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Herndon Police
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DeBoard stops by
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during Bike to Work
Day Friday, May 18.

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The art of being wise is the art of knowing what to overlook.

—William James



Matt McGee of A-1 Cycling tightens the chain of Officer R.C. Daranko's bicycle of the Herndon Police Friday, May 18. Herndon hosted one of 58 pit stops in the area, and provided snacks and bike maintenance to cyclists that came through.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Herndon Hosts Bike-to-Work Day

Downtown one of 58 local pit stops for annual event.

BY ALEX McVEIGH
THE CONNECTION

Hundreds of bikers who decided to forego their cars during their commute were welcomed in downtown Herndon Friday, May 18, one of 58 pit stops around the Washington, D.C. area during the day. The day was the culmination of National Bike to Work Week, and last year's Bike to Work Day featured more than 11,000 participants locally.

Cyclists who passed through Herndon on the W and OD trail could stop for some breakfast, drinks and even a bicycle tune up if needed.

"We wanted to highlight the difference riding a bike to work can make, whether it's on the environment, traffic or quality of life," said Sarah Velasquez of A-1 Cycling. "We had almost 280 people register for today, up from about 215 last year. We've also seen a lot of groups getting together and organizing to commute as a group."

A-1 Cycling co-sponsored the pit stop with the Town of Herndon. Cindy Roeder, director of the town's Parks and Recreation Department, said another goal of the event was to highlight the W and OD Trail.

"We certainly want to encourage activities and show the benefits of the trail, one of the area's most famous linear parks," she said. "It's been an event that has kept growing, and we've seen a lot of people who have come out who didn't officially register. One man said today was his 700th consecutive day biking to work, and today was his birthday."

Ben Heathcote of Sterling hasn't come close to that many days, but after getting a top-of-the-line bike for Christmas, he said he's trying to make it a regular part of his life.

"My New Year's Resolution was to get out and bike more, since it's something I really hadn't done since college. I think I've probably biked from my house to my office in Vienna about a dozen times this year, mostly in the last month," he said. "I'm not as hardcore as I should be I guess, because I only really do it on nice days, when I've planned for it. But if they had snacks here every day, I'm sure I'd be more



Cyclists cross Elden Street in Herndon along the W and OD Trail, part of Bike to Work Day Friday, May 18.

of a regular."

Mike Calumet of Reston says he loves biking to his job in Ashburn, but says the biking itself isn't what keeps him from doing it more regularly.

"If it was as simple as riding there and back every day, I'd do it even in the winter, that's how much I like it," he said. "But the problem comes when you get there. If I've got a big meeting, I can't be all sweaty, and for the sake of my office-mates, I usually need to change clothes. It's a whole other level of logistics, and it can be hard to find a shower near the office. If those things were present though, I'd have no problem doing a majority of my commuting on my bike."

Bike to Work Day started in 1956 through the efforts of the League of American Bicyclists to create an alternative to driving alone.

USDA Under Secretary for Food, Nutrition and Consumer Services Kevin Concannon examines a selection of local flowers with Sandy Lombardi of Kuhn Orchards at the Frying Pan Farm Park Farmer's Market Thursday, May 17.



PHOTO BY
ALEX McVEIGH/
THE CONNECTION

USDA Under Secretary Visits Frying Pan

Kevin Concannon announces new grant opportunities for markets.

BY ALEX McVEIGH
THE CONNECTION

Kevin Concannon, U.S. Department of Agriculture (USDA) Under Secretary for Food, Nutrition and Consumer Services visited the Frying Pan Farm Park Farmers Market Thursday, May 17. In addition to visiting with local vendors and shoppers, he announced new grant opportunities for states to purchase Electronic Benefit Transfer wireless technology for the markets.

"There are about 7,000 farmer's markets nationally, and about 2,500 of those have access to electricity or wireless connectivity," Concannon said. "Our goal with these grants is to close the gap."

Frying Pan Farm Park's market is one of 11 sponsored by the Fairfax County Park Authority, and the only one that currently accepts EBT. This allows them to participate in the USDA's Supplemental Nutrition Assistance Program (SNAP), formally known as food stamps, which allows benefits to be used to purchase produce at local markets.

"Our interest is encouraging people to eat healthy, and this is a way to nudge people to markets like this to re-enforce the fact that we need fruits and vegetables every day,"

Concannon said. "The fewer processed foods people eat the better, and I think it's especially neat for kids to come and see where fruits and vegetables come from, maybe it will make them more apt to eat them."

Megan Carroll, Farmers Markets coordinator with the park authority, estimated they see around four or five SNAP participants every week at the market.

"Because most markets don't have EBT, they don't even think to try, which is a mindset we can hopefully change," she said. "Healthy, locally grown food can be less expensive and we want people to know that."

Grant money will be distributed by state, depending on the number of markets. There are a little more than 150 farmer's markets in Virginia.

Individuals using benefits at the market can go to the market tent located in front of the stand and tell the staff member how much they would like to spend. The staff member will give the person wooden tokens worth \$1, which they can use to purchase only food items. No change is given, but tokens can be used the following week at the same market they were issued.

The Frying Pan Farm Park Farmers Market runs every Thursday until October from 3:30 to 7 p.m.

Governor Signs Voter ID Bills

McDonnell directs state to send every voter a new voter card before Election Day.

BY VICTORIA ROSS
THE CONNECTION

Governor Robert McDonnell (R) signed watered-down versions of Virginia's Republican-backed voter identification bills on Friday, adding the Commonwealth to the growing list of states adopting stricter voting standards.

Under the new law, voters will be required to show ID before they cast their ballots, a measure that Democrats in the Virginia General Assembly have said will disenfranchise many voters, especially minorities, the poor and the elderly. To subdue critics, the Governor signed measures expanding the type of ID acceptable at the polls – which include a utility bill or a Virginia student ID card – and directed the State Board of Elections to send every registered voter a new card before the 2012 presidential elections in November.

“Every qualified citizen has the right to cast one vote. Not two votes; not zero votes,” McDonnell

“Every qualified citizen has the right to cast one vote. Not two votes; not zero votes.”

— Governor Robert McDonnell

said in a statement released Friday. “This legislation does two things. It increases the forms of identification that can be used for purpose of voting, while helping to further prevent voter fraud and ensuring Virginians that they can have faith that votes have not been fraudulently cast.”

THE PREVALENCE – or absence – of voter fraud is at the heart of the debate over whether Virginia or other states need any new legislation.

“The ‘voter identification’ bills are a solution in search of a problem,” said State Sen. Chap Petersen (D-34) in an email on Saturday. “Our current system is



PHOTO CONTRIBUTED

The Burke Centre polling place at the Commons Community Centre preps for Election Day.

Acceptable Forms of ID

Under the new legislation and existing law, the following are acceptable forms of ID for voting:

- ❖ Virginia voter registration card
- ❖ Social Security card
- ❖ Valid Virginia driver's license
- ❖ Any other identification card issued by an agency of the Commonwealth, one of its political subdivisions, or the United States
- ❖ Any valid student identification card issued by a Virginia
- institution of higher education
- ❖ A valid identification card issued by an employer containing a photograph of the voter
- ❖ A copy of a current utility bill
- ❖ A copy of a bank statement
- ❖ A government check
- ❖ A paycheck that shows the name and address of the voter

working fine. By agreeing to these gratuitous changes, the Governor is making the system less open and convenient to law-abiding citizens.”

State Sen. David Marsden (D-37) has said that using voter fraud as a justification for new voter identification rules is a smokescreen for voter suppression. “When we’ve asked these legislators (in Virginia) to cite one example of voter fraud, they just can’t do it,” Marsden said.

Even McDonnell noted Virginia’s “tradition of honest elections” and a voter compliance rate of nearly 100 percent in a survey of localities from the last presidential and gubernatorial elections in 2008 and 2009.

Currently, Virginia voters are allowed to vote without ID by signing a sworn affidavit affirming their identity. Under the new law, voters without ID cards will still be able to vote provisionally, on the condition they provide proper ID later for the vote to be counted.

“Some have argued that there are voters who do not have any form of ID to bring to the polls. For that reason, we will be sending every voter in Virginia a free voter card between now and Election Day to ensure they have at least one form of ID to bring with them to the polls,” McDonnell

said.

In addition to issuing every active voter a new card, McDonnell also ordered election officials to coordinate a public education campaign to help raise awareness about the approved ID to the polling place on Election Day, and the process for obtaining a free voter card if someone does not have a form of ID.

McDonnell said the additional steps his administration is taking to implement this legislation ensure that no voter is “overly burdened by the provisions included in this legislation.”

According to the National Conference of State Legislatures, a bipartisan research organization, Voter ID continues to be a high-profile and highly-contentious issue in many state legislatures. Currently, 32 states have voter ID legislation pending, and several states have pushed for rigorous laws that require voters to present a state-issued photo ID card.

JUST BEFORE McDonnell’s pronouncement, the Fairfax County Office of Elections launched a campaign to alert voters to new voter registration cards the state is in the process of mailing to approximately 195,000 county voters this week.

But the cards are being mailed

Voter Information

- ❖ If you have not received a new card, but would like to check your voter registration status and information, go to the Virginia State Board of Elections at www.sbe.virginia.gov/
- ❖ For more information, go to Fairfax County Office of Elections website at www.fairfaxcounty.gov/elections
- ❖ Or contact the Office of Elections at 703-222-0776, TTY 711.

only to voters affected by Congressional redistricting and voters still holding a card that included their Social Security Number (SSN), which will be replaced with a system-generated identification number.

Now, every registered voter will get at least one new voter card. The cards mailed out this week also indicate a language preference.

According to Cameron Quinn, Fairfax County’s chief elections official, as a result of the 2010 Census, Fairfax County falls under Section 203 of the Voting Rights Act, which requires the county to provide voting and elections-related materials in English and Spanish.

She said Fairfax County is now providing voter information and materials for Spanish speakers. And the county’s website www.fairfaxcounty.gov/elections has a Google Translations line that can translate information into Spanish and several other languages.

“The ‘voter identification’ bills are a solution in search of a problem.”

— State Sen. Chap Petersen (D-34)

Quinn said that while the Fairfax County and state websites are updated, not all voter election web pages and links have been updated with the new congressional district information.

“Those voters whose congressional district changed as a result of redistricting are currently being mailed a new voter card,” Quinn said. “Whether or not you received a new voter card, if you have questions or to be certain you know your congressional district information, refer to the county or state election office’s website for the correct information or call us at 703-222-0776.”

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

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.

THURSDAY/MAY 31

DEQ Public Meeting on Water Quality in Holmes Run and Tripps Run. 6:30 p.m. Woodrow Wilson Library, 6101 Knollwood Drive, Falls Church. Holmes Run and Tripps Run do not meet water quality standards due to poor health in the benthic biological communities. Learn what the state is doing to address the problem. 703-583-3859 or jennifer.carlson@deq.virginia.gov.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com. Deadline is Thursday.

United Christian Parish, 11508 North Shore Drive in Reston, will present a free concert on Friday, May 25, at 7:30 p.m., with the premiere of a choral piece written for the dedication of the new sanctuary. Singers from the United Christian Parish, St. Anne’s Episcopal Church, the Unitarian Universalist Church in Reston and soloists from the University of Maryland will participate. The builder of the church’s new custom-made organ, Warren Hood, will play a solo organ work. The United Christian Parish is an ecumenical church uniting United Methodist, Presbyterian Church (USA), United Church of Christ, and Christian Church (Disciples of Christ). 703-620-3065 or www.unitedchristianparish.org.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

Vajrayogini Buddhist Center, Brown’s Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach ‘Living Meditation: Meditation for Relaxation,’ teachings and guided meditations that teach students how to relax their body and mind. \$12. www.meditation-dc.org or 202-986-2257.

COMMUNITY

Running, Walking for Charities

Connections for Hope run, walk benefits local charities.

Nearly 46 percent of all Herndon families speak a language other than English at home. Vecinos Unidos is one of the charities trying to fill a need for services in this area. Mary Ann Kral, a volunteer with Vecinos Unidos, said the charity provides homework help to children with non-English speaking parents. The Annual Connections for Hope 5K run and 1/3-mile walk benefits Vecinos Unidos and partners including the Jeanie Schmidt Free Clinic, Reston Interfaith, the Literacy Council of Northern Virginia, Helping Children Worldwide and the Fairfax-Falls Church Community Services Board among others.

Sarah Newman, Executive Director at Connections for Hope, said, "We've been here for two years and have provided a place for people to come to one location to gain training and gather information."

Among those who walked were Sam and Joanne Abbate—recent transplants from Long Island, N.Y. Sam, an employee of Northrop Grumman, walked with their team as did Joanne, his wife.

Rick Wormeli, a former teacher and current author (of education books) had a lot of fun cheering people on. He said, "I'm the clown/jester MC here and then I have to run to another event in Lorton." He was wearing a costume that covered him from head to toe, which he sported throughout the morning into early afternoon, when he finally got into his car to drive to his next gig.

— SANGEETA KUMAR



From left, Anna Chavez, a 1st grader with sister Irais Chavez, a 2nd grader—both of Virginia Run Elementary School—take cover from the hot sun overhead after completing their mile long walk.

PHOTOS BY
SANGEETA KUMAR/
THE CONNECTION



From left, Holly Wieland, a volunteer and Registered Nurse of Herndon; Mary Ann Kral, who supports Connections for Hope on behalf of Vecinos Unidos, and Cornell Harris, a Consultant and Partner at WIPRO, who is on the Advisory Council of Connections for Hope and describes his role at the event as "Parking Coordinator."



Rick Wormeli, Clown MC of Herndon, getting ready to kickoff the one-miler at Connections for Hope.



Bryant Johnson, an IT auditor from Herndon at the finish line after completing a 3-mile walk



Melissa Ciavarella of Herndon is the Children's Ministry Director at Floris United Methodist Church. The church and Northrop Grumman team up to support Connections for Hope and its partners.

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Remembering on Memorial Day

Time to honor, also time to ensure proper care of veterans.

In February, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war on terror. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

Since Sept. 11, 2001, more than 6,400 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan. In 2012, there is just one reported death in Iraq, and more than 115 in Afghanistan.

Nearly 50,000 U.S. Military service members have been wounded in the war on terror, although that number is likely to be revised upward. The New York Times reported earlier this month that the military confirmed traumatic brain injury in more than 220,000 of the 2.3 million troops who have served in Iraq and Afghanistan.

The long-term consequences of many of these injuries are unknown, but they will require a national commitment to excellence in health care for both active duty military personnel and veterans.

On Memorial Day, we honor and thank all those who have served in the military, in times of war and peace. It is also a time to reinvigorate efforts to provide the best services and opportunities to our veterans. The Post-9/11 GI Bill dramatically increases the educational benefits extended to members of the military who have served at least three months of active duty since Sept. 11, 2001. Steps to provide better, faster and more responsive health care to veterans, including mental health care are underway, but have a long way to go. This is one place where we must commit the resources to do better.

More than 175 U.S. Military service personnel from Virginia have been killed in Iraq and Afghanistan, including several in the last year.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011. when insurgents attacked his unit using a roadside bomb in Kandahar province, Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Other Virginia losses since Memorial Day 2011:

Capt. Jesse A. Ozbat, 28 of Prince George, Va., died earlier this month on May 20, 2012 in Afghanistan when enemy forces attacked his unit with a roadside bomb.

Constructionman Trevor J. Stanley, 22, of



PHOTO COURTESY OF THE U.S. MILITARY

Command Sgt. Maj. Guitaud Leandre, 13th ESC, hands Cindy Hildner an artillery shell moments after it was fired from a cannon in her husband's honor at Fort Hood Feb. 9. Brig. Gen. Terence J. Hildner of Fairfax died in Afghanistan Feb. 3.

EDITORIAL

Virginia Beach, Va., died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Stanley, a Seabee, was assigned to Naval Mobile Construction Battalion 3

Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Parwan province, Afghanistan. He was assigned to the 25th Signal Battalion, 160th Signal Brigade, 335th Signal Command Theater, East Point, Ga.

Maj. Samuel M. Griffith, 36, of Virginia Beach, Va., died Dec. 14, 2011 in combat operations in Helmand province, Afghanistan.

Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu near Iskandariya in Babil province, Iraq.

Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 when enemy forces attacked his unit with small-arms fire in the Narang district of Kunar province, Afghanistan.

Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Meymaneh, Faryab province, Afghanistan.

HERE ARE the names of other local men and women who have died in Iraq and Afghanistan and in support of the "war on terror." We repeat these names at least twice a year on Memorial Day and Veterans Day to honor their service and to keep their memories in our consciousness.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton was one of two Marines who died April 23, 2011 in combat in Helmand, Afghanistan:

Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, in a non-combat incident. Venetz had been seriously wounded months before.

Spc. Sean R. Cutsforth, 22, of Radford, Va., died Dec. 15, 2010 in Afghanistan, when insurgents attacked his unit using small arms fire. Spc. William K. Middleton, 26, of Norfolk, was one of two soldiers who died Nov. 22, 2010 in Afghanistan, when insurgents attacked with an improvised explosive device. Staff Sgt. Christopher F. Cabaco, 30, of Virginia Beach, was

one of two soldiers who died July 5, 2010, in Kandahar, Afghanistan, when insurgents attacked their vehicle with a roadside bomb.

Pfc. Benjamin J. Park, 25, of Fairfax Station, Va., died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After 9/11, Cahir decided to leave his career as a journalist and join the Marine Corps. After his application to become a Marine had originally been denied because of his age, he lobbied members of Congress to get a special exemption.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq Oct. 29, 2005.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand province, Afghanistan. "He loved his country, and we're so proud of him," said his mother.

2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Ga. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in the confusion of a firefight. Just last month, April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up, according to Tom Jackman of the Washington Post.

Army 1st Lt. Thomas J. Brown, a George Mason University graduate and Burke resident, died on Sept. 23, 2008, while serving in Iraq. His unit came under small arms fire, and Brown, 26, died from his wounds.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet. His father, Ed Kirkpatrick, calls him the "warrior poet," and he and his wife help injured vets at Walter Reed through the Yellow Ribbon fund (www.yellowribbonfund.org).

Ami Neiberger-Miller of Sterling lost her brother, U.S. Army Spc. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22. Since her brother's death, Neiberger-Miller has devoted herself to the Tragedy Assistance Program for Survivors (www.taps.org), an amazing organization which provides emotional support and other services for families of the fallen. This Memorial Day weekend, TAPS will bring together survivors in Arlington for the 18th National Military Survivor seminar, along with a "good grief" camp for children who have lost a parent.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

Airman 1st Class LeeBernard E. Chavis, 21, was killed Oct. 14, 2006, by sniper fire in Iraq, trying to protect civilians from a roadside bomb.

Spc. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

SEE TIME TO HONOR, PAGE 7

CALENDAR

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

WEDNESDAY/MAY 23

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

THURSDAY/MAY 24

Early History of Reston Part 1: Creation of the Plan. 7 p.m. Reston Community Center, 1609A Washington Plaza, Reston. Museum staff member Loren Bruce and other local residents on the origins of Reston, the nation's first large-scale planned community that changed the face of the suburban landscape in America. Free, donations appreciated. 703-709-7700 or www.restonmuseum.org.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library ebooks and how to access them with your compatible device. Call for an appointment. Adults. 703-242-4020.

SATURDAY/MAY 26

Remembrance Cabaret for Reema Samaha. 7 p.m. Westfield High School, 4700 Stonecroft Blvd., Chantilly. Celebrate the life of Reema Samaha through dance, music and comedy. Silent auction and bake sale start at 6 p.m. Donations accepted to benefit the Reema J. Samaha Memorial Scholarships and the Angel Fund. www.facebook.com/RemembranceCabaretForReema.

SUNDAY/MAY 27

Memorial Day Weekend Bird Walk. 7:30 a.m. Glade Stream Valley, Glade Stream and Twin Branches Road, Reston. Age 16 and up. Beginning and expert birders welcome. 703-476-9689 or naturecenter@reston.org.

WEDNESDAY/MAY 30

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

THURSDAY/MAY 31

Backyard Composting. 7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn how to recycle kitchen waste, leaves and other yard debris. \$5-\$8. 703-476-9689 or naturecenter@reston.org.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.



Art teacher and students at McNair Elementary's art fair.

Art Fair at McNair Elementary

On May 8, McNair Elementary in Herndon, hosted an Art Fair for grades K-6. Students' artwork was displayed in matted frames, and hung in the library. All students passed through during the day to view the

works. In the evening, it was open to family and friends and the artwork was available for sale. The art instructors and administration were very pleased with this first art fair and will be continuing it in the future.

PHOTOS CONTRIBUTED



Box art at McNair Elementary's art fair.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library ebooks and how to access them with your compatible device. Call for an appointment. Adults. 703-242-4020.

FRIDAY/JUNE 1

"MacBeth" by William Shakespeare. 7:30 p.m. Herndon High School Auditorium, 700 Bennett St., Herndon. Advanced Student theatre production. Tickets \$10. www.herndonrama.org.

SuperDuper! Benefit Concert. 6 p.m. Frying Pan Park Visitor Center, 2709 West Ox Road, Herndon. Performers include Send the City, All Access, Andrew Rohlk, Madam Myopia and more. Proceeds benefit Charity Music Inc. from Michigan that gives instruments to children in need. \$7. 703-501-1976.

SATURDAY/JUNE 2

"MacBeth" by William Shakespeare. 7:30 p.m. Herndon High School Auditorium, 700 Bennett St., Herndon. Advanced Student theatre production. Tickets \$10. www.herndonrama.org.

Storytellers Better Said Than Done. 7 p.m. and 9 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. "Our Bodies, Our Selves," stories about self discovery, self control and self

destruction. Refreshments available for purchase. Adults. \$15. www.betersaidthandone.com.

Flea Market. 9 a.m.-2 p.m. Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. With food and a bake sale. 703-281-4411 or www.oaktonbrethren.org.

Summer Bird Count. 6:45 a.m.-12 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. Meet local bird experts, learn tips on identification and help obtain important information. Optional lunch. Free. 703-476-9689 or enviroed@reston.org.

Clean the Bay Day - Reston Cleanup. 10 a.m.-12 p.m. Access points at Lake Audubon, Thoreau and Anne. Looking for volunteers to get on their boats and to walk the shorelines of each lake to collect trash. 703-435-7986 or e-mail to habrock@reston.org.

SUNDAY/JUNE 3

Cycle Fest and Israel Street Festival. 8 a.m.-12 p.m. Fairfax Corner, 4100 Monument Corner Drive, Sully. Three ride distances, Israeli rock and roller Danny Sanderson, Israeli Scouts Friendship Caravan, local dance and choir groups, shuk market and more. Sponsored by the JCCNV, The Jewish Federation of Greater Washington, Embassy of Israel and local synagogues. Free admission. 703-227-0895 or www.jccnv.org.

Time to Honor

FROM PAGE 6

U.S. Army Specialist Felipe J. Garcia Villareal, 26 of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children. His parents live in Alexandria.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after 9/11. Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in An Najaf, Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Samarra, Iraq, Oct. 17, 2005.

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq.

Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria. Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obles-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church; Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

— MARY KIMM.

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South Lakes Baseball Wraps Up Spring Season

Seahawks edge Fairfax in play-in game before season-ending loss at Marshall.

Although it took more than 24 hours, the South Lakes Seahawks baseball team ultimately subdued the Fairfax Rebels to win their opening Liberty District Tournament game, 8-7. The first three innings were played on Tuesday, May 15 with Seahawk senior pitcher Billy McLaughlin opening on the mound.

In the top of the second inning, South Lakes' designated hitter Bobby Rae Allen singled to left field and Austin Gibbons parked a home run into the trees beyond the fence for a 2-0 advantage for the Seahawks.

The Rebels promptly halved the lead in the bottom of the frame with one run. South Lakes tacked on another in the third, however. Senior leadoff batter Ryan Forrest reached on an error; then McLaughlin and left fielder Kyle King both earned walks to load the bases. Allen made contact for another base hit, plating Forrest. McLaughlin, on the Allen hit, was called out on a close play at the plate. The Rebels batted around in their half of the third, scoring three runs to take a 4-3 lead.

But lightning was then spotted in the skies, which led to a suspension of action until the next day.

On Wednesday, May 16 the Seahawks scored a run in the top of the fourth inning. Junior second baseman Hayden Hall came home on a timely single by Jared Abelson, knotting the count at four apiece.

After junior hurler Bobby Rae Allen pitched a scoreless fourth, South Lakes tallied three runs in the top of the fifth. Forrest walked, stole second and moved to third on a McLaughlin single. King loaded the bases by drawing another walk. Allen, sustaining the sizzle at the plate, singled again to center, driving in two runs. Shortstop JoJo Lear drew a bases-loaded walk and then Hall drove in the third run of the inning with a walk. Fairfax got one back in the bottom of the fifth and the score stood at 7-5 South Lakes with two innings to go.

In the top of the sixth, with runners on first and third, sophomore Justin Cosing entered the game as a courtesy runner at first base. Moments later, McLaughlin, from third base, scored what proved to be the winning run on an attempted double steal, aided significantly by Cosing's heads up effort to remain alive in a run-down between first and second base. He was hung up long enough to allow McLaughlin to score.

Allen held the Rebels scoreless in the sixth and the Seahawks were blanked themselves in the opening frame of the seventh. Allen ascended the hill for the bottom of the seventh inning with South Lakes holding an 8-5 lead. He struck out the first batter before



Bobby Rae Allen pitched the seventh inning versus Fairfax last week, earning the save in his team's 8-7 playoff win.

the next two hitters singled and homered respectively, closing the gap to 8-7. But Allen kept his composure and induced two ground outs to close out the hard-fought Seahawk victory, advancing them to the second round.

THERE, IN THE second round

(quarterfinals) of the district playoffs, South Lakes, on Thursday, May 17, saw its season end with a 6-3 road loss at Marshall.

McLaughlin got his team off to a good start, smacking a two-run home run over the left center fence to drive in fellow senior and lead-off batter Ryan Forrest. The Statesmen stormed back in their half of the frame, scoring four runs as McLaughlin, the Seahawks' starting pitcher, struggled with his control. In the top of the fourth, Austin Gibbons drove in JoJo Lear with a single to get South Lakes within 4-3.

McLaughlin pitched out of trouble in both the third and fourth innings, aided in the latter by a spectacular diving catch by Josh Forrest in right field. But Marshall sealed the deal with two more runs in the bottom of the sixth. Austin Schweppe came on to pitch a scoreless seventh for South Lakes.

The 6-3 loss ended South Lakes' run in the Liberty District postseason tournament and brought the season and high school playing careers to a close for Seahawk se-

niors Billy McLaughlin, Ryan Forrest, Austin Schweppe, Michael Francis and Kyle Sather.

All Liberty District Honors

Three South Lakes players earned All-Liberty District honors this season. Senior Billy McLaughlin was selected to the first team All-District team. McLaughlin powered the Seahawks all season as the team's No. 1 pitcher and leading hitter. Offensively, he led the team with a robust .407 batting average, 14 runs batted in, and a .515 on base percentage. He also led the Seahawks in innings pitched (55) and strikeouts (22).

Senior Ryan Forrest was named to the second team. His versatility in the field had him playing centerfield, shortstop, and pitcher among other spots. Forrest led the team with 12 runs scored and seven stolen bases. Freshman Kyle King was selected third-team All-District. He led the Seahawks with three home runs and also knocked in 12.

Hornets Follow the Season Script

Herndon boys' soccer fulfills season game plan in winning Concorde title.

BY RICH SANDERS
THE CONNECTION

The long term season plan for the Herndon High boys' soccer team was to ultimately be playing its best by the postseason. The Hornets could not have fulfilled that mission any more successfully than they did at last week's Concorde District tournament where, as the No. 3-seed, they won all three of their games to capture the title.

"We always emphasize playoffs," said Herndon head coach Sean Lanigan, who explained that his Herndon teams, in the past and present, have always tried to utilize the regular season to focus on playing as a team, getting better and better as the season rolls along, and remaining healthy as best as possible in order to be in prime form for postseason play. "The playoffs are a whole new season for us."

In the district finals, last Friday night, May 18 at Westfield High School, Herndon (11-2-3) defeated upstart underdog Chantilly, 1-0, to earn the district banner. The victory capped a district tournament surge in which Herndon defeated No. 6-seed Westfield, 3-1, in the quarterfinals, and defending district champion and No. 2-seed Oakton, 4-1, in the semifinals prior to its title match win.

Oakton, which defeated Herndon, 3-0, in last year's district tournament finals, reached the finals once again as a

result of a semifinals victory over top seeded Robinson last Wednesday, May 16.

The finals game was deadlocked at half-time. The game's lone goal came with about 12 minutes remaining in the second half when Herndon senior Patrick McLaughlin scored off a free kick shot. The kick, from the right side, found its place into the left back of the net.

"He saw an opening in the [Chantilly defensive] wall and buried it in the back," said Lanigan, of the goal.

Thereafter, Lanigan said, his team tried to maintain possession of the ball over the final 12 minutes.

"We continued to pressure," he said. "The guys were certainly energized by the [McLaughlin] goal because we didn't want the game to go into overtime."

McLaughlin had not played the final six games of the regular season due to a right leg fracture.

During that month-long stretch without McLaughlin in the line-up, the Hornets rallied and played together. They received outstanding leadership at that time from senior striker EK Korvah.

"Ever since Patrick got hurt, EK has really stepped up and been a leader on this team," said Lanigan.

BY THE START of the postseason, McLaughlin was back in the line-up for the district tournament. Herndon played and defeated the Westfield Bulldogs, 3-1, at

Herndon on Monday, May 14. Korvah and McLaughlin provided the scoring and assists in that contest.

Two days later at Oakton in a semifinals game, Herndon took control over the first 20 minutes, building up a 3-0 lead on way to the 4-1 win over the Cougars. A year earlier in the finals, it had been Oakton which garnered early control versus top-seeded Herndon and never relinquished it as the Cougars won 3-0.

But Friday night belonged to Herndon. "We just ran at their defense and slid the ball to the outside midfield as we went forward," said Lanigan, of last Wednesday's win over Oakton. "We were up 3-0, 20 minutes into the game. EK was just on fire and stepped up."

Korvah finished with a goal and two assists in the victory. Other goals came from senior midfielder Bryant Fernandez and recent varsity call-up sophomore striker Brian Maye.

Herndon was scheduled to host a first round game of the 16-team Northern Region tournament on Tuesday, May 22 of this week versus local cross-town rival South Lakes, which is under head coach Marty Pfister. The Seahawks (8-3-4), at last week's Liberty District tournament, defeated Madison, 1-0, in a quarterfinals round game on May 15. That victory earned South Lakes an automatic seeding at regionals and also advanced the Seahawks to the district semifinals where they lost at top-seeded Langley, 2-0, on May 17. Langley went on to lose to McLean in the finals, 1-0, last Friday at Madison High School.

PHOTO BY ALEX McVEIGH/THE CONNECTION



Visitors to the Herndon Festival bend the rules of gravity on the Zipper (left) or the Round Up (right).



Johnathan Watson, 2, watches a train go by during the Washington, Virginia and Maryland Garden Railway Society's display on the Herndon Town Green at last year's Herndon festival. This year's will take place from May 31 to June 3.

Herndon Hosts Annual Festival

Town festival will take place May 31 to June 3.

BY ALEX McVEIGH
THE CONNECTION

Herndon will host its 32nd annual Herndon Festival May 31 to June 3, attracting more than 80,000 metropolitan Washington, D.C. residents to one of the area's largest admission free festivals.

The four-day festival will feature the usual array of live music, carnival rides and games, arts and crafts booths, fireworks displays (on Thursday and Saturday nights) and children's entertainment.

New this year is the Kid's Alley, which will feature hands-on art activities during the festival, and a variety of street performers.

"The whole area will be dedicated to children's entertainment, it's something different for this year, and there will be street performers walking around at all times" said Jacqui Mathews of the town's Parks and Recreation Department.

One of the performers will be The Monkey Man, who will be there Saturday and Sunday from 11:30 a.m. to 5 p.m. with his monkey Django. Django will interact with children, sit on their shoulders and pose for photos.

ANOTHER NEW ADDITION this year is the Americana Stage, which will be at the Herndon Municipal Center stage Sunday from noon to 3:30 p.m. Frying Pan Farm Park will be there with a petting zoo, there will also be a blacksmith, a quilter and an antique truck, which carries its own interesting story.

"The truck was restored by a vision-impaired man who will take the time to explain just how he rebuilt the truck," said Ann Marie Heiser, deputy director for the town's Parks and Recreation Department.

The HMC stage will also feature a variety of acts throughout the weekend, as well as the Depot Stage located at the corner of Station Street and Lynn Street and the Café Stage, which will feature singer songwriter-style entertainment Saturday and Sunday.



Annie and Emily Powell, 3, of Sterling, create a print at the Council for the Arts of Herndon's children's art tent during the Herndon Festival.

"The arts and crafts section has 105 spots, with everything from jewelry to soap makers and potters," Heiser said. "We'll also have some other community organizations such as the Women's Club, the Girl Scouts, Boy Scouts and others. We always make sure that this is a community-driven event."

Several recent additions to the Herndon business community will be making their presence known as well. Volkswagen, which recently moved to Herndon, will serve as the title sponsor, and the recently opened Flagship Carwash Center will serve as a Gold Sponsor and raffle off a year's worth of free car washes during the business expo.

THE FESTIVAL will be open from 6 to 10 p.m. Thursday, May 31; 5 to 11 p.m. Friday, June 1; 10 a.m. to 11 p.m. Saturday, June 2; and 11 a.m. to 7 p.m. Sunday, June 3. A free shuttle will be available from Worldgate Center and Herndon High School.

More information, including a complete schedule of events, can be found at www.herndonfestival.net.

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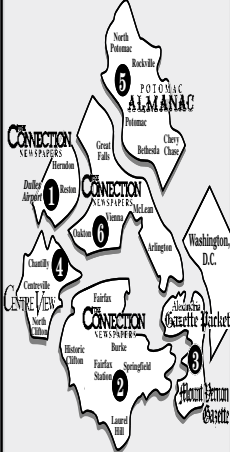
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Living Longer, Sort of Prospering



By KENNETH B. LOURIE

Though my column has appeared in the newspaper as usual the last few weeks, I haven't felt much like writing. Typically, I'm weeks ahead with my column inventory, having regularly found the time and inclination to put pen to paper and provide the prose you regular readers have come to expect. To say I haven't been in the mood lately would be an oversimplification of epic proportions. To say that I've been depressed and dealing with the weight (subconsciously for sure, consciously for maybe) of my diagnosis, prognosis, life expectancy, and life as a cancer patient in general, would be more accurate. It's an admission I take no pride in making. I never wanted to be a victim of my own circumstances (unless I was quoting Curly Howard from The Three Stooges) and I never wanted to use my having cancer for an excuse/explanation for anything. However, given my mood and manner these last few weeks and minimal literary output, that's exactly what I'm now doing; and I'm not too happy about it either, which almost makes its use even more disturbing.

Obviously, living with a terminal disease is heavy duty. To think I could shrug it off – all the time, is a bit naive. Not that cancer has a mind of its own, but it does find a way to infiltrate your defenses and occasionally bring you to your knees, literally and figuratively. After all, I am human, not Vulcan. I am ruled by emotion, not logic. Though the good of the many outweigh the good of the one, this one is weighed down pretty good by the one not being so good. When I see and read and hear about real people and even fake people (television, movies, etc.) dying of cancer (and lung cancer is a particularly pernicious player), it's impossible for me, after repeated exposure, to not take it personally; as in: you're next!

So yes, I feel it. And the longer I live beyond my original prognosis, the heavier the weight of inevitability becomes. In spite of lifestyle choices and changes I've made, and the miscellaneous supplements and homeopathic-type remedies I've employed, there does seem to be a reality that one would be hard-pressed to ignore: a terminal diagnosis (which stage IV lung cancer is) is not identified as such because of where one was diagnosed (at the airport), it's how long one can expect to live based on the best medical and statistical information known at the time. And as much as I want to believe that such prognostications are merely educated guesses and subject to interpretation – and reinterpretation (which of course they are, to a degree), there is some reasonably acceptable medical data to support the notion that cancer kills. Though dismissing that notion and maintaining a positive attitude has thus far been my approach, there are days – and weeks, like now, where that approach seems arrogant and pretentious, and I suffer accordingly, mentally mostly.

Not because of any recent change in my health or results (although this new chemo drug I'm on is exhausting me), it's more about the evolution of the reality: one can't live with terminal cancer forever, can they? I mean, it wouldn't be terminal if you could. There must be an end in sight. Otherwise, the end wouldn't have been mentioned at the beginning, during the original Team Lourie meeting with my oncologist. Sure, doctors can be wrong and I could be an anomaly: "the exception," as my brother, Richard has said, "that proves the rule," statistically speaking, anyway. But betting against long odds seems illogical; and if my years of faithful "Star Trek" viewing have showed me anything, it's that one's feelings can sometimes get in the way of how one acts, and not always with great results.

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

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Herndon-Reston FISH named, from left, Mary Allen and Felicia Roney of the National Rural Telecommunications Cooperative, Helen Sellman, Sue Maynard, Chris Griffin and Diane Hardcastle as their Star FISH volunteers of the year Saturday, May 19 at the annual FISH Fling.



Ann Rust shows off an auction item to raise money for Herndon-Reston FISH at their annual FISH Fling Fundraiser Saturday, May 19.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

Supporting Friendly, Instant, Sympathetic Help

Herndon-Reston FISH hosts annual fundraiser.

BY ALEX McVEIGH
THE CONNECTION

Most guests at the annual Herndon-Reston FISH Fling Saturday, May 19 were already familiar with the work done by Friendly Instant Sympathetic Help. George Buckfield of Centreville wasn't very familiar, but it didn't take long into dinner for him to realize their impact.

"We sat down, and there were all these scrolls at the table. Out of curiosity I started opening them, and the stories I read were just incredible," he said, referring to the stories of FISH providing for those in need.

One scroll told the story of a divorced mother of four who was diagnosed with multiple sclerosis, and lost several weeks of work. FISH helped her supplement her rent payments until she returned to work.

Another told the story of a grandmother taking care of her grandchild because the mother suddenly passed away. FISH helped the grandmother make her rent payment while she got a job and waited for her first check.

There have been hundreds of stories like this since FISH was founded in 1969. In addition to rent assistance, they help provide home furnishings to those in need, drive people to medical appointments, make utility payments and run financial workshops to mentor their clients.

"The words, friendly, sympa-



JoAnn Bordeaux, FISH board member and Doug Whall dance at the annual FISH Fling Saturday, May 19, which raised funds for FISH's community assistance programs.

thetic, instant and sympathetic are what I start each of my classes with," said Don Owens, who teaches one of the budget workshops. "It's those words that help keep the lights on for our clients, or help them from being evicted."

IN 2011, FISH provided help to more than 2,000 families of 5,313 people. They made \$220,000 in rent assistance payments (up 91 percent from the year before) and \$183,000 in utility payments (up 35 percent from the year before).

It was also a year of change for FISH.

"Our longtime executive director Sherri Longhill moved on to

other opportunities. She was a special person, and we were fortunate enough to get some special people to replace her," said Janet Hyman, president of FISH's board. "We've got a new director, Gale Napoliello and a lot of people who helped us keep going in the interim. The event also honored four longtime volunteers and one company as their annual Star FISH, volunteers who are recognized for their exceptional efforts.

Diane Hardcastle, who currently serves as treasurer, began volunteering with her husband Jim in 1980 answering assistance calls and moving furniture.



Guests hit the dance floor during the annual FISH Fling Saturday, May 19 at the Crowne Plaza in Herndon.

"She has been treasurer since 2009, which became increasingly complex as FISH experienced growth," Hyman said. "She helped us move our record keeping fully into the digital age."

Chris Griffin, along with her husband, Owens, hosted board meetings at their Herndon office for years, and has served on the corporate board of directors for several years.

Hyman also thanked Griffin and Owens for "their ongoing generosity donating some of the raffle offerings, which helps fund our vital assistance work."

Sue Maynard began volunteering at The Bargain Loft, FISH's volunteer-run thrift store, in 1981. She ran the toy department for 15 years, and served two separate times on the board. She also serves as the historian, putting together scrapbooks highlighting FISH's four-plus decades of work.

Helen Sellman was the fourth individual honored. She has served with FISH since 2004, served three years on the board and still works at The Bargain Loft.

This year also marked the first time FISH honored a company, the National Rural Telecommunications Cooperative. They have sponsored the FISH Fling for the past six years in addition to other work.

"Employees have collected food and gifts for our annual Holiday Basket programs, which they began each autumn to make the holidays brighter for so many families," Hyman said.

THE EVENT also featured a silent and live auction, which was called by Del. Tom Rust (R-86), which helped raise more funds.

"It's a sign of how deep this organization has planted roots into this community that this event was attended by a who's who of the Herndon and Reston area," said Roger McCallum, a guest at the event. "Knowing everything they do for the people who need it the most, it's the least we can do to support them."

More information on services provided by FISH can be found at www.herndonrestonfish.org.