

**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**PET DANDER. POLLEN. GET THE ALLERGENS OUT!**

**IN-PLANT ORIENTAL RUG CLEANING**  
Have 2 Rugs Cleaned **And Get The 3rd Cleaned FREE!**  
Save up to 35%

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hanna Ayoub Express Expedited Service for Rugs that Qualify!  
- A Trusted Resource Since 1929!

**OUR BEST OFFER EVER EXTENDED BY POPULAR DEMAND!**

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Expires 6/24/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.



**A+**  
PAGE 9

# Reston CONNECTION

Seniors in the South Lakes High School Class of 2018 stand in line onstage before being presented with their diplomas.

## Seahawks Graduates Set to Soar

NEWS, PAGE 6

Taste of Reston 'Savors The Flavor of Reston'  
NEWS, PAGE 3

Bike to Market Week Highlights Biking Ease and Safety  
News, Page 2

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 6-21-18

PRRST STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322

PHOTO BY MERCIA HOBSON/THE CONNECTION  
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

## NEWS

# Bike to Market Week Highlights Biking Ease and Safety

FCDOT and Fairfax County Farmers Markets encourage people to Bike.

BY CARLYN KRANKING  
THE CONNECTION

Reston resident Thomas Plevyak rides his bike for exercise each morning and stops by the Reston Farmers Market on Saturdays, since it's on his route.

"I'm a senior guy, and the exercise does me a lot of good," Plevyak said. "And I'm riding my bike past [the market] anyway, so I like to come in here and pick up a few items. It's very convenient for me." Plevyak said the bike paths in Reston were one of the reasons he chose to move to the area over two decades ago. Now, new bike lanes and trails across the county aim to make biking even more accessible. To raise awareness about such bike lanes and bike safety, the Fairfax County Department of Transportation (FCDOT) and the Fairfax County Farmers Markets kicked off Bike to Market Week at the Reston Farmers Market on Saturday. As market-goers moved from table to table, turning fruit over in their hands to find the best ones, FCDOT Bicycle Program Coordinator Nicole Wynands and Destination Sales and Marketing consultant Suzanne Patel manned a tent with bike maps and safety handouts.

**IN THE PAST**, FCDOT has led a Bike to Work initiative. But now, they are expanding to other, sometimes more accessible, biking destinations.

"Fairfax County is a big county, and not everyone can bike to work, so we are trying to encourage Fairfax County residents to try biking to other daily destinations too," Wynands said. "The market is a great place to bike, so we're here to basically provide some information on how to do so safely."

Bike lanes have many benefits for pedestrians, motorists and, of course, cyclists. Bike lanes provide a buffer between pedestrians on the sidewalk and moving traffic in the street, improve visibility for



Reston resident Thomas Plevyak receives a bike map from FCDOT Bicycle Program Coordinator Nicole Wynands.

PHOTOS BY  
CARLYN KRANKING  
THE CONNECTION



FCDOT Bicycle Program Coordinator Nicole Wynands (right) points out bike routes to a Reston Farmers Market visitor.

FCDOT Bicycle Program Coordinator Nicole Wynands (left) and Destination Sales and Marketing consultant Suzanne Patel (right) handed out information at the Reston Farmers Market about biking in Fairfax County as part of Bike to Market Week.



motorists turning out of a side street or driveway, and make transit more comfortable for cyclists. Wynands said she hoped the information she gave to people at the market would encourage them to use their bikes more.

"A lot of people in Fairfax County have bikes, but they don't use them as much, because maybe they don't know where to go or where they feel comfortable going," Wynands said. "We're trying to show that you can bike anywhere, really."

Patel shared information about Capital Bikeshare, a service that allows people to rent bikes and drop them off at any station when they are done using them. These stations are located around Washington, D.C., Arlington, Alexandria, Montgomery, Prince George's County and Fairfax County.

"Biking is really easy," Patel said. "The beauty of Capital Bikeshare is that we have stations placed all over, especially tagged to some of the main points where people would be going on their bikes."

**AS A RESULT** of such outreach at markets this week, perhaps more people will follow in Plevyak's footsteps and keep biking in mind as a viable mode of transportation or participate in future FCDOT events, like Bike to Worship Week, which is in the planning phase now.

"I think biking in general is very worthwhile," Plevyak said. "It's a wonderful exercise, it gets your heart rate up, gets more blood to your brain and all that sort of thing. If you have an event like [the farmers market], why not come here on a bike?"

WWW.CONNECTIONNEWSPAPERS.COM

# HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

**POLLEN. PET DANDER. GET THE ALLERGENS OUT!**

SAVE UP TO 35%

**OUR BEST OFFER EVER!**

**In-Plant Oriental Rug Cleaning**

Have 2 Rugs Cleaned | And Get The 3rd Cleaned **Free!**

Offer Valid On 1-Week Express Services or Signature Hand-Washing of Fine Rugs!

<b>EXPRESS SERVICE!</b> Machine Made Synthetic Rugs	<b>EXPRESS SERVICE!</b> Machine Made Wool Rugs	<b>EXPRESS SERVICE!</b> Handmade Tufted Rugs	<b>SIGNATURE SERVICE!</b> Handmade Wool Rugs <i>HAND WASHED</i>
--	---	---	---

CHOOSE THE SERVICE THAT'S BEST FOR YOUR RUG!

**FREE PICKUP & DELIVERY!**  
Includes: Furniture Moving & Rolling & Laying the Rugs! †

We Hand-Wash Your Fine Oriental Rugs!

<b>In-Plant Rug Restoration</b> <b>10% OFF*</b> <small>*Hurry, Offer Expires 6/24/18.</small>	<b>Wall to Wall Carpet Steam Cleaning</b> <b>20% OFF*</b> <small>*Hurry, Offer Expires 6/24/18.</small>	<b>Hardwood Floor Cleaning/Polishing</b> <b>20% OFF*</b> <small>*Hurry, Offer Expires 6/24/18.</small>
---	---	--

535 W. Maple Avenue Vienna, VA | 4918 Wisconsin Ave. DC/MD | 3206 Duke Street Alexandria, VA | 6628 Electronic Dr. Springfield VA | 3116 W. Moore Street Richmond VA

**703-836-1111 | JoeHadeed.com**

\* Expires 6/24/18. (3) for the price of (2) same size or smaller rug free. Not valid w/any other offers. †Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

## ATTENTION ADVERTISERS:

expand your audience beyond our weekly print edition with

**THE CONNECTION DIGITAL**

- ▶ Email Marketing
- ▶ Social Media
- ▶ Sponsored Content

FOR MORE INFORMATION CALL 703.778.9431

OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING

**LOCAL MEDIA CONNECTION**  
Newspapers & Online  
703-778-9431  
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Comrie View
- Charlottesville Connection
- Fairfax Connection
- Fairfax Station/Dillon/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Dak Hill/Herndon Connection
- Palomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Daleton Connection



The Family Fun Zone at the Greater Reston Chamber of Commerce 35th annual Taste of Reston provided fun activities, interactive games, face painting, and more for the whole family to enjoy.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Lucia Drake, 2 1/2, seems a little shy about having her face painted by Faith Carlson, member of the Vienna Singing Princesses at Taste of Reston 2018.

# Taste of Reston ‘Savors the Flavor of Reston’

**Tens of thousands turn out for the food, vendors, family fun and carnival.**

BY MERCIA HOBSON  
THE CONNECTION

The Greater Reston Chamber of Commerce once again produced Taste of Reston, the largest outdoor food festival in the area. Now in its 35th year of production, Virginia Living Magazine named it Northern Virginia Best Food Festival for the past six years. According to organizers, the event held June 15-16 on Reston Town Center’s internal streets and its carnival component at Lake Fairfax drew a reported crowd of approximately 40,000 people.

The two-day event offered not only restaurants and community vendors but featured some of the area’s top chefs with demonstrations of their favorite cuisine and wine pairings from local wineries, entertainment on three stages, a Family Fun Zone and a Carnival at Lake Fairfax with free shuttle bus service from Reston Town Center.

On the Street Map Key, organizers grouped the list of 24 food vendors from the local thriving restaurant scene, under the banner, “Taste Well,” a play on Reston’s motto as a great place to Live, Work and Play.

Taste of Reston displayed a global diversity of cuisines, many from locally owned restaurants as well as chain restaurants. Choolaah Indian BBQ at Booth 54 featured authentic Tikka Masala cooked in front of the eaters’ eyes, while at McCormick & Schmidt’s Seafood Restaurant, Booth 30, chefs tempted the public offering Ahi tuna

poke with fried wontons. Thousands of patrons, many with families and small children strolled booth to booth exploring new food choices and noting on their phones the names of restaurants that could be their next favorite eating establishment.

Keeping the festival spirit vibrant, Taste of Reston featured three stages of free entertainment and piped music down side streets for everyone to enjoy. Organizers assembled a Line Up of the hottest bands in the region, beginning with Big Al’s Truck at 6:30 p.m. Friday night performing on the Main Stage and closing out with Hilary Veltri at 10:30 p.m. Saturday night at the Beer Lounge located at the intersection of Market and Explorer Streets.

**ON SATURDAY** afternoon, crowds cheered the four talented musicians of the More, More, More band as they performed on the Main Stage at the Reston Town Center Pavilion.

Band members engaged the audience while playing memorable 80s rock songs and hits from other decades.

Scott Kurt, a local solo acoustic guitarist who now resides in Sterling, brought the grittiness of his American Rust Belt origins to his Saturday performance at the Market/Explorer Street Stage. Kurt delivered his music in what he termed on his website, “a whiskey-tinged barroom voice wrapped up inside a whole lot of full-tilt country-rock guitar.”

The Family Fun Zone appeared to be a big hit to both children and parents. Local businesses such as Bach to Rock Music Schools, Common Ground Child Care and the YMCA of Reston were represented, many offering free hands-on activities for the younger set to enjoy while their parents spoke to staff.

Victoriya Palamarchuk, Principal of the Russian School of Mathematics, secured Booth 100 at Taste of Reston. In an inter-



Taste of Reston produced by the Greater Reston Chamber of Commerce is the favorite summer food and music event of the Reston community.



Joe Becker and Eric Roembke of Not Your Average Joes prepare a street version of surf and turf, burger sliders and crab cakes at Taste of Reston 2018 held in the internal streets of Reston Town Center on June 15-16.

view, she spoke highly of the citizens of Reston and the Reston Chamber of Commerce. “I’ve been coming here for two years; it’s a very interesting community where parents care a lot about their children’s education. I joined the Reston Chamber of Commerce and found them amazing. They’ve produced Taste of Reston each year, and we help out. It (Reston) is on the rise.”

After all the food and fun at Reston Town Center, organizers of Taste of Reston had

arranged on Saturday for a free shuttle to take patrons to their Carnival at Lake Fairfax.

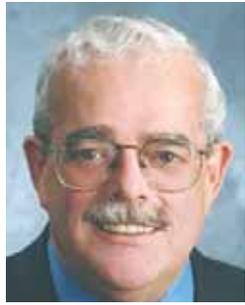
The Greater Reston Chamber of Commerce produced Taste of Reston.

**THE CHAMBER** is the catalyst for business growth and entrepreneurship for their members and organizations in Western Fairfax and along the Dulles Corridor. To learn more about the Chamber’s programs, visit [www.restonchamber.org](http://www.restonchamber.org).

# OPINION

## The Art of a Deal with the Devil

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



**A**gainst 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.*

## Virginia is for Loving

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



**I**t is somewhat ironic that Loving Day in Virginia, celebrated annually on June 12, has nothing to do with the famous “Virginia is for Lovers” public relations slogan but has much to do about ending a period in history when Virginia was less than loving. Loving Day in Virginia relates to an interracial couple, Mildred and Richard Loving, who were married in the District of Columbia and tried to live near where they grew up in Virginia. They were found guilty of violating state law and banished from their home state for twenty-five years.

The Racial Integrity Act of 1924 in Virginia prohibited marriage between persons classified as white and people clas-

COMMENTARY

sified as colored. Although Mildred and Richard were residents of Caroline County, they went to the District of Columbia to get married to get around this anti-miscegenation law.

They returned to live in their home but were arrested because Virginia law did not recognize the D.C. marriage, and furthermore it was also against the law to go outside the state to be married and return as an interracial couple.

The laws under which the Lovings were convicted were eventually appealed to the U.S. Supreme Court. One of their lawyers with whom was later to serve in the House of Delegates, Bernard “Bernie” Cohen, told the Justices that Richard Loving had sent a message to them.

SEE PLUM, PAGE 5

## Confusion Reigns at June 12 Primary

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



**I**n Virginia, where every year, you’d think we’d have the operation down pat by now. Voters should know where and when to vote—since the polling stations rarely change and 6 a.m. to 7 p.m. hours never do. Election dates change slightly each year and, of course, elective offices and issues change each year but are public knowledge months in advance, aren’t they? Or are they?

On Tuesday, June 12, there were Republican and Democratic primaries around the Commonwealth. Voters don’t register by party affiliation in Virginia, but Republican and Democratic parties do hold separate primaries. In Fairfax County on June 12, the Republicans held a primary election in both the 10<sup>th</sup> Congressional Dis-

INDEPENDENT  
PROGRESSIVE

trict and the 11<sup>th</sup> Congressional District (CD). In the 10<sup>th</sup> District, Republicans had a choice between incumbent Representative Barbara Comstock and one opponent for the congressional seat, and a choice among three candidates to be the Party nominee to tackle incumbent US Senator Tim Kaine (D) in November. No Republicans stepped up to run against incumbent Rep. Gerry Connolly (D), so they had no contest in the 11<sup>th</sup> district to run against Connolly.

The Democrats, on the other hand, had no primary at all in the 11<sup>th</sup> CD because incumbent Rep. Connolly (D) had no opponent, and incumbent Senator Kaine also was unopposed. Yet, thousands of

SEE LOVAAS, PAGE 5

Reston  
**CONNECTION**

www.ConnectionNewspapers.com

@RestonConnect

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

Published by  
**Local Media Connection LLC**

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to  
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:  
reston@connectionnewspapers.com

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

**Mercia Hobson**  
Community Reporter  
mhobson@connectionnewspapers.com

**Andrea Worker**  
Contributing Writer  
aworker@connectionnewspapers.com

**Jean Card**  
Production Editor  
jcard@connectionnewspapers.com

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

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

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

Classified & Employment  
Advertising  
703-778-9431

Editor & Publisher  
Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

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

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

CIRCULATION  
circulation@connectionnewspapers.com



# OPINION

## Lovaas

FROM PAGE 4

Democrats were unaware of this. I served as an Election Officer in the 11<sup>th</sup> district and, since there was no Democratic Party primary, I was asked to serve as a translator and Election Officer in the Republican Primary—for me a task above and beyond the call of duty! However, since the Office of Elections attempts to staff the polls 50-50 with representatives of the two major parties I figured I'd have kindred spirits at the 11<sup>th</sup> district precinct in Herndon where I was assigned. That didn't work out as I had expected. There were five election officers at my assigned precinct, three identified as Republicans and one other guy who was listed as a Democrat, but was a Fox News watcher along with his hardcore R spouse.

A long day indeed. Election officers are required to arrive by 5 a.m. to set up and must remain until the votes are counted and certified at the end of the day—9:30 p.m. (16+ hours as it turned out). It was, however, interesting. To my surprise, fully one-half of those who turned out to vote were Democrats, very anxious to vote and unaware there was no D Primary. I'm thinking they thought it important to vote to assure that the forces of Trump would lose in November. Yet, they were short on information about who was on a nonexistent Democratic ballot. Surely Gerry Connolly or Tim Kaine had competition for their seats? The vast majority of these out of place Democrats left without voting, promising they would vote in November. Some, however, decided to go ahead and vote in

the Republican primary for motives of their own—duty or mischief.

It was disappointing to see Democrats with good intentions so ill informed. I kept wondering why Fairfax County did not do a better job of informing voters about the elections, instead of leaving it to the parties and the candidates. Obviously, neither the Democratic Party nor incumbents Connolly and Kaine made much of an effort to inform voters there was no primary. The Republican Party didn't do much better. Many Republicans who showed up also didn't seem aware of exactly what/who they had come to vote for.

Seriously folks, why is it that so many eligible voters pay so little attention to electoral processes that they haven't a clue on Primary day? Is it really any wonder we have the unmitigated disaster we have in Washington—in the White House and both sides of Congress? And in state and local governments as well.

**MORE BAD NEWS:** The 4-4 tie on the Reston Association Board stalling the election of a new President is about to be broken with the selection by Supervisor Hudgins and Reston apartment owners of a replacement for David Bobzien, who resigned due to illness. Sadly, I understand the likely replacement is already a Hudgins political appointee and a cheerleader for her proposal to increase zoning density limits. He will cast the deciding vote for an RA President who shares his views on zoning at a time when RA has a lead role negotiating with the County the fate of Ms. Hudgins' very proposal to sharply increase Reston's zoning intensity.

courts as legislators have too many times lacked the political will to do what is right when it might not be popular with some people. It can also be chilling to recognize that this step forward took place just over fifty years ago. We need to study our history and carefully review our current political and societal mores to ensure that such discrimination is not continuing today. Overcoming discrimination and racial biases are not topics of the past but continue to today. We need to support those like the Lovings who stepped up to undo an injustice.

Some long for the "good ole days." My reading of history suggests that better days are ahead of us. A divided and discriminatory society of the past is not to be celebrated. Virginia needs to be a Commonwealth of lovers of justice, equality and peace.

## Plum

FROM PAGE 4

"Tell the Court I love my wife, and it is just unfair that I can't live with her in Virginia."

In a unanimous decision the Supreme Court invalidated the Virginia law and all other state laws prohibiting interracial marriage. The case (*Loving v Virginia*) decided in 1967 is considered a landmark civil rights case that helped to dismantle Jim Crow laws and establish a precedent that was cited in 2015 to invalidate laws prohibiting same-sex marriages.

It is important to recognize Loving Day for the courageous action on the part of Mildred and Richard Loving to allow their case to go forward with the help of the ACLU to challenge an unjust law. Some of our greatest gains in civil rights have come through the



**CALENDAR**

1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

**Let us know about an upcoming event**

connectionnewspapers.com/Calendar



**Home & Auto go together. Like you & a good neighbor.**

**Kyle Knight Ins Agcy Inc**  
Kyle Knight, Agent  
11736 Bowman Green Drive  
Reston, VA 20190

Some things in life just go together. Like home and auto insurance from State Farm, and you with a good neighbor to help life go right. Save time and money.  
**CALL ME TODAY.**

ACROSS FROM RESTON TOWN CTR.  
WWW.KYLEKNIGHT.ORG  
703-435-2300

**State Farm**

State Farm, Home Office, Bloomington, IL.

**Home of the \$6,850 Bathroom Remodel**

**From Now to WOW in 5 Days Guarantee**

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

**10% down nothing until the job is complete for the past 17 years**




**Free Estimates 703-214-8384** Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center  
Fully Insured & Class A Licensed Since 1999  
LEAD SAFE 3EPA CERTIFIED FIRM



**AMMA** WASHINGTON, DC  
JULY 1 - 2, 2018

MEET MATA AMRITANANDAMAYI, RENOWNED HUMANITARIAN AND SPIRITUAL LEADER

Programs include inspirational music, meditation, spiritual discourse, and personal blessings

**July 1 – FREE PROGRAM**  
10:00am, morning program  
7:30pm, evening program

**July 2 – FREE PROGRAM**  
10:00am, morning program

**July 2 – DEVI BHAVA FREE PROGRAM**  
A celebration devoted to world peace  
Program begins at 7:00pm

**LOCATION**  
Crystal Gateway Marriott  
1700 Jefferson Davis Hwy  
Arlington, VA 22202

**PARKING / TRANSPORTATION**  
\$17.00 Hotel Parking | Free parking available in neighboring lots all day Sunday, and Monday after 4:00 PM  
Crystal City Metro | .02 mi from hotel lobby  
Free Shuttle | To and from Reagan National Airport

For info about Amma's charities visit [embracingtheworld.org](http://embracingtheworld.org).

PLEASE PLAN TO ARRIVE AT LEAST 90 MINUTES BEFORE THE PROGRAM TO RECEIVE A FREE TOKEN IF YOU WOULD LIKE TO HAVE AMMA'S EMBRACE. TOKENS MAY BE LIMITED BY TIME CONSTRAINTS.

AMMADC.ORG | INFO@AMMADC.ORG | (240) 532-2662

OM LOKAH SAMASTAH SUKHINO BHAVANTU MAY ALL BEINGS EVERYWHERE BE HAPPY



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

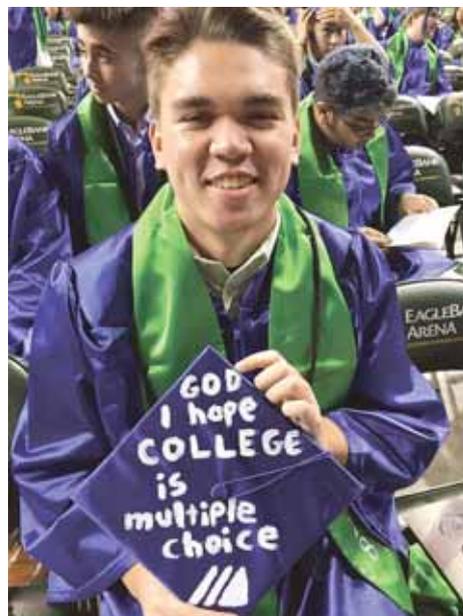


**"You should never back down from a challenge, and always strive to exceed expectations," said Christopher Logan, one of the two Student Speakers at the South Lakes High School Class of 2018 Commencement.**

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."

# 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

**T**he 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.**

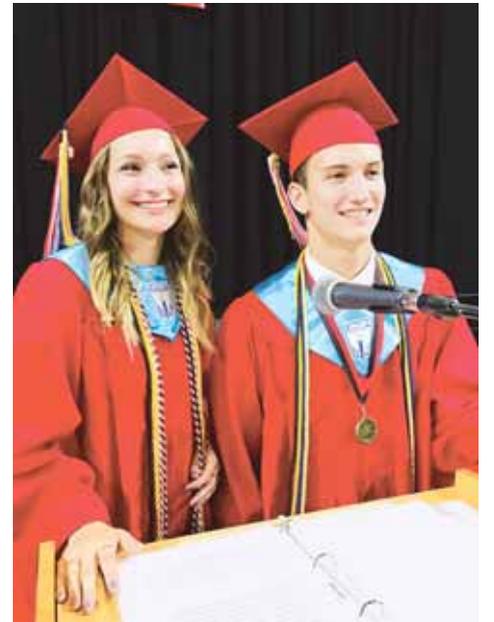
it hard for the Class to come up with a gift. "The issue," Overton explained, "Was that whatever our gift was, it couldn't be appreciated for a few years." Nguyen announced, "The Senior Class would like to give the gift of a framed mural of the old school, made from the pictures of students from our 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."

# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## 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](http://www.leagueofrestonartists.org).

**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](http://artinsights.com).

## 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. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## 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](http://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. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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 [artspaceherndon.org](http://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. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## 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. Call 703-689-2700 or visit

[librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).  
**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. Call 703-390-6166 or visit [www.restoncommunitycenter.co](http://www.restoncommunitycenter.co)

## 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. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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)! Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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](http://www.reston.org).

**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](http://www.restontowncenter.com).

## 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](http://tinyurl.com/y7zel2rq).

## MONDAY/JUNE 25

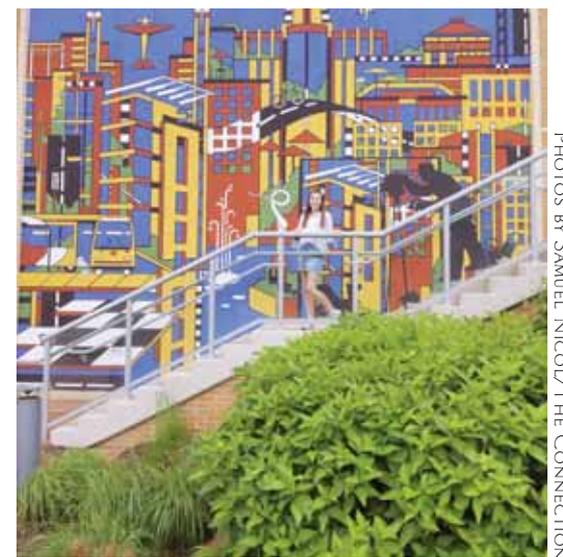
**Toddler Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Registration open now. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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



Sissy Sheridan pictured in front of the Reston Town Center Fountain.



Sissy Sheridan standing in front of “Midtown Community Mural” by Dana Ann Scheurer on New Dominion Parkway, Reston Town Center

PHOTOS BY SAMUEL NICOL/THE CONNECTION

# Local Child Actress on National Stage

## Sissy Sheridan of Reston has her Own Nickelodeon webseries and co-stars in an upcoming Netflix show.

BY SAMUEL NICOL  
THE CONNECTION

### How to See It

Reston child actress recently landed roles working for both Netflix and Nickelodeon. Sissy Sheridan, 13, was acting for years before her most recent roles, however, performing in local theater shows for the past seven years.

“I started [acting] when I was 6 years old doing theater camps,” she said. Her first professional experience came two years ago in a production of “Roald Dahl’s Willy Wonka” at NextStop Theater Company in Herndon.

Sissy moved into film around that time, appearing in four short films, multiple commercials, and with minor roles in multiple TV shows including “The Unbreakable Kimmy Schmidt” and “Mozart in the Jungle.” Her new Nickelodeon webseries is a major step forward for her in the world of film.

“Originally [Nickelodeon was] looking for crafters who can act. I am more of an actor who crafts so I didn’t want to get my hopes up to get disappointed. But then they came back a couple weeks later looking for actors who can craft. So I sent in a video I made and edited for my audition and got a callback.” The callback consisted of making her own craft with only a water bottle, tape, paint, and scissors. A few weeks later, Sissy’s mother heard from her manager that Sissy was offered the job. Instead of telling Sissy right away, her mom had her manager call her. “My mom came into my room filming when I got a call from my manager who asked me ‘how would you like to have your own Nickelodeon webseries’ and I was crying from excitement.” Three episodes of her show, DIY With Me, have been released on Nickelodeon’s YouTube channel so far, with five

“DIY With Me,” featuring Sissy Sheridan, releases a new episode on Nickelodeon’s YouTube Channel on Saturdays at 10 a.m.

Maniac will premiere on Netflix on an unspecified date later this year.

Follow Sissy on Instagram @sissysheridanofficial.

more left in the season. If views stay up, there is a chance for her to star in another eight episode season of the show.

Her current projects reach further than just YouTube, with a role in an upcoming black comedy series called Maniac on Netflix premiering later this year. “I started working as a featured extra for three days,” Sissy said. “The next week I got a call and was asked to come back as a co-star with a speaking role. It was an amazing experience working with so many incredibly talented people and I cannot wait for it to come out.” Sissy worked with actors like Jonah Hill, Gabriel Byrne, Billy Magnussen, and Jemima Kirke on the series. Details as to the plot and Sissy’s role in the show are kept pretty heavily under wraps for now, but more info can be found on Netflix’s website.

When asked about her plans for the future, Sissy shared that “right now I really enjoy film and TV, but in my heart I am always going to be a musical theater person.” She wants to focus on film and TV for now, but “My dream is definitely Broadway.” Her dream musicals? Playing Jenna in “Waitress” or Eliza in “Hamilton.” Until they make an all-female cast for “Hamilton,” where she would rather be Aaron Burr. “But right now I want to keep trying to advance in TV and hopefully get a role on a Nick TV show. Just trying to keep working my way up!”

the materials. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## TUESDAY/JUNE 26

**Trip to the Museum of the Bible.** 8:15-3 p.m. (pickup at Hunters Woods Shopping Center, 8:15 a.m.; Lake Anne Plaza parking lot, 8:30

a.m.). Participants will get the opportunity to view some of the Museum’s ancient and modern artifacts and art from cultures all over the world. Lunch is available for purchase in the museum café. Ages: 55+ . \$36/RA members, \$36; non-members, \$44. Visit [www.reston.org](http://www.reston.org).  
**Sing! Books With Miss Emily.** 10:30 a.m. at Reston Regional Library,

11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the FRRL. Age 2-5 with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).  
**Drawing with Pastels.** 1-4 p.m. at the Art studio of Carol Berman, 1721 SEE CALENDAR, PAGE 10

# 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,

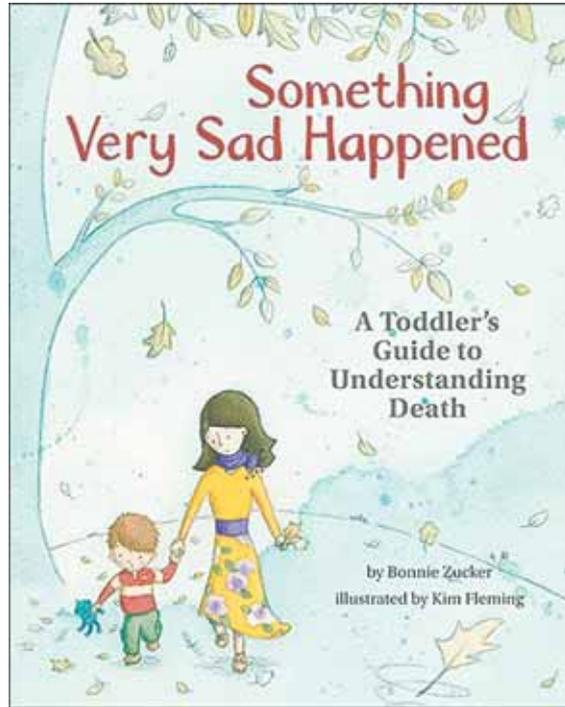


PHOTO CONTRIBUTED

**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

AT GAYLORD NATIONAL\*

FEATURING  
**an ALL-AMERICAN CELEBRATION**

**Enjoy endless family activities this summer on the Potomac!**  
 Now - September 3, 2018

- Live music every Friday featuring the best in Jazz, Adult Contemporary, R&B & more!
- Movies Under the Stars and Great American Road Trip Atrium Show, both presented by bubly™
- Water Splashing Fun, Star-Spangled Clues Scavenger Hunt & A National Haunting Ghost Tour
- Seasonal spa treatments, unique dining events and a Silent Disco Party
- Additional entertainment experiences just steps away in National Harbor

Book Your Getaway Today!  
[GaylordNational.com/SummerFest](http://GaylordNational.com/SummerFest)  
 (301) 965-4000

AQUAFINA is a registered trademark of PepsiCo, Inc., © 2018 BUBLY and the Bubby Design are trademarks.

**THE CONNECTION**  
 Newspapers & Online  
**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.**

**This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.**

Find more information about submissions online at  
[www.connectionnewspapers.com/pets.](http://www.connectionnewspapers.com/pets)

For advertising information, call 703.778.9431 or Email  
[SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM) for more specials, digital advertising options and pricing.

**LOCAL MEDIA CONNECTION**  
 Newspapers & Online  
**703-778-9431**  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

**Reaching Suburban Washington's Leading Households**

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Gaithersburg Connection
- Quantico Connection
- Fairfax Connection
- Fairfax Station/Glenn/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Hemdon Connection
- Potomac/Arlington
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

**Announcements**

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.  
**Schefer Antiques**  
703-241-0790  
theschefer@cox.net

**Legals**

**ABC LICENSE**  
TDJ LLC trading as Flippin' Pizza, 11130 South Lakes Dr., Ste. F, Reston, VA 20191-4327. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer on Premises license to sell or manufacture alcoholic beverages. Zeynep Deniz Oksuz, member of LLC. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

**Announcements**

**Yard Sale**

**Huge Church Yard Sale**  
**Saturday June 23**  
7 AM to 2 PM  
304 E Church Rd  
Sterling VA 20164  
You want it, we probably have it!  
www.sterlingunc.com for info and directions

**Employment**

**Veterinary Receptionist**  
**Position Available**  
F/T Great Falls, VA  
**703-757-7570**  
www.ourvets.com

**Find us on Facebook**  
**and become a fan!**

www.Facebook.com/  
connectionnewspapers



The Connection to Your Community  
www.connectionnewspapers.com

**Announcements**

**OUTER BANKS, NC - VACATION RENTALS**

Over 600 vacation homes from S. Nags Head to Corolla's 4x4!

**Brindley Beach**  
VACATIONS & SALES

**877-642-3224**  
www.brindleybeach.com

**Announcements**

**Announcements**

IS IT A HIKE,  
OR A SPIRITUAL JOURNEY?

**WEST VIRGINIA**  
WVtourism.com  
almost heaven

**CALENDAR**

FROM PAGE 8

Wainwright Drive, Reston. Learn to master the art of drawing with pastels with award winning artist, Carol Berman, while also improving drawing skills. \$20 per three hour class. Ongoing classes held Tuesdays and Wednesdays. No need to sign up for classes in advance, just come when you can. Call 703-437-9068.

**INOVA Blood Drive.** 1:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. More than 250 units of blood and blood products must be collected daily to meet the needs of patients in Virginia, Maryland and Washington, DC. Reston Regional will be partnering with Inova Blood Donor services. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.  
**Stem Challenge.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Five engineering challenges with clothespins, binder clips and craft sticks. Age 7-1. Register at librarycalendar.fairfaxcounty.gov or call 703-689-2700.

**WEDNESDAY/JUNE 27**

**Jacks Are Wild.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Jack Russell Terriers, Mario and Bella, perform tricks. Cosponsored by the Friends of the George Mason Regional Library. Age 6-12. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

**Drawing with Pastels.** 1-4 p.m. at the Art studio of Carol Berman, 1721 Wainwright Drive, Reston. Learn to master the art of drawing with pastels with award winning artist, Carol Berman, while also improving drawing skills. \$20 per three hour class. Ongoing classes held Tuesdays and Wednesdays. No need to sign up for classes in advance, just come when you can. Call 703-437-9068.

**Busia Bear's 12th Annual Film Festival.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy an hour of Busia Bear's favorite 16mm classic children's films. All ages. Register at librarycalendar.fairfaxcounty.gov or call 703-689-2700.

**Author Event: LM Elliott.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. Just days after the Kennedy Center premiere of Hamilton the Musical, historical novelist and author of "Peggy and Hamilton!" LM Elliott, offers an in-depth look at several of the characters who make up the play's "supporting cast." Free. Visit www.scrawlbooks.com or call 703-966-2111.

**THURSDAY/JUNE 28**

**Stem Challenge: Bristle Bots.** 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Make a "bristle bot." Recycling, crafting and robotics all rolled into one. Cosponsored by FRRL. Age 6-10. Register at librarycalendar.fairfaxcounty.gov or call 703-689-2700.

**Dollars and Sense.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing "The Millionaire Next Door" by Thomas Stanley. Free and open to the public. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

**FRIDAY/JUNE 29**

**DIY Electric Sound Machine.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Create one-button sound machines, using programmable microchips that record and play back your voice. All



**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, NWFUCU, HCTV, Art for Sale, Kid's Hands on Art and more. Visit www.artspaceherndon.org or call 703-956-6590.



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

PHOTO BY KEVIN DANAHER

**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.

projects go home. Cosponsored by FRRL. Age 6-12. Register at 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 Elikeh with African dancers (dancing and instruction). Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Call 703-390-6166 or visit www.restoncommunitycenter.com

**Art Exhibit: Entry Deadline.** The League of Reston Artists invites artists to enter work in the upcoming show at the US Geological Survey, National Gallery. Eligible works are paintings, mixed media, and two-dimensional works suitable for wall hanging (no photography). The exhibit will be on display from July 2-30, 2018. Enter at www.leagueofrestonartists.org.

**SATURDAY/JUNE 30**

**Celebrate Independence Day.** 7 a.m.-fireworks finale at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Gates open at 7 a.m. Beginning at 10 a.m., splash and slide at the Water Mine water park. From 11 a.m.-3 p.m., rent a boat on Lake Fairfax. Look for food vendors near the park's main office. Fireworks begin when the sun goes down. Fireworks rain date: Sunday, July 1. Parking: \$10 per car. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

**Train Your Brain.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Play chess, Sudoku, puzzles and other games to

sharpen your brain. Bring your chess set and challenge another player. Earn a door prize. Refreshments provided. Co-sponsored by FRRL. Age 10-18. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

**Polo in the Park.** 5:30-10:30 p.m. Let RA do the driving and head out to the Morven Park International Equestrian Center in Leesburg to enjoy an evening of arena polo. Bring a picnic basket, to include dinner and beverages, a blanket, and chairs. Food trucks and dessert vendors will also be onsite. Bus pick-up at RA headquarters. Ages: 21+. RA Members, \$30; non-members, \$40. Visit www.reston.org.

**Concerts on the Town: Beleza.** 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts take place every Saturday night through Aug. 25. Free. Visit restontowncenter.com.

**WEDNESDAY/JULY 4**

**Town of Herndon 4th of July Celebration.** 6:30-10 p.m. around the Herndon Community Center and Bready Park Softball Field, 814 Ferndale Ave., Herndon. Arts and crafts, bingo, games, and additional activities. At 7:15 p.m., live entertainment featuring E3 begins. Starting at 9:30 p.m., there will be a fireworks display choreographed to music. There will be a variety of food for purchase. Bring a blanket or lawn chair. Alcohol, glass containers, grills, and personal fireworks are prohibited. Leave pets at home. Food will not be allowed on the turf field. Please note traffic will be rerouted. Rain date: July 5th for fireworks display only. Visit herndon-va.gov or call 703-787-7300.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://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/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-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](http://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](http://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](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing) or contact Michael Lynskey, DPZ, at 703-324-1204.

### WEDNESDAY/JUNE 27

**Business Education Series.** 8:30-10 a.m. at Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. Greater Reston Chamber of Commerce presents "Strategic Selling - How to Land Enterprise Clients." Even if your clients are not all fortune 500, Nema Semnani of Precision Sales Consulting, will show you selling techniques to help optimize your sales initiatives. Free, members; \$15, non-members/guests. Visit [www.restonchamber.org](http://www.restonchamber.org).

**Networking Night.** 5:30-7 p.m. at Tavern64 at the Reston Hyatt, 1800 Presidents St., Reston. Join the Rotary Club of Reston for Networking Night. Learn about Rotary and the good things they are doing in the community. \$20. Call 703-863-7629 or visit [www.RestonRotary.org](http://www.RestonRotary.org) for more.

**Airport Aircraft Noise Contour Map Update.** 6-8 p.m. at Washington Dulles International Airport Office Building, 45045 Aviation Drive, 2nd Floor Conference Room, Sterling. The Metropolitan Washington Airports Authority will hold a public workshop regarding the Washington Dulles International Airport Aircraft noise contour map update. Workshop will provide an overview of the study, including airfield plans, existing airport operations and basic information regarding aircraft noise and noise modeling standards. Free parking available in front of the building. Visit [www.FlyDulles.com](http://www.FlyDulles.com) for more.

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<p><b>LANDSCAPING</b></p> <p><b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465</p>	<p>Good is not good, where better is expected. -Thomas Fuller</p>
<p><b>ELECTRICAL</b></p> <p><b>K&amp;D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned &amp; Operated</p> <p>Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...</p> <p>Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com</p>	<p><b>LANDSCAPING</b></p> <p><b>Patios &amp; Drainage</b> Your neighborhood company since 1987 703-912-6886</p> <p><b>J.E.S. Services</b> Free Estimates - Fully Licensed &amp; Insured</p> <ul style="list-style-type: none"> <li>Planting &amp; Landscaping Design</li> <li>Drainage &amp; Water Problems</li> <li>Concrete Driveways, Replacement or New</li> <li>Patios and Walks • Masonry Work or Dry Laid</li> <li>Paver, Flagstone, Brick, any style you choose</li> <li>Retaining walls of all types</li> </ul> <p>All work Guaranteed</p>
<p><b>GUTTER</b></p> <p><b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards</p> <p><b>PINNACLE SERVICES</b> lic/ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!</p>	<p><b>TILE / MARBLE</b></p> <p><b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <a href="http://www.brennan-tile.com">www.brennan-tile.com</a> 703-250-2872 Licensed • Bonded • Insured</p>
<p><b>IMPROVEMENTS</b></p> <p><b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed &amp; Insured • Free Estimates email: jnave@comcast.net 703-987-5096</p>	<p><b>TILE / MARBLE</b></p> <p><b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed &amp; insured. <b>Spring Cleanup...</b> Tree removal, topping &amp; pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 <b>24 Hour Emergency Tree Service</b></p>
<p><b>A&amp;S Landscaping</b></p> <ul style="list-style-type: none"> <li>All Concrete work</li> <li>Retaining Walls • Patios</li> <li>Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>French Drains • Sump Pumps</li> <li>Driveway Asphalt Sealing</li> </ul> <p>703-863-7465 LICENSED Serving All of N. Virginia</p>	<p><b>PAVING</b></p> <p><b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231</p>
<p><b>RN. CONTRACTORS, INC.</b></p> <p>Remodeling Homes, Flooring, Kitchen &amp; Bath, Windows, Siding, Roofing, Additions &amp; Patios, Custom Deck, Painting</p> <p>We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a> <a href="http://www.rncontractors.com">www.rncontractors.com</a></p>	<p><b>MASONRY</b></p> <p><b>Alfredo's Construction Company, Inc.</b></p> <ul style="list-style-type: none"> <li>Concrete Driveways</li> <li>Patios • Sidewalks</li> <li>Stone • Brick</li> </ul> <p>Phone: VA: (703) 698-0060 • MD: (301) 316-1603 <a href="http://www.alfredosconstructioncompany.com">www.alfredosconstructioncompany.com</a></p>
<p>Find us on Facebook and become a fan! <a href="http://www.Facebook.com/connectionnewspapers">www.Facebook.com/connectionnewspapers</a> THE CONNECTION Newspapers &amp; Online The Connection to Your Community <a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a></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.

**#NATIONALSUNGLASSES  
#NVDO**

**CHECK OUT ALL STYLES  
OF MAUI JIM INCLUDING  
NEVER-BEFORE-SEEN  
AND  
LIMITED EDITION  
SUNGLASSES!**



**06 | 27 | 2018  
9 am - 6 pm**

**NORTHERN VIRGINIA DOCTORS OF OPTOMETRY  
11656 PLAZA AMERICA DRIVE  
RESTON, VA 20190  
703-467-9080**