

Reston
CONNECTION

Reston Town Center Hosts Fine Arts Festival

Children make their contributions to the children's art mural at the Northern Virginia Fine Arts Festival Sunday, May 20 at Reston Town Center.

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Supporting
Friendly, Instant,
Sympathetic Help

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Education in the USA, 2012

BY BOB SIMON
RESTON FOUNDER

It would seem that underpinning today's education philosophy is the concept embraced by the Declaration of Independence that all men are created equal. From this it has been assumed to flow that since all children are equal, one size should fit all. And this being a high tech world, all children should be required to be proficient in math and science. And finally, since to get a decent job requires a college education, all preliminary years should be pointed to admission to college.

Not one of these basic assumptions stands up to reason. Going beyond interpreting our founding fathers' concept of equality (as relating to equality under the law) is not warranted. And there are three distinct ways which make it impossible to say that, aside from equality under the law, all children are created equal.

1. There is a vast gap in the IQ of people: between the lowest IQ, being 50, and the highest IQ, 160, IQ being the measure of a person's capacity to deal with abstract thought.

2. Home environment is, according to the seminal Coleman report of the 60's, the determining factor in the education of the young, with peer relationships coming in second and the school, third.

From this it should become obvious that concentration on the individual should be the focus for educating the young through high school—with the ideal being for each graduate to be self reliant and to have the makings of becoming a good citizen. Serious efforts should be focused on striving toward reaching this ideal.

Self-reliance depends on self-awareness.

This can be fostered in school by having provided every graduating high school senior with enough experiences, accumulated in and out of the classroom over the years as to make it possible for him to plan for his future intelligently. To achieve this result students should be exposed to as broad a variety of subject matter as practicable, from humanities to sciences, from crafts to sports. The senior should have a pretty good notion of her preferences and potential capabilities. (As the speaker at a South Lakes High School graduation a few years ago I commented on the oft repeated admonition: "You can achieve whatever you set your mind to if you work hard enough" by drawing attention to my slender physique while asking "How would I make out if I decided to become a tight end on the Redskins?"). Schools can lead graduates to realistic planning if there is sufficient variety of educational opportunities.

Reading and writing (the composing of thoughtful sentences and paragraphs) are absolute essentials. Elementary math and science should be offered to all. Advanced math and science should only be offered to those students who have demonstrated a predilection for these subjects. It is not useful to cram these subjects into unreceptive students while depriving them of experiencing exposure to other areas to which they could become engaged. Drop out rates would drop if each student's curriculum were designed to be responsive to that student's predilections and capacities.

Accordingly, I believe our present emphasis on math and science is a mistake. Let those who are good at them pursue them. The humanities, not math and science, are the key to good citizenship. A good citizen

not only has a knowledge of our country's history but also has familiarity with world history and world religions. Beyond that, all students, including math and science students, should be exposed to great literature, art and music; these could enrich all the years that follow school. And physical ed should be mandatory as an important way to challenge obesity. Obesity has risen to be a major challenge in our country. Rounding out the offerings in our schools would be woodworking, pottery and shop as options for interested students.

For post high school years:

With self-awareness, and with sound advice from concerned parents and teachers, the high school graduate can make sound decisions about how to make her next steps. "College" is not the panacea for everyone that it is reputed to be. The term, "college" as used in expositions of national policy on education is not meaningful. It doesn't define any institution. The term must be accompanied by an indication of the kind of college being discussed. I would suggest that there are three distinct types of colleges:

1. Community colleges,
2. Four year colleges where the degree represents passing grades on a set number of courses and
3. Four year colleges granting BA degrees to students who have orally and in writing demonstrated a grasp of scholarship in a preferred field.

Aside from the confusion caused by grouping these three distinct types of institutions under the heading of "college" there is the unfortunate assertion that "You need a college degree to get a decent job." What do we mean when we say "a decent job?"

Statistics on the percentage of jobs filled in the US vary considerably, but nowhere has an analysis shown that as many as 50 percent of US jobs require a college education. Are we truly ready to demean most job holders in the service industry, the transportation industry and the construction industry, as well as most of the men and women in uniform who are supporting themselves and their families through jobs that we declare are not decent?

Today, there is an imbalance between our education programs and the employment situation. Many of today's college graduates have been unable to crack the job market; some live at home, some have gone on to graduate school and some have joined the military. On the other hand, we have been told that there is such a shortage of people willing to take on strenuous labor jobs that farmers and builders are looking to immigrants to fill these jobs.

Common sense dictates the directions we should be taking.

1. Congress, pushed by the White House, should mandate that all states adhere to newly reorganized immigration laws based on realism and on humanitarian grounds of which we can all be proud.

2. Progress of each student should be the measure of successful teaching with the ultimate goal of graduating seniors from high school who are prepared to be responsible citizens, heading into their own futures with a pretty good idea of what direction they should best be going in.

3. College should be reserved for students who can benefit by the personal gain to be obtained from absorbing the offerings of a specific institution.

Strengthening, Not Blocking, Health Care Law

BY KAREN CHRISTENSON

I am one of millions of Americans waiting for the Affordable Care Act to be put into law so that I can have some relief from my troubles with our broken health care system. March 23 marked the two-year anniversary of the passage of the Affordable Care Act. The health care law has accomplished a lot in the last two years and is already helping millions of Virginia's seniors, adults with pre-existing condition, young adults, children and women.

But every time I turn on the television I see another politician trying to block the health care law. As I wait for my relief I am disheartened to see politicians who want to block the law before I have a chance to benefit.

I am a self-employed piano teacher and pianist. I have supported myself for 25 years in this manner, and have managed to buy a townhouse and accumulate a small retirement account.

But in 2004, my life changed forever. I was diagnosed with breast cancer, and underwent surgeries, chemotherapy, radiation and ongoing hormonal therapy. I was fortunate to be able to continue to work full time through all that, missing a total of about five days of teaching. I am thrilled to

report that I am winning my battle against breast cancer, but am now basically an indentured servant to my insurance company and health care providers.

In 2000 before I was diagnosed, my monthly insurance premium was under \$300. In 2011, about 45 percent of my gross (not net—gross) income went directly to health care costs. My insurance premiums have skyrocketed and the deductible has increased. I just received my renewal notice, and once again I'm facing a double-digit percentage increase in costs. I am barely keeping my head above water. I have cancelled my daily newspaper, my cable TV, and anything else that is not essential to my business. I have taken renters into my townhouse. Obviously I cannot shop around for a lower premium—no one else will sell me insurance at this point due to pre-existing conditions. Once the health care law is fully implemented in 2014, pre-existing conditions will be a thing of the past. But until then, I will struggle.

In the midst of my struggle to stay afloat, I cannot help but look longingly at my tax dollars as they go to failed investment bankers. I have a great product, conducted my business ethically and honestly, and believe I deserve to stay in business just as much as they do, but health care costs are making that diffi-

cult. I don't deserve to end up on public assistance, and I know that wouldn't be good for me, the economy, or the musical education of my students. I have stacks of letters from parents who say I changed their lives and those of their children, for the better.

My experience with the health care industry leaves me no doubt that we need reform. We need to strengthen, not block, the health care law.

For me, health reform cannot come soon enough. There are many ways the Affordable Care Act attempts to bridge the gap between now and when the law is fully implemented in 2012. The Pre-Existing Conditions Insurance Plan (PCIP) was created under the Affordable Care Act and helps many people who have an illness but are struggling to afford care. PCIP was designed to bridge the gap between now and 2014 when the Exchanges are set up and pre-existing condition discrimination is ended for good. Unfortunately, I cannot join the Virginia Pre-Existing Conditions Plan because I am unwilling to risk being uninsured for six months, as is required. But for many, PCIP has been the difference between life and death.

While I wait for full-implementation I continue to pay an outrageous percentage of my income towards health care. I feel that the amount one pays for health care

be limited to a certain percentage of one's income. No one should work simply to afford health care. The Affordable Care Act will address this issue. Many provisions of the Affordable Care Act, like the Health Benefits Exchange, will peg your health insurance costs to your income so that people like me will not have to pay HALF their income in premiums.

While I await much of the Affordable Care Act to be implemented, a couple consumer provisions that have already gone into place are helping me. Already, there is an end to lifetime caps on care. As a cancer survivor, I understand how easy it is to rack up an unbelievable amount of medical bills.

And perhaps most importantly, insurance companies are no longer allowed to drop you if you get sick. If the Supreme Court upholds the health care law, I will be helped by an end to pre-existing conditions and may be much better off in the Health Benefits Exchange, which will be created as part of the health care law.

I want our politicians and the Supreme Court justices to know that there are many of us hard-working Virginians hanging on by our fingernails, hoping that the health care system will be reformed so that health is the main priority, not profit margins.

The writer is a Reston resident.

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Guests at the Northern Virginia Fine Arts Festival examine a piece by mixed media 3D artist David Burton, made up of various action figures and toys.

Fine Arts Fest at Town Center

21st annual Northern Virginia Fine Arts Festival features 200 artists.

BY ALEX McVEIGH
THE CONNECTION

More than 20 years ago, artist Dana Ann Scheurer was part of the very first Northern Virginia Fine Arts Festival. The primarily watercolor artist is still part of the festival, which celebrated its 21st year at Reston Town Center.

"I remember when it was 25-50 booths, just a really small event, and it's been amazing to watch it grow," she said. "It's been so well-run and everyone supports it 100 percent, I've been very honored to be a continued part of it. I've done a lot of Reston-related pieces, and the community has really responded."

The once small event is now hundreds of booths, taking up multiple blocks of Reston Town Center and featuring 200 artists who work in almost every medium possible. Thousands came to the festival last weekend to browse artists both local and from around the country.

One such artist from Florida, James Michael Nemnich, had his painting "The Dreamer" selected to appear on promotional materials for the event.

"I was honored to have it selected, it was one of four I submitted for the festival," he said. "I've been coming here for the past few years, and it's a great crowd. I've had some repeat customers that have come back year after year to see what's new."

The Greater Reston Arts Center produced the festival, and made some changes this year.

"We branched out and started our events Friday night, which was exciting, we got a fun collection of people, the Friday night restaurant crowd and the people leaving their offices," said Damian Sinclair, executive director of GRACE. "This is one of our three main events. We have the gallery, our educational efforts and this festival, and our goal here is to bring



Bruce Reinfeld welcomes visitors to his photography exhibit at the Northern Virginia Fine Arts Festival at Reston Town Center last weekend.

the best we can to this community."

Sinclair also credited the volunteers who spent the weekend making sure things ran smoothly.

"This event is probably about 90 percent volunteer-run," he said. "It's astonishing what they're able to accomplish and the dedication they show."

A highlight of the event each year, and one of its major draws, is the children's art tent. This year, the theme was music, and children could make tambourines out of paper plates, guitars out of boxes and rubber bands and more.

"We wanted to appeal to as wide of an age range as possible, and just create a space where the kids come in and feel comfortable being creative," said Jeanne Loveland, co-chair of the art tent and education director at GRACE. "We also had our signature paper bag hats, which everyone seems to love and our children's art mural. That's where they can come, grab some paint and do as much or as little as they want. We like to keep it open-ended."

General Assembly Goes Off a Cliff

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

The General Assembly adjourned sine die last week with a great sigh of relief from most everyone who participates in or follows its deliberations. Pre-session survey and hearing results suggested that the session would be about traffic congestion relief, expanding job opportunities, and strengthening the economy. Instead, the expanded Republican majority in the House, a slim Republican majority in the Senate by virtue of the Lieutenant Governor being able to cast votes to break ties, and a Republican Governor set about a broad social agenda that consumed the time of the legislature that finally ended past midnight last Tuesday with the rejection of a judicial candidate because of his sexual orientation. I had to leave the session early because of illness and could not vote on any of the judges. As I had the Clerk record in the House Journal, I would have voted for Tracy Thorne-Begland had I been present.

There is no better example of the way the General Assembly missed the point this legislative session than a review of its handling of traffic congestion as an issue. Jeffrey C. Southard, a veteran General Assembly watcher and currently Executive Vice President of the Virginia Transportation Construction Alliance, wrote an article that appeared in the Richmond Times-Dispatch newspaper and the April issue of Virginia Town and City about the legislature "ignoring the fact that investment in our transportation infrastructure is critical for jobs, economic development, mobility, connectivity and safety." As Southard explains the results of 26 years of inaction on the part of the legislature to address Virginia traffic congestion that in Northern Virginia and Hampton Roads is among the worst in the nation, there is no more construction



COMMENTARY

money for secondary roads, and there are more than 5,000 structurally deficient or functionally obsolete bridges. Our per capita spending on transportation has dropped to 42nd in the nation. Our gasoline tax at 17.5 cents per gallon is lower than 39 other states including our neighbors.

A recent television advertisement from the Governor says that we have made the biggest ever financial investment in transportation. What he fails to mention is that it is all borrowed money, and it has to be paid back with interest. Our debt service payment in 2012 is \$314 million and in three years will be \$421 million. The tolls that are being talked about in Hampton Roads and Northern Virginia are well beyond an acceptable level. Governor McDonnell promised a proposal for a dedicated source of revenue this legislative session, but his plan to sell naming rights for bridges and roads will bring in less than \$25 million per year.

Southard reminds us of "Thelma and Louise" who drove off a cliff to keep from getting caught. He poses the question, will the General Assembly "turn, face and fix the problems of the past or will they drive the Commonwealth off the cliff?" His focus is transportation; others are focused on different issues. A clear Republican majority controls Richmond. Will they take us off the cliff?

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



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 reston@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 reston@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.



Representatives from the province of JeollaNam-Do in South Korea visit Reston.

South Koreans Return to Reston

Representatives from the province of JeollaNam-Do in South Korea returned for a second visit to Reston – this time to learn how the planned community delivers services to residents.

Since Reston is not a town, the Reston Association partners with Fairfax County to provide a full range of programs and services to the nearly 60,000 members of the community.

Reston Association president Ken Knueven told the 19 city and county leaders who were from the provincial governor's office that Reston has a history of partnering with other organizations to fill the needs in the community.

Joining in the discussion were representatives from Fairfax County, Joe Mondoro, deputy director of management and budget, Heidi Merkel with the de-

partment of planning and zoning and Chris Leonard from the office of human services and Goldie Harrison, legislative aide to Hunter Mill District Supervisor Catherine M. Hudgins.

JeollaNam-Do province is home to just under 2 million people who live in 17 counties and five cities.

In February 2011, another group from the same province came to Reston to learn more about the qualities of living that have made the community successful. That group is involved in building a community similar to Reston that is expected to open later this year. It is projected to be home to 50,000 people and 20,000 households. That is slightly smaller than Reston, which has just over 21,000 households.

Aldrin Elementary Teacher Recognized

Christine Lewis, advanced academic resource teacher at Aldrin Elementary, has been recognized as the Region 4 Outstanding Teacher of the Gifted by the Virginia Association for the Gifted (VAG). She will be recognized at the organization's fall meeting in October in Glen Allen. Lewis was cited for exhibiting strength in curriculum for gifted students and for her work with students, parents, and colleagues. Candidates for the award must demonstrate a strong commitment to gifted education through their professional ex-



Christine Lewis

periences and service. Lewis has been a teacher at Aldrin since 2000.

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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



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. Cabacoy, 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

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Comcast Cares Day Volunteers Help Out

Stephen Deans and mother, Comcast Customer Service Center Supervisor Patricia Deans, pitched in alongside more than 50 volunteers to help "spruce up" the playground area at the Reston Interfaith Laurel Learning Center on Saturday, April 21, as part of the 11th annual Comcast Cares Day. Volunteer activities included landscaping, mulching, filling the sandbox and cleaning toys around the playground. Comcast Cares Day, the company's annual, nationwide day of service in which employees and their families and friends volunteer in their local communities, has become one of the largest single days of corporate volunteering in the country. This year, approximately 67,000 volunteers participated in more than 650 projects nationwide. Comcast Cares Day volunteers have contributed more than 2.5 million hours of service since the inception of the initiative in 2001.

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 Obleas-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.

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Marnie Kremer (in center), of Oakton, plays the role Queen of the Wilis Myrthe in “Giselle.”

‘Coppélia,’ ‘Giselle’ at Center Stage

Ravel Dance Studio to hold year-end dance recital.

BY AMIEE FREEMAN
THE CONNECTION

Ravel Dance Studio will hold its annual year-end dance recital Friday and Saturday at Center Stage at Reston Community Center at Hunter’s Woods. The students of the dance studio have been preparing “Coppélia” and excerpts from “Giselle” as well as a contemporary jazz dance performance set to the music of Frank Sinatra.

“Coppélia” tells the story of an inventor who has made a life-size dancing doll. It is so lifelike that Franz, a village boy, becomes infatuated with it and sets aside his true love, Swanhilda. She shows him his folly by dressing as the doll, pretending to make it come to life and ultimately saving him from an untimely end at the hands of the inventor.

“Coppélia” lends itself for viewing by young children. It is one of few comedic ballets; some moments are, in fact, almost slapstick. The kids are roaring laughing at some of the antics. It’s nice for kids and for some families who have perhaps been turned off by ballet, thinking it too strict,” said owner and creative director Janet Hall.

In contrast to ‘Coppélia,’ some of the older ballet students will perform Act II of “Giselle.” This

ballet tells the story of a peasant girl named Giselle whose ghost, after her premature death, protects her lover from the vengeance of a group of evil female spirits.

“‘Giselle’ is a very regal piece. The performers will be dressed all in white. It’s truly a beautiful ballet,” said Hall.

In addition to these two ballet pieces, Ravel’s advanced dance company will perform an original contemporary jazz dance set to excerpts from songs by Frank Sinatra.

Ravel Dance Studio, located in North Point Shopping Center, provides instruction to children from the age of 3-years-old to 18-years-olds. Many of the students literally grow up under the instruction of their dance teachers.

“We become like a family,” said Hall. “I’ve known a lot of the kids since they were practically babies. A lot of great kids have come through our program.”

There will be two performances of Ravel’s year-end recital: Friday at 7:30 p.m. and Saturday at 2 p.m. The recital is open to the public. Tickets are \$18 and can be purchased at the box office at RCC Hunter’s Woods or by calling Ravel Dance Studios at 703-437-9664.



Members of Ravel’s Intermediate Dance Company star as sailors with Terry Diderickson, as the sailor boy, in the original contemporary jazz piece, Sinatra Suites.

ENTERTAINMENT

Send announcements to reston@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. 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.
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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.herdondrama.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 Rohlf, 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.herdondrama.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.bettersaidthandone.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.
Grand Finale Concert. 3 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. American Youth Symphonic Orchestra, conductor Carl J. Bianchi; American Youth Philharmonic, music director and conductor Daniel Spalding; pianist AnnaMaria Mottola. \$10-\$14. www.aypo.org or 703-642-8051.

WEDNESDAY/JUNE 6

The 20th Century’s Greatest Volcanic Eruption: Mt Katmai 100 Years Later. 7 p.m. USGS.

12201 Sunrise Valley Drive Reston. Bill Burton on the June 6-8, 1912 eruption of Mount Katmai in Alaska, which was 30 times larger than the 1980 eruption of Mt. St. Helens, causing widespread devastation and inspiring heroic efforts at survival. Learn what lessons there are for modern-day monitoring of volcano hazards. Free. Federal facility, photo ID required. Requests for sign language interpreting require at least two weeks notice. jcorley@usgs.gov or 703-648-7770.

FRIDAY/JUNE 8

“Flowers for Algernon.” 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. After experimental surgery to dramatically increase his IQ, a man’s life is changed forever. \$20. www.eldenstreetplayers.org.

SATURDAY/JUNE 9

Artist’s Reception: “Mas Alla De Las Cavernas (Beyond the Caves)”. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Paintings by Bolivian artist Fabricio Lara. Light refreshments. www.artspaceherndon.org.
Alexandria Harmonizers. 7:30 p.m. George Mason University’s Center for the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop concert and show of a 100+ member all-male a capella group. \$29-\$34. cfa.gmu.edu/calendar/1134/ or www.harmonizers.org.
“Flowers for Algernon.” 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. After experimental surgery to dramatically increase his IQ, a man’s life is changed forever. \$20. www.eldenstreetplayers.org.



PHOTO BY JOHN LOWAS

Serenading The Founder

Little Leaguers serenading Reston Founder Robert Simon with their rendition of “Take Me Out to the Ballgame” at the Reston Farmers Market on Saturday, May 19.

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THE CONNECTION
NEWSPAPERS

Mai Huynh, 9, practices her stroke after the opening of the new children's tennis courts in Reston Saturday, May 19.



Reston officials, residents and children cut the ribbon on the new under 10 children's tennis courts Saturday, May 19. Six courts were created out of two previously existing full sized ones.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Reston Opens Children's Tennis Courts

Six courts for children created from two previous regulation courts.

BY ALEX McVEIGH
THE CONNECTION

The Reston Association opened six junior sized tennis courts near Lake Anne Saturday, May 19, allowing the youngest members of the community a chance to get a head start on the game. The courts are for children 10 and under, and were built out of two existing courts at the North Shore Tennis Courts.

"These six courts represent a permanent place for young children to learn and play the game of tennis in Reston," said Ken Knueven, RA board president. "These are just the kinds of projects I support, taking one of our existing facilities and breathing new life and new uses into it."

The courts were built with assistance from a \$17,000 grant from the United States Tennis Association. USTA Mid-Atlantic Section Executive Director Rod Dulany said that the courts are the first group of their kind in the mid-Atlantic.

The courts are 36-feet long, compared with the regulation-sized 78 feet. Children also use special rackets and balls that are 15 percent bigger, but don't bounce as high, giving them the chance to hit shots back with-

out the high-speed bounces of the adult game.

"I think it's an amazing thing for this community to put together for our children," said Ralph Crespo of Reston. "Tennis is one of those games where it can be hard to get kids involved, they just can't get a ball and toss it back and forth in a field. They need rackets, the right kind of balls and surface to play, and I think it's cool that we're giving an opportunity to get kids involved at an early age."

Emily Arden, 9, said she likes playing tennis because it gives her a chance to compete by herself.

"I like playing soccer and basketball, but tennis is my favorite because it's just me playing against another person, no team," she said. "I like being on a team, but I really like having to count on myself to get the points, play defense and win."

It wasn't long after the ribbon was cut on the courts that children flocked to the courts, with some of the younger ones volleying back shots from instructors, and the older ones playing informal games such as "King of the Court," where one team tries to fend off challengers who try and become the "kings" or "queens" by winning the points.

"What's really cool is that these courts give children a place to call their own," said Larry Butler, director of the RA's Parks and Recreation department. "They can even kick the adults off should they need the space to play."

The RA's tennis program features about 2,000 children who take lessons, can receive scholarships and more than 50 from the nearby Laurel Learning Center.



Samuel Frizelle, 8, lines up a stroke on the new Reston children's tennis courts Saturday, May 19.



Renzo Sanio, 9, runs forward to make a shot on the new children's tennis courts in Reston Saturday, May 19.

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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.

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.

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.



Nearly 150 walkers and runner participated in Saturday's event at Lake Accotink in Springfield. Many of the participants are students at Langley High School.



PHOTOS BY AMIEE FREEMAN/THE CONNECTION

Lauren Anderson, director of the Josh Anderson Foundation, registers participants prior to Saturday's Youth Mental Wellness 5K Run/Walk at Lake Accotink. Anderson's brother, Josh, committed suicide in 2009. The Josh Anderson Foundation was set up in his memory to raise awareness about youth mental health needs and support services.

Seeking the Positive from the Tragic

5K Run/Walk supports youth mental wellness.

BY AMIEE FREEMAN
THE CONNECTION

Nearly 150 runners and walkers came out Saturday to participate in the Youth Mental Wellness 5K Walk and Run at Lake Accotink in Springfield. Three entities, Fairfax Partnership for Youth, Befriend-A-Child Mentoring Program and the Josh Anderson Foundation, came together to host the walk. Vienna resident and director of the Josh Anderson Foundation, Lauren Anderson, was there early to help set up the event and to register participants. This event was personally important to her.

Three years ago this past March, Anderson's younger brother, Josh, took his own life. Josh was the youngest of four children. He played on South Lakes' football team. He was well-liked. He also struggled with depression. Josh committed suicide the day before a hearing with Fairfax County Public Schools that would most likely have resulted in his expulsion from Fairfax County school system. Twice Josh had been caught with marijuana. After the first episode, Josh was removed from Langley and placed at South Lakes; the second offense led to the hearing.

AT THE TIME of Josh's death, Lauren was a senior at University of Virginia. Josh's death was a shock. He appeared to be coping with the disruption caused by his punishment. Anderson believes that Josh had internalized much of his anxiety and shame, leading to a fatal conclusion.

Shortly after Josh's death, the family established the Josh Anderson Foundation in an effort to keep Josh's memory alive and to raise awareness about youth mental

health needs. On the second anniversary of Josh's death, Anderson and other friends and family members ran in the National Half Marathon as a fundraiser. Anderson and her family felt they needed to do something local to help area teens possibly struggling with mental health issues. Last July, after two years working in investment banking, Anderson returned home to act as the director of the Josh Anderson Foundation and to work on increasing awareness of youth mental health needs in the Northern Virginia area.

"We feel there is such a need in this area with youth not having any outlets and struggling with mental and emotional issues," said Anderson.

This past year, Anderson began working with South Lakes, Langley, Thomas Jefferson and McLean high schools to establish a mental wellness week. Prior to AP and IB exam periods, the Josh Anderson Foundation promoted "Stress Less, Laugh More," a week-long initiative to educate high school students on the difference between normal and debilitating stress. "Stress Less, Laugh More" featured various activities, ranging from speakers to yoga classes to play dough sessions, to remind students that they are not alone with their feelings and that help is available.

Anderson said that in developing the "Stress Less, Laugh More" week, they kept Josh in mind.

"We tried to think of things that might have helped Josh. If Josh was in the audience, what are things we could do that would have helped him. We hope to give kids empowerment so they don't feel awkward asking for help," said Anderson.

The Josh Anderson Foundation's involvement in Saturday's Youth Mental Health



In addition to raising awareness about mental health, the 5K run/walk at Lake Accotink was an opportunity for children in foster care to spend time with mentors. The walk/run was sponsored by Fairfax Partnership for Youth, Inc., Befriend-A-Child Mentoring Program and the Josh Anderson Foundation.

Wellness 5K Run/Walk came about organically, said Anderson. Upon her return to the D.C.-area last summer, Anderson began volunteering with Fairfax Partnership for Youth because of the organization's focus on mental wellness. Fairfax Partnership for Youth and Befriend-A-Child Mentoring Program have been hosting this run/walk for the past five years. This is the first year the Josh Anderson Foundation joined in hosting. The three organizations will split the proceeds of the event.

STUDENTS FROM LANGLEY HIGH School made up a good number of the participants Saturday. Many participated to earn community service credit, although all said they were also there because it was a good cause. Many of those participating in the event were juniors and seniors, a year or two younger than what Josh would have been.

Jen Durham, of Manassas, participated in Saturday's run because of its focus on youth mental wellness. She said she started running in December after her baby was born. Since then she has been looking around for good causes to participate in. The Youth Mental Wellness event fit the bill as it supports anti-bullying and youth mental wellness. Both issues are personally important to Durham. Ten years ago her nephew, then a student at Westfield High in Chantilly, committed suicide. It was a devastating loss, she said.

"Kids get overlooked when it comes to mental wellness. So many think they will just get over whatever is troubling them," said Durham.

Kelly Murphy, a teacher at a nearby middle school, and her husband Mark participated in Saturday's event to support a student who suffers from mental illness. "We thought it would be a good way to support him," said Murphy.

The event was also an occasion for foster care children and their mentors to come together for the day. Social worker Velma Lukic of Alexandria, was there with her 5-year-old daughter, Lily, to support one of her clients who was visiting with her mentor at the event.

Parishioners from His Church International Christian Center in Springfield were also on hand preparing a picnic lunch for all participants to enjoy after the run.

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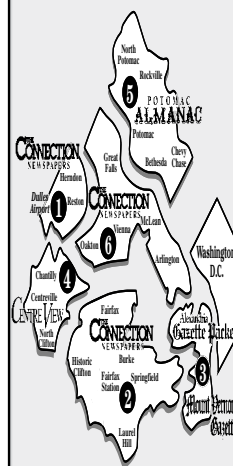
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Living Longer, Sort of Prospering



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.

RESTON COMMUNITY CENTER ANNUAL PUBLIC HEARING



The public is invited to attend the Reston Community Center Annual Public Hearing for programs and budget.

Monday, June 18, 2012
6:30 p.m. • RCC Hunters Woods

Comments may be sent to RCCContact@fairfaxcounty.gov if you cannot attend.

RCC Teen Slides & Rides Club

Ages 12 - 18

\$20 Reston/\$40 Non-Reston
(per trip)



Saturday, June 23 SIX FLAGS

Reg# 804222-2A • 6:00 a.m. - 11:00 p.m.

Come and join the Slides and Rides Club and experience the many rides and attractions that Six Flags, Busch Gardens, Massanutten Waterpark and Kings Dominion have to offer.

Saturday, July 14 BUSCH GARDENS

Reg# 804222-3A • 8:00 a.m. - 11:00 p.m.

Reston Community Center, Reston Association and Reston Teen Center have joined together to provide teens with a series of affordable trips to amusement parks throughout the summer. Please be advised that although there will be chaperones on this trip, teens will be on their own in the park and required to check in several times during the day.

Saturday, July 28 MASSANUTTEN WATERPARK

Reg# 804222-3B • 8:00 a.m. - 11:00 p.m.

Bus transportation will be provided for all day trips. Participants must be prepared to purchase their own meals. Registration forms and liability waivers must be completed by a parent/guardian in order for the teen to participate in any of the activities. Registration will be accepted by Reston Community Center only. Rising middle and high school students only. Please check in at RCC Hunters Woods. Time of return is estimated at 11:00 p.m. for all trips.

Saturday, August 11 KINGS DOMINION

Reg# 804222-3C • 8:00 a.m. - 11:00 p.m.

FOR MORE INFORMATION CONTACT:

Kenny Burrowes, Teen Program Director, 703-476-4500



www.restoncommunitycenter.com

2310 Colts Neck Road, Reston VA 20191

To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY)

