

WELLBEING

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McLean
CONNECTION

Highlanders Capture District Title

SPORTS, PAGE 13

Lizzy Brown-Kaiser and the McLean gymnastics team captured their fourth consecutive Liberty District/Conference 6 championship on Monday at McLean High School.

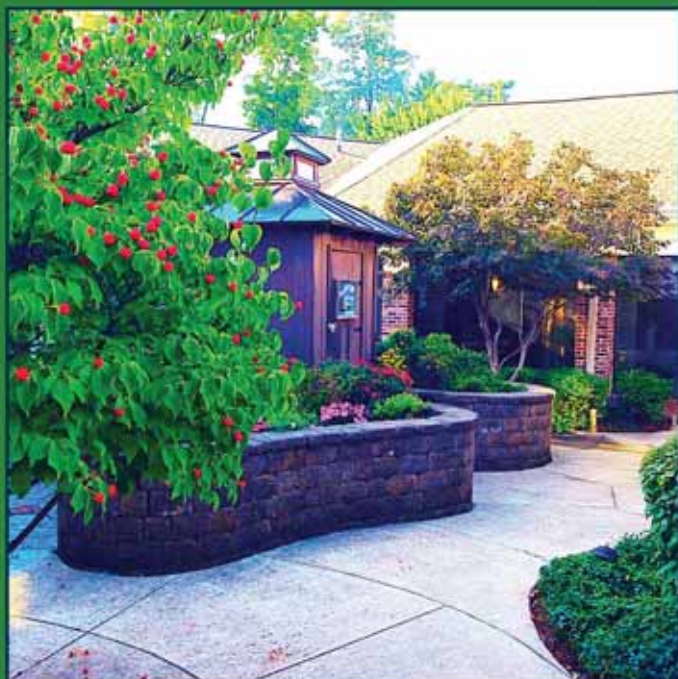
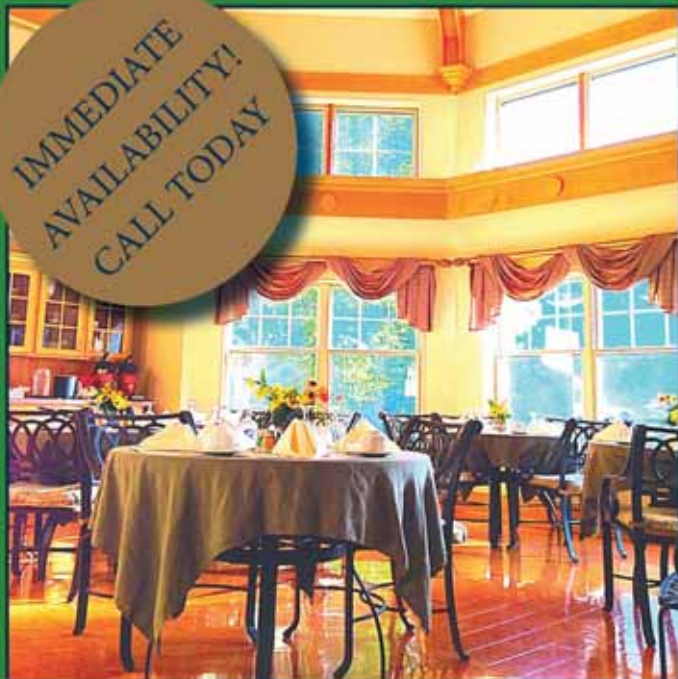
Vinson Hall Expands

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McLean Theatre Company Presents 'Big Fish'

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PHOTOS BY STEVE HIBBARD/THE CONNECTION

Ice skaters enjoy the newly opened Tysons Corner Ice Rink last Saturday.

Tysons Corner Ice Rink Opens

Offers ice skating lessons, Cartoon Skate for kids, birthday parties, and fundraising opportunities.

BY STEVE HIBBARD
THE CONNECTION

The new 6,000 square foot Tysons Corner Ice Rink has officially opened for business. The opening took place on Black Friday, Nov. 28, and the season extends through March 11. The rink sponsored by CBRE Realty is situated on The Plaza next to Lord & Taylor on the second floor of the mall, and opposite the Shake Shack Restaurant. A new Hyatt Hotel is scheduled to open beside it in March.

"We're very excited about our project at Tysons Corner," said Marissa Marwell, general manager who's been in the business for 10 years. "We think it's a perfect addition to an already successful mall."

In addition to general ice skating, the rink offers ice skating lessons, birthday parties and fundraising opportunities. A weekly Cartoon Skate takes place Saturday mornings from 11 a.m. to 1 p.m., for children to skate with mascots dressed as a lion, penguin, dalmatian and polar bear. For the older crowd, there's a Rock and Skate with a deejay on Saturdays from 7 to 10 p.m. The deejay plays Top 40, special requests and does "shout-outs" to skaters.

For Valentine's Day on Saturday, Feb. 14, they'll be issuing Swag Bags to the first 100 skaters that contain coupons and swag gifts. On Friday, Feb. 27, there will be a Speed Dating on Ice event for singles to mix and

minge with various skating partners. Sponsored by the Capital Grille Restaurant in Tysons Corner, the event for ages 18 and up will offer a different spin on speed dating.

"Our goal as a business is to provide a safe, enjoyable and memorable experience for all of our guests," said Marwell, who grew up ice skating on ponds in Rhode Island. "We hope to have them return several times throughout the season and create a family tradition."

She adds: "Skating in an outdoor rink is so different than skating in an indoor rink. There's just something magical about it."

Ice rink hours are Mondays to Thursdays, 11 a.m. to 9 p.m.; Fridays and Saturdays from 11 a.m. to 11 p.m.; and Sundays 11 a.m. to 7 p.m.

As far as pricing goes, general admission is \$10 for adults; \$9 for child/senior/military. Skate rentals are \$6. Group rate (10 or more guests) is \$12/person (includes admission and skate rental). The skate rental shop is located inside the mall on Level 2 near Lord & Taylor. Birthday Party packages start at \$175.

Group and private lessons are available for kids ages 3 and up on Sunday mornings at 9:30 a.m. or 10:15 a.m., based on skill level. The next classes, Session Two classes, are Feb. 1, 8, 15, and 22.

For more information, visit the web site: www.tysonscornerlearntoskate.com. The email is sskatetysonscorner@gmail.com. Call 703-356-1240.



Grace Chambers, Kelly Chen, and Megan Wilkins, of Tysons Corner, enjoy the Tysons Corner Ice Rink last Saturday.



Camilla Ladygine, 11, and her friend Jillian Kendrick, 12, enjoy the Tysons Corner Ice Rink last Saturday.



Cameron Hobbs of North Carolina and his friend Abigail Barajas of Hawaii enjoy the Tysons Corner Ice Rink last Saturday.



The Tysons Corner Ice Rink is now opened.

New Retirement Building and Community Center Open

75 apartments in
Vinson Hall
Independent Living
all booked.

BY REENA SINGH
THE CONNECTION

New senior living apartments in town will serve as home for 75 retired government workers.

After a decade of design and construction, the Navy Marine Coast Guard and Vinson Hall Retirement Community held a ribbon cutting ceremony for a new independent living apartment building and community center on Jan. 22.

"People used to tell me that they did not know anything about Vinson Hall Retirement Community or even where it was located – not any more," said VHRC Admiral Kathy Martin in a press release. "I believe we have very nicely placed ourselves on the map and with an excellent reputation. I attribute this to our many partners, the leadership of an excellent board, the professionalism of many talented staff members, and an awesome community of residents."

Every one of the 75 new apartments were reserved before the groundbreaking in May 2012. According to a press release, the building is a new home to "several retired generals, three former ambassadors, CIA officials, and a published author."

The building's construction didn't start until more than two years after the groundbreaking, in late 2014, but soon af-



PHOTOS COURTESY OF ELLE THOMAS

Ribbon cutting ceremony for the Navy Marine Coast Guard and Vinson Hall Retirement Community's new independent living apartment building and community center on Jan. 22.

ter that the building was completed and furnished.

"This was a major project in an established residential area. It raised concerns and created inconvenience for nearby neighbors impacted by the construction activity," said Dranesville Supervisor John Foust. "The residents on Park Road were especially impacted. The Franklin Park Citizens Association and Vinson Hall's residential neighbors deserve a special thank you for their input and support during the planning and approval phase and for exhibiting patience and cooperation during the long construction phase."

The five story building features apart-

ments with nine-foot ceilings and screened-in porches.

"We tried to convey those values in the new structures," said Senior Vice President of architectural firm SFCS Inc. Drew H. Kepley. "We also studied Carl Vinson, VH's namesake, and VH's relationship with the U.S. Navy, Marines and other service branches and relate the structures in some way. For instance, the round windows make reference to the naval connections."

The four story high community center stands in the center of the VHRC "campus," and features a full-service bistro, 12 suites, a beauty salon and a grand ballroom, among other amenities.



Two visitors peer out of a window at Vinson Hall Retirement Community's new independent living apartment building at the Jan. 22 ribbon cutting ceremony.

The buildings are currently undergoing a process to become LEED certified.

Because of the thoughtful planning that went into the project, it is a beautiful addition to our community," said Foust. "There are many examples of how Admiral Martin and the project team worked with the community to make Vinson Hall the best neighbor it could be. Some of the significant changes that were agreed to included increasing the number of existing trees that were preserved, improving landscaping buffers with beautiful new plantings and improving stormwater management."

McLean Theatre Company Presents 'Big Fish'

The McLean High School Theatre Company (MTC) premieres the musical "Big Fish" to the Metro DC area this February. Led by Artistic Director, Amy Poe, and Music Director, Bobby McCoy (1st Stage, Keegan, McLean Community Players), the award-winning company brings this big-hearted musical of a father's story, a son's journey and life's epic adventure. "Big Fish" premieres with a special Feb. 16 President's Day preview show, 2 p.m. followed by a single weekend run Feb. 19-22, Thursday through Saturday, 7 p.m. with Saturday and Sunday matinees, 2 p.m. Performances are in McLean's Burks Auditorium with advance tickets available at www.mcleandrama.com. Based on the celebrated novel by Daniel Wallace and the acclaimed film directed by Tim Burton, "Big Fish" is a new Broadway musical featuring music and lyrics by Tony nominee Andrew Lipa (The Addams Family, The Wild Party) and a new book by esteemed screenwriter John



Alex Stone



Jack Posey



Rachel Lawhead

August (Charlie and the Chocolate Factory). "Big Fish" centers on Edward Bloom, who sweeps the audience into a fantasy as he recounts his seemingly impossible life stories. Edward's far-fetched tales represent his unique outlook on the world; he sees life as an adventure and himself as the hero. Complete with acrobatics, juggling, aerial silks and thrilling big-stage dance numbers, this musical reminds us why we love going to the theatre for an experience that's richer, funnier and bigger than life itself.

Director Amy Poe said, "We are very excited that the McLean Theatre Company will debut this magical and moving adventure to the Metro D.C. community. After premiering "Catch Me If You Can" last

spring and thrilling audiences with the outrageous "The Addams Family" this fall, our company is ready for the challenge of the spectacular that is "Big Fish." The show's technical elements and stunning performances will create an atmosphere where it appears the impossible is achieved. We want the audience to embrace Edward Bloom's incredible interpretation of the mundane. Through witnessing Edward's 'big fish' tales, the audience learns that reality is relative and perception is possibility."

Following his recent recognition as a National YoungArts Finalist and nomination as a Presidential Scholar in the Arts, Alex Stone appears as Edward Bloom while recent DCMetrotheaterarts.com award recipients, Jack Posey and Rachel Lawhead, appear as Will and Sandra Bloom respectively. Principal characters round out with Matt Lucero as the giant, Karl, Will Stockton as Amos Calloway, Emma Gold as Josephine Bloom, Thomas Kelty and Jeffery Nolan as Don and Zacky Price, Hel-

ena Doms as The Witch and Nicole Sheehan as Jenny Hill.

"Big Fish" premieres Feb. 16 with a special President's Day preview show at 2 p.m. followed by a single weekend run Feb. 19-22, Thursday through Saturday, 7 p.m. with Saturday and Sunday matinees, 2 p.m. MTC welcomes the CAPPIES and National Thespian adjudicators to Saturday evening's performance. Performances are in McLean's Burks Auditorium with advance tickets available at www.mcleandrama.com. "Big Fish" is presented through special arrangement with Theatrical Rights Worldwide (TRW).

McLean Theatre Company comprises students, parents and teachers at McLean High School working together to produce challenging and award winning theatrical productions. The home of McLean Theatre Company is the 600 seat Burks Auditorium and the more intimate 75 seat Black Box Theater at 1633 Davidson Road, McLean.

Jewelry Showcase Features Wearable Art in a One-day, Pop-up Sale

Jewelry lovers and others can meet more than 30 carefully selected designers and artisans for a special day of shopping from 11 a.m. to 5 p.m. on Saturday, Feb. 7, when the McLean Community Center's 8th Annual Jewelry Showcase will be held. Admission is \$3 per person. The Center is located at 1234 Ingleside Avenue.

These established jewelers employ a wide variety of materials to create their collections, including semi-precious stones, beadwork, 14K gold, sterling silver, bronze, copper, precious and mixed metals, gemstones, pearls, clay, crystals, polymer and titanium. Show producers ensure that there are items for every age, taste and budget. Many of the artisans also take custom orders or do repair work.

At press time, participating vendors included: Starland by Hand (sterling silver, copper, metal, clay), Courtney Gillen (silver, sea glass, pearls and etched



Exclamation Point, earrings by Allison Schroeder



Earrings by Cyd Rowley

glass), I-Spy Artisan Jewelers (mixed media artisan jewelry), Kelly Glass Studio (fine lampworked glass), Larre Designs (eclectic, wearable art), Georgene Novak Designs (metalwork wearable art) and Carloyn K. Designs (fused glass). Lunch and dinner fare will be provided by Sweet Stuff of McLean.

To download a \$1 off admission coupon visit the Center's Web site: www.mcleancenter.org/special-events. For more information, call 703-790-0123, TTY: 711.

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OPINION

No Justification for Secrecy, Delay on Geer Shooting

Everything about this case erodes public trust and demonstrates police departments should not be allowed to apply “blanket” exemptions to release of information.

After waiting 17 months for any information about the investigation into the shooting death of John Geer, the information released last week is deeply troubling.

Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home in Springfield on Aug. 29, 2013. Police were called to Geer's home following Geer's argument with his longtime partner. Police spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer's family and a court order to get the first tiny bit of information on the shooting, which came earlier this month when police named the officer who fired the shot that killed Geer.

On Friday, Jan. 30, 2015, in response to a court order, Fairfax County released more than 10,000 pages of documents about the shooting and the investigation.

We now know that investigators learned on

EDITORIAL

the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

On the day of the shooting, investigators and prosecutors had compelling information to take to a grand jury. Instead, after a long period of silence, obstruction and obfuscation, the investigation was turned over to the Justice Department, where there is no timetable for resolution (and no adequate explanation for punting the investigation to the feds).

Without the Geer family lawsuit and the court order to turn over documents as part of discovery, the public might never know what really happened that day.

The question of accountability for what happened remains.

As we have said many times, the problem goes beyond Fairfax County, and beyond police shootings.



520 days

It took a court order and 520 days after Fairfax County police officer Adam D. Torres shot and killed John Geer of Springfield for basic information about what happened that day to be released. The public now knows what investigators learned on the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should.

It's past time for change.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

An Open Letter to Virginia Delegates

Dear Delegate:

Many of you know our story well. We are the parents of Morgan Harrington. Morgan, a student at Virginia Tech, went to a rock concert in Charlottesville in 2009 and never came home. Her remains were found 100 days later.

We've made it our life's work in honor of Morgan to support victims of sexual assaults and to make sure that all students are safe on our college campuses – even if they're just visiting.

That's why we're asking for your support of HB 1343, a bipartisan bill by Delegate Eileen Filler-Corn and Chief Co-Patron Dave Albo.

Once a victim reports a sexual assault to campus and/or local law enforcement, HB 1343 calls for the local Commonwealth's Attorney to be notified within 48 hours of the reported incident.

We agree with Del. Filler-Corn who said: “By passing this bill, we can show victims that we will not

tolerate sexual assault on campus. We can show them they can have faith in our justice system.”

Chairman Albo has said that this “bill ensures that allegations of sexual assaults on college campuses will receive the same level of attention by police and prosecutors that off campus sexual assaults receive. This bill strengthens our justice system and encourages collaboration between victims, college staff, police and prosecutors.”

The reality is that too often sexual assaults aren't reported to the police.

A December report by the U.S. Justice Department found that 80% of students do not report rape and sexual assaults to the police.

That same report also found that fewer than one in five female student victims received assistance from a victim services agency.

This is where HB 1343 can make a difference.

HB 1343 works to restore victims' faith in the justice system and to show that they will be heard and supported. The bill expedites investigation of the case once reported to campus law enforcement, while ensuring the proper course of action, due process and any necessary legal filings are completed.

It also lets each Commonwealth's Attorney's Office Victim/Witness program get involved early on in the investigation, which helps provide counseling and can help educate a victim about her or his options going forward with a criminal prosecution.

Supporters of the bill include:

Michael R. Doucette, Commonwealth's Attorney for the City of Lynchburg
Mary Gavin, City of Falls Church Chief of Police
Stacey Kincaid, Fairfax County Sheriff
Denise Lunsford, Commonwealth's Attorney for

Albemarle County
Trina Murphy, Aunt of Alexis Murphy, Help Save the Next Girl supporters

Ray Morrogh, Commonwealth's Attorney for Fairfax County
Virginia Sheriffs Association, representing 95 sheriffs
Virginia Sexual and Domestic Violence Action Alliance

We know this bill isn't a silver bullet when it comes to the complex problem of solving campus sexual assaults. But it is a good first step and that's what is needed.

Passing this bill can help us make sure that all students are safe on our college campuses.

We urge you to join us and support passage of HB 1343.

Gil and Dan Harrington
Parents of Morgan Harrington
Founders of Help Save the Next Girl

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WELLBEING

Mental Health First Aid

BY MARILYN CAMPBELL
THE CONNECTION

Leslie Roberts recalls hearing a mother talk about getting her stepson admitted to a psychiatric hospital.

"Her stepson was angry and acting out," said Roberts. "She didn't understand what her stepson was doing."

The woman had completed a mental health first aid class that Roberts teaches. Mental Health First Aid is offered by the staff of the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. The goal of the class is to offer insight into mental illness and teach strategies for intervention.

"She was grateful that the class had taught her what those signs and symptoms were," said Leslie. "Before the class she thought he was being a problem teenager. After the class she understood that he was suffering from depression, and his behavior had a lot more meaning."

That is the goal of the eight-hour

County offers program to offer insight into mental illness and teach strategies for intervention.



PHOTO CONTRIBUTED

Jamie MacDonald and Leslie Roberts of the Fairfax-Falls Church Community Services Board Wellness and Health Promotion teach a Mental Health First Aid class.

certification class, which is taught in both English and Spanish. Students learn the warning signs of such mental illnesses as depression, anxiety, trauma, psychosis, substance use disorders and self-injury. They also get a five-step action plan to help the individual in crisis connect with appropriate professional care.

"Students learn specific behaviors or comments that individuals will make," said Roberts, who is a

Wellness and Health Promotions Supervisor. "Such as, 'Things are never going to get better. I feel like I'll always be sad. What's the point?'"

"They get background and statistics on these illnesses, as well as a basic understanding of risk factors, signs and symptoms," added Jamie MacDonald, wellness health promotion and prevention manager.

There is a standard curriculum

and class instructors must be certified to teach it. The class is typically taught on two separate days. "We offer an open enrollment class for adults once each month," said MacDonald. "It's a 'come one, come all.' Anyone from Fairfax County can sign up." Students learn to assess for suicide or harm, listen non-judgmentally, give information and assurance, encourage appropriate professional help and self-help, and other strategies.

"We use the acronym ALGEE, which is the first letter of each skill the students learn," said MacDonald. "Then they get skills around how to approach someone who might be showing early signs of a mental illness or how to recognize when someone is in a mental health crisis." After the class, students take a test. If they pass, they are certified for three years.

"There is a lot of repetition and practice. There are live simulations and scenarios where small groups will practice what they learn," said MacDonald. "We try to gear their minds toward, 'What will I do when I'm experiencing a mental

health crisis? How will I support someone like a colleague, friend and even a stranger?'"

The re-enactment scenarios also help set limits. "We make their role clear," said MacDonald. "You're a mental health first aider when you get your certification, you're not a mental health crusader. You're not trained to provide treatment, counseling, or make a diagnosis. That is pounded into their heads."

Safety is another aspect of the training. "Students are taught to decide if a situation is safe for them to enter and whether or not they have time. If they start providing assistance, do they have time to finish it," asked MacDonald. "Being clear, careful and thinking through what steps they want to take is important. In a crisis, they have to decide: 'Do I want to step in or will I be in over my head? Do I need to grab my phone and call someone else? Your first and best action might be a call to 911.'" For information on schedule of classes, visit www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm.

Free and Low-Cost Dental Care for Children

Special programs available as part of National Children's Dental Health Month.

BY MARILYN CAMPBELL
THE CONNECTION

Dental hygiene should start even before a baby's first tooth emerges. That is one of the messages that dental professionals are hoping to convey this month.

February is designated National Children's Dental Health Month, organized by the American Dental Association, along with the ADA Foundation, to raise awareness about the benefits of good oral health for children. Dental professionals stress children should brush for two minutes twice per day, floss and rinse daily, eat healthy meals, limit snacks and visit the dentist regularly.

"To get babies comfortable with oral hygiene, begin cleaning the baby's mouth by wiping the gums and tongue with a moist washcloth or gauze shortly after birth until teeth erupt into the mouth," said Jeanne Yang, DDS, a public health dentist at the Joseph Willard Health Center's dental clinic in the City of Fairfax. "It is recommended that parents bring children to their first dentist appointment preferably within 6 months of when the first tooth appears, but no later than their first birthday. And, always, always, always use a soft toothbrush, whether you are 1 or 100. A soft toothbrush should be used by all ages."

Local health departments want the public to know that a child's dental care need not depend on a family's ability to afford such services. Many Northern Virginia dental clinics offer free or low-cost dental examinations, cleanings, fluoride applications, restorative services including fillings and even limited oral surgeries.

"We have three children's dental clinics in Fairfax County," said Tina Dale of the Fairfax County Health Department. The county's clinics are in Mount Vernon, Fairfax and Reston. "Our dental program is just for children. Their family's income has to be at a level where they meet Medicaid criteria."

The Northern Virginia Dental Society is also hosting a "Give a Kids a Smile Project" on Saturday, Feb. 6 at the Northern Virginia Community College (NOVA) Medical Education Campus in Springfield. The project will join dentists and dental hygiene students from NOVA with other community volunteers to offer dental services to underserved children, including preschool students in Arlington County's Head Start program.

"A huge number of children have dental disease earlier and earlier," said Kathy A. Thompson of Northern Virginia Community College. "This is an opportunity to get them excited about dental care and give them



COURTESY OF NORTHERN VIRGINIA COMMUNITY COLLEGE

Dr. Howard Ngo works on a young patient at Northern Virginia Community College's Medical Education Campus in Springfield, as part of the Give Kids a Smile Program.

Dental Service Programs

Fairfax County Health Department
♦ Joseph Willard Health Center: 3750 Old Lee Highway, Fairfax; 703-246-7100.
♦ Herndon/Reston Office: 1850 Cameron Glen Drive, Suite 100, Reston; 703-481-4242.
♦ Mount Vernon Office: 8350 Richmond Highway, Suite 233, Alexandria; 703-704-6181.

information on how to take care of their teeth, and introduce them to what it's like to go the dentist."

The slogan for the 2015 campaign is "Defeat Monster Mouth." It's plastered on posters that depict dental superheroes fighting to defeat "Plagster the Monster" for good oral health. Dental providers are hoping to teach children and parents about the timing of a first dental visit, how to brush and floss properly, the effect of thumb sucking on teeth and the importance of regular dental examinations. Although the observance is a month long, health department officials keep up the effort year-round.

"We work with Arlington families on the importance of dental care from day one," said Kurt Larrick of the Arlington County Health Department.

"We're working with parents from the times the kids are born to talk about the importance of hygiene, nutrition, tooth brushing."

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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

FRIDAY/JAN. 30 - SATURDAY/FEB. 15

"13: A Hilarious Coming-of-Age Musical." The Alden, 1234 Ingleside Avenue, McLean. The show chronicles the story of Evan Goldman, a New York City boy whose life is on the cusp of teen-hood. Evan finds himself dealing with a divorce, trying to fit in with the cool kids at a new school in an Indiana town, and one other major event ... his impending Bar Mitzvah. The MCP production of "13" includes a seasoned, yet all adolescent cast of 17 between the ages of 12-16. Selected through an open audition, the cast members include students from Northern Virginia schools such as Langley High School, McLean High School, Frost Middle School, Longfellow Middle School, Rachel Carson Middle School, Thoreau Middle School, Spring Hill Elementary School Our Savior Lutheran and the Metropolitan School of the Arts. Tickets: \$23-\$25.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate Rental, \$6; Group of 10+, \$12 and includes skates

SATURDAY-SUNDAY/FEB. 7-8

"Be My Baby." 8 p.m. Vienna Community Center, 120 Cherry Street, Vienna. *Be My Baby* is a romantic comedy that tells the story of John, an irascible Scotsman and an uptight English woman, Maud,

and how they're brought together when his ward marries her niece and the young couple decides to adopt a newborn baby. The older couple has to travel to California to pick up the child and bring her home to Scotland but John and Maud despise each other. While in California, they learn some startling lessons about life and love. Tickets: 14.

WEDNESDAY-THURSDAY/FEB. 4-5

International Guitar Night. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. A night of international guitar virtuosos featuring poetic lyricist (Gore), Grammy-winning classical guitarist (York), jazz master (Figueiredo), and steel string prodigy (Jamal). Tickets: \$25-\$27.

FRIDAY/FEB. 6

Decades Party. 7-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. \$5 member/\$10 all others.

Chamber Music At The Barns: The Montrose Trio.

8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Accomplished soloists and chamber musicians Jon Kimura Paker, Martin Beaver, and Clive Greensmith join forces to create a new piano trio. Tickets \$35.

SATURDAY/FEB. 7

8th Annual McLean Jewelry Showcase. 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Jewelry lovers and others can meet more than 30 carefully selected designers and artisans for a special day of shopping. Admission: \$3.

Cars and Coffee. 7 a.m. Katie's Coffee

House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars - antique, custom, hotrods, exotic, sports cars, they're all here.

Great Falls Farmers Market. 9 a.m.

- 1 p.m. Old Schoolhouse, 9812 Georgetown Pike, Great Falls. The history of the Old Schoolhouse on display on Saturdays at the Great Falls Historical Society table through mid-February.

General Admission Dance:

BeauSoleil Avec Michael Doucet. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Let by fiddler Michael Coucet, this Grammy-winning ensemble combines zydeco, Caribbean calypso, and traditional Louisiana folk music for an irresistible Cajun mix. Tickets \$27.

WEDNESDAY/FEB. 11

Mardi Gras Bunco Night. 7-9 p.m. Vienna Art Center, 115 Pleasant Street, NW, Vienna. No experience necessary, and everyone will take home a prize. Seating is limited, so please call to purchase a ticket for \$22. 703-319-3971.

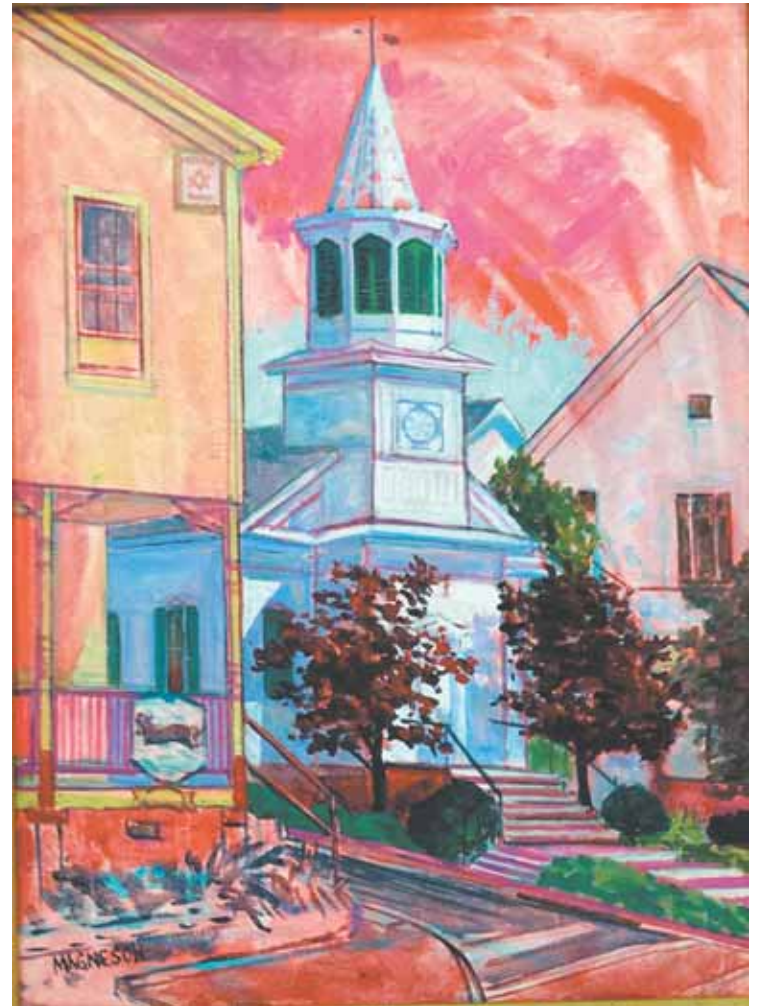
THURSDAY/FEB. 12

Acrylic Painting Demonstration. 10:30 a.m. - 12:30 p.m. Watch an award-winning Vienna artist Bob Magnesen, who captures vibrant scenes with the use of surprising colors. Free and open to the public.

FRIDAY/FEB. 13

Climate Action Movie Night. 7:30 p.m. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton. Join the Faith

SEE CALENDAR, PAGE 11



Members of the Vienna Arts Society celebrate Valentine's Day and the Carnival Season at the Vienna Art Center with colorful original art at 115 Pleasant Street, NW, Vienna; 10 a.m. - 4 p.m., Tuesdays - Saturdays, Feb. 3 - 28. Pictured is "Vienna Presbyterian Church," acrylic, by Bob Magneson.

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015

The Ritz-Carlton, Tysons Corner



The Boys & Girls Clubs of Greater Washington/Fairfax Region help hundreds of at-risk youth every day right here in Fairfax County.

Casino Night is a fun-filled evening featuring:

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CALENDAR

FROM PAGE 10

Alliance for Climate Solutions' screening of "Thomas Berry: The Great Story". As a pioneer in the field of spiritual ecology, Thomas Berry created a quiet revolution. Discussion will follow the film. Free. <http://www.faithforclimate.org>; 571-882-9312.

SATURDAY/FEB. 14

Cars and Coffee. 7 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars - antique, custom, hotrods, exotic, sports cars, they're all here.

Great Falls Farmers Market. 9 a.m. - 1 p.m. Old Schoolhouse, 9812 Georgetown Pike, Great Falls. The history of the Old Schoolhouse on display on Saturdays at the Great Falls Historical Society table through mid-February.

Concert: Solas. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Hailed by the Washington Post as "one of the world's finest Celtic-folk ensembles, this quintet's diverse repertoire includes innovative original songs as well as Irish classics. Tickets \$25-28.

THURSDAY-SATURDAY/FEB 19-21

"Big Fish." 7 p.m. McLean High School, 1633 Davidson Road, McLean. Follow the fearless Edward Bloom as he pursues the woman of his dreams, fights magical creatures, and learns that fatherhood may be the biggest challenge of all. Complete with juggling, silk dancing, and thrilling dance numbers, McLean's "Big Fish" is a show you will not want to miss! mcleandrama@gmail.com.

Additional 2 p.m. show timing on Feb. 16, 21, 22.

FRIDAY/FEB. 20

Concert: HAPA. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. 8 p.m. With songs ranging from ancient chants to contemporary Hawaiian tunes, it's no wonder the L.A. Times calls HAPA's music "beautiful, fragile, spiritual, and powerful," all at once. Tickets \$25-30.

SATURDAY/FEB. 21

52nd Music Contest. 12:30-4 p.m. Assembly of God Church, 100 Ayrhill Ave., N.E., Vienna. The Vienna Host Lions Club will hold its 52nd annual James A. Bland Music Contest which is open to vocalists and instrumentalists from area middle and high schools. Each contestant will have up to eight minutes to perform, with awards announced at 4 p.m. Registration deadline is Feb. 16. Also, this is a free concert for the general public to attend. For information and/or application, email sandcs89@yahoo.com or call 703-938-1142.

TUESDAY/FEB. 24

Concert: Bettye LaVette. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. 8p.m. Dubbed the "High Priestess of R&B," this sizzling soul singer turns up the heat with her soaring voice that made "My Man - He's a loving' Man," a Top 10 hit (The Huffington Post.) Tickets \$45-48.

WEDNESDAY/FEB. 25

Concert: Kat Edmonson. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. With

special guest Robert Ellis. Float away on the sweet, jazzy vocals of this singer/songwriter cherished for her vintage pop and "timeless-sounding voice." (NPR). Tickets \$25-30.

ONGOING

Tai Chi Beginners' Practice.

Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

Free Comedy Showcase.

Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series.

Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas.

Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtiecinemas.com.

Smart Markets.

Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.org.



McLean
Community
Center
The Center of It All



Here's What's Happening at MCC



Just in time for Valentine's Day!

8th Annual McLean Jewelry Showcase

Saturday, Feb 7, 11 a.m.-5 p.m.

Admission: \$3, (save \$1 with this ad)

Macdonald Fine Arts Scholarship Competition Application Deadline

Friday, Feb. 13, 5 p.m.

Vital Theatre's "Pinkalicious"

Saturday, Feb. 14, 2 p.m.

\$20/\$15 MCC district residents

Onstage @ The Alden Rani Arbo and daisy mayhem "American Spiritual"

Saturday, Feb. 21, 8 p.m.

\$30/\$20 MCC district residents

Theatreworks USA's "Fly Guy & Other Stories"

Saturday, Feb. 22, 2 p.m.

\$15/\$10 MCC district residents

Sunday Soirée Series "My Funny Valentine"

Sunday, Feb. 22, 3-5 p.m.

Admission: \$15 couples/\$8 singles

Onstage @ The Alden Chita Rivera: "A Legendary Celebration"

Tuesday, Feb. 24, 7:30 p.m.

\$75/\$45 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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NEWS

Deborah Jackson Named Learning Forward's President

Deborah Jackson, special projects administrator in Fairfax County Public Schools, began her term as president of Learning Forward at the conclusion of the association's annual conference in Nashville, Tenn., on Dec. 10, 2014.

Jackson succeeds Julie Blaine, executive director of the Central Regional Professional Development Center at the University of Central Missouri. Blaine now serves as past president.

Jackson joined Learning Forward's Board of Trustees in 2012. In her current position, Jackson leads the design and implementation of the school system's teacher and administrator effectiveness initiatives. She is a mentor and instructor for the system's Aspiring Principals Program and provides coaching support to principals and administrators in leadership, research-based instruction, and other topics. A former principal of McLean High School



PHOTO CONTRIBUTED

Deborah Jackson

and Langston Hughes Middle School in Reston, Jackson has been an educator for 28 years. She also serves as an adjunct professor in the Graduate School of Education for the University of Virginia. Jackson has facilitated and presented at many local, national, and international conferences, seminars, and workshops. Jackson is a member of the Learning Forward Virginia Board and a graduate of the Learning Forward Academy Class of 2011. She is also a former board member of the Fairfax Association of Black School Educators and has received numerous awards for her achievements and service, including the 2014 PDK Chapter 1144 Educator of the Year award.

Learning Forward is the only association focused solely on the most critical lever in improving schools – building the knowledge and skills of educators. To learn more, visit www.learningforward.org.

WEEK IN MCLEAN

Langley Pyramid Helps Stop Hunger Now

For the fourth year in a row, Langley pyramid schools are raising money for the Stop Hunger Now. This year the goal is to raise \$25,000, which is enough money to purchase 100,000 meals for school age children. To contribute to this fundraising effort, visit Stop Hunger Now at <http://events.stophungernow.org/LangleyPyramid2015>. Each 25¢ raised = 1 meal. All proceeds will be used to purchase meals which the community will then pack on Saturday, Feb. 7 from 8:30 a.m. - 3:30 p.m. at Colvin Run Elementary. Approximately 450 volunteers (150 people per session) are scheduled to pack meals that day.

The Langley pyramid students donated over \$10,000 which will purchase over 40,000 meals. Anyone interested to donate online towards the collective goal of 100,000 meals is encouraged to do so. Stop Hunger Now will use the money raised to purchase the meals for the event.

McLean Church to Host Hunger Relief Pancake Dinner

The Hunger Church - Charles Wesley United Methodist Church, 6817 Dean Drive, McLean, will hold Hunger Relief Pancake Dinner on Tuesday, Feb. 17, from 5-7 p.m.

Annual free pancake dinner with monetary donations to directly benefit the Society of St. Andrew (SOSA), a national nonprofit hunger-relief ministry that rescues 30-35 million pounds of fresh, nutritious, excess produce each year that would otherwise go to waste. Farmers donate fields and orchards after harvest to SOSA volunteers who glean vegetables and fruits that is taken to local food pantries, soup kitchens and shelters for the hungry and the homeless. Kids will enjoy crafts and decorating their pancakes.

Sponsored by the United Methodist Men of The Hunger Church.

<http://www.TheHungerChurch.org>

Call for Candidates for MCC Board

The McLean Community Center (MCC), an agency of Fairfax County Government, is seeking candidates to run for open seats on its 2015-2016 Governing Board. The Board provides oversight and guidance for MCC programs and facilities, which include the Robert Ames Alden Theatre and the Old Firehouse Teen Center (OFTC). The MCC is located at 1234 Ingleside Avenue.

In order to become eligible to run for a seat on the 11-member board, a candidate must reside in the MCC's tax district (Small District 1A-Dranesville), and obtain the signatures of a minimum of 10 McLean tax district residents in their respective categories. A can-

didate will then have his or her name placed on the ballot.

Candidate petition forms (Petition Packets) are now available at the MCC's reception desk. The deadline for filing completed petitions is 5 p.m. on Friday, March 27. Voting will be held during the annual McLean Day festival from 10:30 a.m. to 5 p.m. on Saturday, May 16, at Lewinsville Park, 1659 Chain Bridge Road. Absentee Voting also is permitted from Monday, April 13 to Wednesday, May 13 at MCC or OFTC.

Three adult seats and two youth seats are open this year. The three adult candidates who receive the three highest vote counts will serve three-year terms. Youth

members will serve one-year terms. Adult candidates must be at least 18 years of age as of McLean Day. Youth candidates must be 15-17 years of age as of McLean Day. One youth member will be elected from the McLean High School boundary area and one will be elected from the Langley High School boundary area. Youth candidates are not required to attend either of the two schools, but they must reside in the boundary areas served by the schools as defined by Fairfax County Public Schools.

For more information on the MCC Governing Board Election, call the Center at 703-790-0123, TTY: 711, or visit: <http://bit.ly/15SWzTg>

8th Annual McLean Jewelry Showcase
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11 A.M.—5 P.M.
ADMISSION: \$3 *Take \$1 off with this ad.*

Just in time for Valentine's Day!

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McLean Gymnastics Wins 4th Straight District/Conference Title

Green places second in all-around, Brown-Kaiser third.

BY JON ROETMAN
THE CONNECTION

McLean gymnast Lizzy Brown-Kaiser dismounted from the uneven bars, stuck the landing and celebrated with a smile toward head coach Courtney Lesson.

During Monday's ultra-competitive Conference 6 championship meet, which one of the region's top teams was guaranteed to leave empty handed, Brown-Kaiser kept her cool and came up clutch, placing in the top eight in three of four events.

AT THE CONCLUSION of the meet, Brown-Kaiser celebrated by hugging a teammate, reacting when Washington-Lee was announced as runner-up, meaning McLean captured its fourth consecutive Liberty District/Conference 6 championship. The Highlanders held off W-L and Yorktown in a tightly-contested three-team battle.

McLean earned the title with a score of 143. W-L finished runner-up and earned the conference's second and final regional berth with a score of 142.225. Yorktown, a talented team that performed well at times during the regular season, produced a score of 141, leaving the Patriots on the outside looking in at the 6A North region championship meet, scheduled for Feb. 11 at Lake Braddock Secondary School.

"It's a really great feeling because this is

"It's a really great feeling because this is our senior year and there was a lot of pressure to keep our conference championship title [streak], so it feels great to fulfill that."

— McLean senior Lizzy Brown-Kaiser

McLean posted a meet-best team vault score of 37.8 during the Conference 6 gymnastics championships on Monday at McLean High School.

our senior year and there was a lot of pressure to keep our conference championship title [streak]," Brown-Kaiser said, "so it feels great to fulfill that."

Fellow senior Jacqueline Green said: "It's great to do it for the fourth year in a row."

Green placed second in the all-around with a total score of 36.625. She tied for third on vault (9.6), placed fourth on bars (9), finished fifth on floor (9.125) and tied for sixth on beam (8.9).

Brown-Kaiser placed third in the all-around (36.425). She placed third on bars (9.225), tied for third on vault (9.6), tied for seventh on floor (8.8) and tied for ninth on beam (8.8).



meets, I didn't ever hit all four [events] — I always had some mistake — but today I hit all four and I'm really happy. This is the best meet I've ever had in all my four years of high school."

MCLEAN SETS ITS SIGHTS on regionals, where the Highlanders have finished runner-up to Washington-Lee each of the last three seasons. Last year, McLean went on to finish second in the state.

"They've beaten us the past few years at regionals," Green said, "so we hope to come back this year and take it."

Fairfax senior Rachel Barborek, the defending 2014 conference all-around champion, placed fourth with a score of 36.250. Other gymnasts who earned regional berths in the all-around include: W-L's Annie Hatcher (36.2), Yorktown's Juliette Mitrovich (35.85), Yorktown's Bella Kane (35.725) and Hayfield's Molly Overstreet (35.675).

Overstreet, a two-time state champion, won the conference bars title (9.5). Barborek won the beam (9.425) championship. Hatcher won vault (9.75) and floor (9.575) championships.

Mitrovich said qualifying for regionals as an all-around will only slightly numb the disappointment of not qualifying as a team.

"It [helps] a little bit," Mitrovich said, "but it would have been nice to make it because we've beaten W-L almost all year and they just had a good meet this one time and we didn't get to make it, but it is what it is."

Fairfax finished fourth as a team with a score of 125.275, followed by Hayfield (121.1), South Lakes (115.125), Madison (108.7) and Langley (81.3).

South Lakes Wins Conference Championship

Both boys and girls win indoor track and field Liberty Conference championship.

Multiple event victories by sophomore Devyn Jones and domination of the relays, led the South Lakes High School indoor track teams to Liberty Conference championships in both the boys and girls divisions Thursday, Jan. 30 at the Prince George's County Sports and Learning Complex Landover, Md.

SLHS girls team scored 147 points for its fourth consecutive title. James Madison was second with 86 while Langley and McLean tied for third with 54.50 points each. The Seahawks boys team won its seventh consecutive title, massing 195 points with McLean second (68) and James Madison and Washington-Lee tied at third (48).

Jones teamed with fellow sophomore Jessica Lister, junior Golden Kumi-



South Lakes High School's 4x400 girls relay team, from left: Devyn Jones, Claire Nieuwsma, Jessica Lister and Golden Kumi-Darfour.

Darfour and senior Claire Nieuwsma in winning the girls 4x400 relay in 4:09.63. Jones finished fourth in the triple jump (33-07.00) and sixth in the 500 meters (1:23.64). On Day 1 of the championship (Jan. 22), she

led a SLHS sweep of the girls 55 meter hurdles, winning the event in 8.85. Seniors Maya Rodriguez (9.44) and Nieuwsma (9.88) finished second and third, respectively, Jones also won the long jump (16-08.50).

Senior Comfort Reed, who finished third in the long jump (16-03.50) won the triple jump with a leap of 34-11.25. Reed and seniors Ozioma Chinaka, Samantha Webb and sophomore Nikayla Hoyte finished third in the girls 4x200 meter relay (1:48.83). Chinaka also finished third in the pole vault (8-03.00).

Senior Delaney Wickman finished second in both the 300 meters (41.96) and 500 meters (1:18.52). Kumi-Darfour was third in the 1,000 meters (3:07.82).

SLHS juniors, led by Eric Kirlew, dominated the boys triple jump. Kirlew won the event with a jump of 44-06.50. Skander Ballard was second (41-08.75), Anas Fain finished third (41-06.00) and Alex Rudison took fourth (39-10.00). Kirlew also led the SLHS boys' long jumpers on Day 1 with a winning distance of 19-10.00. Ballard was second (19-06.00) and Fain finished third (19-05.00). Fain also contributed to the boys' championship finishing tied for second in the high jump (5-11) and winning

the 55 meter hurdles in 7.94 on Day 1.

Kirlew, third in the 55 meters (6.84), sophomore Timiebi Ogobri, who was second (6.68) on the first day of competition, teamed with Ballard and Rudison on Day 2 to win the boys 4x200 relay in 1:35.66.

The 4x400 team of senior Sam Arpee, juniors John LeBerre, Nikolai Waithe and Ballard won the event in 3:35.59. Arpee also won the 500 meters in 1:08.81 and Waithe was second 1:09.58 in that event. In the 300 meters, Ballard finished second (36.73), Arpee was third (37.21) and Waithe finished fourth (38.21).

• Sophomores John Swecker, Ashton Reinhold, juniors Connor Smith and LeBerre finished second in the 4x800 meter relay (8:33.16).

• Freshman Olivia Beckner, Kumi-Darfour, junior Monica Lannen and senior Augusta Durham were third in that event with a 10:00.09.

The top six finishers in each event and the top three relays advance to the Northern 6A Regional Championship Feb. 19 at the Prince George's County Sports and Learning Complex in Landover, Md.

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22041. The above establish-
ment is applying to the
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ic beverages. Mulugeta
Alemayehu Wereta/President
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ton, VA 22201. The above es-
tablishment is applying to the
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Spa license to sell or manufac-
ture alcoholic beverages. Mel-
anie St. Clair/owner
NOTE: Objections to the iss-
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- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

The Past Future is Now Present

By KENNETH B. LOURIE



Presumably, maybe even obviously,
nearly six years into a “terminal” diag-
nosis, arrangements for a smooth transi-
tion of power should have been made
already. But they haven't. Not being a
parent, and with no real extenuating-
type circumstances to consider, despite
the rather precarious existence in which
I find myself I've never felt strongly
about taking the steps necessary to
arrange for a future which didn't
involve yours truly.

Selfish, stupid, stubborn or any num-
ber of other characterizations which
don't begin with the letter “s,” I've
never put down anywhere on paper –
literally or figuratively – what would, in
the event of my death, need to happen,
how any of it should happen, and/or
why it would even happen. So far, as
concerns my wife, Dina, should I in fact
predecease her, I've pretty much left it
to happenstance. Moreover, given her
interests, it seems unfair of me to not
assist her somehow in a post-Kenny
world.

Still, I've always felt that doing so,
however prudent and practical – and
considerate – was bad luck, sort of; a
version of negative reinforcement. By
not thinking of death/planning for it,
somehow I was preventing its occur-
rence, dare I say (given my original “13-
month-to-two-year prognosis”), its
inevitability. And though I don't specifi-
cally know why this uneasy feeling has
manifested itself of late (I've not
received any discouraging medical
news of late), it has; and ignoring the
consequences of my continuing neglect
seems ill-advised.

In addition, throughout this cancer
experience, it has been suggested that
managing stress (among other
anecdotal-type advisories: keeping a
positive attitude, maintaining a sense of
humor, being a compliant patient)
would be beneficial in the short,
medium and long term battle royal that
all cancer patients endure. But diagno-
sis-to-date, I've not addressed this most
stressful, what-to-do/what-needs-to-be-
done problem. And though a properly
executed will would certainly be a start,
it would not be a finish. There are more
mundane instructions and organiza-
tional details, tedious as they me be,
which would likely drastically reduce a
level of stress which unbeknownst to
me and my conscious, has probably
invaded my subconscious, with predict-
able effect. I don't imagine solving this
problem would put a bounce in my
step; however, it would definitely elimi-
nate a potential drag on my coefficient.
And if my life is going to be lived, the
less drag on it, the better.

Whatever I can do to lighten the
load should be priority number one. I
don't want to be spinning my emotional
wheels over here. Cancer imposes
enough pressure externally; I don't
need to add to it internally.

*Kenny Lourie is an Advertising Representative for
The Potomac Almanac & The Connection Newspapers.*

NEWS

Vital Theatre's 'Pinkalicious' at The Alden Feb. 14

Vital Theatre's
“Pinkalicious,” a musi-
cal adaptation of the
book by Victoria and Elizabeth
Kann, will come to The Alden
in McLean for a single perfor-
mance at 2 p.m. on Saturday,
Feb. 14.

Tickets are \$20 for the general
public and \$15 for McLean tax
district residents.

The Alden is located inside the
McLean Community Center,
which is located at 1234
Ingleside Avenue.

The show's main character,
young Pinkalicious, can't stop
eating pink cupcakes despite
warnings from her parents. Her pink indul-
gence lands her at the doctor's office with
“Pinkitis,” an affliction that turns her pink
from head to toe—a dream come true for
this pink-loving enthusiast. But when her
hue goes too far, only Pinkalicious can fig-
ure out a way to get out of this predica-



PHOTO CONTRIBUTED

**Vital Theatre's “Pinkalicious” comes to The
Alden in McLean for a single performance at
2 p.m. on Saturday, Feb. 14.**

ment. The production is appropriate for
children ages 4 and older.

Tickets are on sale now. For more infor-
mation or to purchase tickets online, visit:
www.aldentheatre.org or call 703-790-
0123, TTY: 711.

BULLETIN BOARD

*To have community events listed in the Con-
nection, send to north@connectionnewspapers.com. The
deadline for submissions is the Friday prior to pub-
lication.*

THURSDAY/FEB. 5

Computer Tutoring. 3:30-5:30 p.m. Great Falls
Library, 9830 Georgetown Pike, Great Falls.
Learn how to enhance your computer skills by
working with a tutor. All are welcome.

SATURDAY/FEB. 7

Document Shredding Day. 9 a.m. - noon. Flint
Hill Upper School, 3320 Jermantown Road,
Oakton. Paper documents only. No electronic
devices, thick metal, plastic, newspaper,
magazines, etc. Sponsored by Safeguard
Shredding.

TUESDAY/FEB. 10

NARFE Chapter 1116 Meeting. 1:30 p.m.
Vienna Community Center, 120 Cherry Street,
Vienna. The speaker John Horejsi, lobbyist for
Virginia State Government will speak. The
meeting is open to all members and their guests.

THURSDAY/FEB. 26

Computer Tutoring. 3:30-5:30 p.m. Great Falls
Library, 9830 Georgetown Pike, Great Falls.
Learn how to enhance your computer skills by
working with a tutor. All are welcome.

ONGOING

Food Addicts in Recovery. Wednesdays at 7
p.m. at The Vine Church, 2501 Gallows Road,
Dunn Loring. Are you having trouble controlling
the way you eat? Food Addicts in Recovery
Anonymous (FA) is a free twelve step recovery
program for anyone suffering from food
obsession, overeating, under-eating or bulimia.
For more information or a list of additional
meetings throughout the U.S. and the world, call
781-932-6300 or www.foodaddicts.org.

Vienna Toastmasters. 2nd and 4th Wednesdays
at 7:30 p.m., at the Vienna Community Center
on the 2nd floor room opposite the elevator, 120
Cherry St., S.E., Vienna. A friendly place to get
comfortable with public speaking and
impromptu speaking for new and experienced
speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7
a.m. 8230 Boone Blvd, Tysons Corner. The
Center for Orthopedics and Sports Medicine
offers its services in a convenient format to
runners at this running event. Free.
facebook.com/runwiththedoctor.

Senior Fall Prevention Classes. 1:30-2:30 p.m.
and 2-3 p.m., The Woodlands Retirement

Community, 4320 Forest Hill Drive, Fairfax.
Classes are held in a heated indoor pool and are
designed to work on balance and core muscles.
\$10. 703-667-9800.

Coffee/Tea Poetry Group. Poets and poetry
lovers seek to form a group to meet once a
month at a local coffee/tea shop to enjoy each
other's creations. 703-819-1690.

**Virginia Sheriff's Institute Scholarship
Program.** Those enrolled in a Virginia college
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field of criminal justice are eligible for the
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shf-pio@fairfaxcounty.gov or <http://vasherriffsinstitute.org/scholarship/>.

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Tysons Corner, Vienna. Free GED test
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6547.

Weekly TIPS Lunch. 12:15-1:30 p.m., at Shula's,
8028 Leesburg Pike, Vienna. Tyson's Regional
Chamber of Commerce does lunch. 703-862-
4895.

**New Neighbors League Club of Northern
Virginia.** For women, the club includes Bridge,
mah jong, gardening, quilting and many other
activities. www.newneighborsvirginia.com.

Volunteers for Change. A program for adults
which offers more than 50 weekend and evening
volunteer opportunities per month.
www.volunteerfairfax.org.

Haven of Northern Virginia Support Group.
703-941-7000, www.havenofnova.org or
havenofnova@verizon.net.

**The Advisory Board of the Northwest
Center for Mental Health Services.** 7-9
p.m. Looking for volunteers who are dedicated
to improving mental health services. 703-435-
0868.

Brinker Toastmasters. 9:30 a.m. at Vienna
Presbyterian Church, 124 Park St. N.E., Vienna.
Meets second and fourth Saturday of the month.
brinker.wordpress.com.

Pauline Shirley Toastmasters Club Meeting.
6:45 p.m. McLean Community Center, 1234
Ingleside Ave., McLean. Develop better speaking
and presentation skills, learn to think quickly
and clearly on your feet. 703-893-5506 or
paulineshirley.freetoasthost.info.

Multiple Sclerosis Support Group. 7 p.m.
Vienna Presbyterian Church, 124 Park St., N.E.,
Vienna. A group for anyone with multiple
sclerosis, their family and friends. 703-768-
4841.

**Virginia Chronic Pain Support Group
Meeting.** 1:30 p.m. at Kaplan Center for
Integrative Medicine, 6829 Elm St., Suite 300,
McLean. Group leader, Jodi Brayton, LCSW;
meetings are the second Wednesday of each
month. 703-532-4892.

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