



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

A brass sectional for members of the symphonic band — the most advanced band at the camp.

Sound of Music at Franklin Middle

645 students attend annual Band and Orchestra Camp.

BY BONNIE HOBBS
 CENTRE VIEW

The halls were alive with the sound of music, June 24-July 18, when Franklin Middle School held its 28th annual Band and Orchestra Camp. Some 645 students attended four hours a day, receiving intensive instruction from 35 teachers.

“The teachers are some of the finest educators in this county,” said camp Director Lawrence Walker. “They’re either FCPS or private music

teachers, freelancers or professional musicians — and four are retired military. And they all enjoy working with kids and love seeing their musician-ship grow.”

Walker, himself, retired last summer, after 28 years as Franklin’s band director. But the camp is so successful that FCPS asked him to remain as its director — and he couldn’t have been happier.

“I have a passion for music, kids and learning, and for making a difference in kids’ lives,” he said. “And as long as I’m able and feel good, I’ll keep doing it. For many kids, playing music well becomes natural, and they learn and master something they never thought they’d be able to do.”

Most of the students were in rising grades four through nine in Fairfax and Loudoun counties, plus Maryland. Some came from Spain and Germany to attend.

For elementary-school students, the camp is equivalent to two years of music in school, because they only have band there once a week for an hour. At camp, they receive 17 days of instruction, four hours daily. And, said Walker, “The continuity is what develops their skills.”

Middle-schoolers have music class in school every day, but only for one hour. Some high-schoolers came to camp to learn new instruments. Other students attended so they can audition well in their school bands and orchestras.

“This camp is like a conservatory where students just learn music,” said Walker. “Many of them even play the same instrument their parents play — and, often, that very instrument — and the parents get a kick out of it.”

Chris Singleton, Chantilly High’s assistant band director and jazz band director, taught at the camp for his sixth year. “It’s fun to get to see a lot of different ages and abilities all in the same day,”

SEE 645 STUDENTS, PAGE 12



From left are percussion students Dale Walker, Parthiv Chigurupati and Justin Mathias with their drum sticks. Dale and Parthiv attend Greenbriar West Elementary and Justin is a Rocky Run seventh-grader.

Beautification of Brookfield Elementary

“Lowe’s Heroes” and volunteers landscape school grounds.

BY STEVE HIBBARD
 CENTRE VIEW

A team of 50 volunteers worked with Lowe’s Heroes to spruce up the grounds at Brookfield Elementary in Chantilly with new mulch, plants and flowers on Saturday, Aug. 17. Working alongside parents, students and teachers, the team planted \$1,200 worth of Japanese maples, emerald ‘n gold euonymus, day lillies, and other plants.

“We wanted to upgrade our curb appeal,” said Brookfield Principal Mary Miller, who calls the members of her 45-year-old school “one big family.”

“We wanted the outside to reflect the caring we have on the inside.”

On the outside, a new bench was installed, a walkway was extended near the front entrance, and colorful plants, perennials, shrubs



PHOTOS BY STEVE HIBBARD/CENTRE VIEW

Marsa Garcia, a retired kindergarten teacher at Brookfield, helps create a mulch garden.

and flowers were added.

“First impressions are important
 SEE LOWES HEROES, PAGE 7



Building a mulch garden are (from left) Harrison Shay, 13, with sister Anna, 9, and Samantha Proctor, 20.

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Music Camp: 'I Like It Because It's a Challenge'

Camp attracts students for many reasons.

BY BONNIE HOBBS
CENTRE VIEW

Erin Allen, a rising seventh-grader at Franklin Middle School, has played violin three years. But she came to Band and Orchestra Camp there because she needed the opportunity to practice during the summer.

"I learned different dynamics and notes," she said. "I chose the violin because, when I listen to concerts, I notice how violins play the main melody, so I wanted to do that, too. And at camp, you learn a lot and they fit you into the right group for your playing level."

Each day, students took instrument and sectional classes and rehearsed with a band or orchestra. "Instrument classes are like a master class — a private lesson with a small group," said Camp Director Lawrence Walker. "Students work on the fundamentals, such as tone quality, scales and breathing."

In either woodwind, brass or percussion sectionals, students perfected their band music in a smaller, specialized group. Orchestra sectionals were divided into violins, violas, and cellos plus basses. Students also rehearsed twice a day with either their band or orchestra group.

"We audition every kid on the first day to determine where to place them," said Walker. "And during the camp, they can move — based on their teacher's recom-



Holding their flutes are (from left) Eunice Choi, Emma Seetoo and Kelsey Bong.

mendation — from beginning to intermediate band or orchestra, or from intermediate to advanced, as they progress."

It all culminates, the last day of camp, with two full band and orchestra concerts for their parents. That way, said Walker, parents have "an opportunity to hear the cross-teaching from the instrument and sectional classes that prepared their children for the concerts."

Indeed, the day before the big event, Director Jordanna Bergman told her beginning band students, "I'm extremely proud of what you've done and all you've learned. Tomorrow, you'll be playing a whole concert."

Greenbriar West Elementary rising sixth-grader George Pekarsky has played violin five years. "My dad plays it and it's fun seeing him do it, so I wanted to play violin, too," he said. "It's my second year at camp and the music pieces were challenging, so I liked playing them."

George also learned different

musical terms and phrasing. He'd recommend the camp to others "if they really like playing their instruments and want somewhere to play them in the summer."

Kaycee Hubbard, a rising eighth-grader at Franklin, has played violin four years. "I like the way it sounds and how you can change it by using longer or shorter bows," she said. "It's my third time at this camp. I came to learn more music and be better at playing, and I learned how to play harder music. It's fun and you meet lots of new people."

Her twin sister Kyndall is a violinist, too. "Sometimes we practice together and play solos and ensembles at school," said Kyndall. "Camp helped me keep up my skills. If I hadn't come, I wouldn't have any new music to learn."

Strings teacher Stephen Matthie plays violin and is Rocky Run's orchestra director. He's taught at the camp for six years, directing the most advanced orchestra. And since he grew up in Chantilly — attending Brookfield Elementary



Greenbriar West sixth-grader Matthew Bates (far left) plays his trumpet during a brass sectional.



Twin violinists Kaycee (left) and Kyndall Hubbard look at the Franklin yearbook during lunchtime at camp.

and Rocky Run Middle — this camp holds warm memories for him.

"I went to this camp as a kid, so I have special ties to it," he said. "I love working with the kids here, and we have fun, but they learn at the same time. If not for this camp, they wouldn't pick up their



Shane Schebish (left) and Trisha Pal both learned to play new instruments.

instruments and play during the summer. So this gives them the motivation to keep going."

Also there was Bull Run Elementary rising fifth-grader Emma Seetoo, a beginning flutist. "My brother came to this camp and it sounded really cool," she said. "I

SEE MUSIC CAMP, PAGE 12



With some of Franklin Middle's band trophies in the background, the concert band rehearses.



Students playing cellos in the second-most-advanced orchestra at the camp.

Fairfax GOP Nominates Bryan 'BA' Wolfe for Sheriff

Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.

BY VICTORIA ROSS
CENTRE VIEW

When retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

FIRST ELECTED SHERIFF IN 1999, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the

department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and confidence in our law enforcement community," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.



Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax County Republican Committee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.



Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a caucus held July 17.

PHOTO BY VICTORIA ROSS

Kincaid said that while she is focused on the three main functions of the sheriff's office — running the county's jail, performing security at the courthouse and serving civil process — she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

THE FAIRFAX COUNTY SHERIFF'S OFFICE is responsible for managing the Adult Detention

Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our community well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.

Seven Schools to Implement Back-to-School Soda Ban

FCPS conducts pilot program banning sugary sodas in seven high schools.

Healthy eating habits begin early, and in an effort to curb consumption of sugary drinks by students, Fairfax County Public Schools will be conducting a pilot program in September that will ban sugary soda drinks in seven of its 25 high schools.

Sugary drinks, according to researchers, are believed to be a major contributor to increasing rates of childhood obesity in the United States, as well as diabetes, heart disease and other diseases. Schools in more than 40 states have banned student access to sodas.

According to an Aug. 19 FCPS new release, soda products are not currently available in any Fairfax County Public

Schools during the school day, except for adult purchases in teachers' lounges.

The ban will remove regular soda products from the after-school soda machines in each of the seven participating schools, which include Chantilly, Falls Church, Langley, Marshall and West Potomac high

schools; Lake Braddock Secondary School, and Thomas Jefferson High School for Science and Technology.

Student and parent after-school fundraisers such as snack bars and booster clubs are excluded from this pilot.

"I have been working with staff and the Real Food for Kids community advocates to get this pilot started. I proposed the idea back in February, and we've been working with staff and various school principals to get support," said Ryan McElveen, a Fairfax County school board member.

"Obviously, some schools are wary of the idea since they could potentially lose revenue if students don't buy enough of the new, healthier products, but I'm confident that they will. In fact, students at TJ requested that we remove all sodas, including diet, from the machines, after they did research on the nutrition contents," McElveen added.

In the participating schools, 47 existing soda machines will be replaced with 37 new,

state-of-the-art glass front beverage machines.

The new items, according to school officials, will include diet sodas, diet and unsweetened teas, coconut waters, V-8 Fusion Juice, SoBe Lifewaters, Propel Zeros and G2 Gatorade products. The costs of the new machines will be covered by the Coca-Cola Company and PepsiCo.

An evaluation of the one-year pilot will be conducted by FCPS' Office of Food and Nutrition Services and will include an examination of revenues, students' product preferences and acceptance of new products.

But limiting access to sugar-sweetened beverages may not have the impact school officials hope for. In one of the most comprehensive studies on the subject, published in 2008 in *The Archives of Pediatrics and Adolescent Medicine*, researchers looked at soda and sweetened beverage consumption among roughly 7,000 fifth and eighth grade students across 40 states. The students were

followed between 2004 and 2007, a time when many states and school districts were beginning to enact bans.

The study found that removing soda from cafeterias and school vending machines only prompted students to buy sports drinks, sweetened fruit drinks and other sugar-laden beverages instead. In states that banned only soda, students bought and consumed sugary drinks just as frequently at school as their peers in states where there were no bans at all.

While McElveen agreed that a comprehensive ban on all sugary drinks would be most effective, he said FCPS is taking this "one step at a time."

"I am confident that the pilot will show us that students will drink the healthier beverages as much as, if not more than, sodas, and that offering the new beverages will be a viable option for all schools," McElveen said.

—VICTORIA ROSS

FPCPD Helicopter Unit Honored

Members of the Fairfax County Police Department's Helicopter Unit were awarded the annual Gus Crawford Air Crew of the Year Award on Saturday, July 20. The award was given for the rescue of two missing boys in Spotsylvania.

On Jan. 25, two brothers, 10 and 5, went outside to play in the newly fallen snow with their dog. When a parent went to check on them 30 minutes later, it was discovered that footprints from the boys led into the dense woods bordering the family's home. Deputies

from the Spotsylvania County Sheriff's Office began searching for the boys and requested assistance from the Fairfax County Police Helicopter, "Fairfax One."

Communicating with deputies below, the helicopter performed an extensive search using the infrared camera in the waning light of a winter afternoon with sub-freezing temperatures. With only 10-15 minutes remaining for Fairfax One to remain on the scene, a small heat source was located under a fallen tree

SEE HELICOPTER, PAGE 14



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OPINION

Excerpts From King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.

Listen to audio of the entire speech at www.smithsonianmag.com/multi-media/audio/128077288.html. To read the full speech, see: www.archives.gov/press/exhibits/dream-speech.pdf.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

ROUNDUPS

Two Charged with DWI

On Saturday, Aug. 10, at the West Ox Road/Penderbrook Drive intersection in Fair Oaks, Fairfax County police conducted a DWI checkpoint searching for drunk drivers. Some 613 vehicles passed through and two drivers were charged with DWI. Police also issued five summonses and made two criminal arrests.

Eat Pizza, Help Children

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15.

Locally, Paisano's has locations at 4078 Airline Parkway in Chantilly and 12715 Shoppes Lane in Fair Lakes. Also participating is Paisano's Bella Pizza at 5740 Pickwick Road in Centreville. For phone numbers, go to www.pizzapaisanos.com.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 29, 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.

However, 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.

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

EDITORIAL

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil, canned fruit, rice (2-lb. bags), canned meat, canned white beans (garbanzo, northern, cannellini, navy), fruit juice, Hamburger Helper, dry pasta, sugar, dry beans, and canned vegetables. (Also needed are shampoo, feminine napkins and dish soap.

Bring all items to WFCM'S new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include bathing suits and shorts for all ages, Bibles in English and Spanish, plus large black yard bags. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is com-

pleted, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...
"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

pleted, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Women's Self Defense Program

The Fairfax County Law Enforcement Foundation is partnering with the Fairfax County Police Department to offer the Women's Self Defense Training program. It's based on the SAFE program formerly provided by the Police Department, but now being taught by C&J Security Corp.

The program is a two-day class that will meet on consecutive Tuesday and Thursday evenings from 6:15-9:30 p.m. It's currently offered free and all class materials are included. Program funding is provided through the Fairfax County Law Enforcement Foundation.

The course is offered to females, age 13 and older. A female guardian must accompany girls 13-18. No men other than the instructors are permitted to be present during a class. For more information, call 703-246-7806, e-mail WSD@fairfaxfoundation.org or go to www.fairfaxfoundation.org.

CENTREVIEW

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'Lowe's Heroes' and Volunteers Beautify Brookfield Elementary

FROM PAGE 1

so we're working on beautifying our school," added Miller, who said the last landscaping project was four years ago.

"Every year a [Lowe's] store picks a project," said Lowe's HR manager Ubon Mathieu, who led a group of eight Lowe's employees around the school grounds.

The project was inspired by nine Brookfield girls dubbed "The Green Beans," who wanted to beautify the school, so they sketched their ideas on construction paper and presented them to the Brookfield staff.

First-grade teacher Nanette Price was impressed with the students' initiative and how motivated they were to come up with the idea. "They are fabulous girls, and they did this all on their own," she said.

"I saw a lot of weeds and our playground was full of dead things," said Green Bean member Madison Wasem, 10, a sixth-grader. "I wanted to get all of the dead stuff out and plant flowers."

Sofia Ballam, 11, a sixth-grader, said she wanted to help beautify Brookfield by picking up trash, cleaning up the courtyard and making it look like new again.

Sixth-grader Jacey Lanier, 11, added: "It makes me really happy that we changed this stuff."

Harrison Shay, 13, an eighth-grader at Rocky Run Middle, needed the service



Members of "The Green Beans" at Brookfield Elementary (from left) fifth-graders Jacey Lanier, 11, Madison Wasem, 10, and Samantha Marstall, 11, with Principal Mary Miller (back row) and first-grade teacher Nanette Price.

hours. So because his sister Anna, 9, attends Brookfield, he helped build a mulch garden around the school sign. "It's fun, and I know that the school will be better and clean," he said.

On the inside, volunteer Deb Marciello, who put four children through Brookfield, painted bright murals in the teacher's lounge. "I have a tremendous respect for the teachers for what they do every day with



PHOTOS BY STEVE HIBBARD/CENTRE VIEW

Members of the Lowe's Heroes team (back row): Nabeel Nisar, Michael Stevenson, Parker Jennings, Stanley Nett and Ashford Mitchell. (Front row): Alejandro Iraheta, Alicia Beaver and Ubon Mathieu.

limited resources," she said. "It's not the brick and mortar here; it's the teachers and staff within that makes it the incredible school that it is."

Marsa Garcia, a retired kindergarten teacher who used a pick axe to dig a mulch bed around the school sign, added: "School is a kids' home away from home. Many students don't have gardens of their own. It's good gardening experience because some of these kids don't have gardens."



Parent volunteer Deb Marciello paints a mural in the teacher's lounge.

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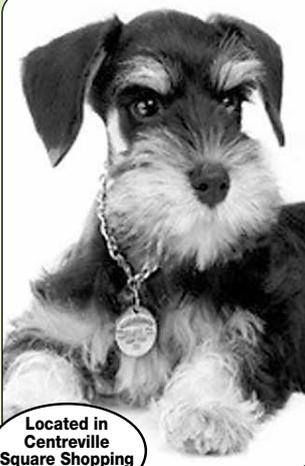
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SCHOOLS

Westfield Teacher Eldredge Honored

BY STEVE HIBBARD
CENTRE VIEW

Westfield High School learning-disabled teacher Kylie Eldredge, 35, is being honored by Stevenson University in Owings Mills, Md., as an Outstanding Educator. The Haymarket resident was nominated by her former student Nate Schrader, 18.

“She’s awesome,” said Nate, the son of Dede and Steve Schrader of Chantilly. “She helped me get through my senior year.”

Eldredge was Nate’s case manager in special education at Westfield. The aspiring film and video student said he was grateful for the help and caring atten-



Westfield High teacher Kylie Eldredge

tion that she gave him.

“Every time I had a problem or difficulty, she would always help me out,” he said.

Eldredge was a history major at James Madison University; her father taught physical education at Westfield when she started there 12 years ago. At first, she taught history for nine years and switched to special education after she became licensed. She is now the assistant department chair at Westfield, and worked with both Nate and his brother Jason.

“I would call myself more of a mentor for Nate rather than a teacher,” she said. “It was a privilege working with this kid, for a student where school was never that easy for him,” she said. “He works his tail off.”

SCHOOL NOTES Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Michael Hill has been selected to receive a \$1,500 college scholarship from the Military Children Program. Hill participated in various school and community activities including student government, swimming, soccer, and



National Honor Society. He plans to attend George Mason University in the fall.

Sara McCaffrey has been selected to receive a \$1,500 college scholarship from the Military Children Program.



McCaffrey has participated in various school and community activities including girl scouts, soccer, National Honor Society, and HOSA. She plans to attend James Madison University this fall.

Laura Battisti earned a bachelor of science degree in biomedical sciences and molecular bioscience and biotechnology (double major) from RIT’s College of Health Sciences and Technology.

Alexander Cloutier earned a bachelor of fine arts degree in industrial design from RIT’s College of Imaging Arts and Sciences.

Bailey John Maurer has been accepted to Hampden-Sydney College and will enroll with an alumni award in August.

Andrew Criminski was recognized for outstanding achievement at Randolph-Macon Academy (R-MA) at the school’s second end-of-year awards ceremony. He received the Presidential Academic Education Award for academic excellence and the certificate of excellence for AP calculus.

Ari Veach and **Michael Palmer** were named to the dean’s list at Ithaca College for the spring 2013 semester.

Julia Birch graduated from Fairleigh Dickinson University in May 2013.

Danielle Dixon has graduated from the University of Wisconsin-Eau Claire.

Suhas Gondi has received a Florence Moog Fellowship in biological sciences and chemistry at Washington University in St. Louis. Gondi is one of five Moog Fellows this year.

Julia Rindal Kron has been named to the dean’s list at James Madison University for the summer 2013 semester.

Zachary Athing of Centreville, was named to the dean’s list for academic excellence for the spring 2013 semester at The Johns Hopkins University. He is the son of Bob and Teresa Athing and attended Westfield High School in Chantilly. Athing, who majored in public health studies, graduated in May 2013.



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ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hubble," "Fighter Pilot," "Space Junk," "Air Racers" and "The Dream is Alive". Visit <http://airandspace.si.edu/udvarhazy/> or call 703-572-4118 for the movie schedule.

Super Science Saturdays. 10 a.m.-3 p.m. the second Saturday of each month at the Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy>.

Theatre Auditions. Aug. 17, 1-5 p.m. Aug. 19, 7-9 p.m. and Aug. 24, 3-5 p.m. in the Kellar Theater at the Center for the Arts at the Candy Factory, 9419 Battle St. Center for the Arts' Rooftop Productions is casting female actresses 19 and older. Bring a prepared piece of music. Visit www.center-for-the-arts.org or email anne@center-for-the-arts.org.

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15. Locally, Paisano's has locations at 12715 Shoppes Lane in Fair Lakes and 10330 Main St. in Fairfax. Visit www.pizzapaisanos.com.

WEDNESDAY/AUG. 21

Toddlin' Twos. 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

THURSDAY/AUGUST 22

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Jazz Performance. 2 p.m. at Dulles International Airport, 1 Saarinen Circle. Two Smooth Duo will be performing their R&B style of jazz. Visit www.metwashairpots.com/dulles.

Lego Block Party. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades 3-6 can build. Free. Call for this month's theme. Registration required, 703-502-3883.

SATURDAY/AUG. 24

National Dog Day at Shelter. 10 a.m.-5 p.m. at Fairfax County Animal Shelter, 4500 West Ox Road. Watch as dogs play together, get a free training consultation, games and prizes and more. Adoption fees waived for dogs and puppies. To browse available animals, visit www.fairfaxcounty.gov/police/animal/adoption.htm or 703-324-0208.

Master Gardeners. 10:30 a.m. at

Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to a trained therapy dog Dakota, a gentle giant Bernese Mountain dog. Reading is not required, but can read from a library book or already owned one. Free. Registration required, 703-502-3883.

Hidden Pond: Decomposers. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-6 can take a hands-on approach to find out what life lies in a rotting log. Free. Registration required, 703-502-3883.

Starlight Cinema. 6 p.m. at 5875 Trinity Parkway, Centreville. Movie begins at dark. "Rise of the Guardians," with voices by Hugh Jackman, Alec Baldwin and Chris Pine, is rated PG; 97 minutes; 2012. Free; bring a blanket or chairs and a picnic.

SUNDAY/AUG. 25

National Dog Day at Shelter. 10 a.m.-5 p.m. at Fairfax County Animal Shelter, 4500 West Ox Road. Watch as dogs play together, get a free training consultation, games and prizes and more. Adoption fees waived for dogs and puppies. To browse available animals, visit www.fairfaxcounty.gov/police/animal/adoption.htm or 703-324-0208.

MONDAY/AUG. 26

Sully Book Club. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Call for title. Free. 703-830-2223.

Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/AUG. 27

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Storytime. 1 p.m. at Chantilly Regional

Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

WEDNESDAY/AUG. 28

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

A Novel Society. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "11/22/63" by Stephen King. Free. 703-830-2223.

CHS One Book Group Discussion. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Discuss "Peak" by Roland Smith. Free. 703-502-3883.

FRIDAY/AUG. 30-MONDAY/SEPT. 2

Circus. Cole Brothers' "Circus of the Stars" will make its only appearance in the area. Call 386-736-0071 or visit gotothecircus.com for information and tickets.

SATURDAY/AUG. 31

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Bouncin' Babies. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

TUESDAY/SEPT. 3

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Time for Tots. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 2-3 can enjoy stories and activities. Free. 703-830-2223.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

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Back to School Means Back to Lunch

Healthy lunchbox and after-school snack ideas.

BY MARILYN CAMPBELL
CENTRE VIEW

For many families, back-to-school means back to lunch boxes and after school snacks. Local experts offer advice about how to get children excited about their midday meal.

“The most important tip for parents to remember is to make healthy food fun for kids, even if that means turning the apple in their lunch into a turtle by adding some grapes for his feet and raisins for his eyes,” said Chef Kristen Robinson of the Arlington-based culinary faculty at The Art Institute of Washington.

For children who like snacks with a crunch, Nichole Ferrigno, culinary director of Tiny Chefs with locations in Alexandria, Springfield and Centreville, as well as Potomac, Md., suggests roasted kale chip and roasted chick peas.

“Kale chips are very hot right now [and] could be made with an Asian flare using rice vinegar, sesame oil, tamari and sesame seeds, or with an Italian flare, using balsamic vinegar, olive oil, a little garlic powder, salt and pepper,” she said. “Roasted chick peas become a flavorful, crunchy snack [when made] with olive oil and tons of spices and fresh herbs. You drain, rinse and pat dry a can of chick peas, toss together with seasonings and bake on a sheet tray at 425 degrees for about 10 minutes, or until crispy on the outside.”

Homemade muffins are a favorite lunch box addition and after school snack for Arlington mother and culinary instructor, Andrea Nelson of Creative Kids Kitchen. “My own kids are big fans of the myriad muffin varieties that we make at home,” she said. “I have mini-muffin tins, [and] preschoolers and older children alike love the bite-sized portions. They are great to pack in lunches because they don’t get squashed, don’t require utensils, and are tasty at room temperature.”

Nelson says that families can make large batches and freeze them. “This avoids the morning lunch-making frenzy,” she said. “The muffins I make contain whole wheat flour, eggs and pureed vegetables like sweet potato, winter squash or shredded carrots, so that the kids take in several food groups at once.”

Nelson says children often find “pizza bites” appealing. “It’s the easiest recipe in the world, she said. “It’s quick, tasty and healthy. Plus pizza bites travel well. They are great to take in the car to munch on the way to soccer practice.”

Robinson agrees that many children enjoy bite-sized pieces. “Cut foods into kid-sized pieces,” she said. “Good food seems more appealing and less intimidating in smaller pieces. Cut a sandwich on whole



Helping children develop healthful eating habits is important to set the stage for good health throughout adulthood, says Marilena Leavitt of Culinaria Cooking School in Vienna. “Let children help when you prepare dinner. Kitchen helpers make good - and adventurous - eaters.”

grain bread into triangle quarters. Cut apples into slices, removing the core, and rub with lemon juice to prevent browning. Include a small handful of roasted no-salt almonds for a snack. Instead of a sandwich, pack some slices of low-fat cheese, cut into small squares, and some whole grain crackers.”

Adding fruit to vegetables is a healthy eating technique that Robinson recommends. “[It] encourages them to eat more veggies,” she said. “Adding citrus fruits to a salad is a great way to get fruits and vegetables into your child. Or make a grated carrot salad with grapes and raisins.”

Interesting colors, shapes and textures can also help entice children into eating a healthful lunch of after school snack. “If it looks exciting they are more likely to eat it instead of trying to trade it at the lunch table,” she said. “For example, if you have

leftover chicken from dinner, you can turn that into a lunch the following day by adding yogurt or light mayo, curry powder, chopped celery, almonds and blueberries. Now you have crunchy nuts and celery, sweet berries, extra protein from the yogurt and little fat in comparison to the regular mayonnaise-based chicken salad you would buy at the grocery store.”

Giving children control over their food choices can encourage healthy eating. “Take your children to the local farmers’ market and have them pick different vegetables and fruits to try,” said Marilena Leavitt, chef and instructor at Culinaria Cooking in Vienna, and the mother of three children. “Have healthy, after-school snacks available 24/7. For example, baby carrots and hummus, plain Greek yogurt, olives, mozzarella cheese sticks, unsalted nuts and raisins, popcorn, and salsa and tortilla chips.”

Healthy Lunch and Snack Ideas

Creative Kids Kitchen’s “Choose Your Own Muffin” Recipe

- 1/3 cup butter
- 1 cup sugar (can easily reduce to 3/4 cup)
- 1 egg, beaten
- 1 teaspoon vanilla
- pinch of salt
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 teaspoon baking soda
- Pick One Of These:
 - 1 cup mashed, ripe bananas
 - 1/2 cup blueberries
 - 1 cup pureed butternut squash
 - 1 cup mashed sweet potato
 - 1/2 cup shredded carrot

No need for a mixer for this recipe. Preheat oven to 350° F. Mix butter and sugar in a large mixing bowl. Stir in egg, vanilla, baking soda and salt. Mix in your “pick one of these” ingredient. Finally, add the flours a little at a time until the batter is well mixed. Pour the mixture into a greased muffin tin. Bake for approx 30 minutes or until a wooden pick comes out clean.

Creative Kids Kitchen’s Sneaky Pizza Bites

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 green bell pepper (chopped)
- 1/2 cup mozzarella cheese
- 1 cup pizza sauce
- 1/2 cup water (or enough to moisten dough)
- 1/2 cup finely diced extra firm tofu

In a medium bowl, mix together the flours, green bell pepper, tofu, mozzarella cheese and pizza sauce. Gradually stir in a little bit of water until the mixture is a workable consistency. Roll into 1-inch balls.

Arrange pizza bites on the baking sheet. Bake at 400 degrees for 20 minutes, or until lightly browned. Serve hot.

Tiny Chefs’ Apple Cheddar Quesadillas with Honey Mustard Dip

- For the dip:
- 2/3 cup mayonnaise
 - 2 tablespoons yellow mustard
 - 3 tablespoons honey
 - 2 teaspoon lemon juice

- For the quesadillas:
- 3 large Granny Smith apples, cored and sliced thin
 - 8 (6-inch) whole wheat tortillas
 - 1 – 1 1/2 cups (about 6 ounces) shredded cheddar cheese
 - 2-3 tablespoons butter, divided

In a small bowl, whisk together the mayonnaise, mustard, honey and lemon juice. Set aside.

Use a mandolin or sharp knife to thinly slice the apples.

Build a quesadilla by adding a handful of shredded cheese and a handful of sliced apples to one half of each tortilla. Fold it over like a book.

Add 1 tablespoon of the butter to a large saute pan over medium heat. When hot, place 2 quesadillas in the pan and cook for several minutes or until golden brown.

Carefully flip over the quesadilla to allow the other side to brown.

Once both sides are browned and the cheese is melted, remove the quesadilla from the pan. Slice it into quarters.

Carefully wipe out the pan with a damp paper towel. Add the remaining butter to the pan and repeat the above process with the remaining quesadillas.

Serve warm with the honey mustard dip.

Apple and Beet Salad

(Courtesy of Chef Kristen Robinson)

Buy cooked or canned diced beets at the grocery. Cut up smaller if necessary. Mix in some diced apple. Dress this salad with a simple squeeze of lemon juice, a few tablespoons of olive oil and some chopped mint and/or chives as well as a sprinkling of salt.

PHOTO BY MARILYN CAMPBELL

End-of-Summer Tips To Make Return to School Less Stressful

Area experts provide advice on easing into back to school.

BY MARILYN CAMPBELL
CENTRE VIEW

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine-driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to ... start their children with a breakfast that is ... consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after-school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and Advanced Placement U.S. history teacher



PHOTO COURTESY OF THE HEIGHTS SCHOOL

at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

A sleep schedule adjustment is particularly important for middle and high school students. "Get them up earlier for those needed doctor and dentist appointments before school starts," said Lisa Turissini, Ed.D., chair of the Department of Education at Marymount University. "This age group loves to sleep in and some adjustment to an earlier schedule is really a good idea. You can also have them go to bed earlier to assist getting up earlier each morning."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said, "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

Maintaining an element of joy is key, say experts. "Do some practice wake ups, but make it fun, not stressful," said Shannon Melideo, Ph.D., associate dean, School of Education and Human Services at Marymount University. "Give incentives for getting ready quickly and calmly."

For all students, getting organized is a critical part of the back-to-school process. "Review their school and class schedules

One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

with them," said Turissini. "When is lunch? Will they have healthy alternatives or bring lunch from home?"

"Do they have all their school supplies? Make a date to go shopping," Turissini continued. "This is a great time to have them organize their closets and drawers to see what clothes can be donated and what clothes they need." Label and color-code notebooks and binders. This "will help students feel confident and start the year with a clear mind free of clutter," said Lowry.

Melideo said, "Get a weekly clothing organizer for clothes, hang a calendar, make a new chores schedule that is the most efficient for all members of the family."

In fact, calendars and planners are key, said Turissini, who suggests using them to plan and coordinate extracurricular activities. "Lay out after-school activities, school-related and nonschool-related," said Turissini. "Get a family calendar going."

DESIGNATE AN AREA for completing homework assignments. "Do they have a work area set to go at home to complete homework each evening?" asked Turissini. "Is there a set time each evening for this to happen? Will there be certain evenings when everyone is present for family dinner together?"

Setting goals, both academic and personal, is important when beginning a new school year. "All school divisions, private or public, have some sort of grade-level ob-

jectives," said Melideo. "Find the appropriate grade-level goals and spend a few minutes with your child reading over what they will learn and set some goals."

Such goals are helpful in creating a smooth back-to-school transition. "For example, ride a bike, read a chapter book, hit a double, [learn to] tie shoes, [make the] honors list," said Melideo. "Write those goals down and put them in a place that the student can see often."

Young says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac, Md.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."

Melideo recommends taking trips to the public library to find books or resources about topics a child will cover during the school year. Melideo said, "For example, third graders in Virginia often learn about ancient civilizations. Get some books on ancient Egypt."

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Intermediate orchestra students play cellos in Franklin Middle's gym.



GBW and Rocky Run Band Director Dan Hill conducts the intermediate band.



French horn players play the theme from "Star Wars."

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

645 Students Attend Band and Orchestra Camp

FROM PAGE 1

he said. "It's also good to see the students who'll be going to Chantilly and get to know them before they get there, to start building the Chantilly band community."

At camp, he said, "They get lots of individualized instruction that's not always possible during the school year. And with the full band sessions, sectionals and the individual instrument classes taught by specialists and professionals, they get to work on a lot of different aspects of playing. Then they apply them in the full band setting."

Dale Walker, a rising sixth-grader at Greenbriar West Elementary (GBW), attended for the first time. "My band teacher, [Daniel Hill], told me how much better I could get if I came here," he said. "I didn't like the other instruments, and I was looking forward to playing all the awesome rhythms."

Dale said he improved a great deal at

camp. "I learned how to do different types of drum rolls," he said. "And percussion is also about bells and xylophones, too. I'd recommend the camp to others because you learn a lot and improve by at least two levels — and you get to eat pizza every day."

GBW classmate Parthiv Chigurupati also plays percussion, including both suspended and crash cymbals, triangle, chimes and bass drum. He was at camp for his first time, too. "I want to go to symphonic band in seventh grade, so I came here to improve my skills," he said.

"I wanted to show people that percussion isn't just taking a stick and hitting something," continued Parthiv. "The dynamics — the amount of loudness or softness — are extremely important, and the speed can be really fast. I've learned a lot here about the bells and have improved my drum rolls and playing rudiments."

He, too, recommends the camp because

"you'll learn so much you never knew and you can apply it if you're going to keep playing. You get better at your instrument, kids really enjoy being here and you can be with your friends or make new ones."

During a percussion sectional, teacher Aubrey Adams, a retired Air Force Band member, told his students it's also important to take private lessons. "The better you sound, the more fun you'll have playing drums in the future," he said. Adams knows that firsthand because he substitutes with the National Symphony Orchestra and other symphonies in the Washington Metropolitan area.

In his eighth year at camp, he taught percussion methods to beginners. "Some of the better music students in the county come from this camp," he said. "Some go on to play in some of the major symphony orchestras and are leaders in their colleges."

Attending camp, said Adams, "helps them

in their school programs when they start again. I see huge growth in the students; some of these beginners will probably be in their top bands at school."

Drummer Justin Mathias, a GBW grad and rising seventh-grader at Rocky Run Middle School, was in his first summer of camp. "My friends who came last year said it was really fun, so I thought I'd try it," he said. "And I've liked the drum lessons and songs. At first, the songs and notes were challenging; but as I got better, I was able to play them."

Justin said Adams gave him good advice about "the exact stick heights to use to get the sound you want, either soft or loud. It's important because the stick heights can bring down the whole band if they're wrong. Without a doubt, I'd recommend the camp because it was a lot of fun learning and excelling in my instrument, and I have a good time with my friends at lunch."

Music Camp Attracts Students for Many Reasons

FROM PAGE 3

like it because it's a challenge, and it's fun to learn from the nice teachers. I've learned scales and notes. I played cello and switched to flute to play in a high-school marching band someday."

Eunice Choi, a rising sixth-grader at Virginia Run Elementary, switched from violin to flute. "My friend Kelsey plays flute, so I wanted to, also," said Eunice. "And you can't really see your fingers while you look at the music, so it's different from other instruments."

Her friend, Kelsey Bong, is a Bull Run rising sixth-grader and likes the flute because of "all its different scales. And it's an oddball instrument because it's not played facing down or up, but sideways."

At camp, she enjoyed transitioning from band practice to sectionals and woodwind classes, making new friends along the way. "It's been a great experience," said Kelsey. "You get lots of time to play your instrument, get to know it better and get good at it."

A rising fifth-grader at Greenbriar West Elementary, Trisha Pal was playing oboe for

the first time. "My sister did it and had fun," said Trisha. "The oboe looked challenging, but it's not hard for me anymore because I've been practicing. Now I'm able to go from note to note without messing up. And in my instrumental class, I got to experiment with the oboe and just play the reed alone."

Likewise, Shane Schebish, a rising fifth-grader at Bull Run, was a new alto saxophone player. She chose it because "you can do lots of different notes from high to low. At camp, I learned lots of scales and our teacher gave us fun songs to play, like 'Super Mario Brothers.' The teachers are really nice and helpful; and at the concert, our parents can see what we've accomplished over a few weeks."

Both Greenbriar West Elementary rising sixth-graders, Chris Rosend and Matthew Bates were novice trumpet players. "It looked easy at first, but it turned out to be harder than I thought," said Chris. "But the teachers taught me how to play the notes correctly. I especially liked my brass sectional with Mr. [Dan] Hill because it was fun and he wasn't mean."



Clarinet players performing in the intermediate band.

Matthew learned several new songs and also improved his playing. "After you learn new rhythms, the trumpet sounds really

cool," he said. "The camp has great instructors, the food is good and you have a lot of fun."

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

SPORTS



PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

The Westfield football team opens its season against Hayfield on Aug. 30. Chantilly will face Lee on Sept. 6.

Westfield Fall Sports Openers

The Westfield football team will open the 2013 season at home against Hayfield at 7:30 p.m. on Friday, Aug. 30. The Bulldogs' first road game be Sept. 6 against South Lakes. After a bye week, Westfield will travel to face Lake Braddock on Sept. 20.

The field hockey team will travel to face South County in a matchup of perennial powers at 7:30 p.m. on Wednesday, Aug. 28.

The cross country team will compete at the PR Invitational at Bull Run on Aug. 29. The volleyball team will travel to face Battle field at 7:15 p.m. on Monday, Aug. 26.

Chantilly Fall Sports Openers

The Chantilly football team will host its season

opener against Lee at 7:30 p.m. on Friday, Sept. 6.

The field hockey team will compete in the Under the Lights tournament at Lee High School Aug. 26-27.

The volleyball team will travel to face Madison at 7:15 p.m. on Wednesday, Aug. 28.

The cross country team will compete at the Monroe Parker Invitational on Saturday, Sept. 7.

Centreville Fall Sports Openers

The Centreville football team will be on the road in its opener when the Wildcats face West Potomac at 7:30 p.m. on Thursday, Aug. 29.

The cross country team will compete at the Bull Run Relays on Thursday, Aug. 29.

The field hockey team will host Annandale at 7:30 p.m. on Thursday, Aug. 29.

The volleyball team will travel to face Battlefield at 7 p.m. on Tuesday, Sept. 3.



The Centreville football team will open its season at West Potomac on Aug. 29.

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NOVEC Advises Ways To Be Cool

With the return of summer's heat, the Northern Virginia Electric Cooperative says running an air conditioner can significantly increase electric bills during summer months. To "cool it" and still lower home electricity costs, NOVEC encourages customers to follow these energy-saving tips:

- ❖ Close window shades, drapes and blinds on the sunny sides of the home to block sun rays during the day. Attaching low-emissivity (Low-E) glaze to existing windows will help reflect heat.

- ❖ Set the air conditioner thermostat between 76 and 78 degrees when the home is occupied. Before leaving the home for several hours or when going on vacation, set the thermostat at 80-85 degrees — just cool enough to keep humidity levels low. Invest in a programmable thermostat. Do not set the thermostat at a cooler than normal temperature when you turn on the air conditioner; your home will not cool any faster and the lower setting will use more energy.

- ❖ Use fans wisely. Set the air conditioner fan to "auto" and let the air conditioner cycle on and off as needed. In rooms with occupants, run a ceiling or portable fan with the air conditioner. Fans do not cool a room — only its occupants — so turn fans off when people leave the room.

- ❖ At night, if the humidity is tolerable, turn off the air conditioner and open windows. Run whole house, window, ceiling, or floor fans and a dehumidifier.

- ❖ Let the monthly NOVEC bill be a reminder to change the A/C filter; follow manufacturer's instructions.

- ❖ Help conserve conditioned air by using kitchen and bathroom exhaust fans just long enough to remove heat and humidity. Run the dishwasher, clothes dryer, and oven during cooler evening and morning hours.

- ❖ Most new homes and older homes with new roofs have ridge vents designed to alleviate heat buildup in the attic and help cool living spaces below. For roofs without ridge vents, an attic fan will help expel heat.

FCPD Helicopter Unit Honored

FROM PAGE 5

next to a creek. Using the high-definition camera, the crew was able to spot the two missing boys huddled together under the tree and directed search-team members to their location.

The three officers who were recognized were Pilot Garrett Wymer, MPO Paul DeHaven and PFC Timothy Schilling. The Gus Crawford Air Crew of the Year Award is given annually by the Airborne Law Enforcement Assn., which was founded in 1968 and has 3,500 members worldwide. The rescue video from Fairfax One may be viewed at <http://youtu.be/iBWd2qFCM-Q>.

S.I.C.U.

By KENNETH B. LOURIE



Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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21 Announcements

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21 Announcements

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Hyland Dr • Rustburg, VA (Just south of Lynchburg)
Wed, August 28th at 10:00am & 10:30am
Terms: 5% buyers premium. Closing to occur in 30 days. Full terms online. VAAF93
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Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
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21 Announcements **21 Announcements** **21 Announcements**

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2 blocks from US-29 South (near airport)
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Wed, August 28th at 10:00am & 10:30am
Terms: 5% buyers premium. Closing to occur in 30 days. Full terms online. VAAF93
The Counts Realty & Auction Group
www.countsauction.com 800-780-2991

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

FRIDAY/AUG. 23

New Member Shabbat Service. 7:30 p.m. at Temple Beth Torah, 4212 C-Technology Court, Chantilly. The service will be held in the new building. All community members are welcome to attend. Call 703-217-8938 or visit www.BethTorah.net.

SATURDAY/AUG. 24

Pre-school Open House. Happy Faces Daycare, 13923 Braddock Road. The event will include moon

bounces, snow-cones, and balloon animals. Children can enjoy the events while parents are taken on a tour. All parents who register after the event will receive two free weeks enrollment. Visit www.happyfacesdaycare.com or call 703-830-1200.

National Dog Day at Shelter. 10 a.m.-5 p.m. at Fairfax County Animal Shelter, 4500 West Ox Road. Watch as dogs play together, get a free training consultation, games and prizes and more. Adoption fees waived for dogs and puppies. To browse available animals, visit www.fairfaxcounty.gov/police/animal/adoption.htm or 703-324-0208.

SUNDAY/AUG. 25

National Dog Day at Shelter. 10 a.m.-5 p.m. at Fairfax County Animal Shelter, 4500 West Ox Road. Watch as dogs play together, get a free training consultation, games and prizes and more. Adoption fees waived for dogs and puppies. To browse available animals, visit www.fairfaxcounty.gov/police/animal/adoption.htm or 703-324-0208.

THURSDAY/SEPT. 5

Board of Directors Meeting. 7:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. The

Southwestern Youth Association will be holding their annual meeting. The SYA executive board positions are for one year terms. Nominations are now being accepted. This meeting is open to the community. Call 703-815-3362 or contact the SYA office at syaboard@verizon.net.

SATURDAY/SEPT. 7

Meeting. Lane's Mill Chapter Daughters of the American Revolution (DAR) members will meet at 5501 Sully Park Drive, Centreville. Prospective members are welcome to attend and should contact haynes2va@yahoo.com for more information.

SATURDAY/SEPT. 14

Blood Drive. 7 a.m. to 1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May, 23 to Sept. 9, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched. Visit www.redcrossblood.org or call 1-800-733-2767.

SCHOOL OPENINGS

The **Clifton Presbyterian Church Preschool** has openings in all classes for the fall. Schedules and classes have been adjusted for greater flexibility to meet the changing needs of the area. Visit www.cliftonpc.org/cpcpreschool.html or call Gretchen at 703-830-3175.

Pleasant Valley Preschool, 4615 Stringfellow Road in Chantilly is now accepting registrations for the 2013-14 school year. The goal is to provide a learning environment that promotes social development and a nurturing preschool education. Visit www.pleasantvalleypreschool.com or call 703-378-6911.

VOLUNTEERS NEEDED

Northern Virginia Family Service is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross rosscross@nvfs.org if interested.

The **Stuart-Mosby Civil War Cavalry Museum** needs volunteers to work on Sundays at 13938 Braddock Road, Centreville. The museum is open from 1-4 p.m. on Sundays, when volunteer help is needed the most. Civil War buffs who want something worthwhile to do on Sundays are perfect candidates. Generally at least two volunteers are on duty for each day of coverage at the museum. The museum is also open on Saturdays from 10 a.m.-4 p.m. and Mondays from 10 a.m.-4 p.m. Call 703-785-5294 or visit www.stuart-mosby.com.

Respite Care Volunteers. Give a family caregiver of a frail, older adult a break so they can go shopping, attend a doctor's appointment or have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm>.

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.

ONGOING

Senior Fall Prevention Classes. Tuesdays and Thursdays 1:30-2:30 p.m. at the Woodlands Retirement Community, 4320 Forest Hill Drive. Classes in the heated indoor pool help seniors work on balance and strengthen core muscles so as to avoid injury. Registration required. \$10. Call 703-667-9800.

Communities of Worship
To highlight your faith community, call Karen at 703-917-6468

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Summer Worship 10:00am

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703-830-0098

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SUNDAY WORSHIP SERVICES
9:15 AM CELEBRATION SERVICE
11:00 AM CONTEMPORARY SERVICE

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 11:00 am

Nursery through Elementary, Youth, College Age, Singles, Men, Women, Choir, Awana, GoGo (Older adults), Bible Study Fellowship, MOPS (Mothers of Preschoolers), English Language Classes and Spanish Speaking Ministry

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbca.org



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Congregation Yad Shalom...703-802-8901
Temple Beth Torah...703-263-2252

LUTHERAN
King of Kings Lutheran Church...
703-378-7272
Lord of Life Lutheran Church...
703-323-9500
St. Andrew Lutheran Church...
703-830-2768

METHODIST
Centreville United Methodist...
703-830-2684
Pender United Methodist Church...
703-278-8023
Pleasant Valley United Methodist...
703-327-4461

NON-DENOMINATIONAL
Centreville Community Church...
703-580-5226
Christian Life Center...703-754-9600
Clear River Community Church...
703-881-7443
Covenant Christian Center...703-631-5340

Fair Oaks Church...703-631-1112
New Life...703-222-8836
Tree of Life Bible Church...703-830-4563

PENTECOSTAL
Capital Worship Center...703-530-8100
Church of the Blessed Trinity...
703-803-3007

ORTHODOX
Holy Trinity Orthodox Church...
703-818-8372
The Greek Orthodox Parish of Loudoun County...703-421-7515
St. Raphael Orthodox Church...
703-303-3047

PRESBYTERIAN
Centreville Presbyterian Church...
703-830-0098
Chantilly Presbyterian Church...
703-449-1354
Clifton Presbyterian Church...703-830-3175
Young Saeng Korean Presbyterian Church...
703-818-9200

UNITED CHURCH OF CHRIST
Wellspring United Church of Christ...
703-257-4111

ANGLICAN
Church of the Epiphany...703-481-8601
Christ the Redeemer...703-502-1732

ASSEMBLY OF GOD
Centreville Assembly of God...703-830-1841

BAHA'I
Baha'i Faith...1-800-22-UNITE

BAPTIST
Centreville Baptist Church...703-830-3333
Chantilly Baptist Church...703-378-6880
Clifton Baptist Church...703-263-1161
Second Baptist Church...703-830-1850
Mount Olive Baptist Church...703-830-8769
Ox Hill Baptist Church...703-378-5555

BIBLE
Chantilly Bible Church...703-263-1188
Community Bible Church...703-222-7737

CATHOLIC
St. Andrew The Apostle Catholic Church...
703-817-1770
St. Clare of Assisi Catholic Church...
703-266-1310
St. Paul Chung Catholic Church...
703-968-3010
St. Timothy Catholic Church...703-378-7461
St. Veronica Catholic Church...703-773-2000

EPISCOPAL
Church of the Epiphany...703-715-6070
St. John's Episcopal Church...703-803-7500