

Having fun together in the bubbles are Cody Nicholas and daughter Makenzie, 4. The second annual Double Bubble Run was Saturday, Aug. 12, in Van Dyck Park.

Enjoying Double Bubble

Shopping with a
Sheriff in Burke

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City Moving Ahead
With Lease Financing

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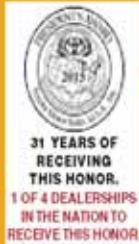
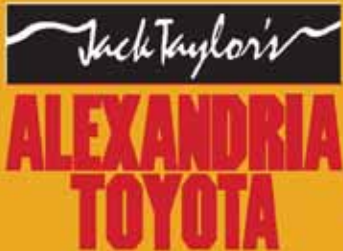


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NEWS

Shopping with a Sheriff

BY MERCIA HOBSON
THE CONNECTION

It's not every day a motorcade of Fairfax County Sheriff's Office vehicles, lights flashing, leads a busload full of excited children and deputies to a Target store in Burke to do a little before-school-shopping. However, on Tuesday, Aug. 15, it happened when 40 children who reside in Northern Virginia emergency shelters were treated to the shopping trip of a lifetime.

Each child was the beneficiary of a \$250 gift certificate. The Sheriff's Office raised funds throughout the year for the event by approaching businesses, nonprofits, and individuals to be sponsors.

The event, named Shopping with a Sheriff, will allow the participating children ages 5 and up, to start the school year right, decked out in new clothes and shoes, heads high, looking sharp, proud, and ready for new beginnings.

The children were not without a tad of supervision on the shopping trip though. Each child was paired their own deputy or member of the Sheriff's Office staff. The adults provided size and selection guidance. The children and their family member(s) are residents at Northern Virginia emergency shelters, among them the Katherine K. Hanley Family Shelter in Fairfax, Next Steps in Alexandria, Shelter House based in Reston, and Patrick Henry Family Shelter in Falls Church. Shelter staff selected participants.

SHERIFF STACEY KINCAID explained the history of the program and why the deputies look forward to it. Kincaid said the Sheriff's Office has been producing Shop with a Sheriff since 1992. She clarified the participating deputies volunteer their time to take part in the program because it is



1st Lt. Jamal Perkins, Le Bron, 12, 2nd Lt. Shaun Timothy, Josh, 9, Katia Brizuela of Fairfax County Federal Credit Union, and Ja'Kayla, 5, enjoy a pizza party at the Fairfax County Courthouse Atrium Cafe.

important to them.

"Our county is working very hard to prevent and end homelessness. As long as children are still residing in emergency shelters, we will do everything we can do to help them. The event offers a positive one-on-one experience with the deputies for the children, an experience the children might recall in the future.

"Should they ever need our help, the children know they can count on us," Kincaid said. "And, maybe one day when they are grown up, they will join our team as deputy sheriffs."

Joe Meyer is executive director and CEO of Shelter House, a non-profit organization based in Reston that serves homeless families in Fairfax County. Meyers attended the pizza party held at the Fairfax County Court-

house Atrium Cafe for the children and deputies before the shopping trip. The pizza party was part of the get acquainted section of the program.

Around the room, there was a sea of men and women in brown uniforms listening to the children talk about their families, coloring princess' pictures with them, and taking silly self-portraits at the photo booth. Meyers said, "This is my favorite event of the year. Sheriff Kincaid and her deputies are making a statement of how to lead a community by greatness. They are providing dignity to children during a critical time in their lives — the first day of school."

Some of the children seemed a little unsure about what was going to happen after the pizza party. When asked what color

shirts and dresses she liked, Emma, 7, told her shopping partner, Lt. Col. Mark William Sites, "I like black, pink and purple clothes." Then Emma quietly asked, "Are we really going shopping?"

Sites bent down low and looked Emma straight in the eyes, "We're definitely going shopping. We'll fill a cart. No problem."

A few minutes later, the children left the atrium, beside their deputies and headed for the bus to Target. Many deputies had their arm around a child's shoulder or held a young one's hand.

When they arrived at Target, dozens and dozens of deputies snatched up the carts, all while laughing and joking with the children. Deputies hoisted the littlest ones into the front seats of the carts. Down the aisles, they rolled, causing other customers to turn their heads, pause, and smile.

It was a shopping cart frenzy of red. While the pace slowed down, pants, shirts, socks, shoes, and underwear piled higher and higher in the carts.

MANY CHILDREN seemed unable to comprehend they could pick out more than one item for themselves. Tyquan, 9, was overheard saying to his shopping partner, Capt. Sonny Cachuela, Jr., "How much have we spent? Is this OK to buy?"

"Don't worry about it, buddy," Cachuela replied. "We'll work it out."

The following businesses and organization helped support Shop with a Sheriff: Target, Paisano's Pizza, Montessori of Chantilly - Casa Dei Bambini, Fairfax County Federal Credit Union, Let's Help Kids, Fairfax Deputy Sheriff Union, Fairfax Sheriffs' Association, and Fraternal Order of Police Fairfax Lodge 77.

To learn more about Shop with a Sheriff or to make a donation, contact the Sheriff's Office at sheriff@fairfaxcounty.gov.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Tyshawn, 9, and his shopping partner, Lt. Col. Kevin B. Andariese, stop at the Child Identification Booth to get Tyshawn a child identification card before getting on the bus to do a little back-to-school shopping at Target



Capt. "Sonny" Cachuela Jr., Fairfax County Sheriff's Office holds up one of the green shirts Tyquan, 9, decided would fit him best.



Marissa, 5, loves the color pink, so during Shop with a Sheriff at Target, Lt. Brian Wancik got down on his knees, motorcycle boots and all, to size check Marissa's new pink leggings.



Naisa, 9, told her shopping partner, Pvt. First Class Szevi Tham, that blue was her favorite color. Tham spied the last blue wind breaker on the rack and gave it to Naisa to try on. Perfect fit. Into the cart it went.

City Moving Ahead with Lease Financing

Funding would be used to replace Fire Station 33.

BY BONNIE HOBBS
THE CONNECTION

Good thing the city of Fairfax has two fire stations, because Station 33 along Fairfax Boulevard has reached the end of its useful life cycle. So City Council has decided to move forward with lease financing to fund its replacement.

Addressing the Council members at a recent meeting, City Fire Chief John O'Neal said the design of the existing building doesn't meet the modern-day needs of the Fire Department, since it was originally built for a single-engine company.

"This station lacks space for adequate equipment storage and room for ready-reserve apparatus, currently housed off-site," he said. "A new facility would increase the operational readiness of the Fire Department, plus improve the safety and health conditions and quality of life for the staff."

A FEASIBILITY STUDY was completed in March, and \$1 million total to fund the design and architectural drawings for this project was included in the City's FY '16 and FY '17 CIP budgets. Specifics about what the station replacement entailed were discussed during the Council's June 10 retreat.

City staff then returned to the Council members on June 27 to provide them with a detailed, lease-financing plan for the work. Total cost – including demolition of the old building, as well as design, engineering and construction of the new one – is estimated at \$9.6 million.

"Davenport & Co. [the City's financial advisor] said lease financing would be the most cost-effective for the City," said Finance Director David Hodgkins. "And by doing so, we'd be able to lock into the interest rate for 20 years [and save money if this rate later increased]. But we could also



Fairfax Fire Station 33 is going to be demolished and rebuilt.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



The sign outside Fire Station 33, along Fairfax Boulevard.

refinance, at certain points, if the interest rate dropped."

But Councilwoman Janice Miller was

skeptical. "If we [instead] use general-obligation bonds [to fund this project], we wouldn't have to use the station or the land

as collateral, right?" she asked.

"Correct," replied Hodgkins.

Councilwoman Ellie Schmidt then asked about the public-input process. "There would be public hearings on the lease bid or to approve the financing, itself," explained Hodgkins. "But there is no requirement for a referendum."

Councilman Michael DeMarco then made a motion that the Council adopt the resolution approving a lease-financing plan to replace the fire station. "We entrust the city manager and finance director to do the lease financing," he said. "And waiting puts us at a higher interest-rate risk."

"We're still afforded the opportunity to have a public hearing," said Councilman Jeff Greenfield. "And, long term, this will save the taxpayers money."

"The City needs to replace Fire Station 33; we've been talking about it for five or six years," said Miller. "My preference is to go to bond in November 2018. There's no justification to rush forward with the funding for this project. In the past few years, interest rates have gone down."

She stressed that, when it comes to funding large projects, Fairfax has traditionally done so via bonds, and not lease financing. "And the construction schedule would be the same [either way]," said Miller. "We could have the construction drawings done by the time of the bond referendum, and construction could start in spring 2019."

Furthermore, she said, "I don't like using City property as collateral for borrowing money. Usually, cities use their good faith and tax base as collateral. So I'll be voting no on this funding resolution." Voicing similar concerns, Schmidt also voted against it.

However, with Councilmen DeMarco, Greenfield, Jon Stehle and Dan Drummond all voting yes, the resolution passed, 4-2. According to the proposed schedule, project bids are expected to be posted and reviewed between January and March 2019.

A CONTRACTOR should be selected by that spring. The new fire station is anticipated to take 18 months to build and to become operational somewhere between September and December of 2020.

WEEK IN FAIRFAX

Lightning Strike Starts House Fire

On Friday, Aug. 11, at approximately 7 p.m., units from Fairfax County Fire and Rescue and the City of Fairfax Fire Department were dispatched for a reported house fire located in the 9600 block of Ceralene Court in the Fairfax section of Fairfax County.

Units arrived on the scene of a two-story, single family home and observed fire showing from the roof area. Crews quickly went to work extinguishing the fire. There were no reported firefighter or civilian injuries.

No occupants were in the home at the

time of the fire. An off duty Fairfax County firefighter, Lt. Allan Burchell, was driving in the area and noticed a column of smoke. Upon investigation, he discovered the house on fire and called 911. Burchell grabbed a garden hose and proceeded to contain some of the fire until fire units arrived.

Three adults and two juveniles were displaced. Red Cross assistance was offered and declined. There were smoke alarms in the home, however, they did not activate because the fire was located in the exterior and attic space of the home.

Fire Investigators determined that the fire was accidental in nature. It started on the exterior of the home and spread into the attic. The fire was the result of a light-

ning strike.

Damages as a result of the fire are estimated to be approximately \$26,000, according to Fairfax County Fire & Rescue Department.

Fundraiser to Support Fight Against Drunk Driving

The Northern Virginia-based nonprofit organization behind the region's free safe ride service to prevent drunk driving, SoberRide, is hosting a fundraiser on Aug. 23, 2017 at Glory Days Grill in Fairfax.

The Washington Regional Alcohol

Program's (WRAP) "Football & Fundraising" event, open to the public and with tickets on sale at www.wrap.org, is scheduled from 6 to 9 p.m. that evening and features former Washington Redskin Ravin Caldwell, a sports memorabilia silent auction and various door prizes. Glory Days Grill is donating the hors d'oeuvres buffet for the event.

Tickets for WRAP's "Football & Fundraising" event are \$35 in advance or \$40 at the door that evening. Funds raised support WRAP's fight against drunk driving and underage drinking in Greater Washington. Tickets and more information are available at www.wrap.org.

NEWS

Detectives Investigate Deadly Single Car Crash in Burke

Shahram Johanshad, 46, of Fairfax was killed when the 2010 Nissan Altima he was driving left the roadway and crashed into two trees, according to FCPD Media Relations Bureau. Officers were sent to the area of the Fairfax County Parkway and Waterline Drive shortly before 11:30 p.m. Tuesday when the crash was reported.

They located the car and Johanshad, the sole occupant. Fairfax County Fire and Rescue Department personnel were also on scene and pronounced Johanshad deceased.

Crash Reconstruction detectives were called to the scene. Their initial investigation revealed that the Altima was traveling northbound on the Fairfax County Parkway prior to Waterline Drive. While attempting to negotiate a slight turn, the Altima went

off the roadway to the left, then traveled back across and off the roadway to the right. The Altima came to rest after striking two trees. Speed appears to be a factor. It is not yet known if alcohol was a factor in the crash.

If anyone has information related to this crash, contact detectives via the CRU witness phone line: 703-280-0543, or call Fairfax County Police at 703-691-2131. Those with information can also submit a tip anonymously through Crime Solvers electronically by visiting www.fairfaxcrimesolvers.org or text-a-tip by texting "TIP187" plus the message to CRIMES(274637). Anonymous Tipsters are eligible for cash rewards of \$100-\$1,000 if their information leads to an arrest.

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Fairfax High School alumna **Simone Askew** has been named the first African-American female to serve as first captain of the corps of cadets at the United States Military Academy-West Point. Askew is a 2014 graduate of Fairfax High School. At Fairfax High, Askew was president of her class, captain of the volleyball team, and founder of the Black Student Union. She received appointments to West Point and the U.S. Naval Academy, and

chose to attend West Point.

Ian Doten, of Fairfax, graduated from Rochester Institute of Technology (Rochester, N.Y.) with a BS in computer engineering.

Jordan Staley, of Fairfax, graduated from Rochester Institute of Technology (Rochester, N.Y.) with a BS in ASL-English interpretation.

Nha-Khuyen Bui, of Fairfax, earned dean's list honors at Saint Joseph's University (Philadelphia, Pa.) for the spring 2017 semester. Bui studies finance in the University's Haub School of Business.



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On Events in Charlottesville

What some representatives had to say about hate, bigotry and the deaths and damage that resulted.

Gov. Terry McAuliffe:

"I convened an emergency cabinet meeting to discuss the next steps we, as a commonwealth, must take in order to begin the arduous process of healing our community and confronting the racism that stubbornly remains in our nation. The events of this weekend have only strengthened our resolve to combat hatred and bigotry, and I want Virginia to be a leader in the national conversation about how we move forward. I have directed my team to impanel a commission with representatives from community organizations, faith leaders, and law enforcement to make actionable recommendations for executive and legislative solutions to advance our mission of reconciliation, unity, and public safety."

Sharon Bulova, chairman, Fairfax County Board of Supervisors:

"The tragedy that took place in Charlottesville does not represent who we are as Virginians. I am incredibly saddened by the hatred and bigotry that was displayed and my heart goes out to the family and friends of the three individuals who tragically lost their lives. We must all do our part to set the tone in our own communities by exemplifying values of acceptance and kindness. As it is often said, 'Be the change you want to see in the world.' That is where we all have incredible power and influence every day in our communities."

U.S. Sen. Mark Warner:

"Virginians mourn the life taken in this morning's events and reject this hateful violence in Charlottesville. We condemn the in-

tolerance behind it and those who would pass it off as a legitimate political movement. Those who traveled to Virginia to incite unrest don't understand the Virginia-born values that make our country great."

U.S. Sen. Tim Kaine:

"Virginia has come so far in recent decades to put division behind us. ... It's sickening to see the displays of violence and bigotry that were brought to Charlottesville by white nationalists, which tragically led to injuries and at least one death today. This is not who we are. Charlottesville is a vibrant community that recognizes the deep scars from our past and has rejected hatred in favor of inclusion."

"The fact that people like David Duke cited the President to justify their views is a disturbing reminder that divisive rhetoric has sadly contributed to a climate where individuals who espouse hate feel emboldened. As they seek publicity through their hateful tactics, let's pull together — regardless of party, race or religion — to reject hatred in no uncertain terms and stand together."

U.S. Rep. Gerry Connolly:

"We banished hate a long time ago in Virginia. We must condemn this bigotry and not turn a blind eye to racism."

U.S. Rep. Don Beyer:

"I join the great and passionate majority of Virginians who hold these values dear: abhorrence for racism and hatred, respect for law, and respect for one another. It is especially sad that this ugly incident occurred in the home of one of America's most treasured centers of

learning. The work of creating a more just and equal society will never end and we will re-dedicate ourselves to that in the days and weeks ahead."

U.S. Rep. Barbara Comstock:

"The Attorney General has done the right thing in opening a federal investigation that will have the full support of the Department of Justice. AG Sessions: 'The violence and deaths in Charlottesville strike at the heart of American law and justice. When such actions arise from racial bigotry and hatred, they betray our core values and cannot be tolerated.'"

"The neo-Nazi march and the hate and racism on display in Charlottesville are vile, have no place in Virginia, and are denounced by Republicans and Democrats alike in our great Commonwealth."

Del. Marcus Simon:

"The scenes of white supremacist, racist neo-nazis marching proudly in Charlottesville along with heavily armed self-proclaimed militiamen chanting racist slogans and obscenely taunting counter-demonstrators are beyond disturbing. Virginia is better than this."

"Virginia's political leaders have the power to raise the level of discourse. To educate, inform, and enlighten with thoughtful discussion and debate. What's happened over the last 24 hours in Charlottesville is not happening in a vacuum and it's not an aberration. It's what happens when we demonize the other among us."

"What makes Virginia great is our growing diversity. Our openness to new and better ideas. Our willingness to accept everyone who comes here looking to build a better life, a stronger commonwealth and better world."

"We are better than the image that's being broadcast to the world today."

LETTERS TO THE EDITOR

The Price of Changing School Name

To the Editor:

As a former Fairfax County School Board member and a native of Fairfax County, I watched the name changing deliberations about JEB Stuart High School with interest. It appears since leaving the board the education of students and financing such education has taken second place to the social agendas of board members.

The frustration about this issue was the members refused to listen to the facts of history and preferred to make assumptions about the man himself, JEB Stuart, and assumptions about the community, the Civil War, the original naming of the school and of Virginia's state history. These School Board mem-

bers, most of whom are from other parts of the country, were compelled to listen to sound bites from two Hollywood personalities who knew little about the history of the school and JEB Stuart. They also listened to activists, one being George Albers, an appointee of Chairman Sharon Bulova's who currently sits on the Fairfax County Human Rights Committee and on the Executive Committee of the local NAACP chapter. He and two School Board members worked to bring in hundreds of community activists from outside the community and county to attend local community meetings on the re-naming of the school for purposes of protesting and agitation. These activists knew little about the history of Virginia and JEB Stuart.

In the end I have no doubt the system spent thousands of dollars and staff time on this issue, for that is what is done; but for what, to

appease a vocal group over the wishes of the impacted community? In 2011 Sandy Evans, the School Board member representing the Stuart Community who pushed for the name change, announced she had a most difficult time voting against a community's wishes and would not do such a thing. I remember this because she voted against a motion of mine that was very controversial which required a great deal of defined community input and was carefully analyzed as it related to fiscal responsibility. Years ago Ms. Evans lost on my motion and when all is said and done she may have lost again on her own issue. Her motion passed but the political capital she spent was high. She and other members of the School Board may have underestimated the importance of fair process and the power of history and truth; a very sad situation to be in as an

elected representative.

Elizabeth Bradsher
Fairfax Station

Only Congress Can Declare War

To the Editor:

President Trump's recent pronouncements of "fire and fury" and "locked and loaded" puts our country and allies at dire risk, and showcases his boundless lack of self-discipline and inability to de-escalate dangerous global situations. Like a schoolyard bully who wants to prove that "my toys are bigger than your toys," the President is goading an unstable North Korean tyrant who may do something that could change our world forever.

SEE LETTERS, PAGE 15

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FAITH

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

Arabic New Life Baptist Church is located at 6428 Ox Road in Fairfax Station. Worship services are on Sundays at 10:45 a.m. and prayer services are on Wednesdays at 6:30 p.m. Bible Study is on Fridays at 7 p.m. Pastor: Wissam Jamil. Call 703-273-5599.

Sydenstricker United Methodist Church has Worship services Saturday in the chapel at 5:30 p.m. and Sunday in the Sanctuary at 8:30 a.m. and 11 a.m. traditional worship. Sunday School for youth and children is in the Sanctuary at 9:30 a.m., and Sunday School for adults is in the sanctuary at 9:45 a.m. Fellowship is in Hottle Hall on Sundays at 10:30 a.m. 8508 Hooes Road in Springfield. www.sumcdisciples.org or 703-451-8223.

St. Anthony of Padua American National Catholic Church, 10383 Democracy Lane, Fairfax, holds mass for Contemporary Catholics every Sunday at 12:30 p.m. St. Anthony's is an independent Catholic parish, inclusive and accepting of all people. Experience true acceptance and true Catholicism. www.MySaintAnthonys.org.

Calvary Hill Baptist Church,

9301 Little River Turnpike in Fairfax, conducts Worship team practice for the Praise Band in the Sanctuary every Thursday at 7 p.m. All are welcome. 703-323-1347.

Jubilee Christian Center will have a Patriotic Service on Sunday, May 28, 8:45 and 11 a.m., featuring special music and message. Jubilee is located at 4650 Shirley Gate Rd., Fairfax. There will be no 6 p.m. service on May 28. For information, call 703-383-1170, or see www.jccag.org

The Fairfax Church of Christ, 3901 Rugby Road in Fairfax, has facilitators available to help those who are experiencing a separation or divorce. 703-631-2100 or www.fxcc.org.

The Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton, offers services during the summer on Sundays at 10 a.m. The regular schedule, Sundays at 9:15 and 11:15 a.m., resumes Sept. 11. www.uucf.org.

Congregation Adat Reyim, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Maariv minyan at 7:30 p.m. Hebrew School is Sundays from 9-11:15 for K-6th graders and Mondays from 5:30-7:30 p.m. for 3rd-6th graders. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. 703-569-7577 or www.adatreyim.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, worship services are Sundays at 9 a.m., 11:15 a.m., and 6 p.m. www.BurkePresChurch.org.

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Solar Eclipse 2017

Local experts offer instruction in safe viewing.

BY MARILYN CAMPBELL

Some local science teachers went back to school recently for a lesson on the upcoming solar eclipse on Aug. 21 when a total solar eclipse cuts a path across the U.S. Instructors from Fairfax, Arlington, and other Northern Virginia counties attended a half-day workshop led by professor Harold Geller, Ph.D., of the Department of Physics and Astronomy at George Mason University.

During the event, which was sponsored by the Virginia Space Grant Consortium, teachers received ideas on teaching their students about the eclipse. "We tested the teachers' knowledge," said Geller. "They also worked in small groups to develop a lesson plan on the eclipse."

Teachers also got a hands-on outdoor session on safe viewing of the sun and solar eclipse as well as a hands-on lesson on the moon's phases. Geller said the lesson and safety precautions can be applicable to anyone with an interest in the event. "Everyone seems to know the date ... but many are not

aware of the times," said Geller. "They vary by location. In Washington, D.C. on 21 August 2017 the partial solar eclipse will begin at 1:18 p.m. The peak or maximum will be at 2:43 p.m. The partial solar eclipse will end here at 4:02 p.m."

For those who may be unaware of the specifics, Geller underscored the importance of understanding what a solar eclipse is. "Most simply, it's the phenomena which occur when the moon gets in direct line of sight between the Earth and the sun," he said. "In the D.C. metropolitan area, between 81 and 85-per-

cent of the sun's disk will be blocked by the moon."

For those in the Washington, D.C. region who are wondering what will be visible, Geller said, "At the start of the eclipse, it will appear that a dark disk is blocking out the light from the sun. As we proceed to maximum, more and more of the sun's disk will be blocked by the

moon. Then, after the peak, less and less of the sun's disk will be blocked by the moon."

For those wishing to see the eclipse without leaving the Washington, D.C. region, "The best place to view the eclipse is in the path of totality, that is, wher-

"Your sunglasses are not suitable for viewing the sun. No matter how dark, expensive or polarized they are, don't use them."

— Eric Bubar, Marymount University



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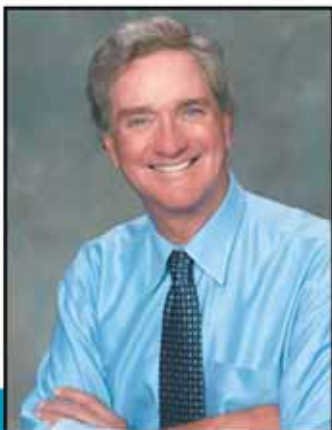
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PHOTO COURTESY OF HAROLD GELLER

George Mason professor Harold Geller led a workshop for science teachers that included an outdoor session on viewing the sun and the upcoming solar eclipse safely.

ever the shadow of the moon will totally block all the light from the sun," said Geller. "Another very important factor is the weather. You should have a direct line of sight to the sun, no interfering clouds. So an open field, with no interference along the line of sight to the sun between 1 and 4 p.m. in this area, would be best."

Safety is a factor that Eric Bubar, Ph.D., associate professor of biology and physical sciences at Marymount University underscores.

"Never look directly at the sun, unless you can approved solar viewing glasses," he said. "These might be hard to find at the moment. Most online vendors are sold out."

For those considering using their sunglasses instead of eclipse glasses, Bubar offers a warning. "Your sunglasses are not suitable for viewing the sun," he said. "No matter how dark, expensive or polarized they are, don't use them. Polarization and UV blocking

More

Visit eclipse2017.nasa.gov/

are great for decreasing the ambient brightness outside, but direct sunlight light can pierce right through and cause damage to your eyes. The only safe way to see the sun with your own eyes is through eclipse glasses or appropriate solar filters."

"No one should ever look directly at the sun without proper protection," added Geller. "Only special equipment should be used, whether looking directly at the sun or indirectly at the sun. Only a limited number of manufacturers' products have been tested for safety. Make sure you are using one of these or that you use an indirect method for observing the sun."

Bubar recommends using the list of vendors certified by the American Astronomical Society. "Also, look at the glasses and make sure there are no holes or punctures in the viewing material," he said. "Even a small crease or puncture can make them unsafe."

Eclipse enthusiasts should not be fooled by glasses that appear similar to eclipse glasses that have been certified for safe viewing, says Bubar. "The material in solar filters can look a lot like aluminum foil but is completely different," he said. "If you can't find solar viewing glasses ... you can see it indirectly with a pinhole viewer."

Instructions for using this method can be found by visiting eclipse.aas.org/eye-safety/projection.

For those wondering whether one can really go blind by looking at the sun: "Yes, you can," said Bubar. "The sun is really bright. It sits 93-million miles from us, but the light it puts out is still great enough that it can cook your retinas and cause vision distortion or blindness even with only a small period of exposure."

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CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Senior Olympics. Deadline to register for the Northern Virginia Senior Olympics is Aug. 26. Participants must be at least 50-years-old by Dec. 31, 2017. Register at www.nvso.us until Sept. 2 or via U.S. mail before Aug. 26 with forms available at area recreation centers. To volunteer contact RSVP Northern Virginia at 703-403-5360 or email rsvp@volunteerfairfax.org.

Fairfax Pets on Wheels New

Volunteer Orientation First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. Complete the online application found at www.fpow.org/volunteer. Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

Cafe Ivrit (Hebrew Cafe).

Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. [RSVP Naama.Gold@jccnv.org](mailto:RSVP.Naama.Gold@jccnv.org).

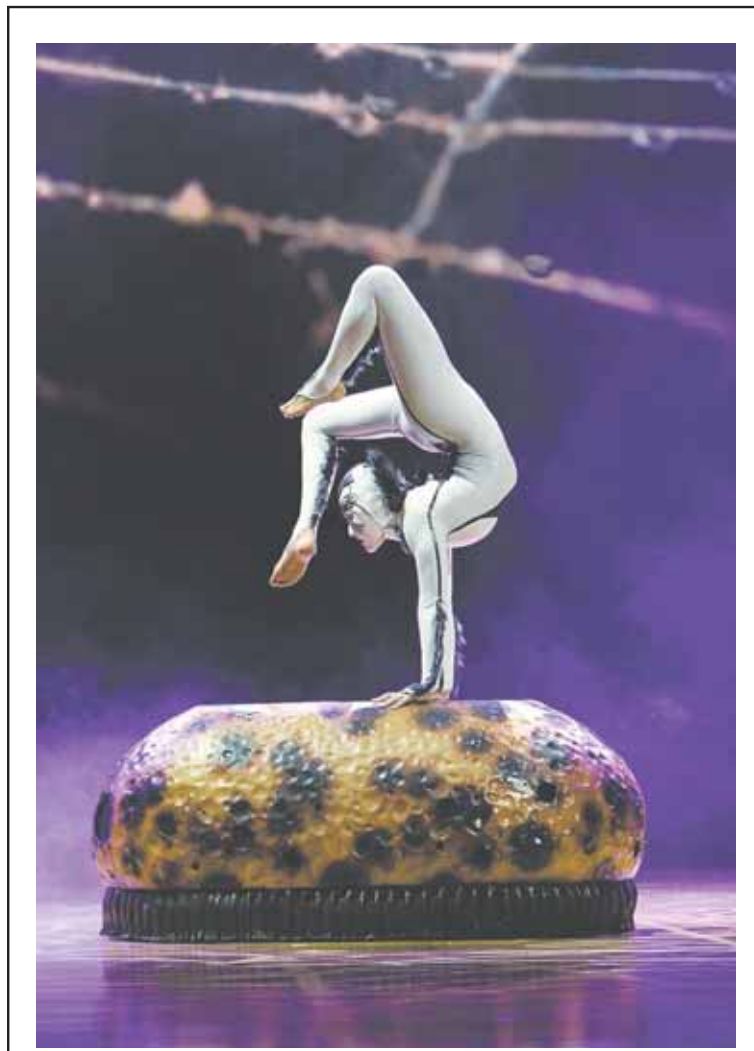
Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts

AUG. 16-20

Cirque du Soleil. Various times at Eagle Bank Arena, 4500 Patriot Circle. Their current "OVO," show is created by Deborah Colker, the first



'Ovo'

PHOTO CONTRIBUTED

From Aug. 16-20 Cirque du Soleil will be performing "OVO," at Eagle Bank Arena, 4500 Patriot Circle. The "OVO," show is created by Deborah Colker, the first female director in Cirque du Soleil history. Visit www.eaglebankarena.com/ for more.



Trail Walk

PHOTO BY MIKE SALMON/CONNECTION

On Aug. 24, a trail walk is the focus of the weekly "Flora Fauna for Kids," at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. \$5. Ages 3-6. Call 703-451-9588 for more.

female director in Cirque du Soleil history. Visit www.eaglebankarena.com/ for more.

THURSDAY/AUG. 17

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Learn about insects in the area. \$5. Ages 3-6. Call 703-451-9588 for more.

Lucia Valentine Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive. Grab dinner at one of the many restaurants in downtown, and listen to great music. Free. Call 703-385-7858 for more.

FRIDAY/AUG. 18

Music on the Plaza. 7 p.m. at the Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Free, weather permitting. Call 703-385-7858 for more.

Family Fun Movie Nights. 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. "Sing," is the feature. Free. An adult must accompany anyone under the age of 14. Food to donate for Britepaths can be dropped off at the Sherwood Center on the evening of the Family Fun Nights. Call 703-385-7858.

DJ Music and Golf. 7-10 p.m. at Top Golf, 6625 S. Van Dorn St., Alexandria. Music by Rush Hour DJ. Call 703-924-2600 for more.

SATURDAY/AUG. 19

DJ Music and Golf. 7-10 p.m. at Top Golf, 6625 S. Van Dorn St., Alexandria. Music by Face DJ. Call 703-924-2600 for more.

SUNDAY/AUG. 20

Meet the Civil War Author. 11 a.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. The Historic Pohick Church Docents Guild sponsoring Don Hakenson, award winning author and producer of of Civil War books and a Mosby documentary, will talk about the Civil War history in and around Pohick Church. After the 10 a.m. service. Call 703-339-6572 for more.

Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org or call 703-425-9225.

MONDAY/AUG. 21

Great American Eclipse. All day at Burke Lake Park, 7315 Ox Road, Fairfax Station. Learn the science behind eclipses and how to view them safely, solar eclipse glasses will be provided to attendees at all the programs. \$7-\$12 per person. Visit go.usa.gov/xNvnb for more.

Funday Monday Eclipse Special. 1-4 p.m. at Old Town Square, 3999 University Drive, Fairfax. Stories, crafts, music, and more while the eclipse travels overhead. Pack a picnic lunch or visit one of our local restaurants. Free viewing glasses will be available as supplies last. Visit www.fairfaxva.gov for more.

WEDNESDAY/AUG. 23

Tai Chi. 6:30-7:30 a.m. in Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat. Class will take place in Old Town Square at the pergola, weather permitting. Call 703-385-7858 for more.

THURSDAY/AUG. 24

Flora Fauna for Kids. 11-11:45 a.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Go on the trail walk and learn about the pond. \$5. Ages 3-6. Call 703-451-9588

FRIDAY/AUG. 25

Music on the Plaza. 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Rock the Block with the Alex Hilton Band Visit www.fairfaxva.gov/rocktheblock

DJ Music and Golf. 7-10 p.m. at Top Golf, 6625 S. Van Dorn St., Alexandria. Music by Tnyce DJ. Call 703-924-2600 for more.

SATURDAY/AUG. 26

Meet the Author. 2 p.m. at the Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. The Battle of Ball's Bluff — local historian James Morgan will focus on his tactical study of the battle: "A Little Short of Boats: the Battles of Ball's Bluff and Edwards Ferry." Book signing and sales follow the talk. Free. Call 703-591-0560.

EqualTEA. 2-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. The event will include afternoon tea, a tour of the Mansion at Gunston Hall, a presentation about the Turning Point Suffragist Memorial, and a gift for each guest from the Preservation Society of Newport County. Dress: Hats and pearls, Suffragist attire welcome. \$60. Email pwirth@suffragistmemorial.org

DJ Music and Golf. 7-10 p.m. at Top Golf, 6625 S. Van Dorn St., Alexandria. Music by Radyus DJ. Call 703-924-2600 for more.

Guided Meditation. 7-9 p.m. at the Fairfax Art League, 3950 University Drive. Participants in this guided meditation will be led to examine themselves, as crystals are placed on their energy centers. Bring pillows, blankets and comfortable shoes. Email otusatforiinks@gmail.com or call 703-963-6805 for more.

SUNDAY/AUG. 27

Civil War Reenactment. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Fairfax Station Railroad Museum will host Civil War re-enactors and modern practitioners who will demonstrate medical and rescue practices then and now in commemoration of Fairfax Station's role as an evacuation center during the Battle of Second Manassas in 1862. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org or call 703-425-9225.

FRIDAY/SEPT. 1

Photo Exhibition. 9 a.m.-5 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Over There: Americans in World War I" a traveling exhibition from the National Archives and Records Administration showcases photographs from the battle fronts in France, Italy, and Russia, supply and support operations behind the lines, and the Paris Peace Conference. Call 703-385-8414 for more.

DJ Music and Golf. 7-10 p.m. at Top Golf, 6625 S. Van Dorn St., Alexandria. Music by Sway DJ. Call 703-924-2600 for more.

SEPT. 3-4

Model Train Shows. noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. www.fairfax-station.org or call 703-425-9225.

FRIDAY/SEPT. 8

Movie Under the Moon. 6:30-9:30 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Featuring "The Sandlot," starts at 7:30. Free. Visit fairfaxva.gov for more.

SEPT. 9-10

Burke Centre Festival. 9 a.m.-5 p.m. at the Burke Conservancy, 6060 Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit www.burkecentreweb.com for more.

SUNDAY/SEPT. 10

Vietnam Memorial Lecture. 2 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "The 35 th Anniversary of the Vietnam Veterans Memorial," Janet Folkerts, curator of the Vietnam Veterans Memorial Collection, will share stories of the artifacts left at the Memorial and the soldiers they honor and memorialize. Free. Call 703-385-8414 for more.

SEPT. 18-OCT. 28

Photo Exhibition. Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560

Deer Management Season Set to Begin

Deer population is “unsustainable” for the health of environment and safety of residents.

BY ANDREA WORKER
THE CONNECTION

Counting the actual number of deer that populate Fairfax County might be an impossible task, but there are ways to calculate the impact that deer have on the community. That on-going data collection gives county officials the means to determine that the deer population is still “unsustainable for the health of the environment and the safety of our residents,” according to Katherine Edwards, Ph.D. Edwards is the county’s wildlife management specialist, and was one of three panelists who presented the details of the upcoming 2017-2018 Fairfax County Deer Management Program to a small group of citizens at a public meeting on Aug. 10 at the Government Center.

Joining Edwards to inform the attendees and to take questions and comments at the meeting were Sgt. Earit Powell with the Fairfax County Police Department, and Kristen Sinclair, ecologist III, county Natural Resources Branch, who is responsible for much of the data collection.

The presentation was divided into three major areas of impact by the wandering ruminants: safety concerns, health concerns, and ecological damage. It is within the first and third of these concerns that the numbers can best be gathered, analysed, and used to justify the county’s management program and aid in developing the best approach.

ACCORDING TO STUDIES, Virginia is considered a “high risk” state, ranked 13th in the nation in 2016 for the number of “Deer-Vehicle Collisions” (DVCs), with chances being 1 in 94 of involvement in such an incident. Police records between 2010 and 2016 record an average of 72 DVCs reported annually. A preliminary analysis of records from the Virginia Department of Transportation (VDOT) adds an estimated 1,500-1,600 deer which are picked up from roadsides in Fairfax County. Since it’s approximated that only about 25 percent of deer that are struck by vehicles actually die at the scene, it’s understandable that officials believe that the actual number of DVCs may be significantly higher than those reported.

Edwards and Sinclair told the attendees that the county is working to gather data from a number of sources that are now maintained separately to get the most accurate data.

Sinclair described the efforts to most scientifically measure the ecological damages being done by deer over-population, using hundreds of “browsing plots” throughout the both the county’s park system and in



From left: Sgt. Earit Powell of the Fairfax County Police Dept. manages the deer hunting operations. Katherine Edwards, Ph.D. is the county’s wildlife management specialist. Together with Kristen Sinclair, ecologist III, Natural Resources Branch, the three hosted the public meeting on the 2017-2018 Deer Population Management Program.



Kristen Sinclair, ecologist III, county Natural Resources Branch, cited a study that deer are consuming seedlings and saplings, bushes, and shrubs, as well as “hindering the forest regeneration.”

partnership with the Northern Virginia Regional Park Authority. It’s an ongoing study, with data collected on a rotating basis over a number of years, to study the changes.

Deer aren’t just grazing in open parkland, said Sinclair. They are consuming seedlings and saplings, bushes, and shrubs, as well as “hindering the forest regeneration.” The plots show that the very structure of the forest is impaired, significantly changing the forest composition and leading to a loss of “ecosystem services like clean water and air. It ultimately destroys biodiversity.”

The Fairfax County Deer Reduction program was originally approved by the Board of Supervisors in 1998, but didn’t really get officially underway and under intense supervision until several years later. Today’s program, said Edwards, is based on best practices for deer management and peer-reviewed scientific literature. The current state-approved control methods are archery, firearms managed hunts, and law enforcement sharpshooters and the program is now managed by the Fairfax County Police Department, with Powell in charge.

There are dozens of regulations relating to who may participate, how each form of reduction is managed, and how to best en-

sure the safety of the public and of the hunters, themselves. Strict recordkeeping is mandated. “A number of hunters were disqualified last year,” said Powell, “not because they did anything unsafe or against the rules in terms of the actual harvesting of deer. They didn’t keep the records that we require. So they were out.”

Powell also noted that in many cases, the hunt group leaders, or other hunters reported the failures of their peers, because “they want to do this right, safely, and be accountable.”

One man expressed concerns for himself and neighbors, as homeowners near deer hunting locations, but Powell insisted that there have been no reports of any injuries to citizens, only accidents to the hunters. “Mostly falls, or other injuries often typical of time spent in the woods.”

THE ARCHERY PROGRAM is the county’s number one method of deer population control, accounting for 95 percent of the 1,092 deer harvested last year by 627 sanctioned archers, working 18 designated archery clusters. The archers donated 44,881 hunt hours, but only 10.4 percent of hunting attempts resulted in deer harvests.



From left: Melissa Klein of Braddock, and Kathie Sowell of Vienna attended the meeting, and raised concerns about the use of archery as the predominant method for controlling the deer population.

It is the use of archery as the mainstay of population control that caused some concern and pushback by the few residents in attendance.

Melissa Klein from the Braddock area said she understood the need for controlling the deer population, but felt like relying so heavily on archery “wasn’t a 21st century solution.” She and Kevin Rose, district wildlife biologist for the Virginia Department of Game and Inland Fisheries who was in the audience, entered into a bit of a debate on the use of birth control to reduce the numbers of deer. Both referred to a study in a controlled population of deer in Maryland, using the drug PZP. After some back-and-forth between the two, Rose ultimately stated that the experiment was a failure, in part because of the transient nature of the deer, as they moved in and out of areas and among herds, and because the “balance between births and deaths” is not being achieved by that method.

Kathie Sowell of Vienna also shared some concerns, relating a particularly gruesome encounter with a deer, still mobile, but with an arrow through its eye.

Phil Church of Fairfax had similar objections. “The wounding rate for these animals is what bothers me.” Church also agreed that control of the population was needed, but questioned the reliance on archery, when it was “impossible to say how many of the deer wander off wounded, or how long it may take for some of them to die, or to be tracked by the hunter and finished.”

Church and others wanted to know why sharpshooting couldn’t be the more employed methodology, since there was agreement that it would be “more humane.”

“Logistics and cost. That’s honestly the answer,” said Powell. Having paid law enforcement personnel off the job to handle the deer population is just not efficient or in the budget.

There were no easy answers forthcoming from the officials to the objections, but there were promises to continue to look for other methods, to review the program, and to consider public safety at all times.

The program will begin on Sept. 1, and run through Feb. 24, 2018. No hunting will take place on Sundays. To learn more about the program and to see which parks are included, go to the county’s website www.fairfaxcounty.gov, type in “Managed Deer Hunts” and follow the links.



Twins Joe and Jayleen Reynolds, 4-1/2, bounce on a water-filled sheet.



An inflatable obstacle course.

Enjoying Double Bubble

The second annual Double Bubble Run was Saturday, Aug. 12, in Van Dyck Park

PHOTOS BY BONNIE HOBBS/
THE CONNECTION



Covered in bubbles are the Chami siblings, George, 8, and Leila, 6.



Sliding inside a bouncy shark's mouth are the Bautista siblings, Hazel, 8, (sitting up), and Mayleen Andrea, 6.



Looking like a "bubble-fish" is Jake Fetgatter, 9.



Jacob Diaz, 6, strikes a fierce pose.



Having fun together in the bubbles are Cody Nicholas and daughter Makenzie, 4.

Greenbriar Pool Club in Fairfax: There are 600 members only at this community pool, memberships are passed down generationally.

PHOTOS BY COLIN STOECKER/
THE CONNECTION



Chip Ponsart, 18, a freshman in college and a lifeguard at Greenbriar Pool Club, dunks the ball while Ramone Nickens, 31, a Fairfax resident and office manager at ManTech International watches at Greenbriar pool club in Fairfax.

Cooling off at Greenbriar Pool

Jory Banks, 23, a Fairfax resident and manager at the Greenbriar Pool club, takes his job seriously. He works at the pool over the summer, supervising the lifeguards. “The rules here are pretty strict. We make sure that there is no sand on the chairs and try to keep the deck spotless.”

The residents of Fairfax and the surrounding communities appreciate this community pool and continue to use it as an exclusive way to cool off over the summer. There are only 600 pool members and that number does not change.

“I like the members,” said Banks. “There is an adult late night event with margaritas and sometimes a member comes in and grills for us!”

The pool is not exclusive to a homeowners association, but most people buy the pool passes with their house.

Ramone Nickens, 31, a Fairfax resident and Office Manager at ManTech International has been coming here since he was a child. “I’ve been a member of this pool since 1981. My grandparents moved here and passed it down to my mom, so she has the family membership,” said Nickens.

He plays water basketball with Chip Ponsart, 18, a college freshman in and a lifeguard at Greenbriar pool club.

“The lifeguard staff are amazing, because I am one!” said Ponsart.

— COLIN STOECKER

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Yard Sale

The Lake Braddock Cross Country team will hold their annual yard sale on 19 August, at Burke School, 9645 Burke Lake Road, Burke, VA, from 8 am to 1 pm. Huge yard sale will include furniture, toys, sports equipment, books, clothing, household, decorative, and children's items, and school supplies.

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Storage Line of Virginia, LLC (t/a APT Storage), Box 767, Haymarket VA 20168, pursuant to the assertion of a lien for rental of a storage unit, will hold a public auction for the sale of all goods in a storage unit to take place at 10:00 am on Tuesday, August 22, 2017 at storage units 167C and 352B, located at eaves Fair Lakes, 13116 Autumn Woods Way, Fairfax VA 22033, to satisfy the lien. All terms of the sale are cash. Call 800-217-4280 for questions.

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'Confidence Through Accomplishment'

As students prepare to head back to school, many parents are looking for afterschool activities that provide a safe and structured space to learn skills and be physically active. That's where Girls on the Run of NOVA comes in.

Maureen R. Weiss, Ph.D, a leading expert on youth development, recently conducted an independent study on Girls on the Run programs across the country. It found compelling evidence that Girls on the Run is highly effective at driving transformative and lasting change in the lives of third- to fifth-grade girls. It also showed that the program's combination of a physical activity, research-based curriculum, trained volunteer coaches, and a strong commitment to serve all girls resulted in these key findings:

- ❖ 97 percent of girls said they learned critical life skills at Girls on the Run that they are using at home, at school and with their friends.

- ❖ 7 out of 10 girls who improved from pre-season to post-season sustained improvements in competence, confidence, connection, character, caring or physical

activity beyond the season's end.

- ❖ Girls on the Run participants were significantly more likely to learn and use life skills, including managing emotions, resolving conflict, helping others and making intentional decisions than girls who participated in physical education or organized sports programs without a curriculum.

- ❖ Girls who were the least active before Girls on the Run increased their physical-activity level by 40 percent from pre-season to post-season and maintained this increased level beyond the program's end.

"It's more than just a running program," said Katey Comerford, executive director for GOTR NOVA. "The goal of our program is to help girls unleash confidence through accomplishment while developing the physical, social and emotional skills needed to achieve."

Girls on the Run is currently in 93 local elementary schools – including Bonnie Brae, Daniels Run, Greenbriar East, Laurel Hill, Little Run, Lorton Station, Waples Mill and Westbriar – with fall registration starting Aug. 21. For more information, go to www.gotrnova.org.

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Request for Qualifications
Contract ID #: C00099478DB98
0007-029-942 & 0007-029-225

Route 7 Corridor Improvements Design-Build Project
Fairfax County, Virginia

The Virginia Department of Transportation (VDOT) is seeking Statements of Qualification for the Route 7 Corridor Improvements Design-Build Project from qualified respondents with experience in the design and construction of highway facilities. The Project is located on Route 7 (Leesburg Pike) just west of the Route 7/Dulles Toll Road Interchange in Fairfax County, Virginia. The Project includes widening of about a 6.8 mile segment of Route 7 from four to six lanes between Jarrett Valley Drive and Reston Avenue. The purpose of the Project is to increase capacity, improve traffic operations and reduce congestion, improve community access at intersections and via frontage roads, and improve safety in corridor. Project improvements include: an additional eastbound and westbound lane; shared use paths on both sides of Route 7; replacement of the existing Route 7 bridge over Difficult Run; stream relocation; a new pedestrian tunnel under Route 7 accessing the Colvin Run Mill; a grade-separated intersection for eastbound Route 7 at Baron Cameron Avenue; asphalt overlay of existing pavements; new sound barriers; and installation of storm drain pipes and stormwater management facilities. The Design-Builder will also be responsible for coordinating the Route 7 Widening Project with the Washington Gas transmission line upgrade project within the Project limits.

Questions/clarifications regarding the Request for Qualifications (RFQ) should be submitted to John Daoulas, P.E. (John.Daoulas@vdot.virginia.gov).

Copies of the RFQ and additional submittal requirements can be found at <http://www.virginiadot.org/business/request-for-qualifications.asp>.

The Department assures compliance with Title VI requirements of non-discrimination in all activities pursuant to this advertisement.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEERS NEEDED

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Springfield area, FEEDS is offered at the following schools:

- * Springfield Gardens Apartments, 6116 Cumberland Ave.
- * Springfield Square Apartments, 7000 Rhoden Court, starts at noon
- * Chelsea Square Apartments, 5734 Backlick Road, starts at noon

SEPT. 29-30

Fall Children's Consignment Sale. 9 a.m.-8 p.m., at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. To become a seller, email: CUMC.CCS@gmail.com, or visit www.cameron-umc.org/.

ONGOING

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. **Volunteer drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. **Office workers** are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

Positive Parenting Strategies Course. At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

LETTERS

FROM PAGE 6

President Trump plays fast and loose with nuclear talk, speaking as if it was his personal wild card that he keeps in his back pocket. The loss of millions of lives is an obvious outcome of a conflict between two nuclear powers. But also, given that the South Korean economy is the fourth largest in Asia and the 11th largest in the world, the destruction of South Korea in such a conflict could deal a devastating blow to the world's economy.

The President's seems unable to control his alarming rhetoric. I only hope that our Ambassador to the United Nations and our Cabinet members will employ maximum diplomatic efforts, and that the Congress — the co-equal branch of government — will be strong enough to remind the President that only they have the Constitutional power to declare war.

Barbara Glakas
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I Had a Dream



By KENNETH B. LOURIE

Which apparently, according to my oncologist, is not unusual. In fact, he's had them, too. What I am referring to, in a general sense, are cancer dreams. The 'cancer dream' I had was my first. Actually, it was not so much a dream, with a beginning, middle and an end, as it was a fragment; a moment in subconscious time that provided (illuminated would be too strong a characterization) an opportunity to possibly see my future and prepare accordingly.

Before I share my dream, let me give you a bit of context relating to my cancer condition. I am nearly five months into my ninth year post diagnosis. I have stage IV non-small cell lung cancer, the terminal kind. Stage IV, if you don't know (and I certainly didn't know stage IV from stage left until my oncologist told me in late February 2009) means the tumors have metastasized (moved from its original location, which is rarely good) and are inoperable (which means surgery is not an option/recommended/reasonable). Ergo, the "13 month to two year" prognosis I was given and the associated 2 percent chance of survival beyond five years. To say then that cancer/my mortality is constantly on my mind is an understatement of epic proportions.

Given the unlikely still-living situation in which amazingly I find myself, I am regularly waiting for disappointing/discouraging health-related symptoms/news. With every five-week cycle of pre-chemotherapy lab work/24-hour urine collection and chemotherapy infusion, followed by quarterly CT Scans and semi annual brain and/or lower abdomen MRIs, I am at the mercy of results — which at this juncture rarely manifest themselves in any symptomatic/life-changing way. In short, I rarely know what the cancer is doing until my oncologist tells me. So far, mostly so good. As a result of this general lack of symptoms, I am always anticipating the day when I am not so lucky and wondering how it will happen/how I'll react when "the cancer," as "Forrest, Forrest Gump" said it, asserts its insidious hold. This was the dream fragment I had.

The only real symptom of my lung cancer/treatment shows up in my lab work: specifically my creatinine level, which measures kidney function. And kidney function, per conversations with my oncologist, is a major concern. The damage I've incurred already is irreparable and likely to get worse and a constant worry (I've recently had a "liquid biopsy" in an attempt to determine non-surgically the genetic mutation of my tumors which could possibly enable me to switch my chemotherapy to one which is not filtered through the kidneys). In the interim however, or until there is an "actionable" match, I am still preoccupied with this risk. The fear of dialysis/a kidney replacement weighs heavily on my mind.

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



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