

Improving Music Skills

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Young trumpet players perform with the intermediate band during Franklin Middle's Band and Orchestra Camp.

NEWS



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SEPTEMBER

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OCTOBER

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10/14/2015 HomeLifeStyle
10/21/2015 A+ Camps & Schools
Halloween is October 31
10/28/2015 Election Preview

NOVEMBER

11/4/2015 Wellbeing
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Before Troop 30's wilderness hike ...

PHOTOS CONTRIBUTED



...and after completing their adventure.

Troop Completes Wilderness Hike

Ten Troop 30 Scouts of Centreville completed a back-country wilderness hike at the Philmont Scout Ranch in New Mexico. The 10 Scouts are in or rising students at Westfield High School, Centreville High School, Chantilly High School, and home school. The three adult leaders and 10 scouts spent five days in Colorado to acclimate themselves to the higher altitude by visiting various sites to prepare their legs for what was ahead.

The crew began their hike at an altitude of 7000 feet, traveling 66 miles and climbing to a max elevation of 11,000 feet over the next 10 days. Some life-long memories for the crew included a sunrise at 9,000 feet on the Tooth of Time rock formation that allowed for a 360-degree view; hiking Mt. Philips to

an 11,000 foot elevation; and seeing the wreckage of a B-24 Liberator that crashed on a training flight into a 10,000-foot peak during World War II killing the crew. Other highlights included special living history programs during the trek that allowed the crew to climb trees like a lumberjack; cut railroad ties with an ax; shoot 58 caliber muskets; forge metal in a blacksmith shop; make candles in a 19th century homestead; throw tomahawks; and rock climb.

The Scouts included Joe Adams, Andrew Ayer, Thomas Brown, John Dickenson, Riely Loveday, William Mars, James Monson, Jeff Paschetag, Cole Sorrells, and Spencer Warren. The adult leaders included Lyle Mars, Mark Paschetag, and Michael Sorrells.



Violinists Kara Kongprasert (left) and Deepika Gunturu.



Rocky Run Middle orchestra teacher Stephen Matthie conducts the highest-level orchestra.



Saxophone players practice with the camp's intermediate band. Stone Middle seventh-grader Ryan Vu is second from the right.

Improving Music Skills, Making New Friends

Learning's fun at band and orchestra camp.

BY BONNIE HOBBS
THE CONNECTION

Whatever their reasons were for attending Franklin Middle School's Band & Orchestra Camp, the results for the students were the same — knowledge, improvement and fun.

Rocky Run Middle seventh-grader Alexander Alvarez and his sister Christina, a Poplar Tree Elementary sixth-grader, attended for the first time. Both play clarinet and had a great time there.

"I came because it sounded like fun and that I'd make new friends, which I did," said Christina. "I've been learning new notes every day, and I like that they walk you through it. When I first came here, I didn't know the names of all the keys or how to play particular notes, and I also learned some new techniques. I'd definitely recommend it to others because it's a really fun

and interesting camp and you'll learn a lot."

Alexander plays his mom's old clarinet and loves playing in an orchestra because "it's so lively and super fun." His mom suggested he attend this camp because he'd get more music instruction here than in school. And he liked the idea of "playing clarinet for four hours straight with people of all different ages. The camp helps you grow as a musician a lot faster, and you can make new friends from all over."

Also there for the first time was Lees Corner Elementary sixth-grader Molly Shear. "I didn't want to forget everything I learned, over the summer, and it seemed like a fun camp," she said. "And lots of kids in my class were going, so I'd know a lot of people."

She's played clarinet a year, inspired by her grandfather, who played it, too. "I like that you can put fingers down on the keys and that note will come out without changing air," said Molly. "And at camp, you learn a lot, develop more range and get more practice."

Oak Hill Elementary grad Sujay Khona, now a Rachel Carson seventh-grader, has played clarinet three years. Why? "It's not as heavy as a tuba or saxophone, and it's not that hard to play," he said. "I did this



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Posing with their flutes are (from left) Chantilly senior Madelyn Donnelly, Oakton freshman Yingyin Chen and Franklin eighth-grader Julia Yoon.

camp last year because my school music teacher recommended it, and I really liked it, so I came back. It teaches you a lot so you can get a head start on the school year, and I get to hang out with friends during lunch."

Kara Kongprasert, a Stone Middle seventh-grader, has played violin four years. "It's different from other instruments and I like playing the high notes and the melodies," she said. "And playing the light-hearted songs makes me feel happy. It's my second year at camp and it really helps me better my skills."

She said the teachers understand her weak points and "help me improve to be successful. The staff's friendly and kind and you get to make new friends at camp. I also learned to be patient with myself and keep practicing every day until I get it."

Chantilly High freshman Deepika Gunturu likes the violin because "it plays the melody in a lot of pieces, and lots of my friends play it, too, so we can play together. This was my second year at camp, and I felt like I learned a lot. And since it wasn't all day, I still had time to do other things."

SEE IMPROVING MUSIC. PAGE 9



Clarinetists perform cartoon-themed songs with the camp's symphonic band.



Students play their instruments during a percussion sectional.



String bass and cello players in the intermediate orchestra practice a counting exercise.

Focusing on Suicide Prevention

Help is a phone call away.

This week is Suicide Prevention Week. Preventing suicide means paying attention to mental health and treating depression, and there is no better time to focus on that than the first week of school.

In 2013, more than 41,000 people ended their own lives in the United States, more than 21,000 with firearms. (Compare to the number of murders in 2013, 16,120.) In 2013, more than 800,000 people were treated in U.S. emergency departments for self-inflicted injuries. More than a million adults report making a suicide attempt each year, while many more people struggle with thoughts of suicide, according to the Centers for Disease Control and Prevention.

Suicide is the 10th leading cause of death for Americans overall and the second leading cause of death among adolescents and young adults aged 15-29. More than half of suicides involve firearms.

In 2013, 1,047 Virginians died by suicide, with white males accounting for 716 of those deaths. The Southside region had the highest suicide rate at 19.3 per 100,000 in 2013, while the Northern region had the lowest rate at 10.1 deaths. (By comparison, there were 383 homicides in Virginia in 2013.)

Two groups particularly at risk are youth and the elderly. Data from the Virginia Department of Health indicates that rates of suicide in Virginia were higher for older people than youth

— but suicide is a leading cause of death for young people.

One strategy to prevent suicide is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves, increasing substance use, and having changes in their mood, diet, or sleeping patterns, according to the CDC. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal.

Exhibiting any of the signs listed below is reason for an immediate call to the National Suicide Prevention hotline at 1-800-273-8255 (TALK). If you cannot reach someone on this line, go to an emergency room, make sure you or your loved one is not alone until professional help arrives and remove all firearms, sharp objects, drugs, alcohol and other things that could be used in a suicide attempt.

- ❖ Talking about wanting to die or kill oneself.
- ❖ Talking or writing about suicide or death.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about being a burden to others and how the world would be better off without him/her.
- ❖ Talking about being trapped or in unbearable pain.

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.

Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Monday, Sept. 21, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. This meeting is on the third Monday of the month so as not conflict with Yom Kippur. Call Jeff Parnes, evenings, at 703-904-0131.

Following a presentation about a homechildcare application at 3930 Kernstown Court in Fairfax, the Council will host at 7:30 p.m. its sixth bi-annual State Legislative Candidates Night.

It's jointly sponsored with the League of Woman Voters of the Fairfax Area, the American Association of University Women of Virginia, the Zeta Phi Beta Sorority Inc. and the Fairfax County Council of PTAs. All candidates for the five Senate and five House of Delegate districts within Sully have been invited to speak and answer questions.

- ❖ Complete withdrawal.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings and acting recklessly.
- ❖ Looking for ways to kill oneself, such as searching online or obtaining access to firearms, pills, or other means to kill oneself.
- ❖ Giving away prized possessions and other personal things; tying up loose ends.

See <http://www.afsp.org/understanding-suicide/facts-and-figures>

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

Correction

In last week's editorial ("How to Vote; It Matters," Sept. 2, 2015), a list of offices up for election in Fairfax County failed to mention school board races. Here is the corrected text:

Each voter in Fairfax County will vote a ballot with choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, District member of the School Board, School Board At-large (vote for three), Soil and Water Conservation Board (vote for Three), School Bond for \$310 million, Public Safety Bond for \$151 million. See <http://www.fairfaxcounty.gov/elections/upcoming.htm>

FCPS Seeking Bus Drivers

The Fairfax County Public Schools (FCPS) office of transportation services is currently seeking individuals who are interested in becoming school bus drivers. Drivers can earn \$18.63 per hour plus benefits.

On Saturday, Sept. 26, FCPS will showcase a school bus at the Fair Lakes Fall Festival. Prospective drivers will get an up-close look at a bus and speak with school bus trainers and operators to learn more about what the job entails, available hours, training, and FCPS benefits, including health, dental, and vision benefits and the FCPS Savings for Staff program. Drivers are allowed to bring their preschool-aged children on the bus with them. Prospective drivers will be able to apply for a bus driver position at the fair.

Joining the FCPS transportation team comes with paid training and advancement opportunities. Summer hours are available. Retirees, college students, and career-switchers are encouraged to apply.

Applicants must be at least 21 years old; have a good driving record; pass a physical exam, drug screening test, and background check; obtain a commercial drivers license; and complete a five-week training program and commercial drivers license road test.

Additional information is available at www.fcps.edu/fts/tran/opportunities/index.shtml

EDITORIAL

ROUNDUPS

Lightning Causes Apartment Fire

Fairfax County Fire and Rescue Units responded to a garden apartment fire Wednesday, Sept. 2, at approximately 5 p.m., in the Fair Oaks area. The garden apartment is located at 12314 Oak Creek Lane.

Firefighters encountered smoke and fire coming from the three-story apartment upon arrival. Firefighters brought the fire under control. Smoke alarms were present but did not activate since the fire was on the exterior of the structure. One occupant has been displaced, but declined Red Cross support. One firefighter was treated and transported with minor injuries.

Damage is estimated at \$80,000.

According to fire investigators, the fire was accidental. A lightning strike to the exterior of the building caused the fire.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 10, 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

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NEWS DEPARTMENT:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

Jon Roetman
Sports Editor, 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



The Sweet Sounds of Summer

Franklin Middle holds annual band and orchestra camp.

BY BONNIE HOBBS
THE CONNECTION

Each summer, students flock to Franklin Middle School's Band & Orchestra Camp to fine-tune their musical skills and learn new ones.



Lawrence Walker

And Camp Director Lawrence Walker bases one of his philosophies for it on a simple proverb.

"If you want to run fast, run by yourself," he said. "But if you want to run far, run together. I believe we should pass on our knowledge, help others and respect their opinions."

Founded by Walker, the camp ran June 29-July 23 and was the 29th annual. Some 657 students attended four hours a day and received instruction from 50 teachers — school band and orchestra directors, private teachers, freelance musicians and retired military-band members.

Walker, himself, retired in 2012 after teaching 30 years in FCPS — 28 of them as Franklin's band director. The Lawrence Walker Music Wing there now bears his name and he directs the Herndon Regional Wind Ensemble. But each summer's band and orchestra camp is a highlight of his year.

"Four weeks here is equivalent to two years of el-

ementary-school band," he said. "Those students just have band once a week; and if the director's sick, they don't have it. For middle-schoolers, it equals a year of music instruction."

And at camp, students get a cross section of instruction. An instrument class is like a master class — a private, group lesson focusing on fundamentals such as scales, techniques and tone quality. And a sectional class lets students work on music their director is rehearsing with their large band or orchestra at camp.

Students get specialized instruction during brass, woodwinds and percussion classes, in addition to band and orchestra rehearsals. Orchestra students take music-theory classes, too. And at the camp's end, they all perform and show what they've learned.

"This year, we did something different," added Walker. "We let kids play in some chamber ensembles of quartets and quintets — and they got to choose to participate. They played for everyone in the orchestra, and it got them involved in smaller-group associations with their instruments and let them play for their peers, which they love. They're excited and want to do well."

And for the fourth year, there's also been a jazz band that met a half hour before band camp began. "They worked on some hard music and everybody loved how it sounded," said Walker. "So when camp culminated, there were concerts for parents and

SEE SWEET SOUNDS, PAGE 11

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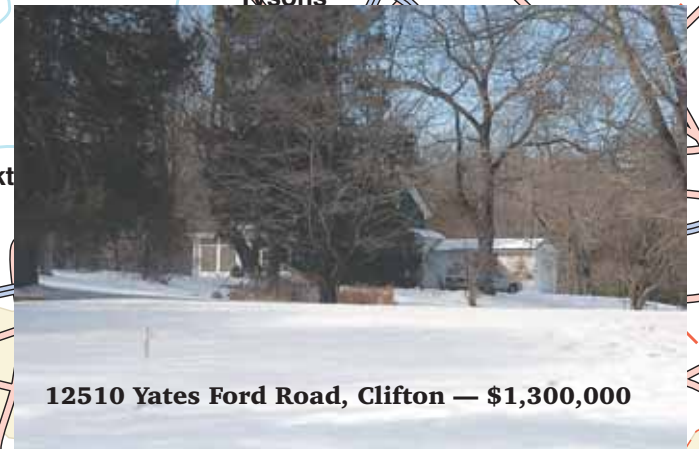
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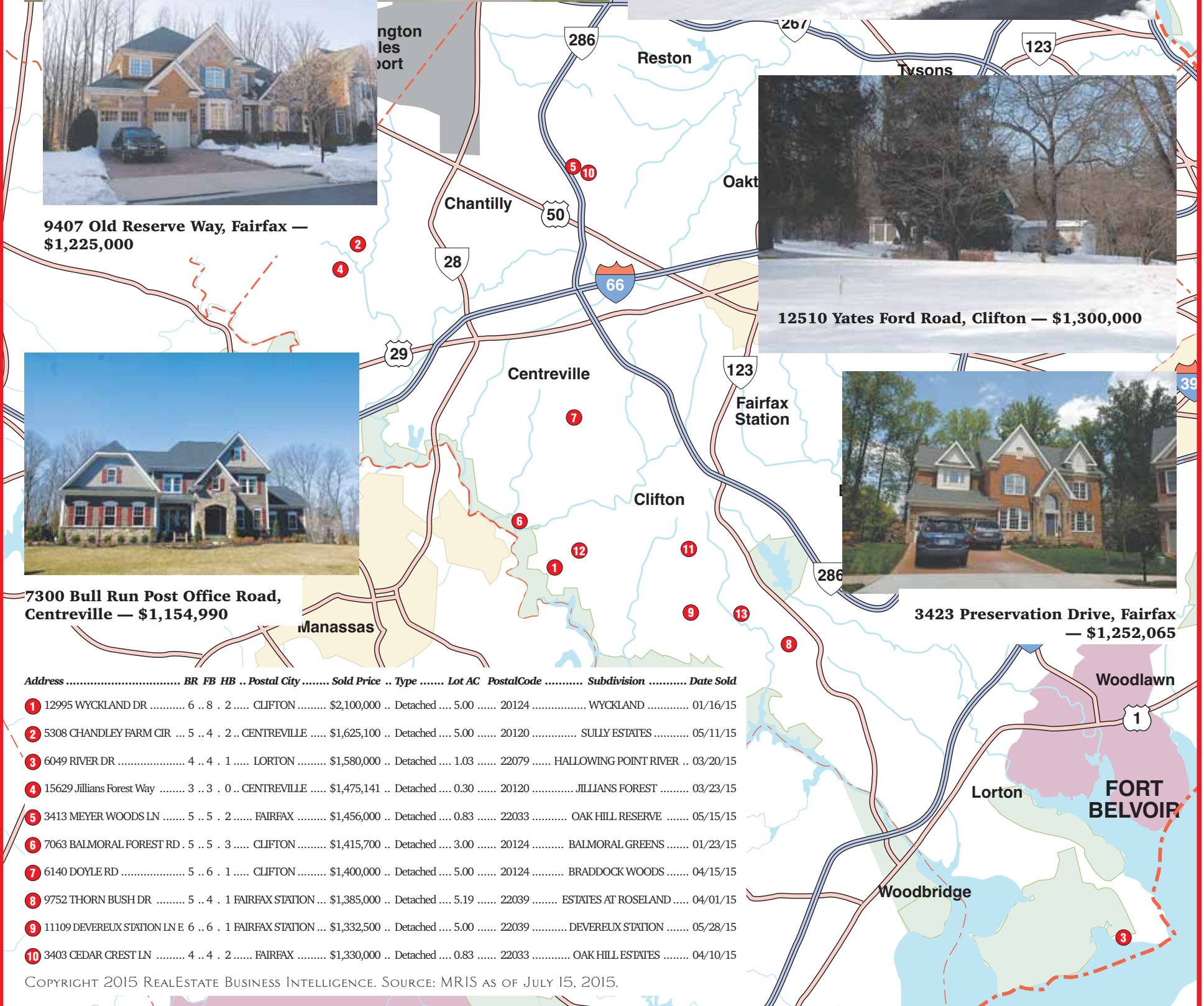
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Representatives from the real estate, moving and home design industries will show homeowners planning to downsize how to do so in style.

Homeowners attending a seminar on downsizing will get expert advice on issues like furniture placement, organization and interior design.

PHOTOS COURTESY OF
TTR SOTHEBY'S
INTERNATIONAL REALTY



Thinking of Downsizing?

Free seminar will focus on moving to a smaller place without sacrificing style.

BY MARILYN CAMPBELL
THE CONNECTION

Homeowners considering a move from a large home to a smaller dwelling will have an opportunity to receive expert advice on their transition later this month. Representatives from the real estate, moving and home design industries will host a lifestyle seminar to discuss downsizing issues like interior design, organizing and packing.

"The lifestyle seminar will address all aspects of moving and condo living, including what to keep,

what to donate and how to decide," said Christine Basso of TTR Sotheby's International Realty. "The experts at Town & Country Movers will discuss ways to make the entire moving process run smoothly from starting early to the most effective ways to pack to determining what goes where."

According to Basso, seminar attendees will also hear from design experts who will offer guidance on personalizing one's living space. They will also give advice on topics such as measuring existing and new furniture for space placement and incorporating an art collection into a home's design.

The seminar will be held Sunday, Sept. 20 from 11 a.m. to 1 p.m. at Quarry Springs estate condominiums, located at 8101 River Road in Bethesda, Maryland. The Quarry Springs complex will open later this year.

To RSVP to the free event, contact Christine Basso at 202-302-2508. Visit www.quarrysprings.com for more information.

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SPORTS

Chantilly Football Opens with Win over Woodson

The Chantilly football team opened the 2015 season with a 31-14 road win over Woodson on Sept. 4. “For the first game of the season we did fine,” Chantilly head coach Michael Lalli wrote in an email. “We have a lot to improve upon but we made some plays in all three facets of the game which is important. We need much improvement but it was a good stepping stone for the future.”

SPORTS BRIEFS

Quarterback David Tammaro “performed extremely well,” Lalli wrote. The coach also included RB/DB Marcus Trammell, WR/DB Trevon Montgomery, linebackers Chris Eastman, Giuseppe Rossi and Colin Meehan as players who performed well. Eastman had an interception that set up a touchdown.

Tight end Corey Thomas caught two touchdown passes and made the tackle when Chantilly stopped Woodson on fourth-and-goal at the 1-yard line.

Next up for the Chargers (1-0) is their home opener against Lee at 7 p.m. on Friday, Sept. 11. The Lancers (0-1) opened with a 69-0 loss to Lake Braddock.

“Lee provides some challenges with their speed and athletic ability,” Lalli wrote. “We have to try to keep them from getting free in the open field. Our focus is to improve and get better each week therefore the challenges Lee presents gives opportunity to concentrate on the areas we are deficient in. The need to improve and get better is really the dominate challenge each week.”

Westfield Football Triumphs over Washington-Lee

The Westfield football team’s quest for the 2015 state championship began with a 30-10 victory over Washington-Lee on Sept. 3 in Arlington.

“Our defense played great,” head coach Kyle Simmons wrote in an email. “Our offense was sloppy but showed signs of potential. ... Our front seven on defense played exceptionally well.”

Westfield (1-0), which has lost in the re-



Running back Marcus Trammell and the Chantilly football team defeated Woodson 31-14 on Sept. 4.



Chantilly defensive back Trevon Montgomery tackles a Woodson ball carrier during Friday’s matchup at Woodson High School.

gion championship game each of the last four seasons, will face a tough test this week during its home opener against South County at 7 p.m. on Friday, Sept. 11. South County (1-0) opened the season with a 47-28 victory over Briar Woods.

The Stallions went 10-2 last season, scoring at least 34 points in every game, and more than 49 or more seven times.

“I think it will be an exciting matchup between their offense and our defense,” Simmons said. “The question will be can we eat some clock offensively, eliminate costly mistakes and make the required plays. Executing on special teams against a creative [kickoff, punt and extra point] scheme would give us a field position advantage.”

Centreville Football Gets Road Win Over Annandale

Some of the key players — AJ Turner, Taylor Boose, Charles Tutt, Xavier Nickens-Yzer — who helped get the Centreville football program to back-to-back state championship games are gone, but the Wildcats continued winning Friday.

Centreville opened the 2015 season with a 27-17 win at Annandale on Sept. 4.

“We aren’t talking about what we lost,” head coach Chris Haddock wrote in an email.

“We are focusing on coaching up the kids that are here and moving forward. It was important to get a win because that is what we expect every week.”

RB/LB Tyler Gambone, linebacker Andre Horner, center Riley Newell, and RB/DB Kyle Richbourg played well for Centreville, Haddock wrote

Next up for Centreville (1-0) is its home opener against Fairfax (1-0) at 7 p.m. on Friday, Sept. 11. The Rebels defeated Herndon last week.

“Fairfax is a solid football team,” Haddock wrote. “They are 1-0 with a shutout so they are playing good defense and taking care of the ball. It will be a solid test for us. We will need to take care of the ball and do our jobs.”

PHOTOS BY WILL PALENSCAR

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SEPTEMBER

Fairfax Choral Society Youth & Adult Auditions. Throughout September Fairfax Choral Society will hold auditions and voice checks for youth and adult programs. Locations include Fairfax (adults), Annandale, Herndon, and Centreville (youth). There is no cost to audition. Contact the Fairfax Choral Society office to

schedule an audition at office@fairfaxchoralsociety.org or 703-642-3277.

THURSDAY/SEPT. 10

The Crossings at Chantilly Information Session. 10 a.m.-12 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Have questions answered about senior living options. Free. Visit www.thecrossingsatchantilly.com.

Registration For ESL Classes. 7 p.m. at Lord of Life Lutheran Church, Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Register for beginning, intermediate or advanced ESL classes starting on

Sept. 15 and running through Nov. 19. Classes will be held Tuesdays and Thursdays, 7-9 p.m. There is a \$15 registration fee and the textbook costs \$25. Visit www.lordoflifeva.org.

SATURDAY/SEPT. 12

Parent Information Meeting. 10 a.m. at Chantilly Library Meeting Room, 4000 Stringfellow Road, Chantilly. Primrose Schools is building a new preschool to open in early 2016. The Primrose School of Chantilly will offer programs for infant through pre-kindergarten as well as after-school programs. Free. Visit www.primrosechantilly.com for more.

SEPT.12-FEB. 20

Deer Management Archery

Program. Under the oversight of the Fairfax County Police Department, in collaboration with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority, the archery program is conducted in parks and other locations throughout Fairfax County. Visit www.fairfaxcounty.gov/living/wildlife/archery/archery-program.htm.

WEDNESDAY/SEPT. 16

“The Amendments Convention: Solution or Seduction?” 7 p.m. at Fairview Elementary School, 5815

Ox Road, Fairfax Station. The Republican Women of Clifton (RWC) welcomes C. Mitchell Shaw as the keynote speaker for its September meeting. C. Mitchell Shaw served for several years as a Field Coordinator for The John Birch Society and is now a writer and speaker. Free. Visit www.CliftonGOP.com.

THURSDAY/SEPT. 17

Liberty Republican Women’s Club Meeting. 6 p.m. social hour and 7 p.m. program at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Del. Jim LeMunyon will be the guest speaker. Free and the public is welcome. Call 703-378-4190.



Violinists in the top orchestra focus on their music during rehearsal.



Students play saxophones and other brass instruments with the symphonic band.



Students practice during a clarinet sectional at camp.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Improving Music Skills, Making New Friends

FROM PAGE 3

She especially enjoyed playing chamber music there and seeing all the special performances by the band and orchestra. And, she added, “I learned a lot of new songs and all the teachers are really nice.”

Ryan Vu, a seventh-grader at Stone Middle, has played saxophone two years. “It’s a cool and popular instrument,” he said. “It’s easy to play, but hard to master. This was my first year at camp; I needed more practice. I’ve learned some new fingerings and musical vocabulary.”

He also liked making new friends and said he’d be better prepared for Stone’s band because of his camp experience. “It’s fun and there’s lots to learn,” said Ryan. “And some people here might be going to the same school you are.”

Carrie Fessner, a middle-school band teacher in Prince William County, taught the clarinet sectionals. “It’s a long drive, but worth it,” she said. “And it’s nice to just see clarinets. Instead of only teaching students once or twice a week, I get to teach them every day, so the pacing is quite fast. So in almost four weeks’ time, they’ve learned the equivalent of roughly a whole, school-year’s worth of material — and that’s really impressive, especially with the beginners.”

Besides that, she said, “This camp keeps students playing over the summer, and it’s a much better start to the school year for them. And it’s been a ton of fun. The kids are great; they’re really nice and want to be here. I’ll definitely come back next year.”

“It’s mentally rejuvenating because they’re so excited and ready to learn, and you can see their progress very quickly. And what we work on here gets reinforced in their full band and sectional

experiences here, too.”

Oakton High freshman Yingyin Chen likes playing flute because “many other instruments are vertical, but you play the flute horizontally.” She came to camp because her bandmates from school did, so she thought it would be fun. “I love the interesting and challenging pieces we’re doing,” said Chen. “And you improve your musical skills while getting more experience fitting in with a group.”

Agreeing, Franklin eighth-grader Julia Yoon was a second-timer at camp because “I improved dramatically last year. My favorite part is making friends with kids from other schools; I actually met my best friend here last year.”

Chantilly High senior Madelyn Donnelly has played the flute nine years and taught flute sectionals at the camp for her second summer. “I love it because, while I’m teaching, I’m learning from the

kids and from flute teacher Teri Davis who also teaches flute and band at Greenbriar West and Oak Hill elementaries,” said Donnelly. “It’s because everyone has a different style of playing.” And camp’s valuable to the students, she said, because “the beginners have gone from just picking up a flute for the first time to playing full-length songs.”

A six-year viola player, Westfield High sophomore Owen Carlson

enjoyed himself so much last year that he returned to camp again. “I learned how to hold my instrument up higher so my notes wouldn’t be flat,” he said. “And I had fun getting to know new friends and playing good music. I’m in Westfield’s orchestra and, hopefully, this’ll help me chair really high in it.”

Playing trombone at camp was

SEE BAND CAMP, PAGE 11

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Say What?



By **KENNETH B. LOURIE**

Since I referenced, and initiated last week's column with, one of my favorite cancer stories (the thoracic surgeon quote), I thought it timely to update you with my newest – and most recent (July 31st, in fact) cancer story (yet another doctor's quote, from my oncologist).

Typically, I see my oncologist every three months, a week or so after my every-three-months CT Scan, to discuss the results and to examine me in person. As the years have passed, these post-scan examinations – given that the scan indicates the patient's condition/status, have been less about touching and feeling and more about asking and answering. As my oncologist has explained to me, there's been an evolution of sorts in the medical profession with respect to these post-scan appointments. If the scan shows no/minimal growth and/or movement, the doctor doesn't feel the need to examine me to learn that, since he knows that already from the previous week's scan. Generally speaking, a physical exam will likely not contradict/contraindicate what has already been interpreted by the radiologist. As an example, my oncologist doesn't need to feel if my lymph nodes are swollen if the scan shows they're not.

Up until July 31st, though, I've always had my usual face-to-face appointment/examination. But not this July 31st. That's when I had – after having it suggested by my doctor and his staff – my first phone appointment in lieu of an in-person one. If I had preferred meeting the doctor in his office, it certainly would have been allowed; but presumably, since my scan results were good/not problematic, there was no real need, so I was happy to save myself the 45-minute drive and phone it in.

Sure enough, at 11 A.M., my oncologist called me. I put the phone on speaker so that my wife, Dina, could hear/participate and then we began. It was identical to our usual in-person appointment. He asked me how I was "feeling; any new symptoms, any old symptoms (neuropathy, fatigue, headaches, eating/taste issues) which had gotten worse;" then the usual follow-up question, which led to my new favorite story: "Are you (meaning me) able to do the things in life that you usually do?" "Yes," I responded. Then, out of the blue, he asks: "Can you use chopsticks?" (To myself, I repeat: can I use chopsticks!?) Being a wise guy and sort of guessing his intent (wanting to judge my manual dexterity), I answered honestly and succinctly: "No," I said, and stayed silent, waiting, baiting him almost. There seemed to be some hesitation on his end as if he was processing new information from me – or so I thought, so I felt compelled a few seconds later to add: "But I've never been able to use chopsticks" and laughed out loud.

Now if truth be told, my doctor is Chinese, but we have never, ever had any kind of conversation about Chinese food or anything remotely Chinese, yet he felt it appropriate somehow to throw out this chopsticks reference. I've been laughing about it for weeks. I'm already looking forward to our next phone appointment. Although, given the fact that the next appointment – given any foreseen/unforeseen circumstances – will be scheduled the week after the first PET Scan I will have had in six and a half years (typically when we discuss the results of the previous week's scan), I imagine we'll meet in person. Still, if the PET indicates no change to my current condition, perhaps I won't be examined in person after all, or even phone it in again. Maybe we'll compromise and meet for lunch – at a Chinese restaurant?

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

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NOTICE OF TRUSTEE'S SALE*
14740 Flint Lee Road, Unit Q, Chantilly, Virginia 20151
Fairfax County

In execution of a Deed of Trust dated October 7, 2013, in the original principal amount of \$180,000.00, recorded as Deed Book 23421 at Page 0043 in the Clerk's Office of the Circuit Court of Fairfax County, Virginia, the undersigned Trustee will on *Monday, September 28, *2015 at 9:30 a.m.*, by the front main entrance to the Fairfax County Courthouse, 4110 Chain Bridge Road, Fairfax, VA 22030, offer for sale at public auction to the highest bidder the following property with improvements thereon commonly known as *14740 Flint Lee Road, * *Unit Q, Chantilly, Virginia 20151 *and more particularly described as follows: *Building 14740, Unit Q of Parcel A of FLINT LEE BUSINESS PARK* *CONDOMINIUM, as created by the Declaration and By-laws, Plats and * *Plans as recorded in Deed Book 7173 at Page 1896, among the land records * *of the County of Fairfax, Virginia, together with an undivided interest in the * *common elements as set forth in the Declaration and Exhibits. * *Tax Map Ref: 034 3 12 4740Q*

This sale is subject to any reservations, restrictions on use, covenants, obligations, rights of way, conditions, easements, and mechanic's liens, if any, whether of record or not of record, to the extent any of the foregoing apply and take priority over the lien of the Deed of Trust. Deposit of \$15,000.00, or 10% of the sales price, whichever is lower, by cashier's or certified check, shall be required to qualify as a bidder prior to the sale, except for the Noteholder.

The deposit, without interest, is applied to the purchase price at settlement. Settlement will be held on or before fifteen (15) days after sale. Upon purchaser's default, the deposit shall be forfeited and the property shall be resold at the risk and costs of the defaulting purchaser.

The balance of the purchase price shall be paid by certified or cashier's check, or wire transfer. Settlement shall be at the offices of the undersigned Trustee, or other mutually agreed upon location. The property and any improvements thereon shall be sold in "as is" condition without any warranties. The successful bidder shall assume all loss or damage to the property from and after the time of the sale. Purchaser shall be responsible for all costs of the conveyance, which shall be by special warranty, including but not limited to, the preparation of the deed, the grantor's tax, and the congestion relief fee. Real estate taxes shall be adjusted as of the sale date. The sale is subject to such additional terms as the Trustee may announce at the time of sale. The purchaser will be required to sign a Memorandum of Sale incorporating all the terms of the sale.

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BONNIE HOBBS/THE CONNECTION

A bevy of brass players rehearse with the intermediate band.

Band Camp

FROM PAGE 9

Rocky Run seventh-grader Quentin Wiseman. He said the trombone's cool because "you can always fix a note by moving your slide to blend it." At camp, he learned how to blend in his playing with woodwinds and other brass instruments.

His favorite new song was "Corridors of Castle Doria" because "it has different emotions in it and I like how it sounds." He'd recommend the camp because "there are always fun things to do, you get to work in multiple groups and you improve a lot."

Sweet Sounds

FROM PAGE 5

friends by the band, orchestra and jazz band."

The camp also offered Bridging the Gap, in which professional musicians from the president's U.S. Marine Corps band performed for the students so they could hear what a professional group sounded like. Also performing was Prelude Music, a brass group headed by former Army trumpeter and former Centreville High Band Director Dave Detwiler. Said Walker: "Some of our staff members joined them, so it was wonderful for the kids to see them perform, too."

Basically, he added, "I love people, and music has been good to me over the years and has always helped me grow, so I like reaching out to others and helping them, too. And it's a nice feeling and rewarding to be director of a camp where a whole wing is named after you."

BULLETIN BOARD

MONDAY/SEPT. 21

Kate's Place Presentation. 7 p.m. at Cale Community Center, 4615 Stringfellow Road, Chantilly. GFWC Western Fairfax County Woman's Club (WFCWC) will host a presentation on Kate's Place, a new permanent supportive six-unit housing complex on the campus of the Katherine K.K. Hanley Family Shelter. Manager Samir Suarez will discuss the services provided to the Fairfax County families in residence. Guests are welcome and admission is free. visit our website at www.wfcwc.org or call 703-378-4250.

ENTERTAINMENT

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

“Evenings on the Ellipse” Concert Series. Thursdays, 5:30-7 p.m. at the Fairfax County Government Center Ellipse (Backyard), 12000 Government Center Parkway. Chairman Sharon Bulova of the Fairfax County Board of Supervisors hosts weekly live music events. Enjoy complimentary samples of local wines. Free. Visit www.fairfaxcounty.gov/parks.

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.

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. Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.

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.

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. Call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.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.

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 for a full schedule.

Sully Historic Site. 3650 Historic Sully Way. Enjoy guided tours of the 1794 home of Northern Virginia’s

first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org 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.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit 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 aforeverhome.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 for more.

FRIDAY/SEPT. 11

First Responders Wine Tasting. All day at the Winery at Bull Run, 15950 Lee Highway, Centreville. To show appreciation for first responders,

firemen and policemen receive free wine tastings. Visit www.wineryatbullrun.com.

Sipping and Painting. 6:30 p.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. Instructors from Creative Mastermind will give detailed instructions on how to paint. Tickets are \$40-45. Visit www.wineryatbullrun.com.

FRIDAY-SATURDAY/SEPT. 11-12

First Responders Lunch. 11 a.m.-2 p.m. at G&C Auto Service, 14008 Willard Road, Chantilly. Lunch for local first responders. Free. Call 571-991-3151.

SATURDAY/SEPT. 12

Flea Market. 8 a.m.-1 p.m. at Oakton Baptist Church of Chantilly, 14001 Sullyfield Circle and Route 50, Chantilly. Members of Oakton Baptist Church of Chantilly will host a flea market in the church parking lot. Free to attend. Call 703-631-1799.

Dog Day 2015. 10 a.m.-2 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Bring your dog for a day at the waterpark. Admission is \$5 per dog. Visit www.nvrpa.org.

SATURDAY-SUNDAY/SEPT. 12-13

National Capital Cat Show. 9:30 a.m.-5 p.m. on Saturday, 9-4:30 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Cats will compete in championship, premiership, kitten and household pet classes; find pet product vendors; adopt pedigreed and rescued cats; and attend a Cat Fashion Show. Admission is \$10 for adults, \$6 for children, and \$30 for families of five or more. Visit

www.nationalcapitalshow.com.

FRIDAY/SEPT. 18

Friday Night Flights. 7 p.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. The Winery Tasting Room Manager teaches the principles of making wine cocktails. Tickets are \$20-30. Visit www.wineryatbullrun.com.

SATURDAY/SEPT. 19

Ride to Thrive Polo Classic. 1 p.m. at Chetwood Park, 6429 Clifton Road, Clifton. Northern Virginia Therapeutic Riding Program is hosting an afternoon of polo-watching, food, auctions, live music and more. Individual tickets are \$75. Visit www.nvtrp.org/polo.

SUNDAY/SEPT. 20

NTRAKScale Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is www.fairfax-station.org.

MONDAY/SEPT. 21

“Feasting on Your Garden’s Bounty.” 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Attend a potluck with new and returning members at a meeting highlighting the upcoming year. Free. Visit centrevillegardenclub.blogspot.com.

FRIDAY/SEPT. 25

Erin Peterson Fund Golf Tournament. Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Early registration begins Aug. 10. Register at www.erinpetersonfund.org.

FRIDAY-SUNDAY/SEPT 25-27

Capital Home Show. 10 a.m.-9 p.m. on Friday and Saturday; 10 a.m.-6 p.m. on Sunday at the Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. More than 300 companies will showcase products and services in home remodeling, renovation, home decor, and redesign. Experts will be on hand providing seminars and workshops. The “Shedquarters” will feature the latest trends in backyard spaces as created by members of the Interior Design + Staging Association. Tickets are \$10 for adults at the door; \$7 in advance. Groups of 20 or more may purchase tickets for \$6 each. Tickets are \$3 for children ages 6-12. Child 5 and under are admitted for free. Tickets are good for one day only. Visit www.capitalhomeshow.com.

SATURDAY/SEPT. 26

Stretch & Sip. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. Take an outdoor yoga class, and a glass of wine is included in the price of the class. Tickets are \$13.50-15. Visit www.wineryatbullrun.com.

SATURDAY-SUNDAY/SEPT. 26-27

ArabFest. 12-8 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. ArabFest is an Arab cultural festival, celebrating the culture through food, life, music, folk dances, and activities for children. Admission is \$10 in advance and \$15 at the door. Visit www.nvrpa.org for more.

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