

# CONNECTION

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## It's Walkinshaw!

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Braddock Supervisor James Walkinshaw last week won a 10-way primary to be the Democratic nominee to fill Gerry Connolly's seat in Congress with nearly 60 percent of the total vote.

## Landfill Supports Solar

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## Special Juneteenth In Fairfax City

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## Marking Historic Supreme Court Decision

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PHOTO BY GLENDA BOOTH/THE CONNECTION

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PHOTOS BY MIKE SALMON/CONNECTION

Bus riders in Mount Vernon will experience changes which started on June 29.

# Bus Routes Get Tweaked with Metro's 'Better Bus Routes'

BY MIKE SALMON  
THE GAZETTE

**M**etrobus riders experienced a change on June 29 as the Metrobus routes were tweaked as part of Metro's 2025 Better Bus Network, an updated change in the system to provide more frequent, consistent bus service, enhance access across the re-

gion, and make bus service easier to understand, Metro said.

In Mount Vernon, Metrobus will coordinate efforts with the Fairfax Connector bus system to make "Better Bus," work for everyone. From the Mount Vernon Parkway, bus F19, 101 and 102 are part of this effort, and along Richmond Highway, it works with bus 171, 308, 151 and 159.

In Mount Vernon, the REX bus will become

F1X and the 11Y will become F19. Fairfax Connector buses did not change. Briefly, the F1X goes from King Street in Old Town to Fort Belvoir and the F19 runs between the K Street business corridor in Washington D.C., through Old Town, down the parkway to Jeff Todd Way and Richmond Highway.

The F19 bus operates during the weekday rush hour between 6-8 a.m. and 4-6:30 p.m. The F1X runs every 20 to 30 minutes other times.

There were a number of bus stops eliminated but from the WMATA list, most of these Alexandria stops were closer to the city near Seminary Road and Beauregard Street.

Planning for the Better Bus Network began in 2022 and was approved by the Fairfax County Board of Supervisors in 2024. Al Himes, the director of bus service planning and scheduling, leads the way as project manager of the Better Bus Network.

## SENIOR LIVING

# Alzheimer's Awareness Month

## Update on the science and treatment of Alzheimer's disease.

### Q&A with Dr. Pauldurai

#### Q: Please introduce yourself.

**A:** My name is Dr. Jennifer Pauldurai and I am an Inovacognitive behavioral neurologist. I help people with changes in thinking and memory.

#### Q: What exactly is Alzheimer's disease, and how common is it?

**A:** Alzheimer's disease is a neurodegenerative disease that causes dementia. It is caused in part by the accumulation of abnormally folded protein plaques called amyloid plaques. These amyloid plaques, along with changes in blood flow, inflammation, and other variables accumulate to a state of dysfunction in the brain. This can cause symptoms of forgetfulness, mood change, appetite change, and



Dr. Jennifer Pauldurai

functional decline. As this disease progresses, people will need more assistance with daily activities.

When the brain is unable to work well independently to do basic human survival tasks like work, eat, manage

daily affairs, then we call this dementia. While Alzheimer's disease is the most common cause of dementia, you can actually get dementia from many other types of diseases (like stroke, repetitive head trauma, infections, hydrocephalus). Alzheimer's disease becomes more prevalent as we age, and because society is tending to live longer, we are seeing greater prevalence of this disease. There are currently 7 million people in the US with Alzheimer's disease, with projections

upward of 13 million afflicted by this disease by 2050. Another perspective is to say, about 1 in 9 people over the age of 65 have Alzheimer's Disease.

#### Q: What are the current best practices for screening and early detection of Alzheimer's?

**A:** Typically, everyone over the age of 65 gets memory screening through their primary care doctors during the annual wellness checks. These brief screenings do not always capture early signs of a neurodegenerative disease (we can compensate well in the early stages), so I always suggest that if there is a cognitive change that is becoming progressively more distressing to your daily life, it is better to get a neurologic evaluation. This may include brain imaging, neuropsychological testing, and other blood tests to better understand your risks for dementia.

Everyone is allowed to have a bad memory day — brains are complex, and it is okay to feel less sharp when we are tired or stressed. However, if this brain fog persists and interferes with your ability to function (pay your bills, take your medicines, maintain your job), it is worth looking into with more assessment. Talk to your primary care about the next steps in evaluation, and if a neurology evaluation is needed.

#### Q: Are there specific lifestyle changes or preventive measures you recommend to reduce the risk of developing Alzheimer's?

**A:** Brain diseases do not develop suddenly overnight; they are often the result of a lifetime of choices and co-existing conditions. While there is no 100% guaranteed way to prevent Alzheimer's disease, many of our lifestyle choices can help our

brain remain in the best health possible to delay and lessen the symptoms of a brain disease. I encourage everyone to keep their bodies medically healthy. This means following PCP recommendations to evaluate for diabetes, blood pressure, and cholesterol problems. Get good rest and evaluate for sleep apnea. Eat nutritious, well-balanced meals (my favorite for the brain is the MIND diet), and maintain daily physical activity, usually 30 minutes a day of moderate exercise; avoid a sedentary lifestyle. Additionally, keep your brain cognitively and socially engaged with hobbies, community engagement, and other ways to challenge and inspire your brain. Find that spark of excitement to keep your brain active, and this will help prevent the onset of degenerative disease like Alzheimer's disease.

SEE ALZHEIMER'S, PAGE 10





SCREENSHOT [HTTPS://JAMESWALKINSHAW.ORG/](https://jameswalkinshaw.org/)

James Walkinshaw won the Democratic nomination in the special election for Virginia's 11th Congressional District.



SCREENSHOT [X.COM/STEW](https://x.com/stewartwhitson)

Stewart Whitson is the Republican nominee for the special election for Virginia's 11th Congressional District.

# Walkinshaw Wins Democratic Nomination

**Dems final vote total was almost 40,000 — record turnout for a firehouse primary in Virginia; Stewart Whitson is GOP nominee in CD11.**

BY MERCIA HOBSON  
THE CONNECTION

Party winners emerged shortly after the June 28 11th Congressional District Republican Canvass by GOP 11 closed at 4 p.m. and the Democratic Special Election for the Eleventh Congressional District of Virginia by VADEMS closed at 7 p.m.

Stewart Whitson, of Great Falls, Va., a former FBI agent and U.S. Army combat veteran, is the Republican nominee. He received a total of 1,019 votes. Whitson was among the seven candidates who received a total of 2,601 votes, according to Rosie Oakley, chair of the 11th Congressional District Republican Committee.

James Walkinshaw, Braddock District representative on Fairfax County Board of Supervisors, is the Democratic nominee for the 11th Congressional District. He served as Chief of Staff to Congressman Gerry Connolly for more than 10 years, and Connolly endorsed Walkinshaw to succeed him. Walkinshaw is currently serving his second term representing the Braddock District on the Fairfax County Board of Supervisors. Walkinshaw, his wife Yvette, and their son Mateo live in the Truro neighborhood.

According to the VADEMS release, Walkinshaw received 23,537 votes out of more than 39,000 total votes cast in the Democratic primary, with a total of 10 candidates running. Walkinshaw won nearly 60 percent of the votes cast.

The difference between the number of Democrats who turned out and voted in the

## UNOFFICAL RESULTS

CD-11 DEMOCRATIC CAUCUS, SAT JUN 28, 2025

	TOTAL	%
James WALKINSHAW	23537	59.67%
Irene SHIN	5613	14.23%
Stella PEKARSKY	5271	13.36%
Amy ROMA	2807	7.12%
Dan LEE	734	1.86%
Leo MARTINEZ	533	1.35%
Amy PAPANU	415	1.05%
PUNNOOSE	241	0.61%
Candice BENNETT	199	0.50%
NO CANDIDATE	69	0.17%
BRANSTETER	25	0.06%
<b>TOTAL</b>	<b>39444</b>	<b>100.00%</b>

firehouse primary (39,444) and the number of Republicans who turned out to vote in their canvass (2,601) is 36,843 voters. Registered voters in VA's 11th district could cast ballots in only one party's primary, either the Democratic or Republican, but not both, in the heavily Democratic-leaning district, which encompasses most of Fairfax County and the entirety of the City of Fairfax.

"I'm honored and humbled to have earned the Democratic nomination for the district I've spent my career serving. This victory was powered by neighbors, volunteers, and supporters who believe in protecting our democracy, defending our freedoms, and delivering for working families," Walkinshaw

said at <https://jameswalkinshaw.org/>. "I also want to thank the nine amazing Democrats who stepped up to run. Putting yourself out there to run for office is not easy, and they each brought real strengths to the race."

"Big WIN tonight for Team Whitson," Whitson posted. "I'm ready to fight for the people in Virginia's 11th District, fight for our families, and fight to help @realDonaldTrump advance the America First agenda!" A reported 2,600 voters cast ballots in the Republican primary, with a total of seven candidates running.

Walkinshaw said in one of his campaign reels that he was "taking the fight to Trump. ... His people were threatening me with pris-

11th Congressional District Republican Canvass Results

Candidate	Early Voting	Primary Day	Total
Stewart Whitson	285	734	1,019
Karina Lipsman	155	465	620
Mike Van Meter	182	404	586
Lucas Rand	44	154	198
Sam Wong	26	73	99
Nathan Headrick	4	36	40
Arthur Purves	10	29	39

Rosie

Rosie Oakley  
11th District Chair  
**GOP 11**

IMAGE COURTESY OF ROSIE OAKLEY, 11TH DISTRICT CHAIR GOP11

**11 Congressional District Republican Canvass Results, June 28 primary; vote total 2,601.**

on for standing up against Trump." Walkinshaw fought beside Congressman Gerry Connolly "to save Obamacare and stand up for federal workers," he said.

Nominees Whitson (R) and Walkinshaw (D) will have a little over two months, 73 days, to campaign for the Sept. 9 special election to replace Connolly (D-VA), who died last May 21 of esophageal cancer. The winner in the Sept. 9 special election will fill the remainder of Connolly's term.

Katie Gorka, chair of the Fairfax GOP said on X shortly after the GOP polls closed, "So proud of all our VA 11th district congressional candidates, especially for the team spirit that prevailed! Now we will all get behind the winner of today's primary, Stewart Whitson, in order [to] help him take back the 11th District."

SEE 11TH CONGRESSIONAL DISTRICT, PAGE 10





BONNIE HOBBS/THE CONNECTION

The Armed Forces Color Guard marches down Main Street during a past parade.



BONNIE HOBBS/THE CONNECTION

A sunglasses-wearing sunshine balloon will return as one of this year's highlights.

# Fairfax City's the Place to Be for Fourth of July

Gigantic parade, fire-station fun, music and fireworks.

BY BONNIE HOBBS  
THE CONNECTION

Featuring the theme, "Freedom, Flip Flops and Fireworks," Fairfax City's always spectacular Fourth of July parade will hit the streets Friday, July 4, from 10 a.m.-noon, and will go on, rain or shine. The day's activities include family fun at the nearby fire station, plus an evening show with live entertainment and fireworks at Fairfax High.

The parade starts at 4100 Chain Bridge Road and loops around downtown Fairfax along Chain Bridge, Main Street and University Drive to the reviewing stand on Armstrong Street. The largest Independence Day parade in the commonwealth begins with a flyover by The Flying Circus's replica World War II-era planes.

The colorful extravaganza has something to delight all attendees. There are floats, gigantic balloons, several bands, superheroes, dancers, firefighters, police, princesses, color guards, antique vehicles, cultural performers, martial-arts groups, clowns, the Kena Shriners, and Boy, Girl and Cub Scouts.

Among the local highlights will be the Fairfax High and Woodson High marching bands, members of the City of Fairfax Theater Co., political dignitaries, Fairfax High



BONNIE HOBBS/THE CONNECTION

American Legion Post 177 of Fairfax in a previous parade.

Alumni Kazoo Band, the Fairfax Jubil-Aires, and the ever-popular City of Fairfax Regional Library Precision Book Cart Drill Team.

Yet, there's still more fun in store after the parade. Future Fire Fighters Day will be held at Fire Station 3 at 4081 University Drive, from noon-2 p.m. Families will enjoy children's activities, learn about fire safety and explore the station's fire engines. Children

can try manning a real fire hose.

The Ratcliffe-Allison-Pozer House at 10386 Main St. will be open that day for free tours from 11:30 a.m.-1 p.m. And from 11 a.m.-3 p.m., the public is invited to the front lawn of the Fairfax Museum and Visitor Center, 10209 Main St., to celebrate its 33rd birthday with cupcakes and lemonade. And inside the building, attendees can see the

traveling exhibit, "WWII: Voices of Service," with activities for children and information about Fairfax's WWII heroes.

Then in the evening, the Fourth of July entertainment moves to Fairfax High's football stadium, 3501 Lion Run, from 6:30-10 p.m., for the evening show and fireworks display. Barbecue, corn on the cob, pizza, lobster rolls, kebabs, empanadas, Asian food, funnel cakes, kettle corn, ice cream, Italian ice, cotton candy, cookies and other treats will be available for purchase.

All bags and coolers will be checked before attendees are permitted to enter the stadium for the evening show. Bag checks will begin at 5:30 p.m. and continue until the event ends. Pets (except for service animals), alcohol, fireworks, weapons and smoking are prohibited.

## Evening Show & Fireworks Schedule

- ❖ 6:30-8 p.m. – The U.S. Army band, Downrange, will perform a free concert.
- ❖ 8-8:30 p.m. – Welcoming remarks and parade-awards ceremony.
- ❖ The Vienna-Falls Chorus will sing the National Anthem.
- ❖ 8:30-9:30 p.m. – Downrange takes the stage again.
- ❖ 9:30-9:45 p.m. – The fireworks display.
- ❖ 9:45-10:30 p.m. – Downrange performs.

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The official 2025 parade logo.

# Fairfax City's the Place to Be for Fourth of July

FROM PAGE 4

For the most up-to-date information on how weather predictions may affect the show, visit the City of Fairfax Parks and Recreation Facebook page. In the event the fireworks display is postponed due to rain, it'll be rescheduled for July 5 at 9:30 p.m. However, in that case, there'll be no concert and no shuttle buses. The school's parking lot will be open for public use to watch the fireworks display.

## Parking and Shuttle Buses

❖ For the parade, attendees are encouraged to use the free shuttle service, since parking and access to downtown will be limited. Shuttle buses will run from 8:30 a.m.-1 p.m. from George Mason University's Rappahannock River Parking Deck, 4395 University Drive; Woodson High, 9525 Main St.; and Fairfax United Methodist Church,

10300 Stratford Ave. All Shuttle Buses are ADA-accessible.

❖ Free, secure bike and scooter parking will be available from 8:30 a.m.-12:30 p.m. at University Drive and Armstrong Street. Park bike, scooter, stroller or other such wheels in a temporary, parking corral provided by Bike Valet DMV.

❖ For evening show, fireworks, both regular and accessible parking at Fairfax High are limited, so shuttle-bus use is encouraged. Free, ADA-compliant shuttle service from Woodson High to Fairfax High will be available starting at 5:30 p.m. After the fireworks, buses will return spectators to Woodson until 11:30 p.m.

❖ Road Closures: Lion Run will be closed to traffic from 4-11 p.m., and no through traffic will be permitted on Blenheim Boulevard from about 9:15 p.m. to about 9:45 p.m.

For more information about Fairfax City's Fourth of July celebration, go to <https://www.fairfaxva.gov/government/parks-recreation/special-events/independence-day-celebration>.

## Alzheimer's

FROM PAGE 2

**Q: How important is early diagnosis in managing the progression of the disease?**

**A:** Early detection of a neurodegenerative disease is important in implementing targeted medical and lifestyle strategies to slow down the progression of decline. If there is a known trigger to brain cell death, say for example, untreated sleep apnea, then fixing this problem will have a huge impact on your overall health and longevity. Additionally, there are new-

er medical therapies to remove amyloid (the abnormal Alzheimer's plaque) from the brain. These infusion medications can be high risk, so they are most beneficial for people who are relatively minimally affected by Alzheimer's disease symptoms. So, early detection allows for early treatments. Early detection also allows the opportunity to plan your future on your terms — where you would like to live, what kind of assistance you prefer to have. Knowledge and self-advocacy are important in grappling with incurable illnesses like Alzheimer's disease.

SEE ALZHEIMER'S, PAGE 10

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# Solar on the Landfill

A Step toward Less-Polluting Energy.

BY GLENDA C. BOOTH  
CONNECTION NEWSPAPERS

With trash trucks rumbling in the background, Mount Vernon Supervisor Dan Storck called the Lorton/I-95 landfill “the backyard that I love,” when officials figuratively raised a glass to a new 12,000-panel solar project on a closed, 37-acre section of the landfill. The June 18 groundbreaking celebrated a five-megawatt solar array project that will generate enough electricity to power about 1,000 homes when completed in 2026.

“It’s a big, big, big day, “a major milestone,” Board of Supervisors Chairman Jeff McKay told the gathering. Fairfax County is the first locality in Virginia to begin construction of a solar array on the grounds of a landfill. Generating electricity from the sun is a “no brainer,” McKay enthused, “the right thing to do environmentally and economically.”

The panels will reduce planet-warming carbon dioxide emissions by 136,000 metric tons, officials contend, and save the county \$12 million over 30 years. It will help the county reach carbon neutrality in government operations by 2040.

Braddock Supervisor James Walkinshaw said, “We should treat this as the beginning to meet our carbon neutrality goals,” stressing that the county must “double down.” He lauded his former boss, the late Congressman Gerry Connolly who as a Board of Supervisors Chairman “put the county on a sustainable path” with his Cool Counties initiative. Connolly died on May 21, 2025. Walkinshaw last week won a 10-way primary to be the Democratic nominee to fill Connolly’s seat in Congress with nearly 60 percent of the total vote.

Storck recalled that Lorton “looked very different” 25 years ago and cited the Lorton Visioning 2040 effort that is planning the community’s future. He too reminded,



Jeff McKay, Chairman of the Fairfax County Board of Supervisors, touted cost savings and carbon reductions.



Braddock Supervisor James Walkinshaw urged that the county “double down” to reduce carbon emissions.



Chris Herrington and Wendy Henley, President, South County Federation.



Supervisor Dan Storck, Eric Forbes, former Delegate Mark Keam and Chris Herrington.

“We’ve got a lot of work to do to get to carbon neutral.”

County officials Chris Herrington and Eric Forbes see the solar panels as a step toward a sustainable community. Herrington heads the Department of Public Works and Environmental Services and Forbes is the Department’s Deputy Director overseeing solid

waste management. John Morrill, Director of the Office of Environmental and Energy Coordination, called the project one that can “displace carbon emissions and other pollutants.”

Wendy Henley, President of the South County Federation, attended and in an email commended the county. “By repurposing a

closed landfill into a renewable energy hub, the project illustrates the potential to convert environmental challenges into meaningful opportunities. This solar array project, which aligns with Fairfax County’s commitment to reducing its carbon footprint and fostering resilience for future generations, is

SEE A STEP TOWARD, PAGE 7



Michael Fahey represented Madison Energy Infrastructure, the county’s partner.

PHOTO BY GLENDA BOOTH

Attendees applauded the project. The Reworld waste-to-energy plant in the background processes 1.1 million tons of solid waste per year.



# Solar Energy in Virginia

## Fairfax County's use growing.

BY SUSAN LAUME  
THE CONNECTION

Fairfax County has moved closer to adding more new renewable solar energy to credit against energy use in selected county facilities; the power equivalent of about 1,000 homes usage. Breaking ground for its first solar array field project on June 18, at the I-95 landfill, this project will add a 5-megawatt solar field production installation when completed in Spring 2026. Its production will offset energy consumed in about 20 of the county's nearly 500 buildings through net metering virtual credits. Fairfax County is the first locality in Virginia to begin such a project on the grounds of a closed landfill. The project, the county's first solar array field, and its largest solar project, adds to rooftop installations at several government facilities, to reduce energy costs and move the county toward its 2050 zero carbon emission goal.

The project joins Virginia's growing number of solar array fields. As of June 2025, Virginia has over 130 utility-scale solar farms, totaling 4,861 mega-watts of operating capacity. In 2024, 26 solar farms were built in the Commonwealth. Several projects are under construction or proposed, showing continued movement toward expansion of solar energy in the state. According to the Virginia Department of Energy, the state has seen a significant increase in solar energy generation, now reaching 13 percent of its total power

generated from solar plants. This ranks Virginia ninth in the country for solar panel installation.

In comparison to other array efforts, the I-95, five megawatt field, covering 37 acres of closed landfill with 12,000 solar panels, is relatively small. The largest, in California, a 579 megawatt site, covers five square miles with 1.7 million panels. The largest in Virginia, a private enterprise in Spotsylvania, and the largest east of the Rockies, covers 6,350 acres to power about 111,000 homes with a 340,000 ton carbon offset.

So why not go larger in the I-95 landfill's open expanse? County director of the Office of Environment and Energy Coordination (OEEC), John Morrill, explains that the same legislation that allowed this kind of solar installation for localities, and provided for net metering, also limits that capacity. Virginia's Solar Freedom Act of 2020, HB 572, increased and enabled distributed solar energy through several changes to utility regulations. Sponsored by former Delegate Mark Keam, of Vienna, the bill allowed localities to install solar or wind facilities of up to five megawatts on government-owned property and use the electricity for government-owned buildings. The bill raised the cap on the total amount of renewable energy that can be net metered in a utility's service territory from one percent to six percent.

That provision of the Act also made net metering available to more residential customers, and increased residential customers' cap on generation capacity to 150 percent of expected annual consumption.

Even with the legislated capacity



Lorton's solar array field will consist of 12,000 panels covering 37 acres of closed landfill.

PHOTOS BY SUSAN LAUME  
THE CONNECTION

limits, Morrill says of the project, "This is big." It represents about five percent of the County's energy use, and is larger than a dozen other efforts scattered throughout the county. Morrill expects a disproportionately positive impact from the installation.

His office touts converting previously unusable closed landfill space into beneficial acreage as a win for county residents. Of note, the county has no upfront development costs nor any anticipated staff increases.

The project is constructed, funded and managed by Madison Energy Infrastructure, a company with the experience of constructing 400 such solar projects in 25 states. The project will include creating an interconnection with the Dominion Energy system. Madison will operate the installation over a 30-year partnership contract period, during which the county

will buy the energy produced for ten cents per kWh; a considerable savings over current commercial rates.

Says Morrill, "The project could save the county \$12 million dollars over the 30-year partnership and reduce carbon dioxide emissions by 136,000 metric tons over the same period."

The array on the landfill, a Department of Public Works and Environmental Services Solid Waste Management operation, will join two already completed DPWDES solar arrays. In 2024, DPWDES unveiled a rooftop solar system at the Newington Solid Waste Facility in Lorton. This year, a solar system was installed on the roof at DPWDES's I-66 Transfer Station. Another solar array is currently under construction on the nearby I-95 Landfill Complex administrative building. (See Connection, Lorton, June 5-18, pg 12)



Director John Morrill speaks about benefits of the I-95 solar array project.

Solar farms are being developed on both agricultural and previously forested land. Some areas in Virginia have seen increased restrictions on solar development, with several localities placing caps on the amount of land that can be devoted to solar farms. Dozens of closed landfills are finding new uses, having been successfully converted into parks, golf courses, and nature preserves. Mount Trashmore Park, in Virginia Beach, is a 165-acre park that was formerly a landfill. Fairfax County will open Overlook Ridge Park in 2026 on a section of landfill that closed in 2018.

Although use of solar power is rising, other power sources continue to lead Virginia's energy production, with about 55 percent from natural gas, 32 percent nuclear, 4 percent coal, and 5 percent wind, hydroelectric, biomass and geothermal.

## A Step Toward Less-Polluting Energy

FROM PAGE 6

a testament to the power of community collaboration. It would be great if our schools could leverage this capability."

### Solar Specifics

Fairfax County is partnering with Madison Energy Infrastructure (MEI) to build the complex and leasing landfill land to the company. MEI Vice President Michael Fahey told the group, "It will offer rate certainty, be clean and cost efficient."

In a follow-up email, Fahey explained that one solar panel is 44 by 89 inches, with a maximum electrical output of 545 watts. Each solar panel has four main components: the frame, solar cells, glass layers and encapsulant. The manufacturers are ZNShine Solar, Vsun Solar and Risen Energy.

The energy from the solar installation will

go to Dominion Energy which will meter the kilowatt hours at the point of connection and then credit the county for the energy produced. He termed it "virtual metering."

His company will plant a meadow using pollinator-friendly seed mix under the panels, seeds approved by county officials.

MEI owns and operates energy assets across the U.S. and collaborates with schools and communities "to lower their costs and enhance operational sustainability," Fahey reported.

### Legislature Gave Authority

Several speakers commended the Virginia General Assembly, especially former delegate Mark Keam who attended, and local advocates who persuaded the legislature to enable the project.

"The concept for the project initially began in 2020 with the enactment of the Solar Freedom Act, a law that focuses on renewable energy," said Ivy Main, Renewable Energy Co-Chair, Virginia Sierra Club. "It allows residents and businesses to purchase electricity through renewable sources, such as solar. It also allows for virtual net metering for this project, in which power generated at the site can be credited to other county facility energy accounts."

"Among Solar Freedom's provisions was municipal net metering, which would allow a locality to build a solar array on a closed landfill or vacant land and attribute the electricity to buildings not located at the site. Without this legislation, only buildings that could take electricity directly from a solar array would be legally entitled to use

it under Virginia's net metering statute, and the size of the projects would be much more limited," Main said.

Main added, "We hope to work with the county again to expand the ability of both Fairfax and other localities to put solar on their closed landfills and other lands that aren't suitable for other purposes."

"This solar array helps cement Fairfax County's leadership in renewable energy, a point of pride for those of us who call this county home."

How will the average person benefit from this project? Fahey answered, that in addition to county cost savings, "The installed capacity is capacity that the utility doesn't need to provide, which enables the utility to avoid adding costs to ratepayers to fund costs for such capacity."





A section of the attendees applauding one of the speakers.



DC Washington sings the National Anthem. Behind him are (from left) David Bulova, Stacey Hardy-Chandler, Stacy Hall, Melanie Bates and Anthony Amos.



Posing after the ceremony are (from left) Nelson Sneed, David Bulova, Billy Bates, Catherine Read, Stacy Hall, Stacey Hardy-Chandler, Amini Bonane, Melanie Bates, DC Washington, Anthony Amos, Krysta Jones and Philip Wilkerson.



Singing are (from left) Daniel Purvis, Xavier Cottom and Philip Belcher from Antioch Baptist Church.

# Fairfax City Holds Annual Juneteenth Celebration

**‘Inequality didn’t vanish when the chains were broken.’**

BY BONNIE HOBBS  
THE CONNECTION

Fairfax City’s Juneteenth celebration, held June 14 in Old Town Square, included food and crafts vendors, children’s activities and live entertainment. But first came a special ceremony about the importance of the day. “Welcome to the third annual Juneteenth celebration in Fairfax City,” said Mayor Catherine Read. “Juneteenth has been celebrated for many, many years, and it was more than time for our City to embrace an important part of this City’s history and community – to raise up the contributions of our ancestors past and our community members present. This is also about acknowledging the long, moral arc toward racial justice in this City and in this country.”

Then, after introducing the Councilmembers there – Anthony Amos, Billy Bates, Stacy Hall and Stacey Hardy-Chandler – Read mentioned someone not there, U.S. Rep. Gerry Connolly (D-11th), who died in May. “Gerry Connolly loved all of his people,” she said. “He showed up, celebrated and spoke to the things that matter to our community, commonwealth and country. And he will be missed.”

But that’s all the more reason, said Read, to “take every opportunity to talk about the importance and relevance of the history of the Black community to this community. Today, I hope we all enjoy the music, food, celebration and each other. It’s a jubilee – Juneteenth.”

Emcee Philip Wilkerson, a GMU staff member and Ph.D. student, then read remarks by Sen. Saddam Salim (D-37th), who was unable to attend. “As we gather together today to reflect on our continuing journey toward reconciliation for historical wrongs, we know we do so at a time of renewed social injustice,” wrote Salim. “Our freedom of speech, our right to due process, are under assault.

“The progress we’d made is overshadowed by new divisions. And the forces that divide us can seem insurmountable. Juneteenth teaches us that our nation’s greatest potential isn’t our history, but our future. Like the abolitionists who



David Bulova



Nelson Sneed



Philip Wilkerson



Krysta Jones

sought to end hundreds of years of slavery, and the civil rights leaders who fought for greater rights for Black Americans, we, too, have the power to shape our country.

“Today we renew our commitment to a more just and inclusive Virginia. We celebrate equality under the law, our freedom from oppression and our commitment to build a more just, democratic and peaceful society than that which we have inherited.

“And we honor the memory of those who fought for our freedom by continuing their struggle, in the spirit of resilience and hope. May we all work together to create a future where freedom, justice and equality are truly within reach for everyone who calls Virginia home.”

Agreeing, Del. David Bulova (D-11th) said, “Virginia’s history is one of extreme contradictions. Slavery took its first ugly foothold on the shores of Point Comfort, Va., in 1619. We institutionalized Jim Crow in our Virginia Constitution in 1902 and led the Massive Resistance movement – choosing to shut down schools rather than integrate.”

But, he added, “We’re also a place of great strides forward. A Black Virginian, Richmond lawyer Oliver Hill, played a quintessential role in the Brown v. the Board of Education decision to end school segregation. In 1989, Virginians elected Doug Wilder the first Black governor in the nation. And today, 32 of my colleagues in the General Assembly are members of the Legislative Black Caucus.”

Now, said Bulova, “We celebrate the momentous occasion in June 1865 that helped make those things possible. And we celebrate those

brave individuals who used that occasion – through their blood, sweat, brains and tears – as a launching point for making our world a better place.”

He encouraged attendees to visit the Freedom House Museum in Alexandria, where a child named Henry Bailey was sold into slavery, separated from his family and sent to Texas.

“At age 21, he was emancipated and walked more than 1,000 miles back to Alexandria to reunite with his mother,” said Bulova. “After serving as minister of Ebenezer Baptist Church, he founded two schools and what’s now Greater Little Zion Baptist Church, just south of Fairfax City on Zion Drive. Thousands of people drive by it every day, not knowing this amazing story of perseverance that went into its founding.

“His daughter, Annie Rose, continued his legacy. She helped organize the March on Washington and was instrumental in the founding of the Alexandria Society of Preservation of Black Heritage.” And in the 1980s, the office building where her father stood as a scared child was named Freedom House in honor of his emancipation.

Likewise, said Bulova, “We focus today on the joy of emancipation, freedom and family and celebrate the strength, resiliency, courage, grace and contributions of Black Americans who fought for their civil liberties. There have been setbacks, challenges and heartbreaks. But how joyful it is that we began that journey 160 years ago toward freedom and justice.”

The Rev. Nelson Sneed, of the NOVA Baptist Assn., gave the invocation. “Eternal God, we



Performers from Antioch Baptist Church entertain at Old Town Square.

thank You for the courageous, freedom-loving men and women who, with an unyielding resolve, insisted that we face the hard truths of racial reconciliation. May the beauty of diversity blossom with dignity and unrelenting respect for all.”

Next at the podium, Wilkerson said, “We don’t study history to avoid mistakes. We [do it] to understand others’ stories and [thereby] cultivate something far more powerful – empathy.” Explaining the roots of Juneteenth, he said, “On June 19, 1865 – 2-1/2 years after the Emancipation Proclamation – Union soldiers arrived in Galveston, Texas, and announced that all enslaved people were finally free. That moment, long overdue, marked the official end of slavery in the United States.

“Juneteenth is a symbol of delayed justice, resilience and the enduring spirit of people who refused to be forgotten or erased. It reminds us that freedom is a process that, in many ways, continues today. Systemic injustice, generational trauma, inequality – these didn’t vanish when the chains were broken. But neither did the strength, creativity and perseverance of the Black community.”

As a Black man, said Wilkerson, “I feel a deep sense of connection to my ancestors. I feel their strength in my bones. I carry their resilience into every space I enter. And I share these stories with my sons – not just so they know their history – but so they know their power. So let Juneteenth be a spark for conversation, a catalyst for con-

nection. By honoring the struggle of those who came before us, we can build a better future for us, our children and generations yet to come.”

Local resident Krysta Jones spoke about how America was built “on the backs” of Black workers. “After surviving slavery, sharecropping provided a way for them to work the land and earn a living,” she said. “This perpetuated a system of control, as they remained tied to the landowner due to their debt.” Eventually, they left the South for better opportunities. Yet, despite progress over the years, Black workers still face challenges.

“Juneteenth symbolizes the transition from forced to free labor,” said Jones. “And while the history of African Americans and labor might have started on the auction block, today Americans like me are thankful for their sacrifice and work. We’re also building community, advocating for important causes, mentoring, helping those in need and even writing children’s books, as I’ve done, to pass on a legacy of the power of work on our terms.

“We’re still – but now in our own way – building a stronger America. So let’s see Juneteenth not only as a historical event, but also a call to action for continued efforts to achieve economic justice and equality for all people – both when they have to work and when they want to.”

Giving the closing benediction, Sneed said, “As a diverse people and as a nation, we’re stronger, bolder and better together.” He then prayed, “Father, we’re mindful of the current, political



Dressed as Amanda Gorman, Chelsea Campbell of Antioch Baptist Church recites one of her powerful poems.



Madeline Miller, 7, holds the Kwanzaa tree that she decorated with hearts.

discord running rampant across the nation. Help us move beyond the deceit of hatred, the bigotry of white supremacy and the venomous vitriol of white nationalism that we might rise and seize the beautiful buoyancy of a diverse brotherhood and a marvelous power of being one, true family born out of many peoples.”



Vendor Maxine Cholmondeley of Max’s Mixtures, handmade candles and soap.





PHOTO BY SUSAN LAUME/THE CONNECTION

Cathy “Smitty” Connolly, wife of the late Congressman Gerry Connolly, with political activists Tilly Blanding and Kelly Price, encouraged Democratic special election primary voters at the West Springfield Government Center polling place.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Long lines at the polls for the 2025 Special Election CD-11 for Democrats were the norm, like this partial image of the line at the Herndon Fortnightly Library, June 28. Lines elsewhere, such as at the Fairfax County Government Center, reportedly were hour-and-a-half waits.

# 11th Congressional District Race

FROM PAGE 3

“We were fortunate to have 10 candidates to choose from in an intense and robust campaign,” 11th CDDC chair Manish Singh said after voting locations closed. “Democrats are fired up to elect someone who will fight back against Trump,” said Singh. “The high turnout for early voting shows the enthusiasm

and energy of the Democratic Party heading into the Sept. 9 special election.”

At the Democratic primary, long lines prevailed at many sites. Democratic voters turned out in record numbers.

In the Town of Herndon, one of 17 Democratic voting locations, the line wrapped around the Herndon Library and extended outside as voters waited to cast their ballots

in the 90-degree heat with high humidity. At the Fairfax County Government Center, one voter posted around noon, “Just got in line at Fairfax County Govt Center. This is a heck of a long line! Someone who walked out after voting said he waited an hour and has never seen a line to vote in a primary this long before. ... The man before me joked that he’s seen shorter lines at Disney World.”

The Sept. 9 special election matters. It’s the first time an open seat has been available in the district since the 2008 election, so Republicans see it as an opportunity. Yet, Connolly won the 11th district with 66.68 percent of the vote in 2024, and Kamala Harris won the state of Virginia with 51.83 percent of the vote, carrying the 11th Congressional District with 65.4 percent of the vote.

## Alzheimer’s

FROM PAGE 5

**Q: What are some of the most promising developments in Alzheimer’s research right now?**

**A:** There are two new FDA approved infusion medications on the market (lecanemab and donanemab), proven to slow down the progression of Alzheimer’s disease by tagging and removing amyloid and its precursors. Amyloid and tau research is the most promising domain in advancing Alzheimer’s disease treatments. Other research that is soon to be published is looking at how amyloid sticks to brain tissue, how glucose control can help reduce formation of amyloid plaque, how energy supplements and anti-inflammatory nutrients can reduce the build-up of plaque and brain damage. There is also a lot of research into looking at

brain health risk factors, like how best to treat traumatic brain injury, how best to control mood disorders later in life, and the impact that these interventions can have on incidence of dementia.

**Q: Can you tell us about any new or emerging treatments being explored at Inova?**

**A:** The new anti-amyloid monoclonal antibody infusions are the most exciting developments in Alzheimer’s disease treatment right now. Lecanemab was approved in 2023 and donanemab was approved in 2024. These medications are intended to slow down the declines in Alzheimer’s disease, best for people in the very early stages of the disease. Both of these medications have intensive treatment programs that involve infusions every 2 or 4 weeks, safety MRI monitoring, and frequent clinician visits over the course of at least a year, and sometimes

longer. Akin to chemotherapy, these monoclonal antibody medications have a high risk profile, but the benefits of slowing down Alzheimer’s disease may be worth pursuing this more aggressive and disease-modifying treatment.

**Q: Are there any unique support services or programs that Inova offers to patients and caregivers?**

**A:** Inova is lucky to be well connected with the local dementia support community. We are privileged to partner with care navigation services such as the Medicare GUIDE program to guide patients and families through every step of the dementia journey. We also value disease and care partner education, with active webinars, educational events and support groups that we run in collaboration with our local partners.

**Q: How does Inova support patients and their families**

**after an Alzheimer’s diagnosis, beyond clinical care?**

**A:** Throughout the course of dementia, you may need social services, home health services, support groups, or rehabilitation services. As a large, multidisciplinary network, Inova offers most of those services within our network and we can provide a seamless plan of care without the need to find individual agencies to call upon for help. We have an excellent patient care coordinator, whose sole role is to guide you through the next steps in disease management.

**Q: What should families do if they’re concerned about memory issues in a loved one, but the person is resistant to seeking help?**

**A:** Meet your loved one where they are. Getting an evaluation for dementia can be stressful, a threat to autonomy, and just plain embarrassing to admit to.

Instead of forcing your concerns or ideas onto someone else, learn more about their wishes. Try to find a common ground. Many people may not admit or recognize that they have forgetfulness but may truly value aging in place at home. In this scenario, try advocating for a brain health evaluation with words like: “Let’s make sure you are able to live safely at home for as long as possible.” This is a less threatening way to present the idea and express concern in their terms.

**Q: What kinds of resources or education does Inova offer to help families better understand and navigate the disease?**

**A:** We work very closely with local dementia education, dementia support groups, and national level dementia advocacy

SEE ALZHEIMER’S, PAGE 15



# HISTORY



Liam Sullivan (right) uncovered the marker, as Senator Surovell and Supervisor Storck looked on.

## From Mount Vernon to the U.S. Supreme Court

### Marker recognizes unconstitutional racial discrimination in Northern Virginia

BY GLENDA C. BOOTH  
CONNECTION NEWSPAPERS

**W**e must tell the whole story, including the disturbing chapters, several speakers urged at the June 29 dedication of a new Virginia marker in Little Hunting Park in Mount Vernon's Bucknell community.

The marker recognizes the dogged efforts of the late Paul Sullivan, a former community member who died in 1987 and who successfully pursued a landmark case all the way to the U.S. Supreme Court that led to the desegregation of recreational associations and facilities across the country.

In 1965, Sullivan rented a house in the Bucknell subdivision to Theodore R. Freeman Jr., and attempted to transfer his Little Hunting Park membership to the Freemans as part of the lease. The park's board denied the transfer in part because the Freeman family was African American. The board revoked Sullivan's membership.

In 1966, the Sullivan and Freeman families filed a lawsuit and lost several appeals. In December 1969, the U.S. Supreme Court ruled in *Sullivan v. Little Hunting Park* that excluding African Americans was a violation of the Civil Rights Act of 1866 and illegal housing discrimination.

#### HISTORY RIGHT HERE

Welcoming 70 attendees on a sauna-like Sunday morning, Jamie Atala, the park Board's president, said, "History is not just written in textbooks. It's living right here." Today's 10-acre park is 70 years old, has 545 members and is home to the Gators swim team, she noted.

Julie Langan credited Mount Vernon resident and Virginia Senator Scott Surovell

for suggesting the marker. "Otherwise, we would never have known about it," she said. Langan, who drove from Richmond, is the Director of the Virginia Department of Historic Resources.

When the state's marker program began in 1927, "At first, we failed to tell the full story," she said, reporting that before 1930, three out of 700 markers related to African-American history. Today, out of 2,600 markers, 480 or 18 percent do, "still a low number," she contended, adding, "This brings us closer to the marker system we're trying to achieve."

**"Every pool in America became desegregated because of what happened here."**

— Sen. Scott Surovell

Surovell related some of Northern Virginia's scarred history. He recalled that when his Surovell grandparents moved from New York City to Northern Virginia, "Fairfax was not very welcoming at times to Jewish people." His grandparents helped abolish the poll tax then required for voting. The Harper v. Virginia Board of Elections case decided by the U.S. Supreme Court in 1966 found that the poll tax violated the U.S. Constitution. "That case originated here," he said. Fairfax County Public Schools were not fully desegregated until 1966, but even with that progress, swimming pools still had discriminatory racial admissions policies.

Surovell learned about the Little Hunting



Local youngsters and community members gathered around the new marker.



The Little Hunting Park pool was popular on this hot, humid day.

Park case when he read Sullivan's obituary in 2011 and decided to learn more. Sullivan faced threats in the neighborhood, including having his mailbox blown up. Some park members feared that by admitting African Americans, membership would decline. The Fairfax Circuit Court and the Virginia Supreme Court both "threw out the case," Surovell said. Sullivan persisted.

In 1969, the U.S. Supreme Court ruled in a five to three vote in favor of the Sullivans and Freemans.

"Every pool in America became desegregated because of what happened here," Surovell said. "It's important to recognize what happened here and honor their struggles."

Mount Vernon Supervisor Dan Storck encouraged people to make a difference. "Things happen because someone took a stand," he said. "It takes steely determination for individuals to stand up. We all are responsible for making a difference and we cannot let past barriers get in the way," he said.

Liam Sullivan, Paul's grandson, came from Bristow, Virginia, and led the unveiling. His son, Luke, age 16, said, "It's awesome to see my great-grandfather recognized." Paul's daughter, Isabelle, who came from Richmond, remembers her father's efforts starting when she was ten. "This is wonderful," she said. "This would make my parents happy."

Jube Shiver, a local resident who grew up nearby, lauded the "symbolism and history" of the marker.

Mount Vernonite Jane Schaffner recalled reading about this case in her first year of law school at Georgetown University.

Despite the oppressively humid heat, spir-

#### The Marker's Full Text:

### Desegregation of Community Clubs

In 1965, Paul Sullivan rented a house to Theodore R. Freeman Jr. and transferred a Little Hunting Park (LHP) membership as part of the lease. The LHP board denied the transfer in part because the Freeman family was African American. After Sullivan mounted a vigorous campaign of protest, the board also revoked his membership. Both families filed a lawsuit in 1966 and lost several appeals. In December 1969, the U.S. Supreme Court ruled in *Sullivan v. LHP* that the exclusion of African Americans was a violation of the Civil Rights Act of 1866 and thus constituted illegal housing discrimination. This case, along with the Fair Housing Act of 1968, desegregated recreational associations across the U.S.

its were high and gratitude was all around. Virginia's historical highway marker program, the oldest in the United States, began in 1927 with installation of the first markers along U.S. Route 1.

The park and marker are at 7000 Canterbury Lane, near Quander and Beacon Hill Roads.

*Note: Writer Glenda Booth is the mother of Sen. Scott Surovell.*



# ENTERTAINMENT



The Town of Vienna celebrates Independence Day on Wednesday, July 2, 2025.



A Tribute to The Man in Black – Johnny Folsom 4: Johnny Cash Tribute will take place on Thursday, July 3, 2025 at McLean Central Park.

## PLANT A TREE

**The McLean Trees Foundation, Neighborhood Trees Program, wants to help you plant a native tree in your yard.** Don't know how to plant a tree but want to support the environmental health of your community? Want your family to have the experience of planting a tree? If you live in McLean, Virginia, the McLean Trees Foundation (MTF) (a local nonprofit) will help you select an appropriate native tree for your property, deliver the tree to your yard, help you plant it, provide information on maintenance, and even check back with you a few months after planting to see how your tree is doing. If you are interested in participating in this terrific program to boost our native tree canopy in McLean, please visit our website at <https://www.mcleantreesfoundation.org/neighborhood-tree-program> and submit your application! A modest fee of \$100 is assessed to cover the costs of the program (limit one 6-7 foot tree in 15 gallon container per household). We have a separate program for those who are interested in spearheading a community tree planting campaign in their neighborhood. MTF's Tree Champion program makes it easy to help your neighbors plant more trees! For more information, visit the website at <https://www.mcleantreesfoundation.org/tree-champions-program>.

## KIDS ON THE GREEN RETURNS

**This summer, families are invited to the Freeman Store and Museum patio in Vienna every Tuesday at 10 a.m. in July and August for the 8th annual "Kids on the Green" series.** This popular family event features free entertainment designed for children of all ages, such as performances by magicians, musicians and storytellers. Attendees are encouraged to bring a blanket or lawn chair to sit on and enjoy the show. Visit [www.viennava.gov/kidsonthegreen](http://www.viennava.gov/kidsonthegreen).

## NOW TO AUG. 3

**LEGO Summer of Play.** At LEGO Springfield Mall. This summer, families can get ready for a celebration of play like no other at LEGO Discovery Center with an all-new event. From now thru

August 3, the LEGO Summer of Play event will have new activities to help kids discover their unique Play Mode – whether they love to create, discover, build, dance or simply play their own way.

Event Activities:

- ❖ Imagine and design a more playful city in our Creative Workshop with a Master Model Builder
- ❖ Spot the summer surprises hidden in MINIWORLD
- ❖ Join a FESTIVAL dance party with an awesome LEGO character
- ❖ Build a LEGO bee and display it on our LEGO flower cart
- ❖ Capture your Play Mode pose in a photo with a LEGO character and share the moment

## NOW TO AUG. 15

**2025 Summer Art Camps.** At Workhouse Arts Center, 9518 Workhouse Way, Lorton. 2025 Summer Art Camps at Workhouse Arts Center for ages 6-16. Spots are filling fast—secure your child's summer adventure today! Get ready for 9 unforgettable weeks of creativity and fun! Workhouse Arts Center's 2025 Art Camp kicks off June 16, offering dynamic, hands-on experiences for young artists, performers, and musicians. Whether your child joins us for one week or all nine, they'll explore new passions and build lasting friendships.

Choose Your Track:

Visual Arts – From clay to canvas, campers dive into a world of color and creativity.  
Theater – Lights, camera, action! Budding performers learn acting, directing, and playwriting.  
Music & Dance – Let the rhythm move you with vocals, instruments, and high-energy dance.  
Visit the website: <https://www.workhousearts.org/camps>

## TYSONS CORNER CENTER SUMMER 2025 PROGRAMMING

**May– August on PenFed Plaza**  
Fridays: Live music offers two distinct experiences:  
7/4, 7/11, 7/25, 8/8, 8/29  
4-6 p.m.

Close out the work week with the laid-back vibes of live acoustic music—perfect for unwinding or singing along with friends. Grab dinner at a PenFed Plaza restaurant patio like Earl's, Shake Shack, or Barrel & Bushel and soak in the sounds of

summer.

July 18, Aug 22 (rain dates: July 24th, Aug 28th)  
5-8 p.m.

Check out PenFed Plaza for an exciting new concept music series featuring The Flying Ivories, Dueling Pianos, a live, fun, interactive duo performance. From Billy Joel to Aretha Franklin, from Sinatra to Metallica, from Johnny Cash to Taylor Swift, we've got it covered. You control the set list, so no two shows are ever the same.

## THURSDAYS: FAMILY GAME NIGHT

July 3, July 17, Aug 7, Aug 21  
4-7 p.m.

Tap into your competitive side with a friendly game of cornhole or ping pong, all set to an upbeat soundtrack curated by a live deejay. Between matches, savor happy hour specials from Barrel & Bushel's summer menu just steps away. Game equipment is available on a first-come, first-served basis.

## ARTS IN THE PARKS

**Gather the entire family and head out to the Fairfax County Park Authority's Summer Entertainment Series.** Make it a summer to remember with Arts in the Parks. The Arts in the Parks series features children's performances on Wednesday and Saturday mornings and Saturday evenings through August. Award-winning entertainers present interactive performances designed to both educate and entertain young minds. With science shows, puppet theater, storytelling, comedy, magic and music from across the world, there's something every child will love. Join in the family friendly fun:

Saturdays, 10-10:45 a.m. at:  
Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station;  
E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly;  
Mason District Park Amphitheater, 6621 Columbia Pike, Annandale;  
Wakefield Park in front of Audrey Moore Rec Center, 8100 Braddock Road, Annandale.

Saturdays, 6-6:45 p.m. at:  
Mosaic Live! At Mosaic District, Strawberry Lane, Fairfax.

Saturdays, 7-7:45 p.m. (followed by Starlight Cinema movie) at:

Sully Historic Site, 3650 Historic Sully Way, Chantilly.

Wednesdays, 10-10:45 a.m. at:  
Frying Pan Park Visitor Center Pavilion, 2739 West Ox Road, Herndon.

## WEDNESDAY/JULY 2

**Vienna Independence Day Celebration.** 6-10 p.m. At Yeonas Park, 1319 Ross Dr., SW, Vienna. Town of Vienna Independence Day Celebration featuring live music, food trucks and fireworks. Festivities include performances by Kofi Dennis featuring African rhythmic drumming, and So Fetch with crowd-favorite covers of musical hits from the 2000s. The main event – a spectacular fireworks display – begins at 9:30 p.m. Visit [www.viennava.gov/fireworks](http://www.viennava.gov/fireworks).

## THURSDAY/JULY 3

**A Tribute to The Man in Black – Johnny Folsom 4: Johnny Cash Tribute.** 7 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. Called "a peerless tribute band to the late, great Johnny Cash," the Johnny Folsom 4 approaches their tribute to Cash with reverence rather than imitation. We can't think of a better way to spend Independence Day eve than a picnic with friends and neighbors and hits by the Man in Black.

## SUMMER CONCERTS

**The Marine Corps Heritage Foundation's 2025 Summer Concert Series at the National Museum of the Marine Corps.** Thursday nights at 7 p.m. at the National Museum of the Marine Corps. Audiences will be able to enjoy free, family-friendly evenings featuring premier U.S. military ensembles representing the Marine Corps, Navy, and Air Force.

Schedule:

- ❖ Thursday, July 3 – United States Marine Corps Battle Color Detachment: The Marine Corps Battle Color Detachment unites "The Commandant's Own" Drum and Bugle Corps, the Silent Drill Platoon, and the Corps' Official Color Guard into a single display celebrating the historic pride of the Marine Corps through the finest in music and ceremonial drill.
- ❖ Thursday, July 24 - United States Navy Concert Band: The Navy's premier wind ensemble presents

a wide array of marches, patriotic selections, orchestral transcriptions and modern wind ensemble repertoire.

- ❖ Thursday, August 7: "The President's Own" United States Marine Big Band: The Marine Big Band will transport audiences back to yesteryear with swinging tunes and smooth tones of a bygone era, featuring the timeless sounds of big band jazz.
- ❖ Thursday, August 21 – U.S. Air Force Band Airmen of Note: This 18-member jazz ensemble, with a 75-year history, is one of six musical units that form the U.S. Air Force Band.
- ❖ Thursday, August 28: "The President's Own" United States Marine Band: "The President's Own" returns to close out the 2025 Summer Concert Series with a performance featuring concert band works, orchestral transcriptions, and traditional patriotic marches. Visit [marineheritage.org/eventcalendar-368789](http://marineheritage.org/eventcalendar-368789).

## FRIDAY/JULY 4

**Fourth of July 5K Fun Run.** 8 a.m. Sign up to register and join Great Falls TrailBlazers for this annual fun run. Meet at the Great Falls Library. This pet-friendly event is open to all ages. The trail makes a loop and goes through the woods so if you want to bring a stroller it is best if it has large wheels like a jogging stroller. Sign up at <https://runsignup.com/Race/VA/GreatFalls/July4th5KFunRun>. For questions, contact the race director at [GreatFallsTrailBlazers@gmail.com](mailto:GreatFallsTrailBlazers@gmail.com)

## JULY 10-12

**Mobile Museum Comes to Vienna.** 10 a.m. to 6 p.m. At 128 Center St., S, Vienna. The VA250 Mobile Museum will visit Vienna Elementary School, bringing an interactive and high-tech exhibit that explores Virginia's founding role in American history. The mobile museum engages visitors of all ages through immersive displays, interactive exhibits, and powerful artifacts that highlight pivotal events, groundbreaking ideas, and the diverse individuals who shaped the early United States. Visit [www.va250.org/mobile-museum](http://www.va250.org/mobile-museum).



# ENTERTAINMENT

## THURSDAY/JULY 10

**Everything Old is New – Good Co.** 7 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. Bringing the roaring '20s into the modern era! Good Co.'s "new-old" sound of electro swing combines the era of jitterbugging flappers and underground speakeasies with the funky beats and the electric sounds of today's dance music.

## DIVE-IN MOVIES

**When was the last time you experienced the pool at night?** Join Reston Association for an evening poolside movie under the stars. Doors open at 8:00 pm. / Movie starts at 8:45 p.m.

July 10, featuring, *The Wild Robot*  
Aug. 6 featuring, *Moana 2*  
Saturday, July 19, 4 – 7pm – Aquapoolooza – Summer pool party

## THURSDAY/JULY 10

**The Hot Lanes Perform.** 7-8:15 p.m. At Nottoway Park, Vienna. Free. Outdoors. Part of the Fairfax County Park Authority Concert Series. After a seven-year hiatus, they are back with the FCPA Concert Series and will perform one long set of originals and standards. Bring a chair and some hors d'oeuvres while you enjoy some solid music.

## WEDNESDAY/JULY 16

**Pathway's Artists Reception.** 5:30-7:30 p.m. At Fairfax County Government Center, South Atrium, 12000 Government Center Parkway, Fairfax. Pathway Homes is hosting an Artist Reception as part of its 12th Annual Summer of



**The Pathway's Artists Reception takes place on Wednesday, July 16, 2025 at the Fairfax County Government Center in Fairfax.**

the Arts Exhibit, where Pathway Homes' residents who have mental health challenges showcase and sell their own art, poetry, and crafts. Original art and artists will be on hand at this free reception that gives an opportunity to meet these talented people and celebrate their artistry. Pathway Homes is a nonprofit providing mental health services—starting with safe, stable housing—to individuals marginalized by poverty and inequity.

## THURSDAY/JULY 17

**LOVER: An Era's Tour Experience Concert.** 7 p.m. At McLean Central



**LOVER: An Era's Tour Experience Concert takes place on Thursday, July 17, 2025 at McLean Central Park.**

Park, 1468 Dolley Madison Blvd., McLean. This one is for all the Swifties who couldn't get Eras Tour tickets, those lucky ones who did and are craving more and everyone else who just loves to "Shake It Off." *LOVER* has paid incredible attention to the details and woven every moment into this celebration of the highest-grossing tour of all time—get your Eras outfits ready and let's make the whole place shimmer!

## SATURDAY/JULY 19

**Aquapoolooza.** 4-7 p.m. At Lake Newport Pool, Reston. Reston Association's Aquapoolooza is making waves this summer with a retro splashdown summer pool party of fun, music and poolside memories. The 70s-style summer celebration will be packed with tie-dye stations, pool games, an 18-foot water slide and plenty of funky prizes. The event is free for Reston Association members and Recreation Pass holders. Non-member tickets are \$30 for adults (ages 12+) and \$20 for kids under 12. Children under 3 attend for free. Advance registration is required for all attendees.

## "ANASTASIA – THE MUSICAL."

**Presented by Vienna Youth Players.** At Vienna Community Center, 120 Cherry St., SE, Vienna. Adapted from the popular animated film and Broadway hit, *Anastasia* invites audiences on a journey from the fall of the Russian Empire to

SEE ENTERTAINMENT, PAGE 15

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### Legals

### Legals

#### NOTICE OF AVAILABILITY FOR THE ENVIRONMENTAL ASSESSMENT AND DRAFT FINDING OF NO SIGNIFICANT IMPACT FOR THE PROPOSE DOGUE CREEK MARINA TRAVEL CAMP FORT BELVOIR, VIRGINIA

The U.S. Army Garrison Fort Belvoir hereby gives Notice of the Availability (NOA) for the draft Environmental Assessment (EA) and draft Finding of No Significant Impact (FONSI) for the proposed construction of a travel camp at the current Dogue Creek Marina that would result in approximately 6.5-acres of recreational space for campers and RV owners. The travel camp would include a support facility with an office, laundry section, camper's lounge space, restrooms and showers, vending machine space, and parking, and approximately 50 pull-through RV camp sites with picnic pads, and water, sewer, and electric hook-ups. The purpose of this project is to upgrade, construct and operate a travel camp at Fort Belvoir to be managed by the Installation Management Command's Morale Welfare and Recreation Directorate. The Proposed Action would provide needed space for customers at Fort Belvoir in a highly desirable waterfront area with access to the Potomac River.

The Draft EA has been prepared in accordance with the regulations for implementing the procedural provisions of the National Environmental Policy Act (NEPA), (Public Law 91-190, 42 USC 43214347 January 1, 1970), amendments, and the Army's Implementing Regulations (32 CFR Part 651, Environmental Analysis of Army Actions). The EA is available to view in printed form at the Fort Belvoir Library and the Kingstowne Branch and Sherwood Regional Branch of the Fairfax County Public Library system, or to view/download electronically at <https://home.army.mil/belvoir/index.php/about/Garrison/directorate-public-works/environmental-division>. Click the "Programs and Documents" tab, then "National Environmental Policy Act (NEPA) Program." Information about the EA and links to download the various documents are provided under the "Open for Public/Agency Review & Comment" heading.

Comments or questions on the draft EA and draft FONSI may be directed in writing to: Environmental Division, Directorate of Public Works, Building 1442, 9430 Jackson Loop, Fort Belvoir, VA 22060, or by email to: [belvoir.travel.camp.nepa@usace.army.mil](mailto:belvoir.travel.camp.nepa@usace.army.mil). Comments must be received no later than 30 days after publication of this NOA.

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# ENTERTAINMENT



**A Fairy Festival takes place Saturday, July 19, 2025 at Walker Nature Center in Reston.**

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the excitement of Paris in the 1920s. Performances will take place at the Vienna Community Center auditorium at 7 p.m. on Saturday, July 19, and Friday and Saturday, July 25 and 26. A matinee performance is scheduled for 1:30 p.m. on Sundays, July 20 and 27. Visit [www.viennava.gov/theatre](http://www.viennava.gov/theatre).

## SATURDAY/JULY 19

**Fairy Festival.** 10 a.m. to 12:30 p.m. At Walker Nature Center, Reston. This magical midsummer celebration invites families to don their wings and immerse themselves in a woodland world of wonder. Visitors of all ages will delight in a charming stroll through the trails of the Walker Nature Center, which will be lined with fairy houses, sparkling mushrooms, and hidden woodland sprites. Along the way, guests can cast their vote in the Fairy House Contest, sip tea with fellow forest dwellers, and gather for an enchanting tale told by none other than the Fairy Queen herself. Attendees are encouraged to come dressed

in their most fanciful fairy finery—gossamer wings, glittering crowns, and all. Space is limited, so be sure to register no later than Wednesday, July 16. Call 703-476-9689 ext. 3.

## SUNDAY/JULY 20

**The Hot Lanes Perform.** 7-8:15 p.m. At Fort Hunt Park, Pavilion A, Alexandria. Free concert. Bring a chair or grab a picnic table early - a cool drink helps as well!

## THURSDAY/JULY 24

**Marshall Charloff & Purple Xperience Concert.** 7 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. Purple Xperience was co-founded in Minneapolis by Marshall and Matt “Doctor” Fink (keyboardist for Prince & The Revolution) in 2011, an era where Prince closely monitored the use of his art. XPeRIeNCE Prince’s music, performed 100% live with heart, authenticity and reverence.

## SATURDAY/JULY 26

**Live Summer Concert.** 7-9 p.m. At Tysons Corner Mall, McLean.



**The Marshall Charloff & Purple Xperience Concert takes place on Thursday, July 24, 2025 at McLean Central Park.**

Live on PenFed Plaza is DC’s White Ford Bronco, a 90s cover band. This free outdoor concert, sponsored by Lava Technology Services is for all music lovers filled with throwback hits from the ‘90s. Attendees can expect high-energy, interactive fun at the LAVA section and have the opportunity to snap photos with LAVA’s mascot, grab cool swag, and connect with their team.

## THURSDAY/JULY 31

**Virginia Chamber Orchestra Brass Quintet.** 7 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. Broadway medleys, marches and pop tunes from Northern Virginia’s premiere brass ensemble.

## BACK TO SCHOOL BOOK SALE

**At Centreville Regional Library, 14200 St. Germain Dr., Centreville.** Fiction and Nonfiction for all ages; DVDs, audiobooks, and more! Friday, Aug. 8, 1-5 p.m. Saturday, Aug. 9, 10 a.m.-5 p.m. Sunday, Aug. 10, 1-4 p.m. Bag Sale on Sunday! Fill a grocery

bag with books and DVDs for just \$10!

## SATURDAY/AUG. 16

**Play Palooza – The Ultimate Pop-up Kids Festival.** Noon to 4 p.m. At Springfield Plaza, 7206 Old Keene Mill Road, Springfield. Includes rock wall climbing, a giant bounce house, inflatable obstacle course, truck touch zone, foam and confetti parties, face painting, toddler play zone, virtual gaming experiences and kid vs. parent challenges. In addition, there will be cotton candy and popcorn.

## AUG. 23-24

**Experience Your Korea.** At Tysons Corner Mall, McLean. Experience Your Korea is a vibrant cultural roadshow coming to PenFed Plaza at Tysons Corner Center with the best trend driven Korean content from food and fashion to beauty and live cultural experiences. Attendees can immerse themselves in curated K-culture zones, discover Korea’s hidden travel gems and iconic festivals, and enjoy a range of interactive programs.

## Planning Underway for 2025 Northern Virginia Senior Olympics

Planning for Northern Virginia Senior Olympics 2025 has begun with some new events added. NVSO will be held Sept. 13 - 30.

“Last year the Northern Virginia Senior Olympics (NVSO) had a record participation and we are looking for another record this year,” said Rod Hupp, (Falls Church) NVSO Chair. “In addition to the more than 70+ events offered last year, we are adding duplicate bridge, poker (Texas Hold’em) and the 50 yard butterfly to the swimming events.” said Hupp.

Online registration at [www.nvso.us](http://www.nvso.us) opens July 7 and closes Aug. 29. Participants must be 50 years of age and over and live in one of the sponsoring jurisdictions. Registration chairman Herb Levitan (Arlington) said, “The registration fee remains the same at \$20 which covers an unlimited number of events.”

There are both outdoor and indoor events from track and field, to scrabble

and sudoku to swimming and pickleball, to croquet and jigsaw puzzles. Most events are offered in five and 10 year age groups and by gender. Gold, silver and bronze medals are awarded after each event, and events will take place at 29 different venues throughout Northern Virginia. The NVSO website, [www.nvso.us](http://www.nvso.us), has a full list of events and other pertinent information plus results and photos from 2024.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William plus the cities of Alexandria, Fairfax and Falls Church.

Additional support comes from gold, silver and bronze patrons. To date Gold Patrons are AARP Virginia, Adobe, Car-eFirst Blue Cross Blue Shield, Goodwin Living, Johns Hopkins Health Plan, Retirement Unlimited, Inc., The Beacon Newspapers, The Woodlands Retirement Community, United Health Care and Vin-son Hall Retirement Community.

## Alzheimer’s

FROM PAGE 10

groups. The best local resource is the Alzheimer’s Association — they offer webinars, training and supports groups. After you meet with your Inova physician, they will be able to give you more targeted, and disease-specific resources.

## Q: Is there anything else you’d like to add, especially in recognition of June as Alzheimer’s Awareness Month?

**A:** Talking about brain health and how to prevent dementia and Alzheimer’s disease is a very special topic. Too often, I meet people in “chaos mode” as they have not planned for their future needs. I would much rather be able to offer you resources and education before you need it, so thank you for advocating and learning more about how to keep your brain healthy.

## Bane of my Existence



By KENNETH B. LOURIE

Now that I’ve reached an age, I never thought I’d reach, I have a lingering (now that I’m still here) perspective on life in the cancer lane. It has to do with a subject, make that a decision that anyone diagnosed with a serious, life altering/potentially life-ending disease presumably (I can only speak for myself) has to address/make: how do you plan/allocate resources for the future when you barely have a present? Moreover, what happens if you end up having a future you never really anticipated/expected nor one your doctors gave you much hope of ever having? (Oncologists are like the late Howard Cosell: “They tell it like is.”)

Tim McGraw, the country music super star - and sometimes actor, sang a song about this very dilemma in his “number one country song of the year of 2004,” as voted on by Billboard: “Live Like You Were Dying.” Even though I wasn’t diagnosed yet, I remember it well as its number one status cemented its replayability. And after my diagnosis in 2009, I sure enough heard (occasionally I’d listen to country-music stations) it again. It resonated to say the least. To say the most: it was part discouraging and part reality. Diagnosed with stage IV, non-small cell lung cancer in late Feb. 2009 with a, according to my oncologist, “two-percent survival rate” beyond year five, I was sort of a dead man walking. How I ever managed to drive home the 35 minutes from the medical center after my oncologist lowered this boom on myself/Team Lourie at that initial Team Loure meeting, is beyond me. The word I used then to describe my feelings is a word I’ve often heard from others experiencing similarly traumatic/devastating news/circumstances: “surreal.”

Nevertheless, here I sit, pen in hand, 16+ years later having lived beyond all expectations associated with a “13 month to two years” prognosis. A terminal diagnosis if there ever was one, and there’s been plenty, especially if you’re diagnosed with lung cancer, the leading cause of cancer deaths in the country, more than the next four categories combined. Still, “Live Like You’re Dying” never set well with me. In fact, my philosophy/m.o. was to live like I was living. However, as put forth in my opening paragraph, as a practical matter, as motivation for a thousand decisions that one makes, how does one actually do it?

I mean we don’t have an automatic pilot (though some of you might have an automated attendant or a driverless car; there’s no real similar option in life). You have to play the hand you dealt (hopefully that hand is not aces and eights). In fact, how does one ignore the medical realities and not die when the best statistics from The American Cancer Society, or U.S. Cancer Statistics report otherwise. They’re kind of the big dogs in the cancer world; how do I ignore their reports and stay on the porch? I don’t know anything other than as of noon or so on that fateful day in February 2009, I’m no longer buying green bananas.

But I’m alive still. Due to an amazing amount of God-provided good luck no doubt. Moreover, I’ve made some changes in my life; stopped eating and drinking certain things and incorporated some non-Western ideas into the mix and maintained an attitude that even though I had “terminal” cancer, I was going to live today as any normal, pre-cancer day. Live every day like I was dying? Not me. Then as now, I take the good with the bad, the high with the low and look forward, never backward. In addition, I’ll plan for the future, and not at the expense of the present. And the present won’t dominate my life. My health status will be considered as part of a bigger picture. As a cancer patient, there’s only so much you can control, but I can control my attitude. I’m positive about that.

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



# JUNETEENTH



Amini Bonane presents the Legacy of Freedom medal to Stacey Hardy-Chandler as (from left) Billy Bates, Catherine Read and DC Washington applaud.



Stacey Hardy-Chandler speaks while (from left) Billy Bates, Catherine Read and Stacy Hall listen.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Fairfax City Councilmember Hardy-Chandler Honored

### She receives the Juneteenth Legacy of Freedom award.

BY BONNIE HOBBS  
THE CONNECTION

During Fairfax City's Juneteenth ceremony on June 14, City Councilmember Stacey Hardy-Chandler received a special honor. Juneteenth Celebration Committee member Amini Bonane presented her with the Legacy of Freedom award.

"Juneteenth calls to us to honor the past, reflect on how far we've come and recommit ourselves to the work still ahead," said Bonane. "This award recognizes someone who embodies the true spirit of Juneteenth – someone who breaks barriers, uplifts others and moves our community closer to justice, inclusion and true freedom for all.

"Driven by a love for Fairfax and a passion to serve, this individual not only answered the call, but made history – becoming the first Black woman ever elected to Fairfax City Council in its 50-plus-year history. She shattered a glass ceiling that had stood for far too long, and she serves with grace, courage and a deep commitment to equity, and with a heart that continues to make room for everyone in our City.

"She also knows how to enjoy life. She's a talented bassist, a proud Steelers fan and a devoted dog mom to her two pups. She brings the same passion, care and energy into everything she does. She reminds us that leadership isn't just about titles – it's about lifting others as you climb, holding the door open for those who come next and building a community where everyone can belong.

"So today, on this Juneteenth morning, it's my absolute honor and joy to present the 2025 City of Fairfax Juneteenth Legacy of Freedom award to my hero, inspiration and friend, Dr. Stacey Hardy-Chandler."

At the podium, Hardy-Chandler said Juneteenth isn't only a celebration, but "an opportunity to challenge ourselves to continue to do the right thing.

Being a social worker and serving on City Council, what's right can be very complex and dynamic. But two things make doing something right easier – letting go of perfection and holding onto your values.

"No one should be left behind as you climb. My mother taught me that you're never a success unless you bring other people with you. The word 'ubuntu' is the concept that we're interdependent, interconnected. It literally means 'I am because you are.' So think of someone who inspires you and brings positivity to your life. In my case, it's my husband."

Furthermore, said Hardy-Chandler, even when someone "gets on your nerves, tell them in your heart, 'I am because you are.'" She also said she's thankful that many people who preceded her did things that weren't convenient or comfortable. "They went out of their comfort zone to make sure I wasn't left behind," said Hardy-Chandler.

"We're having this celebration because we've looked back at our history and it's part of our journey making it here," she said. "And literally, when you look back from this spot, 1-1/2 miles away is the Jermantown Cemetery where – at a time in our history – we couldn't even be together in death. It's a Black cemetery."

Hardy-Chandler also revealed that "We've just learned that cemetery is eligible to be on the National Register of Historic Places. We knew there were about 51 people there, but they did ground-penetrating radar and found another 499 unnamed and unacknowledged Black people in that cemetery.

"That's a powerful fact, in and of itself. But we, the living, sometimes don't look deep enough at some people around us, and our neighbors, our co-workers, also go unnamed and unacknowledged. So I'm thankful to the Jermantown Cemetery Preservation Society for taking care of one of our City's sacred spaces."

"After we've looked right to do the right thing, looked left so no one's left behind and looked back to acknowledge our history, the only thing left now is to look forward together," said Hardy-Chandler. "I thank the Juneteenth Committee for their work in putting this event together. I'm certainly thankful for the acknowledgement of this award, but I'm thankful more so to live in a City that has a Juneteenth celebration."

## BULLETIN BOARD

Submit civic/community announcements at [Connection-Newspapers.com/Calendar](http://Connection-Newspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event. Or via email [calendar@connectionnews-papers.com](mailto:calendar@connectionnews-papers.com)

### FREE INDEPENDENCE DAY LYFT RIDES

The 2025 Independence Day SoberRide program will be in operation beginning at 4:00 p.m. Friday, July 4th (Independence Day) and operates until 4:00 a.m. on Saturday, July 5th as a way to keep local roads safe from impaired drivers during this high-risk holiday. During this 12-hour period, area residents ages 21 and older celebrating with alcohol may download the Lyft app to their phones then enter the SoberRide code in the app's 'Payment' tab (under the 'Add Lyft Pass' option) to receive their no-cost (up to \$15) safe transportation home. WRAP's 2025 Independence Day SoberRide promo code will be posted at 3:00 p.m. on Friday, July 4th on [www.SoberRide.com](http://www.SoberRide.com).

### VOLUNTEER DRIVERS NEEDED

Have some extra time to drive a neighbor to a doctor's appointment? You pick the days, times, and places that are convenient for you. There is no minimum driving requirement. Not only do you help older adults in need, you also get to meet wonderful folks, often with very interesting backgrounds and stories to tell. The Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), is an all-volunteer, non-sectarian, non-profit organization. Its mission is providing free transportation to seniors for medical and dental appointments or run errands to grocery stores and pharmacies. Visit the website at <https://scmafc.org/volunteer>, or email [contact@scmafc.org](mailto:contact@scmafc.org).

### VOLUNTEER YOUR TIME

Would you like to help a neighbor feel less lonely? Will you help someone get much-needed groceries? Form new connections and make a meaningful difference. Older adults in the Annandale, Falls Church, and Alexandria regions are waiting for volunteer social visitors and grocery shoppers. If you can give the gift of your time, consider providing invaluable support to someone in your community. Learn more about Volunteer Solutions at [bit.ly/FXVSVOL](http://bit.ly/FXVSVOL) or email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or call 703-324-5406.

### 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.fairfax-county.gov/healthymindsfairfax](http://www.fairfax-county.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

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](mailto:jtarr5@verizon.net) or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, [www.havenofnova.org](http://www.havenofnova.org) or [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

### VOLUNTEERS NEEDED

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](mailto:info@alnv.org), or visit [www.alnv.org](http://www.alnv.org).

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-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](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See [www.ophrescue.org](http://www.ophrescue.org) for information and all volunteer opportunities.

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](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at [info@scmafc.org](mailto:info@scmafc.org). The Center's website is [www.scmafc.org](http://www.scmafc.org).