

THE CONNECTION

CENTRE VIEW ♦ Chantilly ♦ Great Falls ♦ Herndon ♦ McLean ♦ Oak Hill ♦ Oakton ♦ Reston ♦ Vienna

It's Walkinshaw!

PAGE 3

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.

RTC North Surprises Some

PAGE 2

Corporate Greed, Corruption, Comedy

PAGE 7

ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY GLENDA BOOTH/THE CONNECTION

JULY 2-15, 2025

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Partial view of approximately one-third of the audience.



Supervisor Walter Alcorn (D-Hunter Mill).



Tim Sampson, land-use attorney representing Inova.

Reston Town Center North Public Meeting

Presentation caught some attendees and speakers off guard.

BY MERCIA HOBSON
THE CONNECTION






The Reston Town Center North (RTC North) Community Update Presentation, held on June 23, 6:30 to 8 p.m. by Fairfax County, INOVA, and LandDesign, along with Urban, Ltd., and Galloway Architecture, Engineering & Survey, aimed to engage residents in the project's ongoing planning process.

The meeting presented the latest plans for the Reston Town Center North redevelopment, emphasizing the design of the central green, road layout, and integration of community feedback. Team members discussed project phasing, infrastructure, and unresolved issues around green space governance, maintenance costs, and funding for public facilities. The project team for the presentation consisted of a total of 12 members. Throughout the meeting, team members collaborated as needed to expand one another's presentations, verify facts, and offer clarifications.

Fairfax County and Inova Health System are partnering to redevelop a roughly 47-acre site comprising eight irregularly shaped parcels owned by the Fairfax County Board of Supervisors (the county), the Fairfax County Redevelopment and Housing Authority (FCRHA), and Inova Health Care Services (Inova), into the long-awaited RTC North project. A vibrant, urban mixed-use redevelopment would encompass the site, featuring a central green space and include public facilities.

Fairfax County Supervisor Walter Alcorn (D), representing the Hunter Mill District, opened the presentation, saying, "If you're 2 ♦ THE CONNECTION ♦ JULY 2-15, 2025

PROJECT TEAM MEMBERS

				
Joan Beacham	Dave Sittler	Susan England	Peter Crawford	Will Johnson
Eric Inman	Tim Sampson	Stephanie Pankiewicz	Margaret Freeman	
Ryan Wolf	Dominic Bonaiuto	Stephanie Roa		

RTC NORTH COMMUNITY UPDATE PRESENTATION JUNE 23, 2025

The 12 Project Team Members.

looking for building designs, that kind of thing, that's not going to be available here tonight, really. Tonight is focusing on where the roads are going to go, and looking for feedback on that. And then the big thing, and this is a very positive thing, is what the central green could look like."

Project team member Tim Sampson, a land-use attorney representing Inova, began the presentation with a slideshow. His remarks focused on the project's background, the collaborative planning process, and the steps required to transition from planning to construction.

Partway through Sampson's presentation, a commenter raised his hand and challenged the notion that design work cannot proceed without first obtaining zoning approval. He argued that the funds are now available, and the process of obtaining zoning and land transfer approvals can commence. The commenter urged the start of design work, saying, "We do design work for projects that have the zoning ... approved all the time. ... Tell us you don't want to do it if there are real obstacles."

A land swap is a critical part of the RTC North redevelopment process, according to Sampson's comments. "It will set up the opportunity, as I said a minute ago, for Inova and the county to consolidate and resubdivide the property; exchange land. ... own-

ership of the blocks that result, and then proceed to develop the blocks from there. It will require coming back for more applications on a block-to-block basis, or more than one at a time."

The exchange or swap of land is necessary to consolidate ownership of specific blocks, allowing each party — the county and Inova — to proceed with their respective developments, such as the new library, the new Embry Rucker Shelter, and other public facilities.

As the slideshow presentation continued, Sampson reviewed the project's history, the county's first land acquisitions in the 1970s, and subsequent developments. According to Sampson, the current challenge is reconfiguring the site to move the library and other facilities. The land plan has been conceptually approved by the Reston Association and the Design Review Board, featuring a central green, 1,000 dwelling units, and up to 150,000 square feet of non-residential space.

The central green will include a large lawn, plaza, playground, and stormwater area. The project will also feature dedicated bike lanes and parking, with a focus on community input and governance for the central green's maintenance. The new Reston Regional Library is planned as a key component of the development, along with an



Susan England, LandDesign.

expanded Embry Rucker Shelter, a new human services building, and other community amenities, as well as 1,000 housing units and a recreation center. The library and shelter are expected to be the first developments, with a timeline extending into 2030.

According to the county's website, the new Reston Library, at \$58 million, is primarily funded through Fairfax County bond issues and Economic Development Authority (EDA) bond sales. Financing for the expanded Embry Rucker Community Shelter, which features supportive housing, involves a combination of bonding and other funding sources. Block 5 of the Reston Town Center North, currently owned by Inova, is planned to house both the Embry Rucker Shelter and a new home for the Health and Human Services (HHS) Building, which will be relocated from Block 1. Additionally, plans are in place to integrate an oversized, structured parking facility in Block 5 to support future development and event parking needs.



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%
TOTAL	39444	100.00%

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

COMMUNITY NEWS AT A GLANCE

BY MERCIA HOBSON



PHOTO BY MERCIA HOBSON/THE CONNECTION

Fairfax County Park Authority celebrated Juneteenth at the Frying Pan Spring Meeting House on Saturday, June 21.

Juneteenth 2025

Across Fairfax County, organizations and jurisdictions held events to celebrate Juneteenth, commemorating the end of slavery in the United States and marking a legacy of freedom. Two-and-a-half years after President Lincoln issued the Emancipation

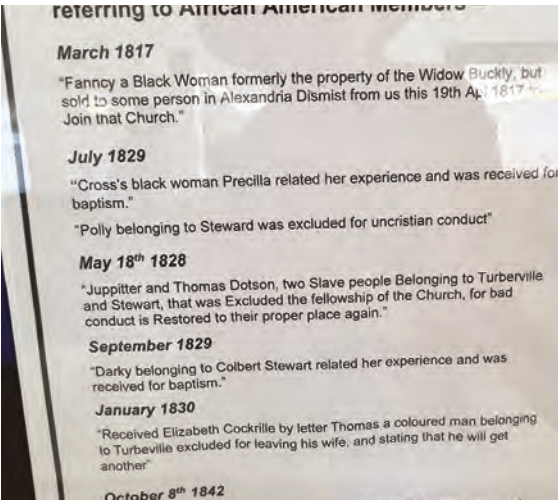
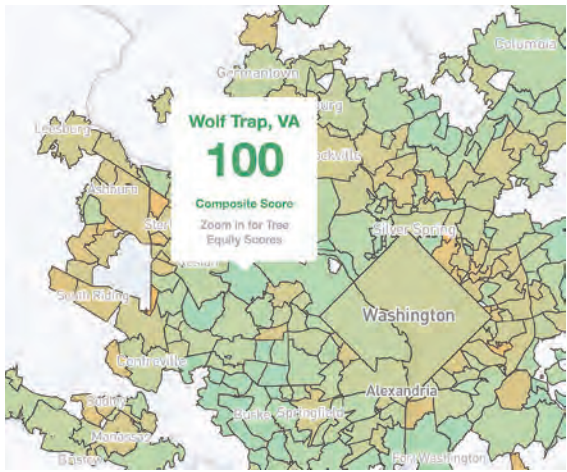


PHOTO BY MERCIA HOBSON/THE CONNECTION

Records show the date free and enslaved African Americans were baptized and the date they died, along with whether they were dismissed because of inappropriate action, such as “unchristian conduct,” or moving.

Proclamation, on June 19, 1865, Union General Gordon Granger arrived in Galveston, Texas and issued General Order No. 3. It informed the enslaved people of Texas of their freedom.

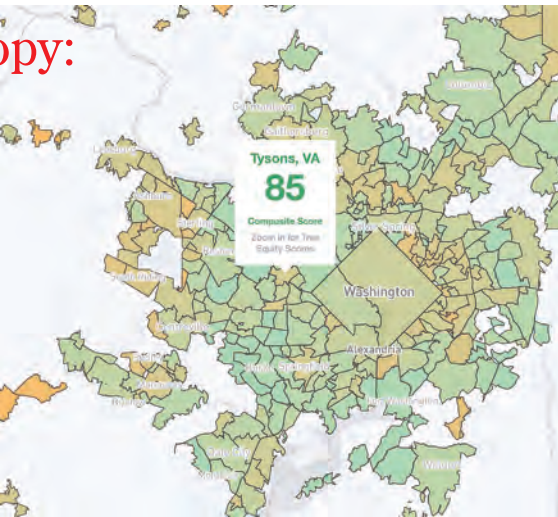
Equitable Urban Tree Canopy: What’s Your Shade Score?



SOURCE: SCREENSHOT

Wolf Trap’s Tree Equity Score

From public health to reducing energy consumption for cooling, and other benefits, a tree equity score guides investments in areas that need shade the most. Yet few localities know where shade is or if they have enough. Visit https://d17m5nraxo9zm6.cloudfront.net/AmericanForests_TreeEquityScore_NewShade-



SOURCE: SCREENSHOT

Tyson’s Tree Equity Score: As extreme heat becomes more frequent, as recently experienced in Fairfax County with temperatures reaching the high 90s and triple digits from June 22 to June 29, shade is crucial for preserving livable communities.

Data_1-Pager.pdf to learn about your community. American Forests partnered with the UCLA Luskin Center for Innovation to create high-resolution shade cover access for the 360+ largest cities in the U.S. Localities can be subdivided into neighborhoods.

Vienna’s Naturalization Ceremony, June 21

They came from 14 different countries. “It was an honor to host the naturalization ceremony in Vienna and welcome the new citizens to our nation. It was so inspiring to learn about the candidates’ country of origin and path to U.S. citizenship. Witnessing their joy and their family members’ pride and excitement as they took the Oath of Allegiance was deeply meaningful,” said Mayor Linda Colbert.

The naturalization ceremony was part of the town’s Liberty Amendment Month. It commemorated the 14th and 15th amendments, which established birthright citizenship, guaranteed equal protection under the law to everyone, and codified the right to vote regardless of race.



SCREENSHOT TOWN OF VIENNA

The U.S. Citizenship and Immigration Services welcomed 14 naturalized citizens into the fabric of the nation during the Town of Vienna’s Naturalization Ceremony on Saturday, June 14.



PHOTO BY IGOR BIERMAN

Rotary Club of Herndon Names Signe Friedrichs 2025 Citizen of the Year

Honoring local service champions, Jane Nash presents Signe Friedrichs the Rotary Club of Herndon-Reston’s 2025 Citizen of the Year award during its 56th Annual Citizen of the Year Award Dinner on June 18. The club also welcomed new leadership for the year ahead, including Arti Agarwal, the club’s new president.



PHOTO COURTESY OF PATHWAY HOMES

Rendering of Pathway Homes, Inc.’s Mobile Shower Service to address homelessness in the region.

Mobile Showers for People Experiencing Homelessness

Pathway Homes, based in Fairfax is a charitable organization known for its non-time-limited housing and supportive services to 1,553 adults with serious mental illnesses and other co-occurring disabilities in Northern Virginia and Washington, D.C. The organization recently announced it has received nearly \$300K in grants from Virginia Housing, the Cafritz Foundation, the Potomac Health Foundation, and Amazon.

“The funds will support the launch of Pathway Home’s new program called Mobile Outreach

Unit,” according to the release. It will use a retrofitted trailer to provide services, including showers, to individuals experiencing homelessness in Northern Virginia, starting in Fairfax and Prince William counties

“Providing a wheeled response to those facing homelessness will help us meet the needs of the unsheltered and provide interaction with case managers to help people move off the streets,” said Sylisa Lambert-Woodard, CEO of Pathway Homes. “We look forward to getting on the road by the fourth quarter.”

Car Seat Inspections on July 17

Parents may get their children's car seats inspected on Thursday, July 17, from 5-8:30 p.m., outside the Sully District Police Station. It's at 4900 Stonecroft Blvd. in Chantilly. Inspections are done on a first-come, first-served basis. Participants should install the child safety seat so the inspection can be performed. The seat will be properly re-installed if necessary and parents will be taught how to install the seat properly. Everyone is eligible. Another car-seat inspection is scheduled for Aug. 14, at the same place and time.

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 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, 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, CareFirst Blue Cross Blue Shield, Goodwin Living, Johns Hopkins Health Plan, Retirement Unlimited, Inc., The Beacon Newspapers, The Woodlands Retirement Community, United Health Care and Vinson Hall Retirement Community.

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Dark Tour of Recent Past

Nostalgia for the old neighborhood fuels local band Lovesick Loner Car.

BY MIKE SALMON
CONNECTION NEWSPAPERS

It's a common thing to drive by the house you grew up in to see how it looks, reminiscing and donning a big smile as you remember fun times as a child. What isn't that common is writing a song about it, but that's what Chris Goodin did, and now he's riding the wave of local stardom in an upcoming show at Jammin' Java on July 11.

"I've always wanted to write a song about my old neighborhood," Goodin said, noting his age put him in the right place mentally. "I'm a millennial, all these songs are nostalgic," he said. His old car, a 2004 Toyota Corolla, was influential.

Goodin and his band "Lovesick Loner Car," visited that notion of past experiences in many songs on this first album.

The song list includes "Moving Forward" a song about divorce, examining the question, can people

change? Then there's "One Step" about some 20-year-old living in their parents' house, paralyzed by fear but not caring what people think. And then there's "I Said Hey" about letting go of the past. Another song, "Love Is a Drug," is a self-examination of where you went wrong, with all the masks and hiding, claiming "Your love is my favorite drug."

"Whisky and Women" is about a combination that doesn't always turn out good. "Abandoned Buildings" is about a friend that took his own life.

"They're all kind of dark," Goodin admitted.

A few years ago, they were filming a music video in Falls Church and Goodin's old house seemed to pull them in like a magnet. The house was not part of the video, but "we went and knocked on the door," he said. Seems reminiscent of a scene from Tom Hanks' movie "Big."

That musical formula brings his band back to Jammin' Java for the second time to highlight a



PHOTOS COURTESY OF LOVESICK LONER CAR

Chris and Eric of Lovesick Loner Car.

summer of moving forward, coming to grips with suicide, and self examination. He's not alone on the quest. The rest of the band includes Eric Stevens on bass guitar, Daniel Kim on drums, and Jordan Davidson on lead guitar. Davidson used to be part of the "Jean Marie Band," in the area.

Rock music influences include Rage Against the Machine, Death Cab for Cutie, Goo Goo Dolls and Lord Huron.

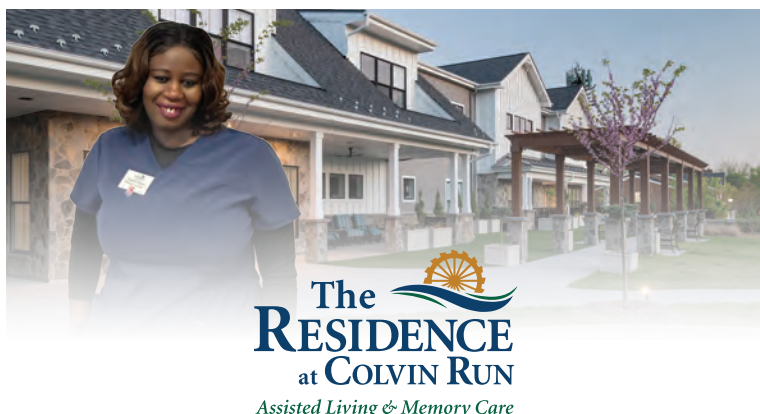
At one point, Goodin went to

Nashville and took some classes at Blackbird Academy for recording music and "got to be around some cool people," he said. One of the

cool people was John Oates, of the duo Hall and Oates. As an intern, "I got to hang out and meet the guy," he said.

Coming Up:

- ❖ New single "Back to You" drops July 3
- ❖ Watch the music video promo
- ❖ Live at Jammin Java – Vienna, VA
- ❖ Thursday, July 11th



Celebrating the Ones that Care

“From the Caregiver, Emmie Brown (CNA)

Working at the Residence at Colvin Run has been a truly fulfilling experience doing what I love most: caring for people and seeing the smiles on their faces.

“From Jim F., the Resident's Family

Emmie does all of these little extras every day, not because she has to, but rather because she really cares for the residents. If I thank Emmie... She simply says that it's just her job. Well, no, she does her job exceptionally well. But then she far exceeds what is expected of her in the job. It's simply Emmie being Emmie.

See for yourself!
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703.223.5226 to
schedule a tour!



The old hang out in a scene from the new music video.

Corporate Greed, Corruption, Hilarious Comedy and Songs

Westfield Summer Stage presents 'Urinetown: The Musical.'

By BONNIE HOBBS
THE CONNECTION

Following a 20-year drought, there's not enough water to go around, so people must pay to use restrooms – and are forbidden from peeing elsewhere. It's the ultimate class warfare, with the lower class fighting for its right to pee.

That's the premise of this year's Westfield Summer Stage production, "Urinetown: The Musical." But it's not all doom and gloom. In fact, although a commentary on capitalism, this show also has a love story and is a song-and-dance-filled comedy.

It also marks the 20th anniversary of Westfield Summer Stage, and Director Michael Viola (South Lakes High's theater director) especially likes the fact that it brings together "all-star talent from several different schools in the area. We have very talented singers, actors and dancers demonstrating an exceptional work ethic during our fast-paced rehearsals.

"They're playing into the absurdity of the show while still representing its underlying meaning. There's a message of corporate and government corruption and the effects of power. The absurdity is about the silliness of musical theater – especially musicals about revolutions, rebellions and uprisings. This one draws inspiration from shows like 'Les Miserables' and 'West Side Story.'"

Show times are Friday-Saturday, July 11-12, at 7 p.m.; Sunday, July 13, at 2 p.m.; and Friday-Saturday, July 18-19, at 7 p.m. Tickets are \$17 at the door or \$15 online via <https://www.etix.com/ticket/v/21130/westfield-high-school-auditorium>.

"It's a satirical comedy that tackles serious themes," said Viola. "And if the audience finds parallels between it and today's reality, that's a bonus. It's been 25 years since it first came out on Broadway, but it's still maintained its relevancy."

There's a cast and crew of about 50, with a multilevel, industrial-looking set. Scenes take place outside a public restroom, in a corporate boardroom and on street corners and alleyways. And the costumes clearly distinguish

www.connectionnewspapers.com



Posing in character are Skyler Lee (on floor) and (from left) Jillian Couch, James Wise and Lilli McNerney.

Playing police officers are (from left) Henry Belvins and Andrew Beasley.



PHOTOS BY
BONNIE HOBBS
THE CONNECTION

the class levels. Wealthy people are dressed in bright, jewel-toned clothes, while lower-class people wear costumes reminiscent of those seen in musicals such as "Les Miserables," "Annie," "Footloose" and "A Christmas Carol."

Westfield High 2025 grad Lilli McNerney portrays Penny Pennywise, who works for the UGC (Urine Good Company) in Urinetown. "She runs the slummiest toilet in the whole city," said McNerney. "She does what her employer tells her to do, even if she doesn't agree with it. She also employs Bobby Strong – played by the wonderful Jake Deering – who leads the people's uprising for their right

to pee."

"Penny's a rough, gruff, down-to-earth woman doing what she needs to do to survive," continued McNerney. "She acts like lower class, even though she's a higher-privileged individual. She only has a sweet spot for Bobby, and no one else, and is always looking out for number one."

"She's so fun to play. Her mannerisms are low class – she spits on the ground and gets in people's faces to challenge them since she's part of the rough-and-tumble world. And because she's an older woman, she's experienced life before and during the drought, so she has a unique perspective on

the way things are today. Penny's also very honest and says things how they really are, with no sugar coating."

McNerney's favorite song, "Privilege to Pee," is one that she sings. "It explains the show and its conflict quite well," she said. "It's also vocally cool because it has lots of challenging notes to hit and vocal choices to make."

"I think this show's super important and relevant, with all the things happening in the federal government today," said McNerney. "It's a fantastically funny musical filled with emotional highs and lows, plus potty humor, while the lead characters navigate themes of love and loss. Audiences will appreciate the characters' comedy and the way the show calls attention to how our society works today, in an easily digestible fashion."

Playing Sen. Fipp is Fairfax High rising senior James Wise. Fipp is a corrupt senator on the payroll of Caldwell B. Cladwell, who owns UGC – Urine Good Company – which runs all the public bathrooms in Urinetown. And Cladwell's daughter, Hope, is torn between her love for her father and her new love for Bobby Strong.

Wise describes Fipp as "slimy and uptight. He treats poor people badly and looks down upon them, like Draco Malfoy from the Harry Potter musical. I love playing villains because that's not who I really am. And it's fun to be mean sometimes."

Wise especially likes the song, "Why Did I Listen to That Man?" because he has a solo in it. "It's when Fipp finally realizes that Cladwell isn't a good person and calls him a crook," said Wise.

He said audiences will really enjoy "Urinetown" because "it's a satirical comedy about what's about to possibly happen in real life. In addition, this show is comprised of some of the best students in Fairfax County Public Schools. People will also like all the singing and dancing, plus the references to other musicals throughout the show."

Rising Centreville High senior Jillian Couch is part of the ensemble of poor people. "They can't afford new clothes and struggle to pay for food and rent because most of their money goes toward being able to use the bathroom," she explained. "After Bobby spurs them on to rebel, they stop paying, but Bobby lets them into the public bathroom to pee for free – which sets up a conflict with the police."

The ensemble also sings and dances. And according to Couch, "Snuff that Girl" is one of the best numbers in the show because of

the amount of dancing and the style of music we're doing. It's similar to a new casino opening but, instead, it's like betting on someone's life."

Excited to be in this show, she said, "It's amazing to be part of the ensemble. The people here are so open, kind and easy to talk to. And we get to be really expressive on-stage."

Couch said "Urinetown" has something for everyone. "There's something about the dance numbers that'll make you want to tap your toes, and the dancers interact with the audience during them," she said. "The songs are either about standing up to the man or why the rich are the best. And people will absolutely love the costumes because they give off a poor vibe, as well as a nice aesthetic."

Portraying Little Sally is Skyler Lee, a rising eighth-grader at Rocky Run Middle School. "Little Sally helps narrate the show and has sort of a father-daughter relationship with Officer Lockstock, a cop who's also the narrator," said Lee. "And she tries to help the rebellion as much as she can. She's always watching the scene and knows what's going on around her. She's naturally curious and a bit of a know-it-all. And she wants to be one of the gang and fit in with the rebellion."

"It's a fun role because Sally has an exciting personality," continued Lee. "But it's also hard because she breaks the fourth wall but isn't as immersed with the audience as Officer Lockstock is. So I have to find the right balance between interacting with the audience and being an actor."

Lee's favorite number is "Cop Song," sung by Henry Belvins and Andrew Beasley, as police officers Barrel and Lockstock, respectively. "It's fast-paced and has a good beat and good dancing in it," said Lee. "It also has dark humor, but it's still funny to hear the stories they're relating."

Overall, she said, "Because this show's so overblown and corny, it makes fun of musicals in general. Audiences will like it because the characters are extreme versions of themselves, while still being funny."

"While the show's title and storyline may seem unfamiliar, the plot structure and narrative are archetypal of some of the best and most well-known musicals in theater history," added Director Viola. "We allude to upwards of 25 different shows through the blocking, choreography, costumes and characterizations. Astute theatergoers will appreciate the references; but regardless, all people will enjoy this show – it's hilarious."

SULLY CAR SHOW 2025



Virginia Davies brought her 1915 Model T.



The eight-person team put the Model T pickup truck back together in 12 minutes and 11 seconds.



Here comes the hood.



Bill Hilliard showed his gold fire mist1969 Cadillac El Dorado.



Mara Surovell admired this 1951 Ford Victoria owned by Jim Nice.



Jim North cherishes his Rolls Royce.



Maggie Hronik inserted the steering wheel.



Cameron Davies, age 17, who learned to drive on a Model T, attached the radiator.



Here comes the hood.



Tom Hyden has had his Oldsmobile Cutlass since 1972, straight from the factory.



Harry Dinch restores Pontiac Firebirds.

Cars Captivate All Ages Dreary Weather No Deterrent to Car Buffs.

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

The announcer yelled “Go,” the timer started the clock and an eight-person team lugged over a 1926 Model T Roadster pickup truck engine weighing 377 pounds and attached it to a bare truck frame. Next came the front axle, front wheels, drive shaft, back axle, back wheels, steering column, running board, fenders, radiator, seats – 15 pieces in all. In 12:11 minutes, they put it together, revved up the engine and it sputtered to life.

Called the “Take Apart Car,” this contest was a highlight of the Antique Car Show held at the Sully Historic Site in Chantilly on June 15, an event sponsors billed as “Classic Cars and Classic Fun for Father’s Day.”

“It’s really a put-it-together event,” quipped the announcer Ford Chinworth, “but it started as “Take Apart Car” so we call it that. In the Model T world, things don’t change very much.”

The Nation’s Capital Model T Ford Club hosts five take-apart events a year, with three remaining this year: July 26, Berryville, Virginia; Aug. 30, Charles Town, West Virginia; and Sept. 20, Manassas, Virginia. Visit <https://ncmtfc.org/take-apart-car>.

GLEAMING CLASSICS

Despite the drizzly weather, around 200 exquisitely-maintained cars gleamed across the grounds, inviting targets for car buffs to explore under the hoods and in the trunks and interiors. There were antique cars, classic cars, muscle cars, foreign cars and even a 1924 paddy wagon. True diehards

could buy antique oil cans and old license plates at the flea market.

Harry Dinch from Woodbridge showed off his 1969 Pontiac Firebird convertible. Its windward blue patina sparkles when the sun shines, he said. He has restored several Firebirds because “I’ve always had a passion for cars,” he said.

Herdon resident Marc Lieberman had a pace car, a 1995 Corvette and replica of one of only two made that once led the Indianapolis 500 race. Jim North drove his 1973 white Rolls Royce from Amissville with the steering wheel on the right since it’s a British vehicle. As he pointed out the mini-bar behind the driver’s seat, he said, “The car was in pieces when I bought it and I put it back together, including redoing the wood trim and dashboard.”

Their love of Mazda Miatas blossomed into romance for Tasha and Mike Pablo of Mount Vernon. They met at the

Mazda Sports Car Club of Washington and the now married couple have two Miatas: Tasha’s is black; Mike’s, red. “It’s nimble and quick. I feel connected to the road when I drive it,” said Tasha. “You and the car are one.”

Samuel Reid from Fauquier County touted his white 1978 Lincoln Continental Town Car which gets eight miles per gallon of gasoline. He paid \$300 for it and got it running himself. Noting the cowhide interior, he opined, “This car was the epitome of luxury,” contrasting it to today’s cars’ synthetic leather and “tons of plastic.”

For some, owning a vintage car means reclaiming their teenage years. Tom Hyden from Falls Church spoke fondly of his 1972 Viking blue Oldsmobile Cutlass with bench seats (Bucket seats came later). He has clung to his factory-ordered Cutlass for 53 years “for sentimental reasons,” he said.

Chinworth drove his 1927 Model T to Chantilly on several county back roads from the U.S. 1 area in an hour and six minutes, good timing for a vehicle with a top speed of 38

miles per hour. It’s unsafe on interstate highways, he says. Patiently explaining to visitors the 13 steps to start it, he said, “It takes five hands and three feet to drive this.”

Car enthusiasts chatted up owners from 10 a.m. to 3:30 p.m. Lou Pecora from Alexandria said, “The car show reminded me that cars had a greater variety of colors and styles in the past. Cars were more fun!”

Susan Kosci remarked, “What was interesting to me was the pride and joy that the owners take in their old beauties. The cars shone like pieces of fine jewelry. Today’s cars may be high tech, but they are no match in terms of beauty of design and detail.”

“Each car is a piece of history,” emailed Sarah Oberther with the Fairfax County Park Authority (FCPA).

“Even with the rain, families came out to learn, explore and celebrate the past through classic cars. It’s a testament to how powerful community connections can be when we blend recreation and education,” said Laura Grape, FCPA Division



People strolled around in the showery weather and admired the cars.



This 1958 Volkswagen “bug” is owned by Jack Miles of Herndon.



Tasha and Mike Pablo each have a Mazda Miata, which sparked a romance.



Kids got into toy cars too.



Shoppers could get a deal on antique oil cans.



Inside the 1924 Model T Ford Paddy Wagon



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.

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 functional decline. As this disease



Dr. Jennifer Pauldurai

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 recommen-

dations 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.

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 medi-

SEE ALZHEIMER’S, PAGE 14

Reston Town Center North Public Meeting

FROM PAGE 2

Susan England, who identified herself as a land-based architect with Land Design, spoke about the central green design and the community survey. She explained the extensive process of changing the design to reflect input from the Reston Association Design Review Board (DRB) and the Comprehensive Plan update.

"We took all of that information, synthesized the results and then had a work session with county stakeholder members as well as representatives from the Reston Association, DRB, and held that work session in September. That was our opportunity to kind of test some of the design ideas for the central green that really informed the design that's in the package that was submitted in April," England said.

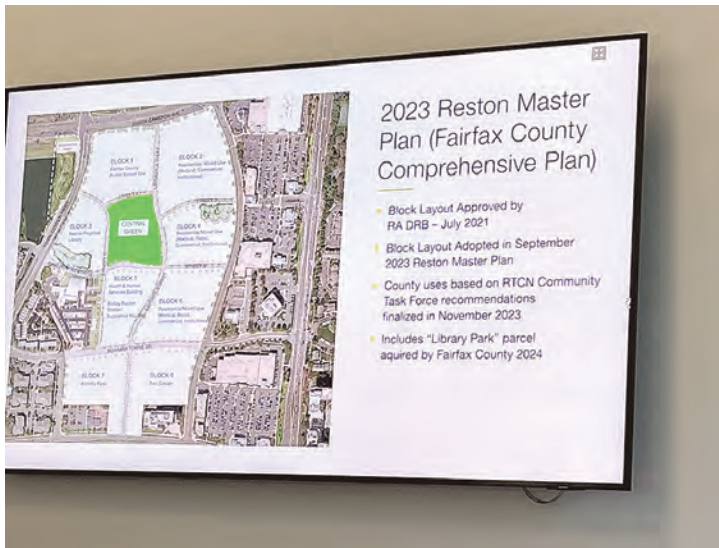
England's key points about the central green detailed the community survey process, which had 383 respondents, with 88 percent living or working in Reston. She outlined four key takeaways from the survey: people wanted respite and access to the outdoors; participants prioritized trees and shade, showing an interest in social activities, with an emphasis on large-scale, organized events, as well as a desire for quiet spaces.

England described the central green design to include a large lawn area, plaza space, playground, bioretention facility, accessible walkways, potential for public art, restroom facilities, and electrical receptacles for events. She explained the design process involved community surveys, stakeholder work sessions, and careful consideration of community preferences. She also discussed pedestrian and bicycle networks, describing the street layouts and accessibility features.

DURING THE Q&A, commenters raised multiple concerns, including excessive parking and inadequate protection for bike lanes in the green space. One commenter emphasized the desire for a bikeable and walkable community.

"I'm starting to picture a lot of parking, which is not what I want. So I just wanted to make that point. If your vision is to have a bikeable and walkable area, if you put a lot of parking, then it's not fun to walk there. People will drive more because there's parking," he said.

Other commenters questioned the infrastructure and logistics of land transfers. The lack of bond funding for projects outside of the existing library and shelter drew wide-eyed expressions and



RTC NORTH COMMUNITY UPDATE PRESENTATION JUNE 23, 2025
2023 Reston Master Plan, Fairfax County Comprehensive Plan.

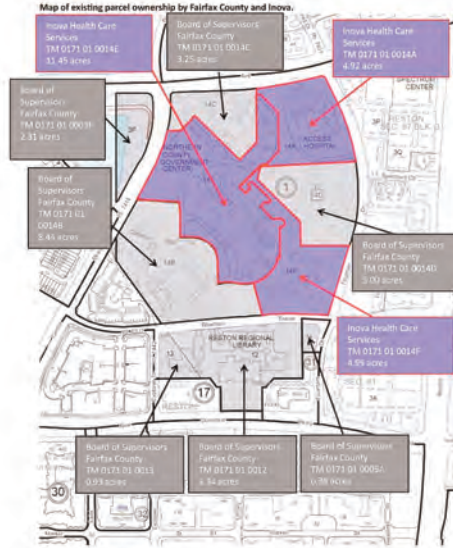
head-shaking from some in the audience. What the public didn't envision was that the decade-long RTC North project could take approximately 30 more years — until the mid-2050s — to fund and build the planned 1,000 residential units, retail spaces, and public school facilities. Those projects lack bonding.

"There is no bond money for the gym, the athletic field, or the elementary school, and the county's bond calendar already extends beyond 2050," a commenter said during the Q&A. With no bonds or other funds available, could three of the eight blocks in the project remain vacant for the next 30 to 50 years?

Moments of potential tension arose as community members voiced concerns about the green space's maintenance costs and governance, questioning who would be the responsible financial party, as well as the seemingly excessive number of parking spaces and streets with shared bike lanes.

"When you think about having this great, beautiful green space, pickup stations and beautiful landscaping, someone's going to have to pay for that on top of what they're paying Reston (Association) every year," warned a commenter. The dialogue, however, remained professional and constructive as project team members responded thoughtfully and patiently, often handing the microphone over to one another for collaborative answers.

The existing RTC North site, with its eight blocks, is bounded by Baron Cameron Avenue to the north, with access to Inova Health Care Services Urgent Care and Fountain Drive to the east, with access to Inova's assisted living facility, Sunrise at Reston Town Center. Dominion Parkway to the



RTC NORTH COMMUNITY UPDATE PRESENTATION JUNE 23, 2025
Existing Parcel Ownership.

Existing Parcel Ownership

Central Green Outreach Survey Analysis

RECOMMENDATIONS

	Trees and Shade	Respite + Access to Outdoors	Create Community Connections	Diverse, Organized Events
Provide areas of lush landscaping.	•	•		
Provide hardscape areas that can support events.	•	•	•	•
Provide access for food trucks through adjacent on-street parking areas or vehicular rated pavement.			•	•
Provide basic infrastructure for events.		•	•	•
Maximize shade along walkways and gathering space.	•	•		
Provide a range of seating options.		•	•	
Provide interior walking paths.	•	•		
Provide strong connectivity to the library.			•	•
Provide interior park lighting to support evening events.			•	•
Provide dog friendly streetscapes and park edges.		•	•	

RTC NORTH COMMUNITY UPDATE PRESENTATION JUNE 23, 2025

Key takeaways from the central green outreach survey of 383 individuals.

south provides access to the Reston Regional Library and the Embury Rucker Shelter Community Shelter. The Town Center Parkway bounds the parcel to the west, with the rear of the North County Government Center facing it, which includes the county's Reston Police Station.

RTC North will be accessible from the Dulles Toll Road, Fairfax County Parkway, and Reston Parkway. Nearby public transportation options include the Wiehle-Reston East Metrorail station (approximately two miles) and the Reston Town Center Metrorail station (approximately one mile).

Development Plan Excerpt



RTC NORTH COMMUNITY UPDATE PRESENTATION JUNE 23, 2025
Development Plan.

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.

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.

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.

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

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.

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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GENERAC

Employment

TECHNICAL

Palo Alto Networks is accepting resumes for the following position in RESTON, VA: Senior Technical Support Engineer - Focused Services, Prisma REF8827635: Prove White Glove Technical Support to top-tier customers. Provides technical support to field engineers, technicians, and product support personnel who are diagnosing, troubleshooting, repairing and debugging complex electro/mechanical equipment, computer systems, complex software, or networked and/or wireless systems. Telecommuting may be permitted. When not telecommuting, must report to worksite. Send resume to usmailresumes@paloaltonetworks.com. EOE. Must include REF code.

Employment

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Alzheimer's

FROM PAGE 10

cal 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 newer 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.

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 Alzhei-

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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.

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.

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.

Alzheimer's

FROM PAGE 14

mer'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 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.



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