

Born and raised in Dallas, Texas, Fred spent the majority of his life in Virginia. He served his country in the United States Navy for 20 years, until he was forced to medically retire in 1988 because he was considered terminally ill after receiving a diagnosis of colon cancer (and during his lifetime became a three-time cancer survivor). God had other plans and Fred found a second calling as a high school teacher of Government, History and Economics where he educated, inspired and entertained thousands of students in Fairfax County public schools in a career spanning 25 years, much of that time at Annandale High School. His love of learning and teaching extended outside the classroom where he educated people of all ages as a docent at the Smithsonian's Udvar Hazy Air and Space Museum. In fact, Fred was a lifelong learner, attending Jesuit College Preparatory School of Dallas, graduating from Southern Methodist University with both a BA and an MA, earning a PhD in Political Science in 1979 from George Washington University, and over the years mastered chess and bridge, took piano lessons, then took organ lessons, and dabbled in a variety of other areas that piqued his immense curiosity.

Fred's interests varied tremendously from charity work to music, as was demonstrated by his serving two terms as Grand Knight for two local Knights of Columbus councils. He was involved with various choirs over the years (Saint Louis Catholic Church, The Living Water, Fort Belvoir's Saint Martin of Tours and even at his final residence, Potomac Place). He liked to say that singing and playing music for God was like praying twice.

In the end he felt his greatest love, Christine Zuniga, required his constant care which he provided right up until his last breath. He is survived by his beloved wife Christine, whom he married on September 1, 1967, his son David (of Austin, Texas), his daughter

Catherine (of Fredericksburg, Virginia) and three beautiful grandchildren. He was greatly loved and will be deeply missed.