

JANUARY 3-9, 2013

25 CENTS NEWSSTAND PRICE



PHOTO COURTESY OF JIM CARPENTER

Westfield High's Marching Band performing in a parade last spring.

## Westfield Band Is Pasadena Bound

### Will march in the 2014 Tournament of Roses Parade.

BY BONNIE HOBBS  
CENTRE VIEW

**T**uesday morning, Jan. 1, Westfield High marching band members and their parents watched the 124<sup>th</sup> annual Tournament of Roses Parade on a big screen in the school auditorium. Next year, they'll be in it.

Held each New Year's Day in Pasadena, Calif., it's viewed live by more than 1 million people and televised to more than 50 million people in the U.S. and 100 million worldwide. And Westfield will be only the third Virginia public high school to ever march in this pre-Rose Bowl parade.

"We found out at one of our football games in October," said sophomore Erin Robson, who plays piccolo. "They announced it at halftime over the loud speaker and the band went crazy. Everybody was hugging each other and crying."

"There hasn't been a band from Virginia in this parade since the early 1960s, and never one from Fairfax County," said Pleasant Valley's Becky Anderson, publicity chair of Westfield's Tournament of Roses Committee. "Out of 120 applicants, only 18 bands total — and just 12 from high schools — were selected."

The marching band has more than 200 members and has earned Virginia Honor Band status nine times since the school opened in 2000, plus numerous championships at local, state and national competitions.

**"THE APPLICATION** process started last spring, with the details in a binder two inches thick," said Anderson. "They submitted a video of them performing on the football field; letters of recommendation from politicians — Sully District Supervisor Michael Frey, Gov. Bob McDonnell, Del. Tim Hugo, Rep. Frank Wolf and Sen. Mark Warner; award and championship information through the years; our fundraising plan and Band Director Stephen Panoff's resume."

Tuesday, while the young musicians watched the parade at school, Panoff was in Pasadena, walking the parade route and seeing the festivities in person. But he was able to talk to the students

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

From left: Alissa Yoder, Erin Robson and Rachel Seldowitz watch the Tournament of Roses Parade together.

## Will Justin Wolfe Be Freed?

Family, friends await court's action.

BY BONNIE HOBBS  
CENTRE VIEW

**I**n March 2001, Centreville High grad Danny Petrole, 21, was shot and killed outside his Bristow townhouse. The crime involved drug-dealing and money, and the shooter — Chantilly High grad Owen Barber IV, who pleaded guilty — received 38 years in prison.

Largely on Barber's testimony, Chantilly grad Justin Wolfe was convicted of hiring Barber for the deed and, in June 2002, was sentenced to death. He also received 33 years in prison for drug and firearm charges.

Since then — because Prince William County prosecutors deliberately withheld information that would have impeached Barber's testimony — two federal courts vacated Wolfe's convictions and sentences. Initially facing the death penalty, Barber testified he didn't know Petrole, but killed him because Wolfe hired him. It was later revealed that prosecutors and a detective influenced Barber to say those things in exchange for his charge being reduced from capital to first-degree murder.

During a November 2010 hearing in Federal Court in Norfolk, U.S. District Court Judge Raymond Jackson heard evidence not presented previously. Subsequently, in his July 2011 decision to overturn Wolfe's convictions and sentences, Jackson said

Wolfe's due-process rights had been violated before and during his capital-murder trial.

Jackson wrote that the commonwealth "failed to disclose evidence indicating Barber had a relationship with Petrole" prior to his death. This disclosure, he wrote — plus statements from a confidential informant that "Barber owed

Petrole money [and] Petrole had a hit out on Barber" — could have impeached Barber's testimony.

**FURTHERMORE,** prosecutors didn't reveal that, while first interviewing Barber, Det. Samson Newsome said implicating Wolfe "could mean the difference between execution or life in prison" for Barber.

Jackson said the prosecution also didn't disclose that Barber told his roommate, Jason Coleman, he'd murdered Petrole on his own. But Coleman said so at the evidentiary hearing.

In August 2012, citing "prosecutorial misconduct," the U.S. Court of Appeals for the Fourth Circuit upheld Jackson's ruling. But with Fairfax County Commonwealth's Attorney Ray Morrogh as special prosecutor, Prince William County decided to retry Wolfe.

However, in a ruling filed Dec. 26, Jackson wrote that — because on Sept. 11, 2012, the original prosecutors again threatened Bar

SEE CLOSER, PAGE 15



Wolfe

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Loading a bike into a car is Westfield freshman Grayson Smith.



Chris Lavin (on left) helps a deliverer load packages into his car.



Westfield students Alston Cocke (left), a senior, and Duncan Roberts, a sophomore, load bicycles into a van.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

# Here Comes Santa Claus



Westfield High lacrosse team members with bags they'll pack in a deliverer's vehicle.



Virginia Run's Rob Osterhout delivered presents to four families with his grandchildren, Andrew and Emma Boyd.



Westfield High's Nick Magnusson holds packages for delivery.



From left: ONC volunteers Brooke Bowen and Anna Berberoglu hand out wrapping paper and cookies to be delivered with the presents.



Virginia Run's Pat Shelton (left) and Gerry Jepson check package numbers before gifts are loaded into cars.



## ROUNDUPS

### Fatal Crash on Route 28

Fairfax County police are investigating a fatal crash early Monday morning that took the life of George Tabash, 27, of Centreville. It happened Dec. 31, around 1:45 a.m., on Route 28 on the I-66 overpass. Police say Tabash was driving a 2007 Chevy Avalanche pickup truck that struck the rear of a tractor trailer lawfully stopped at a red light on Route 28.

The pickup truck erupted into flames and Tabash died at the scene. The driver of the tractor trailer, a 44-year-old Pennsylvania man, was not injured. Detectives have not yet determined whether speed or alcohol were factors in the crash, and the investigation is continuing.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail [www.fairfaxcrimesolvers.org](mailto:www.fairfaxcrimesolvers.org), text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

### Car Crash Kills Local Man, 72

A local man was killed Monday, Dec. 17, around 7 p.m. after a car crash in Centreville. The victim was Charles V. McCormick, 72, of the 5700 block of Ottawa Road in Centreville's Country Club Manor community.

Fairfax County police say a 70-year-old Leesburg man was driving a 1999 Mercedes SL500 north on Centreville Road approaching Compton Road. Meanwhile, McCormick was driving a 1984 Oldsmobile two-door south on Centreville Road approaching the Compton intersection.

According to police, McCormick tried turning left onto Compton Road and turned into the path of the oncoming Mercedes, causing the Mercedes to strike the Oldsmobile's passenger side. McCormick was pronounced dead a short time later at a local hospital. Police say speed and alcohol don't appear to be factors in the crash; both drivers were wearing seatbelts.

### Town Hall Meeting Jan. 3

The 2013 Virginia General Assembly Session begins Jan. 9 and, before it does, Del. Jim LeMunyon (R-67) and Sen. Chap Petersen (D-34) want to hear what issues are important to their constituents. So they're holding a town hall meeting this Thursday, Jan. 3, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly, to listen to residents' ideas and priorities and share their own views on the issues.

### EQAC Environmental Hearing

The Fairfax County Environmental Quality Advisory Council (EQAC) will hold its annual public hearing on the environment on Monday, Jan. 7, at 7:30 p.m. The hearing will be in the county Government Center auditorium, and citizens are invited to attend, share their views and identify environmental issues applicable to the county.

Environmental issues considered by EQAC include water quality, air quality, noise, hazardous materials, solid waste, stream valley protection, wildlife management, light pollution, visual pollution, energy, climate change response and adaptation, land use, transportation and the use and preservation of ecological resources.

### Local Defense against Terrorism

The next meeting of the Sully District Citizens Advisory Committee is Wednesday, Jan. 9, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. The topic will be how local residents and their communities are the police department's most valuable partners in helping to fight terrorism.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 10, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly.

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## News

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PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left: Police 2<sup>nd</sup> Lt. Matt Doyle, the CAC's Steve Pollard, Sgt. Bill Fulton, Lt. John Trace and Leslie Jenuleson listen to the speaker.

## Focusing on Drinking and Driving

Plans underway to reduce alcohol-related crashes here.

BY BONNIE HOBBS  
CENTRE VIEW

According to the Virginia Department of Motor Vehicles, from 2006-11, Fairfax County had 1,941 alcohol-related crashes involving drivers ages 15-24. Some 54 percent happened between midnight and 3:59 a.m., and 10 percent more occurred in January than in other months.

In addition, from 2009-2010, 72 percent of the alcohol-related crashes of those ages 15-24 in Fairfax County were county residents. And 21 percent of crashes by that same age group in Arlington County were residents of Fairfax County.

"More males than females were involved in these types of crashes," said Kevin Bianco, a research and evaluation associate with GMU's Center for the Advancement of Public Health. "But the number of female crashes is rising."

He was addressing a recent meeting of the Sully District Police Station's Citizens Advisory Committee (CAC), and the evening was a community forum on drinking and driving by youth and young adults.

It was sponsored by the Unified Prevention Coalition (UPC) of Fairfax County, a nonprofit with more than 50 community partners dedicated to preventing violence, alcohol and other drug use by youth and young adults. Its current goal is to reduce the amount alcohol-related motor-vehicle crashes involving drivers ages 15-24.

In 2012, UPC received a Virginia State Incentive Grant to conduct a community assessment to identify underlying causes of underage and binge drinking that lead to drinking and driving in Fairfax County. So at the Sully District forum — one of five held in the county — Bianco presented facts and sought the opinions of those attending.

He's helping the UPC and said it hopes to lessen drunk driving in this county by 5 percent in the next two or three years. He defined

drivers ages 15-20 as youth or "underage" and those 21-24 as young adults.

The UPC wants to get a better understanding of community perceptions of underage drinking, binge drinking, drinking and driving, and enforcement of the drinking laws. So Bianco asked those at the forum, "Where's the interplay between knowing drinking and driving is wrong, and driving after having a few drinks?"

CAC Chairman Leslie Jenuleson said there are many factors, but "education is a huge piece of it. Most people don't realize where that .08 [blood-alcohol content, or BAC] limit is, how their abilities to drive are diminished after drinking and how dangerous it is."

Mike Shipley of Clifton's Union Mills community said people's size and weight also play a role in how alcohol affects them, "but [drinking and driving] is still wrong."

"Is it acceptable in your community to drink until you're drunk?" asked Bianco. "Absolutely," replied Jenuleson. "If you do it at home and stay there, it's OK — but not if you're driving."

"How do you define 'drunk'?" he asked. "When I talked to some youth [here], they said 'hammered' was drunk."

However, Marguerite Hogge of Centreville's Mount Gilead community said it means "impairment of some sort affecting your walking and thinking."

Bianco said "a pocket of alcohol-related crashes by 15-24-year-olds in 2009-10 were also related to bad intersections — where Routes 50 and 28 meet, where Routes 50 and 123 meet, and where Braddock Road meets the Beltway."

Regarding underage drinking, Shipley said, "I think part of the problem is the way parents raise their kids. But peers are a big part of it." And police Lt. John Trace noted that, "With social media, kids advertise their parties [online]," so word can spread quickly.

"You hear of kids trashing a house when no one's home, or older people buying alcohol for them," added Jenuleson. "So we need our police to keep monitoring this."

"How wrong do most parents think underage drinking is?" asked Bianco.



Kevin Bianco

SEE POLICE SEEK, PAGE 11



# Westfield Band to March in 2014 Tournament of Roses Parade

FROM PAGE 1

briefly, saying, "It is unbelievable here; it's 100-percent Rose Parade fever."

Junior Joe Beddoes plays percussion and will be on Westfield's drumline next year. "It's an amazing chance for us; our marching band will be on national television," he said. "I'm looking forward to the practices we'll have for this. The band will spend more time together and it'll be lots of hard work, but it's worth it."

Rachel Seldowitz, a sophomore piccolo player, is looking forward to "seeing everybody lining up to see the parade. And the floats will look cool because they're so intricate." She said the band members must be able to march the nearly 6-mile parade route and play their instruments at the same time, so she's glad she chose the piccolo.

"It's light and easy to march with," she said. "And it's easy to hear it over the other instruments."

**"It's a once-in-a-lifetime opportunity."**

— **Yonathan Dessalene, baritone player**

Robson said Panoff gave them all a recommended exercise plan to make sure they can all hold their instruments and walk at the 2.5-mph clip required of the parade participants. In addition, there's nearly a 2-mile walk to reach the parade and another 2 miles or so at the end; so all together, the students will be walking almost 10 miles that day.



PHOTO COURTESY OF JIM CARPENTER

Westfield marching in the NATO Parade of Nations, April 2012, in Norfolk.

**THEY'LL ALSO** do a field show, like at football halftimes, on another day while in Pasadena. And, said Anderson, "All the music our band will perform is being written by local musicians specifically for Westfield, so our field show will be all original."

Sophomore Alissa Yoder is in the color guard, which marches ahead of the band. "I'm really excited because this is huge," she said. "I don't think it's even hit me, yet. We'll

try to take 30 color guard members, plus some dancers. We'll have to practice a lot, but it's going to pay off." Watching the parade on TV, she added, "It's really cool to think, 'Next year, I'm going to be there.'"

Trombone player Yonathan Dessalene, a freshman, plays baritone in the marching band. When Panoff announced they were going to the Rose Parade, said Dessalene, "I was really happy — I was cheering. I'm also going to put it on my college application, saying I marched in the 125<sup>th</sup> annual Tournament of Roses Parade."

His baritone weighs about 6 pounds so, he said, "It's kind of heavy. But I'll practice holding it while walking as long as I can, until I reach 6 miles."

It's an honor watching the parade on TV and knowing that we'll be in it next year — it's a once-in-a-lifetime opportunity."

Freshman trumpet player Joseph Aversa is glad he's an underclassman and will still be in the band next year. Being in the parade, he said, will be challenging because of the long parade route, but fun because it's something he and his bandmates are passionate about. "I'm looking forward to the experience," he said. "I never thought of doing anything like this."

Junior Nick Serbu also plays trumpet and is excited about the parade. But he knows it won't be easy. "Part of the road has a 90- or 100-degree turn which is really tight," he said. "Most bands just do an awkward turn there, but we do a synchronized turn that's

different from everybody else."

He said each line of marchers will stop at a certain point, and "it will look like the edge of a blade. Then when the final line is finished stopping, the first line will start turning. It's a really hard concept, especially for high-school students, but it looks excellent."

Still, said Serbu, next year's new band members will have to learn it from scratch. So next spring, the rising freshmen will start marching with Westfield's band to learn this special turn, plus all the other marching routines. In addition, said Serbu, "We'll all be changing our marching formation to make room for the new people, so we'll all have to learn everything again; we'll work over the summer, too."

But he's thrilled to take part in a national tradition. "Everyone watches the Rose Parade on New Year's Day," he said. "Over 100 bands applied and only 12 high schools got in; so for us to be accepted our first time is a huge honor."



## Now Comes the Fundraising

**N**ow that Westfield's marching band has been accepted to participate in next year's Tournament of Roses Parade in Pasadena, it must get busy raising the money needed for the trip.

"We need a total of \$450,000 to send the band," said Theresa Carpenter of Centreville's Sully Station community. That number includes transportation costs for the students, staff, chaperones, equipment and instruments.

Carpenter and her husband Jim are co-chairs of Westfield's Tournament of Roses Committee. Some 11 people are on the committee and 85-100 others are helping them, so it's a big task. But the Carpenters' two sons graduated from Westfield and were in the band, so they're happy to participate.

"We're organizing the major elements of the program — the fundraising, logistics, publicity, and coordination of the travel arrangements for the students and parents," said Theresa Carpenter. "We anticipate half the money will come from band-parent fees and the rest will be

raised through corporate sponsorships, plus fundraisers."

Ideas include a Bingo night with a silent auction, as well as a Run for the Roses event. It will be similar to a tag day; but instead, band members will solicit donations door-to-door and contributors will each receive a rose.

Meanwhile, the band is offering a variety of sponsorship levels and amounts to area businesses. The largest corporate donor will have the honor of having its company logo displayed on Westfield's uniforms during the internationally televised parade.

All donations are tax-deductible. Here's how to help:

❖ Mail checks payable to WHSBBO to: Westfield Band Booster Organization, 5667 Stone Road, P.O. Box 575, Centreville, VA 20120.

❖ Donate using PayPal at [www.WestfieldBand.org](http://www.WestfieldBand.org).

For more information, contact Sarah Barton, fundraising co-chair, at 703-830-9747 or [TORC@WestfieldBand.org](mailto:TORC@WestfieldBand.org).

— BONNIE HOBBS



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Westfield band members Joseph Aversa (left) and Nick Serbu are looking forward to the 2014 Tournament of Roses Parade.



## News

# Local Venue Serves Up Laughs

Westfield grad is in Sully's comedy show.

BY BONNIE HOBBS  
CENTRE VIEW

**S**ully's Restaurant is the place to be on Friday, Jan. 4, at 8 p.m., when Westfield High grad Allison Wruk joins headlining comedian Rob Maher in an evening of comedy. Sully's is at 14511 Lee Jackson Memorial Highway in Chantilly; cover charge is \$5.

Also on the bill are up-and-coming, Washington, D.C., stand-up comedians Matt Mero, Danny Charnley, Jon Yeager and Rachela Forcellese. Maher is a regular performer at the D.C. Improv and at clubs in Richmond. And he's a two-time finalist in Comedy Central's laugh-riot competition.

"Rob is also a featured performer for Armed Forces Entertainment, having performed for our troops in 12 countries," said Wruk. "He's performed with Dave Attell, Lewis Black, Jim Norton and many others. Having Rob as the headliner out here in Chantilly is very exciting."

Wruk grew up in Centreville and graduated from Westfield in 2008. Afterward, she studied media criticism and production at George Mason University, as well as at the University of Milan, during the summer of 2010. She graduated from GMU in 2011 and then began pursuing a career in stand-up comedy.

"I have always gravitated towards comedy," she said. "At Westfield, I was on the improv team and lucky enough to take workshops at Second City and Improv Olympic in Chicago. At GMU I starred in, co-wrote and produced a weekly show on the Mason Cable Network titled 'The Lindsay Gray Show' and always dabbled in small projects in between."

Although Wruk doesn't know exactly why, she's always wanted to be a comedian. "I guess what it comes down to is simple," she said. "Making people laugh feels good — it's therapeutic." "In my comedy I poke fun at a wide range of subjects, but my main focus always tends to be the world from a young woman's perspective," said Wruk. "I like to focus on the irony of gender roles and the way females are portrayed in the media."

Many of her jokes are about the themes of dating, girlfriends, diets and television shows. "I would say it's like a slumber party meets a 400-level media-criticism class — unloading and challenging the deeper meanings behind these seemingly shallow subjects," she said. "For me, it's better to challenge the norms and change someone's perspective with a witty joke, as opposed to a heated argument."

The Jan. 4 show will also kick off a stand-up-comedy series that Sully's will offer every Friday night from 8-10 p.m. Each week will feature a different powerhouse headliner, plus on-the-rise local comics.

"These shows would be great to



The flyer for Friday's comedy show.

laugh off the end of a busy work week, go on a creative and wallet-friendly date night or just [have] a laughter-filled night out with friends," said Wruk. "Matt Mero or Jon Yeager will host a new opening act of 5-10 minutes, a featured act of 20 minutes and a headlining act of 60 minutes. So every show will be brand new and will have something for everyone."

She said there's an abundance of comedic talent in the Northern Virginia/D.C. area but getting to a club to see it can be a hassle. "So many of my friends from home, or their parents, are eager to see comedy shows, but can't always make it all the way to the city," said Wruk. "Let's face it — getting in your car, paying

to park, getting on the Metro, making changes, finally getting off and navigating your way through the city to the venue is difficult and stressful."

Recognizing this fact, Mero and Yeager organized Friday's event at Sully's, plus the ones to follow there. As a result, said Wruk, "These guys are bringing D.C.'s biggest talent straight to our backyard."

Besides being affordable, she said, the shows are "filled to the brim with rising talent. A majority of these performers are the people you're going to see on Comedy Central, HBO, Showtime, at the Laugh Factory in LA or even on SNL ['Saturday Night Live'] in the years to come. And many of the headliners have even already appeared on these shows."



Allison Wruk

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# OPINION

## Happy New Year, Keep in Touch

### Reflecting and reinforcing the sense of community.

**A**s a local, weekly newspaper, the Centre View's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

#### EDITORIAL

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## GBW Students Learn about Good Nutrition

**F**ourth-grade students at Greenbriar West Elementary spent a December afternoon with Fairfax County Public Schools Food Services Operation Specialist Teresa Hinds learning about healthy diet and exercise. After discussing how to stay healthy, the students cleaned their hands, donned plastic gloves and prepared pizzas and fruit kabobs.

While the pizzas cooked, the students worked in food-related workbooks. Then after enjoying the food they'd made, they exercised during recess. The lesson was part of the school's science curriculum on health and nutrition. GBW is encouraging its students to eat a healthy diet and exercise regularly.



Emily Escobar enjoys the pizza and fruit.



Teresa Hinds answers children's questions at Greenbriar West Elementary.

PHOTOS COURTESY OF KAREN O'CONNOR



From left: Ethan Lee, Carson McClintock, Jana Valappil and Divia Narayan make fruit kabobs.



Na'Dia Raines spreads sauce on her pizza.

## CENTREVIEW

NORTHERN EDITION

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# Giving Gratitude to Those Who Serve

## Chantilly High honors America's veterans.

BY BONNIE HOBBS  
CENTRE VIEW

**E**ach year, Chantilly High honors America's armed-services personnel with a dinner and an evening of entertainment. The event is always special, and this year's Veteran's Day Dinner was no exception.

"This night makes me very proud — both to honor you and to show off our kids from the National Honor Society [NHS], culinary arts, Performing Arts Department, band and choral program," Principal Teresa Johnson told the crowd. "Thank you for serving our country."

"The students and faculty have put this together for you because you're worth it," added NHS advisor Charles Demek. "You're important in the life of your country, so thank you."

Some 210 people attended the Nov. 28 event in the school cafeteria, and Johnson even invited her brother, retired Army Lt. Col. David Davis, who sat at her table.

The Chamber Orchestra String Quartet performed as the guests entered the room, and NHS President Sandeep Malladi welcomed everyone and introduced the evening's theme, Liberty and Freedom. Chantilly's Air Force JROTC presented the colors and the Chamber Chorale sang the national anthem.

The school's culinary arts students prepared the meal and about 100 NHS students served it. Giving the invocation, Vietnam veteran John Sullivan said, "We should remember the 516,000-plus veterans who died and were never able to have this moment of joy."

Senior Rachel Dunning, NHS historian, helped serve dinner and played clarinet with the Symphonic Band. She also spoke with some of the veterans.

"They're sweet and polite, and I like hearing their stories from the wars they've been in," she said. "It's important to give back to the veterans. We can never fully repay them,



Junior Michael Reingold serves the entrée to a table.

but this [event] is a token to say, "Thank you and we honor your service."

Senior Heather Maher also enjoyed interacting with the veterans while serving their food. "My dad was a colonel in the Army, and it's important to recognize that these people fight for us," she said. "They deserve more recognition for what they do."

Chief Master Sgt. Denise Jelinski-Hall, who led the Air National Guard in Hawaii, was the guest speaker. "What a phenomenal evening; it's my honor to be here with you tonight," she said. "America will only stay the land of the free as long as we celebrate the brave. We must not only remember their gallantry on the field, but their legacy of service to their country."

Hall said military personnel are service members for life and veterans are "united by a common bond — their determination to serve this nation. Our veterans and their families have given so much, and we must remind them that they will always remain the strength of this nation."

However, she said, thousands of veterans of all ages are now unemployed and sup-

porting them requires a team effort by the Department of Defense, other government agencies and the community.

"We should rally for these heroes in peacetime, as well," said Jelinski-Hall. "We can volunteer in the community and encourage businesses to hire veterans. The leadership, technical and decision-making skills they learn in the military make them valuable assets in the workplace."

She said veterans are also team players with "an unwavering commitment to excellence. So let's make sure our young veterans have the opportunity to reach their highest potential [because] those are our American heroes. May God bless you and may He continue to bless the United States of America."

Chantilly junior Kate Scott attended the dinner with her mother, Kimberly. "We're here representing my dad, Mark, who was a lieutenant colonel in the Air Force for 25 years," said Kate. "At age 42, he was diagnosed with early onset Alzheimer's and is now in an assisted-living facility for veterans and their dependents in Richmond."



From left are Chantilly junior Kate Scott and her mom Kimberly, both representing Kate's father and Kimberly's husband, Air Force Lt. Col. Mark Scott.



Chantilly Principal Teresa Johnson (left) and Chief Master Sgt. Denise Jelinski-Hall.

"He would have loved this event," she continued. "He was passionate about military history. His history teacher in high school inspired him to join the military. When he was 18, he won a scholarship to the Air Force Academy. But his family's farm in Missouri was failing and, as the oldest son, he had to stay home and save it."

Eventually, however, Scott enlisted,

SEE HONORING VETERANS, PAGE 13



NHS Advisor Charles Demek (center) visits with Joanne and Rob Doolittle of Chantilly's Franklin Glen community. Rob's father served in the Navy.



Junior Cassandra Redente prepares to serve the beef entrée.



Some Symphonic Band members and Director Drew Ross (second from right) play "Stars and Stripes forever."



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## WELLBEING

# Advice for Seniors on Fitness

**Suggestions for making and keeping exercise resolutions.**

BY MARILYN CAMPBELL  
CENTRE VIEW

**M**ary Garner's New Year's resolution is to increase the intensity of her workout routine. The 69-year-old retiree plans to seek the advice of a fitness trainer to create a plan to achieve her goal.

"Over the last three months, I've hit a plateau with my workouts," said Garner, who spent more than 40 years working as a math teacher for Alexandria County Public Schools. "During the holidays I ate too many cookies. I'd like to lose at least 10 pounds, but I don't want to put too much pressure on myself."

In December of 2011, Clint and Vickie Lambert resolved to shed extra pounds in 2012. The decision was promoted by a conversation with the couple's cardiologist who suggested weight loss. As they said goodbye to 2012, Clint, who is 68 had lost 45 pounds, while Vickie, who is 69, had lost 35 pounds. The Lamberts, who live at Greenspring retirement community in Springfield, say they



PHOTO CONTRIBUTED

**Mary Garner's New Year's resolution is to increase the intensity of her workout routine in an effort to lose weight.**

accomplished their goal through behavioral changes that included regular exercise and healthy eating habits.

"The biggest change has been minimizing the quantity of food intake," said Clint Lambert, a retired psychiatric mental health

SEE KEEPING EXERCISE, PAGE 9

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## WELLBEING



Senior citizens at Greenspring retirement community take Zumba, a Latin-inspired dance-fitness class.

# Keeping Exercise Resolutions

FROM PAGE 8

clinical nurse specialist. "We were just eating too much."

Vickie Lambert, former dean and professor emerita of the Georgia Health Sciences University, College of Nursing, said, "It is nice to finally feel comfortable in our clothes and enjoy the positive comments from our friends."

Local fitness experts say the New Year is an ideal time to set and begin working to achieve fitness goals. Even those seniors with mobility issues can benefit from physical activities done in an upright position. "The activities must be done regularly and with a gradual increase in the amount of challenge, as you improve," said

Rita Wong, P.T., professor of physical therapy at Marymount University. "Therefore, upright activities that are fun and will keep your interest are ideal."

To maximize success, experts say goals should be measurable, detailed and attainable. "Set small, realistic and concrete steps," said Maria Londono, a Chantilly resident and mental health therapist with Fairfax County Health Network in Alexandria, Reston and Falls Church.

Create a plan that includes strategies for dealing with the temptation to get off track. Boredom is a common detractor when it comes to exercise. Adding variety helps combat workout doldrums. "Switch up to include other activities like cycling, swimming or an aerobics-based class," said Michelle Walters-Edwards, Ph.D., professor of health and human performance at Marymount University in Arlington.

Develop a detailed strategy for achieving one's

goal. The plan should include a method of tracking progress and recording successes as well as rewards for small achievements. "Once the resolution has been identified the first step is to consider ways to turn that good intention into action," said Springfield-based social worker Sue Franke, LCSW. "The next step is to do the habit consistently by setting goals, thinking about past successes, choosing a role model and above all staying positive."

Franke said that changing a habit requires doing it consistently for at least six months. "While six months seems like a long time, it takes that amount of stick-to-itiveness to really make the resolution a regular habit," she said.

Local fitness experts say the New Year is an ideal time to set and be-

gin working to achieve fitness goals. "Consult your physician [and a] senior personal trainer before beginning an exercise program," said Juanita Kuntz, a Springfield-based wellness coordinator who specializes in fitness for the elderly. "Physicians will give you needed recommendations and restrictions to be used for your personal exercise program. A senior fitness professional is knowledgeable in functional limitations and possible chronic health conditions or impairments that senior adults may need to look out for."

To maximize success, experts say goals should be measurable, detailed and attainable. "Start slow, set reasonable goals and choose an activity you enjoy," said Kuntz, "If you actually enjoy something you are much more likely to get out of bed and do it. Don't expect to reach your goals instantly. Be patient with yourself."

**"Once the resolution has been identified the first step is to consider ways to turn that good intention into action."**

— Sue Franke, licensed clinical social worker



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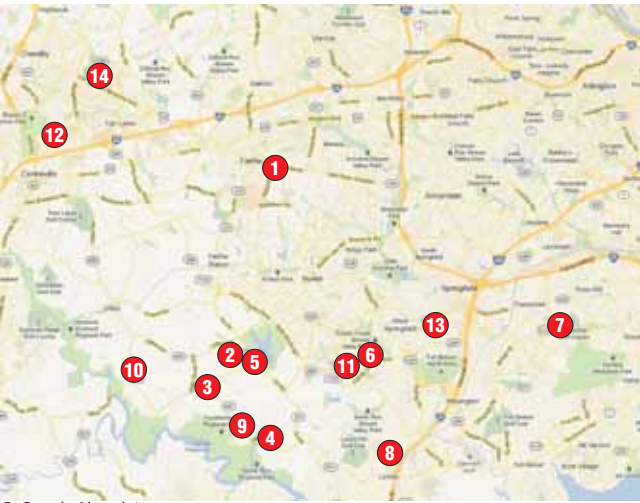
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# Police Seek To Reduce Alcohol-related Crashes

FROM PAGE 3

"It's 100-percent wrong," replied Shipley. "But other people's perceptions might be different, based on cultural differences, such as drinking at home with their parents."

When Bianco asked where teens are getting alcohol, attendees said convenience stores. And "where are they drinking it?" he asked. Jenuleson said many of them gather around trailers and community pools to do so. But there are other places, too.

"In houses, in the woods, at sporting events, etc.," answered Sgt. Bill Fulton, who supervises the county's SROs (police officers in schools). "They're also hiding vodka in water bottles. The majority of the alcohol offenses I see in the school system are liquor, not beer. On the first day of school, one student had an incredibly high BAC of

.20."

Bianco then asked attendees for their definition of a designated driver. Said Jenuleson: "I've been out and heard people say, 'I've only had one or two drinks, so I'll drive.'" In a group, added Shipley, "It's often the least-impaired person."

If people are unable to drive because they're drunk, asked Bianco, "Why don't they take cabs home?" Replied Fulton: "Because then their parents would know what they've been doing."

"How effective do you think your community is at enforcing the laws against drinking and driving?" asked Bianco.

"Very good, but it's a tough job," said Shipley. Jenuleson noted that Centreville's Sully Station II community has a Neighborhood Watch and sends out information from

the police regularly. But, she added, "A lot of communities aren't there, yet. And I think a lot of kids think they're invincible and won't get caught."

The problem, said Fulton, is that "alcohol is socially accepted and easy to get from home and there are ads about it everywhere. So to most kids, it's not a big deal."

That's why, said Trace, "We have to send them a message of zero tolerance."

Jenuleson suggested the DMV show a movie of alcohol-related crashes while people are waiting there and offer relevant brochures in several languages. She said it should also make drivers "sign something showing they understand the dangers of drinking and driving."

Thanking everyone for participating, Bianco said the UPC wanted to know "what

the community thinks would be most effective here to combat drinking and driving — education, enforcement of the laws or increasing the perception of their enforcement."

In November, the UPC gave its report of all five community forums to VCU, which is the executor of UPC's grant. Plans will then be made to carry out the best suggestions received to reduce alcohol-related crashes and deaths. Bianco said the money will "probably" be available sometime this year "to implement our strategies."

Meanwhile, local residents must remain vigilant of and alert against the dangers posed by drunk drivers. "Alcohol is too easy to get," said Shipley. "It's my life and your life out there in jeopardy when people get behind the wheel of a car drunk."

## ROUNDUPS

FROM PAGE 3

No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

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

## Alliance Holding Auditions for 'Grease'

The Alliance Theatre will hold auditions for the musical, "Grease," on Jan 4, 5 and 7. This version will be directed by Jen Farmer. To register to audition, go to [www.thealliancetheatre.org](http://www.thealliancetheatre.org).

Actors will be asked to prepare a song and a monologue and be ready to dance. The auditions on Friday, Jan 4 and Monday, Jan 7, will be from 6-9 p.m. at Mountain View High School in Centreville. The Saturday, Jan 5, audition will be from 8:30-11:30 a.m. at the Centreville Regional Library. Snow dates are Jan 6, 8 and 9.

Rehearsals will begin in May and the performance dates are July 13-28 at Chantilly High. For more information, visit [www.thealliancetheatre.org](http://www.thealliancetheatre.org), call 703-220-8101 or e-mail [grease@thealliance.org](mailto:grease@thealliance.org). Alliance is also on twitter @TAT\_NorthernVA.

Anyone unable to make these audition dates/times should contact Alliance as soon as possible to make different arrangements.

## Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

## Women's Self Defense Program

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

The program is a two-day class that will meet on consecutive Tuesday and Thursday evenings from 6:15-9:30 p.m.

It's currently offered free and all class materials are included.

Program funding is provided through the Fairfax County Law Enforcement Foundation.

The course is offered to females, age 13 and older. A female guardian must accompany girls 13-18. No men other than the instructors are permitted to be present during a class.

For more information, call 703-246-7806, e-mail [WSD@fairfaxfoundation.org](mailto:WSD@fairfaxfoundation.org) or go to [www.fairfaxfoundation.org](http://www.fairfaxfoundation.org).

# Bite Me Cancer Kickoff Is Jan. 3

While still in high school, Nikki Ferraro was diagnosed with a rare form of thyroid cancer. But that didn't stop her; instead, while receiving treatment, she organized a Relay for Life team and raised \$20,000 for the American Cancer Society.

She's now a survivor, but this 2011 Chantilly High grad is still caring for others battling the disease. She and her parents formed the nonprofit Bite Me Cancer Foundation, [www.bitemecancer.org](http://www.bitemecancer.org), to help teens with cancer and to fight thyroid cancer.

And now Ferraro distributes support bags she's filled with music, a special message from her and other items to help and inspire teens going through what she did.

This Thursday, Jan. 3, from 5:30-7:30 p.m., Bite Me Cancer will hold its 2013 kick-off reception at the Greater Reston Chamber of Commerce office, 1763 Fountain Drive in Reston.

Ferraro and others will talk about the foundation and their goals for it this year.

The event is free, but seating is limited, so those planning to at-



Nikki Ferraro.

tend must register in advance at <http://bmckickoff.eventbrite.com>.

— BONNIE HOBBS

# Ryan Lopynski Fundraiser Set for This Saturday, Jan. 5

There's still time to register for the "Every Heart Counts" fundraiser set for this Saturday, Jan. 5, from 7-11 p.m., at the Westfields Golf Club, 1940 Balmoral Greens Ave. in Clifton. The event includes an international wine-tasting sponsored by the Clifton Wine

Shop, live and silent auctions, food and dancing.

Money raised will purchase EKG machines to provide free EKG screenings for Fairfax County high-school students during their annual athletic physicals. These screenings will offer a critical new level of heart testing that is currently unavailable

— and they can potentially identify a heart abnormality before it is too late. To register for the fundraiser, go to [www.ryanlopynski.org](http://www.ryanlopynski.org).

The event is in memory of Ryan Lopynski of Clifton's Hampton Chase community. He was a freshman at Virginia Tech in spring 2009 when he suffered a fatal heart attack.

His grieving family later established The Ryan Lopynski Big Heart Foundation to honor him and to increase public awareness of Sudden Cardiac Arrest through education and action.

— BONNIE HOBBS



# Chantilly Places Third in Pohanka Classic

**Chargers enter 2013 with 10-1 record.**

BY JON ROETMAN  
CENTRE VIEW

The Chantilly boys' basketball team suffered its first defeat of the season on Dec. 28 — a 68-63 semifinal loss to Mountain View which kept the Chargers out of the championship game of their own tournament.

The disappointment stemming from such a situation could have affected Chantilly the following night when the Chargers faced South County in the third-place game. Instead, veteran head coach Jim Smith would reference his team's effort when talking about its potential to be something special.

Then again, having a standout scorer, an enforcer in the paint and several enthusiastic athletes doesn't hurt, either.

The Chargers improved to 10-1 and secured third place with a 69-56 victory against South County at the Pohanka Chantilly Basketball Classic on Dec. 29 at Chantilly High School. After trailing by six points in the opening the quarter, the Chargers outscored the Stallions 50-24 during the next 16 minutes, 30 seconds to take control.

Chantilly built a 36-29 halftime lead before outscoring South County 26-13 in the third quarter.

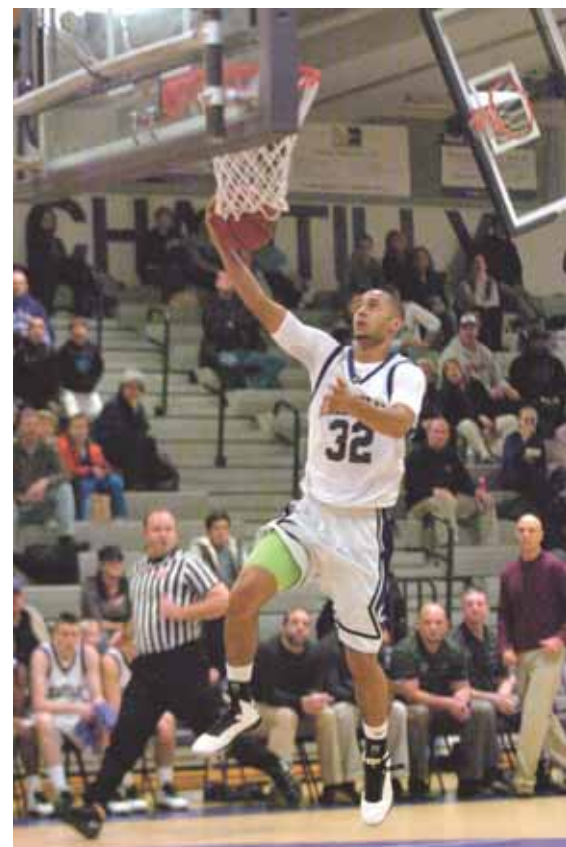
"I like the energy that this team plays with," said Smith, who has coached at Chantilly for more than two decades. "When you have that, you usually have a chance to be good. We have a lot of guys that enjoy defending. Tonight, we're playing in a third-place game, which you could be a little down about. There are not a lot of people in the gym, and, yeah, we got off to a slow start, but in the second quarter ... guys were flying around the floor."

**ONE NIGHT AFTER** scoring a career-high 30 points against Mountain View, Chantilly senior Brian Sydnor dropped 31 on South County. The 6-foot-4 forward earned all-



**Chantilly senior Brian Sydnor scored a career-high 31 points and grabbed 11 rebounds against South County in the third-place game of the Pohanka Chantilly Basketball Classic on Dec. 29.**

**Chantilly senior Trey Coates scored 10 and grabbed 10 rebounds against South County on Dec. 29.**



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

tournament honors by totaling 78 points during the three-day event, the seventh-best individual output in tournament history.

Against South County, Sydnor made 14 of 24 field-goal attempts, knocked down one 3-pointer and grabbed 11 rebounds.

"He's just doing a great job scoring the ball," Smith said. "He's playing with a lot of confidence, he's scoring a lot of different ways — he gets some in transition, he's hitting shots, he gets on the glass."

Sydnor credited the younger Chargers' eagerness to improve as a reason for the team's success.

"We have young guys that want to learn,"

Sydnor said. "They're not just young guys who are just on the team because there are open positions on the team. They're here, they work hard [and] they want to learn. When you have young guys who want to learn [mixed] with a couple older upper-

classmen, it creates a lot of good chemistry."

Chantilly senior Trey Coates finished with 10 points and 10 rebounds. The 6-foot-4,

215-pound forward plays with an aggressive mentality in the paint.

"I just try to be stronger than them, just fight harder," he said. "Just play like I want

it more than they do."

Coates scored 10 points and grabbed seven rebounds against Mountain View and finished with 11 points and nine boards during the Chargers' 68-62 victory against Patriot on Dec. 27.

"Trey's a big, strong kid," Smith said. "He's having a great year. Pretty much every game he's pretty close to a double-double — he gets 10 and 8 or better each game, so he's giving us nice play inside."

Junior guard Deandre Harris scored 10 points and grabbed nine rebounds against South County. He scored 23 points against Patriot, shooting 4-for-9 from 3-point range. Senior forward Sean Huelskamp made his first start of the season against South County, finishing with four points and eight rebounds.

Chantilly will open Concorde District play at home against Westfield at 7:30 p.m. on Friday, Jan. 4.

**"I like the energy that this team plays with. When you have that, you usually have a chance to be good."**

**— Chantilly boys' basketball coach Jim Smith**

## SPORTS BRIEFS

### Westfield Boys' Basketball Finishes Runner-Up

The Westfield boys' basketball team finished runner-up in the Bulldog Bash, losing to Battlefield, 73-70, in the championship game on Dec. 29. Westfield defeated Sewickley Academy (Pa.), 62-41, on Dec. 27 and Fairfax, 51-36, on Dec. 28 to reach the championship game. Westfield (6-5) will travel to face Chantilly at 7:30 p.m. on Friday, Jan. 4.

### Westfield Girls' Basketball Wins 2 of 3

The Westfield girls' basketball team won two of three

games at the Bulldog Bash. Westfield beat St. Hubert (Pa.), 49-36, on Dec. 27, lost to Monacan, 48-40, on Dec. 28 and beat Madison, 62-51, on Dec. 29. The Bulldogs (7-3) will host Chantilly at 7:30 p.m. on Friday, Jan. 4.

### Centreville Girls' Basketball Starts 10-1

The Centreville girls' basketball team improved to 10-1 by winning its final two games at the Bulldog Bash. Centreville suffered its first loss of the season against Madison on Dec. 27, 53-48. The Wildcats responded with victories against Woodbridge (76-46) on Dec. 28 and St. Hubert (87-51) on Dec. 29. Centreville's Jenna Green scored 26 points against Woodbridge and 24 against St. Hubert. Centreville will travel to face Robinson at 5:45 p.m. on

Friday, Jan. 4.

### Centreville Laxer Newell Commits to JMU

Reagan Newell, a sophomore at Centreville High School, committed to James Madison University on Dec. 15. She will play for the women's lacrosse team as an attack. She is the first 2015 player to commit to their program. Newell started on the Centreville varsity last year as a freshman and lead the team in scoring. She was instrumental in leading the team to the regional finals. She is coached by her father, Brian Newell and Christina Griel. Newell's cousin, Caroline Wakefield, a sophomore, has also been offered to play at JMU. She hopes to make a decision shortly. The two have played together since second grade.



# News



**Serving cheesecake with berry topping is junior Arvin Daneshmand.**



**Student Amanda Mason performs "I'll be Seeing You."**



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**The Chamber Chorale singing "Shenandoah" for the veterans.**

## Honoring Veterans

FROM PAGE 7

worked his way up the ranks and later became a history teacher at the Air Force Academy. "I'm still so proud of my daddy," said Kate. "He'll always be my hero. So we're here tonight in honor of him."

Junior Michael Reingold enjoyed waiting on the veterans. "It's a good cause, and the food's great here, so they get to enjoy a really nice meal," he said. "NHS is all about service and giving back to the community, and one of the greatest aspects of our society is our veterans. So this is a great way to show appreciation toward them for all the hard work and fighting

they did to keep us safe."

Classmate Arvin Daneshmand said the NHS members arrived for the 6:30 p.m. event at 3:30 p.m. to prepare the room by setting up the chairs, tables, silverware, napkins, flowers, salt, pepper and candles and wouldn't leave until 10:30 p.m. — an hour after it ended. But he was happy to do it. "It's a service to the people who served us," he said. "It shows that we're helping our community and we care about our country and the people who put their lives at risk for us."

The patriotic program included the Symphonic Band performing

"Stars and Stripes Forever," the Chamber Chorale singing "Shenandoah," the Brass Ensemble playing "America the Beautiful" and student Amanda Mason singing "I'll be Seeing You."

There was also a tribute to the fallen, with the Chamber Chorale singing "Blades of Grass & Pure White Stone." Chantilly Band Director Drew Ross performed "Taps" and the Symphonic Band gave rousing renditions of the songs representing each branch of

the service. Afterward, Coast Guard Capt. Bob Bevins, on active duty at Coast Guard Headquarters in Washington, D.C., said he was impressed with the program. An Oak Hill resident, his son David is a Chantilly senior.

"It's absolutely amazing," said Bevins. "And you see this same type of dedication and effort in so many other activities here, too. Chantilly's staff brings out the best in the students, and I'm glad I've been stationed here long enough

for my son to attend this school." David's in the NHS and, said Bevins, "It's nice that the students learn to focus on serving someone else. It gives them a great life lesson that they can carry on."

Agreeing, Chantilly PTSA President Tina Wallace said she was "honored to be invited. I think we can't do enough to thank those who served. I'm grateful to see this here at Chantilly, and I appreciate Mr. Demek for producing such a wonderful event."

### SCHOOL NOTES

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

Fairfax County Public Schools student journalists were honored for their work on student publications at the Journalism Education Association-National Scholastic Press Association fall convention held last weekend in San Antonio. Publications recognized with NSPA Best of Show awards included:

**Odyssey**, Chantilly High School, in

Yearbook 325 or more pages. Elizabeth Graviano, editor; Mary Kay Downes, adviser. Chantilly High School English and journalism teacher **Mary Kay Downes** received the Medal of Merit Award for making significant contributions to scholastic journalism.

**Emily Morris**, of Oak Hill, was recently inducted into the Fall 2012 class of Flagler College's circle of Omicron Delta Kappa, a national organization honoring students for leadership.

### BUSINESS NOTES

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos welcome.

The **Ed Lang Team** at Remax Premier will contribute up to \$500 from each home sale in 2013 to their clients' local school PTA.

Washington Redskins have opened its newest **Redskins Team Store** at the Fair Oaks Mall. The new super store offers a variety of Redskins jerseys, hats,

T-shirts and apparel in the region and will serve as the official merchandise headquarters for Redskins quarterback Robert Griffin III. An official grand opening was held at Fair Oaks Mall on Saturday, Dec. 1.

A Chantilly engineering firm, **ECS Mid-Atlantic**, has received two Merit Awards in ACEC Virginia's Engineering Excellence Awards competition. One Merit Award is for ECS' work as the geotechnical engineers for the new U.S.

Coast Guard facilities in Washington, D.C.; the second award was for ECS' observation testing and quality control for the development of the National Geospatial-Intelligence Agency on the 130-acre Engineering Proving Ground at Fort Belvoir.

For the U.S. Coast Guard facilities, it was ECS' role to prepare the 130-foot sloping site adjacent to I-295 and create the foundations for an 11-story office building, a separate central utility plant and two seven story parking garages.

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# Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M\*A\*S\*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know.

However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”

Nice to see you. “Nice to be seen.”

Glad you could be here. “Glad I could be anywhere.”

How are you doing? (#1) “I’d be crazy to complain.”

See you next week. “From your mouth to God’s ears.”

How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately?

“Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”

Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions. Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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

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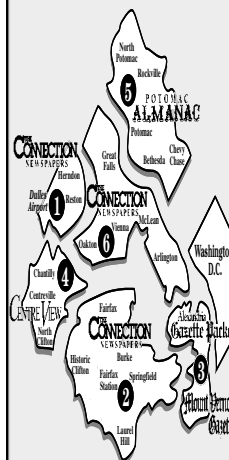
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NEWS

## Closer to Freedom

FROM PAGE 1

ber with the death penalty if he didn't stick to the story he told at trial — they “scared Barber into invoking [the] Fifth Amendment,” thus rendering him unable to aid Wolfe in a retrial. Consequently, wrote Jackson, “Instead of curing the constitutional defects in [Wolfe's] original convictions, the original [prosecutors] permanently crystalized them.”

Because of this and because the court didn't retry Wolfe within a 120-day limit that had been set, Jackson ordered Wolfe released “unconditionally” on all past charges and barred his retrial on “any other charges stemming from [Petrole's death] which require [Barber's] testimony.”

**WEDNESDAY**, Jan. 2, in Prince William Circuit Court, Morrogh said the attorney general was appealing and requesting a stay of Jackson's order and would appeal to the Supreme Court, if necessary. Morrogh stated he'd brought his own, independent charges against Wolfe and could “prove without any doubt” that “Barber lied in federal court.”

But defense attorney Kimberly Irving said U.S. District Court believed Barber was truthful and “it doesn't make Judge Jackson's findings wrong because Mr. Morrogh disagrees with him.”

Ultimately, Judge Mary Grace O'Brien upheld Jackson's ruling. She said that since “the new charges stem from the original charges,” she was granting “the defense's motion [for release]. I'll enter an order [Jan. 3] at 5 p.m., providing I don't receive a stay from the attorney general by then.”

**WITH THAT**, Wolfe's mother, Terri Steinberg, cried with relief while hugging friends and relatives. Wolfe, now 31, has spent more than 11 years in solitary confinement, and she's eager to have him home again.

“I don't know if it's real, yet,” she said. “I'm so glad [O'Brien] gave us this opportunity. Maybe by tomorrow, he'll be breathing fresh air. I'm grateful for everything our legal team's done and for them believing in my son. He's innocent; he's said that from day one and has never wavered.”

Husband Ben Steinberg was “cautiously optimistic. So many times we thought we were at the end, but the commonwealth keeps going. But I think Justin's hopeful, as well. You could see the smile on his face.” Meanwhile, Chantilly student Lindsay Steinberg said she'd missed her big brother. “I'm really excited,” she said. “He hasn't been home since I was 4.”

Family friend Pamela Gillen was also happy “to see justice being served. I honestly didn't think we'd see this day.” And Irving was “hopeful this will hold. It's still tenuous, but I'm pleased for today.”

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THE CONNECTION  
NEWSPAPERS



# CALENDAR

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**Bull Run Festival of Lights.** The light show is open Monday through Thursday, 5:30-9:30 p.m. and Friday through Sunday and holidays, 5:30-10 p.m. Admission is \$15 per car Monday through Thursday; \$20 per car Friday through Sunday and holidays. At Bull Run Regional Park. Call 703-359-4633 or visit [www.bullrunfestivaloflights.com](http://www.bullrunfestivaloflights.com).

## THURSDAY/JAN. 3

**Small Wonders.** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 13-23 months. Free. Registration required. 703-830-2223.

**Teen Book Club.** 3:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Call for title. Free. Registration required. 703-502-3883.

**English Conversation Group.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults. Registration required. 703-502-3883.

**Reception.** 5:30-7:30 p.m. at Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. Paisano's and Bite Me Cancer, a local non-profit group, join forces to raise money to research thyroid cancer. Register at <http://bmckickoff.eventbrite.com>.

## FRIDAY/JAN. 4

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 12-23 months. Free. Registration required. 703-502-3883.

## SATURDAY/JAN. 5

**Practice English.** 3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Free. 703-830-2223.

## MONDAY/JAN. 7

**Kids Knit.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children grades 3 and up can learn how to knit, get help with a project and meet new friends. Registration required. 703-502-3883.

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

## TUESDAY/JAN. 8

**English Conversation Group.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults. Registration required. 703-502-3883.

**Small Wonders.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23. Free. Registration required. 703-502-3883.

**Time for Tots.** 11 a.m. at Centerville Regional Library, 14200 St. Germain Drive. Children ages 2-3 with adult.

Free. Registration required. 703-830-2223.

**Bouncin' Babies.** 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 3-5. Free. Registration required. 703-502-3883.

**Toddlin' Twos.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2. Free. Registration required. 703-502-3883.

**Mr. Skip.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy music, movement and fun. Free. Registration required. 703-502-3883.

## WEDNESDAY/JAN. 9

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

**Bravo for Spanish.** 1:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and activities in Spanish and English. Free. Registration required. 703-502-3883.

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow

Road. Children ages 12-23 months. Free. Registration required. 703-502-3883.

**Starlight Storytime.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. All ages can bring a stuffed animal and enjoy stories and fun. Free. Registration required. 703-830-2223.

**Chantilly Book Discussion Group.** 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults, ask for title. Free. 703-502-3883.

## THURSDAY/JAN. 10

**Storytime.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 3-5. Free. Registration required. 703-502-3883.

**E-book Help.** 5 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get any questions about their eBook reader answered. Free. Registration required. 703-502-3883.

**Civil War Lecture.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children. Free. 703-830-2223.

**English Conversation Group.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults. Registration required. 703-502-3883.

**Ask an Expert Lecture.** 12:30 p.m. at the Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy>.

## FRIDAY/JAN. 11

**Ready for School Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 4-5. Free. Registration required. 703-502-3883.

**Cleanup Night.** 6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Teens help with a variety of projects. Free. Registration required. 703-502-3883.

## SATURDAY/JAN. 12

**Kaleidoscope Storytime.** 10 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy a sensory storytime focusing on the strengths and adapting to children on the autism spectrum and with other developmental disabilities. Free. Registration required. 703-502-3883.

**E-book Help.** 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults. Free. Registration required. 703-502-3883.

**Paws for Reading.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 5-12 read aloud for 15-minutes with a therapy dog. Free. Registration required. 703-502-3883.

**Junk in the Trunk Event.** 1 and 2 p.m. Participants age 5 and older can look at the items in trunks at Sully Historic Site and figure out what they are, how they were used, play games and make a craft. \$6/person. Register at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or 703-750-9018.

## BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Deadline is Thursday at noon. Photos welcome.

## THURSDAYS/JAN. 8, JAN. 17, JAN. 31

**Registration Open House.** 9:30-11:30 a.m. at Clifton Children's Academy, 14315 Compton Road, Centreville. Come tour the school and register for morning, afternoon or full-day preschool classes. Visit [www.childrensacademy.com](http://www.childrensacademy.com) or 703-968-8455 to register for one of the open houses.

## WEDNESDAY/JAN. 9

**Rev Up Your Metabolism.** 7 p.m. at The Women's Club Fitness Center and Day Spa, 14175 Sullyfield Circle, Chantilly. Get tips on foods that boost metabolism, how to exercise efficiently and more. Free. Registration required. Visit [www.thewomens-club.com](http://www.thewomens-club.com) or 703-817-0700 to register.

## SUNDAYS/JAN. 13 AND JAN. 27

**Trial Class.** Torah tots is holding free trial classes of their program for children ages 2.5 years through pre-k and their parents at 11 a.m. at 4212-C Technology Court, Chantilly. No registration required.

## SATURDAY/JAN. 19

**Rev Up Your Metabolism.** 12:15 p.m. at The Women's Club Fitness Center and Day Spa, 14175 Sullyfield Circle, Chantilly. Get tips on foods that boost metabolism, how to exercise efficiently and more. Free. Registration required. Visit [www.thewomens-club.com](http://www.thewomens-club.com) or 703-817-0700 to register.

## TUESDAY/JAN. 29

**Preschool Open House and Registration.** 9:30 a.m.-1:30 p.m. for Pleasant Valley Preschool located in Greenbriar Community Center, 4615 Stringfellow Road, Chantilly. Learn about the program. Visit [www.pleasantvalleypreschool.com](http://www.pleasantvalleypreschool.com) or 703-378-6911.

# Communities of Worship

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

# CENTREVILLE

## THE CHURCH OF THE ASCENSION



Traditional Anglican Service  
1928 Book of Common Prayer

**Holy Communion 10 A.M. Sundays**  
(with Church School and Nursery)

Evening Prayer and Bible Study 7 P.M. Wednesdays

13941 Braddock Road, (north off Rte. 29) Centreville, VA  
703-830-3176 • [www.thechurchoftheascension.org](http://www.thechurchoftheascension.org)



## Sunday Services at Centreville Presbyterian Church



Loving Christ



Loving People



Serving the World

**Sunday Worship with us:**  
**8:45 & 11:00am**  
**with Sunday School**  
**at 10:00am**

[www.centrevillepres.com](http://www.centrevillepres.com)  
15450 Lee Highway,  
Centreville, VA 20120  
703-830-0098



**Centreville**  
PRESBYTERIAN CHURCH

## Saint Andrew Lutheran Church

Sunday Worship: 8:30 a.m., 11:00 a.m.

Christian Education for All Ages: 9:45 a.m.

Adult Bible Study: Wed. 9:30 a.m.

*Our mission is to welcome all people,  
to grow in our relationship with Christ,  
and to serve the Lord*

Braddock Road and Cranoke Street  
Centreville, VA 20120

[www.saintandrewlc.org](http://www.saintandrewlc.org)  
703-830-2768

## CENTREVILLE BAPTIST CHURCH



### SUNDAY WORSHIP SERVICES

9:15 AM CELEBRATION SERVICE  
11:00 AM CONTEMPORARY SERVICE

### COMMUNITY GROUPS

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

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

15100 Lee Highway, Centreville, VA 20120  
703-830-3333 [www.cbcva.org](http://www.cbcva.org)