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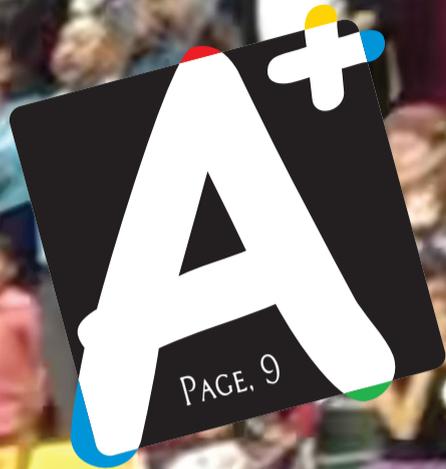
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NEWS, PAGE 7

Wexton to Take
On Comstock

NEWS, PAGE 3

Putting a Lid
On Every Kid

NEWS, PAGE 2

Seniors of the Herndon High School Class of 2018 look up toward the stands to spot family and friends during the Commencement Program held at George Mason University EagleBank Arena.

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NEWS

PHOTOS CONTRIBUTED



Del. Jennifer Boysko (D-86) finds a helmet in the right size for this sixth grader to take home.



Abrams Landau, Ltd. attorney Doug Landau fits a brand new bike helmet on a student for his Lids on Kids program.

Putting a Lid on Every Kid

Herndon attorney Doug Landau promotes head injury prevention in area schools.

On Monday afternoon, the entire sixth grade class at Hutchison Elementary School in Herndon was protected from unnecessary brain injury. Police officers from the Fairfax County Bike Unit, together with Del. Jennifer Boysko (D-86) and local attorney Doug Landau, made sure that each student learned about head injury prevention and received a new, free Bell bike helmet along with safety information.

Attorney Landau of the Abrams Landau law firm in the historic district of Herndon let the students touch helmets that had actually been in accidents, showed them what a cracked, aging or defective helmet look like and even let them touch models of the human brain. Landau has been going to local Fairfax and Loudoun County public schools for over a decade with his Lids on Kids brain injury prevention and free helmet distribution program.

Having the police officers present not only ensured that each student would be quickly fitted with their helmet, but also enabled law enforcement to interact with these young students on a personal level. Delegate Boysko shared a personal note, discussing the change in Virginia law that seeks to prevent bicycle riders from getting "doored." In other words, when people park their cars in bicycle lanes and don't look to see who is coming, they may open the door to their car and take out a cyclist without any warning.

DEL. BOYSKO told the students that this commonsense piece of legislation required a bit of a fight, but its passage will make the roadway safer for them and their friends to ride their bikes to school, work and elsewhere.

Hutchison Elementary School principal Ray Lonnett also provided vital assistance. He has sought to protect the students at his school ever since his arrival. He and attorney Landau have removed dangerous articles from the sports field around the school, and they've also trained together across street at Worldgate. Lonnett was instrumental in helping to make the program a success by working with the faculty that were present to keep the lines of children moving and getting the right helmet sizes on each child. Principal Lonnett also emphasized how important it was for the children to develop good habits, physical fitness and safe cycling habits.

Lawyer Landau has competed as a member of TeamUSA at the Multisport World Championships. He is frequently on the podium of spring triathlons, duathlons and local running races. Currently training for the World Duathlon Championships and then



A Fairfax County Police Bike Squad member helps a student try on helmets.

the US National Triathlon Championships later this summer, Landau frequently trains on the fields around Hutchison Elementary School as well as the Herndon Community Center.

His law office building, on the corner of Station and Center Streets, are well known to members of the northern Virginia bicycle community as he has represented injured bikers for over three decades. Landau has helped those who were struck by cars, attacked by dogs and those who had been injured by defective sports products.

The Abrams Landau building is more than 100 years old. Enjoying the last 20 years that he has owned the corner, Landau and his team have tried to help cyclists, runners and other sports enthusiasts throughout the East Coast.

IN ADDITION TO TRAINING on the local turf fields, Landau regularly rides on the W&OD trail and streets of Herndon. "I've seen too many accidents and near misses to think that it would ever make sense not to ride a bicycle without a helmet. Having sustained a double concussion myself over at Worldgate, I know firsthand what it's like to struggle to recover and to get well. My goal is to put a lid on every kid who could not otherwise afford it, and that is why we visit schools like Hutchison, Herndon, Guilford Elementary School, and others. It's a win-win situation. If a child without a helmet and insurance suffers a traumatic brain injury, then everyone has to pay. I would rather pay to protect the children on the front end, than to pay many times more on the backend for a child who may never get well," said Landau. If you know of a school that is part of the subsidized meal program that could benefit from the Abrams Landau Lids on Kids brain injury prevention and free helmet distribution program, let his office know by calling 703-796-9555.

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Wexton to Take on Comstock

Moderate state senator did not get pulled to the left in primary.

BY MICHAEL LEE POPE
CONNECTION NEWSPAPERS

State Sen. Jennifer Wexton (D-33) made a name for herself in Northern Virginia as a tough-as-nails prosecutor, including one case that grabbed national headlines involving a woman who persuaded her boyfriend to kill her father with a samurai sword. During her campaign for the Democratic nomination in Virginia's 10th Congressional District, she never lost that sense of law-and-order grit, refusing to be pulled to the left as other candidates were calling for President Trump to be impeached.

"We are now on a mission to bring real representation to Northern Virginia and to remove Barbara Comstock from office," said Wexton in a statement shortly after securing the nomination. "Barbara Comstock has worked to strip healthcare from millions of Americans, proudly touts her A rating from the NRA, and is so out of touch with this district that she hides from her constituents and has never held a single town hall."

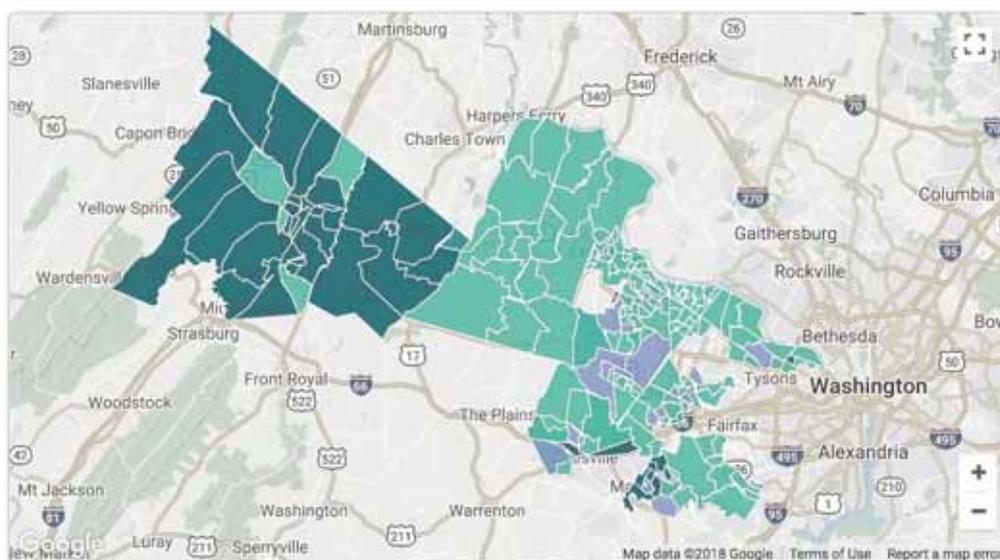
Comstock is the only Republican incumbent in Virginia to be defending a district that Trump lost in 2016, which puts this particular race at the top of the agenda for Democrats this fall. Two years ago, Comstock won 53 percent of the vote against Democrat LuAnn Bennett. But Hillary Clinton also won the district with 52 percent of the vote. Since that time, Comstock has tried to position herself as a centrist looking out for the interests of her constituents while taking an arms-length approach to some of Trump's more conservative rhetoric.

"She is the only candidate in this race who has voted to cut our taxes and increase our take home pay and grow jobs," said Susan Falconer, campaign manager for Comstock, in a written statement after her primary victory against Republican challenger Shak Hill. "She is the only candidate in this race to have passed two MS-13 anti-gang bills on a bipartisan basis that the president has already committed to sign."

LAST YEAR'S BLUE WAVE election has given Democrats hope that they're entering a midterm election season with the wind at their back, and they're targeting three incumbent Republican House members in Virginia. Aside from Comstock, incumbents who find themselves in the crosshairs include U.S. Rep. Dave Brat (VA-07) and U.S. Rep. Scott Taylor (VA-02). The House Ma-

| | | |
|-------------------|--------|--------|
| Jennifer Wexton ✓ | 22,394 | 41.88% |
| Alison Friedman | 12,289 | 22.98% |
| Lindsey Stover | 8,561 | 16.01% |
| Dan Helmer | 6,709 | 12.55% |
| Paul Pelletier | 2,010 | 3.76% |
| Julia Biggins | 1,512 | 2.83% |

Click on a precinct for details



10th District map.



Barbara Comstock

"Barbara Comstock has defeated a Jennifer Wexton-type candidate before, and she'll do it again in November."

—Maddie Anderson, spokeswoman for the National Republican Congressional Committee.



Jennifer Wexton

"Together, we built momentum and enthusiasm that will ensure Democrats can unseat Barbara Comstock this November."

—Lindsey Stover

211 OF 211 PRECINCTS REPORTING (100.00%)

| | | |
|-----------------|--------|--------|
| Jennifer Wexton | 22,394 | 41.88% |
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211 OF 211 PRECINCTS REPORTING (100.00%)

| | | |
|-------------------|--------|--------|
| Barbara Comstock* | 28,274 | 60.71% |
| Shak Hill | 18,301 | 39.29% |

[HTTPS://WWW.VPAP.ORG/ELECTIONRESULTS/20180612/USHOUSE/](https://www.vpap.org/electionresults/20180612/USHOUSE/)

majority PAC is supporting Democrats in all three of these races, hoping to turn these red parts of Virginia blue.

"These candidates will stand up for Virginia families and fight for an agenda that lifts up the middle class while their Republican opponents have made it clear that they aren't looking out for the hardworking Virginia families they're supposed to represent," said Charlie Kelly, executive director of the political action committee. "These Republicans have enabled a toxic GOP agenda that raises taxes on hardworking Virginians, imposes a devastating age tax and takes away health care from millions of Americans."

WEXTON was able to beat back a crowded field of Democratic challengers, including two former Obama administration officials. One, Alison Friedman, was able to pump \$1 million into her own campaign and remained a constant presence on television ads. The other, Lindsey Davis Stover, became a constant presence at community meetings and town halls over the last few months. In the end, neither was able to match the name recognition that Wexton has built.

"From the moment it began, this campaign has been about putting people back into the center of our politics," said Stover in a concession statement, thanking the other candidates in the race. "Together, we built momentum and enthusiasm that will ensure Democrats can unseat Barbara Comstock this November."

Friedman was able to win seven precincts in Fairfax County and nine precincts in Loudoun County. And Stover had a strong showing in Frederick County, Manassas and Winchester. But Wexton was able to run up the numbers in Fairfax, Loudoun and Prince William County for a comfortable margin of victory. Republicans say they're ready to take on Wexton this fall.

"The nasty and divisive Democratic primary forced Nancy Pelosi recruit Jennifer Wexton to lurch to the far-left, rendering her unelectable," said Maddie Anderson, spokeswoman for the National Republican Congressional Committee. "Barbara Comstock has defeated a Jennifer Wexton-type candidate before, and she'll do it again in November."

OPINION

The Art of a Deal with the Devil

BY GERRY CONNOLLY
U.S. REPRESENTATIVE (D-IL)



Against the backdrop of American and North Korean flags, the world finally got a glimpse into the negotiating skills of the so-called “Master of the Deal.” After much fanfare more appropriate for a reality television show than a historic diplomatic summit, the president emerged empty-handed. Trump gave the North Korean dictator everything he’s longed for — international legitimacy, an audience with an American president, and the cancellation of military exercises with our South Korean ally. And President Trump got nothing.

There is great danger in a president more committed to the optics of a getting a deal than the substance within it. Trump’s on-again, off-again agreement to a nuclear summit with Kim Jong Un was a high-risk gambit that squandered valuable leverage and gained no concessions in return. With little preparation and guided by his “feel” that within the first minute he would know if a deal is possible, the president rolled out the red carpet for Kim, ignoring that the devil is in the details.

Kim got the propaganda he needs back home, while concrete commitments from the North Koreans to denuclearize remain elusive. The administration’s oft-repeated language that de-

nuclearization must be “irreversible” and “verifiable” was not even mentioned in the joint statement, nor any reference to North Korea’s egregious human rights violations and Kim’s illegal imprisonment of more than 100,000 people in gulags. And the president’s weakness and naiveté signals to nuclear threshold states that they too should adopt the North Korean

model of extreme brutality, threats and endless provocation.

Even more troubling, this summit follows President Trump’s shameful behavior with our closest allies at the G-7 summit. While we repay our allies’ loyalty with misguided tariffs and disrespect, the president is cozying up to one of our greatest foes, cementing the worldview that America is retreating again.

The Korean peninsula is a dangerous global flashpoint and we must remain open to diplomatic engagement with the North, but not at any cost and not without assurances that such an endeavor is guided by steady hands. We can’t have amnesia about the past. North Korea has previously made denuclearization commitments in 1994, 2005, and 2012, only to renege on each in 2002, 2009, and 2012, respectively. But Mr. Trump cares little about substance, history or strategy.

We had a model that worked. In response to illicit Iranian nuclear activities, the international community established a robust sanctions regime that drove Iran to the ne-

gotiating table. Before agreeing to formal talks, the United States extracted specific commitments from Iran to freeze portions of its nuclear program. But it was the promise of relaxed sanctions and increased international trade that convinced Iran to reverse its nuclear program and adopt the Joint Comprehensive Plan of Action (JCPOA), with which it is in compliance to this day. Articulating incentives for denuclearization, commensurate with strict and verifiable nuclear dismantlement, should have been an essential component of any diplomatic engagement with North Korea.

When the president tore up the Iran nuclear agreement, simply because it was signed by his predecessor, he set his own standard for North Korea: absolute denuclearization, absolutely verifiable. Anything less than that is a failure by his own admission. Following the summit, we are not even close to the goal of a denuclearized North Korea.

The consequences of a nuclear North Korea are real and rushing to a bad deal could prove catastrophic on a global scale. The president needs to step back and recognize that substance and details matter. You are negotiating with a manipulative, erratic, and murderous dictator. Proceed with great caution, because this isn’t real estate. You can’t just walk away. Millions of lives hang in the balance if you agree to a deal on Kim Jong Un’s terms.

Connolly is a member of the House Foreign Affairs Committee.

COMMENTARY

LETTERS TO THE EDITOR

Disappointed By Changes

To the Editor:

The following statement was issued regarding the Fairfax County School Board’s vote on its Family Life Education (FLE) curriculum.

While I am pleased that the Fairfax County School Board has voted to retain clergy among the list of people our youth ought to consider trusted adults, I am nevertheless disappointed to see the board has chosen ideology over biology in introducing such terms as “sex assigned at birth” in place of “biological sex” in the schools’ Family Life Education (FLE) curriculum. It is also distressing to see students receiving information about the drug regimen PrEP (Pre-exposure prophylaxis) while at the same time not learning that abstinence is the only 100 percent effective way of preventing the transmission of sexually transmitted infections (STIs). As a community committed to proclaiming the truth about human life, dignity and sexuality, the Catholic Church in the Diocese of Arlington will continue its efforts to educate the

public regarding the content of the FLE curriculum and encourage parents to exercise their God-given right to “opt-out” their children from those lessons that distort the truth and are morally offensive.

Bishop Michael F. Burbidge

Catholic Diocese of Arlington

Board, in 10-0 Vote, Approves More Inclusive Policies

To the Editor:

On June 14 at its regular meeting, the Fairfax County School Board approved updates to the Family Life Education Curriculum which are more inclusive of transgender students and family members, and a provision which will teach about ways to help fight the HIV/AIDS epidemic and inevitably save some of our students from infection.

Many members of the LGBTQ community and many allies came to the School Board meeting wearing purple, outnumbering those

opposed by more than two-to-one. School Board members Karen Corbett Sanders (Mount Vernon), Tamara Derenak Kaufax (Lee), Megan McLaughlin (Braddock), Jane Strauss (Dranesville), Dalia Palchik (Providence), Pat Hynes (Hunter Mill), Sandy Evans (Mason), Karen Keys-Gamarra (at-large), Ilryong Moon (at-large) and Ryan McElveen (at-large) spoke eloquently and clearly in support of these provisions. Sully representative Tom Wilson and Springfield representative Elizabeth Schultz spoke against them, but were in fact away from the table for the final vote; it was unanimous at 10-0.

As president of FCPS Pride (a social welfare organization for LGBTQ employees, parents of LGBTQ students, and LGBTQ parents and allies in Fairfax County Public Schools), I would like to express my gratitude for the citizens who came to support, and to the elected officials who responded to those community members. We look forward to contributing, canvassing and voting at the elections in 2019.

Robert Rigby, Jr.
President, FCPS Pride

Deafening Silence

To the Editor:

Once again Barbara Comstock’s silence is deafening. It should be remembered that Representative Comstock failed to speak up quickly in the wake of President Trump’s ill-thought out and discriminatory Muslim Ban. These past few weeks, Comstock similarly has failed in her duty to represent not only her district but the values that should guide and limit American policy. Separating kids, including babies, toddlers, and others who cannot possibly understand such separation, is unbelievably cruel. Separating children and then detaining them is reminiscent of some of the lowest moments in our history. Although hard-liners justify such actions using the language of national security and even, in the case of Jeff Sessions, the Bible, we have done similar things in the past, such as Japanese internment, to our shame. Republicans finally are joining Democrats in calling for an end to this cruelty. Just this week

SEE LETTER, PAGE 11

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NEWS

Green Lizard Cycling in Herndon is collecting supplies for the Virginia Hospital Center Medical Brigade. The Brigade sends teams of experts to communities in Honduras where they provide services unavailable to the poor such as surgeries, physical therapy services and training, vision screening and eye-glasses, public health education and more.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Herndon to Arlington to Honduras

The Virginia Hospital Center Medical Brigade seeks donations.

BY MERCIA HOBSON
THE CONNECTION

Throughout the Northern Virginia region and in the Town of Herndon, boxes are popping up in businesses asking for supplies to send with the Virginia Hospital Center Medical Brigade, a 501(c) 3 and UAAID PVO registered organization. The Brigade sends teams of experts to communities in Honduras where they provide services unavailable to the poor such as surgeries, physical therapy services and training, vision screening and eye-glasses, and public health education.

Recently, Beth Meyer, co-owner of Green Lizard Cycling in Herndon learned an employee at the store beside hers was going with the Brigade on their next trip this fall. Anita Miller would be providing critical assistance to the Brigade working with other volunteers to help prepare three meals a day for the eighty doctors and nurses.

Although Meyer could not go to Honduras, she too wanted to make a difference. Knowing the Brigade had posted a Wishlist on their website requesting specific items for donations, Meyer set a donation box out in her store. On behalf of the Brigade, Meyer asked patrons to donate diapers, liquid Tylenol for infants, and matchbox cars.

In a one-week period, patrons of the Lizard filled the box. Meyer plans to deliver the supplies to the



Anita Miller, an employee at Herndon Florist, is volunteering to support the Virginia Hospital Center Medical Brigade. She and other non-medical personnel will provide critical logistical assistance to the group.

Virginia Hospital Center at the end of the month. The Wishlist for the Virginia Hospital Center Brigade includes soap, individually wrapped toothbrushes, small tubes of toothpaste, Liquid Infant/Children's Tylenol, Liquid Children's Ibuprofen, Children's sunglasses and ball caps or visors, crutches and wheelchairs, a portable ultrasound machine, a steam sterilizer and more.

For more information regarding donations as listed on the Brigade's Wishlist and to donate items from the Amazon Wishlist, visit www.vhcmedicalbrigade.org/donate-now-page.



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10:00am, morning program

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lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known



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VDOT Virginia Department
of Transportation

East Spring Street Widening Town of Herndon

Environmental Document Available for Review

The Virginia Department of Transportation will widen East Spring Street from four lanes to six from just west of Herndon Parkway to Fairfax County Parkway. Intersection and sidewalk improvements are also part of the project.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Part 771, a Categorical Exclusion (CE) was prepared. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties is also included in the environmental document. The environmental document is now available for public review and comment at the project website (www.virginiadot.org/projects) or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-1795 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Submit your written comments about the CE to Mr. Steve Varner, Environmental Specialist, at the address above by **July 9, 2018**. You may also e-mail comments to Steven.Varner@VDOT.virginia.gov Please reference "East Spring Street Widening" in the subject line.

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UPC: 105521
Federal: STP-5A01 (749)

DINING

Charming, Chic and Inviting

Restaurant Review: Nunu's Thai Dishes in Herndon.

BY ALEXANDRA GREELEY
THE CONNECTION

Years ago, locals could count the number of DC-area Thai restaurants in a few minutes—maybe 20 or maybe even 30. But those days have long since passed, as the number is likely closer to several hundred. The popularity of this Asian cuisine's sweet-hot-sour flavors has gained a vast following, with plenty of new places popping up constantly.

One of these is the relatively new Nunu's Thai Dishes in Herndon's former Kmart center with its array of restaurants and retail stores. Charming, chic, and offering plenty of authentic Thai dishes, this Thai place features a contemporary bar and seating area that attracts not only Thai food enthusiasts but patrons who like to hang out for drinks plus spicy eats. Note that Nunu, who runs Nunu's, is the brother of the owner of the popular old-timer across the street, Thai Luang.

But unlike his sister's more traditional setting and approach to Thai food, Nunu has set up a modern décor with a well-stocked bar area, and a small and well-lit dining space. Though small it must attract a steady crowd, so reservations may be an option.

Of course, knowledgeable foodies come to eat, and eat well they will. Depending on one's palate, you can check the menu listings for the tell-tale chili icon. That's management's way of saying the dish may be

a bit hot. Before you head to the entrée selections, do not skip past the appetizers—even if all you really crave is a serving of pad Thai. Note that no appetizer has a chili icon, so if heat is not your thing, just order plenty of appetizers.

Must-haves include the fried calamari with their crunchy exterior and sweet-sour sauce alongside. Add to that either steamed or pan-fried dumplings, both of which come with a sweet chili soy sauce. And the very traditional Thai starter, the tod mun (or fish cakes) may seem somewhat exotic to Western tastes, but these are as tempting as Southern crab cakes.

Entrées can go any which way, from curries, to stir-fries, to noodles. Curry fans should consider the panang curry, a classic dish made with a special curry paste stirred into coconut milk. Add-ins include chicken, pork, tofu, or vegetables. Among the limited curry selections is the restaurant's special, and pricey, crispy duck and pineapple in a red curry sauce.

Assorted noodle and fried rice dishes may stand alone or accompany other entrées. And the house signature dishes include both curries, grilled chicken, and stir-fried shrimp or chicken. The kitchen also offers the Thai special, a crispy whole flounder with a choice of accompanying sauces.

Dessert choices are limited to the usual popular ones: mango with sticky rice (seasonal) sweet sticky rice, fried bananas, ice cream and a Thai custard. The lunch specials menu offers fewer options, but you surely can order off the main menu as most dishes are listed there with lunch and dinner options.

Nunu's Thai Dishes, 410 Elden St., Herndon, VA. 703-471-2000. Hours: Lunch and dinner daily.

Candidate List for Herndon Mayor and Town Council Released

Possible shake-up in Town Council members.

BY MERCIA HOBSON
THE CONNECTION

The Town of Herndon announced the qualified candidate list for Herndon Mayor and Town Council for the Nov. 6, 2018 election.

Lisa C. Merkel is running uncontested for Mayor. Ten candidates are vying for the six town councilmember seats. The five incumbents on the six-member town council, Jennifer K. Baker, Grace Wolf Cunningham, Signe V. Friedrichs, William "Bill" J. McKenna and Sheila A. Olem will face off against five challengers, Cesar A. Del Aguila, Pradip Dhakal, Joseph T. "Joe" Plummer, and Roland Taylor.

Herndon's town council consists of six council members and a mayor, who are elected for two-year terms. Herndon Mayor and Town Council are elected in even-number years on the Tuesday following the first Monday in November. There is one vacancy on the Council due to the death of Town Councilmember Jeff Davidson in late March. It has not been filled for the unexpired portion of

the term by a majority vote of the remaining members of the Council.

Although the charter for the Town of Herndon, relating to elections states candidates for town offices cannot be identified on the ballot by political affiliation, some individuals applied to the Dranesville District Democratic Committee (DDDC) seeking endorsement for Herndon Mayor and Town Council Elections 2018.

These candidates submitted the required questionnaire, application and application fee by the May 10, 2018 deadline (alphabetical by last name): Mayor-Lisa C. Merkel; Town Council Cesar A. Del Aquila, Jennifer K. Baker, Signe Friedrichs, William "Bill" J. McKenna, Sheila A. Olem, Joseph T. "Joe" Plummer, and Grace Wolf Cunningham.

According to the DDDC, their endorsement recommendation vote will take place at the June 21 DDDC meeting at Herndon Middle School. The top six candidates for Town Council will receive the DDDC recommendation. The top candidate for Mayor will receive the DDDC recommendation. DDDC will refer their endorsement recommendation to FCDC to be voted on at the July 17th FCDC meeting. The actual endorsement is given by FCDC subject to the vote on July 17, 2018.

Profiles of the candidates will be available before the elections

Forever Hornets, Forever P.R.I.D.E.

Herndon High School Class of 2018 received more than 3.5 million dollars in local and national college scholarships.

BY MERCIA HOBSON
THE CONNECTION

The Herndon High School Class of 2018 created a Commencement Program which mirrored their school's stated expectations of them: to always act with "Hornet P.R.I.D.E. Participation, Respect, Integrity, Diligence and Empathy and know "All Hornets are capable of success, No Exception!"

Between the time the first of the four hundred seventy-six seniors of the Class of 2018 processed onto the floor of the George Mason University EagleBank Arena on June 12 at 7:30 p.m. to when the last graduate recessed out two hours later, the class presented a dignified and inclusive ceremony for all. Herndon High School serves students in the Town of Herndon and the northern part of the unincorporated community of Reston.

The thirteen members of Senior Class Council emceed the program with words of hope and optimism, yet referenced past and future challenges. In the Welcome and Introduction, Priya Singh and Diane Cruz Alvarado took the opportunity to give thanks to those who worked behind the scenes to ensure the seniors' success naming staff members, family, mentors, distinguished guests, and principals from Herndon High School's feeder pyramid schools.

Arianna Villegas and Emily Orellana gave the Introduction Speech. Villegas spoke of the importance of memories. "While the past four years have flown by, it is the memories that have helped us morph from scared, tiny freshmen to confident, but still slightly terrified seniors... We have come this far successfully, and our teachers and parents have prepared us for what lies ahead, whether that be a gap year, college, the military or joining the workforce," Villegas said. Orellana told how the school's current renovations would offer, "a new beautiful home to future Hornets."

Dr. Liz Noto, Principal of HHS, recounted how thousands of high school graduates across the nation enter military service. She asked the Class of 2018 graduates who had chosen to support the United States through military service to stand and be recognized. Next, Noto recognized the Class of 2018's academic scholars. "These are the students who have taken the most challenging courses...they are our best and brightest..." Noto announced the Class of 2018 received more than 3.5 million dollars in local and national college scholarships and through their talents, lives had been enriched, and HHS excelled in many areas.

SENIOR CLASS Council Members Hannah Overton and Tiffany Nguyen spoke next. Before presenting the Class Gift, they told how the ongoing school renovations made



Herndon High School Seniors Priya Singh and Diane Cruz delivered the Welcome Remarks and Introduction of Guests at the 2018 Commencement Program.



Herndon High School Seniors Emily Orellana and Arianna Villegas deliver the Introduction Speech.



The Herndon High School Senior Class Council emceed the 2018 Commencement Program.

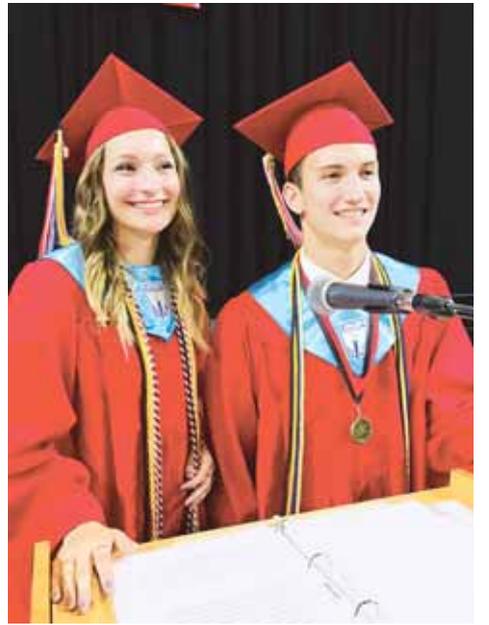
it hard for the Class to come up with a gift. "The issue," Overton explained, "Was that whatever our gift was, it couldn't be appreciated for a few years." Nguyen announced, "The Senior Class would like to give the gift of a framed mural of the old school, made from the pictures of students from our Senior Class and other alumni. We will be remembered as the Senior Class who saw the beginning of the renovation, but not the end. So through this gift, we can still be part of the new school."

Allison Boone and Logan Kruse thanked a select group of faculty members who made it possible for the class to be where they are today, ten retiring faculty members.

Kruse recounted how Dr. John Studach who had the longest teaching career of all the retiring faculty members had told how he would miss providing students with opportunities to exceed their expectations. Boone recalled how Chris George, the retiree who had spent 25 years at HHS could make Biology fun.

Before Dr. Liz Noto announced the name of the senior to receive the highest honor awarded by the faculty of Herndon High School, Noto described the recipient as: "One of the hardest working students I have ever encountered and one of the nicest and most humble." Noto told how this student came to HHS only two years ago and knew

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Herndon High School Seniors Michaela Plescia and Mathew Malito deliver the Farewell Address at the 2018 Commencement Program.

little English. Noto described how the award recipient flew through the ESOL program in one year and the next year took two AP classes. Noto added: "She excels in music. Loves art...and has been on our Varsity Swim Team. (She) was offered early admission to VA Tech's Architecture program. This spring she received the Chancellor's Scholarship for five years, which covers all of her college expenses. "Join me in congratulating this year's Faculty Award winner, Anna Asatryan."

Sophie Campbell and Sarah Joyce introduced the Guest Speaker for the Class of 2010, Herndon HS Teacher, Terri Hoisington. Campbell described Hoisington as someone the students all loved and through her stories and jokes always created unforgettable classes.

Although Hoisington initially had the students laughing in their seats, she concluded with sage advice. "In life, there is no tardy table with a green pass. Too many tardies? It's called termination, and it is written on a pink slip...In some instances, there are no redoes or retakes. But all is not lost because I do believe that with pride, respect, integrity, diligence, and empathy, all Hornets are capable of success, no exceptions."

UPON THE CONCLUSION of her remarks, Hoisington turned the podium over to Mathew Malito and Michaela Plescia for the Class Farewell Address. Malito pronounced the Class of 2018, "Unique to itself as there will never be another. Be proud, but not complacent," he said. Plescia reminded the students, "Through thick and thin, we have stuck together as one and done amazing things despite having to overcome challenges, failures and even losses. When we leave here tonight with our much-earned diploma, it will be time to move on, but we will always remember the friends, family, and teachers who have helped us succeed."

CALENDAR

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

ONGOING

Photography Exhibit "Liquid Beauty." Through June 25, 9 a.m.-8 p.m. at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. The Reston Photographic Society, a special interest group of the League of Reston Artists, invited photographers to enter their work in the "RPS at Lake Anne" show. Free and open to the public. Visit www.leagueofrestonartists.org for more.

Twitterpated: Animated Adoration at ArtInsights. Through June 30 at ArtInsights, 11921 Freedom Drive, Reston. ArtInsights celebrates Devoted Couples of Disney, with images of Lady and Tramp, Pongo and Perdita, Mickey and Minnie, Thumper and Miss Bunny, Belle and The Beast, and more, including new releases by official Disney concept and production artists.

Call 703-478-0778 or visit artinsights.com.

Art Exhibit - Mike Cloud: Figure Studies. Through July 7, Tuesday-Saturday, 11 a.m.-5 p.m. at GRACE, 12001 Market St., Suite 103, Reston. Mike Cloud: Figure Studies presents a selection of works by Brooklyn-based artist Mike Cloud (b. 1974, Chicago) that consider language, symbolism, metaphor, history, and identity through the examination of the figure. Based around a single monumental painting, *Cycle and Stable* (2015), the exhibition includes the artist's series of collages based on the work of photographer Annie Leibovitz and new paintings. Call 703-471-9242 or visit restonarts.org.

Art Exhibit: Paris Parks. Through July 14 at ArtSpace Herndon, 750 Center St., Herndon. In his exhibit, Michael Kolster, is partly inspired by the work of Eugene Atget, he photographed in four Parisian Parks: St. Cloud, Parc de Sceaux, Montsouris, and Bois de Boulogne. A reception takes place June 16, 7-9 p.m. Visit www.artspaceherndon.org or call 703-956-6590.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June through August. At Reston Town Center Pavilion, 11900 Market St., Reston. Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Alcohol permitted at restaurants only. Visit www.restontowncenter.com/concerts.

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. (No class on Memorial Day, May 28.) Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Center Pavilion. Free performances of heart-centered music for children. No performances on Memorial Day, Labor Day, or Columbus Day. Visit www.restontowncenter.com/events.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.



Third Thursday Arts Crawl

During this monthly event, local and regional artists, artisans, performers, musicians and the public engage in and experience the arts. Start at ArtSpace Herndon, The Green Lizard, Jimmy's Old Town Tavern, Elden Street Tea or the Herndon Town Hall Plaza. Thursday, June 21, 5-6 p.m. Chalk the Town; 6-9 p.m. Percussion Works, Live Music, Elden Street Tea, NWFCU, HCTV, Art for Sale, Kid's Hands on Art and more. Visit www.artspaceherndon.org or call 703-956-6590.



PHOTO BY KEVIN DANAHAR

Patrons swing to the sounds of King Teddy at Summerbration in 2017.

Summerbration

Reston Community Center's Summerbration concerts features live entertainment under the stars at Reston's newest outdoor stage. Select concerts also feature professional dance instruction. Fridays through Aug. 31, 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Free. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit www.homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

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. If interested, email skeduman@aol.com for more.

IMPROVING ENGLISH

One-To-One English Conversation. Mondays, 1 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Multiple one-on-one practice sessions with a volunteer are available each week. Call 703-689-2700 to reserve a spot.

Pre-Beginners. Wednesdays 10-11 a.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Beginners. Tuesdays 10-11 a.m. with Beth; Thursdays 10-11 a.m. with Genie; Fridays 10-11 a.m. with Ivan. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Intermediate. Mondays 10-11 a.m. with Rick; Wednesdays, 1-2 p.m. with Susan; Wednesdays 2-3 p.m. with Sharoni. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Advanced. Thursdays 10-11:30 a.m. with Richard; Fridays, 11 a.m.-12:30 p.m. with Mary. At Reston Library, Reston Library, 11925 Bowman

Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Vocabulary Building. Mondays 11 a.m.-1:15 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Speak & Write. Mondays, 1:30-3 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Dialogs & Grammar. Tuesdays, 11:15-12:30 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Pronunciation. Thursdays, 1-2:30 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

WEDNESDAY/JUNE 20

Nose To Toes Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga movement while enjoying books and songs. Bring a towel or yoga mat. Register beginning June 6. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

THURSDAY/JUNE 21

Bike to Market Week. 8 a.m.-12:30 p.m. at Old Town Herndon, 765 Lynn St., Herndon. The Fairfax County Farmers Markets will be celebrating Bike to Market Week at select locations in collaboration with the Fairfax County Department of Transportation. Bring family and friends along and receive a free bike map and giveaways. Visit www.fairfaxcounty.gov/parks/farmersmarkets or call 703-642-0128.

Geronimo Stilton Book Club. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read: "Surf's Up, Geronimo!" Age 8-10. Registration now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Third Thursday Arts Crawl Series. 5-6 p.m. Chalk the Town; 6-9 p.m. Percussion Works, Live Music, Elden Street Tea, NWFCU, HCTV, Art for Sale, Kid's Hands on Art and more. During this monthly event, local and regional artists, artisans, performers, musicians and the public engage in and experience the arts. Start at ArtSpace Herndon, The Green Lizard, Jimmy's Old Town Tavern, Elden Street Tea or the Herndon Town Hall Plaza. Visit www.artspaceherndon.org or call 703-956-6590.

Spice Up Your Life. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Herbs and spices are a simple way to add flavor, fragrance, and nutrition. Learn about the health benefits of common culinary spices. This seminar includes an interactive tasting experience that will awaken the senses. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

FRIDAY/JUNE 22

Make It Move: Elec. Vehicle Invention Lab. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Engineer electric moving machines that roll using a motor, battery and cool craft materials. All vehicles go home with builders. Age 6-12. Registration now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Don't just watch, get up and learn dance steps from a pro at Reston Community Center's Summerbration

featuring Cedar Creek with country line dance instruction. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

SATURDAY/JUNE 23

The Nicolo Whimsey Show. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy juggling, music poetry and storytelling. Cosponsored by FRRL. Age 4-12 with adult. No registration required. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Fantastic Films at Reston: Beach Party. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. It's Summer! Time to head to the beach (movie)! Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Wine Tasting. 3:30-5 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. Enjoy an evening of wine tasting at Reston's Lake House. Sample red and white wines along with a variety of meats, cheeses and crackers while overlooking Lake Newport. Bring a friend or meet a new one. Co-sponsored by Tall Oaks Assisted Living. Ages 21 and older. \$20, RA members; \$28, non-members. Visit www.reston.org for more.

Concerts on the Town: Chuck Redd's Jazz Party. 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com for more.

SUNDAY/JUNE 24

Vegetable Plant Clinics. 4-6 p.m. at Baron Cameron Park, 11300 Baron Cameron Ave., Reston. Focus will be on garden diseases. Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Contact the VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

Reston Readings. 5:30-6:40 p.m. at Reston's Used Book Shop at Lake Anne Plaza, 1623 Washington Plaza N., Reston. Hear stories, poems, and writings of various styles. Meet writers. Free, open to the public. Visit tinyurl.com/y7zel2rq for more.

MONDAY/JUNE 25

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Registration open now. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Picture the Words. 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Listen to a passage read aloud from a book, then draw what you "saw." Paper, pencils with erasers will be provided or bring your own art supplies. Age 8-12. Registration now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Jewelry Making. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimi will teach the basics of jewelry making and participants will create an original piece in this hands-on workshop. The library will provide the materials. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Talking to Children about Suicide

Creating safe environment is key to opening a discussion.

BY MARILYN CAMPBELL

The recent high profile deaths by suicide make it inevitable that children will ask questions and express a curiosity about the topic. However, some parents might feel a sense of uneasiness about answering those questions. Local mental health educators say that the steady increase in death by suicide each year since 1999 makes those conversations vital.

Parents can begin by creating a safe environment for an age-appropriate dialogue, says Linda Gulyn, Ph.D, professor of psychology at Marymount University. "As always, reassure young children that you are there for them no matter what," she said. "Don't feed into the anxiety. Teens understand it 100 percent, probably more than you realize."

"Encourage children to ask questions and answer them honestly," added Jerome Short, Ph.D., associate professor of psychology at George Mason University. "Parents should state that they will help their children handle any bad feelings or problems that happen."

Suicide can be a frightening topic for children and a difficult subject for parents to explain, advised Short. "Explain that people die in different ways and suicide means that people hurt themselves and died from it," he said. "A more detailed explanation is that our thoughts and feelings come from our brain, and sometimes a person's brain is sick. People feel alone, believe they are a burden on others, and are hopeless that it will change. Some people cannot stop the hurt they feel inside by themselves, but they can get help."

Parents should have a general understanding of suicide rates, signs and methods of preventing before embarking on a conversation with their children about the topic, advises Monica Band, Ed.D., assistant professor of counseling at Marymount University, who recommends the National Suicide Prevention and the American Foundation for Suicide Prevention as sources of information. "I would also recommend parents challenging their misconceptions and preconceived notions of [those who] who attempt and think of committing suicide because it is an issue that has an impact across cultures."

Some children might not understand the difference between feelings of sadness and clinical depression. "Explain that we all get sad and have good days and bad days," said Gulyn. "Usually we feel better. But kids who commit suicide are so sad that they don't know what to do to feel better. But the truth is there is a way to feel better, and there are very helpful adults in school and at home who are great to talk to."

However, some children might have difficulty grasping the concept of mental illnesses like depression. "Sad is normal, sad is part of life, and usually we feel sad when something outside of us happens,

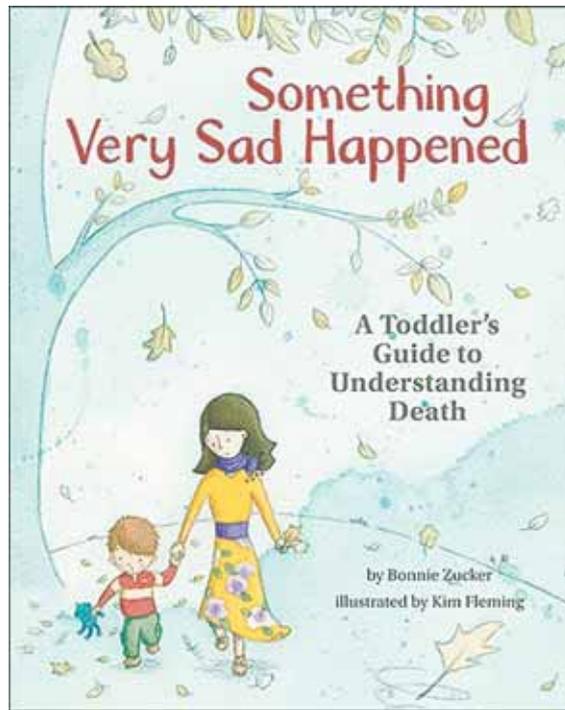


PHOTO CONTRIBUTED

Books like "Something Very Sad Happened: A Toddler's Guide to Understanding Death" by Bonnie Zucker can help parents explain concepts of mental health to their children.

like when a friend moves away. And we know that we will feel better," said Gulyn. "Depression is when someone feels hopeless that he or she won't be sad anymore. And that makes them not want to do fun things, or take care of themselves."

An awareness of warning signs of mental illness and the fact that depression is not a normal phase of adolescence are two factors that Gulyn underscores. "[Depression] is a serious mental health disorder for which there are effective treatments," she said. "Parents need to be aware of kids isolating themselves from others, especially peers. Other signs [include] not taking care of your physical appearance, consistently performing poorly in school, substance abuse, eating disorders, excessive or inadequate rest."

If a parent notices any of these symptoms or suspects that their child might be depressed, Gulyn advises a straightforward approach. Don't be afraid to ask your teen directly, "Do you think you are depressed?" or "Have you been thinking about hurting yourself?", she suggests.

Teaching a child healthy help-seeking behaviors will give them an invaluable tool when facing mental health issues, advised Monica P. Band, an assistant professor of counseling at Marymount University. "If parents raise the child to have specific religious or spiritual beliefs, this could be a way to begin the discussion of how one finds

strength, resilience, or peace in times when they feel like they're not in control," said Band. "Regardless of one's religious or spiritual beliefs, it is worth it if parents have an understanding and awareness of mood shifts or changes with their children and set an example and expectation with how to address these issues when things aren't feeling right or normal for their child."

Resources

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>
American Foundation for Suicide Prevention
<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

BOOKS:

"Something Very Sad Happened: A Toddler's Guide to Understanding Death" by Bonnie Zucker

"Depression: A Teen's Guide to Survive and Thrive" by Jacqueline Toner and Claire Freeland

"Danny and the Blue Cloud" by James M. Foley

"Why are You So Sad, A Child's Book About Parental Depression" by Beth Andrews

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Special Edition

PET Connection

Publishes: July 25, 2018 • Ads close: July 19, 2018

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

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SPORTS

Sam Thrash prepares to launch a shot on goal.



Herndon's Alianza Red Shines in Tournament

PHOTOS BY TOM MANNING/THE CONNECTION

The Alianza Red, a Herndon Youth Soccer girls travel team, participated in the 43rd annual Virginian Elite Soccer Tournament over Memorial Day weekend and won the Girls U11 Premier Bronze Championship Game on May 28 by defeating the Loudoun Soccer 07G Gray 1-0 at Sully Highlands Park in Herndon. Led by Coach Cathleen Williams, the Alianza Red went undefeated in tournament play and outscored their opponents 14-3. These photos were taken on May 26 during the Alianza Red's 5-1 first-round match win over the Fusion Dragons from Maryland at Morven Park in Leesburg. The Virginian tournament is sponsored by the Springfield South County Youth Club. More than 600 boys and girls teams from 15 states, DC, and Canada played in this three-day event.



Emilia Vintimilla tries to kick the ball past a Dragons defender.



Emmy Williams (left) kicks the ball as she collides with Dragons player.



Quincee Ewers looks down the field as she advances the ball.



Brooke Chang dribbles the ball mid-field.

Chloe Lupo moves the ball as the Dragons defenders close in.



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.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergrarten-registration.

FRIDAY/JUNE 22

Mass for Multicultural Communities. 6:30 p.m. at St. John Neumann Church, 11900 Lawyers Rd., Reston. Multicultural Choir prelude at 6:30 p.m., Mass celebrated by Bishop Michael F. Burbidge at 7 p.m. Following the Mass, there will be a reception in the Church hall, featuring cultural displays, performances and food from around the globe. Visit www.catholicherald.com for more.

SATURDAY/JUNE 23

Women's Summit 2018. 8 a.m.-5 p.m. at Hyatt Regency Dulles, 2300 Dulles Corner Blvd., Herndon. Network NoVA presents their second Women's Summit to continue the grassroots momentum of building coalitions across the state to flip Virginia's Congressional delegation blue in November. This weekend event for women and men will feature speakers, workshops, an advocacy fair, congressional row, and most importantly, network opportunities. \$65. Visit networknova.org for more.

MONDAY/JUNE 25

Narfe Dulles Chapter 1241 Luncheon Program. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Speakers are U.S. Rep. Barbara Comstock (R-10) and Jeff Dove, Republican candidate for 11th District. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call your reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, June 21.

Future of Retail-Non-Office Building Repurposing. 7 p.m. at Fairfax County Government Center, Conference Rooms 9/10, 12000 Government Center Parkway, Fairfax. A public informational meeting on Plan Amendment 2017-CW-6CP - Non-Office Building Repurposing. The meeting provides an opportunity to learn how retail markets are changing and discuss how alternative uses may be used to fill existing retail spaces. Visit www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing or contact Michael Lynskey, DPZ, at 703-324-1204.

LETTER

FROM PAGE 4

Laura Bush wrote a powerful op-ed highlighting the "immoral" nature of Trump's family separation policy. I suspect Comstock eventually will go on record opposing these policies—the power of images of kids ripped out of their parents' arms, trapped behind chain-link fencing, and relegated to sleeping on the floor of former Wal-Mart spaces or in tents in the Texas heat is just too great to be denied politically—perhaps even before this letter is published. But the fact that Comstock simply waits, that she lacks courage and conviction even in the face of obvious evils done by the Trump administration should not be lost on voters.

Regardless of one's feelings about immigration, we should expect more from our representatives.

Ezra Rosser
Great Falls

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| <p>Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com</p> | <p>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</p> |

Watching Some More and Wondering No Less



By KENNETH B. LOURIE

Recently, I bought my wife, Dina, the "Limited Edition, Downton Abbey, The Complete Collector's Set." Twenty-two discs, all the episodes, bonus features, etc. Now we can finally delete the saved content off our DVR; that should open up about half the available storage. Storage that we've happily used and accessed many times.

In its prime though, we did not miss a Downton Abbey episode when it was first broadcast on PBS (starting Jan. 9, 2011 and ending Jan. 3, 2016) and we've been recording, saving and watching ever since. We are two, of millions, who couldn't get enough viewing time of this period drama then and still can't to this day.

Ergo, the purchase. Now we are in control. If anything happens to our cable box – and it needs to be replaced/upgraded, we will not – as previously happened, suffer a potentially tragic loss of content in the exchange. Eliminating that worry alone has made the purchase worth the very reasonable price we paid.

Having the complete set in hand, Dina and I have decided to re-watch the series from start to finish. Heretofore, we had watched episodes in sequence, but not necessarily in chronological order – meaning season one, episode one through the final episode of season six. As a result of this decision, we have gotten reacquainted with story lines which had somewhat faded over time as there are some episodes we hadn't seen in years. We had saved many, but not all (when it was free to do so; now, the there's a cost, \$2.99 per episode to buy, I believe).

So far, we're through season two and we've thoroughly enjoyed the people, places and things – and the many nuances we may have missed or forgotten. However, this passage of time has caused Dina and I to rethink some of our opinions of characters and story lines.

There are two primary reassessments that oddly enough, Dina and I share.

One concerns Dr. Clarkson, the local/family doctor who runs the Downton Cottage Hospital. The other concerns Patrick Crawley (the cousin/original heir who was thought to have died when the Titanic sank in 1912) who reappears in season two as a convalescing Peter Gordon, a.k.a. P Gordon. As much as we like Dr. Clarkson, and are amused by his straddling the line between himself and the aristocracy, we have decided that we don't like some of his medical opinions: his hesitancy to even consider the treatment for dropsy for Mr. Drake that "cousin" Isobel (an experienced nurse) had proposed; his judgment of the possible psychological consequences of transferring the patient with gas blindness (with whom Thomas had developed a rapport) who subsequently killed himself – presumably rather than accept being transferred; and finally Matthew who suffered what Dr. Clarkson described as a transection of his spine when he and William were injured in battle which turned out to be a bruise.

An injury that he said would prevent Matthew from ever walking and – as later realized, fathering children either. In all three instances, Dr. Clarkson was proven to be wrong. As a consequence, if Dr. Clarkson was diagnosing my cancer, I'd ask for a second opinion.

As for Peter Gordon/P Gordon/Patrick Crawley and the story line concerning his reappearance as heir/heir pretender so many years after the family thought he had died – I would love to ask Julian Fellowes (writer and creator of "Downton Abbey") if this element was fact or fiction or simply a mere diversion for affect.

It all seemed so contrived, especially after "P" Gordon (who says he got his "name from a liquor bottle") leaves a note for the heartbroken Edith before there's any resolution. I mean, was he the heir or wasn't he? Did he leave because he felt the jig was up and the ruse was likely to fail? Or did he feel so betrayed and disrespected by his family (the Crawleys) that he felt his present and/or future could never be what he envisioned?

Consequently, there are two questions I'd like answered: was Peter Gordon actually Patrick Crawley and where did Dr. Clarkson get his medical training?

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



During South Lakes High School Commencement Program 2018, the school's chorus members, directed by Susan McCormick, sing "Everyday" from "High School Musical 2", lyrics and music by Jamie Houston.



Anna Kyle, South Lakes High School Class of 2018 helps fellow senior Daniella Spears get her cap on before the start of the commencement ceremony held Wednesday, June 13.

Seahawks Graduates Set to Soar

SLHS Class of 2018 powered by diversity lifts each other up and rises together.

BY MERCIA HOBSON
THE CONNECTION

The faculty and staff at South Lakes High School (SLHS) could not have been prouder during the Class of 2018 Commencement held June 13 at George Mason University EagleBank Arena. During the ceremony, the graduating seniors demonstrated through their words and actions what the school had hoped its students would learn and be capable of doing after graduation, its stated vision for all students.

While at SLHS, the graduating Class of 2018 had become a community of learners who, then and in the future, would strive for academic excellence and value diversity, intellectual curiosity, social responsibility and an international understanding for others.

Camila Monserrat Veizaga Zelaya was one of the two Student Speakers at SLHS Class of 2018 Commencement Ceremony. Belaya's words validated SLHS as a community of achievement, dedicated to awakening and cultivating the talents of every student. Zelaya described how when she came to SLHS from Bolivia her junior year, she spoke very little English.

"I couldn't even spell my last name in English, not one of them," Zelaya said. She told how she met a friend from an entirely different culture. "A person who never judged me because of my accent... Not many communities would welcome a foreigner in such an inclusive way, as South Lakes did with me...Here I found home...Being a Seahawk means to respect and embrace our roots...Class of 2018, we must be proud of diversity, because we make a difference by lifting each other up and rising together...I encourage you to go spread this mindset of inclusion and welcoming. Something the rest of the world needs to learn from the Restonians and Seahawks."

Chris Logan was the other Student Speaker. Logan told how the Class of 2018 had as he said, "Been through a lot but have

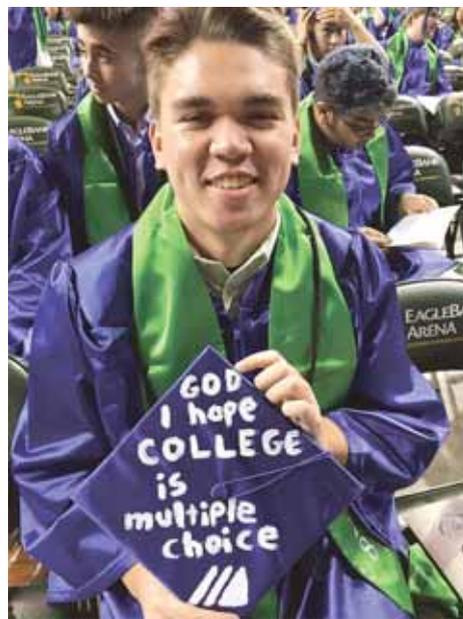


"You should never back down from a challenge, and always strive to exceed expectations," said Christopher Logan, one of the two Student Speakers at the South Lakes High School Class of 2018 Commencement.

also accomplished a great deal." Logan recounted the Class of 2018's sports and extracurricular activities which created legacies, such as district champions for football, basketball and track; concert bands that received perfect scores; the theatre program winning cappies, and SLHS producing an Olympic Champion. Logan encouraged the Class of 2018 to reach for the stars and quoting TV personality Kanye West, added: "So if you fall, you land on the clouds."

"I ask you to follow your dreams, wherever they may lead...Fight through the turbulence, and never forget where you came from. Always remember Seahawks, be the best you, in the green and blue."

DURING THE COMMENCEMENT CEREMONY, Kimberly Retzer, Principal of South Lakes High School announced 108 students in the Class of 2018 had completed their high school career with a GPA of 4.0 or better. These were the Honor Graduates. Next, Retzer recognized the many seniors who had made the selfless decision to accept the responsibility of serving in the United States



The graduation cap of South Lakes Senior Ian Kelly humorously reveals a bit of trepidation he might have about college testing.

Armed Forces through enlistment.

Retzer then prepared to present the Bruce Butler Leadership Award given to a graduating senior who shows outstanding leadership, scholarship and service. Revealing the names of the three faculty selected nominees, Natalie Abbey, Spencer Alston and Elizabeth Shaw, Retzer said, "I am so proud to announce the winner of the 2018 Bruce Butler Leadership Award is Natalie Abbey."

Senior Class Council Member Loree Seitz presented the Class Gift, a bronze Seahawk statue to be placed by the entrance doors of the student parking lot. "We hope that this statue will serve to remind our students, and staff of our commitment to our school and each other," Seitz said.

The Class of 2018 chose Anthony Sharp, former UK rocket scientist and now a math teacher at South Lakes High School, to deliver the Keynote Address. Sharp confided that he was not the most diligent high

school student. His grades were dismal. Sharp told how he eventually found himself in, what he termed, "A protracted period of aimless floundering, delivering washing machines and fridge freezers. Sharp said he left his missteps behind. "I served myself up a large piece of humble pie and went back to high school."

Sharp explained that his poor study skills and lack of motivation were due to not knowing himself and his part in the world. He told that despite his best attempts at self-sabotage, which continued into college, he did earn a degree in Astrophysics, a post-graduate degree in Astronautics and Space Engineering and landed a job at the British and NATO Military Space Ops. "It was a good job, but it wasn't the best. That... had to wait until I came to America and began teaching. " Sharp told it was only when he accepted a teaching job as SLHS and met the Class of 2018 that he understood who he was and what it meant to be a meaningful part of something beyond himself.

SHARP referenced the Unity Wall at SLHS. "That wall is a clear affirmation of who we are: the united colors, cultures, and creeds of our school; a disparate group of individuals who are not afraid of each other's differences, but instead see the opportunities diversity offers...I have seen you show solidarity with fellow students across the country with your engagement in peaceful protest. I have been moved by the depth of feeling you expressed for the tragic loss of one of your own. I have witnessed you embrace a spirit of cooperation and acceptance throughout the school and beyond..."

"I can tell that many of you already know where you are going, but like me, there are just as many who have no idea...For those of you who don't know its ok... Learn as much as you can...The more you learn, the more insubstantial those divisions become."

"Take risks, don't avoid opportunities if they push you out of your comfort zone. Life will take you places you could not possibly have predicted- if you let it."