



'The Cast Fills This Story

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John Henry Stamper and Molly Van Trees are the leads in Westfield Summer Stage's production of "Beauty and the Beast."

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

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Heartbreak and Hope

U.S. Rep. Gerry Connolly hosts Alzheimer's Town Hall.

BY ANDREA WORKER
CENTRE VIEW

“Alzheimer’s disease will touch every American family at some time or other. There aren’t many other conditions you can say that about. Today, Alzheimer’s kills more people each year than breast cancer and prostate cancer combined,” said U.S. Rep. Gerry Connolly (D-11) to the attendees of the Town Hall meeting at the headquarters of the National Capital Area Alzheimer’s Association in McLean on Monday, June 10.

Connolly was one of several speakers on the agenda, that included representatives from the National Alzheimer’s Association, the Agency on Aging from Fairfax and Prince William counties, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

Cindy Schelhorn, senior director of communication with the Alzheimer’s Association, opened the event and Connolly began the session with a personal story about the disease’s effect on his own family. “My Irish immigrant grandmother survived the boat journey to America, even being robbed on the ship. She worked hard. She saved. She was able to bring her own mother and her brothers over from Ireland. She wasn’t able to fight off Alzheimer’s.”

Connolly told of his grandmother’s strength from years of hard work “and walking to Mass everyday.” In some ways, said the congressman, her physical fitness proved to be less than a blessing after the disease struck. “She lived a long time with Alzheimer’s. Watching her fade away before my eyes was one of the most difficult things I had to deal with growing up. The worst is knowing your loved one knows something isn’t right, but there is nothing they can do.”

THE CONGRESSMAN has co-sponsored



PHOTOS BY ANDREA WORKER/CENTRE VIEW

The panel at the Alzheimer’s Town Hall included U.S. Rep. Gerry Connolly (D-11), and representatives from the National and local Alzheimer’s Association, Area Agencies on Aging, the Virginia Alzheimer’s Commission, and the National Active and Retired Federal Employees Association.

the HOPE for Alzheimer’s Act and the Palliative Care and Hospice Education and Training Act, supported the RAISE Family Caregivers Act and is a member of the bipartisan Congressional Task Force on Alzheimer’s. But he is concerned. “The President’s FY 2018 Budget, and many of the bills currently on the table would wreak havoc, throwing people out of nursing homes and adult care centers, and severely limiting care and resources for our vulnerable seniors.” A threatened 18 percent cut in the funding for the National Institutes for Health “would gut federally funded research ... it certainly would bring us no closer to a cure,” said Connolly. “And right now, there is no cure. There really isn’t much in the way of treatment.”

“There are about 140,000 Virginians estimated to be suffering from some form of dementia,” said panelist Sharon Davis with the Virginia Alzheimer’s Commission, and she says the effect of the disease takes a toll on the family as well as the afflicted. “I have spent more than half of my adult life as a caregiver.” Davis’s husband is now a live-in patient at a memory-care facility, suffering from early-onset Alzheimer’s. Her mother lived for 18 years with the disease.

“It’s a tragedy. It’s a disease that robs them of what should be the best years, time they have earned to relax and enjoy.” As Davis pointed out, it’s also a disease that can have devastating emotional and financial impacts on families, as many struggle to cope physically and financially to provide usually round-the-clock care.

Stories of heartbreak and challenges continued, but Karen Hannigan with Fairfax County Area Agency on Aging wants to get the word out that there is help and support, for the patient and the families and caregivers.

“We operate based on the ‘No Wrong Door Initiative’ model,” said Hannigan.

That model means that persons who call for help don’t encounter a “sorry, wrong department and we can’t help” response. “No matter what, we guide you. Our staff are ‘field-trained.’ We know the system. Let us do the navigating and take away at least that much stress from the situation.”

Negotiating the government regulations, the gaps between Medicare and Medicaid, the insurance maze, and trying to find appropriate resources while dealing with the actual disease and its effects on the patient, and possibly on the family as caregivers, can be overwhelming. “Call us, Monday through Friday, 8 a.m. - 4:30 p.m. at 703-324-7948,” said Hannigan. “You don’t need to know all of the information. We do. Just tell us your story.”

The National Alzheimer’s Association also offers a helpline. “It’s free care consultation. It’s nationwide. We work with agencies around the country and can help you get to the right people,” said Jane Priest, program manager with the association. “24/7, call us at 1-800-272-3900, or visit the website at www.alz.org.”

Along with more assistance for patients, caregivers and families, Priest and others on the dais and in the audience want to see more focus on education and training, as well. The National Alzheimer’s Association and the regional chapters are dedicating more time and resources on outreach programs. Annandale resident Catherine Bergstrom who attended the event welcomed this initiative.

Bergstrom related the experiences of her husband who had to be hospitalized. “This was a hospital, and they still did not know how to deal with a patient suffering from



Catherine Bergstrom of Annandale relates the hospital experiences of her husband, who suffered from the disease. “It was a hospital ... and they did not know how to deal with this condition or situation. We need to educate and raise awareness even to doctors and medical staff.”

this disease.”

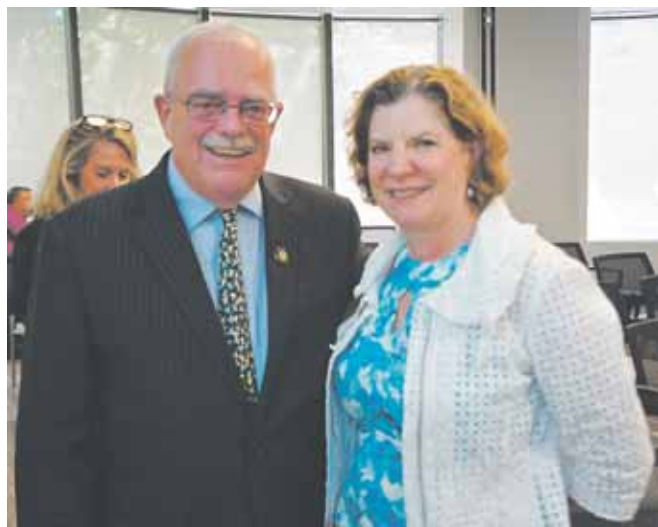
Sharon Davis of the Virginia Alzheimer’s Commission added her own stories of her husband’s treatment at hospitals and medical facilities that worsened his mental state, instead of improving the situation.

“And what about a patient that can’t communicate to the emergency room staff because of their condition?” asked Connolly, or even worse, the Alzheimer’s sufferer who doesn’t have a caring family member who can help “interpret” during medical transactions or who can advocate on the patient’s behalf?

THE OUTREACH PROGRAMS of the Alzheimer’s Association seek to train the general public, as well as doctors, caregivers, law enforcement personnel and others on how to recognize if someone is suffering from Alzheimer’s or dementia, and how to best react and assist.

Currently, there are no “Dementia Friendly Communities” in Virginia. The model, which seeks to raise awareness of the disease and of dementia in general and offer training and tips for real-life encounters is being tested in other jurisdictions nearby. Toni Reinhart, owner of Herndon-based Comfort Keepers that provides in-home senior and elder care services, wants to change that. This month, she is gathering local service and community leaders in her area to make Herndon a “proof of concept” project. “Herndon is so community-focused. Our leaders are very service-oriented. I think it’s the best place to get this rolling in Virginia.”

Connolly applauded all of these efforts, as he pledged to continue to fight for Alzheimer’s funding. “There are 1.1 million people in Fairfax County. Eleven percent are over 65. The fastest growing population is over 80. This is an issue that won’t just go away. We need to take action now. Contact your members of Congress — and not just the ‘friendlies!’ We have a ‘moon-shot’ for fighting cancer. Well, we need a ‘moon-shot’ to fight Alzheimer’s disease.”



U.S. Rep. Gerry Connolly with Toni Reinhart who is spearheading efforts to make Herndon the first “Dementia Friendly Community” in the Commonwealth, with education and training in real-life encounters and situations to make living with dementia easier on patients, caregivers, families and the community.

Home LifeStyle



Joe Van Goethem painted the French door of his wine cellar with “Pitch Black” by Farrow & Ball. He hung wood blinds on the door to match those on the other French doors in other parts of his house.



PHOTO COURTESY OF JOE VAN GOETHEM
Interior designer Joe Van Goethem transformed a walk-in closet in his McLean home into a wine cellar.

Redefining Space

Designer thinks outside the proverbial box.

BY MARILYN CAMPBELL

A local interior designer believes in thinking outside the box when it comes to making the best use of space in one’s home.

“My advice to homeowners is to embrace spaces within their homes as if they were never assigned,” said Joe Van Goethem of Joseph Van Goethem Interior Design in McLean. “Depending on location, a space previously designated as a walk-in closet can be purposefully transformed into an intimate guest bedroom, home office, or multipurpose wine cellar and bar.”

Van Goethem followed his own advice when he transformed a walk-in foyer closet in his home into a multipurpose wine cellar, complete with a wine refrigerator, beer cooler, ice maker and cigar humidor. “Why a walk-in closet if it’s seldom used, and only to become an open invitation for hidden clutter?” he asked. “Envision new, functional possibilities for every space within your home.”

Van Goethem, who not only designed the space, but also completed the construction himself, believes that “playing with scale and attention to every detail are key when

considering the transformation of a confined space such as a walk-in closet,” he said. “[The] closet had a nondescript narrow solid door, glued-down wood veneer floor, shelving and hanging rods, and one light fixture.”

In finishing the project, Van Goethem widened the door framing to accommodate a new French door and added storage space for a concealed television. He also installed an intercom to allow those in the cellar to communicate with those in the kitchen.

“I ripped up the old floor [and replaced it] with Spanish marble tile flooring,” he said. “I added a baseboard and crown moulding, and created a grid of moulding on the walls which I painted with Farrow & Ball’s Purbeck Stone. I installed Extra Fine Arrowroot Grasscloth hand crafted wallcovering by Phillip Jeffries within the recesses of the grid.”

Van Goethem said his goal was to make the design of the new cellar consistent with the aestheticS of the rest of his home. The space includes a large drum light fixture and side lamps.

An oversized cabinet holds the stemware and barware. He added a commissioned seascape painting by California artist Jonathan Koch and modern teapots by Washington, D.C. ceramicist Joe Hicks.

“Details are important in design, but they are everything ... when transforming a small space like the repurposing of a walk-in closet,” said Van Goethem.

“My advice to homeowners is to embrace spaces within their homes as if they were never assigned.”

— Joe Van Goethem of Joseph Van Goethem Interior Design



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SPORTS



Record Setters: C. Roundtree and L. Wang.



Winning 9-10 Relay: R. Hicks, D. Collinsworth, R. Friess, and C. Lee.

PHOTOS CONTRIBUTED

Riptide Travels to Lee Graham

On a hot, humid July morning, when the crowd watching the meet was wishing they could jump in the practice pool, the Virginia Run Riptide traveled inside the beltway to challenge the Lee Graham Dolphins. During a week when Charis Roundtree (8&UG) and Leo Wang (15-18B) set new team records and their teammates recorded 42 personal best times, the Riptide were nosed out by the Dolphins.

The always enthusiastic 8 & under swimmers swam with gusto as Nick Harris and Charis Roundtree won their freestyle races with Anna Kelliher capturing third with a new best time. The boys swept their backstroke race with Mason Conlon first, Tyler Harris second, and Ethan O'Connor third and the girls answered with Carson Coughlin first and Ann Kelliher third. In breaststroke Mason Conlon was second and Christopher Thomson was third, while Lauren Fitch swam for second. With a new team record in butterfly (17.85) Charis Roundtree maintained her undefeated season, with Caroline Friess taking second while Aidan Bange swam for a third for the 8&U boys fly.

Ryan Friess of the 9-10 boys swam two best times to take a first in free and a second in fly, while Davis Collinsworth swam to first in breast and second in back. Ginny Fitch (9-10 G) placed second in back and breast, with Angela Thomson gaining a second in fly. Earning those valuable third place points were Ryder Hicks and Alison Harkins in freestyle and Ashley Neuman in breaststroke.

For the 11-12's Jackson Blansett swam for first in free and second in fly. William Whitton took more than 1.5 seconds off his previous best backstroke time to win first, a feat repeated by Charles Beamon who took off more than 2.0



M. Matz with winning breaststroke form.

seconds to win breaststroke and 1.5 seconds off to place third in back. Griffin Osterhout swam for a second in breast and a third in fly. Isabel Cogan swam a personal best to win her breaststroke race and placed second in free. Caitlin Kelliher was second in back and fly, while Neha Srinivasan swam for third in breaststroke.

The 13-14 squad worked hard for their points. Owen Thomas was first in back and third in free. Andrew Boyle was second in back, Kevin Wang was second in breast and Michael Hart third in breast. Maddie Whitton took a second in free and, swimming a personal best, took first in fly. Chelsea Nguyen swam for second in back and third in free, Alana

SEE RIPTIDE, PAGE 11

Piranhas Battle Laurel Hill

On July 8, the Sully Station II Piranhas traveled to Lorton to battle Laurel Hill in the third A meet of the summer season. Persevering through absences and illness, swimmers gave their all and fell just short by a score of 218-197. Highlights of the morning included three sweeps, five double event winners, five relay victories and several Piranhas swimming up and subbing in as true team players.

The 15-18 girls once again dominated their age group, with Karena Hall and Delaney Kennedy leading the way with first place finishes in all individual events. The sweep in backstroke was completed with Carly Logan and Georgia Stamper touching second and third and also contributing points in freestyle and breaststroke. The girls had a blast during relay warmups and their fun approach combined with their evident skill resulted in a win by over 6.5 seconds.

Equally impressive were the 11-12 girls, led once again by double event winners Angela Cai and Caroline Li. Callie Ver Planck turned in two strong second place finishes in free and fly. Teammate Hayley Norris also secured second place in both back and breaststroke. With such depth, it was no surprise that the girls scorched the pool with a relay victory of over 8 seconds. As the lone representative for 11-12 boys, Ethan Wilson showed a lot of heart in capturing third



PHOTO CONTRIBUTED

From left: Sully Station II Piranhas, 9-10 boys, Emerson Saint Germain, Bryan Kim, Caden Seng, Jason Li, Elijah Post, and Jeremy Bordaacs.

place in breaststroke.

Eight-year-old Payton Susko captured two wins in free and back and anchored the relay win for her age group. Teammate Alyssa Seng led the fly sweep along with Grace Ver Planck and Mary Campbell. The girls also added crucial points in back and

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SPORTS



PHOTO CONTRIBUTED

Ethan Wilson was all smiles with SS2 Coaches Katie O'Brien and Caitlin Campbell. In back is Coach Scott Brown.

Piranhas

FROM PAGE 10

breaststroke and were encouraging team cheers throughout the meet.

Kellen Campbell brought home the win in 15-18 boys backstroke and the sweep in that event was completed by Colin Brown and Brantley Cervarich. Kellen combined with Max Morris to finish 2-3 in fly, while Harmon Saint Germain and Brody Campbell finished 1-2 in breaststroke and 2-3 in free. The 8&U boys relay of Gabriel Alquinta, Mark McLendon, Zacchaeus Post and Michael Zhang bested their opponents handily. Individually, Zhang and McLendon finished 1-2 in backstroke, Alquinta added a gutsy win in fly and Post captured second in breaststroke. Additionally, Zhang and Post combined to go 2-3 in freestyle for a thorough effort in the youngest age group.

Nine-year-old Jason Li bested Laurel Hill to take first in breaststroke and touched second in fly. Teammates Caden Seng and Bryan Kim added points for the 9-10 boys in breaststroke and free. Securing top three finishes for the 9-10 girls were Ehma Stalfort and Ella Ammons in free, Lilly Wilson in back, Stalfort in breaststroke, and Suzanna Walsler in fly.

Strong swimmers in 13-14 boys included Harrison Saint Germain in free and breaststroke, Charles Tai in back, and Carson Saint Germain in fly. A standout performance was 13-year-old Madison Stalfort claiming second in both back and fly despite a painful inner ear infection. Grateful Piranhas were inspired when spectator and former teammate Dorothy Cervarich donned a bathing suit from the coach's car to scratch into the breaststroke event. It was a spontaneous decision and she was clutch in claiming second place on such short notice. More importantly, she demonstrated that once you are a Piranha, it is a part of you forever.

Sully II will host its first home A meet of the season next Saturday, July 15 against Canterbury Woods.

Riptide

FROM PAGE 10

Turflinger swam for second in breast and third in back, and Emily Jon swam for third in breaststroke.

Competition among the 15-18-year-old high school swimmers was intense. Leo Wang broke his own team record, winning the breast with a 29.31 and also placed second in the fly. Nick McGrath swam for second in free and breast. Meredith Matz won the breast by over 2 seconds. Didi Pace placed second in free and fly while Lauren Stovall swam for third in free.

As the heat of the morning intensified, the meet entered the relay stage. While the Dolphins won the majority of the races to lock up the win, the Riptide relay team kept many of the races close and will be swimming again this Wednesday when Virginia Run will be hosting the Division 4 Relay Carnival.

A Near Catastrophe, Always

By KENNETH B. LOURIE



As I bring our two cat carriers up from the basement in order for "The Buff Boys" to acclimate in anticipation of their impending visit to the veterinarian, I can't help but think back to the spring of 1976. That's when an appointment to mend my male cat, Tillie, nearly went very wrong.

To this day, the circumstances still haunt me. Tillie had been a surprise birthday gift given to me in September 1975, along with a puppy I named Gus (both named after a W.C. Fields' movie, "Tillie and Gus").

Tillie was an all-black domestic short hair. Gus was a German Shepard/St. Bernard mix. He was beautiful. He had a white-ish beige coat, floppy ears and a curly tail.

Introduced to one another at 6 weeks old, Tillie and Gus were the best of friends/siblings. Though I made sure they spent their evenings inside, during the day, both were outside. (We had a fenced-in yard so Gus was confined. Tillie however, as you might imagine was not. He had the run of the neighborhood.)

Sure enough, one day, Tillie got into a cat fight. His tail had been bitten and was beginning to abscess. I knew I had to take him to the veterinarian. However, I was in college and had very little money to spare. Nor did I have a credit card either. (Those were the days before credit card companies solicited college students.) In a financial bind, I called my parents and asked for money (I did work in the dining hall all through college but lived in a house off campus and had the usual room and board-type expenses).

They sent me \$25. (In my mind, I can still see the check.) In addition to whatever other money I could scrape together, I guess it was enough so I took Tillie to the "vet" for repair. He stayed overnight. The next day, I got the call that he was ready for pick-up. That's when the event occurred that has affected me/my animal-owning life going on - four decades plus.

I went by myself. I had a car; a 1970 Ford Maverick, but no cat carrier. I was, apparently, planning on simply holding Tillie in my arms as I had done the day before. However, the pick-up was not nearly as uneventful as the drop-off.

Once I got outside the building, Tillie began squirming (his tail had been shaved and had stitches where the abscess/bite had been inflicted) and broke free from my grasp. He ran off about 20 yards - or so to the rear of this modest one-story building and stopped just shy of a chain-link fence which separated where we all were to another neighborhood - beyond my reach. My fear: had Tillie climbed over that fence somehow, he likely would have been gone forever.

Slowly I approached Tillie, repeatedly calling his name as quietly and reassuringly as I could, trying not to rattle, startle or scare him in any way; presuming post-surgery, in an unfamiliar place, possibly in pain, it might not take much from his father to cause him to scamper off and disappear.

As I casually walked toward him, amazingly, Tillie sort of stood still, enough for me to scoop him up. Which I did and then carefully walked back to my car and drove us both home without any further ado - except for the rest of my taking-cats-to-the-"vet" life. And yes, that means now.

And though I'm not stupid enough to transport cats without cat carriers anymore, I am only at ease once we're back home and have let the cats out of their boxes and released them into the house (all our cats are indoor cats). Throughout this process, I must check the latches on their carriers a half-a-dozen times; in the house, in the car, in the parking lot outside the "vet's" office, in the waiting room, in the examining room and then again afterwards; back in the waiting room while I pay, in the car on the way home and finally in the driveway as I prepare to carry the carriers/cats across the yard and into the house. Once inside with the cats/carriers in hand, finally I can relax. Home at last.

Forty-one years ago; it seems like yesterday, or maybe tomorrow if the "vet" can see us. And that's what worries me. Been there and unfortunately, have done that.

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

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Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaire.org for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives. Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group.

Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Practice English Conversation

Group. Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223.

English as Second Language Book

Club. Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

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Group. Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

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ESL Book Club.

Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

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Model Train Show

On Sunday, July 23 the Z Scale Model Train Show, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Z scale is the smallest mass-marketed model train available anywhere. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225 for more.

Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band

plays on the patio of the winery. Free to attend. Visit wineryatbullrun.com.

Mondays are Family Night. 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed

friends. Free. Call 703-830-2223 to reserve a space.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders -played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more.

One-on-One English Conversation. Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

THURSDAY/JULY 13

Hunter Mill Melodies. 7:30 p.m. at Frying Pan Park, 2739 West Ox Road, Herndon. Rob Ickes and Trey Hensley plays bluegrass. Visit www.fairfaxcounty.gov/huntermill.

SATURDAY/JULY 15

Arts in the Parks. 10-11 a.m. at E.C. Lawrence Park, 5040 Walney Road, Chantilly. The Goodlife Theater (Puppets) Visit www.fairfaxcounty.gov/parks/performances/arts-in-the-parks or call 703-631-0013 for more.

Sully Summer Shindig. 3-7 p.m. at 10508 Wickens Road, Vienna. Annual Sully Democrats fundraiser, which supports Sully Democrats running for office and other operational expenses. \$15 in advance, \$25 at door. Email chair@sullydemocrats.org or visit sullydemocrats.org for more.

SUNDAY/JULY 16

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. \$4 for adults 16 and over \$2 for children 5-15 free for Museum members and children under 5. Visit www.fairfax-station.org or phone 703-425-9225.

SATURDAY/JULY 22

Arts in the Parks. 10-11 a.m. at E.C. Lawrence Park, 5040 Walney Road, Chantilly. Musician 123 Andrés performing children songs. Visit www.fairfaxcounty.gov/parks/performances/arts-in-the-parks or call 703-631-0013 for more.

Live Music by Ken Fischer. 1-5 p.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Visit www.wineryatbullrun.com for more.

SUNDAY/JULY 23

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