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CENTRE VIEW

SOUTHERN EDITION

MARCH 21-27, 2013

25 CENTS NEWSSTAND PRICE



Residents peruse VDOT's three proposals for the Braddock/Pleasant Valley roads intersection.

PHOTOS BY
BONNIE HOBBS/
CENTRE VIEW

Between a Rock And a Hard Place

Plain talk about proposed county, FCPS budgets.

BY BONNIE HOBBS
CENTRE VIEW

In the presentation of the Fairfax County Executive's proposed FY 2014 budget, there's a slide titled, "Turned over Every Rock" — and that about sums up the county's current financial picture. After cutting back as much as it can and looking everywhere possible for extra funding, it still doesn't have enough money to do everything on everyone's wish list.

With less federal and state funds coming in and the full impact of sequestration still unknown, the county continues to operate in a tough economy. But its residents have needs, nonetheless, and supporting them all is becoming increasingly difficult.

"I've been on the Board [of Supervisors] 22 years," said Supervisor Michael R. Frey (R-Sully). "And the next couple years promise to be as challenging as any we've had."

He was speaking at a town hall meeting on the county and FCPS proposed budgets, last Wednesday, March 13, at Rocky Run Middle School. Also there were county and school-system budget experts, plus Sully District School Board representative Kathy Smith.

While the county doesn't get much federal money directly, said Frey, "The biggest impact of sequestration will be on the private-sector employers. And the uncertainty about what'll happen puts restrictions on their ability to



BONNIE HOBBS/CENTRE VIEW

Sully School Board representative Kathy Smith: "FCPS is growing by thousands of students a year."

grow."

He said businesses cut back because they have less business, but that doesn't happen to the county. "In down times like these, people still have needs for service," said Frey. "And, often, they have more needs. They go to the parks instead of the movies, use the libraries because they can't afford Internet, and need social services and help after they've lost their jobs."

In addition, he said, "The schools are 52.6 percent of the county's budget. Sully is demographically the youngest district — and with the largest number of children in the school system. But we'll get through it and will have a balanced budget."

Smith said FCPS receives 71 percent of its funding from the county. "The state is funding education at the same level as in 2007," she said. "But FCPS is growing by

SEE BUDGET, PAGE 7

A Roundabout or a Traffic Signal?

Braddock/Pleasant Valley intersection to be improved.

BY BONNIE HOBBS
CENTRE VIEW

Pretty much everyone agrees that the intersection of Braddock and Pleasant Valley roads in Centreville is a pain. It's tiny and congested, with especially long waits for drivers during rush hours.

Now the Virginia Department of Transportation wants to fix that intersection, but whether it should build a roundabout there or install a traffic signal is a matter of heated debate among area residents. And some don't want that spot improved, at all, for fear of opening the floodgates to Loudoun County traffic that would then travel through Virginia Run.

During a meeting Monday night, March 18, in the Sully District Governmental Center, a VDOT administrator and a traffic consultant explained three proposals on the table. They also got an earful from several of the nearly 60 people attending. And in the midst of it all, Supervisor Michael R. Frey (R-Sully) tried to bring some perspective to the procedure.

"This isn't just about South Riding and Virginia Run residents," he said. "It affects everyone in western Fairfax County.

When you're sitting in traffic and it takes you 25 minutes to get through that intersection, it doesn't matter where the car ahead of you started from — it's there on the road."

Actually, said Frey, the subject came up eight years ago and "there was strong support for a traffic circle. But after spending \$1 million to \$2 million, that intersection would still have design issues plus space, parkland and drainage problems. And pretty soon, the cost was \$5 million to \$6 million and we didn't have the money."

Both Braddock and Pleasant Valley are secondary roads, and there's no money for them in VDOT's budget for the next six years. But last summer, Loudoun County started things moving again

SEE BRADDOCK, PAGE 4



VDOT Assistant District Administrator Bill Cutler talks to the residents.

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PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Mildred DeBell and most of her relatives at her birthday party posed for a photo.

Mildred DeBell: 95 Years Young

Friends, family gather for birthday celebration.

By BONNIE HOBBS
CENTRE VIEW

Most people grow older each year — and then there's Mildred DeBell. Although technically she did gain another year on Saturday, you'd never know it by the way she looks or acts.

On March 16, the longtime Centreville resident turned 95. But she's as lively and full of mischief as ever and looks 20 years younger than she is. And Saturday afternoon, some 85-90 people gathered to celebrate her birthday with her.

"This is just wonderful," said DeBell. "I'm having such a good time seeing and visiting with everyone."

Her son and daughter-in-law, John and Connie DeBell, hosted the party at their home in Catharpin. And nearly every room was filled with food, plus guests ranging in age from babies to Mildred DeBell's cousin Iris who's six months older than her.

The DeBell name has been entwined with Centreville's history for some 140 years. In the 1870s, Mildred's future father-in-law's father, John Daniel DeBell, bought Sunnyside — 500 acres total, on both sides of Route 29 from near Centreville's midpoint, past Rocky Run. Later, the DeBells ran Sunnyside as a dairy farm until the late 1950s.

A Centreville resident for 75 years now, Mildred moved here in 1938 to teach first grade in the old, wooden, Centreville Elementary School. Eventually, she met and married Stuart DeBell and had three children, John, Stephen and Stuart. The family now includes nine grandchildren and 12 great-grandchildren.

In 1950, Mildred was one of the charter members of the Rocky Run Garden Club, along with Ellanor C. Lawrence, in whose name the Centreville park was preserved. And beginning in 1952, Stuart served 16 years on Fairfax County's Board of Supervisors, including two terms as chairman.

Also active in business, the DeBell family ran a Centreville landmark, the Newgate Inn (in the Newgate Shopping Center), for 26 years until 1995. Meanwhile, Mildred became a noted Centreville his-

torian and valued member of the community and, in 2003, Supervisor Michael R. Frey (R-Sully) named her Sully District's honorary Lady Fairfax.

She's belonged to St. John's Episcopal Church since 1938 and used to direct its choir and play the organ there. And on Saturday, the Rev. Howard Kempself and his wife were among the guests at her birthday party.

DeBell still enjoys gardening and writing poetry and, during her party, she read one of her poems to the crowd. She included stories about her youth, growing up in Fishers Hill, near Winchester. Unlike today's students, she walked 2 1/2 miles to her high school in Strasburg. There were just 48 people in her senior class when she graduated in 1934, but DeBell was the valedictorian.

When asked the secret to her longevity, she replied, "I just have so much to do. I take care of my house, cook meals and work on my scrapbooks of my family's history. I'm always busy."



Mildred DeBell (in tinted glasses) embraces some of her great-grandchildren at her 95th birthday party. To her left (in yellow) is her cousin Iris who's six months older than her.

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ROUNDUPS

Burglary Suspect Arrested

Fairfax County police have charged an Alexandria man with the March 9 burglary of a Chantilly home. He is Victor T. Ellis, 25, of Fairchild Lane. The offense occurred in the 3600 block of Great Laurel Lane. A resident told police she was sitting in the kitchen when someone entered the home. The intruder stole a purse and fled. A K-9 team and helicopter helped search for him to no avail.

However, on March 10, around 10:45 a.m., detectives arrested Ellis and charged him with burglary, entering a vehicle to commit a crime and petit larceny. He was apprehended after reportedly fleeing from officers in a vehicle that day, around 6 a.m.

Police said he led them in a pursuit beginning at the Fairfax County Parkway and Leesburg Pike and ending in a crash in Loudoun County. Ellis evaded capture until he was seen by officers in the Herndon area, where he was taken into custody. There have been several, recent burglaries in the Fair Oaks and Reston police districts, as well as in Loudoun County, and police believe they may be related. These cases are still under investigation.

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.



Ellis

Fair Oaks CAC to Meet

The Citizens Advisory Council of the Fair Oaks District Police Station will meet Tuesday, March 26, at 7 p.m., in the roll-call room of the police station. It's at 12300 Lee Jackson Memorial Highway in Chantilly.

Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, March 27, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131. Agenda items are as follows:

- ❖ Fairfax County's Fairfax Forward plan to replace the APR (Area Plans Review) land-use process is ready for a public hearing. The panel will receive an update briefing.

- ❖ Verizon Wireless has identified a gap in wireless coverage and service in the local community. Verizon Wireless and Milestone Communications have applied to have a wireless telecommunications tower at London Towne Elementary.

- ❖ The panel will learn about proposed changes to the Dulles Discovery parcels on both sides of the Air and Space Museum Parkway, east of Route 28.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, March 28, 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.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of spaghetti sauce, canned fruit, rice (2-lb. bags), canned pasta, peanut butter, canned tuna and meat, hot and cold cereal, fruit juice, and pancake mix and syrup. Bring all items to WFCM's new food-pantry location at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's

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News

CENTRE VIEW EDITOR STEVEN MAUREN
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Clifton's Mary Lou Glover, here in a cream-colored spring suit, is one of the models in the Salvation Army Fashion Show.



Stephen Braitsch, a personal trainer in Tysons Corner, models a lightweight shirt and trousers for spring and will be in the Salvation Army Fashion Show.

Fashions, Music and Silent Auction

Fairfax Salvation Army fundraiser set for the Waterford.

BY BONNIE HOBBS
CENTRE VIEW

The latest looks for spring, live entertainment, luncheon and a silent auction are all in store for those attending the 33rd annual fashion show benefiting the Fairfax Salvation Army. It'll be held Friday, April 12, at the Waterford in Fair Oaks (across from Fair Oaks Mall), but reservations must be made by March 27.

Sponsoring the event is the Fairfax Salvation Army Women's Auxiliary, and the fashion show — with both male and female models — will feature clothing from Bloomingdale's of Tysons Corner.

"It's a chance to get together for lunch with some nice, interesting people," said the Auxiliary's Meg McLane, in charge of the models. "And while you're enjoying a lovely fashion show, you're supporting a worthy cause."

The social hour and silent auction begin at 10:30 a.m., followed at 11:30 a.m. by a performance from guest entertainer Carlos Alberto Ibay, an accomplished concert pianist and talented tenor. Lunch catered by the Waterford will be served at noon, with the fashion show starting at 12:50 p.m.

Tickets are \$40 (\$10 is tax-deductible). To purchase them or donate gift certificates and merchandise for the silent auction, contact event coordinator Angela Ganey at angelaganey@verizon.net or 703-250-5809. "Women look forward to coming to this," she said. "And when they hear Ibay sing and play piano, they'll be amazed."

Bloomingdale's Effie Elkorek is supplying the clothing and will provide the fashion-show commen-

tary. "People will see a sampling of dressy, casual and sporty clothes for spring," said McLane. "There'll be different looks and colors in a variety of sizes for all figures."

Modeling will be Mary Lou Glover of Clifton and Sharon Gottlieb of Fairfax Station, as well as Kathleen Lear, Carolina Hurtado, Paul Meade, Stephen Braitsch, Christina O'Connell, Jeanette Crutchfield and Bridget Sampson. Meade, of Fairfax Station, is a volunteer firefighter and Braitsch is a personal trainer.

The silent auction will include an array of gift certificates, jewelry, gift baskets, home goods and an overnight stay at the Red Fox Inn in Middleburg. Heading it up is Connie Lauther of the City of Fairfax.

There'll be gift certificates to several restaurants: The Cheesecake Factory, IHOP, Ruth's Chris Steakhouse, P.F. Chang's, Great American Restaurants, Applebee's, Bonefish Grill/Outback Steakhouse, Red Lobster, and Maggiano's/Macaroni Grill/ On the Border.

"We also have quite a lot of lovely, decorative items," said Lauther. "These include guest towels, small appliances such as a crock pot, a set of steak knives and a Martha Stewart, cobalt blue, cast-iron Dutch oven. There are garden items, such as planters, and also a Mont Blanc pen-and-pencil set."

Gift baskets contain things such as a baby girl's layette and a bread assortment from the Great Harvest Bread Co., including a bread a month to that basket's winner. The jewelry will range from freshwater pearls to a sterling-silver bracelet. Also up for bid will be a Shell gasoline credit card.

"I have about 110 items altogether," said Lauther. "Everything's new and people will find some treasures at probably half the retail price. It's a fun shopping time, while supporting the Salvation Army."

Ganey's chairing the event for her third time. "The Salvation Army does so many wonderful things," she

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From left: Jim Hart and Jeff Parnes discuss the options while Mark McConn looks at Concept 3.



Residents listen to the information presented at the meeting.

‘How Does This Help Us?’

Some residents say fixing congested intersection may lead to other problems.

BY BONNIE HOBBS
CENTRE VIEW

At Monday night’s meeting about plans to fix the Braddock/Pleasant Valley roads intersection, VDOT’s Bill Cutler said early cost estimates for the project are in the \$3 million to \$4 million range. But, he added, utility relocation, environmental problems and land-acquisition costs could raise the price.

Virginia Run’s Steve Logan asked how getting traffic through that intersection quicker would affect the Braddock/Route 50 intersection and the already-dangerous S-curve on Braddock. Engineer and project consultant Chris Tiesler said there’d be “the same amount of vehicles, but it’s hard to measure [before it happens].”

However, Mark McConn of Bull Run Estates said, “The S-turn is a major problem now. If you add more traffic to it, it’ll be a problem down to Lee Road.”

Another resident noted that 16,000 new homes are being built in that area (on the Loudoun side), and Tiesler acknowledged that traffic there is predicted to increase in the coming years. “But those roads won’t



Engineer Chris Tiesler explains what’s proposed for the intersection.

PHOTOS BY
BONNIE HOBBS/
CENTRE VIEW

be four-laned,” he added. “So at some point, there’ll be a tipping point [where it won’t be faster to take them than other roads]. We’re just trying to improve the driver experience through that intersection.”

“Is this circle to slow traffic down or move it?” asked Sully District Transportation Commissioner Jeff Parnes.

“It’s processing it more efficiently and

controlling traffic speeds through it,” replied Tiesler. “And it’s a single-lane roundabout to minimize the impact.”

But resident Chris Terpak-Malm was alarmed. “I only live a couple hundred yards from [this intersection],” she said. “People in my neighborhood and in Virginia Run think that South Riding people will never let us in, unless there’s a break. It happens

to me all the time. You let them go even faster and Pleasant Forest and Virginia Run will never get out of their neighborhoods. That’s the fear — you’d be giving South Riding the right of way.”

“To me, the only fair way to have breaks in the traffic so we can get through is to put in a stop light,” she continued. “I’ve seen roundabouts elsewhere and people blast through them — they do not yield.”

Tiesler said VDOT did traffic-volume counts there in fall 2012, and Virginia Run’s Ted Trosciancki asked if data was collected on the direction traffic was going at certain times. Tiesler said it was and that “in the a.m., over 50 percent was traveling west to east; in the p.m., it’s going west.”

“So if a majority of morning traffic is going west to east, wouldn’t a broader solution be to address the S-curve?” asked Trosciancki. Cutler agreed, but noted “there’s no money prioritized toward that.”

Virginia Run’s Greg Richter said fixing the intersection “would just move the problem to the top of the S-curve. But in the next six months, more money may be available to

SEE RESIDENTS, PAGE 15

Braddock/Pleasant Valley Intersection To Be Improved

FROM PAGE 1

by approving \$1.2 million of its own money, matched by the same amount from VDOT’s Revenue Sharing Program — plus \$600,000 from the Commonwealth Transportation Board — to fix the intersection.

On Monday, Bill Cutler, assistant district administrator for VDOT’s Northern District, and Chris Tiesler, an engineer with Kittelson & Associates in Reston, discussed the three plans under consideration. But first, Cutler detailed the physical constraints.

Surrounding that intersection near the Fairfax/Loudoun border are Cox Farms and Fairfax County Park Authority land with

wetlands on it. There’s poor drainage and some rare plant life, as well as utility poles that would cost about \$80,000 each to relocate. And Cox Farms is in an agricultural/forestall district, so VDOT doesn’t want to impact it.

As for the proposals, Concept 1 centers the roundabout in the intersection, but would require a slip ramp and more right-of-way than the other plans. Concept 2 moves the roundabout slightly west, affecting Cox Farms and the parkland more. It avoids the rare plants, but not the utility poles. Concept 3 involves a traffic signal and left and right turn lanes.

“We want as small an impact as possible,”

said Cutler. “But we want to improve this intersection in a meaningful way.”

Agreeing, Tiesler asked, “Where do we put the whammy? Finding that sweet spot is what we want to do. In the roundabout plans, there’s a separate bypass lane coming up from Pleasant Valley — especially in the morning when eastbound traffic is heaviest. And it would accommodate westbound traffic in the evening.”

He noted that the roundabouts have 100 feet of right-of-way outside them. But they don’t entail all the widening required, with a traffic signal, to extend the turn lanes several hundred feet beyond the intersection. So, he said, “That’s one key tradeoff.”



Sully District Supervisor Michael Frey tells the residents why this improvement is needed.

SCHOOLS



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

School Shoe Rockers: Music teacher Jeremiah Tyler and kindergartners (in alphabetical order) Oliver Barreto, Campbell Conner, Andrew Dozier, Sydney Evans, Marcello Herrera, Ryder Hicks, Judd Marshall, Riley Neas, Andrew Newkirk, Natalie Oller and Laney Zimmerman.

Talent on Display

Virginia Run Elementary school's talent show was held Saturday, March 16, at 7 p.m., at Westfield High.



Gangnam Chickens: 6th graders Jack Tweddle and Nat Fletcher.



Emcees are 6th graders Josh Moore, Tim Roessler, Rebecca Matthews and Katie Liskey.



Cotton Eyed Bros: 4th graders Joey Benucci, Bromley German, Andrew VanLahr, Jack Liskey, William Beamon and Cameron Sutton.



1st grader Isabel Angulo



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OPINION

Say Yes to Health Coverage

Governor, state panel must accept coverage for 400,000 Virginians without health insurance.

More than 140,000 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Arlington and Alexandria have similar percentages of uninsured.

These are some of the 400,000 people in Virginia who could receive health coverage under an expansion of Medicaid if only officials in the commonwealth are gracious enough to accept on their behalf.

Virginia's current eligibility requirements for Medicaid are so strict that although it is the 11th largest state in terms of population and seventh in per capita personal income, Virginia ranked 43rd in Medicaid enrollment as a proportion of the state's population and 47th in per capita Medicaid spending, according to a 2013 Fairfax County report.

Virginia has the option to add new coverage, at least 90 percent funded with Federal

dollars, that would extend to individuals earning less than about \$15,000 per year and families earning less than about \$31,000 per year, to low income teens who lose Medicaid when they turn 19, and adults with disabilities not currently eligible.

It isn't as if there is no health care cost for these currently uncovered residents. Right now, they access health care when they are very sick

EDITORIAL

by going to an emergency room, where the hospital spreads the cost of care around. But this is inefficient, expensive and unhealthy. Expanding Medicaid coverage would allow far less expensive preventative care and lead to better health outcomes. Uninsured people don't receive preventative care; they seek treatment later in illnesses when the costs are much higher, and the consequences in terms of lost days at work and other productivity are also much higher.

Expanding Medicaid to 133 percent of the poverty level would generate state general

fund savings and new revenues that would total more than \$2 billion and more than offset the state's share of expansion costs over the next eight years, plus provide significant numbers of new jobs and economic growth, according to multiple reports including the Virginia Hospital and Healthcare Association. Expanding health care is a job creator, and would add tens of thousands of new jobs.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid.

Turning away federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

If Gov. Bob McDonnell and members of a General Assembly panel considering whether to accept funding to expand Medicaid decide against this benefit for 400,000 Virginians, perhaps they and their families should go for a year without health insurance as well.

— MARY KIMM,

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LETTERS TO THE EDITOR

Transportation Bill: A Political Train Wreck

To the Editor:

In the aftermath of the governor's successful Transportation Bill, HB 2313, some commentators have described the 109-page final product as a "bipartisan compromise" which, despite its flaws, is a benefit to Virginia's urban areas.

In reality, the legislation is a political train wreck, which raises the wrong taxes on the wrong people and creates the wrong incentives for modern transportation system. It also locks in certain inequalities to the detriment of Northern Virginia.

As a representative of central and western Fairfax, I am acutely aware of our transportation issues and the need for more highways and transit. I have supported countless bills, including my own SB 855 in 2013, which sought to raise dedicated revenues on a uniform and statewide basis.

I voted "no" on the final version of the governor's bill. Here are five critical flaws:

First, by reducing the tax on gasoline and raising the general sales tax, the governor's bill corrupts the traditional "user pays" method for financing transportation in Virginia. The ultimate irony is making hybrid users pay a \$100 annual penalty. We are incentivizing people to buy larger cars and drive more miles. That is nonsense.

Second, the governor's bill creates discriminatory tax rates. Now, Northern Virginia consumers must pay an enhanced sales tax of 6 percent, while their downstate cousins enjoy a lower rate of 5.3 percent—to receive the same level of state services. There is no plausible basis for this discrimination which targets urban areas.

Third, the bill removes \$200 million annually from the state's General Fund for transportation. Coincidentally, that is the exact same amount which the assembly has reduced from higher education funding since 2008. So money that could be used to reduce college tuition (which greatly benefits Northern Virginia) is instead siphoned to road maintenance.

Fourth, the legislation accepts the current inequality on the rural-dominated commonwealth Transportation Board which must approve all state highway projects. Right now, the 2.2 million residents of Northern Virginia presently get one vote on the board, or the same voting power allocated to the 380,000 people in the Bristol district. Rather than change this absurdity, we are now locking it into law.

Fifth, the idea of the "regional accounts"—financed through the discriminatory taxes—is inherently contradictory. If Northern Virginia and its urban cousin Hampton Roads pay with projects through "regional" funds, then that is one less project that the Transportation Board must finance through ordinary state funds. While the governor's bill includes aspirational language to avoid the "supplanting" of exist-

ing state support, there is no practical way to enforce it.

In fact, the only guaranty from the governor's legislation is that Northern Virginia consumers will get hit by discriminatory higher taxes, whether it's the sales tax surcharge, the increased recordation fee on home sales, or the annual \$100 "hybrid penalty." In regard to the last measure, it's worth noting that the majority of Virginia hybrid owners are located in... Northern Virginia!

It must be noted that only a handful of lawmakers from Northern Virginia voted against the final version of the governor's bill. I'm proud to be part of a small band that opposed the Richmond establishment on this dysfunctional mess. There were a dozen different transportation plans that were offered in 2013 on both sides of the aisle.

There was no requirement for the assembly to accept the worst one.

Chap Petersen
Fairfax

The writer is a state senator (D-34)

Write

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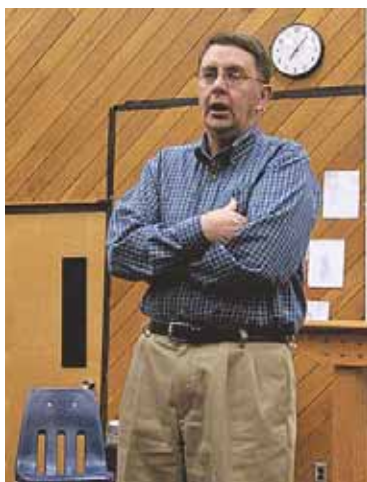
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A Connection Newspaper



Sully District Supervisor Michael Frey discusses Fairfax County's financial picture.



Fairfax County CFO Susan Data: "We've turned over all the rocks."



FCPS CFO Susan Quinn says the schools are facing a \$44.7 million shortfall.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Plain Talk about County Budget

FROM PAGE 1
thousands of students a year."

Susan Data, head of the county's Office of Management and Budget, said sequestration could result in cuts in services for local residents. "Programs are in jeopardy," she said. "A large portion of our economy is based on federal employment and government contracting. When people are furloughed and lose a day of pay, they buy less and the county receives less tax revenue."

"We've made a lot of adjustments and turned over all the rocks," said Data. "And people's anticipation of what's going to happen because of sequestration has led to flat growth in the economic sector. [But] people live here and businesses locate in Fairfax County because of who we are and [what we offer], so we have to protect it."

The county's proposed FY 2014 budget is \$7 billion.

Real-estate taxes comprise 62.4 percent of the county's revenue; and in 2014, the county expects a 3.5 percent revenue increase, based on a recommended 2-cent real-estate tax increase.

"But commercial properties — which grew 8.2 percent the year before — are anticipated to only grow by .14 percent," said Data. "Businesses are reluctant to make major moves and investments. And we're seeing much lower rates of leasing until businesses know what the effects of sequestration will be. Spec buildings are being built, so that's a good sign, but we'd like to see even more of them."

She said the county's nearly \$1.9 billion transfer to the school system is for school operations and debt service (on past school bonds). But, she added, "The county also pays another \$70 million for things not in the school budget, such as clinic aides and SROS."

Public safety and human services get the next largest slices of the county budget pie, and no pay increases are foreseen for county employees.

FCPS CFO Susan Quinn spoke next, detailing the school system's needs. The county proposes giving the schools \$41.3 million more than it gave them in FY 13. This figure equates to the entire amount the 2-percent real estate tax rate increase would yield.

But the School Board is requesting an additional \$95.4 million over last year's transfer — or \$54.1 million more than the county has in mind. And even though FCPS has updated its beginning revenue projections, said Quinn, "We're still left with a gap of \$44.7 million."

"Over 85 percent of our funds go toward instruction," she said. "Then come transportation, building maintenance and central-office support. By the end of 2014, the schools will have added 15,000 more students over the past five years, costing more than \$170 million."

Along with the enrollment hike, said Quinn, more children will need free and reduced-price lunches and there'll be more ESOL and special-education students. Furthermore, she said, "More kids are coming into the schools at the lower grades than are graduating, so we're adding 300 positions to accommodate the growth."

Further complicating things is a Virginia Retirement System (VRS) cost shift from employer to employee. "In the past, the school system picked up the employee portion of retirement," said Quinn. "But if the employees pay for it, we have to increase their salaries. So we gave them a 2-percent increase in the past — meaning we have to pay benefits at a higher cost, which is \$16.6 million total."

Basically, she said, "It's a perfect storm. We're going to have significant challenges, moving forward; our revenue is decreasing and costs and student population are going up. And 2015 looks just as bleak — everything's coming at us, all at once."

The supervisors will hold public hearings on the proposed budget, April 9-11, followed by an April 23 mark-up session and budget adoption on April 30. Public hearings on the School Board's budget will be May 14 (and May 15, if necessary), followed by a May 16 work session and May 23 budget adoption.

"We're in this together, so go to the public hearings and tell the supervisors what you want in the school system and what programs you care about," Smith told the meeting attendees. But, she reminded them, "The county has services it has to pay for, too."

"More kids are coming into the schools at the lower grades than are graduating, so we're adding 300 positions to accommodate the growth."

— FCPS CFO Susan Quinn

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BULLETIN BOARD

THURSDAY/MARCH 21

Talk. 7:30-9 p.m. at Centreville Regional Library. Chris Sperling will reveal some of the finds unearthed by the ongoing excavation of Cholchester, an 18th century port on the Occoquan that pre-dates Alexandria and was once connected to Centreville by the old mountain road (now Cholchester and Bradock Roads). Visit www.centrevilleva.org.

FRIDAY/MARCH 22

Registration Open House. 9:30-11:30 a.m. at Clifton Children's Academy, 14315 Compton Road. Parents and children can tour the school and register for fall 2013 and summer camp. RSVP at www.childrensacademy.com or 703-968-8455.

SATURDAY/MARCH 23

Art and Silent Auction. 7 p.m. at Westfields Marriott, 14750 Conference Center Drive. Tickets are \$25 online or \$30 at the door, with discounts for multiple tickets. Held by Homeless Animals Rescue Team. Visit www.hart90.org for more.

Grand Opening. 8 a.m. at Sports Authority, 13031 Fair Lakes Shopping Center. The first 250 customers will receive "mystery bucks" worth \$5-\$500, plus \$100 cash drawings from 9 a.m.-6 p.m. Washington Redskins cornerback Josh Wilson will be at the store from 1-2:30 p.m.

MONDAY/MARCH 25

Greenbriar Garden Club. 7:30 p.m. at Greenbriar Community Center, 4615 Stringfellow Road. Join for a presentation Master Gardener and Pilates instructor Carol Goldberg Her presentation covers the basics of Pilates exercise and its value to gardeners as one way to strengthen the torso—the body's "core" to create strength and stability and pain free gardening.

TUESDAY/MARCH 26

Community Passover Seder. 6 p.m. at Temple Beth Torah, 4212-C Technology Court. Menu includes ritual Seder items, gefilte fish, Matzoh ball soup, roast chicken, vegetables, kosher wine/juice and Passover desserts. Adults and children over age 13 - \$20; Children 12 & under - \$10; Children under 3 - free. Visit www.bethtorah.net.

SUNDAY/MARCH 31

Information Session. 2 p.m. at Fairfax County Animal Shelter. Learn how to become a volunteer or foster parents. RSVP to kristen.auerbach@fairfaxcounty.gov or 703-324-

0208.

FRIDAY-SUNDAY/APRIL 5-7

Weekend Conference. General sessions aimed at people in grade 7 through adult; student sessions and more at Centreville Baptist Church. Nursery for ages 0-4 available on a first-come, first-serve basis. Visit www.cbvva.org/aig for more information.

SATURDAY/APRIL 6

Clean Up. 9 a.m.-noon at Colin Powell Elementary School, 13340 Leland Road. Help clean up the area around the school. Trash bags will be provided. Heavy work gloves suggested.

TUESDAY/APRIL 9

Civil War Discussion. 7 p.m. at Sully Historic Site. Angie Atkinson will discuss the second day of the battle at Gettysburg, including Little Round Top and Devil's Den. Donation of \$5 will be accepted for Sully Historic Site. Reservations required, 703-437-1794.

WEDNESDAY/APRIL 10

Kindergarten Registration. 8:45 a.m. at Deer Park Elementary. Parents can learn about the program and then complete the paperwork. To receive a packet in advance, 703-802-5000.

MONDAY/APRIL 15

Kindergarten Registration. Prospective parents of children who will be 5 years old on or before Sept. 30 should call Brookfield Elementary School at 703-814-8700 to make a registration appointment.

Program. 7 p.m. at Greenbriar Community Center, 4615 Stringfellow Road. WFCWC hosts "Aging with Flair." Free. Learn strategies for being an active participant in a healthy future. 703-631-7093.

MONDAY/APRIL 22

Kindergarten Registration. 2-4 p.m. at Colin Powell Elementary School. Visit www.fcps.edu/start/kindergarten.htm for forms and information.

MONDAY/APRIL 29

Kindergarten Orientation/Registration. 2 p.m. at Greenbriar East Elementary. 703-633-6400.

Kindergarten Orientation. 1:30-3:30 p.m. at Cub Run Elementary. Parents will meet teachers



Special Visitor

The Ed Lang Team will be bringing the Easter Bunny to this year's Easter Egg Hunt in Greenbriar Commons Park at 1 p.m., March 23. The Ed Lang Team, which includes Ed Lang and marketing specialist Robin Hoffman, will be surprising children and families in the Greenbriar area by providing a free photo opp with the Easter Bunny. This event is put on every year by Greenbriar CA. If residents living outside the community wish to attend, call Hoffman at 703-818-9603 for information.

and kindergarten students will visit the classroom. Call 703-633-7500 for forms.

FRIDAY/MAY 3

Kindergarten Orientation. 9:15-10:15 a.m. at Poplar Tree Elementary. Children who will be 5

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

before Sept. 30 can register. 703-633-7400 for information.

MONDAY/MAY 6

Kindergarten Orientation. 1:30-3:30 p.m. at Cub Run Elementary. Parents will meet teachers and kindergarten students will visit the classroom. Call 703-633-7500 for forms.

TUESDAY/MAY 14

Civil War Discussion. 7 p.m. at Sully Historic Site. Matt Atkinson will discuss the final day of the battle at Gettysburg. Donation of \$5 will be accepted for Sully Historic Site. Reservations required, 703-437-1794.

MONDAY/MAY 20

Kindergarten Orientation. 2:30-3:45 p.m. at Greenbriar West Elementary School. 703-633-6700.

TUESDAYS AND/OR THURSDAYS

Senior Fall Prevention Classes. 1:30-2:30 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. At The Woodlands Retirement Community, 4320 Forest Hill Dr. Registrations are required. Call 703-667-9800 to register as space is limited. Cost is \$10 per class.

VOLUNTEERS NEEDED

Respite Care Volunteers. Give a family caregiver of a frail, older adult a break so they can go shopping, attend a doctor's appointment or have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/vol_ombud_program.htm.

The Stuart-Mosby Civil War Cavalry Museum at 13938 Braddock Road. is now open, Saturdays and Mondays, 10 a.m.-4 p.m. Docents and additional volunteers needed, plus people willing to donate or loan artifacts. Call Don Hakenson at 703-971-4984.

Ruby Tuesday Holding Fundraiser for WFCM

BY BONNIE HOBBS
CENTRE VIEW

If area residents eat a meal at a particular Chantilly restaurant next week, they can help feed hungry families in the local community. That's because Western Fairfax Christian Ministries (WFCM) and Ruby Tuesday are partnering to make it happen.

To help raise money for its programs that help local families in need, WFCM is participating in Ruby Tuesday's Give Back community program. From Friday-Sunday, March 29-31, customers presenting a flyer to their server will have 20 percent of their purchase cost donated to WFCM. (The flyers may be printed from www.wfcmva.org).

The effort is called "Take a Bite out of Hunger," and is being held at the Ruby Tuesday at 13915 Metrotech Drive in

Chantilly. For directions to the restaurant or to view the menu, go to www.rubytuesday.com. To make reservations, call 703-818-3713.

"Many people continue to go hungry in our community, and many people need a little help to make ends meet," said WFCM's Community Outreach Manager Jennie Bush. "Financial support is vital to WFCM so that we can help those neediest in our community stay in their homes and feed their families."

She said the organization can't carry out its programs that aid others without the generosity of the local community. "We appreciate whatever size gift anyone is able to share," said Bush. "By participating in 'Take a Bite Out of Hunger' at Ruby Tuesday's Give Back nights, people are providing financial support for WFCM."

In February, she said, WFCM served 332 families with food. Clients are able to shop

at WFCM's food pantry once a month, and Bush says that opportunity does more for them than just fill their stomachs. "We know we are helping a great deal because they can then use the money they would have spent on food for that week toward a utility bill, rent or even gas for their car so they can go to work," she said.

Last year, WFCM's food pantry received \$589,801 of in-kind donations of non-perishable and perishable food. "The value is calculated based on the IRS value for in-kind donations, which is \$1.61 per pound. And these donations keep the pantry in business.

"Many people may not know that we accept perishable donations for our food pantry," said Bush. "Our clients love to get fresh produce, and some of their favorites are apples, oranges, potatoes and broccoli." "We used to have a grant for milk, eggs and meat but, unfortunately, those

sources have been used." "So we hope that, the next time area residents shop, they'll also pick up a bag of produce to share with our pantry." "Our clients would be so grateful."

Meanwhile, she's hoping for a large turnout at the Ruby Tuesday fundraiser. "Financial support is vital to Western Fairfax Christian Ministries to help our neighbors in need achieve financial stability," said Bush. "We cannot administer our programs without community support, and we appreciate our community participating in this event."

WFCM's food pantry is at 13888 Metrotech Drive. Food donations are accepted Monday-Friday, 9-11 a.m. They should be brought to the rear of the building via the access road behind Papa John's Pizza. For alternate donation times, contact Terri Kelly at tkelly@wfcmva.org.



PHOTO COURTESY OF THE HEIGHTS SCHOOL

Local musicians and music educators say parents can encourage and inspire children's musicality with simple activities at home.

The Sound of Music

Enhancing your child's music education during Music in our Schools Month and beyond.

BY MARILYN CAMPBELL
CENTRE VIEW

From the powerful sounds of a high school band to the soothing melodies sung in a kindergarten music classroom, local music educators are using the month of March to raise awareness of the benefits of learning music.

In fact, the National Association for Music Education (NAfME) designates March as Music In Our Schools Month, and local music educators echo the significance of the annual celebration.

"The reason Music in our Schools Month is so important is because it heightens awareness ... that school music programs help provide important and healthy musical alternatives to the sometimes disturbing messages that children inadvertently hear in the ... music they may encounter in popular culture," said Brian C. Wuttke, Ph.D., director of music education at George Mason University in Fairfax.

Even if formal music lessons are not an option, local musicians and music educators say that parents can encourage and inspire their children's musicality with simple activities at home. "Research suggests that parental involvement in a child's music activities can not only pique a child's interest in music, but it can positively impact motivation and achievement in music," Wuttke said.

So how can parents support a child's musical talent or interest? "I think playing music with your kids would be the number one way to enhance their musicality," said Elizabeth Lasko of the National Association for Music Education. "Of course, a parent may not play an instrument, but there is always singing."

Lasko encourages parents to allow children to experiment with instruments. "As kids, we used to sing with our grandmother's player piano," she said. "Singing with recorded music is another option. Learning songs from different eras and genres can

open up new worlds to kids." According to Lasko, inexpensive percussion instruments like shakers or tambourines can help children develop rhythm while having fun.

"Music education is as important as math and science because it is all related," said Kevin Strother, Ph.D., Music Department head, The Heights School in Potomac, Md. "Without the arts, education is incomplete and the student is not whole. Without music education, math and science are not seen in a complete picture. How else do you teach a student to think and create? With the arts, music and other forms, we can teach our students to think, create and imagine."

Shannon Melideo, Ph.D., chair of the Education Department at Marymount University in Arlington, says exposure to music should be a priority. "[It] is critically important," she said. "Sure, you want them to listen to 'your music' as a parent, but listen to as much diverse music as possible and talk about it informally."

Lasko agrees and encourages parents to look for local performances that are designed for young audiences. "Lots of children love to attend musical performances that are geared toward their own age, especially if there is fun interaction between the performers and the audience," she said. "Many communities offer inexpensive performances. Some [are offered] at schools. Seeing kids their own age or slightly older perform music can be very inspiring for children."

Parents don't even have to leave home to find musical inspiration. "For young children, simple, everyday household items can be used to make a functional musical instrument that the child can decorate and compose a song on," said Wuttke.

He added that parents should encourage their children to participate in school music programs. "Praise the student for their efforts," he said. "Ask the student to sing or play a song on an instrument they are working on in school for family members."

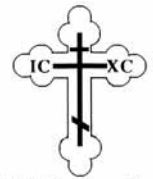
Finally, technology offers convenient options. "There are many iPad applications, for instance, that are musical in nature and help kids learn about different instruments and how to record music," said Lasko.

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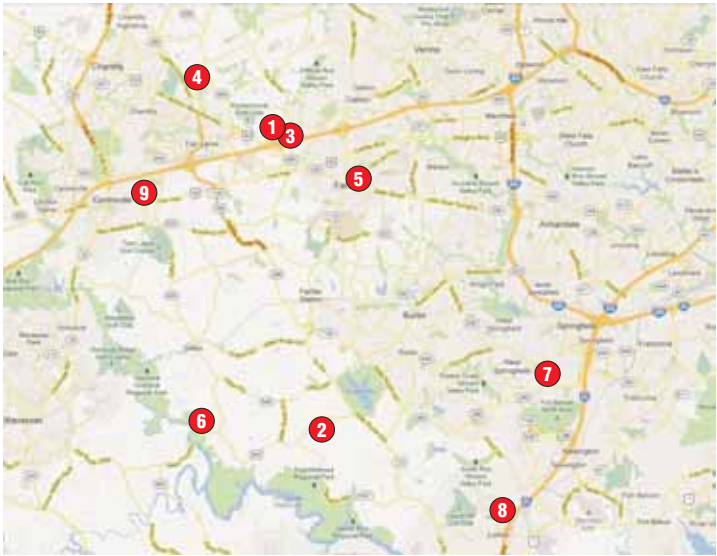
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Auditions

Creative Dance Center's Chantilly Studio has opened auditions for its award-winning Competition Team's 2013-2014 competitive season. Dancers should have a strong background in ballet and jazz in order to audition for the team. Interested audition participants must call the Chantilly Studio at 703-378-1800 to reserve a space and receive an audition time. Visit us at <http://www.CDCdance.com/>

Fashions, Music and Silent Auction

FROM PAGE 3

said. "They're silent angels; you don't hear much about them. But they help at disasters, all over the world; and when other charities leave, they remain. And there are so many families in Fairfax below the poverty level, and the Salvation Army helps them in many ways."

Sylvia Laiti of Clifton and Clara Richcreek of Fairfax are the Auxiliary's co-presidents. "When I started as the fashion-show chairman, 21 years ago, we had 25-30 Auxiliary members," said Laiti. The number's now smaller, so she admires their efforts in putting on this event. "They work hard," she said. "But we have a faithful group of women who come to this show every year and support us so we can make a donation to the Salvation Army."

And it's greatly appreciated by Majors Janice and Earl Fitzgerald who run the Fairfax branch. Janice

said the Auxiliary's monetary contributions help send 65 children in need to a weeklong summer camp, purchase backpacks and school supplies for them and fund weekly, community-youth programs at Salvation Army headquarters at 4915 West Ox Road. Besides tutoring and recreation, there's also a Gospel Arts music program.

"We provide the instruments and teach children to play piano, guitar and brass instruments," said Janice Fitzgerald. "There's also instruction in dance and puppetry. Volunteers and staff teach about 50 students, and the Auxiliary gives us every bit it raises for all these programs."

In this tough economy, she said, "Budgets are tightening and donations are decreasing. So it would be hard for us to continue to do all these things without the Auxiliary's financial support. It's wonderful, and we appreciate the ladies and all they do."

ROUNDUPS

FROM PAGE 3

Sully Place Shopping Center.

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 Foun-

dation.

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.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711.

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Westfield Baseball Struggles Against McLean

Bulldogs lose two after beating Woodbridge in opener.

BY JON ROETMAN
CENTRE VIEW

The McLean batting order isn't loaded with sluggers, but the Highlanders showed Saturday that strong pitching and putting the ball in play is enough to get the job done.

The McLean baseball team earned its first win of the season on March 16, beating Westfield 4-1 at Westfield High School. The Highlanders totaled seven hits — including six singles — and struck out just three times. Meanwhile, the Bulldogs committed five errors, including four in the third inning, which led to three McLean runs.

Four runs were plenty for McLean starting pitcher Joey Sullivan. The junior right-hander allowed one earned run and five hits while walking one and striking out eight in six innings. Westfield put two runners on base in the bottom of the sixth, but Sullivan got out of trouble with a strikeout and a fielder's choice.

"Joey Sullivan has got a big-time arm," McLean interim head coach Ray Zdancewicz said. "He just came out and did a super job. Getting him on the mound, throwing strikes, kind of putting them on their heels a little bit and getting that run early kind of set the tone a little bit.

"We just did what we've been preaching pretty much from Day One ... to put the ball in play. Be tough two-strike hitters because we don't have anybody that's going to knock the ball out of the park — we have maybe one guy that even has the chance — so we need to be a little tougher and be productive."

McLean took a 1-0 lead in the top of the second. Senior Jack Fant led off the inning with a single and, two batters later, fresh-



Westfield senior catcher Patrick McLaughlin swings against McLean on March 16.

man outfielder Matt Collins delivered a two-out, run-scoring single.

"[McLean] put it in play, that's the biggest thing," Westfield head coach Chuck Welch said. "They put it in play and we didn't. I give them a lot of credit for [what] they did. I thought they did a tremendous job. We certainly didn't make all the plays, but in high school, if you put the ball in play hard, your chances are pretty good of something happening ..."

Welch wasn't pleased with any aspect of the Bulldogs' performance.

"There was nothing that we did well," he said. "We didn't run the bases well, we didn't throw well, we didn't pitch overly well [and] at the plate we were terrible. ... This was not good for us, but it's all a learning

experience. We're a young team and hopefully we can bounce back."

Junior Lorenzo Allensworth started on the mound for Westfield. The right-hander allowed four runs — one earned — and three hits in three innings while walking one and striking out three. Welch pulled Allensworth after three innings due to the VHSL pitching regulations that came into effect this season. Allensworth pitched four innings against Woodbridge on March 12. The regulations state if a pitcher throws four to seven innings in a day and then pitches again on three days of rest, he is limited to three innings.

"That's the whole new pitching rule rearing its head," Welch said about taking Allensworth off the mound after three in-

ing out of the back and beat several midfielders before laying a through ball to Centreville's speedy forward, junior Jenna Green, who pulled away from the defenders flanking her to set up a 1-on-1 with the Yorktown keeper. Her goal put the Wildcats up 1-0 going into halftime.

Second half play featured more of the same back-and-forth play, and Yorktown evened the score about halfway through. The tie stood through the end of regulation, leading to a 10-minute overtime period. As time ran down, the 'Cats found themselves with a sustained attack inside the Yorktown penalty box, and after a number of shots were deflected, junior Madi Simons found a crease and slotted a ball to the bottom left corner of the net. The Yorktown keeper dove to stop it but it rolled off her fingers, hit the post, and rolled in to the goal with 16 seconds left on the clock. Yorktown's last desperate attempt to tie the game was stymied by goalkeeper Tori Collar, who will play for Liberty University next year. Collar wisely used the time allotted to her, holding the



Westfield junior Lorenzo Allensworth pitches against McLean on March 16.

nings, "which I think is stupid."

Offensively, sophomore Kenny Barry had an RBI double for Westfield. Allensworth, senior Patrick McLaughlin, sophomore Mason Scoville, junior Kyle McGill and senior Corey Banks each had a single.

Welch said he's looking for the team's four seniors — catcher McLaughlin, outfielder Banks, infielders Johnny Gullette and Ryan Wittman — to step up this year.

Westfield opened the season with a 4-0 victory against Woodbridge on March 12. The Bulldogs lost to defending state champion Lake Braddock 5-1 on March 14. The Bulldogs faced Loudoun Valley on Wednesday, after Centre View's deadline. Westfield will participate in a tournament in Myrtle Beach, S.C., March 25-29.

ball and finally punting it as time expired.

Centreville Softball Shuts Out South Lakes

The Centreville softball team opened its 2013 season with a 9-0 win over the Seahawks from South Lakes High School on Friday night, March 15, at Wildcat field.

The Lady Wildcats won the game behind a strong pitching performance from sophomore Gretchen Kernbach, who struck out 12 batters and gave up three hits in seven innings of work. South Lakes came into Friday's contest with a 2-0 record, but the Wildcat hitters were too much for them to handle. Senior left fielder Lauren Knoble led the Wildcats with three hits and three RBIs.

Junior catcher Macy Luck and Kernbach each contributed two RBIs. Junior center fielder Morgan Yi provided two additional timely hits. For the night Centreville had 10 hits, including two doubles, and played error-free ball on defense.

CVHS SPORTS REPORT

Centreville Boys' Soccer Beats Woodson

Centreville's soccer teams opened regular season play last week. Both teams are looking for good seasons behind strong senior classes augmented by solid juniors and promising younger players.

Due to scheduling conflicts, the boys played at Woodson on Wednesday, March 13 while the girls were idle. Woodson's boys' team is garnering a lot of attention as one of the early favorites in the region, but the Wildcats showed they should not be overlooked, knocking home the lone goal of the game when Johnny Rios laid a hard shot off his left foot into the lower right corner of the goal in the game's 60th minute. For the final 20 minutes the 'Cats, and particularly the back line of Sean Kelly, Matt Hambricht, Chris Winans, Phil Falke and goalkeeper Jason Hoernke, staved off the speedy Cavaliers and preserved the one-goal win.

On Thursday, March 14, the team played its home opener, welcoming the Yorktown Patriots to Centreville. While the boys played hard, the speedy Yorktown team was able to capitalize on a 'Cats mistake to score the only goal of the night.

Boasting 11 seniors, the Wildcats, behind second-year coach Steve Lee, look like a team to watch this spring.

Centreville Girls' Soccer Defeats Yorktown

The Centreville girls' soccer team is led by six seniors, five of whom have committed to college soccer teams. On Wednesday night, March 14, the Wildcats traveled to Yorktown High School. The girls expected a tough game, and Yorktown gave it to them, with periods of sustained attack on both ends of the field punctuated by long segments of midfield battles. Defender Clara Logsdon, who will play her college ball for William & Mary next year, found space com-

SCHOOLS



Eating Right

The Washington Capitals mascot Slapshot visited Union Mill Elementary on Feb. 7, to deliver a message of fitness, fun, and nutrition to the students. Using music, dancing, and games, Slapshot and his buddy DJ Jarrod led two "Feeling Great" assemblies about the importance of eating the right foods and playing for 60 minutes a day.



Learning Baseball Skills

Baseball coaches and volunteers from the Southwestern Youth Association (SYA) came to Union Mill Elementary on Jan. 31, and Feb. 1 to help students learn baseball skills during their physical education classes. All students in grades K-6 had the chance to practice throwing, batting, pitching, and catching at several stations in the gym.

SCHOOL NOTES

The following students were named to the dean's list at Virginia Tech for the fall semester: **Mary A. Garifo** is a freshman majoring in environmental resource management in the College of Natural Resources and Environment. **Daniel W. Garmon** is a sophomore majoring in economics, business in the Pamplin College of Business. **Kathleen M. Gately** is a senior majoring in music in the College of Liberal Arts and Human Sciences. **Kayla M. German** is a senior majoring in human development in the College of Liberal Arts and Human Sciences. **Cameron S. Gibson** is a freshman majoring in university studies. **Gabriela A. Gutierrez** is a sophomore majoring in finance in the Pamplin College of Business. **Stephen R. Hiemstra** is a junior majoring in electrical engineering in the College of Engineering. **Amit Ishairzay** is a freshman majoring in general engineering in the College of Engineering. **Caitlin P. Keese** is a sophomore majoring in Animal and poultry sciences in the College of Agriculture and Life Sciences. **Elissa E. Kim** is a sophomore majoring in university studies. **Su Yeon K. Kim** is a sophomore majoring in interior design in the College of Architecture and Urban Studies. **Tony Kim** is a junior majoring in finance in the Pamplin College of Business.

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

The following students were named to the dean's list at Virginia Tech for the fall semester: **Andrew H. Kwon** is a freshman majoring in university studies. **Francis X. Lackman** is a sophomore majoring in finance in the Pamplin College of Business. **Erika L. Larson** is a sophomore majoring in interior design in the College of Architecture and Urban Studies. **Jeffrey K. Lawall** is a sophomore majoring in business information technology in the Pamplin College of Business. **Michael R. Lazear** is a sophomore majoring in biochemistry in the College of Science. **Seehoon Lee** is a junior majoring in civil engineering in the College of Engineering. **Andrea M. Martello** is a sophomore majoring in communication in the College of Liberal Arts and Human Sciences. **Kyle M. McLaughlin** is a sophomore majoring in finance in the Pamplin College of Business. **Kacey E. McMahon** is a junior majoring in marketing management in the Pamplin College of Business. **Kaley A. McManamay** is a junior majoring in finance in the Pamplin College of Business. **Meghan S. McPherson** is a freshman majoring in university studies. **Nirali Y. Mehta** is a senior majoring in human nutrition, foods and exercise in the College of Agriculture and Life Sciences.

The following students were named to the dean's list at Virginia Tech for the fall semester: **Ryan A. Sweet** is a junior majoring in biological sciences in the College of Science. **Ian B. Van-Pelt** is a freshman majoring in biological sciences in the College of Science. **Rebekah Watkins** is a sophomore majoring in biochemistry in the College of Science. **Christina A. Wingfield** is a junior majoring in hospitality and tourism management in the Pamplin College of Business. **Lauren M. Yates** is a freshman majoring in business in the Pamplin College of Business. **Jocelyn Zavala** is a sophomore majoring in business information technology in the Pamplin College of Business. **Kyle J. Perry** is a sophomore majoring in building construction in the College of Architecture and Urban Studies. **Alexander C. Fagan** is a senior majoring in finance in the Pamplin College of Business. **Eunbeul An** is a sophomore majoring in biological sciences in the College of Science. **Shikha Bhatia** is a senior majoring in biological sciences in the College of Science. **James H. Byun** is a junior majoring in biological sciences in the College of Science.



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Just Wondering

By KENNETH B. LOURIE



Having never attended medical school (and not really having had the grades or commitment to do so), and having only completed 10th-grade Biology and freshman-year Astronomy, and rarely even driven by a medical school growing up, my understanding and/or instincts regarding how a medical professional plans and/or prepares for his day is as foreign to me as sugar-free chocolate (if I'm going down, I'm going down swinging; in truth however, considering the anti-cancer, alkaline diet I'm following, I do need to swing a little less frequently).

Nevertheless, having had multiple appointments with doctors/health care professionals over these last four cancer-centric years, I've often wondered how much preparation occurs before each appointment. There's a schedule certainly, but does the doctor review it daily/weekly – in advance, to determine the course of his possible action/discussion with the patient? And if so, does he review/study/research said patient's medical chart/history to better prepare for these discussions or does he sort of "wing it," professionally speaking, and instead wait to hear what the patient has to say? Moreover, if there's been lab work, diagnostic scans, etc. completed previous to the appointment, does the doctor receive indications – electronic or otherwise, before the appointment, with enough time to evaluate the results/read the reports or does he see it for the first time sometime during the day of the appointment? And while this curiosity exists in my head, is the doctor likewise preoccupied (even a little bit) with my ongoing health situation beyond the 30 minutes or so we spend together every few months or his time too precious, respectfully speaking? I realize he's busy, but do I rank in his file? And if so, what does he know and when did he know it?

Not that I've ever felt unknown or disrespected when visiting either my primary care doctor or my oncologist, but I have felt a little distance when I've seen specialists: pulmonary, thoracic, nephrology, surgery, to whom I've been referred, who previous to seeing me face-to-face had never met and/or spoken to me. Now I never took it personally; I took it professionally, as in: I suppose this is the process. However, how do they know a patient they don't know, let alone advise with proper consent?

Over time though, my thinking has evolved. Now I'm thinking/wondering if they are even supposed to prepare for me – and not by reading my file for the first time when I'm sitting on an examining table directly across from them or through study the night before, but at all? Perhaps my situation – as serious as it is to me, is not as serious to the doctor? And by that I mean, he's not ruled by his emotions – he's not terminal, that I know of, anyway. It's just another day at the office – so to speak. I understand that he likely has many patient histories on his mind/in his head and focusing/preparing too much for one somehow has adverse consequences for the others. Maybe the treatment protocols, as complicated as they are to me, are fairly mundane to the doctor and don't require that much homework, so discussing my chart as he reads it for that first time is no big/complicated deal and standard operating procedure?

I've actually experienced this sensation a couple of times with my oncologist. When I was a more frequent visitor to the Infusion Center – every three weeks, occasionally I would see him tending to other patients; he didn't seem to know I was going to be infused that day (in fairness, the infusion appointment does not directly involve the oncologist), even exhibiting surprise at my presence. Still, I would more often than not ask him a question about my specific health situation.

However, if I didn't have a non-infusion appointment scheduled that day, he wasn't comfortable answering my questions. He would say: he wasn't prepared to answer the question. Apparently, he couldn't pull my information out of thin air. I came to understand and accept that if it wasn't my day to be examined, it wasn't a good day to ask him health-related questions about yours truly.

Still, I wonder, as much from lack of knowledge as anything: are my expectations unreasonable? I know, in my head anyway, as concerns my cancer treatment, it's all about me. But what about in my oncologist's head? Am I on his radar or am I out of sight, out of mind? And if so, is there any harm in that, or is it just me wondering too much about too much (the bane of this cancer patient's existence)?

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

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NEWS

Residents Comment on Intersection

FROM PAGE 4

do this."

But Supervisor Michael R. Frey (R-Sully) said most of that transportation money would be for interstates and primary highways and for 2014 and 2015. "We're not going to count that money until it comes," he said. "And the S-curve may not be where the money falls."

Saying he often drives to Leesburg in the morning, Virginia Run's Jim Hart said, "Some mornings, Route 50 traffic is backed up to the Fairfax County Parkway. So improving this intersection without telling us how much more Route 50 east traffic would be attracted to it may not be an improvement for us. At least now, we can dribble through to go north on Pleasant Valley. So how does this help us?"

"It's a horse trade," answered Tiesler. "This isn't meant to be a panacea. It's really hard to say how much more traffic will shift back to Braddock from Route 50. [This intersection's] congested now, but people still wait and use it. We're trying to fix a hot spot that's been a thorn in everybody's side for a long time."

Hart said that intersection floods now and "the ditches get full of water. It seems to me there'd be more water with more pavement."

"We'll slightly raise the intersection and put pipes beneath it," replied Cutler. "But it's complicated because we also don't want to damage the ecosystem there. It's a balancing act."

Still, McConn said the whole area should be considered in the plan "because this'll impact everyone." But Frey said Fairfax County got the same arguments when it first proposed widening Poplar Tree Road and putting double left-turn lanes on Stone Road.

"Prince William and Loudoun traffic is going to come through us and, if we do nothing, they'll overwhelm us," he said. "This is an incremental improvement, but it's something. Other road projects — Route 606 in Loudoun and Route 50 here — will all help the situation. That's the nature of progress. And the concerns you all have will be taken into consideration."

But Trosciancki said the residents are just asking VDOT to think things through. "Our questions need to be answered more adequately," he said.

Cutler said they'd like to return in early fall with a preliminary design, plus some answers to the community's questions. He'd like construction to start in 2014 and said it could take a year to finish.

Meanwhile, residents' comments may be sent to Frey at the Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly, VA 20151 or at Michael.Frey@fairfaxcounty.gov, and he'll relay them to VDOT.

ENTERTAINMENT

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

ONGOING

Easter Bunny Returns. Through March 30, children can take pictures with the Easter Bunny at Fair Oaks Mall during mall hours. Pet photos will be available Saturday, March 23 from 8-9:30 a.m. and on Sunday, March 24 from 6-7:30 p.m. \$10 will be donated to the Fairfax County Animal Shelter with every photo package A ordered.

THURSDAY/MARCH 21

Tax Assistance. 6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

Guys Read. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Boys in grades 5 and 6 can participate. Call for title. Free. Registration required. 703-502-3883.

FRIDAY/MARCH 22

ESL Conversation Group. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can practice with others learning English. Free. 703-830-2223.

Easter Musical Drama. 8 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. See

"Christ Alone." Free. Visit www.jccag.org or 703-383-1170.

SATURDAY/MARCH 23

Tax Assistance. 10 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to a trained therapy dog, Dakota, a gentle giant Bernese Mountain dog. Reading is not required, but can read from a library book or already owned one. Free. Registration required, 703-502-3883.

English Conversation Group. 3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can talk with others learning English. Free. 703-830-2223.

Easter Musical Drama. 6 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. See "Christ Alone." Free. Visit www.jccag.org or 703-383-1170.

Fairfax Jubilaires Annual Show. 2 p.m. and 7 p.m. at Vienna Presbyterian Church, 124 Park St., N.E., Vienna. Features award winning quartets Da Capo, Epic and Speed of Sound. \$20. Visit www.fairfaxjubilaires.org for tickets.

Easter Bonnet Parade and

Contest. 10-11:30 a.m. at Fair Oaks Mall. Girls and boys age 12 and under can wear an original, humorous or international-theme home-made Easter bonnet. The judges will award a grand prize in three categories. Must register at event. Free.

SUNDAY/MARCH 24

Easter Musical Drama. 6 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. See "Christ Alone." Free. Visit www.jccag.org or 703-383-1170.

Easter Egg Hunt. 3:30 p.m. at Kings of Kings Lutheran Church and Preschool, 4025 Kings Way, Fairfax. Free, but free-will offering will be accepted. Enjoy hunts for different ages, games, story time and more. RSVP to jhangen@kofk.org. Visit www.kofk.org for more.

MONDAY/MARCH 25

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.

Sully Book Club. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "The Book Thief" by Marcus Zusak. Free. 703-830-2223.

Book Buddies. 2:30 p.m. or 3:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. First and second graders can enjoy a book discussion. Call for title. Free. Registration required. 703-502-3883.

Afternoon Adventures. 3 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Learn about chickens and meet a couple of real ones. For children age 6-12. Free. Registration required, 703-830-2223.

Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

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

TUESDAY/MARCH 26

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

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.

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

AARP Tax Assistance. 4-8 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Preference given to older adults. Free. 703-830-2223.

WEDNESDAY/MARCH 27

Toddlin' Twos. 10:30 a.m. and 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.

AARP Tax Assistance. 1-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Preference given to older adults. Free. 703-830-2223.

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.

A Novel Society. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "The Beautiful Cigar Girl" by Daniel Stashower. Free. 703-830-2223.

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

THURSDAY/MARCH 28

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

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

Tax Assistance. 6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

FRIDAY/MARCH 29

English Conversation Group. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can talk with others learning English. Free. 703-830-2223.

SATURDAY/MARCH 30

Tax Assistance. 10 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

Easter Egg Hunt. 1 p.m. at Lord of Life, 13421 Twin Lakes Drive, Clifton. Children 10 and under can enjoy a hunt. Bring a basket. Free. Visit www.lordoflifeva.org or 703-323-9500.

SUNDAY/MARCH 31

Easter Eggstravaganza Egg Roll. 1-3 p.m. at Fairfax County Government Center, 12000 Government Center Parkway. Children up to age 11 can enjoy the egg roll. There will be a moon bounce, games, face painting, door prizes and more. Free. Visit www.jccag.org or 703-383-1170.

THURSDAY/APRIL 4


Concert. 7 p.m. at CVHS theater. Hear Russian choir Vita in Canto perform with conductor Yuly Kopkin. Free.

Communities of Worship

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

CENTREVILLE

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Holy Week
Centreville Presbyterian Church



March 24 Palm Sunday
8:45 and 11am

March 29 Good Friday
7:30pm

March 31 Easter
6:45, 8:45 and 11am

15450 Lee Highway
Centreville, VA 20120
centrevillepres.com
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Centreville
PRESBYTERIAN CHURCH

Easter CELEBRATION

"The Choice"
A Dramatic Musical for Easter
Saturday & Sunday, March 23 & 24, 6:00 pm
Free tickets required, please call the church office

Easter Services - Sunday, March 31

6:00 am	Sonrise Service
9:15 am	Celebration Service
11:00 am	Contemporary Service

CENTREVILLE BAPTIST CHURCH
15100 Lee Highway, Centreville, VA 20120
www.bcbva.org 703-830-3333

ANGLICAN
Church of the Epiphany...703-481-8601
Christ the Redeemer...703-502-1732
ASSEMBLY OF GOD
Centreville Assembly of God...703-830-1841
BAHA'I
Baha'i Faith...1-800-22-UNITE
BAPTIST
Centreville Baptist Church...703-830-3333
Chantilly Baptist Church...703-378-6880
Clifton Baptist Church...703-263-1161
Second Baptist Church...703-830-1850
Mount Olive Baptist Church...703-830-8769
Ox Hill Baptist Church...703-378-5555
BIBLE
Chantilly Bible Church...703-263-1188
Community Bible Church...703-222-7737
CATHOLIC
St. Andrew The Apostle Catholic Church...703-817-1770
St. Clare of Assisi Catholic Church...703-266-1310
St. Paul Chung Catholic Church...703-968-3010
St. Timothy Catholic Church...703-378-7461
St. Veronica Catholic Church...703-773-2000
EPISCOPAL
Church of the Epiphany...703-715-6070
St. John's Episcopal Church...703-803-7500
JEWISH
Congregation Yad Shalom...703-802-8901
Temple Beth Torah...703-263-2252

LUTHERAN
King of Kings Lutheran Church...703-378-7272
Lord of Life Lutheran Church...703-323-9500
St. Andrew Lutheran Church...703-830-2768
METHODIST
Centreville United Methodist...703-830-2684
Pender United Methodist Church...703-278-8023
Pleasant Valley United Methodist...703-327-4461
NON-DENOMINATIONAL
Centreville Community Church...703-580-5226
Christian Life Center...703-754-9600
Clear River Community Church...703-881-7443
Covenant Christian Center...703-631-5340
Fair Oaks Church...703-631-1112
New Life...703-222-8836
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Church of the Blessed Trinity...703-803-3007
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Young Saeng Korean Presbyterian Church...703-818-9200
UNITED CHURCH OF CHRIST
Wellspring United Church of Christ...703-257-4111