

Centreville ♦ Little Rocky Run

# CENTRE VIEW

A+

AUGUST 16-22, 2017

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FILE PHOTO

# Managed Deer Hunts Return

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1,092 deer were killed last year by 627 sanctioned archers, working 18 designated archery clusters.

# Deer Management Season Set to Begin

**County authorities hold public meetings to detail program and solicit public feedback.**

BY ANDREA WORKER

**C**ounting 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 13<sup>th</sup> 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



**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.



FILE PHOTO

**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.”**

maintained separately to get the most accurate data.

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



PHOTOS BY ANDREA WORKER

**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.

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

# NEWS

## 'Heroin Truly Takes Over Their Lives'

### Police narcotics officer discusses the community's problem.

BY BONNIE HOBBS

In March 2008, Westfield High grad Alicia Lannes died of a heroin overdose at age 19. Besides being a tragedy, her death came as a wake-up call that the local community had a serious drug problem.

It was the catalyst for a seven-month investigation into a Centreville drug ring — and Lannes was one of four local residents who'd died because of heroin overdoses. Ultimately, police arrested 16 people on charges including conspiracy and distribution of heroin. They were then tried and convicted in federal court — where they were sentenced to a total of 135 years in prison.

Trouble is, it's now 2017, and the heroin epidemic still rages here and throughout the U.S. And Lt. Jimmy Cox, with the Fairfax County Police Organized Crime and Narcotics Division, discussed it during a meeting of the Sully District Station's Citizens Advisory Committee (CAC).

"It's so imbedded in our county now that we can't keep up with it," he said. "In 2014, we assigned two detectives to it. In 2015, it got worse and worse, and we had to change our thinking about how we do policing for it; we partnered with the Community Services Board."

And now that marijuana is becoming legal in many places, said Cox, "The Mexican Cartel is growing opium poppies, instead. From heroin comes morphine, and from morphine come other narcotics."

He said that, when actor Philip Seymour Hoffman died of a heroin overdose in 2014, it "brought to light" the problem of heroin addiction and the fact that overdoses from this drug were increasing. And he stressed that it's a serious issue with the "younger generation."

Noting a nationwide documentary, "Chasing the Dragon," made by the FBI and DEA, Cox said, "It's about five [heroin] addicts and their stories. A couple are still in prison — and they're all from Prince William and Fairfax counties, so that hits home."

**AS A MEMBER** of the police Narcotics Division, Cox is notified whenever there's a drug overdose in this county. "Eighty per-

cent of overdoses occur between midnight and 4 a.m.," he said. "And I usually get five calls a day."

He said things got so bad that police started giving out the Community Service Board's cards telling people "how to stay alive if you're doing heroin. We gave out 120 cards in eight months, and just one person sought help. Heroin truly takes over their lives."

Often, said Cox, "Heroin users pool their money together and go to [Washington], D.C., to get it and bring it back. A point is 1/10 of a gram of heroin and costs 10 bucks, and most users shoot up seven to 10 points a day. That's \$70-\$100 a day, seven days a week, 365 days a year."

He said users put water on a spoon and put the heroin on it. Then they dissolve the drug with a lighter and filter it before injecting it. "One woman was so desperate [to use it] that she put the spoon in toilet water," said Cox. "And once the veins in their arms collapse, people find other places on their body to inject it. Some do it in between their toes, and others do it into their genitals."

Calling heroin "such a powerful drug," he spoke of a West Springfield teen who police arrested. "She did heroin while she was two months pregnant," said Cox. "Our job right now is to keep these people alive. But there are times when it's really difficult."

In another instance, he said, "A boy and his girlfriend go to [a grocery store in Chantilly]; he's in the car, she ODs [overdoses] in the store's bathroom. He finds her and drags her out of the store, and the police take her to [Inova] Fair Oaks Hospital and

find heroin on her. Next day, she's released and goes to [a restaurant] on Richmond Highway. She shoots up again, ODs and is rescued again."

But that's not all. "The next night, rescue goes to her house because she's overdosed again," said Cox. "So police get a search warrant for her house and, when we execute it, we get heroin, Xanax and three vials of Narcan — which counteracts a heroin overdose. It was so her mom or her boyfriend could save her life. And Narcan saves lives; but at some point, tough love and arrests have to come into play."

Last year, said Cox, another detective caught a girl involved in criminal activity. "She'd been sold, used and beaten by drug dealers, and she robbed, stole and stabbed for these dealers," he said. "I gave her a card and an information packet [to get help] and she took it. She was the one person who did."

Police had arrested her for prostitution, and she told them she wanted help to get

out of that life and to stop using drugs. "She later got clean, advocated against heroin use and helped others [do the same]," said Cox. "Last December, she testified in a case for us. We later heard she'd gotten an apartment and a good job and got her young son back. She said that was cool. Then she died in March of an overdose."

#### DIRECTLY ADDRESSED

those attending the CAC meeting, he said, "We put our heart and soul into this fight. She was our one, success story that I was so proud of, so [her death] was really hard for us. But I'm here tonight talking to you because I still believe we can win."

Last year, there were 116 drug overdoses and 20 drug-related deaths in Fairfax County, said Cox. By early March of this year, there were already 42 overdoses and 23 drug-related deaths — so it's clear that drug addiction is still a huge problem in this area.

Cox said what's driving this situation are fentanyl — one of the strongest opiate pain medications on the market — and a new, synthetic version of it called carfentanil, which is sometimes cut into heroin. "You can get fentanyl from China over the Internet, and it's 50 times more potent than heroin," he said. "Carfentanil is 100 times more potent."

Making matters worse, he said, "This generation has a Superman syndrome. They think they can shoot this stuff in their body or put it up their nose and get away with it. They don't know how dangerous it is — and they're dropping like flies. They want to get as close to that OD as they can, because that's the ultimate high. And the dealers are giving out Narcan free to them."

According to Cox, "The dealer says, 'I got

the so-so stuff and the stuff that'll kill you; which do you want?' And the buyers say the latter. For the user, it becomes so that their body needs it to function. But once they get that great high, they can never get it again." Citing another example, he said, "A dental assistant between patients smoked heroin in a bathroom and died. But if he

hadn't, he'd have been working on somebody while high. I compare these people to the walking dead — they're like zombies. We try to keep them in jail as long as possible so they'll dry up and go to rehab."

Cox said the over-prescribing of opiates is also a problem. "A dentist writes a prescription for a 90-day supply of

Percocet," he said. "How long does it take a toothache to go away? We're a chemically dependent country and world. And sooner or later, you could take one pill that would turn you into a heroin addict."

Often, marijuana is a gateway drug to heroin.

"Not all marijuana users will turn into heroin addicts," said Cox. "But the more you smoke, the bigger your tolerance to it. Then you want something with an even-bigger high. An ounce of marijuana is \$250-\$400, and you'll go through your money quickly. But you can shoot up a \$10 bag of heroin and have a better high."

Parents may obtain drug-prevention information at [www.drugfree.org/](http://www.drugfree.org/). "Heroin is the biggest drug problem in Fairfax County now," said Cox. "I always tell people, 'Hope for the best, but plan for the worst.' Talk with your kids and know who they're hanging out with. Tell them, 'Get clean, or I'm going to call the police.' You have to use tough love to save their lives."

#### ROUNDUPS

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 17, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will

be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

### Several Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

SEE ROUNDUPS, PAGE 7

# Teens Tackle Poverty Close To Home

**Catholic Diocese of Arlington sends 820 teen volunteers.**

BY SHIRLEY RUHE

Rory Cameron from Arlington took off with a fleet of mini vans on June 24 where he was headed for a week of WorkCamp with the Catholic Diocese of Arlington. Lily McIntire changed into her white shirt with the blue motto for this year "I Will Love" stamped on the back. She headed for the prayer circle before taking off on Sunday afternoon.

WorkCamp began 29 years ago with 18 teens in one parish. In 2017 there were 820 teens and another 400 adults working on 190 projects to make homes warmer, safer and drier for those in need. Kevin Bohli, director of the Diocese of Arlington's Office of Youth Ministry, says the projects are always within the boundaries of the diocese, which includes 21 counties and seven cities in central and northern Virginia.

"We want our teens to understand you don't have to travel a long distance to find poverty or to help those in need. Service begins right here at home," Bohli said.

Cameron worked this year in a trailer park to build a new deck with a wheelchair ramp for an elderly woman who had trouble getting out. The first day they took out several big bushes and "our leader had us save all of the flowers and move them." The next day they started building the deck. "Measuring was critical in building the framing for the deck so when the ramp is connected



PHOTO BY NATALIE J. PLUMB

**More than 800 teens from the Diocese of Arlington spent time this summer fixing homes for needy families in the surrounding area. Pictured are Bishop Michael F. Burbidge, WorkCamp teen and adult volunteers with Kevin Curtis, after building him a new wheelchair ramp at his Stafford County home. Front row from left are Audrey Craig, 15; Claire Meere, 14; Curtis; Theresa Waggoner, 17; and Timothy Fleury, 17. Back row, from left are Michael Nicklas, 17; Marianne Estebal, 17; Mara Delmare, 15; Jack West, 17; Burbidge; Marylee Helbing, 16; Monica Castro, 18; Benjamin Paczak, adult volunteer; Hannah Ziaii, 16; Peter Nickle, 16; Theresa Waggoner, 17; David Crego, 16; and John Williams, 15.**

it would fit right," he said.

Cameron says the teenagers get tool training before they participate in WorkCamp. "Each parish has its own individual tool training. It is a basic course — hammer, drill, nails." But he says his dad has had him do projects for years so he is pretty good at building. "But some kids don't know anything."

Carolina Magro, from Alexandria, says she also did tool training. I could use a hammer but I'm not comfortable with power tools.

"We had a contractor watching us to supervise our projects step by step." Cameron said, "They were very big on safety — always wear safety glasses, gloves, drink excessive amounts of water."

McIntire says the first step was always to walk around the work site to spot any potential hazards like power lines or unlevel grounds.

Magro, in her second year as a volunteer, says this year she had lots of small projects for a deaf couple including installation of new storm doors, refurbishing the garden, fixing the railing and the outdoor steps. Her project last year had been the floor for a playroom for mothers with young children. She says the women and children were living in a temporary situation because they were homeless or in a bad place. Magro says she had heard a lot about WorkCamp and her sister had done it. "It's relational ministry and rewarding helping her and knowing her life changed."

McIntire says this is her third year at WorkCamp. "The first year I didn't know what I was doing but all the kids in the parish do WorkCamp." She estimates they had 40-50 teenagers this year from her parish. "It is important to make lasting friendships, not just superficial. I got close with the crew. Every year I would go in with the mindset that it wouldn't be as fun as the last year so you work harder, but I had an amazing experience."

Cameron says it was a joke in his family that his mom was going to make him go the first year and then he could go back if he liked. This is his third year; all three years he has been assigned to decking projects. "I like construction. It's very fun and I like helping people." He says the residents would come out and talk to them about once a day. "She had limited mobility but she seemed very thrilled with us."

McIntyre says that each day was pretty much routine starting with mass at 7 a.m.

SEE TEENS, PAGE 11



PHOTO CONTRIBUTED

## Returning with Four World Champion Titles

**PowerWorx Dance of Chantilly recently brought home to Virginia 4 World Championship Titles from the World Dance Championship presented by the Star Dance Alliance at the Meadowlands in New Jersey. PowerWorx Dance Competition Team, comprised of 105 dancers from ages 4-18 from all over the northern Virginia area, competed head to head against entrants from more than 200 studios representing the United States, China, Canada and Australia. After performing in both Semi-Final and Final WDC Competitions, PowerWorx won four World Champion Titles.**

## NEWS

# Managed Deer Hunts To Begin Sept. 1

FROM PAGE 2  
archery clusters. The archers donated 44,881 hunt hours, but only 10.4 percent of hunting attempts resulted in deer harvests.

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 21<sup>st</sup> 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.

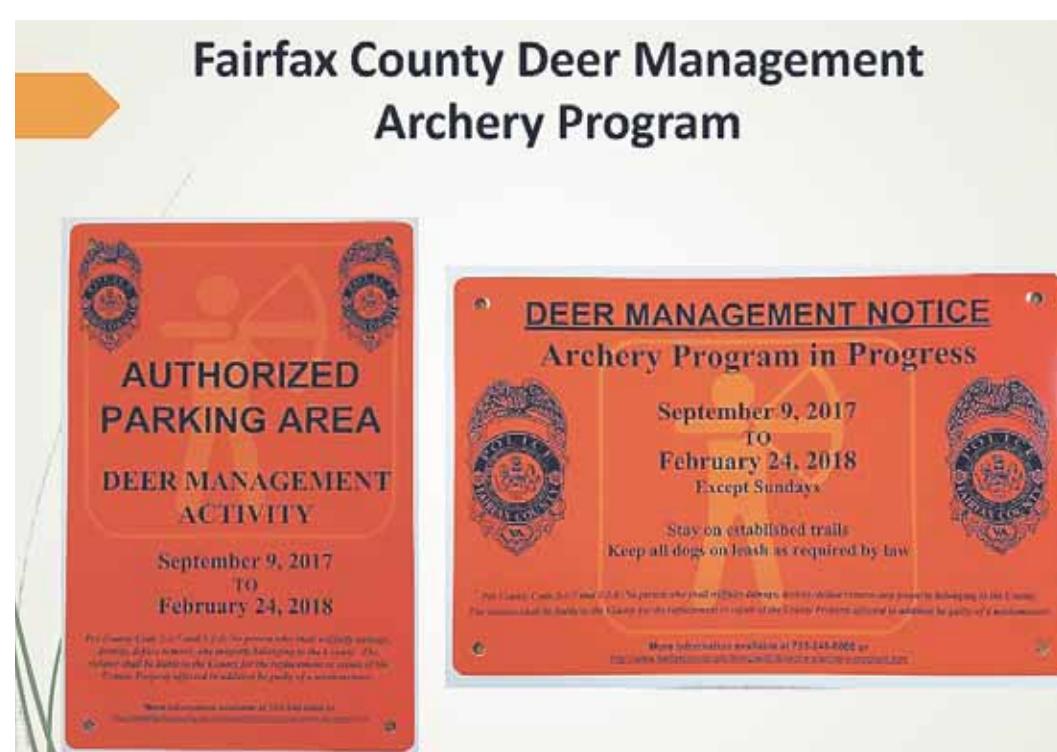


PHOTO COURTESY OF FAIRFAX COUNTY

**Look for signs like these posted to show that the area has been included in the deer management program.**

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 "impos-

sible 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](http://www.fairfaxcounty.gov), type in "Managed Deer Hunts" and follow the links.

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# OPINION

## 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 rededicate 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 neofascists 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."

## Free Training in Disaster Response Skills

Community Emergency Response Team (CERT) is a training program administered through the county fire and rescue department. The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations. At this time, the next available CERT Class is scheduled to begin on Wednesday, Aug. 30 at the Fairfax County Fire and Rescue Academy. There are two sessions each week on Mon-



PHOTO COURTESY OF FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT

The next available CERT Class is scheduled to begin on Wednesday, Aug. 30 at the Fairfax County Fire and Rescue Academy.

days and Wednesdays that run until Sept. 27. The class is 28 hours in length, plus the final practical exercise. CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or older, and either be a Fairfax County resident, or work in the county. To learn more about CERT, visit <http://www.fairfaxcounty.gov/fr/cert/cert.htm>. To sign up, go to <https://volunteer.fairfaxcounty.gov/recruiter/index.php?recruiterID=1380&class=OppDetails&oppGuid={08B9A8A1-1824-46FA-888B-D9DCE9408E84}&t=CERT-130-at-the-Fire-and-Rescue-Academy>

# CENTREVIEW

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# NEWS



Conceptual site layout of the buildings on COPT's property in the Washington Tech Park 3 in Westfields.

## Proposal Gets First Approvals

**Both are planned for Westfields Corporate Center.**

BY BONNIE HOBBS

A proposal to reposition two, as-yet-unbuilt, office buildings on their site in Westfields recently got its first approvals. They were given during the July 26 joint meeting of the Western Fairfax County Citizens Assn. (WFCCA) Land-Use Committee and the Sully District Council (SDC) of Citizens Assns.

The property is owned by COPT in Westfields in an area called the Washington Tech Park 3. Representing COPT, land-use attorney Scott Adams explained the applicant's request to Fairfax County for a proffer condition amendment to modify the site and development conditions there.

"We'd be rearranging some already-approved office buildings on the site to better address the office-building situation in Westfields now," he said. "We'd be moving one building further south on the site and re-orienting the other building."

The building in the center of the site would be turned sideways. The other building — which was originally planned to front on Conference Center Drive — would be moved more south to front on Parkstone Drive and better connect to the first building.

### ROUNDUPS

FROM PAGE 3

❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 p.m.

❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements:

The site is 15 acres, and each COPT-owned building would have about 165,000 square feet of floor area. The land is bounded by Conference Center Drive to the north and Parkstone Drive to the east.

"There's a large, green space in back for a 250-foot setback from Braddock Road," said Adams. "But there'll be no access from Braddock. An 8-foot-wide trail running along the site's perimeter connects to a trail in the buffer area. There'll be 38 percent open space, and just 15 percent is required."

"What makes you think you'll have more success with office uses there than others have had elsewhere?" asked SDC's Jeff Parnes.

Bill Matarazzo, construction director for COPT, replied that the buildings are still being marketed. But, he added, "What would make this [set-up] more attractive to someone is the possibility of having two, adjacent buildings with upwards of 300,000 square feet between them."

Adams said the site plan is currently approved for 245,000 square feet. And besides having even more office space, he said, "People coming here can take advantage of the nearby mixed uses and restaurants available in the area."

"With the site's proximity to Dulles Airport and its noise, things like this — office uses — are what should go there," said the WFCCA's Carol Hawn. "So this is great; this is what Westfields was meant to be." WFCCA colleague Chris Terpak-Malm agreed and then both land-use groups voted to recommend approval to the county Planning Commission. It's slated to hear this matter on Oct. 19.

Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.

❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See <http://wfcma.org/how-you-can-help/volunteer-program/>

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**VDOT** Virginia Department of Transportation

### Route 29 Northbound Spot Widening Fairfax County Design Public Hearing

Thursday, September 21, 2017, 6:30 – 8:30 p.m.  
VDOT Northern Virginia District Building  
Potomac Conference Room  
4975 Alliance Drive, Fairfax, VA 22030

**Find out** about plans to add a third lane to northbound Route 29 (Lee Highway) in Fairfax County from just before Pickwick Road to a quarter-mile beyond the traffic signal.

**The proposed project** is exempt from federal eligibility and the National Environmental Policy Act (NEPA) does not apply. Consistent with Memorandum of Agreement created pursuant to Code of Virginia § 10.1 -1188-B, VDOT has determined the minimal right-of-way acquisition needed will not have significant impacts to the environment and that the proposed project is exempt from the State Environmental Review Process (SERP) coordination with state environmental and historic agencies.

**In compliance** with the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available for review at the public hearing.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn about the project. VDOT staff will be available to answer your questions.

**Review** project information on the VDOT website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the hearing, or submit them by **October 1, 2017** to Ms. Hong Ha, P.E., Project Manager, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Route 29 Northbound Spot Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0029-029-351, P101, R201, M501  
UPC: 110330

# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### History Volunteers Needed

Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

**Art Guild of Clifton Exhibit.** 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

**Carolina Shag Dance.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit [www.nvshag.org](http://www.nvshag.org) for more.

**Open Rehearsal.** Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for more.

**Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.



PHOTO CONTRIBUTED

**Hall Vote in Concert, Saturday, Aug 19, 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).**

**Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

**English Conversation Group.** Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

**English Conversation Group.** Tuesdays, 10:30 a.m. at the

Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

### Practice English Conversation Group

Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223 for more.

**English as Second Language Book Club.** Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

**Advanced English Conversation Group.** Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

**Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

**ESL Book Club.** Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

**ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

**Lego Block Party.** Every other

Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

**Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

**Live After Five.** Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for a full schedule.

**Mondays are Family Night.** 5-7 p.m. at Villaggio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

**Legos Kids Club.** Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

**Starlight Storytime.** Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders -played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

**One-on-One English Conversation.** Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

## PET ADOPTIONS

**Adopt a Dog.** Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org) for more.

**Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://www.hart90.org) for more.

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [www.foreverhome.org](http://www.foreverhome.org) for more.

**Adopt a Dog.** Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org) for more.

## MONDAY-FRIDAY WEEKLY

**Fitness for 50+.** Daytime hours at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email [Lynne.lott@fairfaxcounty.gov](mailto:Lynne.lott@fairfaxcounty.gov) or call 703-322-4475 for more.

## FRIDAY/AUG. 18

**Colonial Dessert Creations.** 7-8:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join a park historian to learn about the Machen family who lived at Walney in the 19<sup>th</sup> century and see how they might have made dessert. \$10. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence) for more.

## SATURDAY/AUG. 19

**Arts in the Parks.** 10-11 a.m. at E.C. Lawrence Park, 5040 Walney Road Chantilly. Fairfax Symphony Orchestra 'Percussion Ensemble.' Visit [www.fairfaxcounty.gov/parks/performances/arts-in-the-parks](http://www.fairfaxcounty.gov/parks/performances/arts-in-the-parks) or call 703-631-0013 for more.

**Hall Vote in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Outdoor Movie Night.** 6 p.m. at Trinity Centre, 5860 Trinity Parkway. Movie is "Zootopia." Bring chairs, blanket and FM radio. Call 703-324-7469 for more.

## AUG. 19-20

**Minefaire Gaming Expo.** 10 a.m.-5 p.m. at the Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. A Minecraft fan experience with hands-on attractions. \$49, free for age 2 and under. Visit [Minefaire.com](http://Minefaire.com).

## SUNDAY/AUG. 20

**Model Train Show.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold an N gauge T-TRAK model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**Joe Bernui in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## WEDNESDAY/AUG. 23

**Art at the Library.** 7-9 p.m. at the Centreville Regional Library, 14200 St. Germain Dr., August theme is Pop Ups. Learn about paper engineering and make your own pop ups. Bring scissors. Teens and Adults. Call 703-830-2223 to register.

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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."

## Details

For more information, see <https://eclipse2017.nasa.gov/>.

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-percent 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, wherever 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 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



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 safety.**

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: (<https://eclipse.aas.org/>) for how to do this.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

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*Giorgio from Italy, 16 yrs.*  
Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

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# BULLETIN BOARD

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

Elementary School, 6100 Stone Road.

## ELECTRONICS RECYCLING

**Residents Can "E-cycle"** at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit [www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm) for more.

## DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail [lyman.rose@fcps.edu](mailto:lyman.rose@fcps.edu) for more.

**Cell Phones for Soldiers** is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

## SUPPORT GROUP

**Support Groups.** Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom,"

"Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email [livingfree@jccag.org](mailto:livingfree@jccag.org) or see [www.jccag.org](http://www.jccag.org).

## Telephone Support Group for Family Caregivers of Older

**Adults.** 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/](http://www.fairfaxcounty.gov/dfs/olderadultservices/) and click on Caregiver Telephone Support Group.

## Fair Oaks Parkinson's Support Group

for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit [www.fairoaksparkinsons.com](http://www.fairoaksparkinsons.com) for more.

## VOLUNTEERS NEEDED

**Volunteers needed** at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or 703-945-7483 to explore services that will fit your schedule and interests. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225 for more.

## Legals

## Legals

## Legals



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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](mailto: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.

# NEWS

# Teens

FROM PAGE 4

Emily Madden, a 4th year camper from Alexandria, said, "The bathroom lines are pretty long but that's just a little sacrifice you do for the good feeling you have." This is followed by breakfast. Cameron says they had breakfast each day with teenagers they knew but during the workday from 10 a.m.-6 p.m. they were assigned to a group of teenagers from a different parish. "They like to have you get to know each other."

On the way to the site each day there was a "devo," a teen devotional leader who led the group in prayers during the car ride and lunch. Madden says they would have a discussion about what they were going to do that day, "tie in the Catholic aspect, make sure we were doing the work for the right reason."

Teresa Nguyen says everyone in the crew had a role. Hers was to be the "dynamo" to keep up everyone's spirits.

After they arrived at Madden's site she says it was measuring space for the gutters and chop sawing the pieces until the lunch break — peanut butter and jelly sandwiches, fruit, snack and drink every day. Then back to work until 4 p.m. followed by a shower. Nguyen said, "They wouldn't let you into dinner unless you had a shower. I can understand. It got pretty hot." After dinner there was a program with a speaker or musical performance "and one night I remember we had ice cream," Nguyen added.

Madden said, "The program was one of my favorite things with lots of music. You got to be with your parish people and your new friends." Madden says this is her 4th year of WorkCamp where she helped build a wheelchair ramp. "It was somewhere close to King's Dominion. It was kind of funny, we passed King's Dominion every day going to the site and coming back." Next year Madden hopes to return to WorkCamp as part of the home base crew and when she is old enough as an adult leader.

Nguyen, also in her 4th year of WorkCamp, says last year she helped repair a wheelchair ramp "that had boards poking out and nails everywhere" so that the resident's grandson could safely get out of the house." On the last day the residents can come together with the crews and they pass around the microphone. "What really touched my heart was my resident came with her two grandchildren and said they were no longer trapped inside the four walls of their house and her little granddaughter could now play outside on the deck without her having to worry and her grandson could get his wheelchair outside." Nguyen added, "We think they are letting us come inside their house and helping them, but they are really helping me."

Bohli says he attended WorkCamp as a volunteer contractor in 1995. "The experience had such a strong impact on me that I left my position as a mechanical engineer for the government in 1997 and began to do youth ministry." In 2001 he took over the diocesan office of Youth Ministry "and began running the very camp that had such a strong impact on my life."

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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 I 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 is/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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