

Reston
CONNECTION

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South Lakes High School Class of 2019
look toward the stadium seating for their
loved ones at George Mason University
EagleBank Arena during their Com-
mencement Ceremony held June 5.

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JUNE 12-18, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

More than 5,000 Attend Reston Pride

Lake Anne Plaza was transformed into a rainbow-filled venue for the 2nd Annual Reston Pride Festival held Saturday, June 1. More than 5,000 people, ranging in ages and backgrounds, attended the event which featured choral groups, dancers, and speakers plus over 55 LGBTQ+ exhibitors and vendors.

The event was co-sponsored by three Reston churches, Universalist Unitarian Church in Reston, St. Anne's Episcopal Church, and United Christian Parish. Other area religious institutions were also key supporters, including Washington Plaza Baptist Church, Northern Virginia Hebrew Congregation, Restoration Church, and Unity of Fairfax. Many of these churches also had their choirs and faith leaders sing and speak at the event. Reston Pride was designed to be a celebration and an opportunity to show support for members of the LGBTQ+ community.

Del. Ken Plum, Supervisor Cathy Hudgins, and Sen. Janet Howell were on hand to welcome attendees to Reston Pride. Del. Plum recalled the history of Lake Anne Plaza and of Reston which was created as an "open community," meaning people of different races could live together openly. He continued to say that is time for people who



PHOTO BY CHIP MCCREA

Reston Pride was designed to be a celebration and an opportunity to show support for members of the LGBTQ+ community.

love each other to be able to do so openly. Del. Danica Roem spoke separately. She reflected on the road that lead to successful events such as Reston Pride and the tremen-

dous sacrifices and struggles that came before.

In addition to community choirs and speakers, attendees at Reston Pride were

treated a variety of musical performances. Delta B Knyght, a DC-based drag performer, and Ken Williamson, minister of music for Washington Plaza Baptist Church, were the emcees for the event. Rev. Michelle Nickens, minister of Washington Plaza Baptist Church, penned and performed Reston Pride Blues, a catchy song designed to capture the spirit of Reston Pride. Monika Chaturvedi and friends provided a bit of international flair with a Bollywood Dance performance. Musician Laura Tsaggaris closed out the festival with her sound of modern folk music.

Lake Anne Merchants and Professionals provided a moon bounce, bubbles and chalk, an interactive snow cone maker and transformed the Lake Anne horse sculpture into a unicorn, making the event truly family-oriented.

More than 60 volunteers offered their time to help make Reston Pride run smoothly. The festival was made possible thanks to sponsorship by Google, Reston Community Center, sb LiftOff, Cruise Planners, and Volkswagen.

The Reston Pride planning committee is already looking ahead to the 3rd Annual Reston Pride on June 6, 2020.

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NEWS



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Members of the South Lakes High School Class of 2019 hurry down the steps toward EagleBank Arena at George Mason University for their Commencement Ceremony on June 5.

Once a Seahawk, Always a Seahawk

South Lakes High School graduates Class of 2019.

BY MERCIA HOBSON
THE CONNECTION

Like most high school graduates, the South Lakes Class of 2019 studied, learned and played together for 13+ years. On the evening of June 5, the class gathered not as students, but graduate candidates for their Commencement Ceremony at George Mason University EagleBank Arena. But before the addresses, remarks, and presentation of diplomas, the class took a moment and recognized individuals closest to them who played a role in their success.

"Parents, grandparents, aunts, uncles, siblings, and friends, you have all played an enormous role in our time at South Lakes. None of us would be sitting here today, without your love and support," said graduate candidate Kate Kaufman in her Welcoming Remarks. The Senior Class Song, "Remember Me" performed by Chorus Members and directed by Rita



Caroline Weis adjusts Kate Kaufman's cap for the South Lakes High School Commencement Ceremony.

Gigliotti followed.

Jimmy Flood affirmed to his fellow graduates that they would be remembered having left their

mark on South Lakes while learning much. "We have learned the virtues of honor, courage, compas-

SEE SOUTH LAKES, PAGE 10



Student Speaker Caroline Weis addresses fellow graduates.



Tiffany Welborn, teacher at South Lakes High School gives the Keynote Address.



Jimmy Flood introduces distinguished guests.

VIEWPOINTS

South Lakes High Graduates: A Look Back, a Look Ahead

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Emily Lazun, 18, of Reston heading to James Madison University: "Tomorrow I will be sleeping in then helping my mom clean her classroom."



Ryan Ferzoco, 18, of Reston heading to Rensselaer Polytechnic Institute: "High school was a blast, filled with laughs and good times. Happy memories."



Emily Fritz, 18, of Reston heading to Randolph-Macon College: "Enjoy your high school years. Don't wish them away."



Kyker Silata, 18, of Reston, heading to boot camp in Texas: "My favorite memory is moving to Reston and graduating from South Lakes High School."



Alex Storrel, 18, of Reston, heading to Virginia Commonwealth University: "The most challenging part of high school was waking up on time for class."



Ryan Silata, 18, of Reston, heading to the United States Air Force: "South Lakes High School, crowded but worth the wait."

Special Session on Gun Violence

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

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



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 subcommittee 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.

LETTER TO THE EDITOR

Helping Shape the Community

To the Editor:

It is with great pride, along with a tear in my eye, that I send this Letter to the Editor of The Connection Newspapers.

First because of the wonderful article in the June 5-11 Oak Hill/Herndon Connection on Page 9 by Mercia Hobson titled "Memorial Day, Jimmy's Way." Mercia hit the nail on the head in her first sentence when she stated that Jimmy Cirrito is a "living legend." A true Patriot, Jimmy has done more for

the betterment of the Town of Herndon over the last 20 years than just about any other business there. I'm proud to have purchased the very first beer at Jimmy's Old Town Tavern and while I retired some 14 years ago, I continue to make a yearly voyage from the Florida Panhandle to toast Jimmy for what he has become and for the good works he does for the community. I'm also very proud that while living in the Herndon/Oak Hill area for over 35 years, I

helped shape the area as a commercial real estate sales professional for 25+ years. There were many early morning breakfast meetings at Hazel's in Herndon, which is now Jimmy's storage building, back in the early '80s. When Herndon Parkway was just a dotted-line on the map, I was involved in selling all the land from Elden Street to the hike-and-bike path and then did the first 12 deals in the first office park when it was built. As part of the many trans-

actions over my real estate career, I also represented the start-up Reston Connection Newspaper in their many office transactions in both Reston and then in their expansion into several other communities in the Northern Virginia area. It's nice to see that the Connection Newspapers are doing so well after all these years. Wishing you continued success from those humble beginnings oh so many years ago!

Jerry Foster
Navarre, Fla.

BULLETIN BOARD

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

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.

Artist and Vendor Application Deadline. RCC seeks entertainers for 2019 Reston Multicultural Festival. Opportunities also available for art and food vendors, civic organizations and artists. The Reston

Multicultural Festival is a family-oriented event and material performed shall be suitable for all ages and free of any content that would be inappropriate for a diverse, multicultural and multigenerational audience. All forms and guidelines may be found at www.restoncommunitycenter.com/mcf.

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 [\[northernvirginia.org/parent-peer-support.html\]\(http://northernvirginia.org/parent-peer-support.html\).](http://www.nami-</p>
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ONGOING

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. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil

at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Herndon High School Library needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

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

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Constitutional Amendment to End Gerrymandering—Not Quite

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

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



INDEPENDENT PROGRESSIVE

and 8 citizens (the first citizen involvement 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.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: north@connectionnewspapers.com

Closet Awards Scholarships To 20 High School Graduates

The Closet of the Greater Herndon Area, Inc. recently awarded \$30,000 in college scholarships to 20 deserving high school graduates in ceremonies at five local high schools. Closet Board President Gene Wiley stated, "We are so proud of these youth and their families and are happy to continue supporting this important educational need in our community." The 2019 scholarship recipients are:

- ❖ Herndon High School: Dolly Berens, Christina George, Peyton Martin, Carla Nicolini, Abba Samrhouni
- ❖ Mountain View High School: Hawa Camara, Katy Beltran, Jieun Jeo
- ❖ Oakton High School: Seonuk Kim, Gabrielle Shapo, Irmhild Ayompe-Mody
- ❖ Park View High School: Angie Guzman Sorto, Christopher Hernandez Herrera, Casey House, Karla Miranda Otero, Michelle Negrete, Jacqueline Villanueva Arevalo
- ❖ South Lakes High School: Bryan Viera, Tina Habibi, Yumna Iqbal

Since 1974, The Closet has awarded nearly \$500,000 in college scholarships to 478 students. In this same 45 year period, The Closet has distributed nearly \$3 million in direct cash grants to local

service groups, of which the scholarship program is an important part.

The Closet is a non-profit thrift shop founded and operated by a multiplicity of faith-based congregations. With a small dedicated staff and a very active volunteer cadre, The Closet provides shoppers low-cost, high quality used clothing, shoes, books and other household items. Donations of clothing and small household items are always needed, graciously accepted, and may be dropped off at the store Monday through Saturday from 8 a.m. to 3 p.m. Retail store hours are 10 a.m. to 5 p.m. Monday through Saturday with evening hours on Monday and Thursday from 5 to 8 p.m.

The Closet welcomes new volunteers at any time Monday through Saturday between 8 a.m. and 4 p.m. See the store manager, Patricia Rhoads. The Closet also welcomes student volunteers fulfilling their community service requirements for school or who just want to serve their community. Go to <http://www.theclosetofgreaterherndon.org> for further information about The Closet. The Closet is located at 845 Station Street in Herndon.

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6/26/19.....Senior Living:
Connection Families: Summer Life

July

7/3/19.....Wellbeing
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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."

Love Your Body Yoga Festival Held in Reston

Good for the body and good for the nonprofit,
'Friends of Southgate Community Center, Inc.'

BY MERCIA HOBSON
THE CONNECTION

The Love Your Body Yoga Festival, sponsored by Reston Town Center and supported by a variety of regional businesses held its 11th annual event Sunday, June 9. During the daylong celebration, yoga studios and wellness centers from across Northern Virginia offered classes, services and shared information. According to organizers, the event also launched the official start of the 5th annual Virginia Yoga Week, which runs June 10-17. According to organizers of the festival, during the week, given yoga studios and independent teachers will offer free, low-cost and Karma classes across the Commonwealth.

Maryam Ovissi, the owner of Beloved Yoga and Co-director and Founder of the festival, said, "This festival invites yoga studios, wellness-minded small businesses

and nonprofits that use yoga to transform society, to celebrate." Ovissi said festival organizers invited the community to free event to experience, explore and learn about ways to love their bodies. According to Ovissi, proceeds from the event benefit Southgate Community Center operated by Fairfax County through the Center's nonprofit, "Friends of Southgate Community Center, Inc."

"We are humbled and grateful that the Love your Body Yoga festival has named us as the recipient of any profit raised from the event," said Andy Sigle, Chair of the Southgate Community Center Advisory Council (SAC) and the President of "Friends of Southgate Community Center, Inc." According to Sigle, SACs mission is three-fold. First, support programming at the Center; second, heighten awareness of the Center in the neighborhood and the greater Reston community, and third, encourage volunteerism at the Cen-

ter and in the community.

"Examples of our efforts include championing bringing Yoga and Pickleball to the Center, spearheading obtaining the Southgate Community Center road signs from VDOT on Reston Parkway and Glade Drive, and rallying volunteers for our annual MLK Jr. Day of Service at the Center," Sigle said.

"We founded the 'Friends of' organization in 2018 as the fully accredited 501c3 nonprofit organization funding partner for SAC. FoSGCC raises money so that SAC can supplement the funding that Southgate Community Center receives from the County. We have purchased items like basketball uniforms for the Center's team, cheerleader outfits for the Center's squad, supplemental art supplies for the Center's summer camp, supplies for Center festivals like Community fest and Fear fest; we have paid for field trips for the Center's teenage Counselors-in-



PHOTO BY MERCIA HOBSON/THE CONNECTION

A yoga instructor teaches a free class as one of the activities held throughout the day at Love Your Body Yoga Festival, Reston Town Center, Sunday, June 9.

Training team to go to places like I-Fly and the movies, have happily and gratefully paid for annual staff lunches during the holiday season, etc.," said Sigle. Beloved Yoga is

located at 11109 Sunset Hills Road, Reston, 703-860-9642. Southgate Community Center is located at 12125 Pinecrest Road, Reston, 703-860-0676.

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Things That Don't Have Names.

Through June 22, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents a site-specific sculptural installation by DC-based artist Stephanie J. Williams, whose work explores themes of identity through omission and inclusion. Visit restonarts.org or call 703-471-9242.

Golden Age Musical. Through June 23, at NextStop Theatre, 269 Sunset Park Drive, Herndon. From Artistic Director Evan Hoffmann comes a wildly inventive re-imagining of an American mega-musical as no one has seen it before. Singin' in the Rain has all the magic and glamour of the greatest movie musical ever made. So, when the projector at a super-fan screening of the film goes up in smoke, the hosts save the day... after all, in theatre, the show must always go on. \$40-55. Visit www.nextstoptheatre.org/shows/singin-in-the-rain.

Art Exhibit: A Purposeful Manner Towards a Vague Destination. Through Aug. 27, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit restonarts.org for more.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket for more.

FRIDAY/JUNE 14

Outdoor Movie Night: Holes. 7:30 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. Enjoy a free family friendly outdoor movie night. All are welcome to watch the film Holes outdoors on the patio. Popcorn provided. Bring a lawn chair or something comfortable to sit on. If it rains, movies are moved indoors. Free. Call 703-620-3065 or visit www.ucpreston.org/outdoor-movie-nights.

Live Music: The Vandelay. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

FRIDAY-SATURDAY/JUNE 14-15

Taste of Reston. Friday, 4-11 p.m.; Saturday, 11 a.m.-11 p.m. at Reston Town Center. Taste of Reston features the region's best cuisine, family activities, live entertainment and a Wine 'n Dine section with cooking demonstrations from local chefs, a Family Fun Zone and free garage parking. Live music will fill the air both days with favorites such as Cherry Crush Band, New Blue Soul, Delta Spur, and Vinyl Rhino. Taste of Reston event admission and parking are free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Advance tickets are on sale online, at www.RestonTaste.com.

SATURDAY/JUNE 15

Go Wild for Photography. 1-2:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join a nature photographer and learn the basics of capturing images in the wild with the "Wild for Photography" class. Bring a smartphone, Polaroid camera, SLR to shoot photos. Experiment with landscapes, critter close-ups, and aquatic abstracts. For participants age 8-adult. \$9 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Grand Re-Opening. 5-8 p.m. at White H.A.R.T. Massage, 491 Carlisle Drive, Herndon. White H.A.R.T. Massage celebrates five years and a move to a new, larger location. Refreshments



Herndon Farmers Market

Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit www.herndon-va.gov/FarmersMarket for more.

served. Call 703-869-9601 or visit www.whitehartmassage.com.

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 grandads 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 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

Sully Antique Car Show. 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way,

Chantilly. Take Dad for a stroll down memory lane this Father's Day with a visit to the Antique Car Show at Sully Historic Site. Relive a time when chrome was king and V-8 engines ruled the land. Car show tickets are \$10 for adults, \$8 for seniors, and \$6 for children, and will be sold at the gates. Call 703-437-1794.

MONDAY/JUNE 17

Summer Field Hockey. Times vary, Learn to play, skill development, and scrimmage open to all ages, to include boys and girls. Seven sessions for grades 7 and above at Lake Fairfax and South Lakes HS. Three sessions for grades 6 and below. Free. Call 703-787-6674 or visit www.hryfl.org for more.

WEDNESDAY/JUNE 19

Author Event: Tracey Garvis Graves. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. Tracey Garvis Graves is the New York Times, Wall Street Journal, and USA Today bestselling author of contemporary fiction. Her debut novel, On the Island, spent nine weeks on the New York Times bestseller list, has been translated into 31 languages, and is in development with MGM and Temple Hill Productions for a feature film. She is coming to Scrawl to discuss her latest novel, The Girl He Used to Know. Free. Visit www.scrawlbooks.com.

THURSDAY/JUNE 20

Girl Power! Book Club. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Girl Power! Book Club will discuss the novel Lemons by Melissa Savage. Readers of all ages are welcome to join us at this meeting to hear sisters Ceci and Lucy Sturman present and discuss their novel. Enabled, a 19-year story of inseparable sisterhood. A vulnerable exposition of the sisters' lives illustrates how Lucy, radiant, theatrical and diagnosed with Down Syndrome, has been able to reclaim her ability with the help of her older sister, Ceci, who finds her own gifts illuminated through their relationship. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/JUNE 22

Summer Vibes: Tie-Dye. 9-10:30 a.m. at Herndon Town Hall Green, 730 Elden St., Herndon. Celebrate the start of Summer. Bring the good vibes and Herndon will supply the shirts (while supplies last) along with all other materials needed to create awesome tie-dye. All ages welcome. Pay on-site day of event, cash or check only. \$5. Call 703-787-7300, ext. 2115 or visit www.herndon-va.gov/about-us/recreation/

special-events.

Author Event: Terry Catusus Jennings. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Award-winning author of children's non-fiction and fact-based fiction, Terry Catusus Jennings will read to the Bookworms Club at the Reston Regional Library and help us with a science-based activity.

SUNDAY/JUNE 23

Author Event: Julie Langsdorf and Angie Kim. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Authors Julie Langsdorf (The White Elephant) and Angie Kim (Miracle Creek) had to reschedule their May appearance. Meet them and hear them discuss their debut novels. Register through Eventbrite. Visit www.scrawlbooks.com or call 703-966-2111.

FRIDAY/JUNE 28

Live Music: Holly Montgomery Band. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

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/June30. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

MONDAY/JULY 1

Registration Deadline. Lake Anne Cardboard Boat Regatta. Over 50 participating teams of all ages will construct and decorate their own life-size cardboard boats and then race them on Lake Anne. Register at www.restonmuseum.org/cardboard.

FRIDAY/JULY 5

Live Music: Chris Timbers Band. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

FRIDAY/JULY 12

Live Music: Sista Pat's One Vibe. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

FRIDAY/JULY 19

Live Music: Free Soul. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

FRIDAY/JULY 28

Live Music: Run For Cover. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsosportstavern.com.

THURSDAY/AUG. 8

Curator's Talk: A Purposeful Manner Towards a Vague Destination. Noon-1 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit restonarts.org for more.

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



PHOTOS BY TOM MANNING/THE CONNECTION

From left, Steve Lewis and Dan Bracco are ready for Better Than Ezra to perform. Both are from Alexandria and have been following the group for years.

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 games, 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.



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



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



Mike and Liz Loevner from Alexandria wait by the front rail for Better Than Ezra to take the stage.

Sara Park, 10, from Manassas Park takes a ride on the merry-go-round.

CALENDAR

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News

South Lakes High Graduates Class of 2019

FROM PAGE 3
sion, and acceptance. I could not be prouder to call myself a member of the Class of 2019," Flood said.

In her Assistant Principal's Address, Colleen Robson "bragged about" the accomplishment of the 552 graduates, and how "they persevered through odds that at times felt suffocating." Robson said, "Three hundred thirty-two of these talented young men and women will attend a 4-year college...139 will attend a 2-year college and 12 will participate in a career or apprenticeship program... Your children have collectively been awarded scholarships close to \$6.5 million...volunteered over 24,000 hours of community service...Every time someone said, 'You can't,' or 'You won't,' you did. Celebrate your struggles, for, without them, you would never know your strengths. The multiple languages you speak, give multiple lenses through which to see the world."

Class Speaker Carolyn Weis acknowledged the day was a time for the graduates to reminisce, and in the future, new victories would be made. However, the Class of 2019 should not think in terms of wins and losses and successes and failures. Weis said, "That's too black and white. And it ignores what we are really here to celebrate tonight the glorious gray areas...The much more ordinary, day-to-day life that most of it was made of."

Weis spoke about the future and how a lot of adulthood "is just showing up" and "taking tomorrow as it comes." She reminded the graduates to yes, go in pursuit of their most significant dreams and wildest passions but also "lasting contentment that may fulfill us and be shared with the people we love." Weis bid her classmates goodbye. "Go forth kindly, confi-



PHOTO BY MERCIA HOBSON/THE CONNECTION

One moment a South Lakes High School graduate candidate, the next, a graduate of the Class of 2019.

dently and bravely...I hope you have plans that are bigger than just tomorrow...I hope you don't live your life searching for black and white answers to things, but that you find that you are comfortable in the gray areas, the wonderful in between that life is made of."

Principal Kimberly Retzer named five nominees for the Bruce Butler Leadership Award, Cristopher "Bear" Ford, Jessica Gibson, Javairia Khan, Sophia Liao, and Bryan Viera Gomez. "The faculty nominates students who best exemplify the characteristics and attributes of scholarship, leadership and service," she said. Retzer announced Bryan Viera Gomez winner. "Bryan arrived at South Lakes in January of 2016 as a level 2 ESOL student," she said. Retzer said Gomez immersed him-

self in his studies and quickly became recognized for his work ethic, graduating with a 3.9 GPA. She said Gomez was an active member of the AVID class, Advancement Via Individual Determination and how he was the "first one to help struggling peers both in AVID and other classes."

Tiffany Welborn, a teacher at South Lakes High School presented the Keynote Address. Welborn advised the graduates to believe in themselves and to be the best they could be. "When you believe in yourself and chose to be a better person than you were yesterday, you will find yourself being successful in life," she said. Welborn closed with a quote she attributed to Les Brown. "Shoot for the moon, even if you miss, you'll land among the stars," she said.



Saying Good-bye to Lake Anne Elementary

On Monday, June 3, the former students from Lake Anne Elementary School who are now graduating from South Lakes High School stopped by to walk the school's halls one last time. All elementary students were invited to the hallways to clap for the Seniors and their accomplishments.

BULLETIN

FROM PAGE 3

more about RSVP, visit www.rsvpnova.org.

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956- 8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

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

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

ARTSPACE HERNDON - ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website www.artspaceherndon.com. Or contact us at 703-956-9560, volunteer@artspaceherndon.com. ArtSpace Herndon, 750 Center Street, Herndon.

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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.



The South Lakes' team celebrates their victory at the VHSL 6A State Championships on June 8.



PHOTOS COURTESY OF STEVE STASSINOS

A throw-in from Seahawks' #15 Michael Bush sets up a well-placed header by teammate #44 Merrick Edgerton. The ball swishes into the goal, clinching victory for the Seahawks.

Seahawks Win State Soccer Championships

Tight game for Madison High.

BY JULIA ZHOU
THE CONNECTION

The South Lakes High School soccer team made history last week, winning their first ever state title. Brennan Kenny, a player on the opposing team, Madison High School, stated, "It was a great experience for me ... knowing that our team grew as a family made the experience even better. Reflecting on how far we have come—last year we lost in the second round of Regionals and this year finishing the season second in the state is unbelievable."

Saturday, June 8, marked the final game of the VHSL State Championships in Rich-



The Madison men's soccer team huddles and debriefs.

mond. The finals pitted rivals Madison and South Lakes high schools against each other. Ultimately, the South Lakes Seahawks soared to victory, edging out the Madison Warhawks by one goal. Advancing to the championship game is no small feat. Madison Soccer Coach, Randy Wood reflected, "This team has been hard working and driven. They were dedicated to success and determined to finish strong. I am really proud of these guys." Coaches saw determination throughout the game. The first half ended in a stalemate, neither team able to weave past the defenses of the opposing team to score a goal. It was only in the second half that South Lakes' sophomore Merrick Edgerton, #44 on the field, found an opening and headed a well-aimed throw-in by #15 Michael Bush squarely into the net.

Merrick scored the only goal of the game, leading the Seahawks to victory.

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South Lakes Girls Point and a Half Shy of State Title

Despite championship performances in three of 17 events, the South Lakes High School girls team just missed out of winning the 6A State High School Track and Field Championship June 1.

The Lady Seahawks scored 79.50 points but Western Branch finished with 81 for its sixth consecutive state championship. Tallwood was third with 54 points followed by T.C. Williams (40) and South County (36).

Junior Hannah Waller led South Lakes with all-state performances in five events:

- ❖ She won the triple jump with a 39-03.00 on her final attempt, which broke her school record of 39-01.00 set last month. It is also a Nationals qualifier.

- ❖ Waller was second in both the 100 meters (12.16) and 400 meters (55.40) as well as third in the 200 meters (24.65) and sixth in the triple jump (17-06.25).

Freshman Jillian Howard, juniors Mary



SLHS Outdoor Track Girls Team finished second at 6A State Championship on June 1, 2019.

Gregory, Emily Lannen and sophomore Juvannadean Mullings closed out the meet by winning the 4x400 meter relay in 3:52.01.

Lannen was also a member of the win-

ning 4x800 meter relay team of freshman Annika Yu, junior Caitlyn Morris and senior Isabelle Gulgert. With their winning time of 9:15.76, they broke the school record and also qualified for Nationals. The previous

record of 9:15.79 was set by Sophie Halkett, Olivia Beckner, Sarah Wolfe and Golden Kumi-Darfour in 2016. Lannen also finished third in the 800 meters (2:15.10).

Gulgert and Morris also had standout individual performances, with Gulgert finishing second in the 3,200 meters (10:45.99) and Morris taking sixth in the 1,600 meters (5:05.88).

Other outstanding performances from the state meet came from:

- ❖ Sophomore Amelia DiBiase, who finished 10th in the pole vault with a 9-06.00 to tie the school record.

- ❖ Mullings, fifth, in the 200 meters (24.99)

- ❖ Gregory in the 400 meters (57.35, 8th), seniors Samantha Van Haaren in the high jump (5-02.00, 7th tie) and Nicole Post in the 300 meter hurdles (46.63, 8th).

Nine athletes will participate at Nationals June 13-15 in Greensboro, N.C.

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