

FEBRUARY 6-12, 2014

25 CENTS NEWSSTAND PRICE



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Widening Route 29 from four to six lanes between Union Mill Road and Buckley's Gate Drive is one of the road projects receiving funding from Fairfax County. In photo, Route 29 vehicles near the Stringfellow Road intersection head home toward Centreville, late Tuesday afternoon, Feb. 4.

Road Projects Take Step Forward

Supervisors approve six-year transportation funds.

BY BONNIE HOBBS
CENTRE VIEW

The Fairfax County Board of Supervisors last week approved \$1.4 billion to fund transportation projects for FY 2015 to FY 2020. Among them were road, bicycle and pedestrian improvements in the local area.

In fall 2012, Fairfax County Department of Transportation (FCDOT) staff held nine public meetings countywide regarding county residents' transportation needs. It also conducted an online survey.

With the passage of House Bill 2313 by the Virginia General Assembly in spring 2013, Fairfax County was designated to receive an infusion of state transportation dollars. So FCDOT held additional public meetings in fall 2013 to garner community input to prioritize the unfunded transportation projects residents had requested in 2012.

The supervisors' approval of these and other transportation-project priorities, last Tuesday, Jan. 28, culminated a nearly two-year outreach called

the Countywide Dialogue on Transportation. The board's action will move many of these much-needed transportation improvements from the planning stage to the construction phase over the next six years.

Below are the local-area projects — some fully funded, some partially funded — that will now move forward:

♦ I-66 and Route 28:

Reconstruct portions of the existing interchange. Remove four traffic signals on Route 28 to enhance safety and improve capacity. A VDOT study is underway. VDOT already has \$50 million programmed for this project. Cost estimate: \$322 million. Six-year funding approved by FCDOT: \$54 million.

Widen and reconstruct westbound I-66 off ramp to northbound Route 28. Realign Braddock/Walney roads and construct overpass with ramp connection from northbound Route 28 to the new bridge. Provide new connections from Braddock to eastbound and westbound I-66, from Braddock to and from southbound Route 28, and from southbound Route 28 to eastbound I-66 (flyover).

This project extends Poplar Tree Road across Route 28 from Stonecroft Boulevard to Walney

SEE BOARD APPROVES, PAGE 5

How to Fix I-66?

More lanes, bus rapid transit, rail, spot improvements proposed.

BY BONNIE HOBBS
CENTRE VIEW

It's said that nothing's certain but death and taxes — but most of the time, traffic congestion on I-66 can be added to that list. So VDOT's seeking input from the public on how best to alleviate it.

Last Thursday, Jan. 30, in the Oakton High cafeteria, VDOT revealed 10 concepts identified by it and by the Department of Rail and Public Transportation to increase capacity within the I-66 Corridor. It also presented options for more travel-mode choices, improving troublesome interchanges, addressing spot safety

needs and making travel more efficient.

"This is the first of many meetings," said Paul Nishimoto, VDOT project manager with Mega Projects. "We'll also meet with the local politicians and, eventually, a decision will be made about which concepts should go forward."

He said no timeline has been established yet for when this decision will happen. Furthermore, said Nishimoto, "We also need to decide how these concepts could be funded." But whichever concepts are chosen will then be subjected to a Tier II Environmental Impact Study (EIS).

SEE RESIDENTS, PAGE 11



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Sully District Transportation Commissioner Jeff Parnes (on left) makes a point while Young Ho Chang, a VDOT consultant, listens. In background, at right, is Supervisor Pat Herry (R-Springfield).

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BONNIE HOBBS/CENTRE VIEW

Did Someone Say Chocolate?

Kelly Spann, of Centreville's Singleton's Grove community, enjoys a chocolate-covered banana and strawberry at the Taste of Chocolate. The event was part of the annual City of Fairfax Chocolate Lovers Festival, Feb. 1-2.



PHOTO CONTRIBUTED

Pat Herrity (on left) receives the award from the FCFT's Steven Greenburg.

Teachers Federation Honors Herrity

Supervisor Pat Herrity (R-Springfield) was honored Jan. 11 by the Fairfax County Federation of Teachers (FCFT). He received the organization's 2013 President's Award for "consistent advocacy, proactive communications and support of (FCPS teachers) over the past year."

Pleased by the recognition, Herrity said, "Teachers are the lifeblood of our schools. Since I took office, I have worked to focus our resources into the classrooms to help our teachers and our kids and to get the regulatory burden off of teachers so they can teach. I am honored to receive this award for supporting our teachers."

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SCHOOL NOTES

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Clifton resident, **Chelsea Janae Legendre**, has been named to the president's list at James Madison University for the fall 2013 semester. Legendre is a senior whose major is communication studies.

Randolph College has named **Allison Druffel**, of Centreville, a member of the class of 2015, to the dean's list.

Bailey Merrell, a pre-child/fam development major from Centreville, has been named to Georgia Southern University's dean's list.

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Countywide Transit Network Study

The Fairfax County Department of Transportation is conducting the Countywide Transit Network Study to determine the type of transit systems needed throughout the county over the next several decades. It includes a preliminary recommendation for enhanced transit in the Dulles Suburban Center linking the future Silver Line's Innovation Center Metrorail Station to points throughout the Dulles Suburban Center and into Centreville.

A meeting on this topic will be held Thursday, Feb. 6, from 7-9 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. There's an open house, followed by staff presentations at 7:30 p.m. For more information or to comment, contact Clara Johnson or Tarek Bolden at 703-324-1380. Or go to www.fairfaxcounty.gov/dpz/dullessuburbancenter/comments.htm.

Learn about Local CIS

The Fairfax County Police Criminal Investigations Section will take center stage at the next meeting of the Sully District Station's Citizens Advisory Committee. It's set for Wednesday, Feb. 12, at 7:30 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Explaining the type of work they do, CIS members will take the audience through a high-profile crime that happened in Chantilly – the costly and destructive vandalism of the Ahmadiyya Muslim Community's Mubarak Mosque.

The case detective will share intricate details of how he approached and solved this case using Facebook, fingerprints, DNA and more. It's a chance for local residents to get an inside look at how the CIS section works and what types of cases it handles. They'll also get to ask the detectives questions.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Feb. 13, 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.

WHS's Winter One-Act Play Festival

Westfield High is presenting its Winter One-Act Play Festival, next Thursday-Saturday, Feb. 13-15, in the school theater. All shows begin at 7 p.m. and most are student-directed.

Thursday, Feb. 13

❖ "The Dance," a comical piece about the struggles of high-school romance, directed by sophomores Catherine Crossett and Gabby Moses.

❖ "Jared," a physical play about suicide and depression, helmed by Westfield Theater Director Shannon Lynch.

Friday, Feb. 14

❖ "13 Ways to Screw up Your College Interview," a comedy about interviewing for college, directed by senior Colin Edner.

❖ "Suddenly Last Summer," a classic Tennessee Williams drama, directed by senior Hanna Soudah.

Saturday, Feb. 15

❖ "The Two-Character Play," an absurdist drama, directed by senior Julian Sanchez

❖ "The 25th Annual Putnam County Spelling Bee," a comedic musical that uses suggestions from the audience, directed by senior Zack Walsh. All seats are general admission. Tickets are \$10 for one show, \$18 for any two shows or \$25 for play festival package of all three shows. For more information, go to www.westfieldtheatreboosters.com.



Grocery Manager Alonzo Jordan checks the price tags on the salad dressings.



Deli person Cynthia Joyce with some of the store's signature, 9-ounce meat sandwiches.

New Grocery Opens in Fair Lakes

Features organic and all-natural products.

BY BONNIE HOBBS
CENTRE VIEW

A new grocery store, aimed at customers interested in buying natural and organic foods, has opened for business in Fair Lakes. It's called Mrs. Green's Natural Market and it's sandwiched between DSW Shoe Warehouse and World Market in the Fair Lakes Shopping Center.

It offers 100-percent organic produce, all-natural meats and dairy, artisanal baked goods, supplements, beauty-care, household, pet and baby products. And Regional Director Rick Hoffman believes it can hold its own against the nearby Whole Foods, as well as other grocery stores.

"We feel like we can bring a unique store to this area," he said. "We're not like a conventional grocery store — all our products are either all-natural or organic. So people can feel comfortable shopping here and not have to worry about pesticides, hormones, dyes or GMO items."

The 20,000-square-foot store opened to the public Jan. 24 and is the first Mrs. Green's in Virginia and the Washington Metropolitan area. It's a subsidiary of the New York-based Natural Markets Food Group, which operates more than 30 food-related businesses in the U.S. and Canada.

"We're very excited to bring the first Mrs. Green's Natural Market to the Washington area, and we're especially happy to make the wonderful community of Fairfax our first address here," said company CEO Robin S. Michel. "The desire among consumers to eat healthier food has become an important trend across the country."

"We source with local-area producers and farmers as much as possible," continued Michel. "And we hope residents will visit [our store] to experience for themselves what makes us unique and a place to explore and discover new, healthier foods and living."

Hoffman said several factors figured into the decision to locate here, including the large population and the availability of a site that was the right size. (It was formerly a furniture store and, when it closed, World Market took one half and Mrs. Green's moved into the other). And, added Hoffman, "We knew we could complement this shopping center."

The new store is open daily from 8 a.m.-9 p.m. and has more than 100 employees, almost all from the local community. Hoffman says Mrs. Green's is competitive in prices for its natural and organic items, and he's proud of all the store's offerings.

"Our produce and salad bar are all organic," he said. "Other stores, for example, won't have organic

strawberries and grapes, but that's all we'll have. We have close to 300 organic items in our produce department now — which is a tough time of year — and we'll have even more in the summertime."

Customers may purchase sustainable seafood and all-natural, grass-fed, Black Angus beef that's hormone and antibiotic free. And products in the all-natural bakery are made with no dyes or artificial preservatives.

"Most of it is locally made to fit our recipes," said Hoffman. "We even have a vegan chocolate cake and Cosmic Cookies high in protein and fiber and made with natural sugars. There are also lots of gluten-free, soy-free or nut-free items." The deli section also offers foods, including a variety of tamales and Chicken Tikka paninis.

"Every day, we'll have a special item on sale at a hot price," said Hoffman. "For example, we'll have Muffin Monday or Salad Bar Wednesday. Or our signature, 9-ounce meat sandwich — made with turkey, pastrami, beef or ham — that's normally \$9.99 will be \$5."

In addition, two registered dietitians are there every day. One can answer customers' questions and suggest foods to, for example, lower cholesterol or provide less sodium. And the other, also a yoga instructor, will teach yoga classes in the store's back room.

"We also have a massage therapist who'll give 10-minute massages for \$10," said Hoffman. "And we'll hold cooking classes for particular, dietary needs in our community room."

Besides promoting healthy and green products, Mrs. Green's is also pleased to help out its new community. Shortly after its Jan. 23 ribbon-cutting ceremony, it donated more than \$2,500 each to Life with Cancer and Food for Others.

So what do the customers think? "We're trying to eat more organic food, so it looks like a nice place to shop," said Erin Chubb of Little Rocky Run. "And the bakery looks good."

Diana Davila of Centreville's Singleton's Grove community was there last Wednesday, Jan. 29, to "pick up something for dinner." She liked the way the fruits and vegetables looked and said the avocados looked "really big and healthy. And the prices seem comparable to other grocery stores."

Dawn Beatty works at GMU so, she said, "I hear about what's trendy to eat from the young people there." Last week, she was buying maple-raisin-flax instant oatmeal plus coffee roasted in Floyd, Va., to send to her daughter at college.

For herself, she bought organic spinach and spring-mix lettuces.

"It's like whole Foods and Trader Joe's, but I'll be back because they have some good sales," said Beatty. "It's a big store and I like the idea that you can eat here, too, in their café."

OPINION

Few Thoughts on General Assembly Action

Yes, allow homeschool students access to programs in public schools.

It's possible that this is not the right bill exactly, and in general, we favor local control. But it is wrongheaded of public schools to force families into a take-it-or-leave-it position.

Families that homeschool their children are likely saving localities more than \$10,000 a year in operating costs and take some pressure off overcrowded schools. It makes sense that these students should not only have access to sports, if they can meet the requirements, but they should also have access to other extracurricular activities and even some classes.

Public schools need to provide for the best for all students in their jurisdiction.

This is HB63.

Are We Barbarians?

Testimony stated that on occasion the clothing of the person in the electric chair would burst into flames and the man throwing the switch for an execution feared the person being executed might burst into flames as well.

There have been problems acquiring the

drugs needed for lethal injection for execution, so the Virginia House of Delegates passed the following: HB1052 Method of execution. Provides that if the Director of the Department of Corrections certifies that lethal injection is not available as a method of execution, electrocution shall be used instead. House:

VOTE: PASSAGE (64-Y 32-N)

How local Northern Virginia delegates voted:

YEAS: Albo, Comstock, Hugo, LeMunyon and Rust.

NAYS: Brink, Bulova, Filler-Corn, Herring, Hope, Keam, Kory, Krupicka, Lopez, Plum, Sickles, Simon, Surovell and Watts.

EDITORIALS

Please No Hunting On Sundays

For those who enjoy a hike or a ride through the Virginia countryside, it's good to know that on Sundays during hunting season, one can still enjoy the outdoors without worrying about being mistaken for a deer. On Saturdays, vigilance, bright colors, loud talking and sometimes even jingle bells hung on clothing or saddles helps provide a sense of safety. This bill already passed the House of Delegates, and will likely proceed in the Senate.

Send Photos for Pet Centre View

The Pet Centre Vie, a bi-annual themed edition, will publish Feb. 26.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Can your dog catch a Frisbee 10 feet in the air, or devour an entire pizza when you turn your back for less than a minute? Do you volunteer at an animal shelter or therapeutic riding center or take your

pet to visit people in a nursing home? Tell us about your experience.

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog? Or take this opportunity to memorialize a beloved pet you have lost.

Send photos and identify everyone in the photo including the pets and tell us what is happening in the photo, and include your address (we will only print the town name).

Submissions should arrive by Feb. 19.

Email editors@connectionnewspapers.com, or submit photos and stories directly on our website at www.connectionnewspapers.com/pets/.

LETTER TO THE EDITOR

Paying for Schools

To the Editor:

Every year this paper publishes liberals' letters about the Fairfax County school budget, which increases yearly without exception. One year it is teacher pay, the next year class enrollment, this year renovation costs.

The implication is that if the schools don't get what their administrators demand, Fairfax County will collapse. This despite a continuous decline in student performance. Further-

more, there is no quid pro quo; it is my way or the highway by those who claim sanctimonious justification.

However, like the Federal government, no consideration is ever made for how to pay for this; unlike the Federal government, Fairfax County cannot print money. So what will it be? Raise taxes, the favored Fairfax County school administrator way? Borrow money, another favored FC school administrator way? Or what will you cut from your budget to pay for these needed renovations,

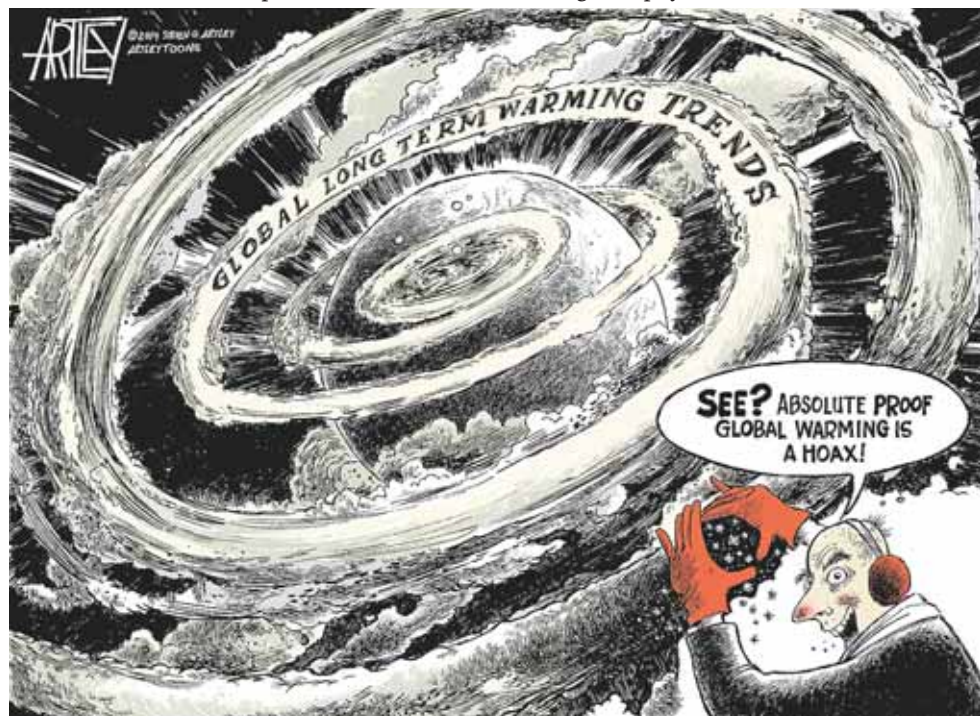
not the Fairfax County school administration way? Something has to give. Fairfax County is run by Democrat politicians for favored Democrat constituencies.

One point all should recognize: there is a reason for the increasing student enrollment, one I have discussed with my delegate and for which the state legislature has statistics to confirm. There are on average 6,000 illegal alien children in the Fairfax County Public Schools. Now these children must be educated, will be educated and that is not in dispute by any sane person. However, that is where the growth is and in fact without these children, the school enrollment would decrease such that certain schools in places like Bailey's Crossroads, the Route One corridor in Mount Vernon, Herndon and elsewhere would actually be seriously viewed for closing.

Fairfax County should require that every child being enrolled in the public schools have one parent prove their legal residency, not just in the county but the country. The purpose of such is not to deny schooling to these children. Rather it is for Fairfax County schools to be able to calculate and present a bill to the Federal government demanding reimbursement for each child's education whose parent(s) are not in the county or country legally.

Finally, who believes that education bureaucrats are good stewards of the tax-payers' money other than the usual suspects? Clearly, they did not go into the teaching profession with much respect or understanding for the capitalist economic system that has brought this nation the greatest prosperity on the globe.

Christopher Thompson/West Springfield



STEVEN C. ARTLEY/THE CONNECTION

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Board Approves Transportation Funds

FROM PAGE 1

Road. It also involves construction of a new access road to E.C. Lawrence Park and reduces congestion on both I-66 and Route 28.

❖ Route 29 from Union Mill Road to Buckley's Gate Drive:

This project provides pedestrian facilities on the north side of Route 29 and widens Route 29 in this area from four to six lanes. It complements the VDOT bridge-replacement project at Little Rocky Run and completes the widening of Route 29 from Shirley Gate Road to Centreville.

It's currently the last segment of Route 29 between the City of Fairfax and Centreville that's not six lanes, so this work would eliminate the last remaining bottleneck. Cost estimate: \$32.7 million; approved: \$25 million.

- ❖ Stone Road Overpass over I-66 from Route 29 to Route 28:

This project provides an alternative to Route 28 that goes from Centreville to the Westfields Corporate Center. It received partial funding for an alignment study, environmental analysis and preliminary engineering. Cost estimate: \$81.55 million; amount approved: \$5 million.

Construct a four-lane divided road between Stone Road at Route 29 and New Braddock Road. The work includes curb and gutter, a 5-foot-wide concrete sidewalk on the east side and a 10-foot-wide shared-use path on the west side of Stone Road.

Construct a bridge over I-66 and another bridge over Big Rocky Run. Re-stripe westbound New

Braddock Road to provide two, through travel lanes. This overpass could reduce congestion at the I-66/Route 28 and I-66/Route 29 interchanges. In addition, a future Metrorail station near this site is listed on the county's Comprehensive Plan.

- ❖ Hunter Mill Road and Lawyers Road spot improvement:

(This project is in both the Hunter Mill and Sully districts.) Replace intersection with roundabout, provide 10-foot shared-use path and adequate pedestrian crossings throughout the roundabout and relocate overhead utilities. Cost estimate: \$15.5 million; approved: \$15.5 million.

ROAD-WIDENING PROJECTS

❖ Route 28 from Old Centreville Road to Prince William County line at Bull Run:

Widen this stretch of road from four to six lanes. The work includes intersection improvements, plus pedestrian and bicycle facilities. Cost estimate: \$47.35 million; approved: \$47.35 million.

It complements the I-66/Route 28 Interchange and, in conjunction with other road projects, would complete the Route 28 Corridor through the entire county. This project includes intersection improvements, as well as pedestrian and bicycle facilities.

A large development just south of the county line is expected to exacerbate existing congestion. So this widening reduces significant congestion between Prince William and Centreville. And as a transportation corridor of regional significance, it would im

SEE BOARD APPROVES, PAGE 11



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ENTERTAINMENT

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

ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hubble," "Fighter Pilot," "Hidden Universe" 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.

Art Exhibit. See "Songs of the Shore," archival inkjet prints by Chantilly resident Peter Toth in the Margaret W. and Joseph L. Fisher Art Gallery, of the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Runs Feb. 7 through March 16. Visit www.nvcc.edu/schlesingercenter/gallery.html.

THURSDAY/FEB. 6

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.

Small Wonders. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 13-23 months can enjoy stories and activities. Free. 703-830-2223.

Teen Book Club. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For teens in grades 7-9. Call for title. Free. 703-502-3883.

FRIDAY/FEB. 7

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.

Opening Reception. 7-9 p.m. meet Chantilly resident Peter Toth, artist of "Songs of the Shore," archival inkjet prints in the Margaret W. and Joseph L. Fisher Art Gallery, of the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Visit www.nvcc.edu/schlesingercenter/gallery.html.

Art Exhibit. 6-9 p.m. at Photoworks, 2a Loudoun St., S.W., Leesburg. Local photographer Stephen Heyl will showcase "When Polaroid Transfer Meets Digital." Free. Visit www.photowork.net for more.

SATURDAY/FEB. 8

Art Exhibit. Noon-4 p.m. at Photoworks, 2a Loudoun St., S.W., Leesburg. Local photographer

Stephen Heyl will showcase "When Polaroid Transfer Meets Digital." Free. Visit www.photowork.net.

Winter Carnival. 10 a.m.-3 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. Key Clubs of Division 20B are hosting the carnival, where all proceeds benefit The Eliminate Project, a non-profit organization that works to eliminate maternal and neonatal tetanus from the world. There will be food, games, music, crafts, silent auction, photo booth and more.

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.

4th Annual Pink Tie Charity Ball. 6 p.m.-midnight at Hilton Washington Dulles, 13869 Park Center Road, Herndon. Hosted by Alfred Morris, Washington Redskins' running back, the event will feature dinner, dancing, raffle, silent auction and more. All proceeds benefit IIIB's Foundation and their Bosom Buddy Baskets, which are presented to women when they wake up in hospitals following breast cancer surgery. \$175/person. For more information about The IIIB's Foundation or to register visit www.KeepTheCandleGlowing.org.

MONDAY/FEB. 10

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-



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23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Hidden Pond. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-12 can discover and explore local nature. Live birds, reptiles or amphibians may be present. Free. Registration required, 703-502-3883.

Book Buddies. 2:15 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in kindergarten can discuss a book. Free. 703-502-3883 for title.

Afternoon Adventures: Make a Pop-Up Valentine. 3 p.m. at Centreville Library, 14200 St. Germain Drive. Children ages 6-12 can make a pop-up valentine. Door prizes will be given away. 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.

TUESDAY/FEB. 11

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.

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

WEDNESDAY/FEB. 12

Read, Build, Play. Duplo Story Time. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 3-5 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.

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

THURSDAY/FEB. 13

Magic and Mayhem. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Girls and boys in grades 6-8 can participate in this sci-fi/fantasy book group. Call for title. Free. Registration required. 703-502-3883.

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "How Grant Won and Lee Lost the Civil War," by author and historian Edward Bonekemper. Free. 703-830-2223.

FRIDAY/FEB. 14

Have a Heart Hop. Lesson at 8:30 p.m., dancing from 9 p.m.-midnight at Dulles Hilton, 13869 Park Center Road, Herndon. There will be a silent auction to raise money for Lucky Dog Animal Rescue, and Honor Flight, live music, desserts and more. \$20/advance; \$25/door. \$5 of each ticket benefit the charities. Visit www.haveaheartshop.org for more.

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.

SATURDAY/FEB. 15

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.

Lego Mania. 12:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-2 can build. Free. Registration required, 703-502-3883.

SUNDAY/FEB. 16

Music Performance. 7-9 p.m. at Centreville Baptist Church, 15100 Lee Highway, Centreville. Hear jazz classics performed by the 19-piece Franklin Park Big Band. Suggested donation \$10/person or \$30/family of three or more. Tickets at the door. Visit movinternational.org or 703-989-1792.

MONDAY/FEB. 17

Fairfax County Libraries Closed.

TUESDAY/FEB. 18

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.

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

Ravenous Readers. 7 p.m. at Centreville Library, 14200 St. Germain Drive. Students in grades 7-12 can discuss books. Drop-ins welcome. Free. 703-830-2223.

Pajama Storytime. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 1-6 can wear pjs and bring a cuddly friend and blanket and enjoy bedtime stories. Free. Registration required, 703-502-3883.

WEDNESDAY/FEB. 19

Read, Build, Play. Duplo Story Time. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 3-5 months can enjoy stories and more. Free. Registration required, 703-502-3883.

Time for Tots. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 2-3 can enjoy stories

and activities. Free. 703-830-2223.

We Shall Not Be Moved. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Author M.J. O'Brien will discuss the 1963 Civil Rights sit-in at the lunch counter in Jackson, Mississippi. Special guest will be Joan Trumpauer Mulholland who was a participant in the sit-in. Free. Registration required. 703-502-3883.

Starlight Storytime. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Children of all ages can wear pajamas and bring a favorite stuffed friend and enjoy stories and fun. Free. Registration required. 703-830-2223.

THURSDAY/FEB. 20

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.

Storytime. 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy songs, stories and more. Free. Registration required. 703-502-3883.

The End (Or is It?) Book Club. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Girls and boys in grades 5-6 can discuss a book. Call for title. Free. Registration required. 703-502-3883.

FRIDAY/FEB. 21

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.

Swing Dance. Lesson at 8:30 p.m., dancing from 9 p.m.-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Dance to music by Daryl Davis Band. \$15. Visit www.gottaswing.com or 703-359-9882.

SATURDAY/FEB. 22

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children with other challenges meet and read to a trained therapy dog Dakota, a gentle giant Bernese Mountain dog. Free. Registration required, 703-502-3883.

Paws for Reading. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 5-12 can meet and read to a trained therapy dog. They can read from a library book or already owned one. Free. Registration required, 703-502-3883.

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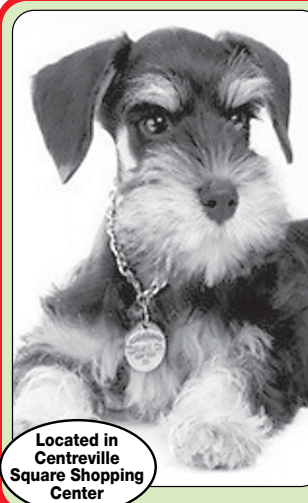
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Wildcats Notch Initial Win of Season

The Centreville boys' basketball team faced a full slate of four games in five days during the week of Jan. 27-31; the highlight coming on Wednesday, with their first victory of the season over Yorktown.

First on the schedule, however, was an away game against Herndon on Monday. The Herndon boys' basketball team at the time was ranked as the No. 1 public high school in the state by Virginia Preps.

The Hornets, however, were blitzed early on by the Wildcats, with Centreville matching Herndon basket-for-basket in the first quarter. At the end of the quarter, Herndon trailed 17-16, stunning the crowd; who was not accustomed to ever seeing their Hornets behind. Unfortunately for Centreville, however, Herndon used a 14-0 run to start the second quarter and headed into the locker room with a 49-33 advantage. The Herndon squad increased their lead throughout the third quarter, leading by 22 points at the start of the fourth quarter. The Wildcats did put up their highest point total of the season, however, ultimately falling to the Hornets by a 99-70 score. Matt Sedlock hit five 3-pointers and finished with 21 points. Charles Tutt and Brennan Tait followed with 12 points each; and David Liddle added 10 points.

Coming back the next day, Tuesday, Jan. 28, Centreville faced their cross-town rival Chantilly for the second time this season; this game at Centreville. In a valiant effort to avenge an earlier 25-point loss to the Chargers, the scrappy Wildcats played evenly throughout three quarters. Unlike the high-scoring affair from the previous night, however, this contest was more of a defensive battle. The Wildcats led by just a 6-4 score at the quarter mark, and Chantilly led 20-18 at the half. The nip-and-tuck game continued throughout the final quarter, with the Chargers clinging to a 29-27 lead heading into the final 8 minutes. A cold stretch in the first few minutes of the quarter ultimately spelled doom for the Centreville squad, and clutch free-throw shooting by their purple-clad opponents gave Chantilly the win by a final score of 51-41. Matt Sedlock again led the host team with three 3-pointers and 14 points.

David Liddle hit two 3-pointers of his own, ending up with 10 points, and Charles Tutt added seven points. A. J. Catalano (five points), Sean Thompson (three points) and Brennan Tait (two points) rounded out the scoring.

In the penultimate game of the week, coach Pat Hally led his Wildcat squad back to their home court for an out-of-conference game against Yorktown on Wednesday, Jan. 29. As has been the norm throughout most of the season, the Wildcats played tough defense in the first two quarters, trailing the Patriots by just three points (16-13) at the end of the first quarter and by five points



Centreville boys' basketball players show excitement during a victory against Yorktown on Jan. 29 — the Wildcats' first win of the year.

PHOTOS CONTRIBUTED



Centreville players, coaches and fans celebrate the team's first win of the season on Jan. 29.

(25-20) at intermission. The game continued back-and-forth, with neither team able to break away throughout the third quarter. Heading into the final stanza, the Wildcats found themselves down 38-34, and facing another potential heart-breaking loss. Tonight would be different though. Centreville continued to apply stifling defensive pressure, challenging Yorktown on every shot. In addition, the Wildcats rarely allowed a second-chance shot to their opponents from Arlington. As the quarter played out, the Wildcats found the bottom of the basket more often than the Patriots, and took a four-point lead with just over two minutes remaining. Forced to foul, Yorktown put Centreville at the line, and the Wildcats converted their chances. As the buzzer sounded, the scoreboard read Centreville 50, Yorktown 42; and the Wildcats had their first win of the season. First-year coach Pat Hally hugged his players and savored his first win ever as a varsity basketball coach. With the Wildcat players

high-fiving each other, the home crowd spewed onto the floor and celebrated in a manner that would have befitted a district or regional title.

Centreville concluded their week with an away game at Westfield on Friday, Jan. 31 for round two of the 'Cats versus Dogs battle. Unlike the first meeting between these two teams, Westfield was unable to jump out to an early lead, and the first quarter ended with the Bulldogs up by just a 14-12 score. Clutch 3-point shooting by Westfield in the second quarter put them up 28-19 at the half, and the Wildcats were never able to get any closer from there on out. A 46-35 lead at the end of the third quarter was quickly stretched to 18 points early in the fourth; but the Wildcats refused to go away quietly. The lead was quickly reduced to nine points with five minutes left, but again Westfield sunk two key 3-pointers and went on to defeat Centreville 69-55. Matt Sedlock led the Wildcats with 13 points, including three 3-pointers.

Brennan Tait (with two 3-pointers of his own) and David Liddle poured in 10 points each, and

Charles Tutt added eight points. Will Unterkofler chipped in seven points, Alex Dwornik tallied four points, and Sean Thompson hit a 3-pointer to finish the scoring.

Centreville next takes to the hardwood on Friday, Feb. 7 against Herndon, also at 7:30.

WILDCATS CAPTURE INAUGURAL TRACK & FIELD CONFERENCE TITLES

Centreville senior Chase Heiner, senior Andrew Ridenour and sophomore Sammy Belso each captured conference titles at the Inaugural Conference 5 Track & Field Championships. Heiner won the boys' 1000-meter run on day two of the championships (as well as anchoring two relays), and

Ridenour won the boys' long jump with a personal record jump of 20 feet, 11 and a half inches in the finals. Ridenour also placed fifth in the triple jump. Joining them on the top of the podium was Belso, who won the girls' 55-meter hurdles with a personal record time of 9.41. Advancing to the regional championships along with the Centreville champions are Lisa Dinschel with a third-place finish in the girls' 55-hurdles, Young Bin Jin, who placed third in the boys' long jump, as well as fourth in the triple jump, Bobby Dunn, who was fourth in the boys' 3200-meter run, Mikael Mantis (sixth in the triple jump), Garrett Friendly (sixth in boys' shot put), Tyra Baptiste (sixth in girls' 55-meter dash) and Kevin Bishop (sixth in the boys' 55-meter hurdles). The boys' 4x800 relay team of Bobby Dunn, Alex Jung, Ryan French and Chase Heiner also advanced with a strong second-place showing, and the boys' 4x400 team — Michael Bishop, Kevin Bishop, Andrew Ridenour, and Chase Heiner — placed second. The sectional championship meet takes place on Wednesday, Feb. 12 in Prince George's County at the Sports and Learning Complex.°

CENTREVILLE SWIM AND DIVE CONCLUDES REGULAR SEASON

The Centreville°swim and dive team capped off its regular season with very competitive meets against Chantilly and Robinson.

Parker Johnston°has had a breakout season as a freshman for the°Centreville°dive team. Johnston broke the school's six-dive record at the first meet of the season and then continued to break his own records throughout the season. He is currently the top seed of the conference and has already qualified for Regional competition.

Recent Centreville winners: Johnston (diving - Chantilly and Robinson), Rachel Lee (diving), Kyle Marshall (100 fly), Logan Ross (100 back), Rachel Anderson (100 breast, 200 free, 500 free), Sarah Hessler (100 breast).

Consistent Bedtimes Aid Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

BY MARILYN CAMPBELL
THE CONNECTION

When the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Gulyan and their 11-year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Gulyan, Ph.D., a professor of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at a regular time can have a positive impact on a child's behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine, such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack of adequate sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, Md., said a structured bedtime is part of what he calls "good sleep hygiene," which can impact a child's overall wellbeing. "Often in my practice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. "Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than con-

templative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac, Md.

Cogan stressed that teenagers actually need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast, and their brains are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

ESTABLISHING A REGULAR BEDTIME can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. "Build it into their daily routine and give them a lot of advanced warning," said Gulyan. "If I you just pluck up a kid from the middle of an activity and just say 'Go to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'"

When it comes to bedtime, it is important that children know what to expect, she said. "You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young children. If they start as toddlers with an es-

tablished routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed ... helps the child know you appreciate their effort and are proud of their accomplishment."

Kensington-based psychotherapist Karen Prince cautions, "Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Gulyan. "For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."

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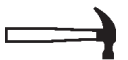
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Piece of Mind

By KENNETH B. LOURIE



Today I was eating a Tootsie Roll, and while chewing it, felt something sharp against my gum. Knowing my candy, sharp I should not feel, so immediately I stopped chewing in hopes of locating the sensation; which I did. It turns out that I broke off the top half of a previously (years ago) installed dental crown. Fortunately, the crown was still in my mouth, so I was able to retrieve it. Upon closer examination of it and the now crown-less tooth, it appears that the crown and the tooth are completely intact (undamaged) and perhaps a simple re-cementing at the dentist's office awaits, a repair achieved much less expensively than replacing the entire crown. (I can hope, can't I? After all, I am a cancer patient; hope is what I do.)

As soon as I realized what had happened, I began to remember – and laugh. Approximately 4 months into my initial chemotherapy infusions nearly five years ago in the first quarter of 2009, I shared a dental concern with my oncologist. I had broken off the top half of a tooth and it needed a crown. Concerned that somehow the chemotherapy would affect the crown's cementing, I had waited until this point to ask my oncologist's permission to have the repair. I offered to him that since I had one more heavy-duty chemotherapy infusion scheduled (boy was I naive), could I schedule the dental-crown appointment with my dentist now? My oncologist looked up at me as I sat on the examining table and hesitated and then asked: "How long does a dental crown last?" I similarly hesitated and said: "I don't know. About 10 years, I guess." To which he replied, "Maybe you don't need a dental crown." Perplexed as to why he was advising me not to seek a medical/dental solution, I thought for a few seconds while I processed his answer: Why did he ask about how long the crown lasts and how come he's not encouraging me get the crown...Oh, I get it. He doesn't think I have 10 years. Then I laughed and said I understood. A few weeks later, against my oncologist's advice, I got the crown. And now five years later, the crown has fallen off. Not only did it not last 10 years, it barely lasted five years. Moreover, I lasted five years, three years longer than the back end of the "13 months to two years" prognosis I was given by this oncologist. Not that I necessarily wanted to prove him wrong and/or get my money's worth out of this crown, but the fact that I have outlived both my crown and my original terminal prognosis has brought me great joy. Not a sense of self-satisfaction per se, but more a sense of irony. Given the rather grim statistics attached to a stage IV lung cancer diagnosis, the relative significance of a dental crown repair is practically zero. Still, it feels good. (Moreover, my philosophy was and is: given the extreme negative that a terminal cancer diagnosis/prognosis imposes, anything the patient, in this case me, can do to act/live normally, the better/more optimistic I'll feel to counter the weight of a cancer diagnosis. Giving in to it is not an option.)

So I'll be calling my dentist this week to schedule a consult/fix. However, considering the fact that February 27, 2014 will be my five-year survival anniversary, an accomplishment that few – less than 5 percent – of stage IV, non-small cell lung cancer patients ever realize, it will give me pause once again as to whether the repair is truly necessary. Now whether it turns out to be a waste of time, energy and money, as my oncologist originally presumed it might be, the repair is necessary for one main reason: peace of mind. It's my life and I want to live it. The heck with the diagnosis/prognosis.

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

Residents Compare Different Fixes for I-66

FROM PAGE 1

THE 10 CONCEPTS (see sidebar) were developed during the Tier I EIS to address existing and future transportation needs in the I-66 Corridor from Route 15 in Prince William County to I-495 in Fairfax County.

In addition, in June 2013, innovative and workable ideas were sought from citizens and the private sector. The suggestions included creating a public-private partnership to implement the multi-modal improvements.

Several private-sector firms expressed interest in developing and operating toll lanes along I-66, and some wanted to construct — but not operate — a bus rapid transit (BRT) system in the corridor. It was suggested that this system operate in managed (toll) lanes and that both buses and toll roads could potentially be replaced by a future extension of Metrorail.

At Oakton High last week, local officials and residents alike came from several areas of Fairfax County to see display boards of the 10 concepts and discuss the proposals with VDOT representatives and consultants. Among them were Supervisor Pat Herrity (R-Springfield) and Sully District Transportation Commissioner Jeff Parnes.

"Since 2008, I've advocated for an express-lanes-type project," said Herrity. "It gives you additional capacity, congestion-free mass-transit and carpooling. And if you don't want to pay to take the express lanes, you've still got a faster way to get to work. It's all about choices."

He said I-66 is such a gridlocked corridor that, if it's fixed, it'll also improve many other roads in Fairfax County that drivers are using instead to avoid the I-66 traffic. For example, said Herrity, "I use Braddock Road all the time when I should use I-66. And the express lanes on I-495 have been a huge success and also relieved congestion on the side streets."

Adding that BRT could also be part of the solution, Herrity said express lanes provide "a guaranteed speed to run express buses. But for rail to be practical, you need Tysons Corner densities, so it wouldn't work well



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

VDOT Project Manager Paul Nishimoto discusses the I-66 Corridor with two people attending the informational meeting.

in places like Centreville and Fairfax Corner."

He suggested that express lanes could be implemented via a public-private partnership. "It's a good way to finance the project," said Herrity. "We need creative solutions. My hope is that we see an express-lanes project underway as soon as possible so we can improve the lives of our citizens."

While noting that the long-term solution

to I-66's congestion is rail, he said express lanes "can be done quickly and are supported by the Board of Supervisors as the interim solution."

Parnes, though, doubted that VDOT would take action anytime soon. After all, he said, the idea of fixing I-66 has been looked at in the 1980s, 1990s and 2000s, to no avail.

"Thirty-five years of study — and we still don't have the process going forward," he said. Calling the 10 new proposals "just concepts to be advanced," Parnes said, "We don't know which ones will go forward or when a decision will be made. We're still up in the air."

Regarding his own preferences, he said, "I favor rapid transit down the I-66 Corridor — VRE to Gainesville, bus rapid transit or light rail or Metrorail to Centreville."

In the interim, said Parnes, "I can support BRT or managed lanes, but I can't envision them ripping up the managed lanes and putting Metrorail in their place. They'd have to be complementary. I'm looking forward to VDOT's solution — it's been a long time coming."

FOR MORE INFORMATION on the I-66 improvement project, go to www.helpfix66.com and click on "I-66 Corridor Improvements."

VDOT's 10 Proposed Improvement Concepts

- ❖ General Purpose Lanes: Construction of additional highway lanes open to all traffic.
- ❖ Managed Lanes: Conversion of the existing HOV lane into either a one or two lane (in each direction) facility that would operate as a high-occupancy toll facility where only high-occupant vehicles would be exempt from paying a toll.
- ❖ Metrorail Extension: Metrorail service extending west from Vienna to either Centreville or Haymarket.
- ❖ Light Rail Transit: Light rail service extending west from Vienna to either Centreville or Haymarket.
- ❖ Bus Rapid Transit: Separate guideway bus rapid transit extending west from Vienna to Haymarket; service could extend east of Vienna.
- ❖ VRE Extension: Extension of existing VRE service from Manassas to Haymarket.
- ❖ Improve Spot Locations/Chokepoints: Improvements that address operations constraints at

discrete locations (chokepoints) such as individual interchanges or specific junction points within the interchanges (i.e., merge, diverge or weaving areas).

❖ Intermodal Connectivity: Availability of a full range of travel modes within the corridor, as well as availability and functionality of connections between travel modes. For example, both lane and transit improvements could be done together.

❖ Safety Improvements: Safety improvements that address both location-specific and corridor-wide safety concerns. These could include adding an auxiliary lane between two, heavily traveled interchanges.

*Transportation Communication and Technology: Continued enhancements to ITS technology for all modes in the corridor, including traveler information, corridor and incident management, and transit technology.

Board Approves Transportation Funds

FROM PAGE 1

prove access to Dulles International Airport, Reston and Herndon.

BICYCLE AND PEDESTRIAN PROJECTS

- ❖ Braddock Road Walkway
Construct walkway on the south side of Braddock Road from Carlbern Drive to Clubside Lane. Cost estimate: \$350,000; approved: \$350,000.
- ❖ Compton Road Walkway
Construct a walkway on the north

side of Compton Road from east of the pumping station to Centreville Road (Route 28). Cost estimate: \$1.4 million; approved: \$1.4 million.

- ❖ Compton Road Walkway
Construct a walkway on east side of Compton Road from Mount Olive Road to the Cub Run Stream Valley Trail. Cost estimate: \$3 million; approved: \$3 million.
- ❖ Pleasant Valley Road Walkway
Construct a walkway on the east side of Pleasant Valley Road from north of Elklick Run to the Dominion Virginia Power lines. Cost estimate: \$3.8 million; approved: \$3.8

million.

- ❖ Rugby Road Walkway
Construct a walkway on the west side of Rugby Road from Misty Creek Lane to Alder Woods Drive. Cost estimate: \$300,000; approved: \$300,000.
- ❖ Braddock Road Walkway
Construct a walkway on the south side of Braddock Road from the intersection of Pleasant Valley and Braddock roads to Pleasant Forest Drive. Cost estimate: \$600,000; approved: \$600,000.

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.

REGISTRATION

Registration Starts. Colin Powell Elementary School will begin registration for the Two-Way Korean Immersion Program on Feb. 6. Students who will be in kindergarten, grade 1, or grade 2 may apply for the Two-Way Immersion Program for the 2014-15 school year. The program is available to all students who live within the school's boundaries. Students spend approximately half of each day learning mathematics, science and a portion of language arts in Korean. The other half of the day is spent learning social studies, language arts, and reading in English.

THURSDAY/FEB. 6

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 kytner@capitalcaring.org or 703-396-6198.

SUNDAY/FEB. 9

5K Mall Walk. 9-10 a.m. at Dulles Town Center Mall. Walk in memory of Siobhan Russell. \$15. Visit www.datingabusestopshere.com for more.

WEDNESDAY/FEB. 12

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 for meeting materials, archives and more. For more information contact the Public Information Office at 703-324-8662.

Relay for Life Team Captain Meeting. 8 p.m. at the nZone, 14550 Lee Road, Chantilly. Learn more about the fundraiser. For general information visit www.CentrevilleRelay.org or e-mail ChantillyRelay@gmail.com.

TUESDAY/FEB. 18

Presentation. 7 p.m. at Cale Community Center, 4615 Stringfellow Road. GFWC Western Fairfax County Woman's Club (WFCWC) will host a presentation on "Library Update: Not the Library of Your Youth." Daria Parnes, branch manager of the Chantilly Regional Library, will discuss how libraries are changing to meet societal demands, and, specifically, the exciting things that the Chantilly Regional Library is doing for the community. Free. Visit www.wfcwc.org, call Marion at 703-631-7093, or e-mail us at westernfairfaxcountywc@gmail.com.

THURSDAY/FEB. 20

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 kytner@capitalcaring.org or 703-396-6198.

SATURDAY/FEB. 22

Free Parent Education Seminar. 9-1:30 a.m. at Montessori of Chantilly - Casa Dei Bambini, 4212F Technology Court, Chantilly. Learn about the impact of screen-time and technology on children. Visit www.mcdbc.com or

703-961-0211.

WEDNESDAY/FEB. 26

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 for meeting materials, archives and more. For more information contact the Public Information Office at 703-324-8662.

MONDAY/MARCH 3

Application Deadline. The online application for the Military Officers Association of America Educational Assistance Programs for the 2014-2015 school year is now available online at <https://scholarship.moaa.org/login.aspx>. Students can apply for the interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates.)

Applicants must be graduating high school seniors or full-time college students working toward their first undergraduate degree. Students may apply online at www.moaa.org/education. The application deadline is Monday, March 3 at noon. Visit www.moaa.org/scholarshipfund or e-mail edassist@MOAA.org.

Art Contest Deadline. American Disposal Services is holding a regional recycling themed art contest for all students grades 1-12 from Arlington, Clarke, Culpeper, Fairfax, Fauquier, Frederick, King George, Loudoun, Prince William, Stafford and Spotsylvania counties. Winning artwork will be displayed in American's new, state of the art, recycling processing facility; The American Recycling Center. A monetary prize will also be awarded to all winners. The theme of the contest is 'The Impact of Recycling on the Environment.' For full contest details, information and guidelines visit

www.americandisposal.com/site_images/pdfs/ADSArtContestGuidelines-Application.pdf.

THURSDAY/MARCH 6

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 kytner@capitalcaring.org or 703-396-6198.

FRIDAY/MARCH 7

Silent Auction. Navy Elementary School, 500 W. Ox Road, is sponsoring a silent auction with proceeds benefiting the school. Visit navypt.org or 703-927-9606 to find out if you can donate items.

TUESDAY/MARCH 18

Sale Deadline. Sales have now begun for the Westfield High School Mulch Sale. Get double shredded hardwood mulch delivered to help raise money for a safe and sober graduation party for the Class of 2014, as well as other vital PTSA programs. A WHS Athletic Team will even spread your mulch if you want, at only \$2 per bag. Free delivery or pick up is March 29. Visit <http://ptsa.westfieldhs.org> to learn more or submit an order.

THURSDAY/MARCH 20

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 kytner@capitalcaring.org or 703-396-6198.

DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose for further information at 703-802-5588 or by e-mail lyman.rose@fcps.edu.

VOLUNTEERS NEEDED

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Volunteers can work in facilities close to where they live. Training is provided in March 2014. Call 703-324-5861, TTY 711 or e-mail Lisa.Callahan@fairfaxcounty.gov. Find more information on becoming a long-term care ombudsman volunteer at www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.

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