

Great Falls CONNECTION

HomeLifeStyle

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From left: Great Falls Elementary Art Instructor Caitlyn Giroux; with Sarah Strohl (Bob Ross Inc) and Joan Kowalski (President of Bob Ross Inc); Great Falls Elementary sixth graders enjoyed a morning of fun and games with the Bob Ross Foundation on May 22.

Fun and Games At Great Falls Elementary

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Haley Clemente, Fiona Wong, Teddy Musser, Aria Bagheriannia and Wesley Kim enjoy an original Bob Ross painting.

PHOTOS BY
SANDRA MUSSER



Fun and Games at Great Falls Elementary

Great Falls Elementary sixth graders enjoyed a morning of fun and games with the Bob Ross Foundation on May 22. Bob Ross, the artist and longtime host of the show “The Joy of Painting,” died in 1995. He was a beloved TV personality, known for his quaint expressions and lighthearted approach to teaching painting techniques from 1983 to 1994 on PBS stations around the US and beyond. In recent years, he has become something of an internet sensation with young people, as many GFES sixth graders can attest.

Under the leadership of GFES art instructor, Caitlyn Giroux, sixth graders wrote letters (yes, the old fashioned kind with a postage stamp) to the Herndon-based foundation to express their admiration of Bob Ross and an interest in finding out more about the artist. They were rewarded for their efforts with a visit from the foundation that was both informative and interactive.

Adia said “It was very humbling to see paintings created by such an iconic artist.”

“It was fun looking at the paintings and seeing the texture and the attention to detail,” reported William.

The event at GFES included Bob Ross Bingo, photo ops with original Bob Ross paintings and a lifesize cutout, Q&A with the foundation leadership and fun artist-themed prizes. It was a memorable event and a testament to the ability of our young FCPS students to make things happen.

— SANDRA MUSSER/GFES PARENT

Lauren Santos, Eden Whalen, Adia Watson and Sadie Leasure show off their Bingo prizes.



Nate McDonnell is a doppelgänger for Bob Ross in celebration of this special day.



High School Corner



“Eye,” by Anja O’Brien



BY JACK ELLINGER

“Haikus”

Summer

Safe from Autumn’s dark
Safe from Winter’s icy cold
Summer’s illusion

Summer

Summer shows its face
Full and colorful and loud
No more sleeping now

Peace

Birdsong fills the air
Gentle stream to cool my feet
Soft grass is my bed

Blackberries

Young child’s purple mouth
Blackberries perfect picking
Summer’s in full bloom



Anja O’Brien

High School Corner is edited by Langley High School Literary Magazine Editor Anja O’Brien.

OPINION

Constitutional Amendment to End Gerrymandering — Not Quite

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

Virginia is on the verge of reforming its legislative redistricting process (for VA Senate, House of Delegates and US House of Representatives) following the national census every ten years. The antiquated process encourages rampant gerrymandering, i.e., deliberate manipulation of district lines to the advantage of the party in power and incumbents. Incumbents are protected; communities are carved up; elections are less competitive; partisan gridlock is the norm and compromise impossible. Legislators select their voters instead of vice versa. Thanks to the work of the non-profit One Virginia 2021 and other reform advocates, the Virginia General Assembly (Senate and House of Delegates) passed a bipartisan constitutional amendment in 2019 to reform the process for redistricting. If enacted, it could reduce abuses with a more transparent and balanced process. To be enacted, it must be passed again, by the newly elected legislature in 2020, and then be approved by Virginia voters in a statewide referendum in Nov. 2021. The amendment came out of a legislative conference. It was a compromise with provisions from several proposals. The amendment creates a redistricting commission composed of 8 legislators and 8 citizens (the first citizen in-

volvement ever). Citizens will be bipartisan, with their final selection made by a panel of 5 retired circuit court judges from a large pool put forth by the legislature. To pass any new district maps, a supermajority of 6 legislators and 6 citizens is required. The Supreme Court of VA. will decide if they cannot agree. All commission meetings and records are open to the public. The legislature will vote to approve or not any new maps, but it cannot amend them.

One Virginia 2021 says categorically that although the amendment does not include all they proposed, "This will end partisan gerrymandering in Virginia." Del. Ken Plum sees it as a "great improvement," but acknowledges that it is "not perfect." Nevertheless, he says it "need[s] to get on the ballot for voter approval in time for the 2020...redistricting."

Others, like Reston's Bill Penniman, a public policy specialist, and myself believe there are serious shortcomings. For example, we think there is a distinct possibility that the legislature will largely still control the process. The legislators on the commission will have an interest in protecting their seats and, while dividing them up may reduce potential for abuses, the temptation for trading among them is a real possibility. Some partisan gerrymandering

abuses may be tamped down, but stopping incumbent protection will be tougher to achieve.

The citizen commissioners will be at a disadvantage. Lacking technical support and time for meaningful deliberation may weaken their potential for fair drawing of districts. The citizen members will be on a tight time schedule to hold public hearings around the state and draw maps for 140 General Assembly districts and 11 congressional districts. This could result in citizen commissioners ending up voting on districts as proposed to them by the legislative contingent.

Fixing glitches in the operation of the commission will be limited to things that can be done without having to amend the constitutional amendment. For example, the legislature, if there is the will, can level the playing field for citizen commissioners by providing for technical support and providing tools for greater scrutiny and reporting to the public of what goes on in the commission.

Perhaps we critics overestimate the flaws. I hope so, because gerrymandering is a major tear in the fabric of our democratic form of government. In any case, we agree that the proposed amendment may lead to significant improvement in drawing fairer federal and state legislative districts, certainly enough to justify proceeding. I suggest you let your legislators know you want them to vote for the amendment in the 2020 session. Reform is difficult work, made more so when it depends on some who perceive it as not in their interest to succeed.

Special Session on Gun Violence

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

Virginians are lovers of history, including this Virginian as regular readers of this column know. This year Virginia is celebrating 400 years since the first representative legislative body met at Jamestown. Virginia is the Mother of Presidents.

One bit of history that continues to loom large in Virginia's psyche these days with as little mention as possible from the state apologists is the prevalence of gun violence in the Commonwealth. Twelve years ago the campus of Virginia Tech was the scene of the largest mass murder of its time. While other mass murders have occurred since then, VA Tech through no direct fault of its own continues to hold the record for the most people killed on a college campus.

Virginia last week made history again. Virginia Beach was the scene of the biggest mass murder so far this year. A dubious distinction that we would least like to have. Virginia lost 1,028 people to gun violence in 2017, and as the Governor described it, that is almost three people a day; that is more deaths than those due to vehicle accidents.

For Governor Ralph Northam and for me and countless other Virginians, we long ago have had enough. As Governor Northam said in a press conference which I took part in last week: "No one should go to work, to school, or to church wondering if they will come home. But that is what our

society has come to, because we fail to act on gun violence. I will be asking for votes and laws, not thoughts and prayers."

The laws he is seeking to get passed have been introduced in the General Assembly during its regular sessions without success. In a special session that will begin in the coming weeks, only bills intended to end gun violence will be considered. And the Governor requested that "members of the General Assembly engage in an open and transparent debate and that the bills brought before the legislature are put to a vote by the entire General Assembly."

Bills related to gun violence that have been introduced in the regular session including my bill to require universal background checks have been routinely referred by the Speaker of the House to the Militia, Police and Public Safety Committee where they are sent to a sub-

"Four members who are buddies with the NRA get to make the decision of 140 elected members of the General Assembly."

committee of six members. The members of the subcommittee are appointed by the Speaker of the House, four of whom have perfect voting records of opposing any gun safety legislation. My background check bill and the approximate 15 other bills related to preventing gun violence were defeated on a predictable vote of 2 to 4 with limited discussion or debate. Yes, that's right. Four members who are buddies with the NRA get to make the decision of 140 elected members of the General Assembly.

It is time for Virginia to make history again by leading the nation in doing the right thing to end gun violence. Voters, please pay close attention to how your elected representatives vote.

Great Falls CONNECTION

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com





PHOTOS CONTRIBUTED BY MARY BROWN

In photos: The first group of Herndon High School band members from the Pride of Herndon Marching Band led by Director of Bands Kathleen Jacoby prepares to depart Dulles International Airport, shortly after noon on Tuesday, June 4, destination Normandy, France and the 75th Anniversary of D-Day.



Pride of Herndon Honors D-Day in Normandy

Represents the United States at the 75th Anniversary of D-Day.

BY MERCIA HOBSON
THE CONNECTION

The first group of Herndon High School students, members of Pride of Herndon Marching Band, and support staff departed for their long-awaited trip to Normandy, France, Tuesday, June 4 taking off early in the afternoon.

The Pride of Herndon represented the United States in a parade marking the 75th anniversary of D-Day invasion on the coast of France known as the "liberation of Eu-

rope." June 6 is the 75th anniversary of the D-Day landings.

According to Herndon High School Band, the Pride will honor the World War II servicemen and women, veterans, active duty military, and their families and pay a special tribute to the men of the U.S.S. Herndon, the destroyer that led the Allied naval armada in the assault on France.

The marching banner will have a photograph of the ship, and each student will carry a picture of one of the veterans as they march.



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Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

FRIDAY/JUNE 14

Child Sexual Abuse Prevention Training.

9:30-11:30 a.m. at the Pennino Government Building (Rooms 200 + 206), 12011 Government Center Parkway, Fairfax. Join SCAN for a Stewards of Children Child Sexual Abuse Prevention Training. As a Partner in Prevention with Darkness to Light, SCAN offers this evidence-informed training to empower adults to take action to protect the children in their lives. Free; space is limited. Register at scanD2Lfairfax.eventbrite.com.

Application Deadline: Fire Academy. The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit www.fairfaxcounty.gov/fire-ems.

WEDNESDAY/JUNE 19

Juneteenth Revival. 6 p.m., dinner; 7 p.m., program at First Baptist Church of Vienna, 450 Orchard St., NW, Vienna. The program will feature music by the Juneteenth Community Choir. Guest speaker, Bishop McKissick, Jr., is the Senior Pastor of the Bethel Baptist Institutional Church in Jacksonville. Visit fbcv.org or call 703-938-8525.

Vienna Woman's Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomansClub.org for more.

THURSDAY/JUNE 20

Child Sexual Abuse Prevention Training. 9:30-11:30 a.m. at the Pennino Government Building (Rooms 200 + 206), 12011

Government Center Parkway, Fairfax. Join SCAN for a Stewards of Children Child Sexual Abuse Prevention Training. As a Partner in Prevention with Darkness to Light, SCAN offers this evidence-informed training to empower adults to take action to protect the children in their lives. Free; space is limited. Register at scanD2Lfairfax.eventbrite.com.

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

MONDAY-FRIDAY/JUNE 24-28

Hogwarts Vacation Bible School. Monday-Friday, June 24-28 at Holy Comforter. All children 5-11 years old are invited to participate in a summer camp experience which explores the Christian themes and lessons in the Harry Potter stories. Holy Comforter is magically converted into Hogwarts School where children attend "classes" taught by favorite professors including Prof. McGonagall, Snape, Hooch, and Binns. Teenage prefects lead age level groups to their activities and all students share a closing snack in the Great Hall. Morning Session: 9 a.m.-noon; afternoon session: 1:30-4:30 p.m. Download registration forms at www.holycomforter.com.

FRIDAY-SUNDAY/JUNE 28-30

Women's Summit. Tysons McLean Hilton, 7920 Jones Branch Drive, McLean. Speakers and workshops cover women in politics, education, equality, diversity, environment, healthcare,

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

The Member of the Wedding.

Extended through June 16 at 1st Stage Theater, 1524 Spring Hill Road, Tysons. Adapted from the beloved novel of the same name, this evocative, poetic coming of age drama explores the pains of youth and the meaning of family. The Member of the Wedding will run Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. The run time is approximately 2 hours with one 15-minute intermission. Captions and audio description will be offered for select performances. \$15-\$39. Visit www.1ststage.org or call 703-854-1856 for tickets.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

FRIDAY/JUNE 14

Dining with Dorothy. 12:30 p.m. at Olive Garden, 8133 Leesburg Pike, Vienna. – A program of the Shepherd's Center of Oakton-Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space contact event chair, Dorothy Flood at dflood1706@gmail.com.

ESL Playdate Cafe. 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other caregivers of young children. Adults practice English while children enjoy play time in the same room. Birth-5 years with adult. Free. Call 703-242-4020 or visit librarycalendar.fairfaxcounty.gov/event/5260042.

Summer on the Green: Nowhere Man (acoustic Beatles tribute band). 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.



Live Music: Lily Neill & Clive Carroll

Harpist Lily Neill and guitarist Clive Carroll make their debut concert as a duo at Jammin Java. Between them, harpist Lily Neill and guitarist Clive Carroll have performed around the world, from North America to the Far East and everywhere in between. Primarily known as soloists, their musical union extends from their love of a vast array of musical styles—from eat-your-heart-out blues, to fiery dances from Eastern Europe, beguiling Irish airs, jaunty Ragtime numbers, and Elizabethan lute classics. To their duo they bring all the intensity of their solo performances and more, conjuring a genre-bending orchestra from two modest plucked-string instruments. Wednesday, June 19, 7:30 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. \$20-\$25. Visit www.jamminjava.com.

Movie Night: Loving. 7:30-10 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Mystical Movie Night, features "Loving." The movie tells the story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision that Virginia's interracial marriage law violated the 14th Amendment to the Constitution. Free. All are welcome. Call 703-281-1767 or visit mysticalmovienight-loving.eventbrite.com.

SATURDAY/JUNE 15

Spring Fair. 10 am.-2 p.m. at Pleasant Grove, 8641 Lewinsville Road, McLean. Pleasant Grove is holding its community fair, featuring "attic treasures" quality yard sale and antiques, a homemade bake sale, lunch, an artisan-made quilt raffle, and a Tom Sawyer clean-up day. All proceeds are donated to Pleasant Grove. Stop by Friday to drop off donated "attic treasures." For information, visit www.HistoricPleasantGrove.org.

Classic Truck and Car Show. 11 a.m.-3 p.m. at First Baptist Church of Vienna, 450 Orchard St., NW, Vienna. The First Baptist Church of Vienna, Va., will celebrate Juneteenth with Classic Truck and Car Show. There will be vendors, food concessions, educational presentations, musical entertainment, African dancers, African drummers, video game truck and fun games for the kids. A Juneteenth Revival takes place on Wednesday, June 19. Visit fbcv.org or call 703-938-8525.

SATURDAY-SUNDAY/JUNE 15-16

Father's Day Park Programs. This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.

❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these doting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8

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SUMMER SUNDAY CONCERTS in the park

SUNDAYS, JUNE 16-JULY 28 at 5 p.m.

JUNE

JUNE
16

ALPHABET ROCKERS

JUNE
23

JAZZY ASH AND THE LEAPING LIZARDS

JUNE
30

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JULY

JULY
7

DUPONT BRASS

JULY
14

FRONTIERS JOURNEY TRIBUTE BAND

JULY
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JUSTIN TRAWICK AND THE COMMON GOOD

JULY
28

SLIPPERY WHEN WET BON JOVI TRIBUTE BAND

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Designer Annie Elliott designed this room adding an abstract painting by artist Karen Silve.

PHOTO BY
ANGIE SECKINGER

Versatility of Abstract Art

Ideas for decorating with this adaptable art form.

BY MARILYN CAMPBELL
THE CONNECTION

From adding a burst of boldly colored angular shapes to a sterile, white wall to using spheres in muted tones to create serenity in a bedroom, abstract art has the ability to set the tone or change the mood of a space. In spite of its versatility, melding it tastefully into a home's décor can be daunting. Local designers share their strategies for aesthetically appealing placement of this adaptable art form.

Abstract art can become the center of attention in a space, notes Pamela Harvey of Pamela Harvey Interiors of Herndon, Va. "One of my favorite ways to transform the look of a room is to add an over-sized piece of abstract art to create a dramatic focal point," she said. "My go-to frame is a simple floater frame to give the art a clean finished look."

Abstract art works well in pairs allowing the use of smaller scale pieces, advises Amanda Mertins of Patina Polished Living in Alexandria.

"Don't be afraid to hang abstract art in gallery style. Be mindful to use like frames and materials," she said. "The use of complementary colors to your space is a safe way to incorporate abstract art into your décor without allowing it to grab all the attention."

One of Mertins' favorite uses of abstract art is pairing it with what she describes as its decorative opposite: traditional décor. "Beautiful wood furniture, silver, crystal lighting and porcelain accessories are perfect as a backdrop for bold prints and abstract paintings," she said. "Mirrors are wonderful to use as abstract décor, but always pay attention to what will be reflected in the mirror."

Abstract art work is a versatile accessory and works well in modern as well as traditional room settings, suggests Harvey. "When choosing a piece I look for something that has some of the room's existing colors in it with an opportunity to introduce new colors into the space."

Harvey implemented this technique in the recent

re-design of a client's living room. "We added a piece that had blue and white, but introduced a bold pink to create a dramatic focal point on the back wall."

Abstract art shouldn't be limited to neutral spaces, says Annie Elliott of Bossy Color, Interior Design by Annie Elliott. "If your walls are white and your furniture is gray, the effect will be pretty, but cold and museum-like, not homey," she said. "You should complement a painting's colors [and] the room should feel harmonious. If you put a red sofa under a red and blue painting, the effect may [appear similar too] a hotel lobby."

From a practical standpoint, Anne Walker of Anne Walker Design believes in mixing media to avoid creating a space that has an overly uniform aesthetic. "Oil paintings, both abstract and traditional, framed photography, sculpture, textiles, antique botanicals, framed mirrors, antique porcelain china – all of these art forms can co-exist happily in a single home," she said.

Versatility is one of the traits of abstract art that Mertins appreciates. "This style of art can be very bold and take charge of a room or be soft and fade into the background," she said. "If your room needs a focal point, then abstract art is the way to go."

"The use of black and white art will make a bold statement without adding color to a space," continued Mertins. "Monolithic art produces a solid look, splatter art is happy and upbeat while graceful line drawings impart a feeling romance and intrigue. Photographic art can be personal, bold and sometimes more affordable than painted pieces."

Works of art that one purchases spontaneously, such as during travels, is often both more meaningful and more likely to enhance a home's décor, says Walker. "When art is purchased for the entire home all at once, the result can often feel contrived," she said.

"Surround yourself with art, furnishings and objects that make you feel joyful, and consult a design professional if you need help editing or arranging your collection," continued Walker. "I've often helped clients sort through their existing art collections and place them in just the right spot," she said. "Moving a piece of art from the wrong location to the right location can not only transform a room, it can transform the work of art itself."

THE CONNECTION

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ENTERTAINMENT

FROM PAGE 7

per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JUNE 16

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

Summer Concerts: Alphabet Rockers. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres Get moving to music that moves you. Call 703-790-0123 or visit www.aldentheatre.org.

Concerts on the Green: Wes Tucker & The Skilletts. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit www.celebrategreatfalls.org.

WEDNESDAY/JUNE 19

Live Music: Lily Neill & Clive Carroll. 7:30 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. Harpist Lily Neill and guitarist Clive Carroll make their debut concert as a duo at Jammin Java. \$20-\$25. Visit www.jamminjava.com.

THURSDAY/JUNE 20

Nottoway Nights: Moonshine Society. 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, June 20-Aug. 22 (except July 4). Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

Live Music: Maggie Rose. 7:30 p.m. at Wolf Trap, Vienna. Opening for Trampled By Turtles and Deer Tick. \$30. Visit www.maggirosemusic.com or www.wolftrap.org.

FRIDAY/JUNE 21

White Elephant Bingo & Ice Cream Social. 1:30-3:30 p.m. at Vienna Community Center, 129 Cherry St SE, Vienna. Adults 50+ meet up for an afternoon of White Elephant Bingo and an Ice Cream Social. Enjoy a traditional bingo game in a friendly atmosphere and win white elephant prizes. Bingo cards are \$2 for 2. Pay at door. Please bring a white elephant item in good condition to donate to the prize table. Call the Shepherd's Center at



Ants Ants Ants

With their optimistic lyrics and innovative instrumentation, Ants Ants Ants offers an invitation into that golden childhood we always dreamed of having and creating for the ones we love. Johnny Clay and Dave Gulick, the founding indie rock duo behind Ants Ants Ants, will perform with a full band. Ages 2 and older. Friday, June 28, 10:30 a.m. at Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. \$10. Visit www.wolftrap.org.

703-281-0538 to register or with questions.

Summer on the Green: Chillin' on Church: The Deja Gruv Band (R&B, funk, and soul). 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

SATURDAY/JUNE 22

AAUW McLean Branch Used Book Collection. 9 a.m.-1 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. Used books, CDs, DVDs, software, children's books, records, and recent textbooks. No encyclopedias, VHS or audiotapes. The Book Sale will be held on Sept. 13-15 at the McLean Community Center, 1234 Ingleside Ave., McLean. Proceeds benefit scholarships for women. Questions, contact aauwbookfair@gmail.com, or 703-527-4206.

SUNDAY/JUNE 23

Summer Concerts: Jazzy Ash and the Leaping Lizards. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres Get moving to music that moves you. Call 703-790-0123 or visit www.aldentheatre.org.

Concerts on the Green: Mars Rodeo. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit www.celebrategreatfalls.org.

THURSDAY/JUNE 27

Nottoway Nights: City of Fairfax Band 'Alte Kameraden' (Music of Germany). 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, June 20-Aug. 22 (except July 4). Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

FRIDAY/JUNE 28

Ants Ants Ants. 10:30 a.m. at Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. With their optimistic lyrics and innovative instrumentation, Ants Ants Ants offers an invitation into that golden childhood we always dreamed of having and creating for the ones we love. Ages 2 and older. \$10. Visit www.wolftrap.org.

Summer on the Green: Sarah Bennet Swanner. 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

SATURDAY/JUNE 29

July 4th in June. All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Get the nation's birthday party started early. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. There will be live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday, June 30. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Intro Canoeing Tour. 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills S., Great Falls. Come and experience the upper Potomac's beautiful scenery and wildlife from the water. Start with an introduction to canoeing basics and then head out onto the river with an instructor. This is not a whitewater tour and is good for canoeing beginners. There will be three people per canoe and paddling and safety gear is provided. \$41 per person. For participants age 16 to adult and will be canceled in the event of inclement weather or hazardous river conditions. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

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News



PHOTOS BY TOM MANNING/THE CONNECTION

Yena Han, 5, from Fairfax loves jumping high on the Spiderman ride.

Celebrating Fairfax

Fairfax County Government Center hosted the 38th annual Celebrate Fairfax festival from June 7-9. The event was filled with a wide range

of activities for the whole family including carnival rides and game s, local vendors, and performances from rock bands Better Than Ezra and Smash Mouth.



Joe Buchino and his son, Joe Jr., 3, from Oakton, enjoyed the fireworks and firetrucks on display at Celebrate Fairfax.



Mali, 7, from Vienna shows off her face paint.



Andrew Kraak, who works in Fairfax, and his fiancée Gretchen Pascolini enjoy the rainy Sunday Brew with music from Herr Metal.



Friends (from back left) John Park, Madhi Lin, Faith Vargas, Fatima Vargas, Bao Ho, and Tanvi Wason, all form Fairfax, were not deterred by Sunday's rain to have a good time at Celebrate Fairfax.

BULLETIN

FROM PAGE 6

racial and social justice, reproductive freedom, public safety, rural economy, voting rights, and family friendly economy. \$139. Visit networknova.org for more.

THURSDAY/AUG. 1

Champions of Character Nomination

Deadline. The nomination process for the 2019 annual Fairfax County Champions of Character Awards are underway. The Fairfax County Champions of Character Awards program honors youth, coaches and parents for extraordinary service in pursuing victory with honor in various athletics programs throughout Fairfax County. Anyone can nominate a player, coach or parent for consideration of a Champions of Character Award. Visit www.fairfaxcounty.gov/neighborhood-community-services/athletics/champions-of-character for more.

SUPPORT GROUPS

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

Shepherd's Center of Oakton Vienna

Caregivers' Support Group takes place first and third Thursday of each month, 10-11:30 a.m. at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

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, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

Volunteer Adult Mentors Needed. Assist the Department of Family Services' BeFriendA-Child mentoring program. Mentors provide companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at 703-324-4547. Ibrahim.khalil@fairfaxcounty.gov

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

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

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

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What A Week!



By KENNETH B. LOURIE

The least of it was my pre-immunotherapy lab work on Wednesday and then my actual immunotherapy infusion on Friday. The most of it was my navigating websites and trying to properly complete applications/enrollment forms for the Virginia Unemployment Commission and the Maryland Health Connection.

For a man (me) who fancies himself your go-to-guy for sports and chocolate, getting immersed in policies and procedures for government agencies providing unemployment benefits and health care – with our (my wife, Dina and I) respective lives somewhat dependent on the time-sensitive completion of said documents, was akin to sending yours truly out to sing the National Anthem at the next Nationals' game. It would be a disaster of titanic proportions (fortunately without the loss of life).

As it has been my entire life, I can't sing any more than I can now compute.

As I sit and write this week's column, having barely survived the excruciating ordeal of this past week – with only an in-office visit left to go on Monday – I now have next week to look forward to. And what garden path am I leading you down?

Another week of time-sensitive/computer-centric tasks, of course. Once again I will be sitting at my computer attempting to navigate through another government web site and this time a private sector website, as I try to sign up for Medicare effective Sept. 1, as well as the associated but independent supplemental medical insurance necessary to fill in the coverage gaps that I, as a former insurance broker, know exist.

Granted, with these two tasks I do have some time. I just hope I have the wherewithal.

This past week took a toll emotionally. And I'm not sure if I really want to climb that emotional mountain yet again.

This week's tasks are not any easier. Shooting fish in a barrel they're not. They're more like having to make the barrel and then catch the fish. Not easier said than impossibly done. For a man who knows his limitations, the week ahead will likely test those limitations.

But if not me, then who? Unfortunately, it has to be me. The other party with whom I share a long-standing arrangement has a skill set unsuited to and incompatible with, computers, and the kind of searching/deciphering/hunting and pecking on web sites required for completion of this week's tasks.

Moreover, if I enlist her support or insist on her participation, my present and future will not be enhanced by the experience. She may be a resource in many other respects, but in this respect, she's not.

And I can respect that. Give me a little credit, I've learned something in our 40 years together.

That being said – and understood, I think I'll take the weekend off from such endeavors and prepare myself for next week as I consider the challenges which lie ahead.

I'd like to think I've gained some confidence in the progress I made this past week. I've nearly completed both tasks, tasks which initially seemed almost insurmountable. However, if it were not for the amazingly patient, courteous and knowledgeable assistance I received from the call centers associated with these sites, I'd still be stumbling and stammering (literally) into oblivion.

But as of this past Friday, I've nearly reached the promised land. ("I can see Russia from my house.")

I can only imagine the satisfaction I'll feel next Friday when I anticipate I will have completed two more of these tedious tasks and secured yet another part of our financial and emotional future.

Four huge hurdles overcome, but still with a few more yet to go: probably applying for a reverse mortgage and possibly researching a kitchen renovation.

Wait a second. Don't I have lung cancer? Jeez, I almost forgot.

With all this other stuff going on, the cancer compartment stayed closed. Now it's open again. Damn, now I really have problems.

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

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