



CAPAC CHRONICLES

JULY 2025

Newsletter



VOLUME 2



Week 1 of the 2025 Full STEAM Ahead Theater & Robotics Summer Day Camp — Exploring Planetary Dreams! — is officially in the books, and what a launch it was!

PRESIDENT'S MESSAGE

Greetings, families, sponsors, and volunteers! We've had an incredible week filled with laughter, learning, and pleasant unforgettable moments. Here's a look at what we've been up to and what's coming next!

Denise McPhail

IMPORTANT DATES

JULY 2025

- 17 - Micron Technology, STEM activity
- 23 - Katherine G. Johnson Hall Lab Tours
- 24 - Amazon & Creative Hut STEAM activity
- 26 - Performances at 10am & 2pm

Campus trips rain or shine with CAPAC rain ponchos.

Contact us

Isis Macaraeg, CAPAC Support



703.441.2479



Admin@capacweb.org



The Senator Charles J. Colgan
Community Arts Benefit Fund





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Menu Week of July 14 - 18



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Toast Crunch Cereal Pears 1% Milk	Waffle Fruit Loop w/ Syrup Peaches 1% Milk	Bagel w/ Apple Jelly 1 Banana 1% Milk	Blueberry Muffin Orange 1% Milk	Cinnamon Waffle Tropical Fruit Salad (Papaya, Pineapple) 1% Milk
Lunch	Crispy Chicken Patty w/ BBQ Sauce Pickled Beans Fruit Salad (Papaya, Pineapple) 1% Milk	3 Turkey Breast slices w/Cheese 1 Tortilla Shredded Lettuce Cucumber slices 1 Orange 1% Milk	2 Chicken Strips 1 Whole Grain Roll Tossed Salad w/ Caesar Dressing/Parm Cheese Pears 1% Milk	Tuna Salad Whole Grain Bun Broccoli Florets w/ Creamy Italian Fruit Mix 1% Milk	Black Beans w/ Salsa Shredded Mozzarella Whole Wheat Tortilla Carrots w/ Veggie dip 1% Milk

Note: Menu may change for various reasons. Thank you for your understanding.

LOCATION

Hylton Performing Arts Center
GMU Sci-Tech Campus
10960 George Mason Circle,
Manassas, VA 20110

Hours: 9am to 3pm

Monday - Friday

Bring Your Water Bottle!

BUS MONITORS

Volunteers Needed!
Support is most needed during
school bus
pick-up and drop-off
(just 30 minutes daily).
Email admin@capacweb.org to
help!

DRESS CODE

- T-shirts with sleeves only – no tanks, spaghetti straps, or halters.
- Shorts must be fingertip-length or longer.
- Closed-toe, rubber-soled shoes only – no flip-flops.

EXPLORATION DAY

July 17th - All campers and chaperones must wear their camp t-shirts for the on-campus Micron STEM Engagement and Career Exploration Day.

ELECTRONIC POLICY

Cell phones must stay in lockers and may only be used for emergencies.

CAPAC is not responsible for lost, stolen, or broken devices.

VOLUNTEERS

Bus Monitors - Arrive 10 minutes early to ensure safe boarding and exiting.

Chaperones - Arrive to the Hylton Center by 9:00 AM for Micron STEM activity. Wear camp t-shirts and badges.

WOLF TRAP FIELD TRIP

On Tuesday, CAPAC campers took their first performing arts field trip to Wolf Trap's Children's Theatre-in-the-Woods. With perfect weather and high spirits, they were ready for a fun-filled adventure!

Campers saw Grammy-nominated musician FyÜtch light up the stage with his energetic performance. Using hip hop, gospel, R&B, and pop, FyÜtch shared powerful messages about gratitude, confidence, and self-love. He even debuted three brand-new songs created just for Wolf Trap!

Students danced, clapped, and connected with the music. For many, it was their first time seeing a live show—and they're already asking when they can go back. A joyful, inspiring day that left everyone feeling proud and empowered!

Campers Catch the Beat at Wolf Trap!



INSPIRING VISIONS

On Wednesday, campers were inspired by Mrs. Tara W. Funches, MSW, a social worker, educational behavioral consultant, and founder of Sisters Together Are Reaching Success, LLC. Through her work in social-emotional learning, Mrs. Funches encouraged campers to reflect on their dreams and values by creating personal vision boards.

Campers designed boards filled with images and words representing their goals, passions, and the things they love in life. Each group had the opportunity to present their boards, sharing their hopes for the future with pride and purpose.

The day was made even more special with support from Hampton University alumni and CAPAC Board member Mrs. Brenda Johnson, who joined in the activity and encouraged our young visionaries.





THINK OUTSIDE THE BOX

On Wednesday, CAPAC campers welcomed Mr. CJ Jackson, Athletic Director from Northern Virginia Community College, who led an engaging "Think Outside of the Box" activity. Campers worked in teams and were challenged to build the tallest tower using just spaghetti noodles and marshmallows!

This fun and creative activity fostered teamwork, problem-solving, and critical thinking. Campers quickly discovered that success wasn't just about height—it was about strategy, communication, and working together under pressure. Laughter, learning, and lots of marshmallows made for an unforgettable experience!



FORENSIC SCIENCE LAB FIELD TRIP



CAMPERS TAKE OVER THE LAB

OUR FUTURE INNOVATORS, DRESSED IN LAB COATS AND FULL OF CURIOSITY, POSED FOR A GROUP PHOTO AFTER AN INSPIRING DAY OF FORENSIC SCIENCE EXPLORATION.



LEARNING THE SCIENCE BEHIND THE SCENE

CAMPERS KICKED OFF THEIR VISIT WITH AN ENGAGING FORENSIC SCIENCE OVERVIEW.



FUTURE SCIENTISTS AT WORK

CAMPERS EXPLORED DNA AND FORENSIC SCIENCE WITH HANDS-ON LAB EXPERIMENTS AT GEORGE MASON UNIVERSITY, GUIDED BY PROFESSOR KELLY L. KNIGHT.

On Thursday, CAPAC campers took an exciting and educational field trip to George Mason University's new Life Sciences and Engineering Building on the Science and Technology Campus. As part of the visit, campers toured the facility with Coby Grant, exploring its innovative labs and research spaces.

Led by Professor Kelly L. Knight, a Professor of Forensic Science and Director of the university's forensic DNA laboratory, the campers received an engaging Forensic Science Overview. Professor Knight shared how science plays a role in solving crimes and walked students through the critical steps of forensic investigation.

Inside the state-of-the-art DNA laboratory, the campers had a chance to think like scientists. They suited up and participated in a real forensic science experiment, learning how DNA is extracted and analyzed. The experience brought classroom concepts to life and sparked curiosity about future careers in science, technology, and criminal justice.

The Life Sciences and Engineering Building, which officially opened in March 2025, served as the perfect backdrop for this memorable field trip. From cutting-edge labs to interactive instruction, the CAPAC campers gained not only knowledge but also inspiration for what's possible when science meets imagination.

We're grateful to Professor Knight and Mr. Grant at George Mason University for welcoming us into their incredible learning environment and for showing our campers just how thrilling science can be!

THE NEXT GENERATION OF INNOVATORS
THROUGH HANDS-ON EXPERIENCES
LIKE OUR FORENSIC SCIENCE FIELD
TRIP, CAMPERS ARE GAINING THE
SKILLS, CONFIDENCE, AND CURIOSITY
TO BECOME THE SCIENTISTS,
ENGINEERS, AND LEADERS OF
TOMORROW.