



BONNIE HOBBS/CENTRE VIEW

Colin Powell Elementary's Puma Choir sings "The Power of the Dream" during last year's celebration.

Celebrating King's Legacy

CPMSAC's 20th annual Martin Luther King Jr. celebration is Jan. 12.

BY BONNIE HOBBS
CENTRE VIEW

For 20 years now, the Chantilly Pyramid Minority Student Achievement (CPMSAC) Committee has celebrated the life and legacy of Martin Luther King Jr. This year's event is set for Sunday, Jan. 12, at 4 p.m., at Westfield High.

This year's theme is "In Celebration of Dr. Martin Luther King: 50 Years Later – A Time for Reflection and Remembrance." Students from schools throughout Centreville and Chantilly will perform in his honor. The event is free and the public is welcome.

"I hope that, through this annual celebration of the life of Dr. King, we are inspiring our youth – our future – to make their individual marks on life," said event Co-Chair Deneen Vaughn. "I hope they'll make a difference that has a positive impact, not just for them as individuals, but for their generation and for the generations that follow. I hope they can find the courage to confront societal challenges and injustices with knowledge,

grace and in a peaceful manner, but with purpose, as Dr. King did."

Masters of Ceremonies for Sunday's program are Westfield juniors Joseph Grant and Evan Gray. Featured guest artist is singer Edward Brient, a Chantilly High grad who was part of the school's famed Touch of Class Show Choir.

Also performing will be the Centreville High Wildcat Guitar Ensemble, under the direction of Bill Burke, and the Westfield Step Team directed by Scott Burroughs. Singing the iconic "We Shall Overcome" together will be choral students from Greenbriar East Elementary and Rocky Run Middle.

Colin Powell Elementary's Puma Choir will perform the song, "It Starts with Me," and Greenbriar East will entertain the audience with the musical number, "O Come, O Come, Emmanuel."

The Bull Run Elementary String Ensemble will perform, "Noel," followed by "Break Every Chain" by a group called Praise in Movement. And a Chantilly High choral group named "Unaccompanied Minors" will sing the popular song, "Some Nights."

The song, "I Dream a World," will be performed by the Franklin Middle Advanced Women's Choir, and Lees Corner Elementary student Ricky McGlothin will give a dramatic reading titled, "Your Dream." In addition, the Chantilly High

SEE CELEBRATING, PAGE 11

Two Residential Fires In the Same Night

Both blazes were on Dec. 28.

BY BONNIE HOBBS
CENTRE VIEW

Local firefighters had their hands full, Saturday, Dec. 28, battling two residential fires in western Centreville on the same night. Both happened between 7 and 8 p.m.

The first blaze was at the Forest Glen Senior Apartments at 14401 Woodmere Court. Fairfax County Fire and Rescue Department units responded around 7:10 p.m., with first-arriving firefighters encountering heavy smoke on the second floor of the four-story, 83-unit

apartment complex.

Fire alarms in the building activated, and several of the occupants appeared on a balcony in distress. The incident commander struck a second alarm, bringing approximately 60 firefighters total to the scene. While simultaneously searching the building to see if anyone was trapped — and attacking the flames in a second-floor bedroom — firefighters rescued two occupants.

The blaze was quickly extinguished in the bedroom closet. In addition, apartment sprinklers activated and helped control the fire. Two of the residents were transported to INOVA Fairfax Hospital with non-life-threatening injuries.

Five occupants in three separate

SEE TWO FIRES, PAGE 11

Route 29 Lane Closures While Replacing Bridge

Lane closures begin this week on Route 29 over Little Rocky Run, as the Virginia Department of Transportation replaces the structurally deficient bridge to improve safety and increase traffic flow. The new Centreville bridge will go from .2 miles east of Pickwick Road to Union Mill Road and will be just under a half-mile long.

During construction, drivers can expect some off-peak lane closures and traffic shifts, Monday-Thursday, from 9:30 a.m. to 3:30 p.m. and from 10 p.m. to 5 a.m.; Friday, 9:30 a.m. to 2 p.m.; and overnight on weekends while crews replace the bridge. All work is weather permitting and message signs are in place to notify drivers.



Route 29 looking north over Little Rocky Run.

ers.

The \$17.3-million project will widen the bridge from four to six lanes, provide a 10-foot trail on the south side and a 5-foot sidewalk to the north. Shirley Contracting Co. is the contractor, and completion is scheduled for October 2015.



ROUNDUPS

Recycle Electronics

Residents may recycle old TVs, computers, peripheral electronic devices – such as keyboards, speakers, printers and scanners, as well as household hazardous wastes – including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, Jan. 12, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road, in Fairfax. For more information, call 703-324-5052.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 16, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

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.

Democratic Women Meet

The next meeting of the Democratic Women of Clifton and Northern Virginia will be held Sunday, Jan. 19. All Democratic women in Northern Virginia are invited to become members of this active organization. Meetings are Sundays, from 3-5 p.m., in the Clifton Town Meeting Hall, 12641 Chapel Road

in Clifton. Email cliftonwomendems@aol.com or go to www.democraticwomenofclifton.org.

How to Help the CLRC

The Centreville Labor Resource Center (CLRC) needs volunteers to lead vocational training workshops to increase the workers' job skills. A Wednesday morning ESOL instructor is also needed; contact Molly Maddra at coordinator@centrevillelrc.org for more information.

In addition, end-of-year contributions to CLRC may be made at www.centrevilleimmigrationforum.org. The organization is supported totally by grants and donations; it receives no government funding.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of cooking oil; sugar; flour; canned fruit, meat, tuna and greens (spinach, collards); fruit juice and cold cereal. (Also needed are toothpaste, deodorant, baby wipes and shampoo).

Bring all items to WFCM'S new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include coats, fall and winter clothing, socks and underwear for adults and children, plus Bibles in English and Spanish. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.



PHOTO CONTRIBUTED

Leading Fairfax Adult Softball

New officers were elected at Fairfax Adult Softball's board of directors meeting held on Nov. 18. They are (from left): John Carney of Clifton as president; Scott Semmler of Centreville as 2nd vice president (umpires), and Peter Cosentino of Falls Church as treasurer. They began their new term of office this month. See www.fairfaxadultsoftball.com.

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

MONDAYS/JAN. 13-MARCH 31

Conversational English. 7:30-9 p.m. at Chantilly Bible Church, 4390 Pleasant Valley Road, Chantilly. There are four levels: beginning, basic, intermediate, and advanced.

There is also a citizenship class. This is the eighth year church members have offered this free program. Childcare provided. Call 703-263-1188, ext. 15.

WEDNESDAY/JAN. 15

Application Deadline. The Arts Council of Fairfax County will award three \$5,000 grants to recognize professional working artists' achievements and their demonstrated history of accomplishments, while promoting the continued pursuit of creative work. Visit www.artsfairfax.org for guidelines and application materials.

Relay For Life Kick-Off. 7-8 p.m. at nZone, 14550 Lee Road, Chantilly. Anyone interested in learning more about the American Cancer Society's 2014 Relay For Life fundraising event is invited. Visit www.CentrevilleRelay.org

THURSDAY/JAN. 16

Food Assistance. 10 a.m. at Dominion Virginia Power, 3072 Centreville Rd., Herndon. Assistance League of Northern Virginia will pack food its Weekend Food for Kids Program. Help package food for children who need nutritious food on weekends. Email ALNorthernVA@yahoo.com or visit www.northernvirginia.assistanceleague.org.

Support Group. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germaine Drive. For people who have lost a loved one within the past two years. Free. E-mail ktyner@capitalcaring.org or 703-396-6198.

MONDAY/JAN. 20

Centreville Garden Club Meeting. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. "Bugs, the Good, the Bad and the Ugly" by Robin Jenks. Learn more at centrevillegardenclub.blogspot.com or e-mail centrevillegardenclub@gmail.com. 703-830-2942.

WEDNESDAY/JAN. 22

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.



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'Mr. Mac' Nominated for Grammy Award

Glen McCarthy vying for first-ever music-educator honor.

BY BONNIE HOBBS
CENTRE VIEW

Glen McCarthy played trumpet in high school; but when his parents gave him a guitar for graduation, it changed the trajectory of his life. He's played guitar in bands ever since then — yet what's defined him most, he says, is being a guitar teacher.

The longtime Little Rocky Run resident taught guitar at Robinson Secondary School for 30 years and, for more than 15 years now, he's taught music-education majors at GMU the art of teaching guitar. He's never done it for the recognition or accolades, but for the sheer joy of it.

Now, though, McCarthy is being acknowledged on the national stage. He's one of 10 music teachers — whittled down from a field of more than 30,000 — in the running for the Recording Academy and the GRAMMY Foundation's first-ever Music Educator Award.

"At first, I thought, 'It's cool that I'm being considered,' but I didn't think about my chances of winning," he said. "It blows me away that I got to the top 25 and then the top 10."

McCarthy's come a long way since he began teaching at Robinson in 1976. He also broke new ground when he taught FCPS's first guitar class ever.

"I enjoy teaching, and band, chorus and orchestra are the traditional forms of teaching music in schools," he said. "Typically, 20 percent of high-school kids — including a large number of girls — are taking those classes. But I find that guitar appeals to a different population of students and also attracts more boys."

Toughest, said McCarthy, was getting acceptance by the school system and other music educators that guitar's something valid to teach in school. "When I started teaching, it was considered a rock-and-roll instrument," he said. "And back then, there



McCarthy

weren't any established programs on how to teach guitar or when to teach students each new playing skill."

Former Robinson colleague Ron Goad said McCarthy made his class "relevant and current" by letting his stu-

dents play their favorite rock songs besides his planned lessons. "The 'guitar-hoodlums' some feared are actually an academic cross-section of students," he added. "They include at-risk kids whose success in guitar class [extends] to other subjects, motivating some toward graduating, instead of dropping out."

Still, some music teachers feared they'd lose large numbers of their students to guitar classes. "But that's generally not the case," said McCarthy. "Kids taking guitar may sign up for music-theory classes taught by the band teachers and will also be part of the jazz band."

"When I spread the guitar gospel, I tell students that knowing how to read music, combined with developing their guitar skills by ear, is a perfect marriage for learning to play music," said McCarthy. "I want them to be versed in both styles."

Most rewarding, he said, was seeing how popular his classes were and how the guitar program grew, not just at Robinson, but throughout Fairfax County high schools. When he retired from FCPS in 2007, he was teaching six periods of guitar a day to 175-200 students total.

NOW, BESIDES INSTRUCTING at GMU, McCarthy also substitute teaches for FCPS guitar instructors. He and his wife Suzy, former choral director at Lake Braddock Secondary, also perform during worship services at Lord of Life Lutheran Church in Fairfax. She sings while he plays guitar.

He also performs with Keltish, an Irish band; in a wedding band with Centreville's Ron Goad; and with the Too Damn Big Orchestra. "We called it that because there are too many people in it to make any money,"

Music Educator Award Details and Prizes

This award was established to recognize current educators (kindergarten through college, public and private schools) who've made a significant and lasting contribution to the field of music education and who demonstrate a commitment to the broader cause of maintaining music education in the schools.

It'll be presented at the Special Merit Awards Ceremony & Nominees Reception during GRAMMY Week leading up to the 56th Annual GRAMMY Awards show Sunday, Jan. 26, at the Staples Center in Los Angeles.

The winner will be flown there to accept the award, attend the GRAMMY Awards ceremony and receive a \$10,000 honorarium. The nine finalists will each receive \$1,000 honorariums and the schools of all 10 finalists will receive matching grants.

Glen McCarthy was nominated by Skip Charles, founder of Music for Life (formerly Guitars not

Guns), which offers after-school music classes to at-risk youth. "I've worked with him, given him some curriculum suggestions and taught some of the classes," said McCarthy. "I was humbled and honored that Skip went through the steps to nominate me."

While he taught at Robinson Secondary in 1980, the school received the Guitar & Accessories Marketing Assn.'s inaugural award honoring innovative guitar programming in the U.S. And in 2003, McCarthy was nominated for FCPS Teacher of the Year.

He believes he's a top 10 Grammy contender because of his activities outside the classroom. Currently, he chairs the National Association for Music Education Guitar Council, plus the American String Teachers Assn. Guitar-in-the-Schools Committee.

— BONNIE HOBBS



Glen McCarthy teaching his guitar students at GMU.

said McCarthy. "But we do it for the fun of it." He's also played guitar during Centreville High's spring choral concerts and in the pit orchestra for Robinson's recent musical, "Little Shop of Horrors."

In addition, he co-chairs a national organization called Teaching Guitar Workshops, which offers weeklong seminars for music educators. "It introduces them to the right way to teach a guitar class," said McCarthy. "Music teachers taking it receive a free guitar, music books and accessories, plus continuing-education credits. I've taught these workshops in Reston, about 10 years. But last summer, I also taught a week each in Riverside, Calif.; Colorado Springs and Toronto."

When he retired from Robinson, the other FCPS guitar instructors established the Glen McCarthy Guitar Award for the outstanding guitar student at each high school. There's also a plaque in each high school with his name on it.

"When I substitute teach at these schools, I introduce myself as Mr. Mac," he said. "But eventually, one of the students will ask if I'm Glen McCarthy and, when I say yes, they all go, 'Ooooh.'"

He tells his aspiring guitar teachers at GMU to make sure their future students leave class smiling so they'll want to return. "Guitar's an elective, so they have to make their program exciting and worthwhile to their students, or they won't have a job," he said.

McCarthy's enjoyed teaching the same students for four years, nurturing their de-

velopment and maintaining many of those relationships after they've graduated. "If I win the Grammy, that's great," he said. "But the videos posted about me and the comments from my former students have been heartwarming. They thanked me for giving them the gift of music, and you can't say anything better than that."

"His influence and positive outlook have enriched many lives," said professional musician Randy Thompson. "I was one of his first students in the '70s when he was a young, bearded and cool Glen. We later became good friends and, throughout the '80s, played clubs, concerts and events together." Proud of McCarthy's nomination, Thompson said besides being "an education innovator," he connected with his students in a way that "inspired them to have a relationship to their instrument."

Recently, because McCarthy pushed for it, an All-State Guitar Ensemble performed for the first time at November's Virginia Music Educators Association conference. "It was a long time coming and the kids were just great," he said. "And the VMEA gave me the thumbs up to continue it this year, too."

McCarthy says winning the Grammy would validate the importance of what he does. "I'm still in shock, but I'm getting excited and keeping my fingers crossed," he said. However, he already feels victorious because of the supportive comments he's received from his colleagues. "I so respect their teaching," he said. "And the fact that they're saying similar words to me is so gratifying."



Glen McCarthy playing guitar with the Irish band, Keltish.

PHOTOS CONTRIB

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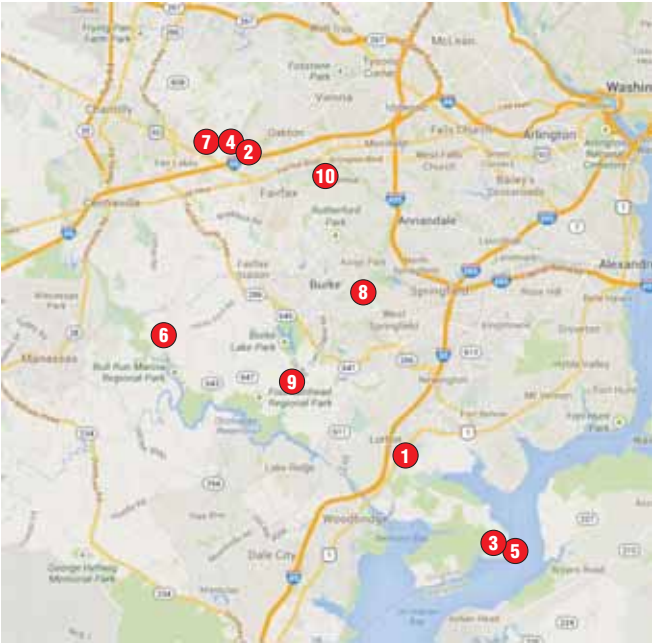
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Kitchen Organization for the New Year

Experts offer smart tips for making space and clearing clutter.

BY MARILYN CAMPBELL
CENTRE VIEW

If organizing an unruly kitchen, one where there never seems to be enough space for storage containers and pots and pans, is on your list of resolutions this year, the project might be less daunting than you think. From creating a system for grouping spices to keeping plates in easy reach, local experts share secrets for a well-maintained kitchen.

Hang pots and pans inside pantry doors, says Sallie Kjos of GreyHunt Interiors in Chantilly. "It organizes them, but decoratively can look effective."

Pots and pans can also be hung from the ceiling using a hanging cookware rack. "These are actually very pretty hanging over a kitchen island and it frees up cabinet space for other items when storage space is limited," said Susan Unger, of ClutterSOS in Vienna.

Victoria Sanchez, of Victoria at Home in Alexandria, agrees: "Pot racks are totally underutilized," she said. "They offer extra storage for your pots and pans and add a decorative element above an island or along the wall."

Unger also recommends storage racks that hang from walls and doors. "[They are] very functional and I've used them many times in kitchens and other rooms," she said. "It is not unattractive, but [it's] not a 'pretty' organizing item."

Reduce clutter any way you can. "Clear off the fridge," said Kjos. "Paint the inside of your cabinets with magnetic chalk paint and write your messages there with your calendar and coupons hidden away for a cleaner look."

When it comes to storing cooking utensils that need to stay within easy reach, Kjos said, "You can replace canisters that may



PHOTO COURTESY OF SUSAN UNGER

look bulky with glass jars. Use urns to store your wooden spoons and spatulas to make them into a pretty and decorative arrangement."

Anna Reeves, owner of Tiny Chefs with locations in Potomac, Alexandria, Fairfax, Arlington, Vienna and Oakton, gets back to basics when it comes to cooking and kitchen organization. She starts with an old-fashioned pad and pencil, organizational tools that would be helpful in most kitchens.

"One good tip is to write down everything you need before you sit down to make a recipe, so you have a list of all the supplies and ingredients" she said. "I have friends who start a recipe and then realize that they don't have all of the ingredients and tools



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

This kitchen by Case Design/Remodeling, Inc. was built with open shelving that offers extra storage as well as easy access to dinnerware.

Organizer Susan Unger, of ClutterSOS in Vienna, recommends storage racks that hang from walls and doors. "[They are] very functional and I've used them many times in kitchens and other rooms," she said.

they need."

Even something as simple as stacking storage containers becomes easier when they are similar in size. "Uniform Tupperware containers make for easy storage," said Reeves. Kristen Robinson, a chef instructor at The Art Institute of Washington, a branch of The Art Institute of Atlanta, has an organizational safety warning, however.

"Most people don't realize that food poisoning usually occurs in the home due to improper food storage and handling," she said. "I label and date everything that goes in the refrigerator and freezer. It's important to label and date leftovers and pay close attention to expiration dates. One thing I do to keep items fresh on the shelf is to store my grains, beans and rice in mason jars. I label and date these items, too. I hate hav-

ing open bags of these items and Ziploc bags can be clumsy."

IF YOU'RE LUCKY ENOUGH to have a kitchen remodel on your agenda for 2014, consider cutting-edge cabinetry that offers storage solutions. "I am both pleased and amazed at the new designs for base corner cabinets," said Joe Starkey of Old Town Bath and Kitchen in Alexandria. You can still find and still use traditional lazy Susans, but alternatives out there, [such as a] blind corner with full access or with swing out or with pull out, are staggering. Newer mechanics have allowed redesign of the actual storage areas."

Bill Millholland, executive vice president at Case Design/Remodeling, with offices in Bethesda and Falls Church said, "One particular project always comes to mind when I think of kitchen organization and clever storage solutions, and it incorporates the idea of placing heavy items [like] plates in a drawer rather than up high in a wall cabinet. This is both convenient and practical for people of all ages and abilities."

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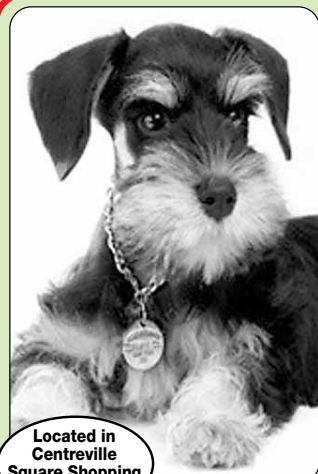
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Wolf To Retire After 34 Years in Congress

Democrats, Republicans lining up for their parties' nominations.

BY ETHAN MCLEOD
CENTRE VIEW

After 34 years of representing constituents in Virginia's 10th Congressional District, U.S. Rep. Frank R. Wolf (R-10) will not seek reelection to the House of Representatives. The 17-term congressman expressed his appreciation toward his family, staff and all of his constituents who supported his efforts in office.

"It has been an honor to serve the people of Northern Virginia and the Shenandoah Valley," said Wolf in a statement issued by his office Dec. 17. "I thank my constituents for giving me the privilege of representing them in Congress for 34 years."

Wolf, 74, has established himself in his congressional tenure as an advocate for religious freedom, repeatedly drawing attention to helping oppressed minorities around the world. First elected in 1980, Wolf worked to combat genocide in Darfur and advocated for increased security and protection of human rights for victimized groups in Sudan. Most recently, in September 2013, the House passed a bill co-sponsored by Wolf and U.S. Rep. Anna Eshoo (D-Calif.) aimed to create a State Department envoy charged with protecting religious minorities in South Central Asia and the Middle East.

Locally, Wolf was instrumental in bring-



COURTESY OF THE HOUSE OF REPRESENTATIVES/OFFICE OF REP. FRANK R. WOLF

U.S. Rep. Frank R. Wolf greets village residents on a visit to South Sudan in February 2012.

ing the Silver Line currently being built to Northern Virginia, and began working to secure federal funding for the rail project as early as 1999. He also prioritized improving major roadways such as I-66 and Rt. 50 to ease traveling for Northern Virginia's commuters.

WOLF PLANS to continue with human rights advocacy through his Christian faith. "I plan to focus my future work on human rights and religious freedom — both domestic and international — as well as matters of the culture and the American family," Wolf said in his official statement.

On Dec. 10, one week prior to Wolf's announcement, Supervisor John Foust (D-Dranesville) announced that he would seek the Democratic nomination for the 10th district representative seat in 2014. Foust

is currently a supervisor for the Dranesville district, which encompasses McLean, Great Falls, Herndon and portions of Vienna, and has served on the Fairfax County Board of Supervisors since he was elected in 2007.

Foust cites the current Congress's dysfunction and the 16-day shutdown of the federal government in October 2013 as key reasons he will run for office in 2014. "My job is to work with everyone, respect all opinions, hold public meetings and generally try to find a consensus that works in the best interest of the community, and I think that's missing in Congress," said Foust.

Additional candidates for the Democratic nomination include Fairfax attorney Richard Bolger and Leesburg architect Sam Kubba.

Wolf has faced little formidable opposition from Democratic candidates in past

years, and since 2008 has won each election by at least 58 percent. There is speculation about potential candidates who will seek the Republican nomination for Wolf's seat, including state delegates Tim Hugo and Barbara Comstock. The Republican Party of Virginia was contacted for comment, but did not respond by deadline. It remains to be seen whether the party will nominate its candidate for the House seat through a convention attended by Virginia Republican Party members or through a primary in which individual candidates will campaign for the nomination.

WORDS OF PRAISE and appreciation poured out from Virginia officeholders in the days following Wolf's announcement. U.S. Rep. Jim Moran (D-8), who served alongside Wolf for 23 years in Congress, and U.S. Rep. Gerry Connolly (D-11), both expressed gratitude for Wolf's many years spent representing constituents in Northern Virginia, according to statements released by their offices.

"His career in Congress is a testament to what leaders can achieve when they put partisanship aside and find common ground on the issues that matter to the people they serve," said Governor-elect Terry McAuliffe in an issued statement.

Del. Barbara Comstock (R-34) worked as a senior aide for Wolf's congressional staff from 1991-1995, and commended Wolf as a person of high integrity and great character.

"I look forward to the many contributions that I know Frank Wolf will continue to make to the causes of religious freedom and human rights and I look forward to working with him on those issues for years to come," she said.

Learning To Cope with Death of Loved Ones

Centreville author pens memoir to help others.

BY SENITRA T. MCCOMBS
CENTRE VIEW

At the age of 13, Mary C. Rosenthol found out her mother was diagnosed with terminal lung cancer.

By the time Rosenthol reached her early 20s, both her parents had died. Her mother, Mary Ellen Brady, died on Dec. 23, 2001 and a year and seven months later, her father, Charles Donald Brady, died from the same disease on July 23, 2002.

"There is a silver lining on every cloud and that while it may be difficult to deal with the death of a loved one, in time you can enjoy life again," she said.

The Centreville resident's new memoir "Terminal" discusses the strength and love demonstrated by her mother during her battle with this disease and also offers en-

couragement and advice for those dealing with the loss of a loved one, particularly young adults.

According to Rosenthol, a lot of young adults who have lost a loved one often tend to get stuck. It is important that they "grow up and move on with their lives" and "not try to live for the person they lost."

Her book is available at bookstores nationwide, Amazon and through Tate Publishing's website.

"Terminal" also deals with what to expect during the last days of someone's life, the decisions that need to be made, and how to gracefully let go of a loved one.

For Rosenthol, going to grief counseling was essential along with not being afraid to ask for help from family members and friends.

Since her older brother was married and



Rosenthol



living away from home, she often helped her dad with the caregiving of her mom.

The most difficult moments of her mother's illness came when Rosenthol and her older brother had to say goodbye at the hospital and then deal with the funeral. "The biggest thing I've learned is that you should love everything you have and appreciate it because there is no set amount of time," she said.

Every year on the anniversary of her parents' deaths she lights a candle in their memory and she also shares memories and lessons from her parents with her two children.

One of her favorite memories is a holiday family tradition of looking for the special ornament on the Christmas tree before opening gifts.

She also learned much from watching her

mother battle her illness. She said that her mother "enjoyed every holiday as if it were her last" and she used humor to deal with her illness.

"She was tougher than I gave her credit for. She was very concerned with what I was going to do when she was gone than she was with death. She was very concerned about my brother and I being taken care of and finding our way in the world," she said.

Unlike many memoirs, Rosenthol's "Terminal" was not planned. She started writing in a diary in an effort to release all of the emotions she was feeling. When she sent in the manuscript, she never thought it would get published. However, she received a contract two weeks later. Just two years later, she published "Terminal." Her advice for other novice writers is to "don't be afraid to try" and to send their manuscripts to as many publishers as possible.

Rosenthol has a BA in journalism with a double language minor in Spanish and Hebrew. Currently, she is a journalist with Potomaclocal.com. During her free time, she also enjoys reading, crocheting and running.

LETTERS

Improving Mental Health Services

The following open letter was addressed to the state senators and delegates representing Fairfax County.

I apologize for not being able to attend this year's hearing. I want to thank you all for once again allowing your constituents to voice our concerns and express our wishes for this new legislative session. On behalf of Angel Fund, created in memory of Reema Samaha, one of the 32 killed at Virginia Tech on April 16, 2007, I would like to thank all of you who voted to pass HB 2322 and SB 1078 requiring community colleges to develop mental health referral policies.

I would also like to thank you for passing HB 1609 and SB 1342 requiring our colleges and local mental health facilities to enter into memoranda of understanding in order to better exchange information and facilitate student transition back to school.

This year, we have two requests and hope that you will support our efforts. The first request is to fund a pilot program that provides services to emotionally disabled teenagers to transition into adulthood. There are no programs at this time in the Commonwealth of Virginia that provide transitional services to emotionally disabled high school graduates until the age of 21.

These young people struggle to find a job, live on their own, obtain an education. A number of them end up homeless, addicted to drugs or alcohol, commit crimes and end up in prison. The Governor's Task Force for School and Campus Safety's Workgroup for Mental Health identified the need for better transitional services for this group of young

people.

Ironically, Senator Creigh Deeds, prior to the tragic suicide of his son, offered to sponsor a budget amendment for this pilot program. The brainchild of Beth Hilscher, whose daughter, Emily, was also killed on April 16, 2007, the pilot program would be housed at Ivy Creek school in Charlottesville. Ivy Creek educates emotionally disabled students from K-12.

The program would start sophomore year and guide students through graduation, helping them transition into the world of work and higher education. The cost of the program over a three-year period would be approximately \$367,000.

Senators Janet Howell, Chap Petersen, Dick Saslaw and Tommy Norment have expressed their support along with Delegates Rob Bell, Tim Hugo and David Toscano. We would like for this delegation to support this budget amendment. Our intent is to emulate the pilot in Fairfax County and Virginia.

Our second request is an amendment to the language for threat assessment teams. Del. Eileen Filler-Corn has graciously offered to sponsor and Del. Tim Hugo to co-sponsor this bill in the House and Sen. Chap Petersen in the Senate. If passed, this law would encourage faculty and staff to report concerns of students who have made threats against others or themselves to the threat assessment teams. These teams have proven quite effective in keeping our campuses safe and this would help them gather the information they need from those members of the campus community who have direct contact with students.

Thank you again for your service and concern for your constituents. We look forward to working with you this next session.

Lu Ann Maciulla McNabb
Angel Fund Board President

NOVEC Asks Customers To Conserve Energy During Freeze

Northern Virginia Electric Cooperative asks all customers to conserve energy during the cold snap this week by not using dishwashers, ovens, washing machines, and dryers.

Outdoor temperatures in the single digits are putting an extra load on the power system as customers use more energy than they normally use to run their heating systems and water heaters.

NOVEC, headquartered in Manassas, is a not-for-profit corporation that supplies and distributes electricity and provides energy-related services to more than 153,000 customers in Fairfax, Fauquier, Loudoun, Prince William, Stafford and Clarke counties, the City of Manassas Park, and the Town of Clifton. It is one of the largest electric cooperatives of its kind in the nation. For more information, visit www.novec.com.

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ONC volunteers Savannah Zamudio (left) and Brooke Bowen hand out wrapping paper to each delivery driver.



From left: Westfield lacrosse players Patrick Walker, Grant Covert and Reid Murphy gather up bags for delivery.



Virginia Run's Andy Bigelow receives a family's gifts to load into his pickup truck.

ONC Volunteers Bring Holiday Happiness

Sunday, Dec. 15, was delivery day for the more than 700 local families receiving Christmas gifts, wrapping paper and cookies from Our Neighbor's Child (ONC).



Volunteers receive ID numbers for their cars before getting their delivery assignments and driving directions.



Giving out the bicycles for delivery are (from left) Westfield lacrosse players Michael Overy and Nathan Sears with Virginia Run's Frank Giancola.



Jack Tyskowski (left) and John Asafaylo, of Westfield's lacrosse team, prepare to carry these bags and bicycle to a waiting vehicle.



Westfield freshman and lacrosse player AJ Syrek loads a bike into a car trunk.



Westfield lacrosse players Kyle Petrillo (left) and Drew Carinci load bags full of presents into a trunk.

From left: Gavin Kemble, 13, sister Ellie, 10, and their mom, Erin Kemble, of Little Rocky Run, delivered packages to four families at a time. Why did they volunteer? Replied Erin Kemble: "Because we can."



Westfield High lacrosse team members Dominic Dintino (left) and Kyle Petrillo carry a family's gift bags to a car.

PHOTOS BY
BONNIE HOBBS
CENTRE VIEW

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SPORTS

CVHS Boys' Basketball Competes at Wakefield Tourney

The Centreville boys' basketball team traveled to Wakefield High School Dec. 26-28 as part of an eight-team holiday tournament.

The Wildcats' first game was against South Lakes, which ended with a 61-48 loss to the Seahawks. Centreville kept the game close throughout the first three quarters; trailing by just three points at half-time and six points entering the fourth quarter. South Lakes pulled away, though, in the last few minutes of the game, converting several free throws, when the Wildcats were forced to foul. Charles Tutt led the scoring for Centreville with 14 points, while Matt Sedlock contributed 13 points. Sean Thompson hit two key 3-pointers in the first half to keep the 'Cats close and finished with 10 points.

Coach Pat Hally brought back his Wildcat squad on Dec. 27 to face Eastern High School, which ended in a tough overtime loss for Centreville. The game was back-and-forth throughout the first half, with Eastern holding a two-point advantage at the intermission. The Wildcats held Eastern to just four points in the third quarter, though, and took a seven-point lead into the fourth quarter. Centreville could not maintain the lead though, as Eastern made up the deficit in the final 8 minutes to send the game into overtime.

From there, the Wildcats were outscored 15-3 and the game ended with Centreville on the short end of a 58-46 score. Sedlock hit four 3-pointers to finish the game with 12 points. A.J. Catalano chipped in 11 points; David Liddle added eight; Tutt had seven points; Will Unterkofler had six points and Alex Dwornik two points to round out the scoring.

Centreville's final game of the tournament matched the Wildcats against Stonewall Jackson High School on Dec. 28. After a slow start, the Wildcats picked up the defensive pace in the second quarter, holding the Raiders to seven points, and trailed by just three points at halftime. Centreville made several runs throughout the second half, but eventually ended up losing 81-63. Sedlock tallied 15 points for the Wildcats, followed by Liddle's 13 points. Unterkofler added nine points and Catalano and Tutt both chipped in eight points. Sean Culleiton and Brendan Doyle each had four points.

Centreville will visit to cross-town rival Chantilly on Friday, Jan. 10 with a 7:30 p.m. tip time.

Centreville Wrestling Fares Well at Ray Oliver Tournament

The Centreville wrestling season began Friday, Dec. 7, with a greatly depleted lineup. The Wildcats sent a total of nine wrestlers to the always-competitive Ray Oliver Tournament at the McDonogh School in Owings Mills, Md. The success of the football team, culminating in a state championship, kept many varsity grapplers busy.

Football-playing wrestlers were welcomed back in the wrestling room on Monday, Dec. 16 with the Skyline Duals rapidly approaching.

Of the nine wrestlers that competed at McDonogh, four came home sporting some hardware. Placing sixth, and wrestling at 106 pounds, was newcomer freshman Adam Cafurello. After dropping his first bout, Cafurello fought his way through the consolation bracket. At 113 pounds, returning sophomore and state qualifier Victor Echeverria placed third.

Beginning the season with two dominant wins, Echeverria ran into trouble in the semifinals and was bounced to the consolation bracket. Again, Echeverria continued his dominance and was never again tested on his way to his third-place finish. At 120 pounds, freshman Ryan Davis battled his way to his first career victory but fell short of the podium, going 2-2 on the weekend. Also going 2-2 and making his CVHS Wildcat debut was freshman Jacob Sutter at 126 pounds. Both Davis and Sutter wrestled tough and big things are expected from the freshman duo in the weeks to come.

At 132 pounds, Michael Vu left the gate quickly with a convincing opening round win, but failed to medal by the close of the tournament, going 1-2 for the weekend. At 138 pounds, sophomore Akash Singh went 1-2, as did 160-pound senior Pablo Zananastanavicius.

Returning senior state qualifier Connor Mitchell had a great tournament, placing fourth in the 152-pound class. Mitchell wrestled his way to the semifinals before losing to host McDonogh's 152-pound champion. Mitchell then won his next bout before finally losing in the consolation finals and settling for fourth.

Centreville's only other placer came by way of fifth-place finish by 220-pounder Lawrence Wright. Wright, having lost 15-plus pounds, battled his way through some close matches to earn his first ever varsity win and place on the podium.

Centreville Swim and Dive Falls to Oakton

The Centreville boys' and girls' swim and dive teams lost to Oakton on Dec. 20.

First-place finishers for Centreville: Parker Johnston (diving), Mackenzie Islin (diving), Rachel Anderson (100 free).

Second-place finishers for Centreville: Rachel Anderson, Logan Ross, Kylie Cuomo, Brooke Worley (200 medley relay), Brooke Worley (200 free), Kyle Marshall (50 free, 100 free), Ross (50 free, 100 back), Rachel Lee (diving), Wonjae Lee, Sam Jackmore, Sam Park, Marshall (200 free relay), Anderson, Gabriella Kuehhas, Kylie Cuomo, Ross (200 free relay), Sam Jackmore (100 breast), Sarah Hessler (100 breast), Anderson, Gabriella Kuehhas, Kylie Cuomo, Brooke Worley (400 free relay).

Westfield Boys' Basketball Improves to 6-5

The Westfield boys' basketball team defeated McLean 55-36 on Jan. 4 to improve its record to 6-5.

The Bulldogs won one of three games during its holiday tournament, concluding the 2013 portion of its schedule with a 5-5 record.

Westfield will travel to face Oakton at 7:30 p.m. on Friday, Jan. 10.

Westfield Girls' Basketball Falls to 4-7

The Westfield girls' basketball team lost to McLean 41-29 on Jan. 4, dropping its record to 4-7.

The Bulldogs lost two of three during its holiday tournament. Westfield defeated Woodbridge 56-38 on Dec. 27, but lost to West Springfield 57-35 on Dec. 28 and Bartram Trail 66-58 on Dec. 30.

The Bulldogs will host Oakton at 7:30 p.m. on Friday, Jan. 10.

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News

Celebrating King's Legacy

FROM PAGE 1

Chamber Chorale will sing, "Walk Together, Children," and Brookfield Elementary's fifth- and sixth-grade chorus will perform "There Has to Be a Song."

"Every year, we're given an opportunity to reflect on how Dr. King's life impacted our country," said event Co-Chair Brenda Johnson. "He taught us not to give up and to work hard and, one day, your dreams would become a reality. He taught us that we all have the right to the 'pursuit of happiness.'"

"Over the years, I've witnessed many changes, but we have so much more to do. Dr. King gave many people hope, determination, self-confidence and courage, but we don't want to become comfortable and stop looking for other ways to continue his legacy. We have to insure that our children never forget the sacrifices he and many others had to endure so they can walk the streets freely, shop and sit in a restaurant without being harassed or told, 'We can't serve you here,' and, most importantly, ex-



BONNIE HOBBS/CENTRE VIEW

Mount Olive Baptist Church's Children's Choir sings "Dr. King."

ercise their right to be heard by casting their vote."

Johnson said things today still aren't "what they should be - we still face challenges in all aspects of our lives - but they are much better than they were. Thank you, Dr. King, for being a model for a life well lived and for giving us a reason to hope, believe and dream that anything is possible."

Two Fires in Same Night

FROM PAGE 1

units were displaced as a result of the heavy water damage. Fire officials estimated the damage to the building at \$10,000. According to fire investigators, the fire was accidental and was caused by an iron in a bedroom closet.

Because of the large number of residents at Forest Glen, firefighters from several stations initially responded to the call. They came from Centreville Stations 38 and 17, Frying Pan, Station 21 in Fair Oaks and Station 15 in Chantilly (medic unit).

Responding to the second alarm were firefighters from Fox Mill, Fairfax, Frying Pan (medic unit), Oakton and Fair Oaks, plus three units from Loudoun County.

THE SECOND FIRE that night broke out around 7:50 p.m. at a home at 14361 Cedar Key Landing. The fire was initially reported by the Fairfax One helicopter crew, who saw it from the air and called it in. Smoke and fire were pouring from the front and roof of a middle-unit, two-story townhouse upon firefighters' arrival.

As in the earlier blaze, the incident commander struck a second alarm, sending some 60 firefighters racing to the scene. They conducted an aggressive attack and were able to bring this fire under control in about 20 minutes.

Although firefighters contained the flames to the second floor and roof of the townhouse, there was minor fire extension to an adjacent unit. No one was home when the fire broke out, but three adults and three children were displaced from the unit that burned, as well as three residents of the adjoining townhouse. Red Cross assisted the occupants; no one was injured.

The first wave of firefighters came from Stations 38 and 17 in Centreville, Clifton (medic unit), the City of Fairfax, the Fairview station and the Fairfax station on West Ox Road. The second alarm brought units from Prince William County, Burke, West Annandale, Reston, Fairview (medic unit) and the Frying Pan station.

Damage is estimated at \$150,000. Fire investigators say the fire was accidental and was caused by an electrical power strip in an upstairs bedroom. As a result, the Fairfax County Fire and Rescue Department offers the following electrical-safety tips to residents:

❖ Replace or repair loose or frayed cords on all electrical devices. Avoid overloading outlets and plug only one high-wattage appliance into each receptacle outlet at a time. If the power goes out often or the lights in the home flicker, produce an odor, or make noise, have an electrician inspect the wiring.

❖ The electrical outlet in the bathroom should have a Ground Fault Circuit Interrupter (GFCI). It's a tool protecting people from dangerous shock when water and electricity come together. An electrician can install it.

❖ All electrical outlets and switches should be covered by face plates. When possible, avoid the use of "cube taps" and other devices allowing the connection of multiple appliances into a single receptacle.

❖ Inspect electrical cords to make sure they're in good condition. Consider having additional circuits or outlets added by a qualified electrician so extension cords aren't needed. Don't tie or knot electrical cords, don't place furniture on electrical cords and follow the manufacturer's instruction for plugging in an appliance.

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com or chantilly@connectionnewspapers.com.

ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hunger Games: Catching Fire", "Hubble," "Fighter Pilot," "Air Racers" and "The Dream is Alive". Visit <http://airandspace.si.edu/udvarhazy/> or call 703-572-4118 for the movie schedule.

Super Science Saturdays. 10 a.m.-3 p.m. the second Saturday of each

month at the Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy>.

Exhibit. See an array of colorful nesting dolls on display at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Exhibit runs through Jan. 31. Enjoy a guided tour of the 1794 home of Northern Virginia's first congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are daily, except Tuesdays, from 11 a.m.-4 p.m. 703-437-1794.

THURSDAY/JAN. 9

Civil War Lecture. 7 p.m. at

Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Major John S. Mosby, 1863: Summary of Events" by author and historian Eric Buckland. Free. 703-830-2223.

FRIDAY/JAN. 10

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more.

Free. Registration required. 703-502-3883.

SATURDAY/JAN. 11

Thriving Three to Fives. 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children age 3-5 can enjoy stories and activities. Free. Registration required. 703-830-2223.

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000

Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

MONDAY/JAN. 13

Bouncin' Babies. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bookalicious! Book Group. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades 3-4 can discuss a book. Free. 703-502-3883 for title.

Hidden Pond. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-12 can learn how to recognize the signs that animals leave behind. Free. Registration required, 703-502-3883.

Afternoon Adventures:

Introduction to Hip Hop. 3 p.m. at Centreville Library, 14200 St. Germain Drive. Children ages 8-12 can learn basic moves and put it to music. Wear tennis shoes with socks. Free. Registration required, 703-830-2223.

TUESDAY/JAN. 14

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

Thriving Three to Fives. 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children age 3-5 can enjoy stories and activities. Free. Registration required. 703-830-2223.

WEDNESDAY/JAN. 15

Read, Build, Play. Duplo Story Time. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 18-36 months can enjoy stories and more. Free. Registration required, 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

THURSDAY/JAN. 16

Book Club. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For children in grades 5-6. Call for title. Free. 703-502-3883.

FRIDAY/JAN. 17

Ready for School Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. 703-502-3883.

Home & Remodeling Show. 10 a.m.-9 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, redesign and renovations. There will be seminars and more. \$7/online or \$10/door for adults; \$3/child age 6-12; children 5 and under are free. Also taking place Saturday, Jan. 18 and Sunday, Jan. 19. Visit www.homeandremodelingshow.com for more.

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Christian Life Center...703-754-9600
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Wellspring United Church of Christ...
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Christ the Redeemer...703-502-1732

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Clifton Baptist Church...703-263-1161
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Chantilly Bible Church...703-263-1188
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