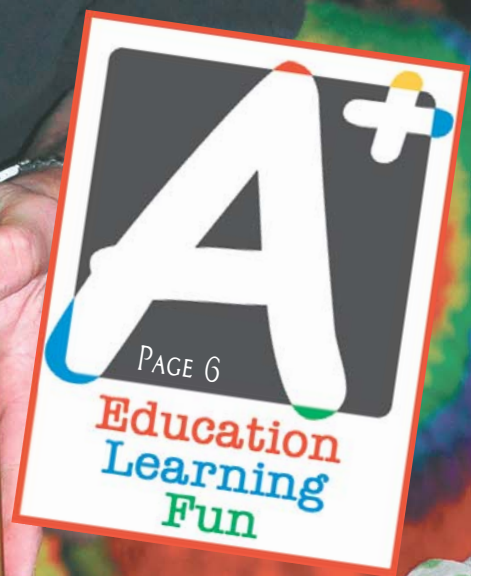


Oak Hill ♦ Herndon  
**CONNECTION**

# Fighting to Save Training Center

NEWS, PAGE 4

Jimmy Cirrito, owner of Jimmy's Old Town Tavern in Herndon, holds a painting to be auctioned off during a fundraiser for the Northern Virginia Training Center Thursday, May 10.



Shakespeare  
At Oak Hill

NEWS, PAGE 6

FISH Fling  
2012 to  
Honor Volunteers

NEWS, PAGE 12

OPINION, PAGE 5 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY ALEX McVEIGH/THE CONNECTION

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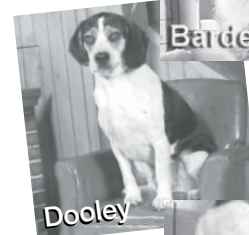
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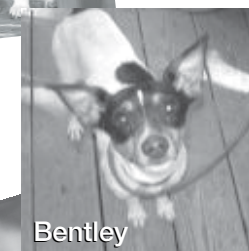
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Barden



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## Families Fight For Northern Virginia Training Center

**Center provides care to more than 150 residents with disabilities.**

BY ALEX McVEIGH  
THE CONNECTION

**S**usan Infeld, a registered nurse, remembers vividly the night she knew she had to get involved with the Northern Virginia Training Center. She was working as a hospice nurse at a local hospital when a patient from NVTC came in suffering from pneumonia in the middle of the night.

"We eventually had to put him on a ventilator, but he had a 'Do Not Resuscitate,'" she said. "This man's parents were elderly and not in the state, and we couldn't get a hold of them. So we called the center to tell them the situation, and they said 'wait.' Soon a physician, social worker, nursing assistant and the director of nursing showed up at the hospital to be with him as he died," she said. "We all stood around this man, holding hands and praying as he died surrounded by the people who had cared for him over the past dozen years. In all my years in the medical profession, I've never seen that kind of compassion and concern so far above and beyond what anyone could expect."

Located in Fairfax on Braddock Road, the Northern Virginia Training Center houses residents with intellectual and other disabilities, but is currently in danger of being shut down.

There are currently 153 residing at NVTC, of which 88 percent have severe/profound intellectual disabilities, 57 percent have epilepsy, more than 53 percent require assistance with mobility, 90 percent require assistance to eat, 69 percent have difficulty swallowing and more than 50 percent have significant behavior disorders. Residents range from age 22 to 91.

In August 2008, the Department of Justice began an investigation of the Central Virginia Training Center, located in Madison Heights, Va. The investigation was broadened in April 2010 to examine Virginia's system of services for individuals with intellectual and developmental disabilities, which included all five training centers around the state.

A findings letter submitted in February 2011 by the DOJ concluded that the state "fails to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs in violation of the ADA (Americans with Disabilities Act)."

In March 2011, Virginia entered into negotiations with the DOJ to reach a settlement and an agreement was made Jan. 26



**Christy Winters Scott, South Lakes women's basketball coach and Washington Mystics commentator and Jimmy Cirrito, owner of Jimmy's Old Town Tavern, auction off a painting to raise money for the legal fund to try and keep the Northern Virginia Training Center open.**

of this year. The settlement includes the closing of four of the state's training centers by 2020, with the Northern Virginia Training Center scheduled to close in June 2015.

"If these patients are released, we're going to see them cycling in and out of area hospitals for various afflictions and it's going to be a huge financial burden on the state," Infeld said. "This is the time when we all need to come together and defend those who can't speak for themselves."

Jane Anthony, co-president of the Northern Virginia Training Center Parents and Associates and mother of a resident of the NVTC, also says closing the centers will impose a major burden.

"If they do close as planned the community group home capability will be stretched and taxed beyond their capabilities. The 1,000 residents of Training Centers across the state who still reside there are the most difficult to care for and 'place' outside the Centers," she said. "Many like my own son need 24/7 medical oversight which is not affordable or doable in the four person group homes that are planned. The infrastructure is not there and it takes time and money—Virginia is 47th in the nation in providing services to those with intellectual disabilities—to build. The money savings for this level of complexity are not there, and the state will only find in the future that the costs escalate."

**IN A STATEMENT** announcing the settlement, Gov. Bob McDonnell spoke in favor of community-based system for caring for patients, calling the training centers "the most costly and restrictive form of services available."

But many families of patients at the NVTC say closing the centers will have the opposite effect.

Anthony's son, Jason Kinzler, is 36 and has Angelman Syndrome, a spontaneous mutation genetic disorder which leaves his mind at the 6-month-old to one-year-old

level, has almost no pain threshold, is not toilet trained and tends to put items in his mouth that could become choking hazards. Kinzler recently ate 11 inches of his quilt, and was found picking at a sore in his elbow to the point of pulling arm tissue out of the wound.

"Jason's care at NVTC is exemplary. Most of his direct-care staff have been with him for more than 20 years and hence understand his condition, can anticipate risks and know his needs," Anthony said. "Community placements, especially group homes are not designed to prevent Jason from chewing on light cords, pulling heavy objects down upon himself or choking on small parts he could bite off...Most locations in a group home would pose excessive hazards, and for his own protection, he would become a virtual prisoner in his own 'home.'"

Pat Bennett of Vienna knows how important the Northern Virginia Training Center has been for her family. Her daughter Ginny has been there since she was 7. Ginny has cerebral palsy and several other intellectual disabilities.

Her daughter is now 45 and Bennett gives credit to the NVTC for her daughter's longevity.

"She requires 24 hours a day, seven days a week, 365 days a year care and the staff are remarkable human beings, and they've been there a long time, which is important for stability," she said. "People have come from all over to study the longevity of the patients, it's really a phenomenon."

Bennett and her husband, both in their 70s, have discussed what their options will be if the NVTC closes.

"Bringing her home would be the most restrictive thing we can do," said Bennett. "At the center there are a host of activities and programs she can participate in every day."

Karen Schupak's brother also suffers from cerebral palsy and epilepsy, and has been in a Virginia Training Center for more than 40 years. She knows without a doubt that her brother would not be alive without the



**Volunteer Sheree Levitsky sells raffle tickets to raise money for the legal fund for the Northern Virginia Training Center Thursday, May 10 at Jimmy's Old Town Tavern in Herndon.**

efforts of the centers.

"They've given my brother so much love and compassion, so much affection, it's just off the charts," she said. "And he's never had so much as a bed sore, never dirty, he's never smelled. My daughter, who's 12, pointed out how she could tell how much respect the patients are given."

Schupak agrees that it would be impossible for her brother to find the level of engagement he currently has anywhere else.

"They take him on outings, he goes to workshops, he's not stuck in his room all day, we can visit him," she said. "If the center is closed, there will be nothing for him, he'll probably just end up in a nursing home."

**THE CLOSING OF THE CENTERS** is not yet a done deal. The judge has not yet approved the settlement that would close the center.

The NVTC Parents and Associates have hired legal counsel to represent them. On Thursday, May 10 they hosted a legal fundraiser at Jimmy's Old Town Tavern in Herndon, which raised almost \$7,487, bringing their total raised to \$14,531.

There was reason to celebrate at the fundraiser, as on Wednesday, May 9, U.S. District Judge John Gibney granted the group's motion to intervene, allowing the families to be a part of the process.

Gibney wrote that "the existing parties in this litigation do not adequately represent the rights and interests of the Petitioners," and his decision will allow the families to have rights as parties to the litigation.

There are currently 13 families of training center residents, though they will be filing a motion for class certification that would allow all families in similar situations to be included. Gibney's May 9 decision will allow families to participate and present evidence to the court.

"This decision basically means we've won game one, but we haven't won the pennant yet," Anthony said. "But now we are at the table, which is a very good thing."



# OPEN HOUSES

## SATURDAY/SUNDAY, MAY 19 & 20



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**Call Specific Agents to Confirm Dates & Times**

### Burke

5920 Burke Landing #201.....\$220,000.....Sun 1-3:30.....Julia Avent.....RE/MAX..703-346-3373

### Centreville

15430 Meherrin Ct.....\$569,999.....Sun 1-4.....Donny Samson.....Samson Props..703-864-4894  
5132 Pleasant Forest Dr.....\$1,135,000.....Sun 1-4.....Bob Scherbarth.....Century 21..703-477-1043

### Clifton

6609 Rock Lawn Dr.....\$684,900.....Sun 1-4.....Ed Duggan.....Century 21..703-989-7735

### Fairfax

3220 Brookings Ct.....\$724,999.....Sun 1-4.....Mary Thyfault-Clark.....RE/MAX..703-587-5494  
3834 Prince William Dr.....\$974,900.....Sun 1-4.....Ellen Ing.....RE/MAX..703-795-0648

### Fairfax Station

11125 Henderson Rd.....\$850,000.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365  
11808 Winterway Ln.....\$799,900.....Sun 1-4.....Cristina Dougherty.....Long & Foster..703-969-0471  
7300 South View Ct.....\$834,800.....Sun 1-4.....Barb White Adkins.....RE/MAX..703-609-8950  
8303 Pinyon Pine Ct.....\$757,000.....Sun 1-4.....Christine Shevock.....RE/MAX..703-475-3986

### Kingstowne/Alexandria

7015 Achilles Ct.....\$317,500.....Sun 1-4.....Bob Dooley.....Samson Props..703-581-5758

### McLean

1529 Hardwood Ln.....\$1,050,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470  
8701 Georgetown Pike.....\$3,000,000.....Sun 1-4.....Ron Cathell.....Keller Williams..703-975-2500  
919 Swinks Mill Rd.....\$1,449,000.....Sun 1-4.....Debbie Mesen.....Weichert..703-201-7723

### Oakton

10198B Ashbrooke Ct, #126..\$256,900.....Sun 1-4.....Jim Fox.....Long & Foster..703-503-1800  
2506 Hollybrook Pl.....\$1,299,900.....Sun 1:30-4:30.....Kelly Sweiter.....Long & Foster..703-905-7223

### Potomac Falls

20365 Marguritte Sq.....\$349,900.....Sun 1-4.....Viveca Kazarian.....Keller Williams..703-618-7677

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1609 Apricot Ct.....\$549,000.....Sun 1-4.....Carolyn Pennington.....RE/MAX..703-283-9346

### Springfield

7503 Essex Ave.....\$425,000.....Sun 1-4.....Joni Koons.....Weichert..703-209-7277  
8230 Running Creek Ct.....\$614,990.....Sun 1-4.....Ryan Rice.....Keller Williams..571-212-8339  
8921 Grandstaff Ct.....\$399,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

### Vienna

202 Pleasant St SW.....\$899,999.....Sun 1-4.....Tammie Shedd.....Long & Foster..571-331-6532  
9775 Oleander Ave.....\$569,000.....Sun 1-4.....Angie Bresnahan.....Weichert..703-955-2510  
9874 Sweet Mint Dr, E.....\$399,900.....Sun 1-4.....Moses Mazloom.....Keller Williams..703-338-1154  
10334 Dunn Meadow Rd.....\$825,000.....Sun 1-4.....Rich Liebermann.....Richard Albin Liebermann..703-403-4885  
1295 Newkirk Ct.....\$1,179,000.....Sun 12-4.....Jin O'Neill.....Weichert..703-893-1500

**To add your Realtor represented  
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please call Karen Pechacek-Washburn  
at 703-778-9422 or E-Mail the info to  
[kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com)  
All listings due by Monday at 3 P.M.**

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## BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

### WEDNESDAY/MAY 16

**Fairfax County presents  
Rheumatoid Arthritis Answers.**  
7 p.m. Chantilly Regional Library,  
4000 Stringfellow Road, Chantilly.  
Free. Register at 703-324-5205, TTY  
711, [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) or  
[caregiver@fairfaxcounty.gov](mailto:caregiver@fairfaxcounty.gov).

### FRIDAY/MAY 18

**Fairfax County presents Legal  
Tools for Caregivers.** 1 p.m.  
Reston Regional Library, 11925  
Bowman Towne Drive, Reston. Free.  
Register at 703-324-5205, TTY 711,  
[www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) or  
[caregiver@fairfaxcounty.gov](mailto:caregiver@fairfaxcounty.gov).

### SUNDAY/MAY 20

**Volunteers for Change  
Orientation.** 6 p.m. Volunteer  
Fairfax Office, 10530 Page Ave.,  
Fairfax. The program features a  
flexible calendar of weekend and  
weekday evening projects.  
Reservations required at 703-246-  
3895 or [jktivlin@vlunteerfairfax.org](mailto:jktivlin@vlunteerfairfax.org).

### MONDAY/MAY 21

**NARFE Dulles Chapter 1241  
Luncheon Meeting.** 11:30 a.m.  
Amphora Diner, 1151 Elden St.,  
Herndon. \$17. With Mick Adams of  
Reston Hospital on Fall Prevention.  
703-435-3523.

### TUESDAY/MAY 22

**May Network Night.** 5:30-7:30 p.m.  
Holiday Inn Express, 485 Elden St.,  
Herndon. Make new connections in a  
variety of industries. \$15-\$40.  
Register at 703-707-9045 or  
[www.restonchamber.org](http://www.restonchamber.org).

### WEDNESDAY/MAY 23

**Business Education Series:  
Getting Comfortable With  
Selling Yourself.** 8:30 a.m.  
Greater Reston Chamber of  
Commerce, 1763 Fountain Drive,  
Reston. How to do "natural selling,"  
by Freddi Donner of Business  
Stamina. Members free, non-  
members \$10. Register at 703-707-  
9045 or [www.restonchamber.org](http://www.restonchamber.org).

### SUNDAY/MAY 27

**Cat Adoption.** 1-4 p.m. PetSmart,  
11860 Spectrum Center, Reston.  
Every Sunday. Sponsored by Lost  
Dog & Cat Rescue Foundation.  
[www.lostdogrescue.org](http://www.lostdogrescue.org).

### FRIDAY/JUNE 8

**Friday Forum Business  
Networking.** 7:30 a.m. Sheraton  
Reston Hotel Syrah Restaurant,  
11810 Sunrise Valley Drive, Reston.  
Business professionals focused on  
generating business for members  
through qualified referrals. New  
group being formed. Meeting free  
and open to all, breakfast available  
for purchase. Meetings every Friday.  
703-802-0334.

### SUNDAY/JUNE 24

**Cat Adoption.** 1-4 p.m. PetSmart,  
11860 Spectrum Center, Reston.  
Every Sunday. Sponsored by Lost  
Dog & Cat Rescue Foundation.  
[www.lostdogrescue.org](http://www.lostdogrescue.org).

### SUNDAY/JULY 22

**Cat Adoption.** 1-4 p.m. PetSmart,  
11860 Spectrum Center, Reston.  
Every Sunday. Sponsored by Lost  
Dog & Cat Rescue Foundation.  
[www.lostdogrescue.org](http://www.lostdogrescue.org).

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# OPINION

## Most Endangered?

### Potomac River has made great strides, has miles to go to save the Bay.

Unless your home is served by well water, you are almost certainly among the five million people in the Washington Metropolitan area who get their drinking water from the Potomac River.

This week, the organization American Rivers named the Potomac River as the most endangered river in the nation. The Potomac River is far cleaner than it was 40 years ago when the Clean Water Act was enacted.

"Before the Clean Water Act was enacted in 1972, the Potomac was a cesspool of sewage and industrial pollution," says American Rivers. "Thanks to the Clean Water Act, the Potomac and rivers across the country are cleaner and safer for drinking, boating, and fishing. But ... a University of Maryland report card has given the river a 'D' grade for water quality for the past two years."

Now it's safe for high school crew teams to take to the river by the dozens. Kayakers and paddle-boarders join them in intimate contact with the water. Motorboats, marinas and fish-

ermen all show the confidence we now have in the integrity of the Potomac River.

Still, after a rain, stormwater washes agricultural waste, suburban and urban runoff carrying loads of pollution into our area's small streams, into the Potomac River and on into the Chesapeake Bay. Bacteria in the river after big rainstorms, from dog waste in suburban areas, agricultural runoff in more rural areas, has led to the recommendation by some that people avoid contact with the river for two-to-three days.

Slowing stormwater runoff, limiting the amount of "nutrients" that are swept down the river into the Chesapeake Bay, and improvements in methods of treating sewage are all critical to the ongoing health of our water supply.

Fish in the Potomac River also continue to show symptoms of exposure to endocrine disruptors, with male bass carrying eggs and other signs. Scientists suspect variety of pharmaceuticals and chemicals are causing these abnormalities, and it is not known whether current water purification systems are removing those pollutants fully from the drinking water.

American Rivers called on Congress to kill any legislation that weakens the Clean Water Act or prevents the Environmental Protection Agency and the U.S. Army Corps of Engineers from restoring protections for small streams

and wetlands under the Act. American Rivers also called on the Obama Administration to finalize guidance clarifying the scope of the Clean Water Act and issue a rule-making to ensure that all waters get the protections Americans expect and deserve.

The Potomac River continues to serve as the scenic backdrop to much of what we do here. Let's continue to push for improvements.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

### Father's Day Photos

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grand children.

Father's Day is Sunday, June 17, 2012 and once again the Connection will publish a gallery of Father's Day photos.

Send in photos as soon as possible, including names of everyone in the picture, the date the picture was taken, the ages of the children and sentence or two about what is happening and where the photograph was taken. Be sure to include your town name and neighborhood. Photos are due by June 8.

You can submit your photos to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com).

#### EDITORIALS

#### LETTERS TO THE EDITOR

### Another Look At 'Who Benefits'

To the Editor:

Your concerns about "who benefits and who pays" on funding this latest transportation project here in Northern Virginia are worth noting and appreciated [Editorial, "On Funding the Silver Line," Connection, April 11-17, 2012]. Previous surveys have shown the traffic congestion here in Virginia, especially for its citizens trying to compute from their homes in nearby communities to their jobs around the area, is one of the worst in the country. Previous road projects such as the "mixing bowl" here in Springfield, and now the construction of "hot lanes" around the beltway, are attempts to reduce travel time sitting in our cars in bumper to bumper traffic.

Before we can single out the funding of the silver metro line between Tysons and Dulles, we need to address the entire funding arrangements made by our elected officials both here in Northern Virginia and the State of Virginia. When our personal property taxes on our automobiles were reduced by 75 percent years

ago, the State of Virginia continues to reimburse the counties for their loss in collecting this tax revenue from its residents. These funds come from the State of Virginia's transportation trust fund. When states have large population growth centered around urban areas like Chicago in Illinois and St Louis in Missouri, the receipt of tax revenue and the return of their tax dollars to its citizens are unbalanced. Added to this fact, national surveys continue to highlight both Fairfax and Loudoun county residents are enjoying one of the richest per capital income in the United States, plus having the lowest unemployment rate as well. These facts alone help to attract people from other parts of the country to move here for jobs and to pursue the quality of life we enjoy. People living in less populated areas of the State of Virginia continue to have needs to be funded and mandated by passed state legislation.

Being homeless, without a job, and needing health care do not have a regional boundary. Over the years, some elected leaders here in the commonwealth have gone on public record lobbying their case as to why Northern Virginia shouldn't be a separate funding

entity, and/or should be given taxing authority like the state.

This approach only places an uncooperative wedge between political organization at the state and county levels. These feelings can only lead to a more dysfunctional form of government which is not good for its people.

Most state budgets in the United States do not even approach the size of the Fairfax County yearly budget. Most of our county citizens have been sheltered from the

pressures of what is happening to the rest of the residents in the state due to a weak economy. We seem to adopt the feeling we are entitled to be more privileged than others. Maybe the answer as to "who benefits and who pays" should be given a broader view as to who are more fortunate by having a better standard of living and able to pay than those who are less fortunate.

Ronald L. Baker  
Springfield

### Write

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

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## Oak Hill & Herndon CONNECTION

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# Game On

George Mason University students develop video games aimed at curtailing gang recruitment in Virginia.

BY MARILYN CAMPBELL  
THE CONNECTION

Law enforcement officials now have two unlikely weapons in the fight against gang activity in Virginia: video games and college students.

Students in the Computer Game Design program at George Mason University partnered with Virginia Attorney General Ken Cuccinelli's office to create video games designed to show children the consequences of joining a gang. The result of the collaboration is a series of interactive and educational computer games and mobile phone applications designed to reduce gang recruitment. The games were unveiled earlier this month on the George Mason campus in Fairfax.

"Gangs are constantly working to recruit new kids to replace those going to jail and getting killed. Their recruitment techniques are evolving, even to the point of using online gaming and other technologies. We have to work even harder to stop them," said Cuccinelli. "The goal of this partnership with GMU is a novel approach in the war against gangs to beat them at their own game."

Students enrolled in the university's GAME 232 Online Gaming and Filesharing course

presented game proposals to Cuccinelli's office. The attorney general's staff selected three:

♦ "A Second Family," created by Michael Katz, Romel Ramos and Brandon Miller. The game tells the story of Justin, who is trying to fit in at a new school and becomes involved with some questionable people. He is forced to rely on his friends and mentors to overcome these negative influences.

"I wanted the game to be fun for the player while teaching them about gang violence and how it can be harmful."

— Daniel Paquette

♦ "Influenced," created by Austin Fain, Tiffany Nguyen, Con Son and Lamesha Coley. In this game, the player chooses various scenarios in which he or she can either help or betray members of the local community, and influence the impact gangs have on the community.

♦ "New Kid on the Block," created by Stephen Berrigan, Steven Fernandez, Devin Gibson, John Murphy and Daniel Paquette. In this game, the player



PHOTO BY ALEXIS GLENN/GEORGE MASON UNIVERSITY

**Virginia Attorney General Ken Cuccinelli plays a game created by George Mason Game Design students in Dewberry Hall at Fairfax Campus. The students created interactive and educational games aimed at teaching kids about the risks of joining gangs.**

has just moved to a new town and has to assimilate into a new school. He or she must make the right decisions and find a trustworthy group of friends.

**THE GAMES ARE TARGETED** at middle and high school students. "This is an attempt to reach kids using devices that they already have in their hands," said Arlington resident and George Mason adjunct professor Matt

Randon. "The kids are already addicted to these devices so we have a better chance of reaching them with our message."

During the course, Randon, who also works as an English teacher in Manassas, taught students about the history, practice and design of online games and smartphone applications. Throughout the semester, the students developed written scripts and storyboards, art and sound design, programming,

coding and musical compositions.

"I wanted the game to be fun for the player while teaching them about gang violence and how it can be harmful. Finding that balance wasn't easy, but ... we were able to create a game that's educational, but also fun to play," said Daniel Paquette, who helped design one of the games.

**THE GAMES** will be available for mobile download free of charge by summer 2012. The games will also be available on the attorney general's website, as well as the websites for George Mason University, the Virginia Department of Criminal Justice Services, and Virginia Rules.

"Games have a pretty bad reputation in the media. What I hope this project shows people is that the greatest asset of games is that they make learning fun ... which is a talent school systems around the world should look into," said Stephen Berrigan, lead writer and narrative designer for "New Kid on the Block."



**Shakespeare at Oak Hill**  
**Sixth graders (32 boys and girls) at Oak Hill Elementary School will present William Shakespeare's "A Midsummer Night's Dream" on June 12 and 13 at 7 p.m. It's free admission to this PTA-sponsored play.**

## Fairfax County Students Win Technology Awards

Fairfax County Public Schools (FCPS) middle and high school students won first place awards in 19 categories at the 2012 Virginia Technology Student Association (TSA) State Leadership Conference, held last week in Richmond. The three days of competitive events and displays of student work culminated in FCPS winning the Lynn P. Barrier Outstanding School Division Award for middle schools for the third consecutive year.

Winners will advance to the National TSA Conference, scheduled for June 21-25 in Nashville.

At the middle school level, FCPS students won 10 first place awards, 12 second place awards, and 11 third place awards. At the high school level, FCPS students won nine first place awards, six second place awards, and seven third place awards.

First place winners at the middle school level (level I), with their category in parentheses, include:

♦ Shawn Jassal of Franklin Middle School (Career Prep).

♦ Navya Kalale and Sahana Ramani of Carson Middle School (Challenging Technology Issues).

♦ Arvind Chava of Carson Middle School (Electrical Applications).

♦ Arvind Chava, Sashank Thupukari, and Anant Tewari of Carson Middle School (Environmental Focus).

♦ Pranay Singh, Dhruv Gupta, and Rohan Pandit of Carson Middle School (Inventions and Innovations).

♦ Ashan Krishnakumar, Kim Mai, Sruthi Jayaraman, Thuy-Vi Nguyen, Amee Kapadia, Daniel Ruiz, Catherine Im, Ray Liu, Paul Dumitrescu, and Sadaf Kolia of Frost Middle School (Medical Technology Issues).

♦ Shawn Jassal of Franklin Middle School (Multimedia Production).

♦ Dhruv Gupta of Carson Middle School (Prepared Speech).

♦ Pavan Reddy and Josh Choe of Franklin Middle School (Structural Engineering).

♦ Kevin Geissler, Patrick Hammes, and Ben Spector of Herndon Middle School (Video Game Design).

First place winners at the high school level (level II), with their category in parentheses, include:

♦ Taylor Evans, Jack Polo, Amy Rhodes, and Ryan Aitken of West Potomac High School (Architectural Model).

♦ Sherry Lee of Woodson High School (Career Comparisons).

♦ Angela Roller of Oakton High School (Desktop Publishing).

♦ Jackie Beckwith, Louis Litchford, Alex Hauser, Will Rupp, and Everett Lorentzen of West Potomac High School (Engineering Design).

♦ Sherry Lee of Woodson High School (Essays on Technology).

♦ Angela Roller of Oakton High School (Extemporaneous Presentation).

♦ Amy Vandenbergh and Brett Bowker of West Springfield High School (Manufacturing Prototype).

♦ Elizabeth Roller of Oakton High School (Photographic Technology).

♦ Andy Artze, Exxus Altimus, and Michael Sherburne of Robinson Secondary School (System Control Technology).

FCPS students and schools also won the following awards:

♦ Carson Middle School, first place, Chapter Excellence Level I; second place, Community Service Award Level I; second place, Arvid W. Van Dyke Outstanding School Award.

♦ Arvind Chava of Carson Middle School, Most Competitive Technosphere Participant, Middle School Level.

♦ Briana Neuberger of Chantilly High School, Virginia Career Education Foundation Scholarship.

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NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC. TO AMEND ITS NATURAL GAS CONSERVATION AND RATEMAKING EFFICIENCY PLAN  
CASE NO. PUE-2012-00013

On April 12, 2012, Columbia Gas of Virginia, Inc. ("Columbia Gas" or the "Company") filed an application ("Application") with the State Corporation Commission ("Commission") requesting authority to extend and amend its natural gas conservation and ratemaking efficiency plan ("CARE Plan") approved by the Commission in Case No. PUE-2009-00051. The Company's current CARE Plan consists of six programs and twenty-seven measures designed to promote natural gas conservation by the Company's residential and small general service customers. The Company's CARE Plan is scheduled to expire on December 31, 2012.

Columbia Gas's Application requests authority to extend its CARE Plan for an additional three years, through December 31, 2015, and to amend certain provisions of its current CARE Plan. The Company's Application, among other things, proposes to retain the six original programs approved by the Commission, namely, the: (1) Web-Based Home Audit Program; (2) Home Savings Program, (3) Business Savings Program; (4) Business Custom Program; (5) Residential Low-Income Program; and (6) Education and Outreach Program. The Application further proposes to implement a new program called the Residential Elderly Audit Program, which will provide inhome audits and free high-efficiency shower heads, faucet aerators, pipe insulation, and pre-programmed thermostats for qualified residential customers.

The Company's Application further proposes to amend, combine, and remove several of the measures offered under the Company's current CARE Plan. For residential customers who participate in the Company's Web-Based Home Audit Program, the Company proposes to remove its free water heater pipe insulation measure and continue providing at no cost high-efficiency showerheads and faucet aerators to each participant in the Web Based Home Audit Program. The Company further proposes to amend its Home Savings Program for residential customers to: (i) reduce the incentive payments for installing ENERGY STAR tankless water heaters (\$300 to \$250) and high-efficiency natural gas furnaces with an average fuel utilization efficiency ("AFUE") ≥ 90% and <94% (\$300 to \$275); (ii) combine its Duct Sealing and Duct Insulation measures and provide one combined incentive payment (\$450); (iii) include two new measures, which will provide incentive payments to encourage the installation of high-efficiency gas furnaces with an AFUE of ≥94% (\$350) and the construction of ENERGY STAR qualified homes (\$700); and (iv) revise the delivery mechanism for the attic and floor insulation measures from a post-purchase delivery mechanism to a customer instant rebate mechanism where incentives are paid directly to qualified contractors who install insulation meeting program requirements.

The Application also proposes several revisions to the measures offered to its small general service customers. Columbia Gas proposes to amend its Business Savings Program and reduce the incentive payments for some of the measures offered under the Program. The Company proposes, among other things, to reduce the incentive payments for customers electing to install: (i) high-efficiency coin-operated or laundry/dishwashers (\$150 to \$65); (ii) high-efficiency gas storage water heaters (≤75,000 Btu/hr) (\$50 to \$35); (iii) ENERGY STAR tankless water heaters (<200,000 Btu/hr) (\$2.00/kBtu/hr to \$1.15/kBtu/hr); (iv) ENERGY STAR gas boilers (<300,000 Btu/hr) (\$3.00/kBtu/hr to \$2.25/kBtu/hr); (v) high-efficiency gas furnaces with an AFUE ≥ 92% and < 94% (\$300 to \$250); and (iv) high-efficiency gas furnaces with an AFUE ≥ 94% (\$400 to \$300).

The Company also proposes to amend its Residential Low Income Program and eliminate the funding for the education and training of energy auditors for low-income residential customers. The Company proposes to transition from providing education and training of auditors to providing outreach, education, and free direct installation measures for low-income residential customers.

The Company expects to spend approximately \$9.7 million over the next three years to implement its amended CARE Plan. These expenses will be recovered from the Company's residential and small general service customers through the CARE Program Adjustment ("CPA") approved by the Commission in Case No. PUE-2009-00051. For 2013, the calculated residential CPA rate is \$.173/Mcf, and the small general service CPA rate is \$.016/Mcf. This will cost the average residential customer, using about 70 Mcf, approximately \$12 in 2013.

The Company's Application further proposes to retain the performance-based incentive mechanism and decoupling mechanism contained in Columbia Gas's current CARE Plan. The performance-based incentive mechanism, authorized by § 56-602 F of the Code of Virginia ("Code"), is designed to allow Columbia Gas to receive up to 15% of the net verified economic benefits created by the Company's conservation and energy efficiency programs. Finally, the Company's Application proposes to continue its current decoupling mechanism, which is a sales adjustment clause in the form of a revenue normalization adjustment ("RNA"). The RNA adjusts the Company's actual non gas distribution revenues to its allowed distribution revenues, as defined by § 56-600 of the Code. The RNA will operate in the same manner as in the current CARE Plan, but the Company's allowed distribution revenues will be updated to reflect the rates and charges approved by the Commission in Columbia Gas's last rate case, Case No. PUE-2010-00017.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, T. Borden Ellis, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents shall also be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons may also download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before June 8, 2012, interested persons may file written comments on Columbia Gas's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before June 8, 2012, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2012-00013.

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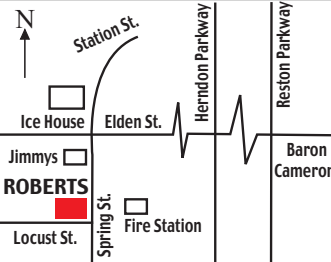
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# Fairfax Edges South Lakes Baseball in Final Inning

**King homers for Seahawks, knocks in four runs.**

BY RICH SANDERS  
THE CONNECTION

In a hard-fought road contest for the South Lakes High baseball team, the Seahawks were defeated last Tuesday night, May 8 by the Fairfax Rebels, who came from behind in the bottom of the seventh inning to win the Liberty District game 8-7.

The Seahawks, playing at Fairfax, opened the scoring with some power in the second inning. First baseman Kyle King led off that frame with a solo home run over the left field fence. South Lakes pitcher Bobby Rae Allen (3-for-3 batting on the night) followed with a double to center and was promptly plated by first-pitch swinging designated hitter Austin Gibbons, who sent an offering to the trees beyond the center field fence for a home run to put the Seahawks up 3-0.

South Lakes scored another run in the top of the third as King (4 RBI for the game) singled home Ryan Forrest, who had led off the inning with a walk. That four-run lead was short-lived, however, as the Rebels stormed back for three runs of their own in the bottom of the third. They added two more in the fifth and one in the sixth to take a 6-4 lead into the final inning.

The Seahawks answered with three runs of their own in the top of the seventh to take a 7-6 lead. JoJo Lear led off with a walk and moved to second when Hayden Hall legged out an infield single. Moving to the top of the order, Forrest executed a sacrifice to move the runners to second and third.

A fielder's choice struck by Jared Abelson followed and resulted in a close call at the plate, but Lear was called out. Senior Billy McLaughlin was hit by a pitch, moving Abelson to second and Hall to third. King then singled to score both runners. McLaughlin was brought around by Allen's subsequent single (his third hit of the contest), making the score 7-6 Seahawks.

The Rebels, however, rallied for two runs in their final at-bats to win the game.

**A WEEK EARLIER** the Seahawks dropped two games against elite Liberty District teams Madison and Stone Bridge.

The highlight from Tuesday's game (May 1) against Madison (13-5) was the first pitch being thrown out by Dr. Alli Guleria, of Seahawk baseball Grand Slam sponsor Guleria Orthodontics.

As for the game, after a nice sliding catch by freshman catcher Jared Abelson on a failed Madison sacrifice bunt in the first inning, the Seahawks defense, with junior pitcher Bobby Rae Allen on the mound, struggled with several errors en route to a 13-0 loss.

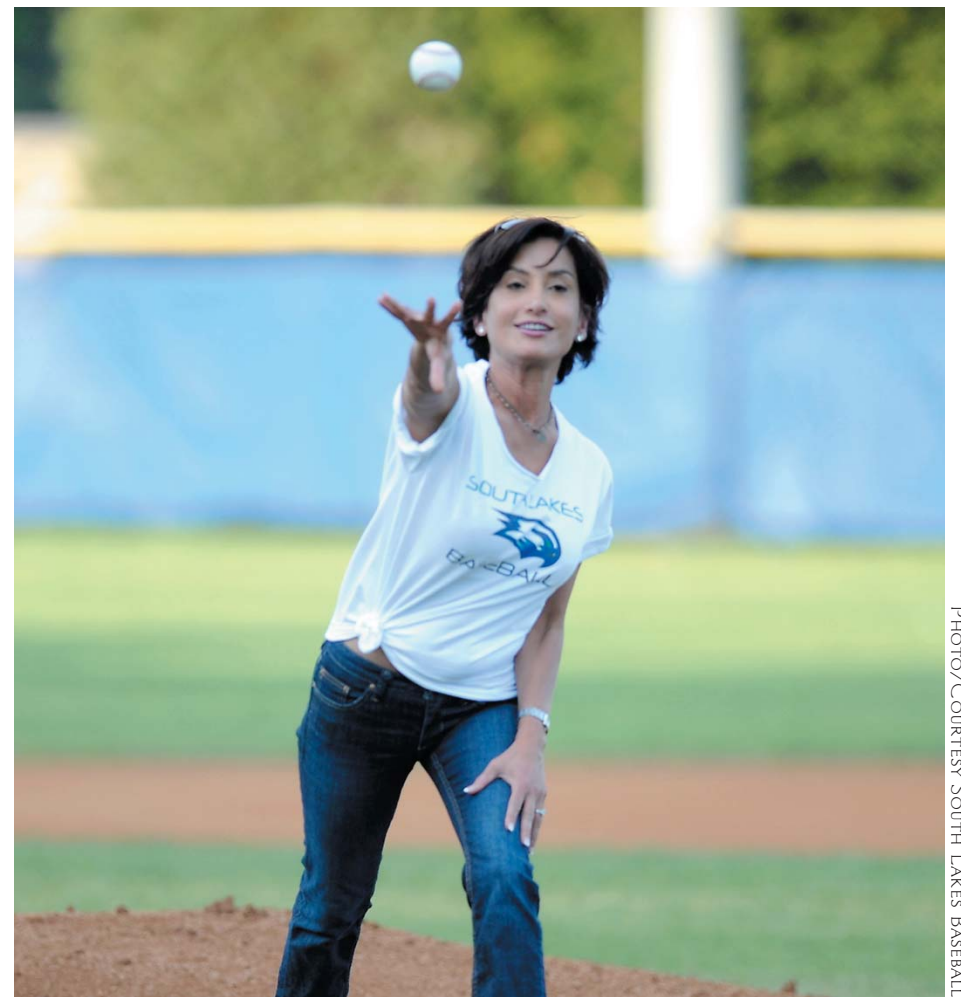
Friday's game against the Stone Bridge Bulldogs (13-4) on May 4, saw a much stronger defensive effort by the Seahawks. But the offense could only muster four hits in a 6-0 loss. Sophomore Justin Cosing led the South Lakes offense with two hits with Abelson and junior Austin Gibbons adding singles. Senior pitcher Billy McLaughlin pitched a complete game and got some defensive help by a diving catch in left field by junior Hayden Hall.

## South Lakes Loses Tough One to Langley

For the second time this season, the South Lakes Seahawks baseball team battled the Langley Saxons (9-7 record) but came up just short in a 5-3 loss. The Liberty District game took place April 27 at Langley.

Despite knocking out eight hits, the Seahawks couldn't get enough timely hits to pull the game out. It was a gritty effort by Seahawks pitcher Billy McLaughlin, who pitched a complete game. Offensively, South Lakes was led by Ryan Forrest, who had three hits, including a double to lead off the game. Unfortunately for the Seahawks, they couldn't move him around as they ended the inning leaving a runner in scoring position - the first of six for the night.

After falling behind 3-0 in the first inning, South Lakes broke through with an RBI single by McLaughlin in the third inning. The Seahawks' defense kept the game close



PHOTO/COURTESY SOUTH LAKES BASEBALL

**Prior to South Lakes' baseball game versus visiting Madison on Tuesday, May 1, Dr. Alli Guleria of Guleria Orthodontics, a grand slam sponsor of the Seahawks' baseball program, threw out the first pitch. (It was a called strike).**

- thanks to a diving catch by Hayden Hall at the wall in left field, and a leaping grab of a line drive by second baseman Matt Wojciechowski.

After the Saxons tacked on another run in the fifth to take a 4-1 lead, the Seahawks responded with two runs in the sixth inning. The inning started with a leadoff double off the left field wall by Kyle King, who eventually scored on an errant throw by the pitcher. Austin Gibbons' RBI groundout got South Lakes back within one run.

After an insurance run by Langley in the bottom of the sixth inning, the Seahawks had two men reach base in the top of the

seventh but stranded them to end the game.

But earlier in the week, a King home run led the Seahawks in a 9-5 district road win over the Thomas Jefferson Colonials on Tuesday, April 24. The Seahawks got off to a fast start on a two-run home run by King, his second homer in as many games.

Bobby Rae Allen worked around two first inning hits by the Colonials (2-11), thanks to a double play started and completed by senior third baseman Austin Schweppe, and a caught-stealing throw by freshman catcher Jared Abelson. Allen pitched four solid innings and helped his own cause by picking off two runners at first base.

The Seahawks scored in each of the first six innings and took a 4-2 lead in the third inning on an RBI single by Schweppe that scored Lear.

South Lakes extended the lead to 6-3 in the fourth inning thanks to doubles by Austin Gibbons and Ryan Forrest and an RBI by Lear. Allen gave up two earned runs in four innings and was relieved by Lear in the fifth inning. After the first two Colonials reached base, catcher Abelson picked off the runner straying too far from second base to halt the rally.

The Seahawks tacked on two more runs in the fifth inning, thanks to a two-run RBI double by Allen. In the seventh inning, South Lakes brought in senior Billy McLaughlin to preserve the win for Allen and the Seahawks.

## Herndon High Lacrosse Wins District Honors

Both the Herndon High girls' and boys' lacrosse teams were well-represented in recent All-Concorde District selection recognition for the spring season. The All-District Teams were announced during the half-time intermissions of last Friday night's Concorde District girls' and boys' finals games at Chantilly High School. The Oakton High girls won their title game contest in the double-header championship night's first game with a victory over Centreville. In the nightcap finals game,

the Oakton boys defeated Westfield.

The following Herndon Hornet girls' players received All-District honors: Rachel Delontagne (First Team Midfield); Nikki Russel (Second Team Midfield); Caroline Mann (Second Team Midfield); Gillian Linden (Second Team Defense); Sarah Suter (Honorable Mention Attack); Katherine Wilson (Honorable mention Attack); Alexis Duke (Honorable Mention Midfield); Ellen Cranley (Honorable Mention Defense); Hannah Boysko (Honorable Mention Defense); Kate Morris (Honorable Mention

Defense); Bridget Newell (Honorable Mention Goalie).

The following Herndon boys' players received All-District honors: Sam Skillman (First Team Attack); Chris Glazier (First Team); Patrick O'Bryan (Second Team); Ryan McLaughlin (Honorable Mention Midfield); Austin Miller (Honorable Mention Midfield); Spencer Wilson (Honorable Mention Midfield); Paul Hubble (Honorable Mention Goalie).

— RICH SANDERS



# ENTERTAINMENT

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## FRIDAY/MAY 18

**21st Annual Northern Virginia Fine Arts Festival.** 5-8 p.m. Reston Town Center, 12001 Market St., Reston. Contemporary and original performances, artist demonstrations, children's activities and live music. Over 200 master artisans in 18 different categories, including oil and acrylic painting, photography, sculpture, ceramics, printmaking, jewelry, metal, leather, wood, furniture, wearable and fiber art will be featured. Free admission; \$10 gift certificate for participating Reston Town Center restaurants available. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

**Voice Chamber Singers Spring Concert.** 7:30 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. "Hard Times Come Again No More," with music by Eric Whitacre, Franz Schubert, Simon & Garfunkel, Craig Hella Johnson, Doyle Lawson and more. Directed by Dr. Kenneth Nafziger. Adults \$23, seniors \$18, age 24 and under \$8. 703-277-7772 or [info@voce.org](mailto:info@voce.org).

**Jazz Dessert Concert.** 7:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. With the South Lakes High School Jazz Hawks and the Langston Hughes Middle School Jazz Ensemble. \$15, \$8 students, age 5 and under free with adult. [www.SouthLakesBand.org](http://www.SouthLakesBand.org).

**Herndon Author Ron Culbertson.** 6-8 p.m. Barnes and Noble, 1851 Fountain Drive, Reston. Book signing with the author of "Do it Well, Make it Fun: The Key to Success in Life, Death, and Almost Everything in Between." 703-437-9490.

**"The Wizard of Oz."** 7 p.m. Herndon Middle School, 901 Locust St., Herndon. With 38 actors from HMS and local elementary schools and a real 'Toto.' Music performed by Herndon High and Herndon Middle orchestra members. \$8. 703-904-4976.

## SATURDAY/MAY 19

**Shelter House Hoedown.** 7-11 p.m. Fairfax Hunt Club, 1321 Lake Fairfax Drive, Reston. BBQ, dancing, auction and more. [events@shelterhouse.org](http://events@shelterhouse.org).

**21st Annual Northern Virginia Fine Arts Festival.** 10 a.m.-6 p.m. Reston Town Center, 12001 Market St., Reston. Contemporary and original performances, artist demonstrations, children's activities and live music. Over 200 master artisans in 18 different categories, including oil and acrylic painting, photography, sculpture, ceramics, printmaking, jewelry, metal, leather, wood, furniture, wearable and fiber art will be featured. Free admission; \$10 gift certificate for participating Reston Town Center restaurants available. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

**FISH Fling Gala.** 7 p.m. Crowne Plaza Dulles Airport Hotel, 2200 Centreville Road, Herndon. Music, dancing, games and prizes, auctions, dinner and dessert. Proceeds assist Herndon-Reston residents experiencing short-term emergencies. [fish@herndonrestonfish.org](mailto:fish@herndonrestonfish.org).

**5K RUN/3Mile and 1 Mile Walks.** 8 a.m. Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon. Health and wellness, hula hoop contest, children's activities, food, zumba, games and more. Proceeds benefit the clinic. [cjameson@jsfreeclinic.org](mailto:cjameson@jsfreeclinic.org).

**The Miles Stiebel Band.** 8 p.m. Reston Community Center Hunters

# Northern Virginia FineArts FESTIVAL

The 21st Annual Northern Virginia Fine Arts Festival will take place at the Reston Town Center, 12001 Market St. in Reston on May 18-20, with handcrafted artwork, contemporary and original performances, artist demonstrations, children's activities and live music. Over 200 master artisans in 18 different categories, including oil and acrylic painting, photography, sculpture, ceramics, printmaking, jewelry, metal, leather, wood, furniture, wearable and fiber art will be featured. Free admission; \$10 gift certificate for participating Reston Town Center restaurants available. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

Woods, 2310 Colts Neck Road, Reston. Contemporary jazz. \$15-\$30. [www.milestiebel.com](http://www.milestiebel.com). 703-476-4500 or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**Discover eBooks.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. How to find and download library eBooks. Bring your eReader. Hands-on assistance provided. Adults. 703-689-2700.

**Jyoti Meditation and Personal Happiness.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn how spiritual meditation can enrich your life. Adults. 703-689-2700.

**Master Gardeners Plant Clinic.** 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Experts answer gardening questions. 703-242-4020.

**Voice Chamber Singers Spring Concert.** 7:30 p.m. St. John Neumann Church, 11900 Lawyers Road, Reston. "Hard Times Come Again No More," with music by Eric Whitacre, Franz Schubert, Simon & Garfunkel, Craig Hella Johnson, Doyle Lawson and more. Directed by Dr. Kenneth Nafziger. Adults \$23, seniors \$18, age 24 and under \$8. 703-277-7772 or [info@voce.org](mailto:info@voce.org).

**Seikilos to U2: A Tour Through Music History.** 7:30 p.m. UUCF 2709 Hunter Mill Road, Oakton. The Vienna Choral Society presents a concert to support arts education. Pre-concert talk by Creative Director Jennifer Rodgers Beach, 7 p.m. \$15-\$20, families \$35. [www.viennachoralsociety.org](http://www.viennachoralsociety.org).

**2012 FISH Fling Gala and Fundraiser.** Crowne Plaza Dulles Airport Hotel, 2200 Centreville Road, Herndon. Music, dancing, games and prizes, auctions and more. Proceeds assist Herndon-Reston residents experiencing short-term emergencies. [FISH@HerndonRestonFISH.org](mailto:FISH@HerndonRestonFISH.org).

**City of Fairfax Antique Car Show.** 10 a.m.-3 p.m. City Hall, 10455 Armstrong St, Fairfax. See a Model-T Ford reassembled in 15 minutes. Antique cars and live bluegrass music. Food available for purchase. Presented by the Northern Virginia Regional Group of the Early Ford V-08 Club, the City of Fairfax and others. A portion of the proceeds benefit the Armed Forces Retirement Home in Washington D.C. [www.nvrg.org](http://www.nvrg.org) or [info@nvrg.org](mailto:info@nvrg.org).

**"The Wizard of Oz."** 2 p.m. and 7 p.m. Herndon Middle School, 901 Locust St., Herndon. With 38 actors from HMS and local elementary schools and a real 'Toto.' Music performed by Herndon High and Herndon Middle orchestra members. \$8. 703-904-4976.

## SUNDAY/MAY 20

**Reston Community Orchestra: Embracing Youth.** 4 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Gershwin's Rhapsody in Blue: Classical Meets Jazz featuring the Mykle Lyons Trio, Bizet's Symphony in C and Mussorgsky's Suite from "Pictures at an Exhibition." Free, donations accepted. [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

**21st Annual Northern Virginia Fine Arts Festival.** 10 a.m.-4 p.m. Reston Town Center, 12001 Market St., Reston. Contemporary and original performances, artist demonstrations, children's activities and live music. Over 200 master artisans in 18 different categories, including oil and acrylic painting, photography, sculpture, ceramics, printmaking, jewelry, metal, leather, wood, furniture, wearable and fiber art will be featured. Free admission; \$10 gift certificate for participating Reston Town Center restaurants available. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

**Mosaic Harmony Choir.** 4 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Silent auction beginning at 3:30 p.m. \$25-\$30, under age 12 free. [www.mosaicarmony.org](http://www.mosaicarmony.org) or 703-764-8061.

**10th Annual Senior Senior Prom.** 2-4 p.m. St. Joseph's Hall, 750 Peachtree St., Herndon. For all area residents age 50 years and up. Dress: prom attire. Sponsored by The Rotary Clubs of Herndon and Reston. Free. Featuring The Loudoun Jazz Ensemble and The 8 Week Wonders Swing Dancers. Reserve at 703-904-8528.

## MONDAY/MAY 21

**Bushels of Beetles.** 10 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Age 3-5. Search for beetles, decorate a bug box. \$5-\$8. 703-476-9689 or [naturecenter@reston.org](mailto:naturecenter@reston.org).



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## "Psycho-not-so-matic" Anymore



By KENNETH B. LOURIE

Whatever I thought was only happening in my head – or not, or was really happening physically – or not, is the muddled description of the thoughts and emotions that this cancer survivor/cancer patient-still-receiving-treatment feels every time I make a 24/7 self assessment (which is often). An assessment that seems to have a mind of its own, and one which is mostly beyond my control to prevent/manage its ugly head from rearing whenever it pleases. As much as I pretend, as much as I deny, as much as I compartmentalize, any and every thing that happens to me happens in the context of having cancer. Any misstep, physically or emotionally, real or imagined always brings me back to the elephant in every room in every house; in fact, that metaphorical elephant is in every closet, every drawer, on every television channel and radio station; home or on the road; everywhere; especially and of course predominantly, in my head, and originally in my lungs and mediastinum, where it still remains, "stable," for the moment.

Whatever strategy I have employed in an attempt to manipulate my circumstances, to prevent cancer from getting the best of me emotionally, always suffers a setback after a visit to my oncologist. As much as I've tried to make light of these appointments over the last three years, having heart-to-heart, life-and-death conversations with YOUR cancer doctor, one who has already told you that he "can't cure you, that he can only treat you," is unsettling at best and downright depressing and mind-numbing at worst. Facing one's own mortality at age 57 conjures two quotes from Curly Howard of The Three Stooges, a famous one and a funny one: "I'm a victim of soycumstance," and "I'm too young to die, too handsome; well, too young, anyway."

Laughing in the face of adversity has been an ongoing and overriding pursuit of mine since being diagnosed with stage IV lung cancer in February, 2009. Not that my circumstances are anything to laugh about but, oddly enough, crying about them or "woeing" is me about them is a bit of a tired pursuit – for me. Sure I've cried and been curious why a lifelong non-smoker with no immediate family history of cancer could be diagnosed with a terminal disease at age 54, a mere eight weeks after burying my widowed mother. Nevertheless, life goes on, and it has, as I've now outlived my original prognosis by years, causing my oncologist to say to me at the end of my most recent appointment (and the one I may be overreacting to in this column): "It's been a privilege treating you." Words, as I say, "to live by."

Where I'm going in this column is a place I've never been: a new phase in my treatment, with new medications, new side effects, new consequences and new worries; all of which are unknown and unfamiliar to me. Presumably all of the above are simply more of the same – only different, if you know what I mean – (things I can handle, just calling them different things) meaning my concerns are more in my head than they are in my body. But I really won't know until I've lived it. For the moment, I can only anticipate it. Knowing what I knew is much preferred to not knowing what's new. And what lies ahead is definitely new. I can't say anymore: "been there and done that" – I can only say that I'm glad – and privileged, to still be doing anything.

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



## NEWS

### FISH Fling 2012 to Honor Volunteers

Herndon-Reston FISH (Friendly Sympathetic Instant Help) will be holding its 7th Annual Fling on Saturday, May 19, at the Crowne Plaza Dulles Airport Hotel in Herndon. The festivities will begin at 6 p.m. with appetizers, games, photo booth and Silent Auction items. This will be followed by a seated dinner and dance music by the Free Tom band. The live auction will feature some extra special items and Delegate Tom Rust will serve as the auctioneer this year. Reservations are still available at \$85 each (\$45 tax deductible). For reservations contact: FISH@HerndonRestonFISH.org

Herndon-Reston FISH is a local nonprofit in operation since 1969. FISH provides residents of Herndon & Reston with Friendly Instant Sympathetic Help when they are experiencing difficulties such as threatened power disconnection or eviction due to falling behind in their payments. FISH also helps with other emergency needs such as prescriptions, auto repair and transportation to medical appointments. Clients are handled on an individual basis through the Assistance program.

As FISH has each year, a number of volunteers will be honored guests and recognized as Star FISH because of their contributions to FISH. The four individuals being honored this year all have a long history with FISH and have helped in many ways throughout the years. All have shown dedication and generosity to an unusual degree.

Current Treasurer Diane Hardcastle and her husband Jim began in 1980 making assistance calls and picking up furniture. After a few years off Diane began working at the store, The Bargain Loft, as a cashier and since 2009 she has been Treasurer on the Board of Directors. This task became increasingly

complex as FISH experienced considerable growth and record keeping moved fully into the online age.

Chris Griffin has been a long time supporter of FISH and served as a Corporate Member of the Board of Directors for several years. The Griffin-Owens Insurance offices hosted board meetings on a regular basis until this year. Chris and her husband, Don Owens, have made some of the raffle offerings possible. Their ongoing generosity as FISH sponsors helps fund essential assistance work.

Sue Maynard started volunteering at the Bargain Loft in 1981 when it first opened. She ran the toy and vintage toy departments for 15 years. Sue also served on the Board of Directors two different times. She scheduled assistance workers for six years. Sue took a break to teach school then returned in 2003 and has been at The Bargain Loft since. Currently she is the historian and the FISH scrapbooks will be available for viewing at the Fling.

Helen Sellman began working with FISH in 2004 at The Bargain Loft and then began assistance work. She served on the Board of Directors for 3 years during which time she wrote thank you letters and served as Assistance Volunteer Coordinator. Helen continues to work at The Bargain Loft and handles assistance calls on a regular basis, finding this work extremely rewarding.

This year FISH will be honoring a company that has provided significant help over the years, including FISH Fling sponsorship for the last six years. NRTC, the National Rural Telecommunications Cooperative, employees have collected food and gifts for Holiday Basket Programs. Each autumn they begin their work and their contributions allow FISH to make the holiday period a bit brighter for many families



From left: Sue Maynard, Diane Hardcastle, Helen Sellman.



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