fairfax Summer Camps are accredited by the American Camp Association. It means they meet the most rigorous standards for camp management, delivery and safety.

Child Carseat Checks

City residents may have their children’s carseats checked or installed by the City of Fairfax Fire Department. For an appointment, call 703-385-7830.

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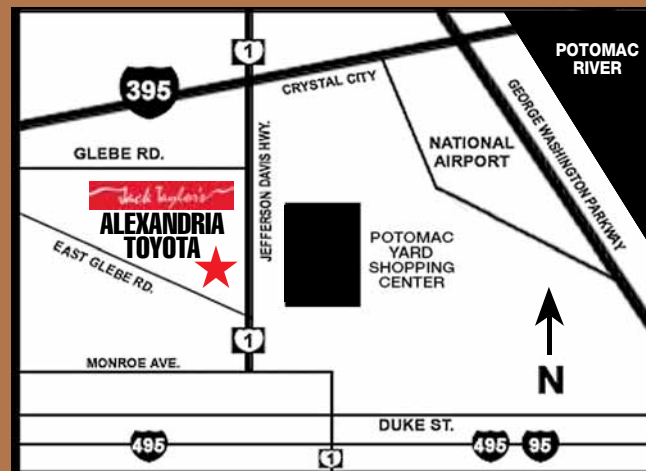
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Units Sold	14,981	13,817	8.42%
Avg Sold Price	\$531,136	\$492,480	7.85%
Avg List Price for Solds	\$538,381	\$503,337	6.96%
Avg Days on Market	36	50	-28.00%
Attached Units Sold	7,271	6,652	9.31%
Attached Avg Sold Price	\$361,376	\$332,435	8.71%
Detached Units Sold	7,710	7,165	7.61%
Detached Avg Sold Price	\$691,230	\$641,066	7.83%

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