

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

Tuesday morning, Jan. 1, Westfield High marching band members and their parents watched the 124th 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

In 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 Bar-

ber. 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-

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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

Our Neighbor's Child provided new toys and clothes to more than 830 local families. On Sunday, Dec. 16, volunteers picked up the families' packages from the ONC warehouse and delivered them in time for Christmas.



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, 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 2nd 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."

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.

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

— **Yonathan Dessalene, baritone player**



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 125th 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."

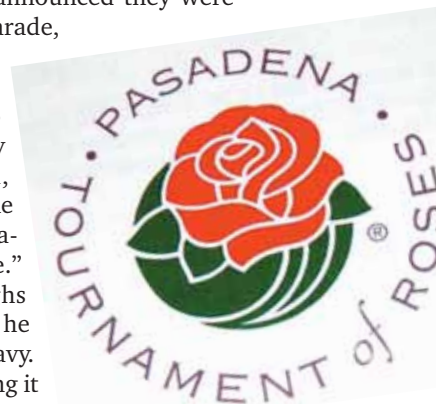
Junior Nick Serbu also plays trumpet and is excited about the parade. But he knows it won't be easy. "Part of the road has a 90- or 100-degree turn which is really tight," he said. "Most bands just do an awkward turn there, but we do a synchronized turn that's

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

Now 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.

For more information, contact Sarah Barton, fundraising co-chair, at 703-830-9747 or TORC@WestfieldBand.org.

— BONNIE HOBBS



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

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Local Venue Serves Up Laughs

Westfield grad is in Sully's comedy show.

BY BONNIE HOBBS
CENTRE VIEW

Sully'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



Allison Wruk

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 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."



The flyer for Friday's comedy show.

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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.

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Eagle Scout Candidate Cleans Little Rocky Run Stream Wetlands

Little Rocky Run Boy Scout Kevin Bishop chose as his Eagle Scout project a cleanup of the wetlands directly beside Bent Tree Apartments. This portion of the Little Rocky Run watershed had never been cleaned and was selected for cleanup by Friends of Little Rocky Run's Ned Foster.

In fact, it was so over-grown that few humans had even been in it, much less cleaned it. The area is a morass of brambles, vines, mud and decades of trash.

Kevin and 36 volunteers from Little Rocky Run Troop 577 picked up trash that weighed 2,370 lbs. Included was enough trash to fill 54 VDOT orange bags, along with 11 tires, two couches, miscellaneous metal, furniture, plywood, counter tops, and a gallon of anti-freeze.

All of this was taken to the West Ox Road landfill.

The 36 volunteers from Little Rocky Run included: Lucas deVos,



Members of Little Rocky Run Troop 577 helped pull trash from a section of the Little Rocky Run watershed in November.

Lee deVos, Michael Bishop, Chris Marty, Brendon Carnell, Tom Carnell, Tim Kim, Drew Bolland, Greyson Horn, Mike Horn, Mike McLenigan, Carl Mears, Ben Martin, Marcello Coronado, Joe Bishop, Chris Washington, Ryan

Washington, Daryl Washington, Alex Aguilera, Stephen Pucci, Michael Schneider, Thomas Maradaz, Ned Foster, Matt Candy, Teri Bishop, Spencer Horn, Neil Dolan, Daniel Clements, Thomas Clements, Nick Aguilera, Jameson

Crouse, Edward Sun, Tamara Crouse, Patrick Muradaz, Jacob Peterson and Kevin Bishop.

The Navy Federal Credit Union provided the grant money that paid for the disposal fees, which for this project totaled \$63.

Write

Centre View 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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Alexandria VA 22314
Call: 703-917-6444.

By e-mail: centreview@connectionnewspapers.com

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A Connection Newspaper

SCHOOLS

At Virginia Tech, the following students received degrees:

Katherine Cramp received a Bachelor of Science degree in human development from the College of Liberal Arts and Human Sciences.

Megan Delorimier received a Bachelor of Arts degree in communication from the College of Liberal Arts and Human Sciences.

Lauren Henson received a Bachelor of Arts degree summa cum laude in art from the College of Architecture and Urban Studies.

Catherine Hummel received a Bachelor of Arts degree cum laude in political science from the College of Liberal Arts and Human Sciences.

Maheen Khurshid received a Bachelor of Science in Civil Engineering degree in civil engineering from the College of Engineering.

Margaret Lesniewski received a Bachelor of Science degree in sociology from the College of Liberal Arts and Human Sciences.

Alexander Lopes received a Bachelor of Arts degree in geography from the College of Natural Resources & Environment.

Lauretta Lovejoy received a Bachelor of Science in Business degree cum laude in accounting and information systems from the Pamplin College of Business.

Joseph Marr received a Bachelor of Science in Civil Engineering degree in civil engineering from the College of Engineering.

Korey McCabe received a Bachelor of Science in Industrial and Systems Engineering degree in industrial and systems engineering from the College of Engineering.

Pancham Mehrunkar received a Bachelor of Science in Mechanical Engineering degree in mechanical engineering from the College of Engineering.

Jessica Miller received a Bachelor of Science degree cum laude in psychology from the College of Science.

Madelaine Mohr received a Bachelor of Science degree in human development from the College of Liberal Arts & Human Sciences.

Jacqueline Moot received a Bachelor of Science degree magna cum laude in apparel, housing and resource management from the College of Liberal Arts & Human Sciences.

Paul Mueller received a Bachelor of Science in Civil Engineering degree magna cum laude in civil engineering from the College of Engineering.

Elizabeth Nelson received a Bachelor of Science degree in biological

sciences from the College of Science.

Andrew Nicholas received a Bachelor of Science degree in mathematics from the College of Science.

Kristen Petrillo received a Bachelor of Arts degree summa cum laude in history and a Bachelor of Arts degree summa cum laude in classical studies from the College of Liberal Arts & Human Sciences.

Erika Pinto received a Bachelor of Science degree cum laude in apparel, housing and resource management from the College of Liberal Arts & Human Sciences.

Ryan Rogers received a Bachelor of Arts degree magna cum laude in international studies from the College of Liberal Arts & Human Sciences.

Mary Swim received a Bachelor of Science in Biological Systems Engineering degree in biological systems engineering from the College of Engineering.

Cameron Yassine received a Bachelor of Arts degree cum laude in English from the College of Liberal Arts & Human Sciences.

Katherine Yen received a Bachelor of Science in Electrical Engineering degree in electrical engineering from the College of Engineering.

Walter Ambrose III, of Centreville, recently graduated from the Savannah College of Art and Design. Ambrose earned a BFA degree in Film.

Sai Thota, Mechanical Engineering major, from Centreville, is a freshman at the Georgia Institute of Technology.

Hayley Harris and **Warren Smith**, from CVHS, are semifinalists in the 2013 National Achievement Scholarship program, an academic competition for Black American high school students conducted by the National Merit Scholarship Corporation.

Nine doctoral students have been selected to receive the University of Kansas' Madison and Lila Self Graduate Fellowship for the 2012-2013 academic year, including **Blair Benson**. She is conducting her research at KU under the guidance of George Tsoflias, associate professor of geophysics, and Rolfe Mandel, executive director of the ODYSSEY research program at the Kansas Geological Survey and professor of anthropology. She received a Bachelor of Science in geology in 2009 from James Madison University and a master's degree in geology in 2012 from KU. She is the daughter of Richard Benson and Lisa Enright and a graduate of Centreville High School.

High School, graduated from recruit training at Marine Corps Recruit Depot, Parris Island, S. C.

Marine Corps Pfc. Arturo O. Campos Lopez, son of Mariluz Lopez Martinez of Centreville, graduated from recruit training at Marine Corps Recruit Depot, Parris Island, S. C. Campos Lopez is a 2009 graduate of Centreville High School.

Marine Corps Pvt. Christopher J. Housel, a 2008 graduate of Mountain View Alternative High School, Centreville, graduated from recruit training at Marine Corps Recruit Depot, Parris Island, S. C.

Air Force Airman Brittany N. Smith graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Smith is the daughter of Alan and Lynne Smith of South Springs Drive, Clifton. She is a 2006 graduate of Centreville High School, and earned a bachelor's degree in 2010 from Shepherd University, Shepherdstown, W.Va.



CONTRIBUTED PHOTOS

Scouts in Service

Pack 1862 chartered by Cub Run Elementary participated in the Boy Scouts' annual "Scouting For Food" food drive, and collected 1,595 lbs of food from local residents.



Cub Scout Packs who collected food in the Little Rocky Run neighborhoods.

MILITARY NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Navy Airman Recruit **Ian M. Tyson**, son of Mary L. Davis of Centreville and Mikel R. Tyson of Centreville, recently reported for duty with Strike Fighter Squadron 37, Virginia Beach. Tyson is a 2006 graduate of Centreville High School of Clifton and joined the Navy in March 2011.

Marine Corps Capt. **Sung C. Park**, a 2002 graduate of Centreville High School, received the Navy and Marine Corps Achievement Medal for his professional achievement while serving as Tactical Air Command Center executive officer and Weapons and Tactics Training Program officer for Marine Tactical Air Command Squadron 18, and future operations office, Marine Air Control Group 18, Marine Aircraft Wing Three from June 2010 to June 2012. Park joined the Marine Corps in May 2006.

Marine Corps Pfc. Andrew R. Pethel, a 2007 graduate of Centreville



All About Conservation

Alex Brown, Bromley German, Brayden Hageimer, Ryan Mychalus and Ryan Bobek — Cub Scouts from Pack 2011 — work toward their World Conservation badge by recycling pizza boxes, water bottles, and soda cans from Bingo night at Virginia Run Elementary in November.



PHOTO COURTESY OF KELLY LAVIN

Centreville High students sorted toys and helped decorate and set up ONC's warehouse.



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Little Rocky Run's Lynette Pamperin chooses stuffed animals from a huge box.



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Westfield High theater students Madeleine Bloxam and Mitchell Buckley gather up toys to package.



PHOTO COURTESY OF KELLY LAVIN

ONC toy table-organizers (from left) Kerrie Peterson and son Kellan, Geri Lightburn and Kathleen Lazor.

Packing Up A Bright Christmas

Our Neighbor's Child volunteers packaged Christmas gifts for more than 830 families on Thursday, Dec. 13, at the ONC warehouse.



PHOTO BY BONNIE HOBBS/CENTRE VIEW

ONC volunteers (from left) Lisa Ennis and Amy German hand out batteries and check that all the gifts are in each family's bags before their final packaging.



PHOTO COURTESY OF KELLY LAVIN

Also helping ready the warehouse were these Centreville High students.

PEOPLE

'Tis the Season

Carol and Bill Craig stand in front of their Rockland Drive home Dec. 15 as admirers check out the holiday lights displays in their Clifton neighborhood. "My goal each year is to keep Bill from crossing over into 'tacky,'" laughed Carol Craig.



PHOTO BY
JEANNE THEISMANN/
CENTRE VIEW



PHOTO CONTRIBUTED

Firefighters and Friends

The Democratic Women of Clifton presented Capt. Will Bailey, center, with toys, new coats and more than \$600 in checks and gift cards at the Clifton Community Hall in November for the annual Firefighters and Friends holiday toy drive. The drive collects toys for 3,000 needy children throughout Northern Virginia.

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FREE Fill! Bulk Mulch, Playground Chips & Organic Compost \$24.99/cu. yd.	9023 Arlington Blvd., Fairfax, Virginia 2 miles west of I-495 on Rt. 50. 1 mile from I-66 (Vienna Metro) 703-573-5025 Open 7 days a week Visit our new Web site: www.cravensnursery.com

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1 4030 Colonel Mendez Way,
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4 10130
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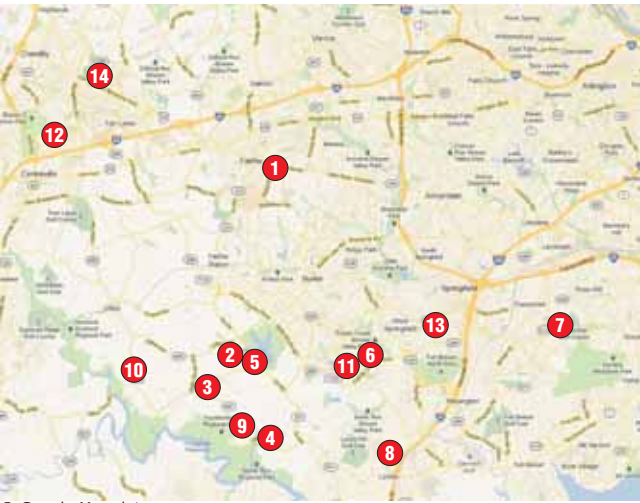
8 8082 Paper Birch Drive,
Lorton — \$745,000



10 7913 Turtle Valley Drive, Clifton — \$705,000



11 7403 Seabrook Lane,
Springfield — \$705,000



© Google Map data

Address	BR	FB	HB	Postal	City	Sold Price ..	Type	Lot AC ..	PostalCode	Subdivision	Date Sold		
1 4030 COLONEL MENDEZ WAY ..	4	..	3	..	1	FAIRFAX	\$895,848	... Detached	... 0.19	22032	CLARK'S CORNER	10/12/12
2 10656 CANTERBERRY RD	5	..	4	..	1	FAIRFAX STATION ..	\$860,000	... Detached	... 0.67	22039 ..	WILDWOOD HILLS ESTATES	10/05/12
3 11125 HENDERSON RD	4	..	2	..	1	FAIRFAX STATION ..	\$835,000	... Detached	... 5.00	22039	BRIARLYNN ESTATES	10/26/12
4 10130 HAMPTON RD	5	..	3	..	0	FAIRFAX STATION ..	\$769,000	... Detached	... 2.08	22039	HAMPTON HILLS	10/31/12
5 7401 WAYFARER DR	4	..	3	..	1	FAIRFAX STATION ..	\$750,000	... Detached	... 1.00	22039	BURKE LAKE CLUSTER	10/30/12
6 8413 PAIGE GLEN AVE	4	..	3	..	1	SPRINGFIELD	\$750,000	... Detached	... 0.28	22152 ..	STREAM VALLEY ESTATES	10/09/12
7 5312 TRUMPINGTON CT	5	..	3	..	1	ALEXANDRIA	\$750,000	... Detached	... 0.35	22315	KINGSTOWNE	10/26/12
8 8082 PAPER BIRCH DR	5	..	4	..	1	LORTON	\$745,000	... Detached	... 0.18	22079 ..	LAUREL HILL LANDBAY	10/05/12
9 10634 TIMBERIDGE RD	5	..	4	..	1	FAIRFAX STATION ..	\$735,000	... Detached	... 5.01	22039	FOUNTAINHEAD	10/26/12
10 7913 TURTLE VALLEY DR	4	..	2	..	1	CLIFTON	\$705,000	... Detached	... 5.00	20124	TURTLE VALLEY EST	10/12/12
11 7403 SEABROOK LN	5	..	3	..	1	SPRINGFIELD	\$705,000	... Detached	... 0.21	22153	MIDDLEFORD	10/11/12
12 5005 SELBY BAY CT	4	..	4	..	1	CHANTILLY	\$700,000	... Detached	... 0.20	20151	BIG ROCKY FOREST	10/31/12
13 7420 SPRING SUMMIT RD	4	..	4	..	1	SPRINGFIELD	\$700,000	... Detached	... 0.45	22150	HUNTER	10/24/12
14 3747 FREEHILL LN	5	..	3	..	1	FAIRFAX	\$700,000	... Detached	... 0.14	22033	HIGHLAND OAKS	10/12/12

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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.

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, call 703-220-8101 or e-mail 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 or visit 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 or go to 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, 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.

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.



Hypnotherapist Jason Linett of Virginia Hypnosis in Alexandria treats a client. Hypnotherapists are using Jan. 4, World Hypnotism Day, to debunk myths about the practice.

The Truth About Hypnosis

Local hypnotherapists use World Hypnotism Day as a time to debunk myths and emphasize health benefits

BY MARILYN CAMPBELL
CENTRE VIEW

After several failed attempts to stop smoking and an emphysema diagnosis, Margaret Cahill turned to hypnosis for help quitting. "I was skeptical at first, but my kids were after me to quit and I decided to try hypnosis," said Cahill who lives in Alexandria. "During the initial session, the hypnotherapist showed me a picture of bladder cancer, and for some reason, that was the moment I decided to quit smoking. I finished my hypnosis treatments and never had another cigarette."

It's not for everyone, however: After dismal scores on a Graduate Records Examinations test and a test prep course that resulted in even lower scores, Colin Rackerby's mother suggested he try hypnosis to help him improve his test scores.

"It didn't help me at all," said Rackerby, who lives in Centreville. "My test scores were still low when I took the test again. I think that I am one of those people who can't be hypnotized."

Hypnotherapists are using World Hypnotism Day, which falls on Jan. 4, to debunk myths about the practice. Hypnosis, also referred to as hypnotherapy, is a trance-like state during which the person being hypnotized has heightened focus and concentration. Hypnosis is usually done with the help of a therapist using verbal repetition and mental images.

"World Hypnotism Day is all about spreading awareness about what hypnosis is," said Jason Linett, the director of Virginia Hypnosis in the Franconia area of Alexandria. "It is a helping profession. We help people quit smoking, lose weight. It is a natural ability of the mind that we're able to really harness and help people make some really strong changes and take control of their lives."

During a typical session, says Linette, the therapist explains the process of hypnosis and reviews the

patient's goals for the treatment. Then the therapist speaks in a soft soothing tone to help create a sense of relaxation and well-being.

"There is the pre-talk, which is all about dispelling any myths about hypnotism," said Linette. "Many clients are surprised to find out that the mind is active and alert the entire time. They hear everything. They remember as much as they would from any normal conversation. There is no loss of control like on television or in the movies. It is really a process of taking control of the parts of their life that [they] feel like are out of control. Then we emerge from the process, discuss it and set some goals from there."

During a session, a hypnotherapist could use a variety of techniques like visual imagery. "The process is different for almost every single client and almost every single hypnotherapist," said Linette. "We all have our own different styles of work. We can do a process based on relaxation, we can do a process based on three simple things that we do: imagining simple things, following simple instructions and just being aware."

"The style of work that I do starts with a simple instruction to relax the eyes, and imagine those eyes so relaxed that they simply just don't work. Once that suggestion has been accepted, it is just a matter of following more suggestions from that point forward," Linette added that when clients are in a receptive state, the therapist will suggest ways for them to achieve other goals, like eliminating cravings to overeat or to smoke.

There are skeptics, however. "I've had many patients who've been bilked of a lot of money through hypnosis," said Karen Prince, a psychotherapist and clinical social worker. "They've tried hypnosis out of desperation by people fraudulently claiming to be able to work miracles through hypnosis." Prince, who does not practice hypnotherapy, suggests traditional talk therapy. "There are certainly tried and true ways of overcoming the same issues and additions."

The National Guild of Hypnotists, Inc. (<http://ngh.net/>) and the American Society of Clinical Hypnosis (ASCH) (<http://www.asch.net/>) are sources for locating reputable hypnotherapists. ASCH (<http://www.asch.net/>) offers training and certification programs and sets ethical and treatment standards for trained and licensed professionals.

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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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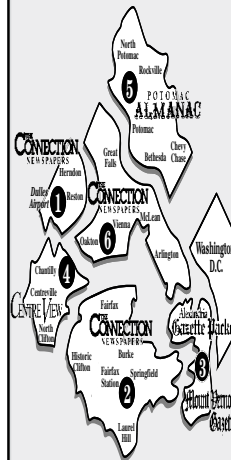
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NEWS

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."

CALENDAR

Email announcements to centreview@connectionnewspapers.com.

THROUGH SUNDAY/JAN. 6

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.

THURSDAY/JAN. 3

Small Wonders. 11 a.m. at Centerville 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 Centerville 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 Centerville 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 Centerville 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 Centerville 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 or 703-750-9018.

BULLETIN BOARD

Email announcements to 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, Centerville. Come tour the school and register for morning, afternoon or full-day preschool classes. Visit 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 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 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 or 703-378-6911.

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