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Centreville ♦ Little Rocky Run
CENTRE VIEW

WELLBEING
PAGE 5

SEPTEMBER 5-11, 2018

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Liberty Middle eighth-grader Theodore Schroeder with his saxophone at Franklin Middle School's recent Band and Orchestra Camp.

Annual Music Camp Hones Students' Skills

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Join #CallTextLive Campaign
OPINION, PAGE 4

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

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'The Kids Want To Be Here'

Annual music camp hones students' skills.

BY BONNIE HOBBS
CENTRE VIEW

For some three weeks, this summer, those walking through the halls of Franklin Middle School were greeted with the sounds of music. That's because, for its 33rd year, the school's Band and Orchestra Camp was in full swing.

It ran from June 20 through July 13, with 52 teachers furthering and enhancing the music education of 602 students. And their four hours of intense practice every day gave the students greater opportunities to play their instruments than they'd receive during the regular school year.

"For middle-schoolers and rising high-school students, it's equivalent to one year of school band or orchestra," said camp Director Lawrence Walker. "And for elementary students, it's equal to two years."

Each day, band students had two rehearsals, one sectional class – such as woodwinds, brass, percussion or strings – and one instrument class. Orchestra students had two daily ensemble rehearsals, sectional and instrument classes, plus music theory.

"Sectional classes work on the music that



Members of a clarinet sectional pose with teacher Carrie Fessner (second from right) after their class is done.

the band or orchestra director is teaching," said Walker. "Instrument classes focus on fundamentals like scales and tone quality and are like master classes of large-group, private lessons."

Walker founded the camp and has helmed it from the start. For 30 years – 28 of them as Franklin's band director – he taught music in FCPS. And when he retired in 2012, the school named its music wing af-

ter him.

As is usually the case, things went smoothly at camp this year. "With a camp this size, you'd think you might have discipline problems," said Walker. "But the kids want to be here."

STUDENTS WERE DIVIDED into beginning, cadet, concert and symphonic bands and orchestras, depending on their level of talent and expertise. In addition, there's also a jazz band. Teaching the classes were FCPS, Prince William and Loudoun County band and orchestra directors, private music teachers, plus retired military-band members.

Besides that, said Walker, "We bring in professional musicians to perform. It helps the teachers and kids see and identify wonderful-sounding groups, such as the White House Band, comprised of former military personnel who've played at the White House. Others include Bridging the Gap, violin and bass players who are active-duty Marines and perform at all the White House teas."

No surprise, he said, "I enjoy music education and working with students and musicians. And I have a passion for kids who never lose their purpose for being here and their respect for the camp – and that's be

SEE ANNUAL MUSIC, PAGE 3

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A trumpet master class in progress.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Trombone players from the concert and symphonic bands performing together.

Annual Music Camp Hones Students' Skills

FROM PAGE 2

cause of the homes they come from, where their families are supportive of their interest in music."

"At camp, we have the opportunity to see their growth because their sectional teachers take the band or orchestra music they're working on and rip it apart to focus on areas needing attention," continued Walker. "I love leading this camp, and the educators here appreciate my skill managing people and running things. And the teachers in this community love it because they get advanced music students, right at the start of the school year."

ATTENDEES INCLUDED Westfield High freshman Katie Spinar and her sister Emily, a fifth-grader at Bull Run Elementary. "I've played violin for three years," said Katie. "I just like how it sounds. It's our first time at camp; our mom thought it would be good for us."

Glad she came, she said, "I'd recommend

it to others because it's a good experience. I like playing in an orchestra and, in the summer, I don't usually get to do that."

Emily was a new bass player. "I thought it would be fun trying to play something bigger than the other instruments," she explained. "I liked practicing at camp and mainly learned how to do the correct bow holds."

Also a Bull Run fifth-grader, Sarah Chang played the cello, choosing it because of its size. "The cello is big and I'm kind of tall," she said. "It's not small like a violin, it's simpler to play and I get to sit down."

It was also her first time at camp. "It was my parents' idea, but I enjoyed it because I like the songs we play in rehearsals," said Sarah. "I'd rate this camp five stars because it's very educational and fun."

A trombone player, Mercer Middle sixth-grader Isaac Lee was a first-timer at camp. "The teachers are great, and I like the classes and songs," he said. "You also make friends,

SEE MUSIC CAMP, PAGE 7



Students focus intently on their cello music in the camp's most advanced orchestra.



First- and second-year players are in the cadet band.



Concert band flute players.

OPINION

Do Something

Join #CallTextLive Campaign.

BY WENDY GRADISON
CEO PRS

The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact, we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope.

To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of death for young people aged 15-24. But for every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline,



Wendy Gradison

we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.

Using the hashtag #CallTextLive, the

campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around issues contributing to suicide and provide each

other the tools to get help. #CallTextLive uses social media, activities and events to drive community conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care. Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.

ROUNDUPS

Centreville Day Planning Meeting

The 26th annual Centreville Day celebration will be held Saturday, Oct. 20, in Historic Centreville Park along Mount Gilead and Braddock roads. Anyone interested in being part of it or wanting more information is encouraged to attend the Centreville Day Planning Committee meetings held the second Monday of each month. The next one is set for Monday, Sept. 10, at 7 p.m. in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Volunteers are welcome for all levels of involvement – from committees to groundwork to day-of assistance.

To learn more about Centreville Day and the event's sponsor, Friends of Historic Centreville, visit www.historiccentrevilleva.org and Centreville Day on Facebook. Also on the Website are information and applications for vendors and sponsors.

Register for Peterson Fund Tournament

Registration is now open for the 11th annual Erin Peterson Fund Golf Tournament, Sept. 27, at the Westfields Golf Club in Balmoral (Clifton). Put a team together now.

To date, the Erin Peterson Fund has donated \$199,000 to support the Westfield High School

Young Men's Leadership Group, GRACE young ladies' group at Westfield High School and Stone Middle, Koats for Kids at Centreville Elementary School and 112 scholarships. Register by going to www.erinpetersonfund.org click on Golf Registration. You can pay by credit card or mail your check to: Erin Peterson Fund, P.O. Box 232170, Centreville, VA 20120.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 13, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Driver Safety Assistants Needed

Volunteers are needed to help older adults in the CarFit program. Participants in the program drive their cars to a specified location where CarFit volunteers help the drivers adjust their car's seat, mirrors, and other features to maximize their comfort and safety. A four-hour mandatory training will be held on Thursday, Sept. 6, at the Mott Center in Fairfax.

Visit <https://car-fit.org>.



PHOTO CONTRIBUTED

Merit Badge

Hondo Davids, Stamp Collecting Merit Badge counselor for Sully District with Austin K. and Glen P., Scouts from Troop 30, along with Scoutmaster of Troop 30 Kent Pankratz. The Scouts are showing stamps given to them by Bobby Prager of Gary Posner Stamp Co. and also from Bernie Barston, a Sully District member and avid stamp collector.

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A Connection Newspaper

Aiming for Long-Term Fitness

Study shows physical declines can be detected as early as age 50.

BY MARILYN CAMPBELL

“I’ve been doing it since before I retired,” said Rich White, a former accountant who lives in Alexandria. “It’s easier to get up and get it out of the way so I don’t miss it. Both of my parents died prematurely of heart attacks. That’s when I decided to start running to get in shape. Eventually that turned into a habit of daily strength and aerobic exercise.”

White’s assumptions about preserving his physical health are underscored by a report from the Center for the Study of Aging and Human Development at Duke University School of Medicine which found that physical decline begins when people are in their 50s, much earlier than people might notice or expect.

The study looked at 775 adults ranging in age from 30 to 90 to assess changes in fitness abilities like endurance, balance, speed and strength. Researchers found that exercise efforts must begin before the age of 50 in order to help halt the decline and maintain mobility and independence longer in life.

“Our research reinforces a life-span approach to maintaining physical ability — don’t wait until you are 80 years old and cannot get out of a chair,” said lead author Katherine S. Hall, Ph.D. in releasing the study.

By having participants stand on one leg for 60 seconds to measure balance and sit and rise from a chair for 30 seconds to measure lower body strength, researchers were able to detect a decline beginning in

“Our research reinforces a life-span approach to maintaining physical ability — don’t wait until you are 80 years old and cannot get out of a chair.”

— Katherine S. Hall, Ph.D.

Emma Warner, 72, meets her trainer at a Montgomery County Recreation Center gym twice a week. Together they perform a combination of exercises aimed at improving her strength, balance, endurance and flexibility.

“We stretch and do yoga poses, sometimes we speed walk outside and I also do exercises with two or three pound dumbbells,” she said. “But my mother is 98 and is in pretty good health, so I figure I have good genes. I just need to work on fitness to maintain.”

As people age, change and decline is inevitable, but the rate and severity can vary based on genetics and the level of activity in one’s lifestyle. Regular exercise can have a profound effect on the way in which one ages.

“People have their actual age, which they can’t do anything about, and their biological age,” said Martin. “Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s.”

Fitness instructor Amy Traum has clients who run the age gamut from college students to retirees, but her overarching advice to getting in shape is similar. “Everyone needs a well-rounded exercise program that includes stretching, balance exercises, strength and cardio,” she said. “I always begin and end classes with stretching and I try to add strength and balance elements like a weighted deadlift.”

Those new or newly returning to exercise should start slowly and gradually, says Traum. “It sounds like common sense, but I can’t tell you the number of people who come to my classes with no experience and try to work way above their fitness level

“Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s.”

— Joel Martin, Ph.D., assistant professor of Kinesiology, George Mason University

one’s 50s. The findings show the need to understand and preserve muscle strength.

“Most tissues in the body respond to stress placed on them by becoming stronger or adapting to handle the stimulus you place on them,” said Joel Martin, Ph.D., assistant professor of Kinesiology at George Mason University. “If you lift weights, your muscles get bigger and stronger. If you don’t do any sort of physical activity to stimulate your muscles then they get smaller and become weaker. Use it or lose it.”

and either get injured or discouraged,” she said. “There’s nothing wrong with starting out slow, sticking with it and making gradual progress. Also make it fun, like walk or jog with a friends or take a dance or Zumba classes.”

“Eating a healthy and nutritious diet is also important,” added Martin. “The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process.”



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SPORTS



PHOTOS BY WILL PALENSCAR

Noah Kim #10 looks to elude the rush of a South County defender.

Bulldogs Rein in Stallions

The Westfield Bulldogs and the South County Stallions have battled it out on the gridiron for the past three years. Westfield has won 3 of the 5 games they have played against the Stallions, including playoff wins in 2015 and 2016.

Over the same time frame, the two teams are two of the area's best team's year in and out. South County has a combined record of 26-11, while Westfield has won 43 and lost 3, and won three consecutive state 6A State titles.

On Friday night, Aug. 31, the Stallions struck first as they were able to get into the end zone with 7:37 to play in the opening quarter. The Bulldogs special teams got a little revenge when senior Saadiq Hinton blocked the extra point.

In the 2nd quarter Westfield would get on the board when senior Riley Nugent kicked a 22-yard field goal to bring Westfield within 3, 6-3. In the 3rd quarter Bizzett Woodley put the Bulldogs into the end zone with 9:11, his third TD reception of the short year, and giving Westfield their first lead of the game, 10-6. The game was then postponed due to lightning with 6:25 to play in the 3rd. When the game resumed on Saturday, Westfield went back to what was working, getting the ball to the 6'4" Woodley for his second score of the game. Later in the 3rd quarter, Woodley would add his third TD reception, with 4:40 making it 24-6.

South County would make things interesting after they reached the end zone with 11:53 to play in the 4th quarter, bringing the score to 24-12, but failed on a two-point conversion. Bulldog penalties and a South County successful onside kick recovery made the home team and their fans a little anxious. However, Westfield would not be denied their 26th con-

secutive win. Westfield was led by QB Noah Kim who passed for 212 yards and 3TD's on 19-30 passing. Bizzett Woodley had 9 catches for 139 yards and 3 TD's. Gavin Kiley caught four passes, Taylor Morin brought in two more and Isaiah Daniel brought in another. Stats were not available for South County. South County falls to (1-1) and hosts Centreville (2-0). Westfield (2-0) has a bye week, and in two weeks will travel to play Stonewall Jackson. Riley Nugent and some of his teammates plan to use their bye week to watch some of the other teams in action. Nugent thinks "Centreville will be the team's greatest challenge of the regular season. Their team has been playing really well."

— WILL PALENSCAR



Riley Nugent #16 scored Westfield's first points against South County with a 22-yard field goal, and was perfect on extra points. Nugent also handles punting duties.

Music Camp

FROM PAGE 3

learn more notes and learn more about your instrument.”

Joe Antonucci, band director at Whitman Middle, taught there for his first time. “It’s been awesome,” he said. “Coming in as also a part-time, elementary band director, it’s crazy to see how much of a difference the consistency of this camp has on the kids’ abilities. I generally see kids once a week; but here, it’s for four hours a day.”

So, he continued, “The growth you see here is exponentially faster. And the students get more satisfaction out of it because they get to so quickly see the fruits of their labors. It’s been fun here, and I hope to come back – it’s a pretty good gig.”

Michelle Rupert, a 13-year FCPS elementary band director, agreed. “It’s my second, consecutive year at this camp, but I taught here 17 years ago when I was pregnant with my son,” she said. “He’s now here assisting the other directors and playing with the jazz band and wants to be a director, too. And my middle son is here helping, as well.”

At camp, said Rupert, elementary students get a month’s worth of instruction every day. “So by the time they return to school, they’re a year or two ahead of the other kids,” she said. “Here, they get four hours of music a day; during the school year, it’s four hours a month. So it’s amazing to hear their daily improvement.”

Furthermore, she said, “Here, in their master classes, they also get lessons on their specific instrument from a professional who plays that instrument. So they’re getting the correct fundamentals to help them, going forward. That way, there’s no having to fix things later on in class. They get exposed to different teachers and students from other schools and counties and will later see them at All-District band auditions. And that’s neat because we’re truly a team.”

LIBERTY MIDDLE eighth-grader Theodore Schroeder has played saxophone four years. “My grandfather and mom played it, so it’s a family thing,” he said. “It’s fun to play, easy to learn and there are a lot of challenges.”

He called his first year at camp “a fun experience – good for all ages and grades – with more challenging music than we get at school. I met a lot of people and the teachers are really nice. I’m hoping to eventually go into high school with more experience for marching band.”

With a year of clarinet playing under her belt, Willow Springs Elementary sixth-grader Vivianne Kim loves performing musically because “It helps you express things without talking. It was my second year here, and they focus on each instrument and don’t leave anyone behind if they’re struggling.”

She learned better tone quality and how to make new notes, and she also made several friends. “My favorite part was playing together as a whole band in rehearsals,” she said. “The camp improves your skill while you’re having fun with others.”

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Poise Under Pressure – Or Not



By KENNETH B. LOURIE

I don't want to self-indulge too much, but given the potentially life-changing seriousness of my upcoming Sept. 26 CT scan, I'm having a little trouble getting myself started in the morning – and throughout the day also, if you must know the truth? (I realize you all have your own lives to lead so that last sentence-ending question was more rhetorical than actual.)

Nevertheless, if you're still reading, you're still interested so I'll try to string together some "insightful commentary and thoughtful humor," (an original characterization of my columns) to keep you on the page. Although, given the subject of this week's column, it might be hard to tiptoe through the tulips.

The difficulty I'm having is being unable to ignore, "totally," (my mother loved to mimic the generation that popularized that word) the reality of my situation.

Typically, I've been able to maintain a relative calm and detached disposition as I go from one cancer-related thing to another. None of the tasks I must perform or the responsibilities I've assimilated into a routine (24-hour urine collection, pre-chemotherapy lab work, chemotherapy, quarterly CT scans, annual brain MRI, quarterly appointments with my oncologist, have changed who I like to think I am compared to who I was pre-cancer diagnosis, 2/27/09; despite having the weight of a "terminal" diagnosis/original "13 month to two year" prognosis on my shoulders/literally in my lungs.

To quote Popeye the Sailor Man: "I y'am who I y'am." (And I still don't like spinach, certainly not out of a can.)

And though I've done a pretty good job of flicking these flakes of pressure and anxiety off my shoulders like unwanted dandruff, the fact is – as with dandruff shampoo or any other personal hygiene product for that matter – unless one is diligent, vigilant and cognizant of its likely recurrence, nothing will change.

Unfortunately, cancer doesn't quite react that way. It will change and it can overwhelm even your best efforts and can cause harm not only internally but externally as well (emotionally). Fending off these emotional pressures is challenging and dare I say, presents as many problems as the growth and movement of one's tumors and the side effects of one's treatment does.

What makes my present situation feel different and a bit off-putting is that what has happened has happened after nearly five years of relative peace and quiet (I was never characterized as in "remission," by the way). It seems the possibility of having to go back, so to speak, and return to the scene of the crime – against my body/life expectancy; and moreover, having to restart the process, ratchets up the stress to previously unknown heights.

And part of me is wondering (worrying actually) if I'm up to the challenge again, emotionally and of course, physically as well; whether my body can sustain the damage its likely to experience if we have to reload.

I use the word 'reload' for a reason. Without invoking too many war metaphors, being diagnosed with cancer is like being drafted into the Army, except you have little training for the battles you're about to fight. And as much as fighting against cancer is a battle, it's more a war against attrition in which the bad guys (cancer) regularly defeat the good guys (people diagnosed with cancer). In general, the cancer experience is no picnic.

It reminds me of a long-ago M*A*S*H episode in which the doctors operated through a particularly difficult surgical session after which Henry (Lt. Col. Blake) and "Hawkeye" (Capt. Pierce) went outside the operating room/tent for some relief. "Hawkeye" clearly agitated over a patient he couldn't save; Henry tried to offer him some comfort with the following words: "There are certain rules about war. And rule number one is young men die. And rule number two is, doctors can't change rule number one."

What scares me about cancer is, it follows no rules and like war, leaves devastation in its wake. I just hope I'm not about to be another casualty.

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

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ENTERTAINMENT

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

THROUGH SEPTEMBER

Swift Action to Protect Migratory Birds. Sully Historic Site is home to a new family: chimney swifts. These small, migratory birds recently moved into the chimney of the original 18th century kitchen and made a temporary home. It is illegal to disturb the birds, their nests or eggs. To protect the birds for the next six to eight weeks, Sully will do its part with some minor programming changes. Sully kitchen programs often include a hearth fire to

demonstrate the kitchen use. However, to prevent disturbing the birds' nesting cycle, no fires will be lit until they leave. To learn more about swifts, visit any of Fairfax County Park Authority's five nature centers. Visit www.fairfaxcounty.gov/parks/sully or call 703-437-1794.

THURSDAY/SEPT. 6

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$8 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SUNDAY/SEPT. 9

Wine Tasting. 10:30 a.m.-2 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. The Northern Virginia Conservation Trust (NVCT) will be hosting an exclusive wine tasting in celebration of a critical effort made to conserve historic property adjacent to The Winery at Bull Run. The Stonebridge Property, located next to the winery and the Manassas National Battlefield, is officially conserved in perpetuity. Visit www.wineryatbullrun.com.
One-hour Tours. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Fairfax Station Railroad Museum volunteers will conduct one-hour tours (beginning at 1:15 and 2:45 p.m.) of the area immediately around the Museum in the historic Fairfax Station village to help visitors learn what life was like when it was an active depot. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

WEDNESDAY/SEPT. 12

College Applications: Essays That Open Doors. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Col. Carla Bass has received rave reviews for her writing workshops, based on her book "Write to Influence." Participants will be inspired to develop a standout college essay. Grades: 10 to adult. Visit librarycalendar.fairfaxcounty.gov/event/4194935.

SATURDAY/SEPT. 15

Ride to Thrive Polo Classic. 1 p.m. at Chetwood Park in The Plains, Va. The Northern Virginia Therapeutic Riding Program (NVTRP) will hold the 12th Annual Ride to Thrive Polo Classic. Participants will enjoy an afternoon of polo, live and silent auctions, music, drinks and dining on a private estate. \$85. Visit www.nvtrp.org/polo-classic.
Chinese Dance. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn about Chinese dance, which has a history of 5,000 years and is drawn from 56 ethnic groups. Dance showcase and demo lesson. Ages: 6 to adult. Visit librarycalendar.fairfaxcounty.gov/event/4137353.

SUNDAY/SEPT. 16

ASHA-JYOTHI 5K Run. 8 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. After months of research and planning, Asha-Jyothi

has donated over \$106,000 to Chantilly High School towards the construction of a state of the art innovation lab so that all students at CHS will have the opportunity to explore STEAM skills. Asha-Jyothi sponsors an annual 5K Run/Walk in locations throughout the United States. A discounted price of \$10 (regular price \$25) will be given to participants from Chantilly High School. Visit www.asha-jyothi.org/5K-registration-form/?event_id=8135.

2018 Bichon Bash. 11 a.m.-3:30 p.m. at Bull Run Park, 7700 Bull Run Drive, Centreville. The Bichon Bash is a family friendly event where Bichons can play together in a safe outdoor area, and experts can provide advice on the breed. This is an annual fundraiser for the Bichon Frise Club of America rescue group, a 501(c)(3) non-profit organization. Bichons only. \$15 pre-register online; \$20 at gate; \$5 children under 12. Call 703-401-9551 or www.bichonbash.org.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Wedgwood Society Meeting. 2-3:30 p.m. at Total Wine & More, 13055-C Lee Jackson Highway, Chantilly. Wedgwood's Portrait Medallions: Famous (and some not so famous) Faces. Jeffrey Hoffman, a longtime Wedgwood collector and researcher, will speak about the Portrait medallions produced by the Wedgwood Company from the 1770s until the present. Light refreshments are served after the meeting. Open to the public. Free. Email 19pan78@gmail.com or visit www.WedgwoodDC.org.

WEDNESDAY/SEPT. 19

Speed of Sound Lab. 3-4 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Discover the secrets of how sound travels through different medium. A basic understanding of Algebra I is recommended. Violin Instructor Drew Robertson will lead this workshop. Grades: 7 to 12. Visit librarycalendar.fairfaxcounty.gov/event/4127599.

THURSDAY/SEPT. 20

Lost Puppies Rescue. 4:30-5:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Meet the Australian Shepherd dogs, Max and Tucker. Hear the true story on their animal rescue efforts at Bull Run Regional Park. All ages. Visit librarycalendar.fairfaxcounty.gov/event/4229088.

FRIDAY/SEPT. 21

OLGC Golf Classic. 11 a.m.-7 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. A fun-filled day with contests, food, and company. All proceeds benefit Tuition Assistance at OLGC School. Registration deadline is Sept. 7. \$200 Visit olgcva.org/fellowship/golf-classic.

FRIDAY-SUNDAY/SEPT. 21-23

Capital Home Show. Friday-Saturday, 11 a.m.-9 p.m.; Sunday, 11 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 250 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. Headlining will be Vern Yip, star of "Trading Spaces." \$3-\$10. Visit capitalhomeshow.com for tickets.

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At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at alz.org/walk.

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