

CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW

Opt for Adventurous StayCation

PAGES 6-7

Live life adventurously on a StayCation, here at the "Go Ape," park.

Murder-Suicide Pact

PAGE 2

Why Would We Rename Sully?

PAGE 3

What in the World Is Up with Comstock's Herndon Project?

PAGE 4

Herndon Baseball: Best in 111 Years

PAGE 8

ENTERTAINMENT, PAGE 5, 6, 7 ♦ CLASSIFIED, PAGE 10 ♦ OPINION, PAGE 12

PHOTO CONTRIBUTED



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
BEDFORD	2896	755	SIMMONSMILL ROAD/ROUTE 755	BORE AUGER CREEK	5/26/2022
LUNENBURG	11662	671	REEDY CREEK ROAD	BRANCH OF REEDY CREEK	5/25/2022
WISE	19502	1321	INMAN ST.	POWELL RIVER	5/19/2022
WISE	19499	1308	ROUTE 1308	CALLAHAN CREEK	5/19/2022
WISE	19338	78	MAIN ST.	CALLIHAN BRANCH	5/18/2022
LOUDOUN	11255	673	FEATHERBED LANE	MILLTOWN CREEK	5/12/2022
TAZEWELL	24540	460	ROUTE 460 (EBL)	ROUTE 19	5/4/2022
SCOTT	16799	665	MANVILLE RD.	BLACK OAK BRANCH	5/2/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

NEWS

Police: Double Murder-Suicide Pact in Fair Lakes

Police find three people fatally shot

BY BONNIE HOBBS
THE CONNECTION

Two women and a man were found shot dead last Tuesday, June 7, in a Fair Lakes apartment. Fairfax County police say they were all roommates, and they've classified the crime as a double-murder suicide.

They've identified the women as Angelica McIntosh, 26, and Anne Lollar, 31, and believe the man to be Jose Gale Aliaga, 26. The tragedy occurred at the Camden at Fair Lakes apartment complex, off Monument Drive, in the 4200 block of Mazarin Place.

Following the discovery of the bodies, Deputy Police Chief Brian Reilly held a press conference outside the building. He said police were alerted around 11 a.m. to go to the apartment for a welfare check, after the mother of one of the women called them.

In a tape of her phone call that police released, the caller said, "Our daughter did not show up for work today. She's not answering her phone or her door - however, her vehicle is in the parking lot."

When officers arrived and knocked on the front door, a fourth roommate let them in and directed them to a bedroom. However, police said this person was unaware of any foul play, was not a person of interest and wasn't even there when the shooting happened.

"As we went to the back bedroom, we could not get [through] the door because it had been barricaded from the inside," said Reilly. "We asked the fire department to come out to assist us. They came with a ladder and [from the balcony], we were able to look inside that bedroom [through a window]. And inside, there were three people that appeared to be deceased."

Police say all three had sustained gunshot wounds to the upper body, and they were all pronounced dead at the scene. Officers then collected evidence from inside the apartment and also talked with nearby residents about anything they may have heard or seen that day.

Although detectives from the Major Crimes Bureau are still investigating, police say they "found evidence to indicate McIntosh, Lollar and the man made a suicide pact. Detectives believe the man shot McIntosh and Lollar prior to



Deputy Police Chief Brian Reilly speaks to the press.

shooting himself."

Police also noted that they've preliminarily identified him as Aliaga, but the Office of the Chief Medical Examiner will conduct an autopsy to officially confirm his identity.

On Wednesday evening, June 8, county Police Chief Kevin Davis was the guest speaker at the monthly meeting of the Sully District Police Station's Citizens Advisory Committee. Mentioning this incident to attendees, he noted that, even though he's been a police officer for some three decades, what transpired in that apartment surprised even him.

"I've never seen a set of circumstances like this, in my life," he said. "They made a suicide pact."

He was also amazed by the fact that, either none of the neighbors heard the shots, or they thought the sounds were caused by something else. "One firearm was used - a bolt-action rifle," said Davis. "Four rounds were fired - in an apartment complex - but we got no 911 calls."

Meanwhile, detectives are asking anyone with information regarding this incident to call the Major Crimes Bureau at 703-246-7800 and press option 2. Tips may also be submitted anonymously via Crime Solvers by phoning 1-866-411-TIPS (866-411-8477), texting FCCS plus the tip to 847411, or going to <http://www.fairfaxcrimesolvers.org/>. Tipsters are eligible for cash rewards of \$100-\$1,000 for information leading to an arrest.

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Fairfax County Considers Renaming Sully District

‘The beginning of a community conversation’

BY BONNIE HOBBS
THE CONNECTION

In March, Fairfax County’s Redistricting Advisory Committee (RAC) recommended renaming the Sully District. And on June 2, an online meeting was held to discuss the possibility.

“This is the beginning of a community conversation,” said Supervisor Kathy Smith (D-Sully). “And I encourage you to speak to friends and neighbors who don’t know this is going on.”

The sticking point for the committee is Sully Historic Site’s ties to slavery. So Liz Crowell, the county Park Authority’s Cultural Resource Branch manager, presented and explained several informational slides about the history of Sully Historic Site and its past owners.

Now off Route 28 in Chantilly, Sully was the home of Richard Bland Lee and his wife, Elizabeth Collins Lee. They lived there from 1794-1811, and Richard was a planter, jurist and politician – as well as Northern Virginia’s first representative to Congress. He was also the uncle of Robert E. Lee; and while the Lees lived at what was then called Sully Plantation, the farm was supported by the labor of enslaved African Americans.

However, although many Lee family members supported the Confederacy, none lived at Sully during the Civil War. But for 18 years, beginning in 1811, other people lived there and owned slaves.

It was later renamed Sully Historic Site, and the Park Authority restored the home in 1976 and furnished it with Federal-period antiques. The grounds also feature the original 18th-century kitchen/laundry, smokehouse and stone dairy, plus a representative living quarter for enslaved people. Richard and Elizabeth Lee are buried in the cemetery there.

When Fairfax County added a ninth magisterial district in 1991, it was named Sully, after Sully Historic Site. Chris Barbuschak, a librarian with the Virginia Room of the county’s public library, wrote a report about how and why the new district was named Sully.

“In 1991, the population of western Fairfax County had dramatically increased – especially in the Centreville and Springfield districts,” he explained to the meeting attendees. “So the Sully District was created out of some of the Centreville, Springfield and Providence districts.”

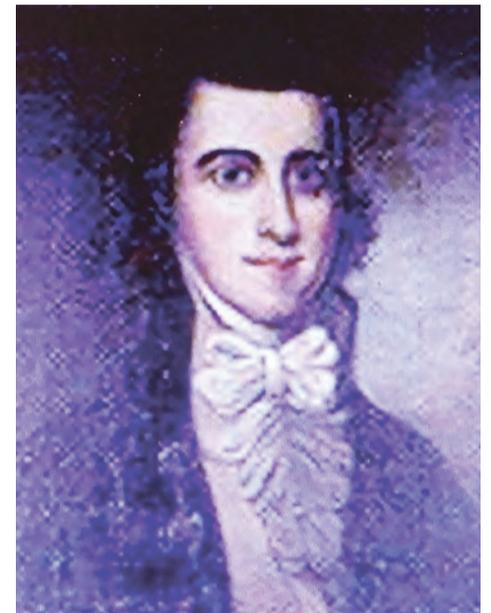
Barbuschak said it was originally proposed to be called the Chantilly District, but Sully won out since that area contained both the Sully Historic Site and Sully Road (Route 28). The new name took effect Jan. 1, 1992, and Michael Frey served as Sully’s supervisor for the next 24 years.

Regarding the district’s renaming, Dan Dolan with Smith’s office said, “We’re not making a decision tonight. But we are looking for public feedback.”

During the question-and-answer period, resident Phil Beauchene said, “I have no



Sully Historic Site in Chantilly was restored in 1976.



Richard Bland Lee

Jeff Parnes is president of the Sully District Council of Citizens Assns. (SDC), which represents at least 6,145 local families. And on March 1, he wrote RAC a letter expressing that opposition and stating that, at the SDC’s Jan. 26 meeting, it voted to recommend to RAC that Sully’s name not be changed.

“Based upon our review of the Advisory Committee’s draft report to the Board of Supervisors, we do not believe the primary reasons cited in the report as justifying the name change for the Sully District are valid,” wrote Parnes.

“We fail to see how Criteria 3 – Is the name related to the Confederate past? – is applicable. At best, the ‘Confederate relationship’ is that Richard Bland Lee was the uncle of Robert E. Lee. We also note that Richard Bland Lee died on March 12, 1827, some 34 years prior to the beginning of the Civil War. We do not believe a family relationship of this nature validates Criteria 3.”

Furthermore, wrote Parnes, “We did not see any valid reason cited in the report of why Criteria 1 – Does the name violate the spirit or explicit meaning of the One Fairfax policy? – would apply only to the Sully District. If the use of any former plantation name is unacceptable in Fairfax County as a violation of One Fairfax, how can Mount Vernon be retained?”

“Has there been any discussion of changing Mount Vernon to the ‘Washington District’? That would seem to maintain the historical relationship with George Washington, would do nothing to change the name of the estate, but would remove the linkage to slavery. We could envision a concern relative to Criteria 1 being deemed appropriate to some degree to any and all of the current, supervisor-district names.”

Parnes also stressed the expansive public interaction that took place when the potential renaming of the Springfield District was being considered. “Apparently, in the absence of any citizen requests for this action to be further investigated, the question was dropped,” he wrote. “That being the case, I’d suggest Sully District’s name be



Kathy Smith

“I think the question is, do we want our district named after a place that enslaved people?”

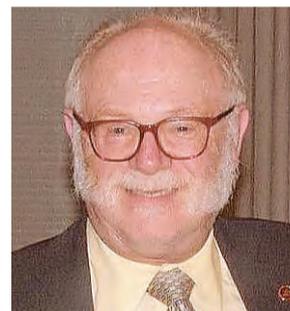
— Kathy Smith,
Sully District Supervisor

problem renaming a district if it causes pain to any of my neighbors. But why didn’t RAC also consider renaming two other districts highly associated with slavery – Mason and Mount Vernon?”

Smith replied that, in RAC’s opinion, the name Sully “violated the One Fairfax policy, was related to the area’s Confederate past and was associated with slave ownership.” One Fairfax is a social- and racial-equity policy committing the county and its schools to intentionally consider equity when making policies or delivering programs and services.

“I’ve lived in Sully eight years, and Sully Plantation was a place where slaves were owned,” said resident Robin Wilson. “So what message does it say to associate one-ninth of the county with it? I support changing it. I don’t see compelling reasons to keep it, since it was a place of terror for many people.”

However, resident Jim Hart argued that



Jeff Parnes

“I’d suggest Sully District’s name be changed only after a ballot referendum to that effect, across ... the Sully Supervisory District.”

— Jeff Parnes,
president of the Sully District Council
of Citizens Assns

“Sully is a French name that has older and different, historic connotations. And the French soldiers helped the U.S. during the American Revolution.”

But Crowell said she looked and couldn’t find anything directly relating Sully’s name selection to the French.

“I think the question is, do we want our district named after a place that enslaved people?” asked Smith. “I want to get more feedback from the community.” Residents may send her their comments on this matter at sully@fairfaxcounty.gov.

Meanwhile, although only a handful of people viewed the online meeting, there is considerable opposition to the name change.

SEE RENAMING SULLY, PAGE 11

Town of Herndon Downtown Redevelopment Site



SCREENSHOT PHOTO

The Town of Herndon Redevelopment site. The Subaru building and its structures at the corner of Elden and Center Streets have been razed.



SCREENSHOT PHOTO

A visualization of the Herndon Downtown Center completed.

What's Up with Herndon Downtown Project?

Holistic view and Town Manager comments.

BY MERCIA HOBSON
THE CONNECTION

It appears unlikely, virtually impossible, that Comstock could break ground on the Herndon Redevelopment Project before summer starts. A groundbreaking date was first anticipated in late 2019 with project completion possibly in 2021.

The Jan. 25, 2022, e-newsletter, On Board, the Town of Herndon's official bi-monthly communication, said, "Comstock anticipates a groundbreaking in the spring. News on the relocation of Arts Herndon and the temporary relocation of downtown parking will be announced shortly; bookmark the town's website for updates."

There are no updates.

What do William ("Bill") Ashton, town manager of the Town of Herndon, and members of the Town Council, have to say on the redevelopment project of 4.675 acres of land in historic downtown Herndon? It has been four-and-a-half years since November 2017 when the Town of Herndon and Comstock Herndon Venture LC entered into a Comprehensive Agreement, a public-private partnership. Herndon and Comstock's "intent" was to develop and construct the project.

"Once we have a better understanding of the pathway forward, we will work with Comstock to publish an updated project schedule," Ashton said.

On Nov. 11, 2017, when then-Mayor Lisa Merkle, Town of Herndon, and Christopher Clemente, chairman and CEO of Comstock Holding Companies, Inc., signed the agreement, a construction start date of possibly late 2019 was a hope, not a guarantee.

"Negotiations are not continuing. They were concluded initially in November 2017, when the Town Council adopted the Comprehensive Agreement," said Ashton. "We renegotiated some changes to the original agreement in October 2020, and the Council adopted these changes as part of the amended Comprehensive Agreement. This concluded negotiations and began the process of the town working with Comstock as partners under the Virginia Public-Private Education Facilities and Infrastructure Act."



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Bill Ashton, town manager, on Oct. 12, 2017: "We are looking for a vibrant, active, first class, downtown Town Center."



PHOTO BY THE TOWN OF HERNDON

In 2017, Comstock Senior Vice President of Development Larry Bergner and Town of Herndon Mayor Lisa Merkel shake hands.

According to Ashton, planning is completed, and the site plan, Heritage District Review Board Certificates of Approval, and building permits are approved

As early winter 2020 came into focus, the global pandemic threatened. It spun a possible announcement of the construction start date off course for the Herndon Redevelopment Project, as it did for other construction projects globally. The reality of millions of lives lost and the suffering, disruptions, and loss of livelihoods in the last two years has been traumatic. Supply chain issues, cost increases, and labor shortages continue to challenge the construction industry.

According to Ashton, in December 2021, Comstock requested and was granted a four-month extension administratively to the Outside Satisfaction Date to address requirements for the transitional public-shared parking for use by the public during the construction of the project and the temporary relocation of Arts Herndon. Ashton said that Comstock, in collaboration with the town, was successful in securing two locations for transitional public-shared parking. One site will be at 681 Spring Street, which was once occupied by Robert's Carpet, and the other at 655 Spring Street, the El Calvario Pentecostal Church.

"The relocation plan is for Arts Herndon to be relocated to 397 Herndon Parkway, where renovation is underway," said Ashton. "The timing of the move is subject to a revised project construction schedule, which

Timeline Highlights

Herndon Downtown Redevelopment Public-Private Partnership
4.675 Acres for Mixed-Use Development.

NOV 11, 2017

Comprehensive Agreement (Agreement): The Town of Herndon (Herndon) and Comstock Venture LC (Comstock) entered into the Comprehensive Agreement with the "intent" of Herndon and Comstock to develop and construct a redevelopment project on 4.765 acres of land (Property) in the historic downtown Herndon. It is a public-private partnership.

the Project under construction. Comstock retains rights for up to 24 months to pause construction commencement due to market conditions or other matters, including delays because of the COVID-19 pandemic.

MARCH 4, 2019

Herndon Downtown Center Site Plan: Approved

DEC. 15, 2020

Property Transfer: Herndon and Comstock close on the transfer of the Property for the Downtown Herndon Redevelopment Project.

APRIL 8, 2019

Comstock's Architectural Design Plans: Released
Nov. 17, 2020, Resolution (Resolution): Herndon Town Council unanimously approves a resolution amending the Agreement with Comstock to move the Project forward.

DEC. 14, 2021

MOU with the County Resolution: The Town approves a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Town of Herndon to accept a grant of \$5 million for the Herndon Downtown Redevelopment Project's capital construction.

DEC. 3, 2020

effective date Amendment to the Comprehensive Agreement (Amendment): The Amendment permits closing on the property transfer from Herndon to Comstock before satisfying conditions in the Agreement. It establishes December 31, 2021, as the date by which Comstock must have

JAN. 25, 2022

e-newsletter, On Board, the town's official bi-monthly e-newsletter, says, "Comstock anticipates a groundbreaking in the spring. News on the relocation of Arts Herndon and the temporary relocation of downtown parking will be announced shortly; bookmark the town's website for updates."

has not yet been published."

Ashton did not provide further comment, nor is there a Project update on the Town

website or OnBoard. Members of the Herndon Town Council and Comstock did not reply to requests for comment.

CALENDAR



The Alphet Rockers will appear at MCC's Celebration of Juneteenth on Sunday, June 19, 2022 in McLean.

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

NOW THRU JULY 4

Paper Jewels. At Reston Art Gallery and Studios, 11400 Washington Plaza West, Reston. Julia Malakoff presents her newest mixed media artworks to stimulate the senses of sight, smell, and taste through vivid colors and textures in her solo show, "Paper Jewels," featured at Reston Art Gallery and Studios (RAGS) from June 2 until July 4. Malakoff's own senses of smell and taste were altered by a case of Covid in 2020, but as a professional artist she has been able to put her imagination to work to ease the challenges of being a long-hauler, and to bring joy. Visit <https://juliamalakoff.com/>.

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on Fridays at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through Nov. 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats: herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. Visit: <https://www.fairfaxcounty.gov/parks/farmers-markets/>

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmers-markets/herndon>

WWW.CONNECTIONNEWSPAPERS.COM

GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

WEDNESDAY/JUNE 15

NOVA's Cornucopia Blood Drive. 12-5 p.m. At Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Visit www.redcrossblood.org and enter the sponsor code: NOVASCornucopia. Or call 1-800-733-2767 with the sponsor code.

FRIDAY/JUNE 17

American Red Cross Blood Drive. Noon-5 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. MCC is helping the American Red Cross with Diverse Blood Donations. It is urgent for donors of all ethnicities to support patients in need! For an appointment, visit www.redcrossblood.org and enter sponsor word: HEARTOFGOLD, or call 1-800-RED CROSS (1-800-733-2767). Visit www.mcleancenter.org.

SATURDAY/JUNE 18

"You Are Not Alone" with the Alphet Rockers. 10:30 a.m. At Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Free, registration required. For ages 5-12. "You Are Not Alone" is an empathetic and inclusive picture book by the Alphet Rockers that empowers kids to love their beautiful selves, celebrate their identities, stand up to hate and have one another's backs no matter what. Register the child who will be attending. Priority seating will be given to children ages 5-12. Visit www.mcleancenter.org.

SATURDAY/JUNE 18

LGBTQ+ Pride Concert for Families. 4 p.m. At The Alden Theater, 1234 Ingleside Ave., McLean. Featuring music from The Alphet Rockers' album, "THE LOVE." This Grammy-nominated intergenerational hip-hop album from the Alphet Rockers gives voice to what matters: love, belonging and gender justice for all of us. Prepare to sing,

dance and have fun celebrating the love of ourselves and our whole family. Visit www.mcleancenter.org.

SUNDAY/JUNE 19

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring The Walkaways - Americana, folk, roots rock, country, indie, and classic rock. Hosted by Marks-Woods Construction Services. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

SUNDAY/JUNE 19

Sully Antique Car Show. 10 a.m. to 3:30 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. This is a special date, marking not just Father's Day but also the national commemoration of Juneteenth, a federal holiday commemorating the emancipation of enslaved African Americans. This event is jointly sponsored by the Fairfax County Park Authority and the George Washington Chapter Model A Ford Club. Tickets for the car show are available online; walk-in admissions are also accepted at the gate.

SUNDAY/JUNE 19

MCC's Celebration of Juneteenth. 3 p.m. At McLean Central Park, 1468 Dolley Madison Blvd, McLean. Featuring the Alphet Rockers. The Grammy-nominated Alphet Rockers make music that makes change! This intergenerational group creates brave spaces to shape a more equitable world through hip-hop. Visit www.mcleancenter.org.

FRIDAY/JUNE 24

Broadway in the Park. 8 p.m. At Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Experience a night of stellar show tunes and memorable performances under the stars this summer at Wolf Trap. Two of Broadway's Tony-Award winning leading ladies, Kelli O'Hara ("The King and I") and Adrienne Warren ("Tina: The Tina Turner Musical"), join some of our favorite Signature Theatre artists for an incredible night of musical theater featuring songs

SEE CALENDAR, PAGE 10

OAK HILL/HERNDON / RESTON / CHANTILLY CONNECTION / CENTRE VIEW ❖ JUNE 15-21, 2022 ❖ 5

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SUMMER



Ocean Dunes Water Park at Upton Regional Park in Arlington, which also offers climbing adventures and mini-golf.



She's living life adventurously at the "Go Ape," park in Fairfax Station.



Camping out at Pohick Bay could be in a camper or one of the cabins that are for rent.

Summer's Here and Possibly Time to Stay Put

Fairfax County has plenty of options for a "stay-cation" this summer.

BY MIKE SALMON
THE CONNECTION

With the price of gas nearing \$6 a gallon, the summer vacation at the beach may not happen this year, but no worries. Take a stay-cation here in Northern Virginia and just pretend it's the beach – there are plenty of options around here that keep that beachy vibe humming throughout the summer.

Fairfax County has 420 parks on nearly 25,000 acres of parkland so there's something for everyone, said Judy Pedersen of the Fairfax County Park Authority. "With gas prices as high as they are, and the impacts of inflation hitting families hard, staying local and enjoying our wonderful park system makes lots of sense," Pedersen said.

First stop, a go-kart track in the Dulles Airport area called the Autobahn Indoor Speedway. It offers racers an opportunity for speed at their indoor facility with some karts reaching 50 miles per hour. It's a little more high-tech than the tracks at the beach so be prepared. There are "Junior Karts," with a minimum age of 8 and height re-

quirement of at least 48 inches tall.

For the Pro Karts, the minimum age is 13 and drivers must be at least 56 inches tall. Summer go-kart camps are available for ages 8-15.

Vacations and staycations are all about putt-putt golf too. Got to have the flaming volcanoes and waterfalls, and that's just the ticket at Upton Regional Park or the Treasure Island Mini Golf course at Pohick Bay. Other mini golf courses can be found at the Monster Mini Golf in Chantilly or the Cameron Run Mini Golf in Alexandria. Burke Lake has mini golf, and a frisbee golf course and a par-3 course too.

If that's not enough for the thrill seeker, there are several spots in the area that have obstacle courses and rope climbing. At Upton Park in Arlington, "Climb Upton" has a 90-element vertical adventure located next to the Ocean Dunes Waterpark.

In the South Run Rec Center, there's another climbing course called "Go Ape," with five activities depending on the skill level. There are 70 obstacles at South Run and a 320-foot zip line.



Racers at the Autobahn Indoor Speedway near Dulles rev their engines.

"STAYCATIONS definitely are worth taking this year," said Ali Morris, destination marketing manager at Visit Fairfax. She pointed out a few events scheduled this summer that cater to those staying put this year:

◆ Cirque du Soleil's "KURIOS: A Cabinet of Curiosities" under the Big Top at Tysons from July 29 – September 25.

◆ A beer and wine extravaganza at Westfields Marriott Washington Dulles Hotel through the end of September: Two nights at the hotel, wine tasting at a local vineyard, beer flights at 3 different Chantilly breweries, transportation and food credits, plus a welcome bottle of wine and other gifts at check-in.

◆ Capital One Center in Tysons has a new performing arts center, and the Capital One Hall featuring an elevated outdoor Starr Hill Biergarten + amphitheater and an 18-hole miniature golf course that is 11 stories in the air.

Still longing for the beach, surfing and getting gnarly? The Fairfax Surf Shop has boards, skate stuff and trunks as a preparation for the Reston Surf Course. Surf Reston Stand Up Paddleboarding is right on Lake Audubon in Reston. For those who want to ride a board but not on the water, there are skate parks at Wakefield Park, Lake Fairfax, Van Dyck Park, Herndon Skate Park and Powhatan Springs Skate Park inside the beltway.

What If It's Raining?

That's where all eyes turn to the Workhouse Arts Center in Lorton. This art workshop and gallery is mostly indoors, has plenty of parking and is not far from I-95. The Workhouse Arts Center opened to the public in September 2008, with buildings that were part of the old Lorton prison, and now houses artist studios, dance studios, music rooms, event spaces, movement/exercise studios, theater, gift shop, welcome center, administrative offices and the Lucy Burns Museum, honoring suffragists.

Summer Eating

After all that activity, time to grab a bite to eat, and it's all about



You never know what is on display at the Workhouse Arts Center in Lorton.

beach munchies at Clare and Don's Beach Shack in Falls Church, or Boardwalk burgers and fries in Kingstowne. At Clare and Don's, dishes range from the Lake Alice Gator Tail (\$9), a bowl of Seafood Chowda (\$8) to the Inner Harbor Crab Cakes (\$28.75)

When evening falls, kick back at the campfire, making s'mores and talking about all the beach fun, and there are several campgrounds in the area for that part of summer fun. At Pohick Bay, there are cabins, tent and camper sites and a spot for wilderness camping as well. Burke Lake also has a campground as does Lake Fairfax where there are cabins too.

AUTOBAHN INDOOR SPEEDWAY
45448 East Severn Way, Suite #150
Sterling, VA 20166
(571) 353-1220

POHICK BAY REGIONAL PARK
6501 Pohick Bay Dr, Lorton, VA 22079
(703) 339-6104

UPTON HILL REGIONAL PARK
6060 Wilson Boulevard
Arlington VA 22205
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Fairfax, VA 22030
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<https://www.novaparks.com/waterparks/atlantis-waterpark>

GREAT WAVES WATERPARK
Cameron Run Regional Park, Alexandria, VA
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<https://www.novaparks.com/waterparks/great-waves-waterpark>

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Make any day a beach day at Ocean Dunes. This Waterpark is loaded with fun features for adults and kids, including a 500-gallon dumping bucket, water slides, waterfalls and squirters. Visitors will find themselves amidst dune grasses and the feeling of being at the beach, but without the drive.
<https://www.novaparks.com/waterparks/ocean-dunes-waterpark>

PIRATE'S COVE WATERPARK
Pohick Bay Regional Park, Lorton, VA
Cool off all summer long on our waterslides, splash pads and play areas at Pirate's Cove Waterpark in Lorton, Virginia.
<https://www.novaparks.com/waterparks/pirates-cove-waterpark>

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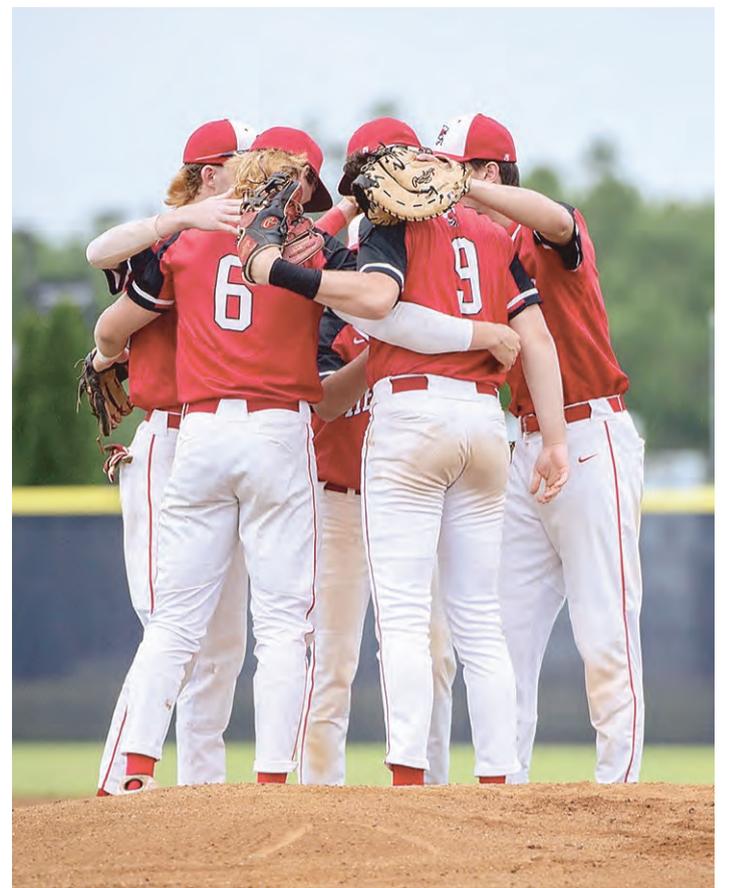
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Herndon baseball team after their walk-off win in the semifinal game.

PHOTO BY HEATHER LAMBRINIDES



The Hornets infield huddles on the mound in the semifinal game.

PHOTO BY BO ELAM

Herndon Baseball: Best in 111 Years

Four extra inning wins including three walk-off nail biters carry team to state championship game.

BY DAWN STUVLAND CROSSON
HERNDON CONNECTION

The sight of ballplayers swarming the infield in red, white and black has become a common one the past two weeks. The Herndon Hornets baseball team has played 56 innings of baseball over the past six games, winning five of six. Four were extra inning wins, and three of those were walk-off nail biters.

“They are the most successful team in school history.”

— Herndon Coach Stephen Frank

The win on Tuesday, June 7 came on their home field against rival South Lakes for the title of Class 6 Regional Champions. In the 8th inning, junior Jack Morgan came off the bench as a pinch hitter and with two outs and two strikes tied the game with a single. Then in the bottom of the 11th inning, in front of a frenzied crowd, senior right fielder Connor Brennan singled in senior shortstop Hill Naske for the winning run. Herndon stu-



Herndon students storm the field after the baseball team wins the Regional Championship over South Lakes.

PHOTO BY PATRICK MILLS

dents stormed the field under the lights. The last time Herndon baseball held the regional title was 1996, and this was just the third time in the 111 years since the high school opened its doors.

Two days later in the state quarterfinals, with their matching mullets freshly bleached, they beat West Springfield 7-6 in 10 innings.

They went on in the semifinals to walk off Colgan, the number two ranked team in the state, 2-1 in 10 innings. Senior Matthew Neach smashed a single and junior center fielder Mitch Mauer slid headfirst across home plate in a cloud of dust and again the

Hornets swarmed yet another infield.

The next day, in the state final, they came up short, as Freedom High squashed their seventh inning rally and beat them 2-1.

Coach Stephen Frank volunteers with both Reston and Herndon youth baseball leagues and travel teams. Not only does he know all the high school players in the dug-out, but he knows many of the local youth ball players who scream in the crowd, covered in dirt from their own practices.

Frank began as Herndon High School coach in 2020, when the team trained but did not play games due to COVID-19. In 2021 the team went 14 and 3 and lost the

regional semifinal to James Madison, who went on to win the state title.

With a taste of play-off baseball, the Hornets resolved to fight even harder in 2022. “From day one I challenged them to be the toughest team in the area — and physical toughness was a tiny portion of what I meant. They developed an attitude of, ‘We are going to find a way to get things done

“When we break down our huddle we always say, ‘Herndon on three, family on six.’ All of us on the team aren’t teammates, we’re brothers.”

— Senior Matthew Neach

— to play our game and we will have a chance,” said Frank. They faced a major challenge when their top player, pitcher Jackson Coen, missed the whole regular season with an injury. When he came back to hurl a no-hitter in the first game of the regional play-offs against Chantilly, they were back and stronger than ever. The team had

SEE HERNDON BASEBALL. PAGE 9
WWW.CONNECTIONNEWSPAPERS.COM

Herndon Baseball: Best in 111 Years

FROM PAGE 8

bonded through adversity and were on the hunt for their goal.

“The best part for me is the family we’ve created,” said Matthew Neach, who had the winning hit in the state semifinal game. “When we break down our huddle we always say, ‘Herndon on three, family on six.’ All of us on the team aren’t teammates, we’re brothers.”

“This season was highlighted by our shared time together — a great group of committed, selfless, hard-working kids who cared so much for elevating and representing our program. They did everything a coach could ask, and sometimes much more. They are the most successful team in school history. They will always have a place in my heart,” said Coach Frank.

The Hornets have six starting seniors going on to play college baseball next year, which will leave them a young team, but a

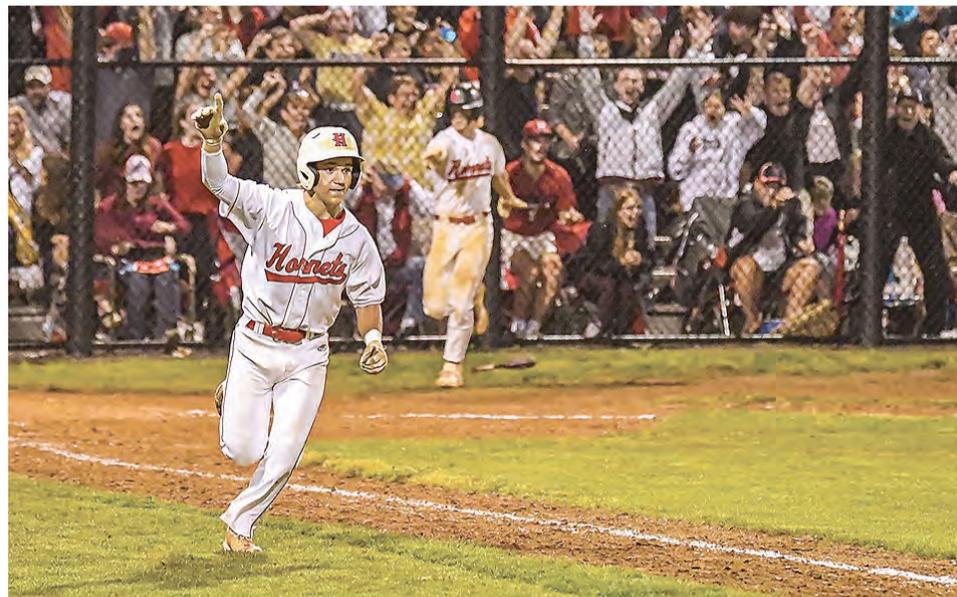


PHOTO BY DAVID MCLEAN

Junior Mitch Mauer after his game winning hit in the quarter finals vs. West Springfield.

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](https://www.connectionnewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

sharing of feelings, problems, helpful information, and bright spots. These sessions are held the 1st and 3rd Tuesday of every month from 10:00-11:30 a.m. via Zoom. For more information, contact Jack Tarr, 703-821-6838, jtarr5@verizon.net; or Lynn Rafferty, 703-508-1365, radmom8992@gmail.com.

WALKING/RUNNING PROGRAM

Calling women – need a fun program to start or restart your walking and/or running program? Check out the Women’s Training Program with Reston Runners <https://restonrunners.redpodium.com/2022-womens-training-program>. It is an 8-week program meeting each Monday evening at 6:30 p.m. at South Lakes High School to complete a 3 mile course by walking, walk/ run or running. All coached by a great group of women.

VIRGINIA STATE PARKS HIRING

There are numerous opportunities to join the team at one of Virginia’s 41 state parks. Whether you enjoy working outdoors, sharing your educational or historical expertise, or planning events and programs, there are plenty of choices for fun jobs this year. The experience, knowledge and skills that you will gain are unique and valuable. Utilize your technical, historical, educational, organizational, communication or customer service skills while connecting to nature. Daily duties will vary for each job and there are different needs at each park location. For example, you may have the opportunity to present nature, culture, and history programs for all ages; provide friendly customer service at a park contact station, camp store or visitor center; perform the routine grounds care, maintenance, light construction, and cleaning tasks necessary to operate State Park facilities. Visit <https://www.dcr.virginia.gov/state-parks/jobs>

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

“From day one I challenged them to be the toughest team in the area — and physical toughness was a tiny portion of what I meant.”

— Herndon Coach Stephen Frank

young team that trained under the best.

“I had the time of my life playing with this team,” said Mauer, who will return next year as a senior. “We formed a brotherhood which I will never forget. We will continue next year to win for them. The younger kids will step up when the time comes.”

BULLETIN BOARD

NOW THRU JULY 14

Chronic Disease Self-Management. 10:30 to 12:30 p.m. At Centreville Regional Library, 14200 Saint Germain Drive, Centreville. Learn strategies to manage pain, fatigue, eat better, stay active and more in this free 6-week workshop. Register for this free event with the Fairfax County Agency on Aging by calling (703) 324-7721 or going to <https://tinyurl.com/CDSMP123>.

JULY 6-29

Host French Teens. Ten volunteer families are needed to host French students from July 6-29. Enjoy an international experience and help promote international understanding and worldwide friendships, Call Tiffany 484-347-3459. Visit the website: <https://www.smcore.com/n2csd>

SHEPHERD’S CENTER OF NORTHERN VIRGINIA SPRING 2022 SCHEDULE OF EVENTS

The Shepherd’s Center of Northern Virginia continues to offer educational, health and wellness and entertaining programming to our Senior Community. The programming includes Adventures In Learning, Active Wellness Classes, Great Discussions Book Club, Caregivers’ Support Group and much more. The Adventures In Learning program began in April and repeats every Thursday for 8 weeks. There is ongoing AIL programming all year long. Topics this session include Health & Wellness, Arts & Entertainment & Travel as well as World Affairs Past & Present. The Active Aging and Wellness Program is an Exercise Class to improve strength, balance and mobility for older adults. This class is held on Wednesdays (via Zoom) from 10:45-11:45 a.m. for eight week schedules. The cost is \$50/session and you can learn more about it and register on the website. The Great Decisions Book Club is held the 3rd Friday of every month from February – November. Great Decisions is America’s largest discussion program on world affairs. This program is designed by the Foreign Policy Association to bring people together in study groups to discuss, debate and learn about important global challenges of our time. The Caregivers’ Support Group, started in 2002, is for caregivers of adult family members. Most of the care receivers have dementia, but that condition is not a requirement. Some are cared for at home, some in local assisted living facilities, and some are out of state. Meetings are gently facilitated and encourage

ONGOING

The Shepherd’s Center of Northern Virginia Caregivers’ Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information

and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838. STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association

SEE BULLETIN, PAGE 11



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FRIDAY/JUNE 24

Paint and Sip Night. 6-9:30 p.m. At Vienna Volunteer Fire Dept., 400 Center Street South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will be hosting a fun Paint and Sip Night with artist Linda Jackson. Join in this fundraising event for a night of painting, food, drinks, prizes and fun. Dinner starts at 6:30 p.m., and painting starts at 7 p.m. Tickets for painting are \$35.00 and includes all supplies to create your masterpiece. Dinner tickets are \$10, and drink tickets are \$5.00. Raffle tickets will be sold as well. Register now at <https://vvdauiliary.square.site/>!

FRIDAY/JUNE 24

"Karate Kid" Movie. 7 p.m. At Tysons Corner Center, McLean. Part of the Outdoor Family Movie Night on the last Friday of the month. Make sure to bring your chairs and blankets for a movie under the stars! Complimentary popcorn and soft drinks will be provided (while supplies last).

SATURDAY/JUNE 25

2000s So Fetch. Part of the Summer Concert Series. 7-9 p.m. At Tysons Corner Center, McLean. Join Tysons Corner Center on a tour through the decades! Listen to your favorite songs on the plaza while enjoying drinks and takeout from our plaza retailers. These events are free to attend.

SUNDAY/JUNE 26

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Four Star Combo - High-energy 1950s Rockabilly and Honky Tonk. Hosted by 1Roof - Roofing, Siding & Gutters. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

SUNDAY/JUNE 26

Summer Sunday Concerts in the Park. 3 p.m. At McLean Central Park, 1468 Dolley Madison Blvd, McLean. Featuring Garba360 Live Dance Instruction and Band. An essential component of the nine-day, fall Hindu festival, Navratri, Garba is an intoxicating, high-energy folk dance style from the Indian state of Gujarat. Visit www.mcleancenter.org.

JUNE 28-JULY 24

"Memory and Illusion" Art Exhibit. 9 a.m. to 9 p.m. At Jo Ann Rose Gallery, Reston Community Center - Lake Anne, 1609-A Washington Plaza, Reston. Experience a retrospective show of more than 50 original paintings in a variety of mediums, representational to abstract, dramatic to whimsical, by Reston-based painter Sandra C. Dovberg. Website: sandracdovbergart.com

FRIDAY/JULY 1

Town of Vienna Independence Day Celebration. At Yeonas Park, Vienna. The U.S. Navy Concert Band will perform at 8 p.m., and a 20-minute fireworks display will begin at 9:30 p.m. Visit www.viennava.gov/fireworks.

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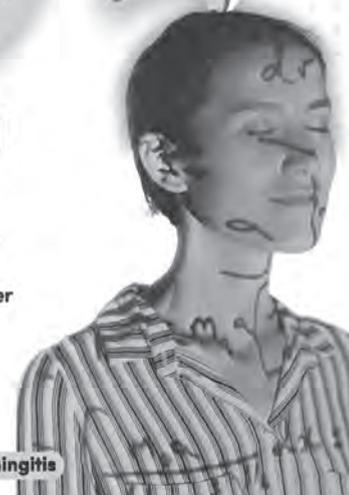
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THE CONNECTION NEWSPAPERS

ROUNDUPS

Overnight Lane Closures on I-66 East in Centreville

I-66 East approaching Stringfellow Road in Centreville will be reduced to a single travel lane during the overnight hours this Wednesday, June 15, through Friday, June 17. It's necessary for the continued bridge-beam installation and concrete work for a ramp from the future I-66 Express Lanes to the eastbound I-66 general-purpose lanes, plus the exit to the Fairfax County Parkway.

Traffic will be directed into one lane and diverted behind a barrier onto new roadway. Drivers traveling on I-66 East during this time should expect delays and consider using alternate routes. All work is weather dependent and will be rescheduled if inclement conditions occur. This action is part of the Transform 66 Outside the Beltway Project.

Weekend Closure of Route 50 Ramp to I-66 West

Ramp reconstruction work will require the ramp from Route 50 West to I-66 West to be closed continuously throughout this weekend, June 17-20. The ramp will be closed

beginning Friday, June 17, at 10 p.m. and remain closed through Monday, June 20, at 5 a.m. Traffic will be detoured farther west to Route 608 (West Ox Road) South; stay to the right to Route 50 East, then follow signs to I-66 West.

The closure is needed as part of the Transform 66 Outside the Beltway Project. Drivers should expect delays if traveling in this area and consider using alternate routes. All work is weather dependent and will be rescheduled if inclement conditions occur.

The I-66/Route 50 Interchange is being rebuilt to add Express Lane access to and from the east and to construct a new, shared-use path as part of the Transform 66 Outside the Beltway Project.

'Pride & Chill,' this Friday, June 17

The public is invited to a 'Pride & Chill' event, this Friday, June 17, from 6-8 p.m., at Sweet Rolled Tacos, 5967 Centreville Crest Lane, in the Centreville Square shopping center. Hosted by Sully District police, the goal of this fun and informal get-together is to build relationships and provide resources to the LGBTQIA+ community. Sweet rolled tacos are made of sweet ice-cream-cone batter cooked into taco shapes, tinted a variety of colors and filled with rolled ice cream with mix-ins and toppings.

Renaming Sully District

FROM PAGE 3

changed only after a ballot referendum to that effect, across all the election precincts which define the Sully Supervisory District. We do not believe a change of this nature should be left just to a simple majority vote by the current Board of Supervisors members."

To exemplify the historical importance of the Sully name and its association with both Chantilly and France, Parnes noted it was instrumental in the invitation of then Sully Supervisor Frey to the WWI commemoration activities in Chantilly,

France, in 2014.

Parnes said more interpretive signage is needed at Sully Historic Site, plus "better Virginia history education – not an erasure of history. If we acknowledge the truth of our history, we can teach all ages that people are people, regardless of our differences, and that slavery was wrong.

"In today's world, we use terms like kidnapping, human trafficking, etc. Might the truth extend past historical wrongs to today? We ask that the Fairfax County Redistricting Advisory Committee not include Sully District as a candidate for renaming."

BULLETIN BOARD

FROM PAGE 9

for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year. Contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriend-A-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at

risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

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One Small Step for Humankind ...



By KENNETH B. LOURIE

... One Giant Step for Yours Truly. I hope so, anyway. And what am I giant-stepping about? The Entenmann's selection at my local supermarket. After years of disappointment and of suffering in silence concerning the same old-same old choices, I am planning this week to introduce myself to the store's manager to inquire about the possibility of changing the Entenmann's selection to some varieties more to my liking. Specifically adding: the "Marshmallow Iced Devil's Food Cake" and the "Chocolate Chip Iced Cake," and any glazed "Holiday Sprinkled Pop'ems" as well.

To say I speak from experience goes without saying to anybody who knows me. For those of you who don't know me, know this: when it comes to chocolate desserts, I am a maven (Yiddish for expert). I wouldn't say exactly that I've written the book, but I can say I've contributed a few chapters. Thanks to my mother's feeling that her two boys needed to drink eight glasses of milk daily for healthy bones, she (don't call your mother 'she;') I can still hear my father admonishing) deduced that washing down dessert/chocolate with milk would be an excellent/recurring way to reach this goal. And boy was she right. We had dessert multiple times per day: after breakfast, packed with our school lunches, an after-school snack at home, after dinner and finally before bedtime, and always with a glass of milk. Five separate occasions. The product line: Hostess, Drakes, Nabisco; repeat.

And not that I'm the least bit undernourished or deprived by my local supermarket's poor Entenmann's selection. Hardly. If nothing, I'm flexible when it comes to chocolate desserts. However, I have my preferences, and the older I get – and possible even the less healthy I become, I'm going to want/need to treat myself/lift my spirits by eating delectable/desired desserts. Because, at the end of the day (at the beginning too), as I was told many years ago by my publisher after she learned I had been diagnosed with lung cancer: "Kenny, it's all about you." And believe me, upon receiving a "terminal" diagnosis from my oncologist it wasn't much of a stretch to focus on me, myself, and I.

But as time has passed and I have not, I got away from my individual requirements and tried to blend in with whatever choices were available to me. In that time frame, I've purchased a wider variety of desserts, now to include Tasty Cake and Little Debbie to go along with the original big three. But over time, and not able to get over the disappointment in taste and preference of the usual suspects, I expanded my horizons to include Entenmann's products. And with the lack of diversity in my supermarket's Entenmann's' selections (except for the few and far between times when either of my preferences were available), I had become increasingly tolerant – until recently, since my store never has the varieties I crave, so finally, after months of complaining – to my wife, I'm going to get off my couch and try to do something about it.

As I contemplate more than my navel, I am salivating at the prospect of being able to pre-order and in effect, guarantee me that my favorites will be in-store, possibly even with my name on the package and a visible "Not for Resale" warning printed across the cardboard box. What joy this kind of control would bring a cancer patient who only wants to have a "Marshmallow Iced Devil's Food Cake" when I want it, not when it's available – which is never, at least at my local supermarket. This is not exactly a dying man's wish, but it is a wish nonetheless that if I'm going to succumb to my disease, before I die, I would like to have my cake and eat it too.

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

Toward an Inclusive Community

BY DEL. KENNETH R. "KEN"
PLUM

A couple of weekends ago I attended the Reston Pride event at Lake Anne Plaza in my home community of Reston. The Plaza was comfortably crowded with folks showing their support with rainbow pins, ribbons, and other attire as symbols of our support for the LGBTQ+ members of our community. I was honored to offer welcoming remarks.

Distinctively present among the various booths of vendors and social organizations was almost total representation of the faith organizations in our community, probably more than a dozen. Gone were the quotes of obscure scriptures that were intended to exclude people who identified as anything but heterosexual. I saw no demonstrators objecting to the Pride Festival, but I did see many young people there to show support for the community.

I could not help but reflect as to how far we have come in moving toward an inclusive society in my lifetime. At the same site where the Pride Festival was held, six-



Del. Ken Plum (D)

ty years before Reston had been dedicated as an open community where Black citizens could seek and buy housing when they were excluded in most other communities. Some of the same original Black residents still live here, and their children have settled here as well. Racial segregation in housing has largely become a remnant of a dark period of our history.

I attended public schools in Virginia when all public schools in the Commonwealth were racially segregated as required in

PHOTOS BY MERCIA HOBSON/THE CONNECTION



The Rev. Michelle Nickens,
Washington Plaza Baptist
Church on Lake Anne Plaza.

the state Constitution. There were fewer than a dozen Black children who may have attended the same schools as me and were bused twelve miles to attend elementary schools and as much as more than an hour away to attend high school. After the 1954 Brown v Board of Education Supreme Court decision, Virginia elected officials fought in the courts for more than a decade and forty or more lawsuits before the schools

were desegregated.

Years ago as a seasonal employee in the Shenandoah National Park I witnessed a room clerk tell a Black couple that there were no vacancies for an overnight stay when I was aware that there were several rooms available for rent. I was told later that was just the way it was. Only many years later did I learn about the Green Book that Black travelers had to consult to find places that would rent a room to them.

We have come a long way in my lifetime, but there is a continuing need for working toward and maintaining an inclusive community. We have a federal civil rights law and a Virginia human rights law against discrimination along with hate crime laws. There are those who remain with hate in their hearts against people who are different by race, gender, or sexual orientation. Laws can make a difference, but inclusion of all in our communities comes about by the role models we are in the way we live our lives and speak out on behalf of others and the ways our community organizations — and our religious organizations — are inclusive.

Inova Pride Clinic: First Dedicated Medical Clinic for LGBTQ+ Community

Inova Health System is proud to announce the opening of Northern Virginia's first dedicated medical clinic for the LGBTQ+ community. The Inova Pride Clinic, located at 500 North Washington Street, in Falls Church, VA will serve as a primary care clinic with an emphasis on the specific needs of the LGBTQ+ community in a safe, respectful and compassionate environment.

"As a leader in health equity, and with Inova Fairfax Hospital recently designated as a LGBTQ+ Healthcare Top Performer by the Human Rights Campaign Foundation, Inova has long embraced innovative approaches to bridge gaps in healthcare," said J. Stephen Jones, MD, President and CEO, Inova. "We know many LGBTQ+ patients are at greater risk for health issues because of a lack of regular healthcare in an environment where they feel respected and comfortable. The Inova Pride Clinic will ensure inclusive and judgment-free care, and supporting long-term health and wellness — without barriers."

Led by Dr. Jorge Ramallo, who is board certified in internal medicine and pediatrics and a mem-

ber of the Gay and Lesbian Medical Association (GLMA) and the American Academy of HIV Medicine (AAHIVM), the Pride Clinic's team of clinicians will bring their expertise in addressing the unique health needs of this community, such as gender affirming care, HIV prevention, adolescent health, STI treatment and prevention, and mental health.

In addition to the full range of preventive care, health screenings and chronic disease management, our primary care doctors and team members are experienced in all LGBTQ+ specific healthcare needs, such as pre-exposure prophylaxis (PrEP) for HIV prevention and gender-affirming care, including counseling for youth and adults about health, gender identity and sexuality.

"In any part of healthcare, it's critical that we meet patients where they are," said Dr. Ramallo. "The sad truth is that many LGBTQ+ patients have encountered some form of discrimination in a healthcare setting in their lifetime, which has made doctor visits stressful and avoidable for many. By creating a dedicated medical

home, we can help encourage members of this community to get the care they need."

"Starting my career as an HIV social worker, I saw firsthand the stigma and healthcare disparities that existed for the LGBTQ+ communities," said Karen Berube, Vice President, Community and Population Health, Inova. "With no clinic of this kind in Northern Virginia, we knew we had to make

an investment in the health of the LGBTQ+ community. I am incredibly proud that this vision has become a reality. I am hopeful that with this clinic, there will never be another LGBTQ+ person who feels afraid to pursue the care they need in a compassionate and respectful environment."

For more information on the Inova Pride Clinic, visit www.inova.org/prideclinic

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