

Centreville ♦ Little Rocky Run CENTREVIEW



AUGUST 21-27, 2019

25 CENTS NEWSSTAND PRICE

Music students practice in a percussion sectional at band and orchestra camp. Franklin Middle hosted the 34th annual camp.

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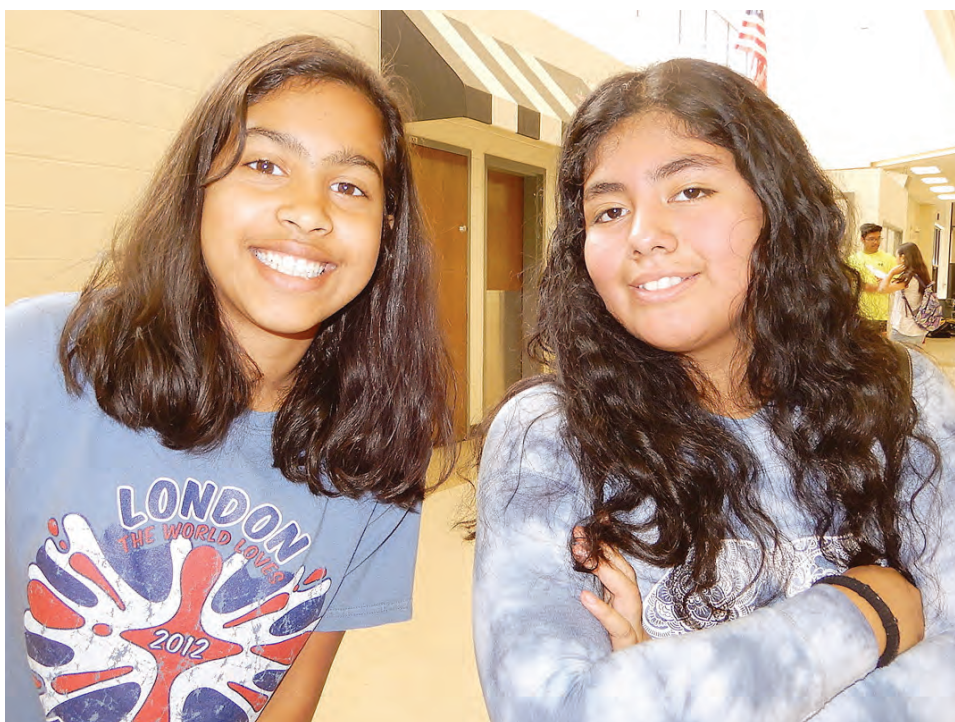
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From left are musicians Samanvi Tummala and Katherine Reyes.



Brass players (from left) Jordan Hall and Daniel Pak.

Local Students Make Sweet Summer Music

Franklin Middle holds 34th annual Band and Orchestra Camp.

BY BONNIE HOBBS
CENTRE VIEW

The venue this year was Centreville High, but the event was still the 34th annual Franklin Middle School Band and Orchestra Camp. And as always, it was a smashing success.

"I'm grateful to the Centreville administration for opening their doors and making us feel welcome," said camp Director Lawrence Walker. "The custodial staff was wonderful, and Centreville Band Director Melissa Hall worked hard to make this possible."

The camp ran June 17-July 10, and 400 fourth- through rising 10th-graders attended. On the first day, students auditioned for placement in various levels of band and orchestra, such as beginning, intermediate and advanced. They then received both individual and group instruction.

"Things went smoothly because the teachers and students who came to it know how it works – the philosophy, purpose and final outcome," said Walker. "I have a passion for education, music and for people learning music, and it's always nice to tap into hidden talents. We also have several, high-school students interested in becoming college music majors, so they assist the teachers."

For four hours 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.

"For elementary-school students, one day of camp is equivalent to a month of music in school," said Walker. "For middle-school kids, their time here is equal to what they'd



Members of the Intermediate Orchestra during a rehearsal.

get in a year of music classes at school."

Sectional classes worked on the music their band or orchestra director was teaching. And instrument classes focused on fundamentals such as scales and tone quality and were like master classes or large-group, private lessons. The teachers were FCPS, Prince William and Loudoun County band and orchestra directors, private music teachers and retired military band members.

Centreville High sophomore Oliver Sciulli has played cello for six years and attended camp for the first time. "I wanted to get better for the next school year in the orchestra," he said. "I learned more-advanced

techniques, like harder shifts between chords. The teachers were good and were also really nice, and the camp was helpful because I learned valuable information and techniques."

Another new camper was Navy Elementary sixth-grader Samanvi Tummala, who's played viola two years. She chose it because "It's easier to play than a violin." And she came to camp because "My friend said it was a great learning experience, so I thought I'd try it."

And, said Samanvi, "It was really fun. The teachers are nice, and it's enjoyable because you get a lot of time to practice each day. I

learned how to tune my instrument, blur my notes properly and play faster."

Varvara Burakov, a Centre Ridge Elementary sixth-grader, plays violin. "I like the pretty music it makes and it's small," she explained. She came to camp because her music teacher said it would be good for her. "I learned new fingering patterns and we played hard music that was fun," said Varvara. "I'd recommend it to others because you play instruments, have a good time and also learn music theory."

Centreville High sophomore Sahar Zeiaei has played violin for six years and attended camp to improve her skills. "I got exposed to different rhythms and new, note patterns," she said. She liked playing in the highest-level orchestra, as well as "working with new kids, because it helps to know what everybody's strengths are, and it was nice being with different age groups. This camp is very rewarding. You improve so much over this short, three-week period because you're playing for such long hours, and you meet new people and have fun."

Centreville classmate Katherine Reyes, a six-year viola player, chose her instrument because her brother used to play it. "I like how it's like a mini cello – and is easier to play than a cello – but it still has a deep sound," she said. "I came to camp because I wanted to challenge myself over the summer."

Furthermore, said Reyes, "I never attended a music camp before where I got one-on-one instruction, like a private lesson. It's been very helpful, and I know people here, so that makes it more fun for me. The teachers taught me a lot about playing properly, and I could practice more what I love to play."

Molly Sgrecci, Stone Middle's orchestra director, taught music theory. "Students learn how to read and more thoroughly understand music notation," she said. "We

PHOTOS BY BONNIE HOBBS/CENTRE VIEW



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

These Concert Band members intently concentrate on the music.

discussed the basics and the different kinds of notes and clefs for each instrument. Then we talked about how to write music and time signatures."

In her second year of teaching at the camp, she said, "Taking 2-1/2 months off from your instrument during the summer can be detrimental to what you've learned during the school year. So here, students continue to learn more about their instruments and their specifics."

Besides that, added Sgrecci, "We're preparing them for, perhaps, a more difficult level of band or orchestra in the fall. And as a teacher, it's nice to work with colleagues we wouldn't get to during the school year. During the regular year, we have time constraints, certain things we have to teach, plus administrative work. But here, we can just teach the music – which is the fun part – so that takes the pressure off and makes it enjoyable."

Melissa Hall's son, Centre Ridge fifth-grader Jordan Hall, has played tuba two years and was at camp for his second time. "You meet a lot of new friends and have fun," he said. He likes the tuba because "It's a really low sound and it's not insanely difficult to play, with lots of buttons."

He learned how to play more-advanced songs and enjoyed playing at a harder level. "The camp's fun, and you get to learn at your own pace," said Jordan. "And I liked having my mom as my Cadet Band teacher here."

Daniel Pak, in sixth grade at Colin Powell Elementary, has played saxophone one year. "It sounds nice and looks pretty cool," he said. "I like the fun songs we played at camp. I came here to get better for my school band. My favorite part was when all the bands came together and played. I learned about different scales, and I'd rec-

ommend this camp to others because you learn more about your instrument and the music."

Brian Robinson, music teacher at Hunters Woods Elementary, taught at the camp for his fourth year. "Beginning students make as much progress in 3-1/2 weeks of camp as they would in a whole year of school, because they only have band once a week," he said. "And since I teach general music, I don't get to conduct in my daily, teaching life like I do here."

Franklin Middle seventh-grader Paul Lewis has played drums two years. "They're different from other instruments," he explained. "Instead of playing notes, I wanted to play marimba, bells, crash cymbals, and crash and snare drums. I came to camp to learn more and be ahead of the other music students at Franklin."

He especially liked the sectionals and techniques classes "because they're like rehearsals where everyone works together. And the teacher is teaching us specifically, not all the instruments at once. At camp, you can become a better musician."

ALSO A DRUMMER, Centreville freshman Ryan Hendrickson is excited that he'll be on the Wildcat drumline. However, he said, "I've only been playing four months, so I wanted to catch up on drums and learn to play the rudiments and skills of the other percussion instruments."

Calling camp "a bunch of fun," Hendrickson said, "You get to make cool sounds with the snare drum and other instruments."

I learned scales for bells, rudiments for drums and how to use sleigh bells. It's helpful if you missed things in band class and helps you improve your skill level. I'd definitely recommend it to others."

BACK TO SCHOOL



PHOTOS CONTRIBUTED

Health and Medical Science Students at Chantilly show off their pride and new scrubs.

Future Begins at Chantilly Academy

Scott Settar, Chantilly Academy Administrator:

The Chantilly Governor's STEM Academy inspires and empowers a diverse body of learners to explore career pathways employing current industry trends taught by dedicated professionals. Students in more than twenty high schools in Fairfax County Public Schools have the opportunity and access to take advantage of more than 25 different courses each in relevant career pathways with a focus on project-based learning in exciting classroom lab spaces. Additionally, many of the program areas offer college credit through Dual Enrollment agreements with local colleges and universities.

This year, Chantilly Governor's STEM Academy is expanding the Health & Medical pathway to offer an Introduction to Nursing course and adding additional staff to accommodate more students to pursue our Exploring Health Science and Language of Medicine courses. Faculty and staff are working hard to prepare for students to engage in this unique and exciting learning environment. We are looking forward to the year ahead where students collaborate across disciplines to design and build, prepare culinary creations to perfection, engage in learning about how to take care of themselves, others, and the animals around us, turn unwanted automobiles into vehicles that can help change lives, stage a mock trial, learn the importance of service to their community, build a computer and ensure a secure virtual working environment, develop skills to help others look better and feel better about themselves, transport 35-foot ladders and safely remove victims from a burning building, generate their own businesses, design devices to support students with disabilities, fill prescriptions, groom man's best friend, perform CPR, obtain industry recognized certifications, write a resume, get an internship, find their passion, build lifelong friendships, and find their future pathway.

Families interested in visiting are welcome to attend our annual Open House scheduled for Jan. 16, 2020. For more



Liz Bumbrey (principal) and Jason Skerker (assistant principal) of Virginia Run Elementary:

information visit, <https://chantillyacademy.fcps.edu/>

Laptops for All Fifth and Sixth Graders

Liz Bumbrey, Principal, Virginia Run Elementary:

Virginia Run ES is excited to open its doors for the 2019-2020 school year on Monday, Aug. 26. We will continue our tradition of our annual Welcome Walk to be held on Thursday, Aug. 22. After dropping off school supplies at 4:45 p.m. on Thursday, Aug. 22, all VRES families are invited to attend the PTA picnic at 5 p.m.

This year, we are happy to report that students in grades 5 and 6 will receive laptops as a resource to support instruction across all subject areas. In addition, students will participate in the Positivity Project to continue the development of positive character traits. Finally, students in grades 4 and 5 will participate in STEAM classes with a focus on science instruction through hands-on and engaging learning activities.

Back-to-School Night will be held at 6 p.m. on Wednesday, Sept. 4, 2019. Our wonderful PTA will host a Parent Coffee for new parents at 9:15 a.m. on Sept. 6. Finally, our first PTA meeting of the year is scheduled for Sept. 24, 2019 at 7 p.m. in the school library.

We are looking forward to another great year!

THE CONNECTION
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SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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PHOTO BY MARILYN CAMPBELL

Jaclyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaclyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Gulyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."

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OPINION

League of Women Voters to Hold Candidate Forums

Board of Supervisors, School Board candidates to participate in forums throughout the county.

The League of Women Voters of the Fairfax Area (LWVFA) will hold candidate forums in each of Fairfax County's nine magisterial districts for Board of Supervisors and School Board candidates in September and October in the run up to the Nov. 5, 2019 General Election. All certified candidates competing for seats on the two Boards to represent their respective districts have been invited. Several of the forums will also include Virginia State Senate and House of Delegates candidates.

In addition, the League will hold countywide

a candidate forum for the three at large School Board seats and Chair of the Board of Supervisors.

The League organizes candidate forums prior to elections to give voters opportunities to learn more about the candidates and to dive into complex issues like redistricting and voting rights for fact-based discussions and be better informed citizens in our democracy. The Candidate Forums are non-partisan, and the League never supports nor opposes any candidate. A moderator will ask the candidates questions generated by the audience. Following the

formal session, an informal meet and greet session will allow direct audience interaction with the candidates. The forums are free and open to the public.

Additional information about the candidate forums, the 2019 General Election, League publications and other events can be found at: www.lwv-fairfax.org

Questions for the candidates can be submitted by accessing: www.surveymonkey.com/r/LWVFA2019

Go to www.vote411.org for an online voters guide to compare candidates' positions side-by-side.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

Fairfax County 2019 Candidate Forums

Wed, Sept. 4 — 7 p.m.
Mt. Vernon District Sherwood Regional Library 2501 Sherwood Hall Ln, Alexandria

Mon, Sept. 23 — 7 p.m.
Countywide—At Large School Board & Chair of the Board of Supervisors Fairfax County Government Center 12000 Government Center Pkwy, Fairfax

Wed, Sept. 25 — 7 p.m.
Sully District—Supervisor & School

Board Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Thurs, Oct. 3 — 7 p.m.
Springfield District Pohick Regional Library 6450 Sydenstricker Rd, Burke

Sat, Oct. 5 — 3:30 p.m.
Braddock District Kings Park Library Community Room 9000 Burke Lake Rd, Burke

Sun, Oct. 13 — 3 pm
Hunter Mill District Hunters Woods Village Center Reston Community Center 2310

Colts Neck Rd, Reston

Wed, Oct. 16 — 7 p.m.
Lee District Hayfield Secondary School 7630 Telegraph Rd, Alexandria

Wed, Oct. 16 — 7 p.m.
Providence District Providence Community Center 3001 Vaden Dr, Fairfax

Thurs, Oct. 17 — 7 p.m.
Dranesville District McLean Community Center 1234 Ingleside Ave, McLean

Thurs, Oct. 17 — 7 p.m.
Mason District Woodrow Wilson Library

Community Rm 6101 Knollwood Dr, Falls Church

Wed, Oct. 23 — 7:30 p.m.
Sully District—Senators and Delegates Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Volunteers, including students, are welcome.

For more information, visit www.lwv-fairfax.org/candidateforum

LETTER TO THE EDITOR

Where Are You From, Originally

To the Editor:

"Where are you from?" That question has always confused me. When I answer Northern Virginia, I am rebutted with: "No, where are you originally from – like where is your family from?" I bleed red, white and blue...and green? Yes, that's right. I'm a proud Pakistani-American

Ahmadi Muslim. Pakistan has given me a lot. It has provided me with culture and a means to stand out. I take great pride in being trilingual. These unique qualities help me stand out from a billion other individuals.

The United States established diplomatic relations with Pakistan following the country's indepen-

dence in 1947. America has a multi-faceted relationship with Pakistan in areas ranging from anti-terrorism to energy to trade and investment. The only thing Pakistan hasn't given me is the freedom to express my religion. In Pakistan I am not allowed to call myself a Muslim because I am from a

sect that believes Hazrat Mirza Ghulam Ahmad, the 19th-century founder of the Ahmadiyya Muslim Community, is the long awaited Messiah and that he has come to revive the religion and bring us back to the path of

righteousness when the religion needed it the most. The second amendment states that Ahmadis

are a non-Muslim group. Since 1974 members of my community are being persecuted and accused of violating the country's controversial blasphemy laws.

This is also why I am so thankful to call America my home — a country that allows me to thrive however I want. With a hijab on my head and with strength in my blood, I am able to live my dream of going to medical school and becoming a physician so that I can give back to the

country and to humanity.

So now whenever I'm asked "where are you originally from?" I ask the same question. The amount of melanin in your skin or the kind of clothes you chose to

wear don't make you any more or less American. Your country

is, in the end, the people that live in it. Sure, you might have an association with the geographical location but it's the people as a whole that give you an identity. I love my Pakistani roots and I love my American identity. Both parts have shaped me into the headstrong and ambitious woman that I am today. God bless America and Pakistan

Zindabad.

Aneela Wadan
Fairfax

The writer is a second year medical student.

Share Tips about Community

We need help from our readers for content of our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with infor-

mation useful to newcomers and long-time residents alike, including information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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By e-mail: north@connectionnewspapers.com

CENTREVIEW

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Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
centreview@connectionnewspapers.com

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

Jean Card
Production Editor
jcard@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

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

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

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

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
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NEWS



PHOTOS CONTRIBUTED

From left: Post Commander Steve Hunter, Russell Desrosier, Sergeant-at-Arms Mark Miller, and member Warren Benson.

Chantilly High Student Completes Law Enforcement Academy

The 30th Session of the Virginia Youth Cadet Law Enforcement (VYCLE) Academy was completed with the graduation of 46 cadets in June. Local student Russell Desrosier of Chantilly High School attended the program. The cadets experienced a culture shock on the preceding Sunday when they reported with their parents for a week of adventure. They were told by American Legion counselors that they should say their good-byes before they entered the hallowed grounds of the Virginia State Police Training Academy.

After check-in, the Troopers took control of the cadets, made sure there was no contraband in their luggage and immediately began the teaching process of moving quickly and replying with "yes sir," "yes ma'am" and so forth. Parents gathered in a separate classroom where the Virginia State Police (VSP) training coordinator, Sgt. Mike Tudor and American Legion Director Bill Feasenmyer gave the parents an overview of what their child was



Russell Desrosier with his graduation certificate.

about to experience the next week. Contact information for both was given and parents quickly took photos of the phone numbers shown as they were told their children would not have access to their own cell phones. That privilege would be earned. Some parents cried, some laughed at what they were hearing, but they were assured that they were in the safest hands possible for the next five-and-a-half days and not to worry. They were also assured that at Friday's graduation, they would be astonished at

what these 17 year olds would accomplish. The intensive week includes military style drill, physical training, crime scene investigation, defensive tactics, driving a VSP cruiser, firing the VSP handgun and patrol rifle, simulated shoot or don't shoot decision making, water safety, DUI simulation, more military drill and physical training. The cadets visited the Governor's mansion, the Virginia War Memorial, and were treated to a cookout at Post 186 in Midlothian. Of the 50 young men and women who started the program 46 marched into the gym for graduation. Phones and cameras of parents taking photos as fast as possible focused on the precision marching, cadence, sharp turns, etc. that they had learned in just five days. Post 1995 Centreville sponsored Desrosier's participation in this year's academy. He was a guest at the Post's August monthly meeting where he provided a report on his academy experience. He got a warm welcome and a round of applause for having completed the program.

You can read any of this week's 15 papers digital editions here:

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ROUNDUPS

WFCM to Hold Fellowship Tea

Western Fairfax Christian Ministries will hold a Fellowship Tea on Saturday, Sept. 7, from 2-4 p.m., in Centreville Baptist Church's Fellowship Hall, 15100 Lee Hwy. in Centreville. The registration fee includes a three-course, gourmet spread and an entertaining program called "Why Girlfriends are Important," while attendees sip gourmet tea at a specially decorated table. Raffle tickets to win prizes for pampering will be available for purchase.

Women of all ages are encouraged to attend –

bring sisters, friends, mothers, daughters and grandmothers to share in a special day. Register at <https://donatenow.networkforgood.org/wfcmta>. Cost is \$15/person or \$25 for two. A full table of eight people is \$100.

Proceeds from the tea support WFCM's work preventing hunger and homelessness in western Fairfax County. Sponsors are Centreville Baptist Church and Wegmans. To volunteer to be a table host or for more information about this event, contact Jennie Bush at jbush@wfcmv.org.

BULLETIN BOARD

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

TUESDAY/SEPT. 3

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

TUESDAY/SEPT. 10

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21. All are welcome. Registration fee, \$15; text book, \$25. Visit www.lordoflifeva.org or call 703-323-9500.

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

American Legion Meeting. 7:30-9 p.m. at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. American Legion Post 1995 Centerville and its Auxiliary Unit meet separately the second Tuesday of each month.. All veterans and spouses interested learning more about how the Legion supports veterans and impacts the Centerville-Chantilly communities are welcome to attend. Free. Contact Steve Hunter at geoshunter@aol.com or 703-314-3795.

TUESDAY/SEPT. 17

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Sully district police station, 4900 Stonecroft Blvd. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartmentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me - in spite of my inherited-from-my-father positive attitude - being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability - as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence - and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until

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

ENTERTAINMENT

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

THURSDAY/AUG. 22

Hunter Mill Nights: The United States Navy 'Cruisers' (pop rock). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performances/hunter-mill-nights for more.

SATURDAY/AUG. 24

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.

Dairy Days. 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but pre-registration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/AUG. 25

Hands On Activities Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Some of the Hands On Activities at the Fairfax Station Railroad Museum might include operating model trains, decoding and writing telegraph messages or doing a railroad theme or Civil War theme craft. No extra charge for craft supplies.. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/AUG. 26



COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

LEGO model train displays by Monty Smith.

HO and LEGO Model Trains Show

The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Sunday-Monday, Sept. 1-2, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Back to School. Fairfax County Public Schools first day of the 2019-2020 school year. Visit www.fcps.edu/calendars/2019-20-standard-school-year-calendar.

SUNDAY/SEPT. 1

4K Fun Run: Hope Against Cervical Cancer. 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. This is a 4K fun run being held to spread awareness and promote self testing for cervical cancer in underserved areas of the U.S. as well as across the globe. Runners will receive a race T-shirt and bottled water. Awards for 1st place and runners up will be given in adult and children categories. Adults, \$20; 13 and under, \$15. Visit www.servicebeyondborders.org for more.

SUNDAY-MONDAY/SEPT. 1-2

HO and LEGO Model Trains Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew will have a special HO

Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

SATURDAY/SEPT. 7

Fellowship Tea. 2-4 p.m. in Centreville Baptist Church's Fellowship Hall, 15100 Lee Highway, Centreville. Western Fairfax Christian Ministries will hold a Fellowship Tea with a three-course, gourmet spread and a program called "Why Girlfriends are Important." Raffle tickets available for purchase. Women of all ages are welcome. \$15/ person or \$25 for two. Register at donatenow.networkforgood.org/wfcmtea. To volunteer to be a table host or for more information, contact Jennie Bush at jbush@wfcma.org.

SUNDAY/SEPT. 8

Early Railroad Tools Exhibit. 1-4 p.m. at the

Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

SATURDAY/SEPT. 15

Bichon Bash. 11 a.m.-3:30 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A fun-filled day of frolic to celebrate Bichons Frises and their humans. Featuring vendors and veterinary professionals. Funds raised help provide foster and vet care for Bichons that come into rescue. Rain or shine. \$20. Call 717-324-9076 or visit www.bichonbash.org/.

NTRAK Model Train Show at Fairfax Station Railroad Museum. 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 Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

THURSDAY/SEPT. 26

Erin Peterson Fund Golf Tournament. At the Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Erin was a 2006 Westfield High grad who died in the April 2007 Virginia Tech tragedy. Afterward, her parents started the Erin Peterson Fund (EPF) to award scholarships in her memory to those less fortunate, plus the Leadership for Tomorrow program which provides grants to at-risk male students at Westfield.

Community members make that possible each year when they play in the tournament and support the fund. To register, go to www.erinpetersonfund.org and click on Golf Registration. Raffle tickets may also be purchased online.

MONDAY/OCT. 7

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.



PHOTO CONTRIBUTED

Graduating from Leadership College

Four members of the Centreville American Legion Post 1995 and the Centreville American Legion Auxiliary Post 1995 have graduated from the American Legion Leadership College held in Midlothian, Va. Holding their graduation certificates are Bryan Self, Karen Hunter, Steve Hunter and Hondo Davids.



American Legion Centreville Post Installs Officers

American Legion Post 1995, Centreville, installed officers. Officiating the Installation is Phil Dunn, Past District 17 Commander and current District 17 Service Officer. Pictured from left taking their oath of office are Mark Miller - Sergeant at Arms; Bryan Self - Finance Officer; and Steve Hunter - Post Commander. Not pictured are the other officers of the Post, Peter Defreece - 1st Vice Commander, Monti Zimmerman - Chaplain, Hondo Davids - Adjutant; and Gene Griffe - Service Officer.