

THE CONNECTION

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

Restaurateurs Julie Safa and her husband, Kaveh, of Great Falls, enjoy a moment in their new restaurant, The Cellar on Seneca in the Seneca Square shopping center.

ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO COURTESY OF THE CELLAR ON SENECA

Sisters Start Plates
Without Politics
to Feed People in Cuba

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Extreme Heat Returns

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'So Much Fun
To Serve
Our Neighbors'

PAGE 11

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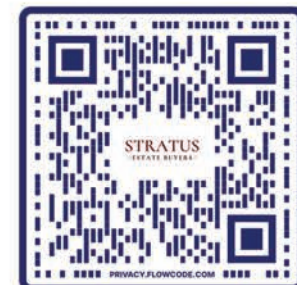
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Two Students Bypass International Bottlenecks, Deliver Direct Food Aid to Cuba



CONTRIBUTED BY PLATES WITHOUT POLITICS
Suraiya, 17, and Safiya Farooqui, 11, of Vienna, founded Plates Without Politics, a to raise money, build awareness and deliver critical aid to vulnerable individuals and families caught in Cuba's compounding food and fuel crisis. What started as a deeply personal effort to support extended family overseas has grown into a structured community initiative. <https://plateswithoutpolitics.org/>

'Hunger should never be political.'

BY MERCIA HOBSON
THE CONNECTION

For two sisters from Vienna, Safiya Farooqui, an 11-year-old middle schooler, and Suraiya Farooqui, a 17-year-old high school student, their grassroots initiative to combat a humanitarian crisis thousands of miles away begins exactly where they feel most comfortable: together.

Their food activism project, Plates Without Politics, is dedicated to raising money, building awareness and delivering critical aid to individuals and families caught in Cuba's compounding food and fuel crisis. What started as a deeply personal effort to support their extended family overseas has grown into a structured community initiative.

For Safiya, the motivation is simple. "By helping them, it just brings me happiness," she said, noting that the project has brought her closer to the people she loves.

The project grew out of necessity as living conditions in Cuba drastically deteriorated. A crippling fuel embargo and macroeconomic collapse have left even working-class citizens unable to meet basic needs. Advocacy groups like Human Rights Watch and the Washington Office on Latin America have documented how temporary economic shocks have hardened into a chronic humanitarian crisis, severely limiting access to basic nutrition and utilities.

"There's been a multitude of issues across the island — inconsistent power because there's no fuel, inconsistent transport that's affected education, and it's been really terrible for the economy," Suraiya explained.

"Even individuals who have jobs are



PHOTO BY ZAIDA LIZET TORRES
An unidentified woman, over 80, sits inside her home where she lives with her paralyzed son in Havana, Cuba, on May 27, 2026. Plates Without Politics focuses its food aid on senior citizens, people who are sick and families who don't have relatives outside of Cuba.

struggling because food and basic resources are inaccessible," she added. "So, especially for elderly people, for people who are sick, and for families without connections outside the island, it's very, very difficult to find basic groceries."

For the Farooqui sisters, the crisis is personal. Safiya still carries vivid memories of visiting the island and being a part of that community.

To ensure the project remains practical and highly responsive, the sisters designed a strict operational model that bypasses traditional, bureaucratic obstacles. They deliberately avoid sending cash or wiring money directly to Cuba. Instead, the initiative uses donations to purchase nonperishable food through a vetted platform, Supermarket23, which delivers locally on the island.

From there, a network of trusted family contacts distributes the groceries, ensuring aid goes directly to elderly and infirm people and families with children who lack outside support systems. While Suraiya handles strategic expansion and logistics, Safiya manages donation tracking and assists with community communications.

Plates Without Politics initially leveraged the sisters' immediate network. "We are blessed to have an enormous extended family," Suraiya said. But as the crisis deepened, they knew they needed to expand.

The sisters are strategically scaling their



PHOTO BY ALEX RICHARDS TRAPAGA
Alex Richards Trapaga and Zaida Lizet Torres purchase groceries online through the Supermarket23 website from Havana, Cuba. Trapaga and Torres, who are cousins of the founders, Suraiya and Safiya Farooqui, bundle the items and deliver them to recipients' homes according to a community distribution list. <https://plateswithoutpolitics.org/>



PHOTO BY ALEX RICHARDS TRAPAGA
A monthly food bundle designed to feed one person for one month rests on a table in Havana, Cuba, on May 18, 2026.



PHOTO BY ALEX RICHARDS TRAPAGA
Graciela, left with her son, Victor, during a community wellness check and food delivery in Havana, Cuba, on May 19, 2026.

Crisis in Cuba

Mariam, a student from La Lisa: "...studying in Cuba is very difficult; it feels like surviving. Imagine your life with shortages of water, electricity, food and transportation."

Yosdaimy, from Bauta: "When there is no electricity, they cook with charcoal or firewood. Charcoal is very expensive, but sometimes it can be found, and firewood is gathered in the woods... In my family, there have been cases where they are making rice, and right when they set it to cook, the electricity goes out; the rice gets ruined."

Messages of Gratitude

"Thanks so much for everything that's been sent to me. I'm very grateful."

"My child, look, they made a gesture for me that I don't know how to pay them back for. Wow, I feel... it makes me so incredibly happy to see that these girls have come to my house. I would like to have a way to pay them back because it's a gesture that I appreciate, sincerely, with my heart in my hand." — An elderly food recipient in Havana.

outreach, targeting regional organizations and faith-based groups — including local churches, mosques, synagogues and Latino community organizations — to build a broader coalition. They also launched an official website to give the public a direct avenue to contribute.

The initiative had raised more than \$4,000, providing tangible relief on the ground where \$60 is enough to feed one person for an entire month. Having already supplied food to 63 people, the sisters have set their sights on a clear milestone.

"Our goal is to feed 100," the sisters

shared.

For both girls, the work is rooted in a deep moral responsibility. Suraiya frames the project as "very, very important to our hearts" and tied to "our shared sense of everyone's sense of humanity."

To learn more and help Safiya and Suraiya feed more families, visit plateswithoutpolitics.org to connect via Venmo, PayPal or Zelle. According to their website, the founders cover all platform service fees personally so that 100% of public support funds go to grocery purchases.

<https://plateswithoutpolitics.org/>

Herndon Faces 58% Population Surge and Major Housing Shift by 2040

Metro growth vs. small-town charm: Herndon plots path to 2050.

BY MERCIA HOBSON
THE CONNECTION

After a decade of flat growth, Herndon is bracing for a population surge that could boost its population roughly 58% to about 39,100 residents by 2040. The number of housing units in the town is also projected to more than double over that period, jumping from about 8,000 in 2024 to 17,000 by 2040, with much of the new development concentrated around the town's Metro corridor.

Officials at the Herndon Town Council and Planning Commission reviewed the projections during a July 8 joint work session led by Mayor Keven LeBlanc and Planning Commission Chair Michael G. Romeo. The session focused on

the Herndon 2050 Comprehensive Plan and Market Study, part of a long-term vision project awarded to consulting firm Agency Landscape + Planning in September 2025.

Data presented by Jill Dixon, director of Agency Landscape + Planning, highlighted an immediate economic disconnect: Herndon's job base is heavily professional, but its resident base is not. Dixon noted that while 41% of jobs within the town are in the professional, scientific and technical sectors, only 21% of Herndon residents work in those industries. The gap forces higher-income workers to commute into Herndon, while local residents leave town for varied employment.

To bridge this gap and manage the influx, the town is leaning into a "polycentric" urban planning model. This would be built around two distinct nuclei: the high-density Metro transit node and the historic downtown. The Metro corridor will serve as a regional hub for vertical housing, tech offices and commuters; the historic downtown is being preserved as a lower-scale, pedestrian cultural hub for local retail and civic identity.

While transit-oriented expansion dominates the town's border, community outreach shows residents still view the historic downtown as central to Herndon's identity. Downtown "comes up again and again and again" as the heart of the community, valued for its small-town charm and authenticity, Dixon said.

Town leaders warned that the dual growth centers could create a geographic divide. Councilmember Cesar del Aguila cautioned that intense growth around the rail corridor could "pull people away from [downtown]" unless the comprehensive plan deliberately ties the two areas together.

LeBlanc underscored the need to plan downtown and the Metro area together, saying, "We want to have two nuclei that feed one another and have constant [interaction with] each other."

Planning Commissioner Stephen Mundt agreed, noting that Herndon is being pulled between "two dynamic poles" and that downtown's major development projects are already lagging behind the Metro station. To achieve the density and amenities expected near the transit hub, Mundt said

the town will have to reconsider its historical aversion to building height.

"You have to go higher," Mundt said, noting that officials must decide what will drive the balance between small-town character and density.

Del Aguila cautioned that early survey responses came from proactive participants rather than a random sample, which he said could falsely minimize housing stress. Workforce housing will require the town to offer developers flexibility on floor area and setbacks, according to del Aguila.

The 2050 plan also aims to re-envision the Washington & Old Dominion (W&OD) Trail as a "front door" rather than just a bike path.

"When someone is on the W&OD, they're entering Herndon — it should feel different the moment they cross the border," LeBlanc said, adding that the trail should feel as safe and well-maintained as a neighborhood sidewalk.

Reviewing the draft vision statement — which began, "By 2050, Herndon is a thriving, welcoming town," LeBlanc pushed back, urg-

ing consultants to make it more ambitious.

"That doesn't sound like a vision. That sounds like what we are," LeBlanc said. He also emphasized regional interdependence, noting that the 4.2-square-mile town inside Fairfax County "doesn't exist without a million partnerships."

To manage the workload, Town Manager Dan Hoffman said staff will execute a targeted "Early Action Plan" focusing on downtown, aging shopping centers, and the W&OD Trail before rolling out the broader comprehensive plan.

Consultants are currently developing contrasting land-use and mobility scenarios to test public preferences regarding density, car-centric infrastructure, and walkable designs. The multi-year process is expected to culminate in a final Comprehensive Plan targeted for adoption in late 2027 or early 2028. The total \$1.16 million consulting contract is largely offset by a \$720,000 federal RAISE grant, capping direct local taxpayer expenses at roughly \$445,000. Public surveys and an interactive comment map are active at www.herndon2050.org.

SCC Silent as Lt. Gov. Hashmi Urges Pre-Filing Review of Massive Merger

Hashmi warns the standard six-month review clock is too short for a deal of this scale.

BY MERCIA HOBSON
THE CONNECTION

The Virginia State Corporation Commission has yet to respond to Lt. Gov. Ghazala F. Hashmi regarding her request for a rigorous regulatory review of a massive proposed utility merger.

In a July 6 letter to State Corporation Commission Chair Kelsey A. Bagot and Commissioners Jehmal T. Hudson and Samuel T. Towell, Hashmi formally requested that the commission implement a thorough pre-filing review framework before Dominion Energy and NextEra Energy officially file their acquisition application.

The historic \$67 billion transaction, announced in mid-May, would represent the largest utility merger in U.S. history and carries unprecedented implications for Virginia's rapidly evolving energy market.

The Connection requested comment from Bagot, Hudson, and Towell, but the commissioners did not immediately respond.

Hashmi attached 64 questions to her letter, divided into 11 categories, including transaction purposes, capital structure, finance costs, market competition,

corporate governance, and consumer bill credits. Under Virginia law, once a utility merger application is formally filed, the commission typically faces a strict statutory deadline to issue its decision.

"Their depth and volume demonstrate that this highly complex transaction cannot be adequately reviewed under the current statutory six-month timeline," Hashmi wrote of her questions. "To that end, I respectfully urge the Commission to issue, expeditiously, an order requesting that Dominion and NextEra Energy not submit their acquisition application until the companies have answered the essential questions needed to understand this transaction."

Hashmi noted that while she recognizes the commission has issued a baseline list of 28 questions under standard utility transfer provisions, "a more structured, granular framework is required for a merger of this magnitude."

The lieutenant governor's attached questionnaire would ask NextEra and



WWW.LTG.OV.
VIRGINIA.GOV
Lt. Gov. Ghazala F. Hashmi

Dominion to justify their financial claims under oath. The probe specifically questions why proposed customer bill credits would last only two years, seeks to identify the source of those funds, and asks whether the credits serve merely as a temporary sweetener to clear regulatory hurdles.

At the time of the merger's announcement, corporate executives focused public messaging heavily on consumer benefits. They highlighted a proposed \$2.25 billion in customer bill credits distributed across Dominion's customer base in Virginia, North Carolina, and South Carolina over a two-year period following the closing of the deal.

Executives also pointed to a massive 130-gigawatt large-load pipeline, asserting that the combined company would achieve the capital efficiencies needed to manage skyrocketing energy demands — driven heavily by Virginia's booming data center industry — while keeping power affordable.

Though the letter notes that Hashmi looks forward to a "favorable response," the commission's official stance remains pending.

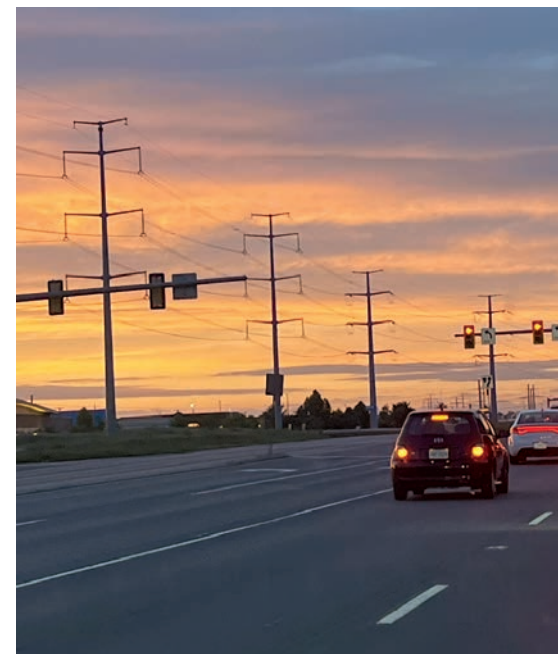


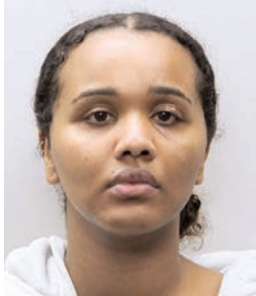
PHOTO BY MERCIA HOBSON/THE CONNECTION
Dominion Energy monopoly power towers carry high-voltage transmission lines over local traffic silhouetted against a late spring sunset, Tuesday, June 18. The double-circuit infrastructure is designed to transport bulk electricity from regional power plants to local substations to meet growing energy demands.

WWW.CONNECTIONNEWSPAPERS.COM

News

Fairfax Woman Charged in Vehicular Death

On the morning of Christmas Eve 2025, Fairfax County police responded to a report of an unresponsive male lying in the grass median of Fairfax County Parkway. There, at 9:43 a.m., near Old Plains Road in the Fair Oaks area, they found the body of Jimmy Patterson, 50, of no fixed address.



Edris

Unit investigated the cause of the tragedy and, while doing so, "determined Shaza Edris, 20, of Fairfax was [allegedly] actively using her cell phone when she struck the pedestrian" on Dec. 23, 2025.

Six months later, on June 25 of this year, Edris turned herself in and was charged with felony hit and run involving death and using a handheld personal communications device while driving. She was released on \$5,000 bond and has an Aug. 31 court date.

— BONNIE HOBBS

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event. Or via email calendar@connectionnewspapers.com.

FAIRFAX COUNTY OFFERS FREE TREES

Community-based organizations in Fairfax

County can apply to receive free trees for planting on private properties, through a program by Fairfax County's Urban and Community Forestry Division (UCFD) of the Department of Public Works and Environmental Services. The program, offered in partnership with Casey Trees, is designed to help com-

SEE BULLETIN, PAGE 10

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Public Notice

Updated weight limits on Virginia bridges and culverts

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

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
PATRICK	13252	610N	HELMS ROAD/610	BRANCH DAN RIVER	6/24/2026
PITTSYLVANIA	13732	817	MOUNTAIN ROAD	TURKEYCOCK CREEK	6/9/2026
SMYTH	17509	800N	ST CLAIR CREEK ROAD	ST CLAIR CREEK	6/8/2026
PATRICK	13413	825	PALMETTO SCH ROAD 825	RUSSEL CREEK	6/1/2026

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

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Travel and traffic/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota at 804-786-4064.

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

OBITUARY

Community Mourns Death of Activist Carol Hawn

‘Carol had civic responsibility in her DNA.’

BY BONNIE HOBBS
THE CONNECTION

Family, friends and area residents are mourning the loss of longtime community activist Carol Hawn of Centreville. She died June 21, at age 66, following a hard-fought, four-year battle with breast cancer.

She and her husband Dave lived in the Old Mill community, and last September they celebrated their 40th anniversary. Carol was well-known for her short white hair, slender build and affinity for denim jackets. But she was also known for her intelligence, quick wit, warm friendships, and willingness to serve the community, stand up and fearlessly speak her mind.

“Carol was the best!” said former Sully District Planning Commissioner John Litzenberger. “She was the consummate citizen activist – conscientious, professional and dedicated. She always advocated for local residents, whether it was for land use, transportation or parks. Her thousands of volunteer hours truly benefited not only Centreville, but all of the Sully District and Fairfax County.

“Many times, Carol volunteered to attend hearings and land-use meetings to make sure the key facts and ramifications were heard,” he continued. “She also hosted holiday parties at her home, and people from all sides of issues were welcome. And her dedication to her husband and her dog anchored her private life. She will be truly missed in our local community.”

Born Sept. 28, 1959, in Waterloo, Iowa, Carol graduated in 1978 from Waterloo Central High School. In 1986, she obtained a Bachelor of Science in Psychology



BONNIE HOBBS/THE CONNECTION
Carol Hawn at a WFCCA land-use meeting in April 2018.



Exploring a museum are (from left) Chrissie King and Carol Hawn.



From left are Cheryl Malpezzi and Carol Hawn.



Carol Hawn

from Iowa State University and, in 1993, a Master of Arts in Sociology from the University of North Carolina at Charlotte. She and her husband married on Sept. 21, 1985, in Ames, Iowa.

Before Carol and Dave moved to Old Mill, they lived in Centreville’s Singleton’s Grove community, where she served on its Architectural Review Committee and was a two-term, homeowners-association president.

But she especially made her mark in Centreville/Chantilly land-use issues, serving for decades on the West Fairfax County Citizens Assn. (WFCCA) and its land-use committee, as well as the Sully District Council of Citizens Assns. (SDC) and its land-use committee, plus the Fairfax County Federation of Citizens Assns.

Hawn was also a past director of

the Centreville Community Foundation and served on county census and bond-referendum committees, plus the 10th Congressional District Democratic Committee. Indeed, she was such an invaluable asset to this area that – to honor and recognize her for many years of dedication and hard work – in May 2000, then Supervisor Michael R. Frey (R-Sully) named her Lady Fairfax.

She even briefly ventured into politics when, in 2002, she ran against Republican Tim Hugo as the Democratic candidate for 40th-District delegate. And although Hawn didn’t win, by that time she’d already racked up a decade of tireless public service here.

“She’s served on everything,” said Jim Hart, then a member of Fairfax County’s Board of Zoning Appeals. “I can’t think of anybody who’s had as wide-ranging experience with local issues. She’s been on the Airports Advisory Committee,

the Community Action Advisory Board and all kinds of transportation and land-use task forces.”

At the time, Hawn was working for Travesky & Associates (owned by former Springfield Supervisor Marie Travesky) and doing public outreach for the Dulles Corridor Rapid Transit Project to bring rail to Dulles and Loudoun County.

“I’ve always had a commitment to public service, as far back as I can remember, and I wanted to get involved in something local,” explained Hawn then. “My mom always stressed helping others and being part of the community. I feel very blessed that I’ve been able to volunteer so much of my time to the residents of Centreville and Fairfax County.”

“Carol had civic responsibility in her DNA,” said Hart last week. “She contributed her time to so many organizations, including the

SEE CAROL HAWN, PAGE 15

Carol Hawn Made Friends Wherever She Went

BY BONNIE HOBBS
THE CONNECTION

A kind and friendly person, Centreville’s Carol Hawn made friends wherever she went. Her husband, Dave, owns a specialized commercial-roofing company, and he traveled frequently to handle his clients’ needs.

“Carol was an avid supporter of his business and was incredibly proud of him,” said her friend, Jehanne Arslan. “So she often accompanied him to attend SPRI

industry conventions.” (SPRI is the trade association representing manufacturers and professionals in the single-ply roofing industry).

Always outgoing, Hawn made many friends of her own at these events, and memories posted by some of them on her obituary site included the following:

Cheryl White Malpezzi wrote, “Carol was a warm and caring friend. She was always welcoming to a new SPRI spouse and had

great ideas for activities. I will miss her smile and laughter.”

“We have had so many good times over the years,” wrote Amy Leclare. “I will miss you dearly and will think of you often. And when I do, I will have a smile on my face and love in my heart.”

“Carol, it’s been quite some years,” wrote Chrissie King. “It was you that made me feel so welcome when I was new at SPRI. We were thinking alike in so many ways, and we had so much fun taking

trips to various places. I’ll never forget your infectious laugh and the many moments we shared. Love lasts forever.”

SPRI colleague Cindy Tulimieri wrote, “I’ve only had the pleasure of meeting Carol a handful of times at SPRI meetings, but I felt like I knew her well after the first encounter. She made me feel like a friend right away. She was so kind. She expressed her love for David in our short visits together, and it was so sweet. Wishing David and

family peace and comfort as you navigate the days ahead.”

“One of the highlights of the SPRI meetings was getting to see Carol,” wrote Linda King. “She always had a smile for everyone, a story to share, or a suggestion for a future SPRI event. She was generous with her time and her vast knowledge of every museum, historic venue or local activity that might be of interest to her SPRI friends. It was an honor to know her, and she will be greatly missed.”

Oakton High Trio Plant the Seeds of Wealth in Global Book Launch

DECA project teaches children the power of early investing.

BY MERCIA HOBSON
THE CONNECTION



Oakton High School students and DECA members, from left, Dev Rai, Austin Chen and Ayush Ranjan, are now rising seniors after authoring “The Seed That Grew: A Story About Investing Early” as juniors. The 26-page investing book features comic-strip-style characters for children ages 4 to 13. During their project, the team documented a 70.4% increase in student understanding across 17 schools.

Can a 4-year-old understand compound interest? Three rising seniors at Oakton High School — Dev Rai, Austin Chen and Ayush Ranjan — thought so. During their junior year, they created “The Seed That Grew,” a 26-page book featuring comic-strip-style characters that teaches small habits can grow into something much larger, just like early investing. The paperback book targets children ages 4 to 13. It was developed as a financial literacy project for DECA, a global organization preparing students for business careers.

Working under DECA guidelines, the team raised \$1,040, distributed 274 books across 17 schools, and led eight read-alouds. Through pre- and post-surveys, they documented a 70.4% increase in understanding — rigor more often seen in a curriculum study than in a high school extracurricular.

“We researched ... financial literacy standards and ... saw a big gap,” Rai said, explaining their focus on younger children. Most efforts target “high schools and maybe some middle schools,” he noted, even though the early years are “actually pivotal for their learning” and for habits like “being patient and knowing how to save.”

What started locally expanded to India,

China and Kazakhstan, then moved through DECA’s competition ladder. “We ... competed at various state and international levels,” Rai said. “We went to a conference in Virginia Beach, and we were able to get first place there ... and we also presented at an international as well in Atlanta.”

The publishing venture is the centerpiece of their project, overseen by mentor Gaamaa Hishigsuren of the World Bank Group. “DECA has several levels of competition,” Hishigsuren said. “They came out of the district level to go to the state competition and that is where they got the first place award and then they were selected [to] go to the international level.”

To succeed, the students had to think like corporate managers, mastering strategic planning, reporting, budgeting and operations. While Ranjan led operations and funding, Chen “was the one who illustrated

the book.” “I used the app with a paid subscription to completely illustrate the book,” Chen said. For costs, Ranjan said they “were able to fund it through two different methods ... friends and family” and “community flyers,” plus leveraging [their] mentor’s network, ultimately raising “\$1,040.”

“Save your money, invest and give back.”

— Dev Rai

To gather data, the team tested the book through real-world “live runs.” Rai described “in-person read-alouds ... after school or during the school day,” during which they handed out physical surveys. They also offered “a virtual Google option and then virtual Google Forms” for schoolwide assemblies. Students completed surveys “before we read the book” and “the same survey again after.” In line with Consumer Financial Protection Bureau financial literacy standards, the team measured a 70.4% increase in understanding.

The DECA oral presentation asked them

to translate that impact into a high-pressure corporate pitch. Chen said they leveraged family and mentor networks to demonstrate real-world reach by translating the book “to ... Chinese” and other languages and publishing it on Amazon Kindle Direct Publishing. In front of judges, they “showed them physical copies of the books” and “images of ... us doing these books directly to those countries,” so the global impact was tangible.

Now that the book is out, Rai said it has had “a lot of success” and “positive feedback.” The team’s next phase is Taiyu, a gamified financial literacy app that turns the book’s concepts into an experience for elementary-age children, “kind of like the game Roblox.”

By saying it is “kind of like Roblox,” they tell potential partners the app will feel like a fun video game rather than a boring quiz. Rai added that they plan to expand “through the United States and internationally as well,” while keeping the core ideas: “save your money, invest and give back.”

To move forward, the team is seeking schools and camps to test the app, using its Facebook and Instagram accounts, “Taiyu Financial literacy game,” plus a Calendly link for 15-minute calls. The app syncs directly with their digital calendars, automatically showing available slots to interested directors. Instead of competing again, the team framed this as the next phase for product and outreach.

Visit the book’s Amazon page (https://www.amazon.com/dp/B0FZ9CNL-JV?lv=shuf&channelId=510&plpRedirect=mbFallback#detailBullets_feature_div) to learn about purchasing the book, “The Seed That Grew.”

Virginia School Divisions, Municipalities Face 25% Electric Bill Spike

Residential bills are shielded under the new budget, but local tax hikes to cover the public sector could pass some of the burden down to residents.

BY MERCIA HOBSON
THE CONNECTION

On July 1, Virginia’s new compromise biennial budget bill, HB 30, took effect, shielding residents from data center infrastructure costs through a \$0.011-per-kWh consumption tax.

But on that exact same day, local school divisions and municipalities face their own fiscal hurdles. The Virginia Association of Counties (VACo) said that public sector, governmental and municipal institutional accounts, not residential consumers, in Dominion Energy territory will experience an overall

rate increase of 24.9% beginning on July 1, 2026.

“The overall impact on a particular member will vary depending on their individual rate schedules,” the VACo advisory stated. “Members can also expect at least another 12% increase effective July 1, 2027.”

The negotiation team for the Virginia Energy Purchasing Governmental Association (VEPGA) agreed in principle to a contract with Dominion Energy for the period July 1, 2026, to June 30, 2028, on behalf of counties, cities, towns, school divisions, and service authorities. The statewide 24.9% spike in electricity bills, could be

passed on to residents in part.

Residential customers are insulated from direct grid infrastructure costs via the data center energy consumption tax in HB 30, enacted via Gov. Abigail Spanberger’s signature. Following the General Assembly budget vote, Spanberger said, “Virginia will institute a statewide energy consumption tax on data centers — an idea I first proposed this spring — to ensure this industry pays its fair share and does not drive up costs for Virginia families.”

However, local taxpayers could still absorb some of the system’s growing costs. Former Federal Energy Regulatory Commission

(FERC) Chairman Mark Christie, who served on the Virginia State Corporation Commission (SCC), warned that the compromise budget is merely an “offset” that leaves structural problems untouched. Christie said the measure “will do nothing to protect residential consumers from cost-shifting to them for all the new generation and transmission infrastructure needed to serve growing data center demand.”

Because the state’s budget protection does not extend to the public sector, local governments may be forced to use contingency reserves, alter spending, or raise local taxes to cover the unbudget-

ed increase.

In Fairfax County and its towns and cities, local leaders are calculating the financial fallout. According to VACo, the spike reflects rising demand for data center infrastructure and shifting service costs hitting public entities at once. For Fairfax County and its public schools — the state’s largest school system — the rate hike hits a massive structural footprint, rippling across hundreds of municipal facilities, public safety centers, county offices, school campuses, and administrative buildings.

Smaller municipal operating budgets face immediate pressure

SEE VIRGINIA SCHOOL, PAGE 9

Fairfax County's Heat Plan Shifts into High Gear

The heat spell in early July had air conditioners humming everywhere.

By MIKE SALMON
CONNECTION NEWSPAPERS

If the first week in July is a sign of things to come, area agencies might need to shift gears in the cooling department to avoid potential fatalities that come with temperatures in the triple digits.

On Sunday, July 5, Fairfax County activated the Fairfax County Heat Plan, designating several county facilities such as libraries, community centers, REC centers, human services offices and homeless shelters as cooling centers. Those cooling centers are equipped with supplies for community members, including water, sunscreen, insect repellent, shower wipes and free Fairfax Connector bus coupons.

During this time, County leadership decided to open a 24/7 cooling center at the Jim Scott Community Center during the most recent extreme heat wave. It was open 24/7 starting on July 2 at 8 p.m. through July 5 at 8 a.m. and staffed continuously by county employees. The center served 85 community members over that period. Free transportation was available to anyone who needed a ride to the center or a ride from the center once it closed on Sunday morning. On Sunday, regional libraries and rec centers were open as cooling centers during their operating hours.

The National Weather Service listed the Daily Climate Normals (1991-2020) Washington Area, DC statistics on the Max Temperature Normal graph, which shows temperatures in July are all double digit numbers for the month, with 90 degrees as the high. This summer, the first week in July was full of triple digit temperatures which they list as an "extreme heat," situation. On their July 4 map, high temperatures for the area reached 101 and on the peak heat index in Leesburg was 113 degrees while Fredericksburg was 114 degrees. Fairfax County was also in the Severe Drought category although thunderstorms came on July 4 and 5 to bring some relief. But those rain events made little dent in the drought.

In the nationwide picture, Alaska posted their very first heat warning to residents.

County Cool

Fairfax County has three cooling programs available for residents. The Cooling Assistance Program

provides financial assistance with electric bills, security deposits to keep the electricity on, air conditioning repairs, fans for the house, and window air conditioners. To be eligible, at least one household member must be: 60 or older; 5 or younger; or disabled according to Social Security, Medicaid or 100% Veteran's Administration, the county said.

The Senior Cool Program helps low-income older citizens and the AC Rescue Program provide small air conditioning equipment when needed. To be eligible, at least one household member must be: 60 or older; 5 or younger; or disabled according to Social Security, Medicaid or 100% Veteran's Administration.

Trees Down in Burke

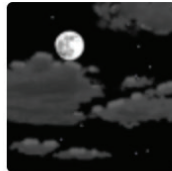
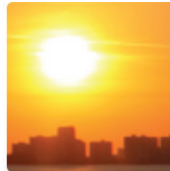
In the wake of the heat wave in early July, Braddock District Supervisor Rachna Sizemore Heizer (D) addressed all the heat preparations at a town hall meeting the following week and attendees included a representative from Chairman McKay's and Delegate Laura Jane Cohen. While the residents were concerned about the number of trees down from this microburst storm June 22, they also posed a question: What happens next time a storm comes like this? Safety was the initial message but there were few answers for the long term. Supervisor Heizer looked ahead to future storms "as things are changing weatherwise and climate wise," she said. For more, see <https://www.fairfaxcounty.gov/emergency/burke-microburst-incident>

Measuring Heat Islands in Northern Virginia

On Measurement Day, July 16, 2026, more than 30 teams of citizen scientists will measure temperature and humidity variations along 30 routes in Fairfax and Arlington counties, and City of Alexandria as part of the "Urban Heat Island Mapping Project."

Extreme heat is the leading cause of weather-related mortality in the United States. In an urban environment, temperatures can vary drastically between adjacent neighborhoods due to dark, heat-absorbing surfaces and a lack of tree canopy.

"This will be the most granular measurement of heat ever attempted throughout Northern Virginia," said Chris Topoleski, executive director of Faith Alliance for Climate Solutions. "We know

Today	Tonight	Wednesday	Wednesday Night	Thursday
				
High: 94 °F	Low: 74 °F	High: 101 °F	Low: 79 °F	High: 100 °F
Sunny	Mostly Clear	Hot	Partly Cloudy	Hot

Extreme heat returning this week, July 14-16, 2026.



The Jim Scott Cooling Center was in use for that early July heat spell.

that neighborhoods with few trees and a lot of asphalt can be dangerously hot in summer. Once we're done, we'll know how hot these neighborhoods are."

The Urban Heat Island Mapping Project is a collaboration between the Faith Alliance and George Mason University's Virginia Climate Center. The Climate Center forecasts Thursday, July 16, will be one of the hottest days of the year.

"Heat risk is on the rise and Virginians are already feeling the impacts," said James Kinter, director of GMU's Virginia Climate Center and Center for Ocean Land Atmosphere Studies. "High temperatures and humidity can lead to heat stress, heat stroke, and even death."

Each volunteer team will consist of at least two people in a vehicle with a rooftop sensor. A special phone app will transmit data to GMU. Measurements will be taken along routes previously selected by the Virginia Climate Center at three times throughout the day: Morning (6-8 a.m.), Afternoon (2-4 p.m.), and Evening (6-8 p.m.).

Fairfax County Activates Heat Plan for July 4; Opens 24-Hour Cooling Center

By Fairfax County Emergency Information on July 2, 2026



PHOTOS CONTRIBUTED

The heat hit the area hard over the July 4 weekend.

The Climate Center will later render the data into high-resolution heat maps that will indicate which neighborhoods need intervention to reduce dangerous summer temperatures.

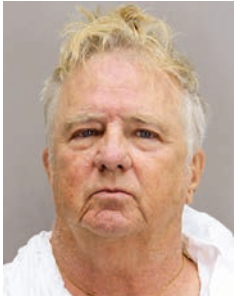
In phase two, the completed research will be shared by Faith Alliance for Climate Solutions with

local elected officials and staff to inform policy decisions such as tree canopy expansion and other initiatives.

The American Red Cross-National Capital Chapter is supporting the Project by offering its regional headquarters in Fairfax County as a staging site.

Fair Oaks Man Charged with Wife's Murder

Leland Jameson, 64, of Fair Oaks, is being held in jail without bond after being arrested for allegedly murdering his wife. Fairfax County police identified the victim as Chisen Jameson, 60.



Jameson

According to police, late Sunday night, a 911 call taker with the Department of Public Safety Communications received a call for service from someone in the 12000 block of Washington Brice Road in Fair Oaks. Police say the call taker "could hear sounds consistent with a disturbance" before the line disconnected.

A second 911 call was received at 10:39 p.m. Police didn't reveal who placed either call. Meanwhile, officers immediately responded to the first call at 10:21 p.m. When they arrived at the address from which it came, they found Chisen Jameson fatally wounded inside the home.

Police say she was "suffer-

ing from gunshot wounds to the upper body" and was declared dead at the scene. Preliminarily, detectives reported that they determined her husband was the one who shot her. Detectives from the Major Crimes Bureau then took Leland

Jameson into custody and transported him to the Adult Detention Center.

He was charged with second-degree murder and use of a firearm in the commission of a felony. At press time, detectives were still conducting interviews and processing evidence recovered from the scene to try to determine the circumstances leading up to the tragedy.

Anyone with information regarding this incident is asked to call Crime Solvers by phoning 1-866-411-TIPS (866-411-8477) or going to <http://www.fairfax-crimesolvers.org/>.

- BONNIE HOBBS

Virginia School Divisions, Municipalities Face 25% Electric Bill Spike

FROM PAGE 7

to keep the lights on without delaying infrastructure projects. Brent Heavner, chief communications officer for the Town of Herndon, said the VEPGA rate will impact the Town's electricity costs.

"Inflation and fluctuations in input costs affect the Town's budget in much the same way as they impact businesses and households," Heavner said. "Through our annual budget process, departments account for electricity costs alongside other operations and maintenance expenses."

As for capital projects, Heavner said specific impacts "remain to be seen." However, he noted the Town has been proactive through a multi-year energy initiative underway since last year. "These energy efficiency projects at Town facilities are anticipated to help reduce energy use beginning in FY 2027. We expect to estimate

and budget these savings starting with the FY 2028 budget cycle."

The City of Fairfax hopes to minimize the financial damage.

"The city is working to improve the energy efficiency of its buildings and has several cost saving measures that help keep costs down and will minimize these impacts," Matthew Kaiser of the City of Fairfax said. "Adjustments will be made to minimize fiscal impacts."

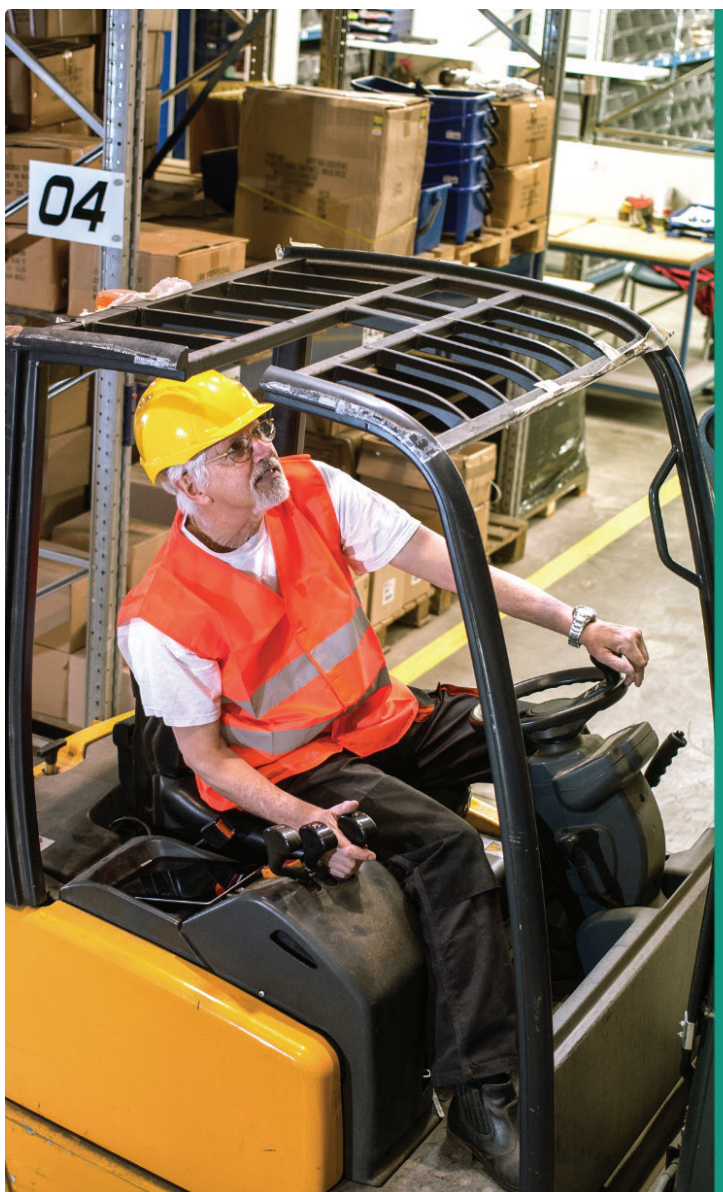
Kaiser added that Fairfax City's new energy manager will focus on tracking and improving energy efficiency throughout the city. "The recently adopted Green Building Policy raises performance standards for municipal buildings. The energy manager will seek ways to optimize building performance starting this fall," he said.

BY CONTRAST, residential rates are regulated by the SCC, which approved a residential base rate increase that took effect Jan. 1, 2026, adding roughly \$11.24 per

month to a typical homeowner's bill.

The impact spans municipal boundaries because of how energy is purchased. While the Virginia Municipal League (VML) serves cities and towns and VACo serves counties, the two organizations pooled their collective bargaining power to create VEPGA. By combining forces, they represent over 170 entities — ensuring that counties, cities, towns, and school divisions all purchase under the same contract umbrella.

Looking ahead, VEPGA members are projected to face an additional 12% rate increase on July 1, 2027. Officials noted this projection assumes no further increases in fuel costs or riders, such as the Regional Greenhouse Gas Initiative (RGGI). The multiyear, stepped-increase strategy was deliberately designed to reduce immediate rate shock in the first year.



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SCREEN CAPTURE VIA FACEBOOK

U.S. Rep. Gerry Connolly (left) presents an official U.S. Congressional Record tribute to the first Sully District Supervisor, Michael R. Frey, during a retirement dinner at the International Country Club in Chantilly in September of 2015. The formal federal entry commended Frey's 24 years of balanced, cross-party leadership and his crucial support for local integration initiatives like the Centreville Labor Resource Center.



SCREEN CAPTURE VIA FACEBOOK

Promotional pamphlets and informational business cards outlining the local services available through the Centreville Labor Resource Center are displayed at a community event in Chantilly.

Centreville Immigration Forum Announces 2026 Annual Dinner

MERCIA HOBSON/THE CONNECTION
THE CONNECTION

The Centreville Immigration Forum will hold its 2026 Annual Dinner on Wednesday, Sept. 23. Centered on the theme “Honoring Legacy, Defending Our Future,” the event recognizes the generations of immigrants, workers, volun-

teers, organizers and community leaders who built the organization. Founded in 2007, the forum is a 501(c)(3) public charity serving immigrants and economically disadvantaged populations in Northern Virginia through human services, community organizing, ESL education and job training. From its location at 5944 Centreville Crest Lane, the organization operates the Centreville Labor Resource

Center, providing a safe space for employers and workers to negotiate fair employment terms, ensure safe working conditions and access job training.

Executive Director Samantha Zaboli noted in March that the focus remains on “constantly developing programs to respond to the needs of our communities” while fighting for wage, economic and racial justice.

This year’s theme holds deep local significance following the deaths of two towering figures in Northern Virginia public service: former U.S. Rep. Gerald E. “Gerry” Connolly (1950–2025) and the first Sully District supervisor, Michael R. Frey (1956–2026). Though representing different political parties, both leaders championed the forum’s mission.

Upon Frey’s retirement, Con-

nolly entered a formal tribute into the U.S. Congressional Record, celebrating Frey’s decades of balanced leadership and his direct support for community initiatives like the Centreville Labor Resource Center.

Tickets and sponsorships for the event are available at actionnetwork.org. More information available at centrevilleimmigrationforum.org



PHOTO COURTESY OF ROTARY CLUB OF HERNDON-RESTON

New President of Herndon Reston Rotary

Tim Dowling is the newly announced 2026–2027 president of the Rotary Club of Herndon-Reston. Dowling envisions a club “where every member is engaged, every service project creates measurable impact, and every partnership strengthens the community.”

– MERCIA HOBSON
THE CONNECTION

BULLETIN BOARD

FROM PAGE 5

community organizations in Fairfax County – such as volunteer groups, civic associations and faith-based organizations – obtain high-quality, professionally grown trees suitable for planting. Purchasing top-quality trees can be a challenge for these organizations.

This opportunity focuses on increasing tree cover in economically disadvantaged communities, which typically do not benefit from moderate to high tree cover. How to Apply: Fairfax County Tree Distribution to Community Organizations | Public Works and Environmental Services UCFD will prioritize applications for tree-planting sites within or adjacent to Fairfax County-designated highly vulnerable communities, as defined by the county’s One Fairfax policy and its associated Vulnerability Index. While planting in highly vulnerable communities will be prioritized, all community organizations are encouraged to apply for tree delivery,

regardless of where tree planting is proposed.

The costs of the trees and delivery are covered by the county’s Tree Preservation and Planting Fund and will be offered at no cost to participating organizations.

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

SEE BULLETIN, PAGE 15

School Auction Leads to New Wine Bistro in Great Falls



PHOTOS COURTESY OF THE CELLAR ON SENECA

Julie Safa and her husband, Kaveh, enjoy a moment in their new restaurant, The Cellar on Seneca in the Seneca Square shopping center. The wine bistro debuts with a soft opening in July and a grand opening in August.

The Cellar on Seneca opens this summer with local owners and a James Beard-nominated chef.

BY MERCIA HOBSON
THE CONNECTION

Great Falls is welcoming a James Beard Award-nominated chef to anchor a local restaurant — a culinary milestone born from an online silent auction bid at Colvin Run Elementary School. Taking over the former BRX American Bistro space, the wine bistro anchors the owners' deep community roots and boasts elevated American fare and an inviting outdoor garden.

In May 2023, Julie Safa and her husband, Kaveh, wanted to connect with their community after buying a home on the Great Falls street where Kaveh grew up. While attending the 20th anniversary celebration for Colvin Run Elementary School where their son was starting kindergarten, the couple won an online silent auction for a gift card to BRX American Bistro on Seneca Road — sparking a dining experience that changed their trajectory.



A seasonal dish is paired with a wine selection at The Cellar on Seneca. The restaurant's menu features locally sourced ingredients alongside a curated collection of more than 200 wines.

Julie said the moment didn't feel like a business calculation so much as fate. "The stars really aligned" when the school auction bid led them to BRX, a chef "of my



A view of The Cellar on Seneca, which welcomes customers for its soft opening in late July, followed by a grand opening in August.



The remodeled dining room of The Cellar on Seneca features intimate booth and table seating inside the former BRX American Bistro space on Seneca Road.

dreams," and the chance to build a neighborhood restaurant where their community could gather.

By coincidence, the owner of BRX had recently read about the couple's culinary success. The Safas had launched Arlington's Courthouse Social in April 2015, pivoted during the 2020 lockdowns to launch Farmsy — a customizable farm-box delivery service partnered with local farmer Casey Feezle. They opened Yum Yum Hibachi in Ashburn in June 2023.

Recognizing their passion, the owner approached them before their winning meal was over, asking if they wanted to buy BRX. The idea of owning a restaurant in their own backyard was impossible to resist.

"We just thought it would be so much fun to serve our neighbors," Julie recalled.

Three months later, they closed on the property. Now, after three years of listening to guest feedback, the couple is debuting The Cellar on Seneca at 1025 Seneca Road, in the Seneca Square shopping center near Georgetown Pike. Julie noted that the completely remodeled space showcases historical and current photographs and art.

Though Farmsy's doorstep delivery has ended, the couple is bringing that local agricultural network to Great Falls by bringing on James Beard-nominated chef Christopher Carey to lead their kitchen. Carey is a celebrated locavore advocate known for anchoring menus around regional ecosystems.

Chef Carey will helm the kitchen,



Chef Christopher Carey, a celebrated locavore advocate and James Beard Award nominee, joins The Cellar on Seneca as the first James Beard-nominated chef to anchor a Great Falls restaurant.

en, offering a seasonal, locally sourced menu paired with a curated collection of more than 200 wines.

Asked about his sourcing philosophy and how their from-scratch kitchen accommodates food allergies, Carey was quick with an answer.

"My thoughtful, holistic, and from-scratch style focuses on ingredient integrity. We do our best to source from great purveyors both local and far who understand this focus, attention to detail, and adhere to our guidelines. Since most of our menu items are produced in-house, I reduce the risk of allergens and sensitivities," Carey

said.

The restaurant will feature monthly wine dinners, private dining, catering, and a members-only Cellar Club. Julie said the club gives members "wine lockers that give members immediate access to their favorite vintages" and "we help them curate the wines in their locker as we get to know their taste," plus discounts, exclusive tastings, events, and priority dinner access.

"If I know you love Sancerre wine, and one of our distributors comes in with a brand-new Sancerre, I might reach out and say, 'Hey, would you like me to put one or two in your locker for you to try?'" Julie said.

The couple plans a soft opening in late July, tracking updates on Facebook and Instagram (@cellaronseneca), followed by an August grand opening.

Kaveh said they wanted an approachable spot with 200-plus bottles. "Every bottle earns its place, whether it's paired with something on the menu or just a small producer we think people should know about."

As for the space, the couple is going for a "warm and easy" vibe.

"Somewhere you can settle into a corner table, pour something great, and actually relax. Less stuffy than a tasting room, more like an extension of the neighborhood's living room," Kaveh said.

For a couple who just wanted to meet fellow kindergarten parents, it is a chance to turn that online silent auction win into the neighborhood's next culinary anchor.

ENTERTAINMENT

FAIRFAX COUNTY

FARMERS MARKETS RETURN

Operated by the Fairfax County Park Authority, these popular markets connect residents with local farmers and food producers at 10 convenient locations. Shop seasonal fruits and vegetables, meats, dairy, baked goods and artisanal products, while enjoying a vibrant, open-air market experience.

WEDNESDAYS

McCutcheon/Mount Vernon: April 22-Nov. 25, 8 a.m. - noon. Sherwood Library, 2501 Sherwood Hall Lane

Oakmont: May 6-Oct. 28, 8 a.m.-noon. Oakmont Recreation Center, 3200 Jermantown Road

Wakefield: May 6-Oct. 28, 2-6 p.m. Wakefield Park, 8100 Braddock Road

THURSDAYS

Annandale: May 7-Oct. 29, 8 a.m. - noon. Mason District Park, 6621 Columbia Pike

Herndon: May 7-Oct. 29, 8 a.m. - noon. Old Town Herndon, 700 Block of Lynn Street by the Red Caboose

FRIDAYS

McLean: May 1-Oct. 30, 8 a.m.-noon. Lewinsville Park, 1659 Chain Bridge Road

Kingstowne: May 1-Oct. 23, 3-7 p.m. In the Giant parking lot, 5870 Kingstowne Towne Center

SATURDAYS

Burke: Apr. 18-Nov. 21, 8 a.m.-noon. VRE parking Lot, 5671 Roberts Parkway

Reston: Apr. 25-Nov. 21, 8 a.m.-noon. Lake Anne Village Center, 1609-A Washington Plaza

SUNDAYS

Lorton: May 3-Nov. 22, 8 a.m.-noon. VRE parking lot, 8990 Lorton Station Blvd.

SUMMER CONCERT & ENTERTAINMENT SERIES

Reston Community Center (RCC) transforms Reston's plazas and parks into community gathering places with its acclaimed Summer Concert & Entertainment Series, running from just before Memorial Day through September. All are invited to enjoy free live music and family-friendly entertainment set in some of Reston's most beloved outdoor spaces as we head into the heart of summer.

Wednesdays: Midweek Music on the Lake
Sunset Concerts | Schedule

Lake Anne Plaza

Wednesdays, June 24 – August 26

7:30 p.m. – 9:00 p.m.

Fan favorites return to Lake Anne Plaza for Sunset Concerts on Wednesday evenings, from 7:30 p.m. to 9:00 p.m. so audiences can enjoy slightly cooler temperatures and golden hour views by the lake.

Thursdays: Fresh Finds at Halley Rise
Take a Break Concert Series | Schedule

Halley Rise (2025 Fulton Place, Reston)

Thursdays, June 25 – August 27

7:30 p.m. – 9:00 p.m.

In its third year, Take a Break Concert Series spotlights fresh talent in one of Reston's newest neighborhoods. This laid-back, open space offers plenty of room to dance or play and a new 7:30 p.m. start time lets the heat ease off a bit.

Summerbration Fab Fridays | Schedule

Reston Station

Fridays, May 29 – September 25

7:30 p.m. – 9:00 p.m.

Then head to Reston Station for the always packed Summerbration Fab Fridays, now starting at 7:30 p.m. so you can stop by Happy Hour with Darden first. These high energy cover bands turn the plaza into a dance party with favorite hits all night long.

Saturdays: Playtime in the Park
Family Fun Entertainment Series | Schedule

Reston Town Square Park

Saturdays, July 4 – August 22

10:00 a.m. – 10:45 a.m.

Saturday mornings bring the Family Fun Entertainment Series to Reston Town Square Park, a summer highlight with puppetry, magic, music, juggling and more! Kids can dance, giggle and get the wiggles out, with plenty of fun for adults too.

Sundays: Classics Under the Sky

Sunday Art in the Park with Shenandoah Conservatory | Schedule

Reston Town Square Park

Sundays, June 21 – August 30

12 ♦ THE CONNECTION ♦ JULY 15 - AUGUST 4, 2026



The Vienna Youth Players are staging “Guys and Dolls” from July 18-26, 2026 at the Vienna Community Center.



Applications for the 2026 McLean Artfest are due July 31, 2026.

7:00 p.m. – 8:00 p.m.

Spend Sunday evening at Sunday Art in the Park with Shenandoah Conservatory in Reston Town Square Park, where rising classical musicians offer concert quality performances that are friendly, fun and accessible to all ages.

JUNE 18-AUGUST 27

Summer Concert Series. 7-8 p.m.

At National Museum of the Marine Corps, 1775 Semper Fidelis Way, Triangle. The Marine Corps Heritage Foundation invites the public to enjoy the 2026 Summer Concert Series at the National Museum of the Marine Corps. From June through August, audiences can experience six free, family-friendly evenings featuring premier U.S. military ensembles representing the Marine Corps, Navy, Army, and Air Force. Concerts are held on the Museum's entry plaza. Guests are encouraged to bring lawn chairs or picnic blankets. Admission and parking are free and open to the public. The Museum, Tun Tavern, and Museum Store will remain open until 6:45 p.m. on concert evenings. Visit the website: <https://www.marineheritage.org/>

Concert Schedule:

♦ July 30, 7 p.m. – U.S. Air Force Band Airmen of Note

♦ August 20, 7 p.m. – U.S. Navy Concert Band

♦ August 27, 7 p.m. – “The President's Own” U.S. Marine Band

SUMMER ON THE GREEN SERIES

Music lovers of all ages are encouraged to grab a lawn chair or picnic blanket and head to the Vienna Town Green for free summer concerts at 6:30 p.m. beginning in June. The Vienna Town Green is located at 144 Maple Ave., E, Vienna. The Summer on the Green series features a wide range of musical genres, including rock, blues, country, reggae, jazz, and children's music performed by local and regional musical acts.

2026 Schedule

July 24: Fat Chance – Rock

July 31: US Army Blues Swamp Romp - Jazz and Folk of Louisiana

Aug. 7: The Maiden Band - Classic Rock 70s to present

Aug. 14: US Navy Band Commodores - Jazz

For more information, visit www.viennava.gov/summeronthegreen.

FREE CONCERTS IN THE PARK

At Burke Lake Park, Burke. 7 p.m. every Wednesday night from June 24 to Aug. 19 at Burke Lake Park for an incredible line-up of bands, food trucks, 2 Silos beer, and Ice Cream. The atmosphere is informal, so bring a picnic blanket, lawn chairs, and relax with friends and family.

SCHEDULE

July 15 – SoHo Down. Food Trucks: Kaziville (hot dogs), Cousins Maine Lobster Paisanos and Bruster's of Alexandria

July 22 – JunkFood Band. Food Trucks: Roaming Coyote, Paisanos and Ello Gelato

July 29 – The Skip Castro Band. Food Trucks: Kaziville (hot dogs), Ned's New England Deck and Bruster's of Alexandria

Aug. 5. The English Channel. Food Trucks: BABU-JI, Cousins Maine Lobster and Ello Gelato

Aug. 12 – The Randy Thompson Band. Food Trucks: BABU-JI, Roaming Coyote and Bruster's of Alexandria

Aug. 19 – The Soul Shakers. Food Trucks: Kaziville (hot dogs), Ned's New England Deck and Bruster's of Alexandria

JULY 1-31

Summer of the Arts. At City of Fairfax Regional Library, 10360 North Fairfax Street, Fairfax.

Pathway Homes' 13th Annual Summer of the Arts Exhibit showcases the creativity of its clients who are living with a variety of mental illnesses and co-occurring disorders. From July 1-31, artwork submitted by formerly homeless individuals recovering from serious mental illnesses will be displayed at the City of Fairfax Library. Art and creativity are an integral part of recovery for Pathway Homes' residents. Pathway is a mental health non-profit. Artist Reception: July 28, 5:30-7:00 p.m. (free).

JULY 1 TO AUG. 2

“America at 250” Art Exhibit. At McLean Art Gallery, a new topical exhibition from the McLean Art Society celebrating our country's milestone birthday. Featured are 180 new works from 45 local artists, including paintings in oil, acrylic, pastel, watercolor and mixed media; drawings; photography; sculpture and works in wood, glass, ceramics and jewelry. Opening Reception on Friday, July 3 from 5-7 p.m. The Gallery is located in the Chesterbrook Shopping Center, 6224B Old Dominion Drive, McLean (near Starbucks) with plenty of free parking. Get your free tickets at 250.eventbrite.com

SUMMER CONCERT SERIES

Thursdays June 18 to July 30, 7 p.m. At

McLean Central Park Amphitheatre. The MCC famous, free concerts are back at the McLean Central Park Amphitheatre! Grab your family and friends and enjoy live music every Thursday evening from June 18 to July 30 at 7 p.m.

Thursday, July 16, 7 p.m.

Go-Go legend!

EU (Experience Unlimited)

Thursday, July 23, 7 p.m.

“Stylin’, Living it up in the city!”

Uptown

Thursday, July 30, 7 p.m.

“Beastie Boys meet Sesame Street,”

Koo Koo

SOUNDS OF SUMMER: LOCAL CONCERTS IN FAIRFAX COUNTY

Create your own summer soundtrack with the Summer Entertainment Series. Attend free, live concerts taking place at locations all around Fairfax through August. Award-winning entertainers take the stage in this series that is set to enrich the community and promote togetherness in Fairfax County. This season consists of 124 performances at 20 venues. Mark your calendar for some incredible performances including:

Wednesday, July 15, 7:00 p.m.: SoHo Down, Burke Lake Park

Saturday, July 18, 7:30 p.m.: No BS! Brass Band, Workhouse Arts Center

Friday, July 24, 7:30 p.m.: City of Falls Church Concert Band, Mason District Park

Saturday, July 25, 7:30 p.m.: Lover: The Unofficial Eras Tour, Arrowbrook Centre Park

Saturday, Aug. 8, 7:30 p.m.: Roberta Lea and the First Take Band, Arrowbrook Centre Park

Wednesday, Aug. 12, 7 p.m.: Junkyard Band, Franconia District Park

Thursday, Aug. 13, 7 p.m.: Brookhouse, Frying Pan Farm Park

Friday, Aug. 14, 7:30 p.m.: Pat McGee, Mason District Park

Thursday, Aug. 20, 7:30 p.m.: Alexandria A Cappella Collective, Nottoway Park

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ENTERTAINMENT

"1776" BY MCLEAN

COMMUNITY PLAYERS

Celebrate America's 250th birthday with McLean Community Players' Tony Award-winning musical "1776," a witty, inspiring and surprisingly human portrait of the passionate debates, rivalries and courage behind the founding of a nation. Weekends of July 17-August 2; Fri-Sat., 7:30 p.m.; Matinees Sun., 2 p.m. At McLean Community Center's Alden Theatre, 1234 Ingleside Ave., McLean. \$25/\$20 Seniors/\$18 McLean district residents

JULY 17-20

Cirque Italia Water Circus Show. At Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Join this intrepid cast of acrobats, jugglers, aerialists, dancers, and clowns—a daring team of explorers who sail between worlds, diving deep beneath the waves and soaring high into the clouds. Cirque Italia's Water Circus is filled with nautical wonder, fabulous fountains, and theatrical spectacle that will dazzle and delight the young and the young at heart.

Showtimes:

July 17 – Friday: 7:30 p.m.

July 18 – Saturday: 1:30 p.m., 4:30 p.m. & 7:30 p.m.

July 19 – Sunday: 1:30 p.m. & 4:30 p.m.

July 20 – Monday: 7:30 p.m.

Visit <https://cirqueitalia.com/>

JULY 18-26

"Guys and Dolls." 7 p.m. At the Vienna Community Center, 120 Cherry St., SE, Vienna. Broadway comes to Vienna with the Vienna Youth Players' production of "Guys and Dolls." The curtain opens on Saturday, July 18, at 7 p.m. at the Vienna Community Center, setting the stage for a series of high-energy musical comedy performances. Featuring a talented local cast and crew of performers ages 10 to 18, "Guys and Dolls" brings 1950s New York City to life as an entertaining mix of lovable gamblers and determined missionaries take big bets on love and luck. Evening performances are scheduled for 7 p.m. on July 18, 23, 24, 25, and special Sunday matinee performances will take place at 2 p.m. on July 19 and 26. Tickets are \$18 each. Visit www.viennava.gov/theatre.

SATURDAY/JULY 18

Historic House Tours. 10:30-12:15 p.m. At Sunrise at Silas Burke House, 9619 Burke Lake Road, Burke. Burke Historical Society will lead free tours of the historic house at Sunrise at Silas Burke House. Reservations not required.

SUNDAY/JULY 19

Monthly Model Trains Showcase. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Join Fairfax Station Railroad Museum for its cherished Monthly Model Trains Showcase, a delightful gathering for model train enthusiasts and families alike! Every 3rd Sunday, from February through November, they invite hobbyists and curious visitors to explore the fascinating world of model trains, featuring either N or T scale exhibits. Admission: Museum members and ages 4 and younger, free; ages 5-12, \$4; ages 13 and older, \$6; First Responders, Teachers and Military, active and retired, \$5; Seniors 65+, \$5. <http://www.fairfax-station-railroad-museum.org>, <http://www.facebook.com/FFXSRR>, 703-425-9225.

SUNDAY/JULY 19

Cold War Conversation. 7 p.m. At The Cold War Museum. The next Cold War Conversation Presentation Series Lecture, Constant Shotgun: A Cold War Memoir, will take place at 7 p.m. on Sunday July 19. During decades of Cold War tension between the United States and the Soviet Union, American and Soviet air crews regularly interacted with one another in an unsung, unusual, and - until now - unknown program called Constant Shotgun. In this lecture, retired Air Force Colonel Glenn R. Whicker recalls sitting side-by-side with the Soviets through unbelievable and life-threatening stunts, tender heart-to-



Uptown presents "Stylin', Living it up in the city!" on Thursday, July 23, 2026 in McLean.



A Summer Concert Series takes place at the National Museum of the Marine Corps in Triangle starting June 18 to Aug. 27.

hearts, and behind-the-scenes moments from some of the most important turning points of the Cold War. Hear excerpts from his memoir on his time aboard Soviet transports, including the world's largest aircraft, the Antonov 225. Glenn traveled through Siberia, Cuba, Newfoundland and Alaska as he and other escort pilots worked towards ensuring safety in America's skies.

SUNDAY/JULY 19

Film Club. 10 a.m. to 1 p.m. At Cinema Arts Theatre, 9650-14 Main Street, Fairfax. Film Club debuts new independent and foreign films that have screened at Cannes, Sundance, etc. The titles are secret until you arrive. Tickets available at the Box Office for \$19. Film Club occurs monthly on August 16, September 20, October 4, and October 18. Website: <https://www.cinemaartstheatre.com/film-club-2026/>

SENIOR MOVIE DAY

At Reston Town Center Movie Theater. 10 a.m. Reston Association presents Senior Movie Day, sponsored by Friends of Reston. Join us on the fourth Wednesday of each month. Coffee, donuts and OJ are provided, and door prizes are distributed prior to the movie. Free. Ages 55+
July 22: After the Hunt

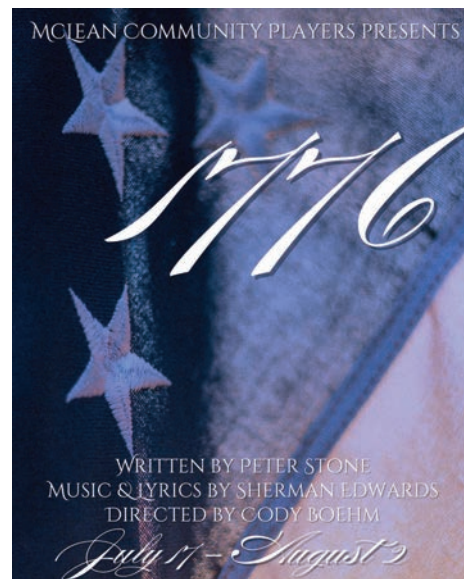
Aug. 26: A Little Prayer (rated R)

SATURDAY/JULY 25

Summer Slugfest. 12-3 p.m. At E.C. Lawrence Park, 5000 Stonecroft Blvd., Chantilly. Ellanor C. Lawrence Park Friends is proud to present the inaugural Summer Slugfest, a charity softball game uniting alumni from two legendary local youth sports organizations for an afternoon of friendly competition, community spirit, and charitable impact. The six-inning game features alumni players (ages 21 and over) from the Chantilly Youth Association (CYA) and the Southwestern Youth Association (SYA) competing for the 2026 Slugfest Cup. The free public event will feature: ♦ An alumni softball game between former CYA and SYA players ♦ Food trucks featuring gourmet hot dogs and cool summer treats ♦ Giveaways, merchandise, and a 50/50 raffle ♦ Family fun and community engagement ♦ Live on-field broadcast from CYA's The Sideline podcast.

SUNDAY/JULY 26

Wine with a Cause. 1-5 p.m. At the Winery at Bull Run, 15950 Lee Highway, Lorton. Join in Wine for a Cause, a relaxed winery fundraiser benefiting Simple Changes Therapeutic Riding Center. Enjoy fine wine, delectable cheeses and charcuterie, and live music. Win-



McLean Community Players present "1776" from July 17 to Aug. 2, 2026 at the McLean Community Center's Alden Theater.

ery tours of civil war artifacts and wine production are available for guests who would like to add a guided experience to their visit. Visit the website: <https://simplechanges.org/events/wine-for-a-cause/>

SUNDAY/JULY 26

Burke Historical Society Meeting. 3-4:30 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. Johanna Bockman, Associate Professor of Sociology and Global Affairs at GMU, will discuss gentrification and its impact on inequalities and democratic participation in the District of Columbia, from the 1940s to the present.

SUNDAY/AUG. 2

The Hot Lanes Perform. 7 p.m. At Fort Hunt Park, Pavilion A, Alexandria; (Free, Outdoors). The group is honored to be back for the Fort Hunt Park series and its continued relationship with the National Park Service. Bring a chair or grab a picnic table early - a cool drink helps as well!

ARTISTS INVITED TO APPLY

FOR 2026 MCLEAN ARTFEST

The McLean Community Center (MCC) and McLean Project for the Arts (MPA) is now accepting applications from artists for McLean Artfest 2026, marking the first year the festival will be produced by both MCC and MPA. The juried outdoor fine arts festival will be held Sunday, Oct. 4, from 10 a.m. to 4 p.m. in McLean Central Park.

Artists working in all fine art and fine craft media are encouraged to apply. Selected artists will have the opportunity to exhibit and sell their work in one of Northern Virginia's premier outdoor arts festivals, connecting with collectors, art enthusiasts and families from throughout the Washington metropolitan area. The application deadline is Friday, July 31. Artists interested in participating can apply at www.mcleancenter.org/mc-lean-artfest and should contact Jen Lillis at jlillis@mpaart.org for additional application information.

TUESDAY/AUG. 18

Trivia Nights in Tun Tavern. 6-9 p.m. At National Museum of the Marine Corps, 1775 Semper Fidelis Way, Triangle. Think you have what it takes to claim the top spot? Assemble your strongest team of up to six and join us for Trivia Nights at Tun Tavern at the National Museum of the Marine Corps! Compete in pop culture, geography, and general knowledge trivia, with a fun bonus round to keep things interesting. Event is free and open to the public. Visit the website: <https://www.marineheritage.org/events/calendar>

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OBITUARY

'Carol had Civic Responsibility in her DNA.'

FROM PAGE 6

League of Women Voters, several county boards and commissions, and the Old Mill Homeowners Assn. She was a volunteer who could always be counted on to help.

"As the WFCCA Land-Use Committee secretary, she'd take meeting minutes, rewrite the bylaws, maintain the files, organize the newsletter and handle administrative tasks nobody really wanted to do. She also tried building consensus among individuals who may have had opposing political affiliations but common concerns on local issues.

"Carol was unafraid to speak out, to challenge governmental arrogance when necessary. She spoke many times at public hearings of the Board of Supervisors, Planning Commission, Board of Zoning Appeals, VDOT and others, advocating the positions of citizen groups. And she was not easily intimidated.

"When the Supervisors attempted to use emergency powers in the absence of an emergency, she was one of four successful citizen plaintiffs who sued the Board and got the original ZMOD [zoning] ordinance approval overturned in the Virginia Supreme Court.

"This important decision confirmed that even county boards must follow the law and is now part of Carol's legacy to the community. Her passing leaves a big hole in the community; she will be dearly missed."

SDC Vice-President Lewis Grimm said he and Hawn participated in SDC and Joint SDC/WFCCA Transportation and Land-Use Committee meetings for some 20 years. "Carol was always very knowledgeable about any topic being discussed," he said.

"She'd never hesitate to pose direct and challenging questions to public- and private-sector participants supporting any specific topic and always put the needs of the affected communities at the top of her agenda. As a longtime Fairfax County resident, she continually demonstrated her commitment to the protection and improvement of both individual neighborhoods and the larger county and regional communities.

"On a more personal note, as a proud alumnus of Iowa State University, Carol supported its academic and athletic achieve-

ments regularly and vociferously. This was especially apparent when my alma mater, West Virginia University, became a member of the Big 12 conference and engaged in regular competitions with her school.

"After her first trip to Morgantown for a football game between WVU and ISU, she told me how much she and her husband enjoyed their interactions with the West Virginia host community. She said it felt a lot like being at home in Ames. She'll be greatly missed by everyone with whom she engaged over the years."

SDC member Jehanne Arslan first got to know Hawn in 2016-17, when they were both members of the newly convened Dullles South Suburban Study Committee. "We worked on it together for almost three years," said Arslan. "And despite dry topics, whenever Carol spoke, everyone listened. She'd often wear her Washington Capitals sweatshirt and Vans [shoes] - since she was an ultimate no-nonsense, but enthusiastic, fan.

"Apart from local politics and planning, we enjoyed exchanging information about gardening and design. Carol was a master gardener. We'd often meet at Merrifield Garden Center in search of the perfect tree, shrub or perennial du jour. She loved her bald cypress tree and babied it through its early years with the zeal of a helicopter mom. And she proudly showed me that the color scheme in her front garden was crimson and gold - designed to showcase the school colors of her beloved Iowa State.

"A few years and many plants down the road later, I was ticking through my list at the nursery when I saw Carol's familiar silhouette and realized she was wearing a pull-down cotton beanie. 'What?' I wondered. After some joyful chatter, she shared that she was going through chemo and absolutely preferred her beanie to her pink wig. I confided I had a similar diagnosis, and we recounted medical adventures and doctors subsequently fired.

"Carol fiercely trusted the team she selected, and endured the rollercoaster of new treatments, partial successes and, always, hope. She continued to enjoy traveling with

Dave often and was always buoyed to return home to her much-beloved dog, Miss Kitty, who watched over Carol's every move like a hawk.

"Before her health became really rough going, Carol and I went on several day-long, destination, garden visits. On these days, she loved to drive and, thankfully, was a great driver. Her viewpoints on the gardens were expansive; and she enjoyed whatever brought people together in shared community, natural beauty or just plain fun.

"In that latter vein, for Carol, every holiday demanded a flurry of decorations. Every bunco gathering was an evening to celebrate friendship. Carol colored our world with intelligence, camaraderie and caring. I'm so thankful to have shared a bit of life with her."

Maureen Hartnett first met Hawn at the gym, and a 14-year friendship followed. "We endured endless workouts together, participated in the St. Jude annual walk to raise funds for children's cancer research, and had lots of conversations and laughs," said Hartnett. "Trying to find the location of the Frida Kahlo exhibit is one of my fondest memories - endlessly driving around [Washington,] D.C. traffic circles, but finally succeeding.

"And one of the best memories by far is attending the James Taylor concert at Wolf Trap. It was on Carol's bucket list and was a wonderful night. She had a generous and caring heart, and I will miss my dear friend. Rest in peace, Carol - you fought a long, hard battle."

Besides her husband, Hawn is survived by her mother, Shirley Kueker; and Dave's sister, Marjory Hawn of Ankeny, Iowa. Her father, Eldon Kueker, preceded her in death. Per Carol's request, there will not be any funeral services for her.

However, memorial donations in her name may be sent to the RCI-IIBEC Foundation (relating to the building-enclosure industry) at <https://www.zeffy.com/en-US/donation-form/ac351072-131d-49ae-9e2b-a04036c421f3> or to the INOVA Health Foundation at https://join.inova.org/campaign?_gl=1*nwv7ea*_gcl_aud*MjI2MTEy-MTQuMTc4MjkxNjM5MA.

Who You Calling "Sir?"



By KENNETH B. LOURIE

Not that I'm anywhere near the age I used to be; nevertheless, I've been hearing a lot of "sirs" spoken in my direction lately. And what makes these utterances even more disturbing is that, generally speaking (no pun intended), the "utterers" all appear to be older than I am. Granted, I am the age that millions of my fellow baby-boomers are who survived their generational challenges: "sex, drugs and rock 'n roll" - and Vietnam so we aren't exactly hard to find and fairly recognizable at that. 'That' being said, with all the familiarity, I would expect that everyone sort of knows one when that see one and figures their age as older than they are. Ergo the "Sir." And since I was born in 1954, I am most definitely a boomer and older than lots of people with whom I interact. But that's what I am, not how I feel/what I perceive. Moreover, I feel this 'sir' isn't me; it's somebody else.

Besides, being addressed as a 'sir' seems misguided. 'Sir' is my late father. A man who was 35 years old when I was born, a World War II veteran (though he never left the states and spent most of his enlistment in Washington, DC), a child during the Depression, son of an immigrant, a successful businessman, ("Barry's Jewelers" in Boston) and of course the father of two boys; me and my late brother, Richard. I'm none of those. 'Those' which are deserving of respect and courtesy and dare I say, "Sir" when there's any doubt.

I'm not even a parent (never was one is what I meant) even though I've welcomed dogs, cats and rabbits into our house as surrogate children, I've never been to war. I may have endured a recession or two, but I've certainly never experienced anything like The Great Depression (any depression I experienced was in my head). Nor did I have a job at 10-years-old like my father did. He was selling concessions at the old Braves Field in Boston where the current Atlanta Braves and former Milwaukee Braves trace their lineage - and their team records. Instead, I played Little League baseball at age 10 and didn't get my first job until the summer after ninth grade when I began working at Baskin 'N Robbins as a rising 10th grader. Compared to my fathers life before age 21. No comparison. Sure, he graduated high school, but nothing more. I graduated from college but didn't start my own business as he eventually did. In addition, he started a family; I got a puppy and a kitten (Tillie and Gus, my first real pets) in Sept. of '75. Started writing a column (even then, junior year of college actually). In summary, I don't believe any of what I've accomplished warrants a "Sir." I don't feel like I look like someone who should be called 'sir' by another person, especially when that other person looks older than me. Yet, I'm regularly "sired." So often by so many older-looking people, that I've begun thinking it all disingenuous.

Sorry. I just got off on a tangent there. I know a "sir" isn't said because of one's accomplishments. At the very least, it's a sign of respect when speaking to someone (better safe than disrespectful) presumably older than you. And I imagine the 'sirs' I've received are in the safe-than-sorry category. Still, I've taken it personally - and not in a good way. Nobody knows me from Adam, but he must be receiving "sirs" because I certainly get them and I'm not him. I can't say that being on the receiving end of a "sir" ruins my day, but it does upset my appletart, and I don't even own one.

The question remains why am I so sensitive? I should be more grateful that I'm being treated so courteously and respectfully. But for some reason, my self-image seems to be caught up in these arbitrary 'sir' greetings. I can shake them off easily enough at the time, but I suppose I don't want to feel older than my actual age - since I'm not getting any younger. As such, any action/reaction that makes me feel older is unwelcome and certainly unappreciated. I realize there's minimal intent in these random greetings. Still, the 'sir' seems like it should be said to somebody else - someone older than me.

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

BULLETIN BOARD

FROM PAGE 10

grocery stores and pharmacies. Visit the website at <https://scmafc.org/volunteer>, or email 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 or email 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 or 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 or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or

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, or visit www.alnv.org.

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