

Update: Roadway Paving On Hold

NEWS, PAGE 3

Sophia Vasiliadis of Great Falls made her debut as Wing Commander at the Air Force Academy in January.

A Wing Commander From Great Falls

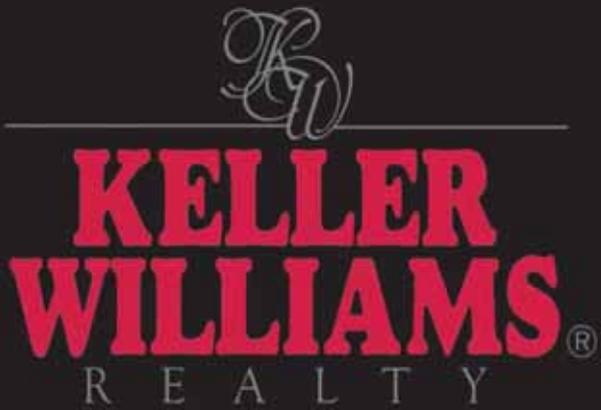
NEWS, PAGE 3

Langley High Choirs Complete Fall/Winter Season

NEWS, PAGE 4

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14 ♦ SPORTS, PAGE 13

PHOTO CONTRIBUTED



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Langley Alumna Ranks High at Air Force Academy

Sophia Vasiliadis named Wing Commander of school.

BY REENA SINGH
THE CONNECTION

Four years ago, Sophia Vasiliadis was about to graduate from Langley High School and unsure of the direction she wanted to take in life.

Since then, it has been up, up and away. Today, the 22-year-old student at the Air Force Academy (AFA) is now leading the entire student body as the new Cadet Wing.

"What made me want to apply for Wing Commander here is the opportunity to change and make this a better place for other people here," she said.

Vasiliadis is not the first woman in the heavily male enrolled military school near Colorado Springs to become the Wing Commander of the school. In the position, she is at the head of the four wings at the academy. In the process, each wing selects its top four candidates. Those candidates go through the selection process until they are whittled to three positions: Cadet Wing, deputy commander and director of operations Commander.

According to AFA Media Relations Deputy Chief John Van Winkle, "As the top cadet, Vasiliadis carries the Cadet Wing Gold Sabre, continuing the longstanding academy tradition of the senior cadet carrying a gold sabre at ceremonial events."

Vasiliadis is using her term to focus on the basics - like events and cadet policies - but she also wants to make other subtle changes while in the position.

"Right now we're taking a look at making sure the training is purposeful," she said. She plans on focusing on freshmen who



PHOTOS CONTRIBUTED

Sophia Vasiliadis

are going through the tough basic training process and make sure everything they are going through is necessary for the rest of their time in the AFA.

SHE REMEMBERED her own basic training just three days after she graduated in May 2011.

"I didn't know what to expect," she said. "It was a good experience, but I never want to go through it again."

Taking on major leadership roles at the academy has also changed how much she hoped to be involved with the military after graduating. Originally, she applied to the school because her grandfather was an Air Force fighter pilot. Her mother, Helen Vasiliadis, said Sophia was always a leader but as the most compassionate of her five children, she was not so sure her daughter would even survive basic training.

When Vasiliadis got in and visited the campus, she knew it was the college she wanted to attend.

"The caliber of people I saw there was really amazing," Vasiliadis said.



Sophia Vasiliadis made her debut as Wing Commander at the Air Force Academy in January.

This was despite the news reports of hazing and sexual assault towards the outnumbered female cadets.

She said she's never seen or experienced what the media has reported, but she does not deny that it exists.

"I know I feel safer here, more supported here, than in any other environment," she said. "There are people around me who are looking out for me."

Even remembering back to her days at basic training, she said she felt no one was worried whether a male or female was next to them because they were all completing the tasks they were given.

"I have had plenty of classes where I was the only girl," she said.

According to her mother, however, Sophia has never let the possibility of gender discrimination get in the way of something she wanted to do.

"When they had flag football here, she was there as one of the boys," said Helen.

THAT FEELING OF SUPPORT she has gotten from the academy will fly her through graduation in May and into pilot training in Texas immediately after. Although it means staying committed to the Air Force for 12 years, she is ready.

"When I came here, I had no interest in being a pilot or flying," she said. "I thought I was going to end up at some analyst position for a civilian company. Before I marked pilot off my list because of a fear of commitment."

Although she will miss her family - who have all gone to college and settled around Great Falls, she knows she has their support and hopes to take on leadership roles during her next 12 years in the military.

The support will be there at home - just a letter or a phone call away - whenever she needs it.

"Being a wing commander is all we could have ever hoped for," said Helen.

Update: Roadway Paving On Hold

BY REENA SINGH
THE CONNECTION

Due to erratic weather conditions, roadwork on Georgetown Pike is moving slower than originally anticipated.

The historic byway running through the village was supposed to be finished by the end of November. According to Virginia Department of Transportation Communications Representative Jennifer McCord, the exact date of completion will only be known when there is a break from threats of snow and ice.

"Once there's a good break in weather and temperatures the paving should take about 3-4 weeks once they restart work," she said.

The project began in August. At the time, most of the paving was done during the night. When the temperatures dropped in late November - turning the roadways into ice overnight - the repaving project resumed during the day. Finally, the project was put on hold.

"There were a few potholes on Walker Road, they filled those," she said.

Those potholes were filled early during the last week of January.

McCord said there is only 10 percent of the paving left around three intersections of the village. As cars continue to roll over the unpaved road and as ice continues to break it up, VDOT will continue to repair the potholes until the road can be finished.

"They're going to keep maintaining the milled pavement," she said.

VDOT to resume Georgetown Pike project with good weather.



PHOTO BY REENA SINGH/ THE CONNECTION

Walker Road is one of the intersections on Georgetown Pike that still needs repaving.

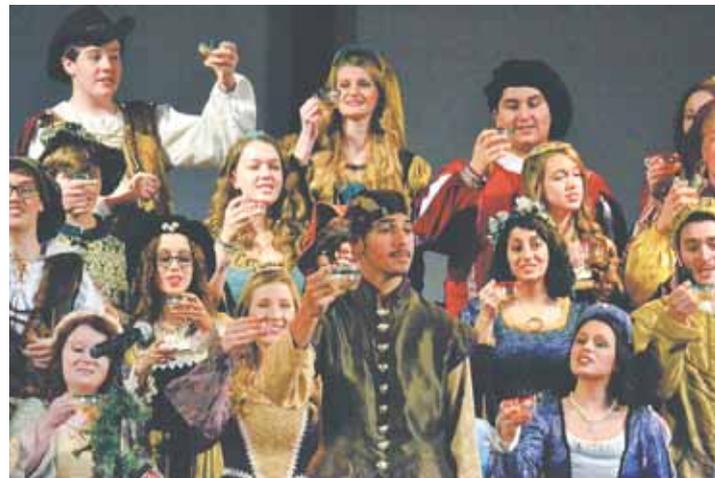
Langley High Choirs Complete Fall/Winter Season

PHOTOS BY ABIGAIL KREUTZER

The Langley High School Madrigals recently completed a busy fall and winter season with a performance at the Providence Baptist Church Twelfth Night Feast on Jan. 8. The Madrigals, a small vocal ensemble that performs mostly Renaissance music with an emphasis on independent and a cappella singing, also took part recently in a Tallis Scholars Masterclass with Peter Phillips at Christopher Newport University in Newport News. The choir has performed at a number of events around the Washington, D.C. area over the past few months, including the Anti-Defamation League's Concert Against Hate at the Kennedy Center in October and a Veterans Day performance at the Great Falls Freedom Memorial.

The Madrigals were joined by the Langley Women's Chamber Choir in presenting the school's annual Renaissance Feaste on Dec. 5 and 6. The popular musical celebration, held at the Capital Church in Vienna, featured costumed servers, jesters, minstrels, and musicians in a festive "Greate Hall" environment. The concert and dinner are fashioned after a 16th-century gathering of landed gentry, with entertainment and traditional Madrigal songs and dancing.

Other recent choral events have included performances at the National High School Journalism Convention in Washington, D.C.;



The Langley High Madrigals were joined by the Langley Women's Chamber Choir in presenting the school's annual Renaissance Feaste on Dec. 5 and 6 at the Capital Church in Vienna.



and fall and winter concerts at the high school.

The Langley Chorus program will send 54 students, with four alternates, to participate in the All-District Honor Choir concert on President's Day weekend, Feb. 12-14, at Herndon High School. More than 800 students auditioned for the select Women's Choir and Mixed Choir, representing 16 high schools from Arlington and Fairfax Counties. Approximately 300 students were selected for the All-District Honor Choir, which presents an opportunity for high school singers to rehearse challenging mu-

sic and work with a renowned choral conductor at an advanced level.

Seven Langley High School seniors were selected for the Virginia Music Educators Association (VMEA) Honors Choir. Following auditions held at Longwood College in October, the VMEA Honors Choir rehearsed and presented a concert on Nov. 22 in Norfolk at the VMEA annual conference. Students representing Langley High School were Ethan Zell, Connor Kianpour, Andrew Myers, Ali Burk, Sarah Salem, Yasmeen El-Rafey, and Vivian Vaeth.

Langley High School offers six choirs: the Madrigals, Women's Chamber Choir, Concert Choir, Women's Select Choir, Women's Treble Choir, and VoiceMale. Director of Choral Activities Mac Lambert, now in his 13th year at Langley, leads the award-winning choirs. Under Dr. Lambert's direction, Langley choirs have consistently received superior ratings at district assessments and have earned top scores at Heritage Music Festivals around the country. The choirs will attend the 2015 Heritage Music Festival in San Antonio in March.

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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

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.

EDITORIAL

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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BEFORE AFTER BEFORE AFTER BEFORE AFTER BEFORE AFTER

WELLBEING

Mental Health First Aid

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

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



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 typi-

cally 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) Medi-



PHOTO 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.

cal 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 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 "Plaqster 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.



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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.

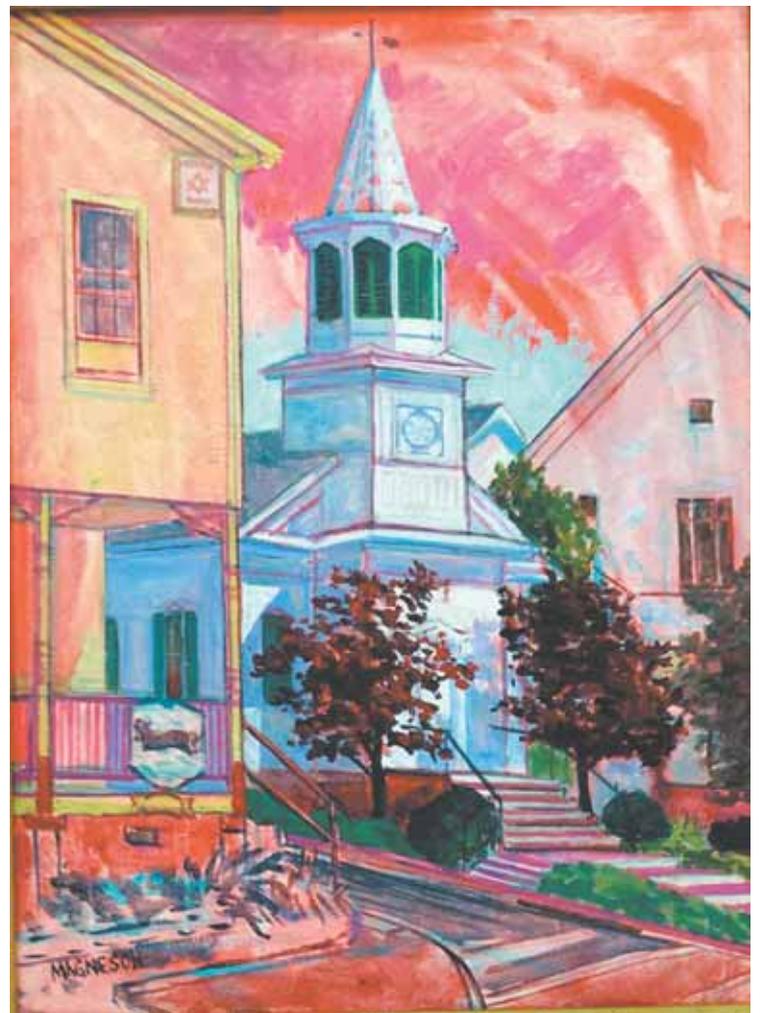
THURSDAY/FEB. 12

Acrylic Painting Demonstration. 10:30 a.m. - 12:30 p.m. Watch an by 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 Magnesen.

8th Annual McLean Jewelry Showcase
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SATURDAY, FEB. 7
11 A.M. - 5 P.M.
ADMISSION: \$3 *Take \$1 off with this ad.*
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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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Tickets: www.bgcgw.org/fairfax/casino-night/



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6:30-11:30pm

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NEWS

PHOTO BY PATRICK KORTEN



On Sunday, Feb. 1, The Old Brogue hosted the first of six Sunday concerts in its annual Winter Celtic Concert Series.

Winter Celtic Concerts Return to The Old Brogue

A Great Falls tradition entered its 27th year on Sunday, Feb. 1, when The Old Brogue hosted the first of six Sunday concerts in its annual Winter Celtic Concert Series. Maggie Sansone (of Maggie's Music, a Maryland-based music company distributing music albums by Celtic musicians throughout the U.S. and Canada), Andrea Hoag, Sharon Knowles and Patrick Egan offered a variety of Irish and Scottish music.

The Celtic concerts continue each Sunday through March 8, with performances at 4 and 6 p.m. Upcoming concerts feature Beth Patterson (Feb. 8); Al Petteway & Amy White (Feb. 15); Robin Bullock (Feb. 22); IONA (Mar. 1); and Ayreheart (Mar. 8). Tickets are \$17 for adults and \$12 for children, and can be purchased online at www.instantseats.com/

events/oldbrogue. The Brogue's usual assortment of food and drink are available during the concerts, which are held in front of the fireplace in the warm and inviting Snuggery Dining Room. An extra 8 p.m. performance may be added if the first two shows sell out.

Many of the concerts offer a little different take on Celtic music than one usually hears in an Irish bar: Sunday's concert, for example, featured music on a hammered dulcimer and a Celtic harp as well as the more familiar fiddle and guitar. Information on upcoming performances can be found at www.ionamusic.com/brogue.shtml.

— PATRICK KORTEN

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Offering 'Fresh Food Fast'

Postmodern Foods finds a more permanent home in Great Falls.

Perhaps you have seen Virginia native Denise Hicks, founder of Postmodern Foods, at the Great Falls Community Farmers Market or at one of the other popular markets around the D.C. Metro region. Offering a variety of organic and freshly-made cold pressed juices, fruit and vegetable smoothies, salads, entrees, and desserts, her focus has been to promote a healthy lifestyle with the mantra "more plants, more often."

Farmers Market manager, Kathleen Murphy, said, "When Denise applied to join in the Great Falls Farmers Market, we had no idea whether her raw organic offerings would be of interest to Great Falls residents, but Denise suspected that Great Falls would be the best demographic for her offering."

From the very first week, Denise's clients have built steadily, week to week, over her entire two years at our market. Denise continues her presence at the market on Saturdays, but has the distinct honor of being the first local vendor to graduate to a storefront - right next to The Old Brogue. We applaud her success and are proud to have a farmers market 'graduate' serving our local residents all week long. You may "support" Denise's Postmodern Foods, open daily from 8 am to 4 pm, except Tuesdays and Saturdays."

The location officially opened on New Year's Eve, about a month ago, and is already open 5 days a week, but the grand opening celebration will be held



PHOTO BY ANN KOSCHE/PUTTERING MOM

Denise Hicks, owner (center) is holding a Turmeric Juice, pictured with team members Meredith Wells (left) and Summer Smith Simon (right).

this spring, exact date to be announced via newsletter; to sign up visit www.postmodernfoods.com. For more information and questions — including interest in partnership opportunities — contact: denise@postmodernfoods.com.

WWW.CONNECTIONNEWSPAPERS.COM

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).

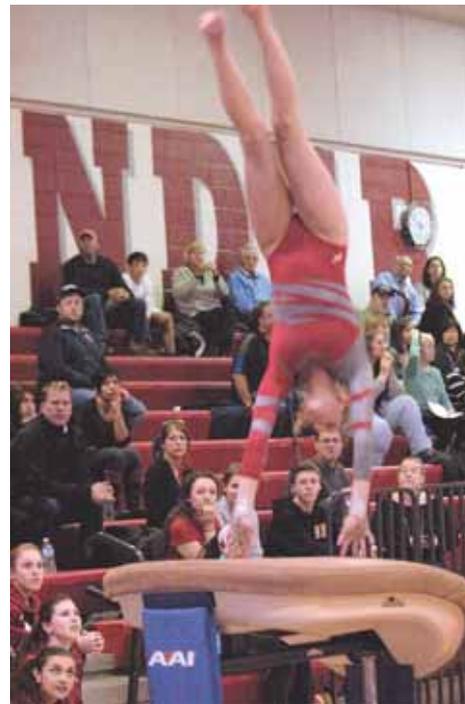


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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-



PHOTO BY HARRY LISTER, JR.

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).

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

oFreshman 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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21 Announcements

ABC LICENSE
7-Days Convenience Store, Inc trading as 7-Days Convenience Store, 3518 Moncure Avenue, Falls Church, VA 22041. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Mulugeta Alemayehu Wereta/President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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ABC LICENSE
Melanie St. Clair trading as Smitten Boutique Salon, 2209 N. Pershing Dr, Unit B, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair/owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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The Past Future is Now Present

By KENNETH B. LOURIE



Presumably, maybe even obviously, nearly six years into a "terminal" diagnosis, arrangements for a smooth transition 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 number 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 occurrence, dare I say (given my original "13-month-to-two-year prognosis"), its inevitability. And though I don't specifically 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 diagnosis-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 organizational details, tedious as they may be, which would likely drastically reduce a level of stress which unbeknownst to me and my conscious, has probably invaded my subconscious, with predictable effect. I don't imagine solving this problem would put a bounce in my step; however, it would definitely eliminate 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.

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.

Supporting CIA Officers Memorial Foundation

This month's Military Appreciation Monday event is on Feb. 16 in support of the CIA Officers Memorial Foundation. Make your reservation early for either the 5:30 or 7:30 seating at The Old Brogue by calling 703-759-3309. Visit: CIA Officers Memorial Foundation to learn more about this organization and the help it provides to Agency families.

Last month the event for the Navy SEAL Foundation raised a little over \$7,000.

For those unfamiliar with the MAM events, you simply come enjoy a dinner at the Old Brogue in Great Falls, The Brogue, Bob Nelson of Keller Williams Realty and co-sponsors each make a contribution to the foundation based on 10 percent of what-

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

Vital Theatre's "Pinkalicious," a musical adaptation of the book by Victoria and Elizabeth Kann, will come to The Alden in McLean for a single performance 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 indulgence 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 figure out a way to get out of this predicament. The production is appropriate for children ages 4 and older.

Tickets are on sale now. For more infor-

ever you spend. Door prize entries are also sold as a means of raising additional funds.

Registration Opens for Great Falls Softball

Online registration for Great Falls Softball's spring season is open. Tryouts are Saturday, March 7 at Diamond Sports Training in Sterling. The season begins April 13. Register at www.gflittleleague.org. Register now, as registration fees begin to escalate on Feb. 1.

Terri Parent Exhibits at Katie's Coffee House

Fine art photographer Terri Parent will exhibit "Earth's Bounty" at Katie's Coffee House, Feb. 1- 28. Katie's Coffee House is located at 760 Walker Road, Great Falls, and is open Monday-Friday 6 a.m.- 3 p.m.; Saturday and Sunday 7 a.m.- 2 p.m. Parent's work is on permanent display at The Artists' Atelier, 1144 Walker Road, Great Falls, and can be viewed at www.terriparentphotography.com.

Langley Crew 'Boats and Oars' Fundraiser

On Saturday, Feb. 21, crew team members from Langley High School will participate in their "Boats and Oars" fundraising effort throughout neighborhoods in McLean and Great Falls. Each year, the Langley High School Crew Team asks the larger community for financial support. Donations to Langley Crew (LCBC) are tax deductible.

And the team invites you to come see a regatta or two in the spring. Regattas are held Saturdays, 9 a.m.-3 p.m. from March 21 until May 9 (no regatta on April 4) on the Occoquan at Sandy Run Regional Park, 10450 Van Thompson Road, Fairfax Station.



PHOTO CONTRIBUTED

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

information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.



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