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WELLBEING

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Adam, Amy, Jaida, and Christina Kemp of Springfield enjoy the Fourth of July festivities at Lorton Arts Center on Saturday, June 30, 2018.

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PHOTO BY STEVE HIBBARD/THE CONNECTION



Celebrating Fourth in Area

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Not Your Average
Conference

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Finding Balance,
In Life and Arts

PEOPLE, PAGE 9

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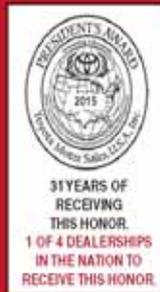
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Local high school and college students listen to a presentation at the fourth Annual Fairfax County Environmental Education Conference presented by Eco-Schools Leadership Initiative (ESLI) where they learn how they might teach children enrolled in school-aged child care programs at their local elementary schools about the environment.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Raashi Chandra, 14 of Fairfax, Emily Allan, 16 of Fairfax and Lauren Elliff, 14 of Burke try out one of ESLI's Consumption and Waste projects, a T-shirt tote bag meant to illustrate how trash can be converted into useful items in everyday life.

Not Your Average Conference

County Environmental Education Conference brings together 100 ecologically-minded students.

BY MERCIA HOBSON
THE CONNECTION

Although the first week of summer vacation had just started, on Thursday, June 21, 100 ecologically-minded high school and college students attended the fourth annual Fairfax County Environmental Education Conference presented by Eco-Schools Leadership Initiative (ESLI) held at the National Wildlife Federation building in Reston.

The students were there to learn how they might start an ESLI chapter in their local community. This is a youth-driven teaching program in which high school and college students would use curriculum-based interactive games and activities to present lessons about the environment to elementary school-aged children enrolled in after-school programs (SACC). Children enrolled in SACC come from diverse backgrounds some of whom may not have been exposed to environmental education. ESLI states online: "We believe that if we can educate students at such a young age, they can accomplish a great deal in the near future and become leaders in their community."

Kath Race is the K-12 program coordinator, education of the National Wildlife Federation. Race provided a statement describing how Leader Talia Schmitt, now a student at The College of William & Mary and an ESLI co-founder had been supported in her leadership through the National Wildlife Federation's Eco-Schools USA program and Eco Leaders program earning the Eco-Leader Certification.

"Through Talia's leadership, the ESLI network has reached over 325 students throughout Northern Virginia. The National

Wildlife Federation, headquartered in Reston, has served as the host of the annual conference for the last four years."

What made the ESLI Conference appealing to many Fairfax County attendees was its impact. The conference handout stated: "Being part of ESLI isn't just about helping the elementary kids in your community—it's about driving a larger movement that will change education from the ground up," starting with educating students at a young age.

Although termed an "education conference," keynote speakers were peers of the attendees, high-school and college-aged students not Bachelor or Master-degreed certified educators. Among the many presenters and leaders were Jaden Ko of South County High School, Celeste Philips and Rania Milanek of Madison High School and Sophia Applegate and Wendy Gao of Oakton High School.

THE PURPOSE of the conference was not to teach the like-minded attendees about the environment but instead to show them how to teach children enrolled in school-aged childcare programs at their local elementary schools about the environment.

The conference opened with remarks by Serena Xia, Conference co-chair and rising senior at Thomas Jefferson High School for Science and Technology in Alexandria. After sharing how she had always been interested and involved in environmental issues and attended last year's conference, she knew when she left that day that ESLI was "a perfect opportunity for getting more involved ... I wanted to establish an ESLI chapter at my school."

Xia told how after overcoming some



"What truly makes a difference is getting the younger generation to start caring about our environment," said Serena Xia, ESLI Conference co-chair 2018 and student at Thomas Jefferson School of Science and Technology in Alexandria.

startup challenges, she and friends formed an ESLI chapter, mapped out the details and connected with a school. In January of 2018, Xia and others began teaching at the nearby elementary school using the ESLI prepared materials and reaching out to mentors as needed. Xia described how powerful the children's reactions were to the lessons. "When I see over 20 kids staring up at me as I explain the food web, or how carpooling is better for our environment, that's when I know I'm making a difference. You don't have to find a cure for the next rampant disease or invent something that will change the world. It's the simple actions, just like teaching kids how to make a reusable bag out of a T-shirt. What truly makes a difference is getting the younger generation to start caring about our environment."

Speakers at the conference stressed the youth-teachers would not be alone. Instead,



High school and college students participate in an environmental education lesson geared to elementary school-aged children, one of the many lesson plans that would be made available to them if they choose to open an ESLI chapter in their community.

they would become part of a network of students sharing their passions for the environment and environmental education. ESLI would provide them with a step-by-step guide. It detailed how to get involved and build a successful local ESLI chapter, one comprising a strong team and mentors to assist and meet monthly with them via conference calls and help guide them to map out set-up details such as choosing an elementary school, finding a teacher-sponsor and connecting with a SACC director. ESLI would provide resources such as online lesson plans, teaching tips and feedback.

During the conference, attendees had the opportunity to participate in various lessons they might be teaching, attend workshops and learn how to create an ESLI chapter at their school.

To learn more, visit eslileaders.org or email ecoschoolleaders@gmail.com.

Local Newspapers Under Siege

Need to address restraining orders and gun violence.

One member of Connection News papers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kemal Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily *Oslobodjenje* in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from an atomic bomb shelter during the siege of Sarajevo, maintaining high professional standards and Bosnian culture and tradition of ethnic and religious tolerance in the midst of terror. The paper published the names of those killed each day in Sarajevo.

EDITORIAL He experienced first hand the horror of having staff members killed while out on assignment. He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down "sniper alley." The International Press Institute named Kurspahic one of its first 50 World Press Freedom Heroes in 2000.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

I tell this story now because of the newly minted fear that many journalists feel after the murders of five in the newsroom of the *Capital Gazette* in Annapolis. Police and survivors say the shooter had long held a grudge against the newspaper, and had sued for defamation. The targeted attack came very close to home.

The dead were Gerald Fischman, 61, editorial page editor; Rob Hiaasen, 59, editor and features columnist; John McNamara, 56, sports reporter and editor for the local weekly papers; Wendi Winters, 65, a local news reporter and community columnist; and Rebecca Smith, a sales assistant.

The shooter had restraining orders against him because of violent threats made in a different situation, but restraining orders apparently do not result in restricting gun purchases. He was still able to buy the gun he used in the attack. This is a loophole that desperately needs to be closed. A person subject to a restraining order of any type or duration for making threats should certainly not be able to buy a gun.

Every newspaper editor knows the experience of talking to a subject, source or reader who is irate over something the paper published. If we aren't making anyone angry, it's probably because we aren't writing about anything important. But my conversations with people who object to something we've reported have always had a subtext of respect. Many complaints have resulted in greater understanding on all sides that can create more lasting connections. Other times have resulted in agreeing to disagree.

Now, we lock the doors at least for now, knowing that there could likely be copy cat attacks, as school shootings began with one high profile attack. But we are not afraid.

We will continue to publish our 15 weekly papers.

The threat to survival for most local papers is the decline in advertising, compounded now by a tariff on newsprint. Don't forget that if you have an advertising or marketing budget, you should spend some of those dollars with local newspapers.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

About This Week's Papers

Our papers go to press a day early due to the July 4th holiday. That means that this week's papers will not contain coverage of July 4th events. Watch for coverage next week.

Submit Your Photos for the Pet Connection Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Friday, July 20.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and their humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

The Welcoming Inclusion Network

Making Fairfax County accessible to all abilities.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR



The Fairfax Falls Church Community Services Board established the Welcoming Inclusion Network (WIN) collaborative to address these pressing issues and devise long-term solutions to create an environment where everyone is valued.

I have the honor of chairing WIN, but the real work is done by my operations co-chair Lori Stillman, who is a former CSB official and parent. Joining us on the steering committee are a number of experts who have a great range of experiences with developmental and intellectual disability services. WIN stakeholders include county staff, parents of those with disabilities, special needs services providers, self-advocates, and employers. Together we work to achieve WIN's four key goals:

- ❖ NETWORK: Build opportunities for increased information and resource sharing
- ❖ DESIGN: Ensure service equity and efficiency through community-designed services

ciency through community-designed services

❖ EMPLOYMENT: Boost employment opportunities through existing and new service models

❖ INCLUSION: Identify and address other challenges to full community inclusion

WIN stakeholders meet regularly at the Fairfax County Government Center for presentations and working sessions. Each meeting has a new topic of discussion and breakout sessions to delve deeper into the obstacles for inclusivity and to find effective solutions. The next WIN meeting is on July 9 from 6:30 – 8 p.m. and will be in the Fairfax County Government Center. Anyone interested in learning more about day and employment services for people with developmental and intellectual disabilities is welcome to attend.

It is up to all of us in the end to make the world a more accessible place for those of us with different abilities. I hope you will join me in supporting this important cause and the hardworking stakeholders seeking to make our county a better place for all.

COMMENTARY

One of Fairfax County's greatest strengths is in being a home to over a million people from all walks of life. While we have made great strides in bringing the community together, adults with developmental and intellectual disabilities can find it very challenging to participate fully in community life. After they leave school or home, many rely on employment or day services to integrate them into society and allow them to contribute by working or through other activities. This population is growing and deserves a seat at the table. Current services are helpful, but there remains a great deal of work if we want a truly inclusive society.





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WELLBEING



A lack of swimming skills is one of the top factors increasing the risk of drowning.

PHOTO BY MARILYN CAMPBELL

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Summer Water Safety

Supervision and learning to swim are top ways to prevent drowning.

BY MARILYN CAMPBELL

Blazing heat and sky rocketing temperatures often mean cooling off with a dip in the pool. As the summer is in full swing, safety officials are reminding the public of drowning risks and prevention methods.

"Learning to swim at any early age is all about being safe in and around the water," said Gina Bewersdorf, owner of Goldfish Swim School in Reston, Falls Church and Alexandria. "Undeniably we all will have an opportunity to visit a pool, lake or ocean at some point, and our goal is to equip our swimmers with water safety skills early on."

The Centers for Disease Control and Prevention (CDC) cites a lack of swimming ability, failure to wear life jackets, alcohol use and a lack of close supervision while swimming as some of the top factors that affect drowning risk. According to the CDC, from 2005 to 2014 there was an average of 3,536 unintentional drownings. One in five people who die from drowning are children 14 and younger.

"A person can drown in a matter of seconds," said Aaron Schultz, a lifeguard in Arlington. "When I'm

at the pool, I notice that parents are often texting while trying to watch their children, but even if children look like their playing they could easily go under and be in danger a less than a minute. This is especially important to remember at the beach."

Taking part in formal swimming lessons reduces the risk of drowning among children between one and four years old, but many people lack basic swimming skills, according to the CDC. "Beginning formalized lessons as early as 4 months old has shown benefit in children developing a love for water and foundation upon which to build water safety skills," said Bewersdorf.

American Red Cross swimming safety tips such as always swimming in a designated area attended by lifeguards, avoiding swimming alone, wearing life jackets, securing a pool with barriers and making sure everyone in your family is a strong swimmer, are among those that Mary Anderson of the Montgomery County Office of Health and Human Services says the county is reinforcing.

"There's a website that we put together called 'Summer of Safety', and it's got everything from A to Z with summer safety and swimming pool safety."

Other suggestions include enrolling in courses to learn CPR, having appropriate equipment such as a first aid kit and cell phone to make emergency calls.

"If someone is around water and discovers that their child is missing, it's a good idea to check the water first because even seconds can make a big difference in stopping a drowning," said Schultz.

"Learning to swim at any early age is all about being safe in and around the water."

— Gina Bewersdorf, Goldfish Swim School



PHOTO CONTRIBUTED

The team from Fairfax County included (from left): Flor Philips, Fairfax County Office for Children; Anne-Marie Twohie, Fairfax County Office for Children; Linda Bentlin, Fairfax County Office for Children; Cecilia Suarez, Creative Learning School; Sallyann Bergh, Fairfax Futures; Katy Spalding, Fairfax County Public Schools; Megan McClafferty, Fairfax County Office for Children.

Exploring Financing Strategies for Early Childhood Education

Fairfax County Office for Children, a local school readiness initiative, sent a team of early childhood education stakeholders and community leaders from Fairfax County to the first-ever Virginia Early Childhood Integrated Financing Symposium on June 14-15 in Richmond. The Virginia Early Childhood Foundation (VECF) convened the meeting at the Federal Reserve Bank of Richmond. The event drew about 80 people from several areas of the Commonwealth, along with several state leaders in Governor Northam's admin-

istration. Participants heard from and collaborated with nationally-recognized early childhood experts who provided insights on the federal and state funding streams that support young children and their families. "Implementing more entrepreneurial financing strategies and increasing savvy at both the state and community levels could benefit children and families with more equitable, efficient, transparent and responsible access to services they need in order to thrive," said Kathy Glazer, president of VECF.

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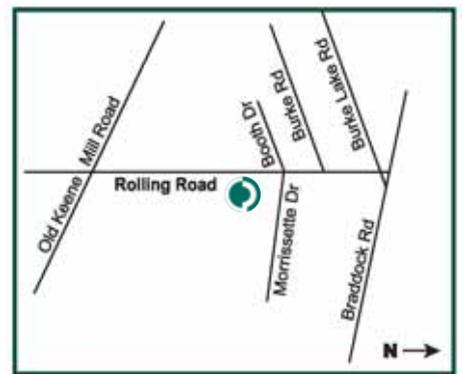
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ENTERTAINMENT

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CAMP

Youth Arts Summer Camps. At Workhouse Arts Center, 9518 Workhouse Road, Lorton. Multiple sessions available for ages 3-17. Themes include Doodle Tots (ages 3-5), Visual Arts Explorers (ages 6-10), Fine Arts Innovators (ages 11-13), Summer Arts Intensive for Young Adults (ages 14-17), Short Film, and Game Design. New Music and Theatre Camps include Let's Play Guitar Camp, Vocal Arts Camp, Performing Arts Summer Camp Challenge, and Experimental Theatre Project Camp. Visit www.workhousearts.org.

Art Camp 2018 in Burke for 5-8 year olds, 8 years and up. One-week sessions take place Monday-Friday, July 16-20, and July 23-27. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Second location is Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Call instructor at 703-250-6930 or visit www.czartlessons.com. Camps include:

- ❖ Fine Arts & Crafts Camp (8 and older) – \$142 plus \$25 supply fee.
- ❖ Drawing Camp (8 and older) – \$142 plus \$25 supply fee
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ONGOING

Art Exhibit: Candy for the Eye, Food for the Soul. Through July 8, gallery hours at Workhouse Arts Center's Warrior Way Gallery, 1st Floor, 9518 Workhouse Road, Lorton. Gene Moty, a retired Air Force officer, creates contemplative, whimsical paintings using traditional materials. Visit www.workhousearts.org.

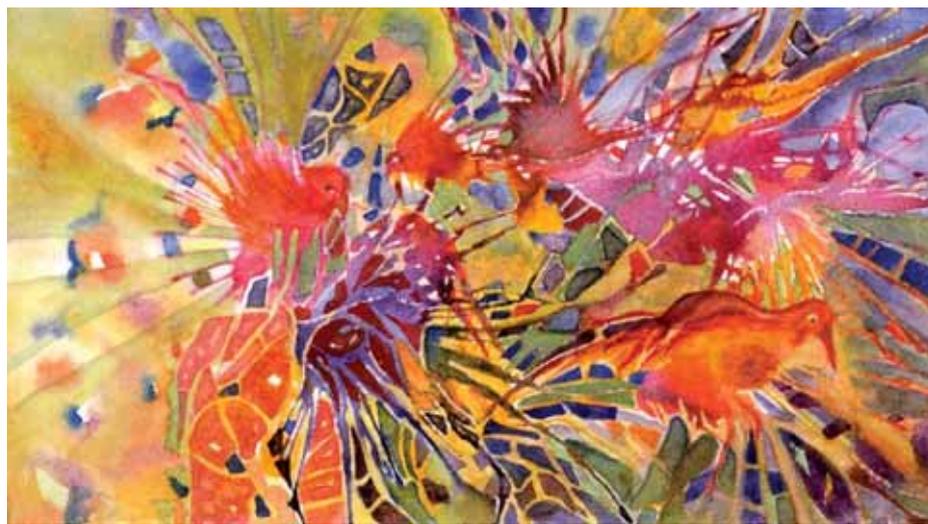
Art Exhibit: Nature's Fingerprints I. Through July 8, gallery hours at Workhouse Arts Center, Building 6 Gallery and Studio 605, 9601 Ox Road, Lorton. Using only natural dyes, each art quilt, silk scarf and framed work is an alchemy of color and texture as unique as a human fingerprint. Visit www.MariselaRumberg.com.

Fiber National. Through July 29, gallery hours at The Workhouse Arts Center, 9518 Workhouse Road, Lorton. Fiber National is a juried exhibition showcasing the best in contemporary fiber art from around the country. The 2nd biennial of the exhibition will highlight work using both traditional and non-traditional techniques.

THURSDAY/JULY 5

Studio Ghibli: Porco Rosso. 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

Evenings on the Ellipse with JunkFood. 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse



“Bird’s Paradise,” watercolor, by Yelena Svecharnik

‘My Way - A Retrospective’ by Yelena Svecharnik

Yelena Svecharnik is a featured artist in the ongoing show, “My Way - A Perspective,” at the Old Town Hall gallery at 3999 University Dr, 2nd Floor, Fairfax, through August, 10 a.m.-2:30 p.m., Monday to Thursday.

“Many years ago I started to paint in watercolor, still my favorite medium. I don’t have one signature style. I am too curious for that. I prefer to challenge myself to paint different subjects using

varied techniques and styles: realistic, representative, ‘mosaic,’ semi-abstract, pouring and other approaches,” said Svecharnik in her artist’s statement. “In my small exhibit I would like to show you some examples of more than 20 years of creativity, experiments, and interaction with color and paper. Included are my old watercolors, acrylics and mixed media paintings, linoleum cuttings, printmaking, collages and more,” said Svecharnik.

summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performances.

FRIDAY/JULY 6

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

DAY/JULY 6-20

The Secrets of the Universe (and other songs). At The Hub Theatre, 9431 Silver King Court, Fairfax. The Hub Theatre and Jewish Community Center of Northern Virginia join forces for the World Premiere of “The Secrets of the Universe (and other songs),” playwright Marc Acito’s story of Albert Einstein and Marian Anderson in director Helen R. Murray’s final show as a DC-area resident. Visit www.jccnvarts.org.

SATURDAY/JULY 7

Singles Dinner and Movie Night. 5 p.m. at Uncle Julio’s at Fairfax Corner, 4251 Fairfax Corner Ave., Fairfax. Fixed price dinner, followed by choice of movie at Rave Fairfax Corner 14. \$35 at door includes dinner, soda, tip and movie ticket. RSVP required. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit www.newbeginningsusa.org.

Country-Western Dance. 6:30 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia

Country-Western Dance Association will hold a dance with lessons: 6:30-7:30 p.m. and open dancing, 7:30-10 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members, \$10; non-members, \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County’s diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

SUNDAY/JULY 8

Hands On Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Activities may include railroad inspired crafts, demonstrations of railroad artifacts with visitor participation as well as possible history challenges for the whole family. All craft supplies included with admission fees. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfaxstation.org, www.facebook.com/FFXSRR, or call 703-425-9225.

MONDAY-FRIDAY/JULY 9-AUG. 3

“The Wizard of Oz” Performing Arts Camp. 8:30 a.m.-3 p.m. at Truro Anglican Church, 10520 Main St., Fairfax. City of Fairfax Theater Company offers a four week camp will present a The Wizard of Oz - Young Performers’ Edition at the conclusion of a four-week summer camp for ages 7-13. Tuition: \$800. Aftercare available. Visit www.fairfaxcitytheatre.org.

Summer Drama Camp. 9 a.m.-3 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. City of Fairfax Theater Company offers its Traditional Summer Drama Camp

with week long sessions in July and August. The Summer Drama Camp teaches children to create a staged performance at the end of each week. \$170 per camper for any one-week session, \$600 per camper for all four sessions. Visit fairfaxcitytheatre.org for weekly themes and registration.

TUESDAY/JULY 10

Farm to Fairfax Market. 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

Erin’s Epic Stories. 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children’s activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit www.fairfaxva.gov/government/parks-recreation/old-town-square.

WEDNESDAY-THURSDAY/JULY 11-12

Studio Ghibli: Kiki’s Delivery Service. Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/JULY 12

Evenings on the Ellipse with The Beat Hotel. 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary

tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performances.

FRIDAY/JULY 13

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

Movies Under the Moon: ET – the Extra Terrestrial. 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

SATURDAY/JULY 14

Japanese Obon Festival. 3-9 p.m. at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Celebrate with Japanese drumming, a Hawaiian band, participate in traditional Japanese dancing all while enjoying traditional Japanese food and desserts such as chirashi, yakisoba, huli huli, daifuku. There will also be children’s games, a challenge course, and vendors selling authentic Japanese items. End the evening by lighting a candle in the Japanese garden to remember a loved one who has passed away. Free admission. Visit ekojiobonfestival.weebly.com or call 703-239-0500.

Mount Vernon Nights. 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County’s diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County’s special summer traditions. Visit www.fairfaxcounty.gov/parks/performances/mt-vernon-nights.

Stories of the Stars. 8:30-9:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Stroll with a naturalist along the lakeshore and learn about the constellations. An astronomical naturalist will identify the stars, and there will telescopes for use. The evening ends with a campfire and s’mores. For participants age 3-adult. \$6 per person; children must be with a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/JULY 15

Virginia’s Indian Heritage. 3-4 p.m. at Pohick Regional Library, 6540 Sydenstricker Road. Dr. Karenne Wood of the Virginia Indian Program (Virginia Foundation for the Humanities) will present her research on the history and culture of Virginia’s Native American people and communities. Free. Visit www.burkehistoricalsociety.org.

Hooray For Hollywood. 7:30-9:30 p.m. at Richard J. Ernst Community Cultural Center Theater, 8333 Little River Turnpike, Annandale. Enjoy an evening of popular movie themes presented by the Reunion Music Society, Inc. and the NVCC-Annandale Campus, under the direction of Christopher Johnston. Adults, \$15; students w/ID, \$10; NOVA students w/ID free; children 12 and under, free. Free parking. Call 703-569-0973 or visit www.eventbrite.com and search “Hooray for Hollywood.”

PEOPLE

Finding Balance, In Life and Arts

Local artist Terry Angstrom went from teaching math to painting Italian architecture.

By MIKE SALMON
THE CONNECTION

Be-coming an art ist doesn't mean you shed all of your former skills, grab a brush and open a studio. Many times, it takes a variety of things to hone the talent. That's what Terry Anstrom has experienced.

In her past life, Anstrom was a math teacher at several Fairfax County schools, and even though she closed the books on that career, she finds herself using math in her paintings, making flowers balanced, and in patterns. She creates things "very meticulously," she said. "In my own way, I have achieved my own balance," she said. She taught math at Edison, Lee and Mount Vernon High Schools.

She also sees it happen with others, even visitors to the Workhouse Arts Center in Lorton where she has a studio and sees visitors frequently. "I encourage them to be balanced," she said.

When her son was growing up, his math and artistic talents came out as he was deciding on a career, and Anstrom looked for ways to incorporate art in whatever he chose. Now he's a successful architectural engineer.

"He needed a job that he could make a living," she said, "you can combine."

When parents with children come to the Workhouse, Anstrom brings up various topics to find their interests. "At an early age, they want to expose their children to art," she said.

When the children come in, she asks them their favorite subjects in school, and tries to pick out something she's done that relates to that subject.

She's had some high points in her art career, including being on the cover of the Elan Magazine in May 2013, and being a signature member of the Virginia Watercolor Society. "I participated in some



PHOTO BY MIKE SALMON/THE CONNECTION

In her studio at the Workhouse, Springfield resident Terry Anstrom shows her collection.

'An Italian Perspective'

"An Italian Perspective," Featured Artist Show at the Workhouse Art Center, in Building 6 Gallery, 9516 Workhouse Way, Lorton, from Aug. 8 - Sept. 2, 2018. The Reception is during Second Saturday, Aug. 11 from 6-9 p.m.

national shows," she said.

Recently Anstrom went on a trip to Italy and saw several patterns on the Italian streetscape that she photographed and recreated when she got back, and these paintings are the basis of her upcoming show in August called "An Italian Perspective."

There were arches, bridges, and buildings with other architectural features that Anstrom focused on. "Whenever I paint something, they evoke an emotion," she said.

Anstrom's ancestors are from Florence, so she visited there as well as Rome and Venice, and even took a cooking class at ZaZa Restaurant in Florence. They made pasta, pizza and Tiramisu, an Italian dessert staple. "That was wonderful," she said.

The class was on the last night of their trip and as they sat down to eat, "a rainbow came out," Anstrom said.

"It was a culmination of our trip," she said.

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Date: Saturday, July 14, 2018
Saturday, September 8, 2018
Saturday, October 13, 2018

Time: 9:00-9:30a.m.-Registration
9:30-12:30p.m.-Workshop

Place: Duff & Kronfeld, P.C.
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The crowd at the Fourth of July celebration at Lorton Arts Center on Saturday, June 30, 2018.



Gunner, 5, and Remi Caldwell, 3, of Woodbridge.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Lorton Arts Center Celebrates Fourth of July

About 10,000 people came out for the Fourth of July celebration at Lorton Arts Center on Saturday, June 30, 2018, in Lorton. The event offered fireworks, music, entertainment and food trucks.

"It's about bringing people together in a setting that's historic, that's full of art, that brings everybody from our Supervisor to the police force, fire folks and search and rescue and volunteers and artists," said Ava Spece, President and CEO of Workhouse Arts Center.

Dan Storck, Supervisor of the Mount Vernon District, added: "This Fourth of July is a special celebration because the Workhouse Arts Center has a brand-new quad that people should come out and visit and help us celebrate as well.

"We have a wonderful partnership with the County FMD (Facilities Management Department) as well as we have lots of different vendors and other partners who have helped to make this all happen including major donors to build the quad out. And the fireworks are just going to add a lot of color and life to the evening," he added.

Spece said the Workhouse Arts Center put together a design for the quad and did the initial permitting.

The new features include new sidewalks, sod, hardscape, and brick work, as well as an irrigation system and new drainage making it more usable than it was. The Rizer family (Timothy and Barbara) also donated funds to build the Rizer Pavilion. And Fairfax County came in to finish the project and paid for the balance. The work was completed



The crowd at the Fourth of July celebration at Lorton Arts Center.



The U.S. Navy Band Commodores Jazz Ensemble performs.



The lines were long for the food trucks.

just last Thursday – in time for the celebration. They still want to add some benches.

— STEVE HIBBARD

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BULLETIN

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

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

VOLUNTEERS NEEDED

Haven of Northern Virginia is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

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.

TUESDAY/JULY 10

Story Time: Focus and Self-Control. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support focus and self-control in young children. Focus and self-control is an evidence-based executive functioning skill that involves paying attention, following the rules, thinking flexibly, and exercising self control. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

THURSDAY/JULY 12

Story Time: Perspective Taking. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support perspective taking in young children. Perspective taking is an evidence-based executive functioning skill that forms the basis for children's understanding of their parents', teachers', and friends' intentions. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

SUNDAY/JULY 15

Public Input Deadline. The Fairfax County Department of Transportation (FCDOT) is conducting a study to better understand how people get around the Franconia-Springfield area of Fairfax County on the Fairfax Connector transit network. Complete a survey to help FCDOT better understand transportation-related needs and issues. Visit www.fairfaxcounty.gov/transportation/franconia-springfield-optimization to complete the survey.

TUESDAY/JULY 17

Story Time: Making Connections. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. Making Connections is at the heart of learning. This Story Time will highlight books and activities to support this evidence-based executive functioning skill in young children. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Well Blow Me Down



By KENNETH B. LOURIE

Ah. The whirr of chain saws finally cutting their way through the nearly two dozen trees in my front half acre knocked down during the March 2 wind storm. Given what this cut down and clean up will cost, it is not an expense to be paid out of petty cash. In fact, we needed a little help.

And considering the time allowed by Rigo (the man for the job), to come back and do the work; it's been approximately two months since we shook on the deal, it's enabled us to arrange for payment on a mutually beneficial schedule.

He'll the do the work when he can (not a fixed time and date) and we'll pay him what and when we can; sort of a trade and sort of because he's doing some other regular work in our neighborhood (the adjacent property in fact).

Typically in the past, when I've received knocks on my door by other tradesman saying they're doing similar work in the neighborhood to what I've needed - or appeared to need: yard clean up, tree maintenance, driveway repair/repaving, etc., offering me discounts because they're "working on the street," I've always resisted because I've never had the money (cash) or trust to pay them.

Well, I don't exactly have the money now, but neither did Rigo knock on my door. I had been given his name and number months ago by an extremely reliable former neighbor so I had the trust and the time seemed right. When I spoke to Rigo and told him who I was, he said he had been expecting the call, as my neighbor apparently assured him I would.

And so, almost four months since the trees "thudded" to the ground, Rigo and his men have hit the ground sawing. As Dennis Eckersley, a Major League Baseball Hall of Fame inductee and current member of the NESN/Boston Red Sox television broadcast so often says: "It's a beautiful thing."

And what makes this "treatment" a "beautiful thing" is not just the sense of accomplishment for work which most definitely needed to be started - and finished, but specifically work yours truly is incapable of doing.

As the homeowner of a registered historic property built in 1742 ("Belly Acres" I call it) sitting on two acres, constantly in need of something or other both inside and out, to say that I am - and have been overwhelmed since we took ownership in May of 1992, is an understatement.

The overstatement would be: I am in so over my head that to invoke a childhood expression that still doesn't make any sense: "I need to look up to look down."

Hearing multiple chain saws, even starting at 8:30 a.m., as I had been forewarned two days prior would occur, is music to my ears. Any progress I can make - or others can on my behalf - in stemming the tide of my maintenance malfeasance is huge. It's not exactly a sense of pride, it's more a sense of passing homeowner 101, the entry level course I've mostly failed going on 26+ years.

Needing the kind of help I do - in terms of time, money, tools, skillset and inclination - is an unrelenting burden of incompetence which I readily accept. Unfortunately, time does not lessen the responsibility. Nevertheless, I'm lucky to own such a unique and historic property.

If some maintenance suffers, it's not for lack of concern, it's for lack of ability and knowledge. Moreover, I just can't summon up the necessary fortitude. Throw in a stage IV, non-small cell lung cancer diagnosis and the prospects in the future for home-owning improvement are not great.

It's been my nine+ years experience that a cancer diagnosis (especially a "terminal" one) tends to rearrange your priorities/rewire your brain, so to speak. And even though I'm very happy seeing and hearing the trees being tended to, I'm more concerned about the forest.

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



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LORTON/Laurel Crest \$475,000

COMING SOON—READY FOR IMMEDIATE MOVE-IN! Be prepared to run, not walk to this incredible, NV Homes, 2-car garage, end unit Beauty! Located in one of No. VA's hottest corridors, this home truly has it all, and has been upgraded and updated to a tee to include appliances, granite kitchen counters, wall-to-wall carpet, fresh paint...the list is ENDLESS! Sellers has maintained this home meticulously...all you have to do is move in! Homes in this incredibly-located enclave rarely become available, and this commuter's dream location is truly prized! Quick hop to I-95, Ft. Belvoir, Route 123 & fantastic area amenities! Call Kim for a private showing before this home is GONE! 702-929-8425



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Burke Centre \$400,000

Adorable and completely renovated! All new flooring including wide planked flooring, renovated kitchen w/ stainless

appliances, 3.5 renovated baths! Finished lower level includes rec room, den, and full bath. Newer windows, fenced back yard, like a new home. Friendly Burke Centre neighborhood, walk to shops, metrobus, nearby VRE.



JUDY SEMLER
703-503-1885
judys@lnf.com



Burke \$775,000

Beautiful classic colonial with 3 finished levels * 2-story foyer * Formal living & dining rms * Main level den * Updated light

filled eat-in kitchen * Spacious family rm w/gas fpl opens to deck * Luxury master suite with updated bath * Wood floors * Updated hall bath * 5 bdrms & 3.5 baths * Walk out lower level to lush back yard * Visit 9424WoodGlen.com



Fairfax \$889,000

Gorgeous Keys Crossing Colonial with 3 finished levels * 4 bedrooms * 4.5 baths * wood floors on main

level * 2 fireplaces * luxury master suite * 3 sides brick exterior * family room opens to deck in back yard * Call Judy for more details 703-503-1885.



Jim Fox
703.503.1800
jim.fox@LNF.com
Washingtonian Magazine's "Top Team" 2015
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Springfield Crestwood \$569,000

Get ready to be wowed! Owner has pampered this home. Absolutely stunning remodel. 2000 sq ft of living

space. Expanded one-level rambler w/dazzling FR & MBR suite additions. To-die-for KT w/miles of granite, island w/extra storage, 55 apps. FR w/cathedral ceiling, windows galore. Expansive MBR suite w/full bath & lg W/I closet. Sep laundry rm. Level fenced yard & patio. Garage. 1yr warranty. Call Jim Fox @ 703.755.0296.



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Burke Beauty \$515,000

Charming Single Family Home

Updates and Maintenance for a Perfect 10! 3 finished levels with amazing features throughout. Large Kitchen (ESIK) adjoins Family Room w/ FR, Sep LR & DR, Rec Room, Den/Office, Surprise Laundry Rm on LL, 3 ample BRs and 2 Full, 2 Half Baths Plus Garage. Minutes to Rolling Rd VRE. Must See to believe! Call Kay for info and tour: 703-217-8444



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Fairfax Station • \$830,000
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Tot Lots



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Fairfax Station \$825,000

Architecturally design Contemporary nestled on richly wooded 5.75 lot. Award winning landscaped

yard enhances beauty of serene surroundings. 4 Bedrooms, 3 full Baths plus 2 Half Baths. Gorgeous wall to wall windows in every room offers spectacular views. Looking for something different, here it is.

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Ridges of Glendilough \$719,900

Newly Listed!

On a lovely and private half acre lot near the end of a cul de sac you will find this lovely home in The Ridges of Glendilough. Over 4000 finished square feet with four bedrooms, two and half baths and a spacious level devoted to a home office or a craft room or a game room - you make it yours. Updated kitchen, new carpeting and refinished hardwood floors. Woodson, Frost and Oakview - one of the best school pyramids.



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