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Fairfax CONNECTION

Inside
PET CONNECTION



Loyalty With No Bounds

PET CONNECTION, PAGE 2

Ron Gird shares a photo taken during a winter storm in Fairfax in their front yard: "Our daughter, Michelle, and her loyal companion, Fenway, love to go out into the snow to play and enjoy the 'white stuff.' Fenway follows Michelle everywhere she goes. Even though Fenway would rather sit in her lap in front of the warm fireplace watching TV, loyalty has no bounds and no limits."

Senior Living

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City Adopts Its 2035 Comprehensive Plan

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'A Whole World Of Diverse Cuisines'

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PHOTO CONTRIBUTED OPINION, PAGE 6 ENTERTAINMENT, PAGE 8 CLASSIFIEDS, PAGE 10

PET CONNECTION

Pets Bring Joy Launches New Cat Adoption Venue

Fairfax-based cat adoption group, Pets Bring Joy, has launched a brand-new adoption habitat called CatnipHaven at the Pet Supplies Plus retail store at 11054 Lee Highway, Fairfax. The 8 x 10 screened enclosure provides a comfortable setting for rescue cats and kittens and human visitors alike to interact in hopes of finding a “purrfect” match.

Just six years ago, Fairfax county resident Jacquie Barker established Pets Bring Joy, the non-profit (501)(c)(3) rescue organization. Inception to date, Pets Bring Joy has rescued and found loving forever homes for more than 1,500 homeless animals.

The new adoption center at Pet Supplies Plus in Fairfax is what Barker hopes to be just the beginning of a larger, grander CatnipHaven™, possibly in a venue of its own. A larger cage-free shelter and adoption center will enable the group to host community service events as well as to establish sources of business income to complement fundraising efforts.

A spacious environment like the CatnipHaven™ adoption habitat is much healthier for a cat than one

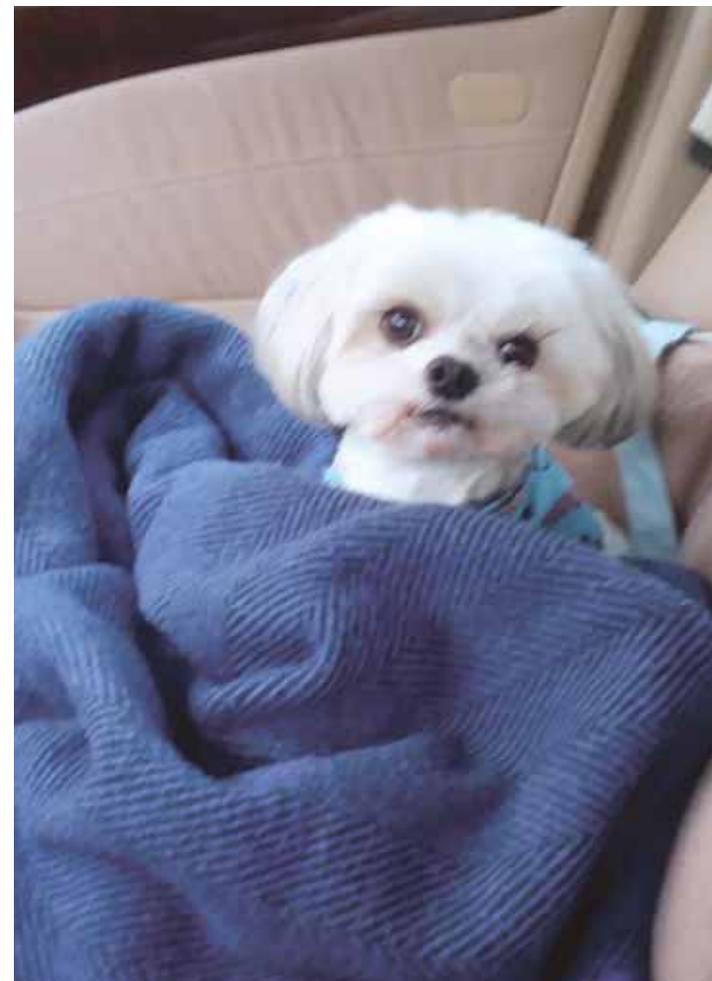


PHOTOS CONTRIBUTED

The first two cats enjoying a new adoption venue at Pet Supplies Plus at 11054 Lee Highway, Fairfax.

where cats live in small cage enclosures, says Barker. “Visiting multiple cats and kittens in a relaxed, communal environment will make it easier for prospective adopters than having to go from foster home to foster home in

search of the perfect kitty companion, which has been the case previously,” she said. “If you love cats, please plan on visiting our new venue – we hope that you’ll find the purrfect feline companion to adopt or foster.”



Moppy Goes Shopping

“Our little Maltese mix, Moppy loves to accompany us on errands and waits patiently in the car.” — Shari and John Zamorra of Fairfax

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City Adopts Its 2035 Comprehensive Plan

Blueprint will guide future Council decisions.

BY BONNIE HOBBS
THE CONNECTION

In the City of Fairfax, it's the Planning Commission's responsibility to plan for the City's future development. Toward that end – and after three years of work, information-gathering, input from a wide variety of sources and countless revisions – it created Fairfax's 2035 Comprehensive Plan.

The extensive document even comes with an implementation guide, advising City entities on how best to carry out its recommendations. And following a Feb. 12 public hearing, the City Council adopted it.

Planning Commission Chair Janet Jaworski officially presented the document, saying, "We believe this is truly a forward-thinking, aspirational plan that'll guide the City in achieving its vision over the next 15-20 years."

Mayor David Meyer then thanked the Planning Commission and everyone else who worked on this detailed roadmap for the Fairfax's future, saying, "This has been a long journey." And the City's Planning Division Chief, Paul Nabti, explained the main components of the plan to the Council members.

He said its creation was a team effort by the Planning Commission, City Council, Community Development and Planning staff, City boards and commissions, residents, business owners and other stakeholders, such as GMU. In fact, one of the recommendations is for Fairfax and GMU to formalize an agreement between themselves.

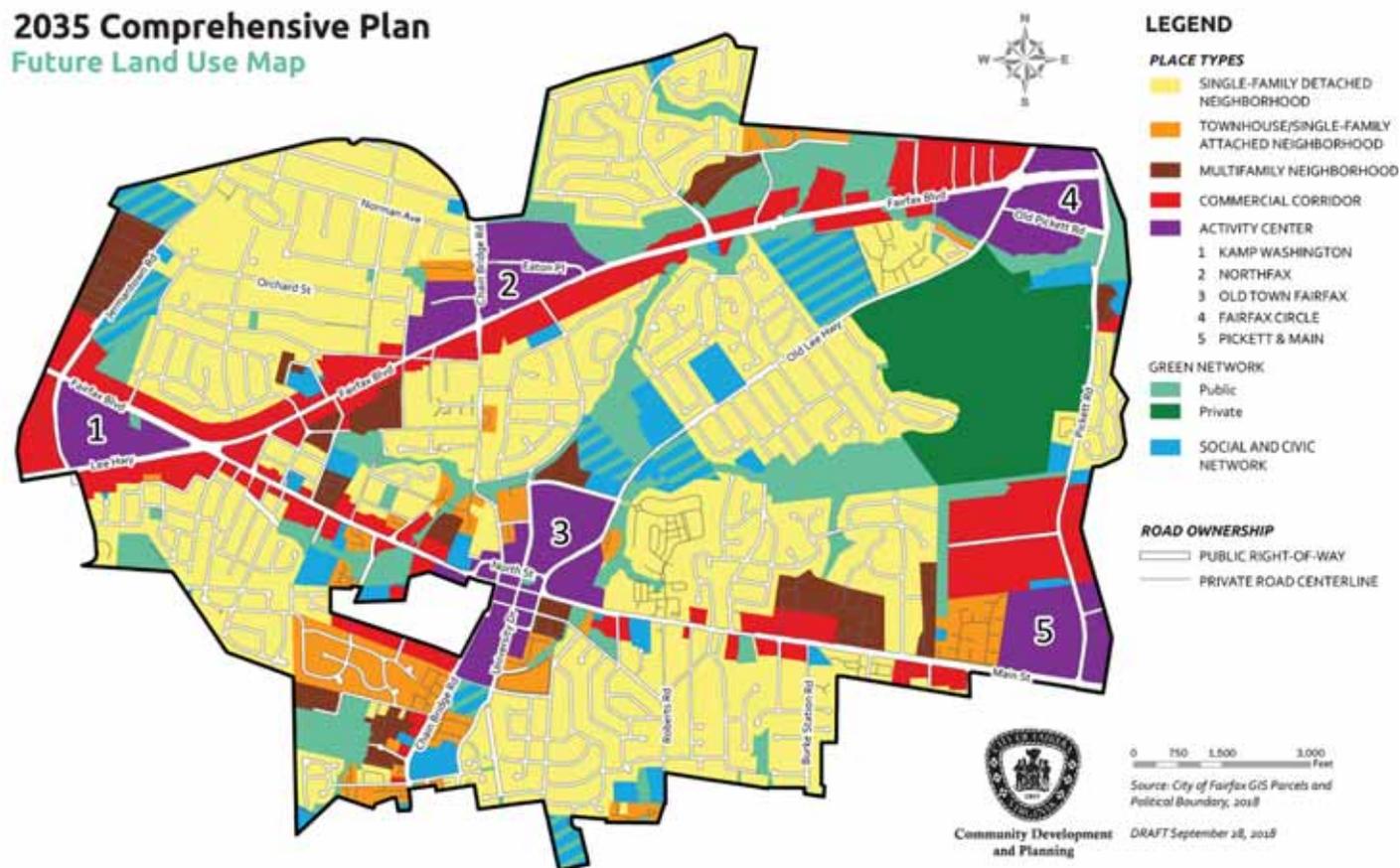
The Comprehensive Plan's overall vision statement is: "In 2035, the City of Fairfax has a strong, sustainable economy to support a vibrant 21st-century community." In the document, 14 guiding principles are organized into five chapters: Land Use, Multimodal Transportation, Environment and Sustainability, Economic Vitality, and Community Services.

HIGHLIGHTS of the 14 principles and recommended actions to achieve them are as follows:

*Land Use: A mix of development types, plus high-quality design, should maintain the City's unique character as it evolves. They should complement the surroundings and contribute to an "attractive, accessible and economically viable" place.

*Neighborhoods: Preserve the various neighborhoods' appeal by making sure infill housing fits in with the surroundings and expanding pedestrian networks to increase connectivity.

2035 Comprehensive Plan
Future Land Use Map



This map shows the future land-use plan for the City of Fairfax.

*Commercial Corridors and Activity Centers: Flourishing centers of commercial and mixed-use activities including restaurants, cafés, grocery stores, entertainment venues, retail stores, offices and housing. Five existing commercial centers are targeted for redevelopment.

"The [former] mixed-use designation was replaced by 'activity center,'" said Nabti. "The Northfax and Old Town activity centers are considered the most important for development."

*Housing: Renovate current housing stock and develop housing types not heavily represented. Implement policies and programs encouraging affordable housing, and expand options for older adults and people with disabilities. Said Nabti: "This plan recommends specific tools to achieve more affordable housing in the City."

*Community Design and Historic Preservation: Protect and preserve buildings of historic or architectural significance and ensure that adjacent redevelopment doesn't detract from them.

*Multimodal Transportation: Continue improving all modes of transportation so residents may easily, safely and efficiently move within and between neighborhoods, either by walking, bicycling, taking public transportation or driving. Said Nabti: "Each City street is now listed as a particular type and takes into consideration bicyclists and pedestrians, too."

*Natural Environment: Implement protective measures to safeguard the City's air, water, vegetation and wildlife from development impacts and better prepare Fairfax

for natural and man-made hazards.

*Sustainability Initiatives: Establish a green building-policy for the City and achieve 100-percent renewable energy usage in government buildings by 2035, and the same thing, communitywide, by 2050.

*Economic Vitality: Promote development and redevelopment of Commercial Corridors and Activity Centers, plus attract new businesses and diversity businesses citywide.

*Education: Continue offering first-class instruction and facilities for students, plus educational opportunities for residents of all ages.

*Parks and Recreation: Monitor needs and opportunities for new and expanded parks and recreation facilities; and enhance and widen program offerings.

*Cultural Arts: Study the need for new and expanded facilities and programs to serve the arts program.

*Government and Public Safety: Continue providing high-quality services to residents and businesses with first-class facilities and equipment.

*Infrastructure and Utilities: Explore implementation of advanced technologies with regard to the City's water, sewer, energy, telecommunications, waste-removal and transportation systems.

During the public-comment portion of the public hearing, residents weighed in on the Plan. "I think this Plan will be a north star for our community," said Tom Ross, representing Fairfax City Citizens for Smarter Growth. "It's extremely well-done and recognizes the immense change going on in

and around us." He also suggested the City hold an informal, annual meeting to evaluate how well it's doing.

However, several residents were upset that, per City Council's request, a dedicated funding source for the Housing Trust Fund for affordable housing was removed from the Plan. Betsy Bicknell, who served on the Mayor's Advisory Committee on Housing, was one of them, and urged that it be reinstated.

She also said the Plan should contain a numerical target for the creation of new, affordable units. "It's impossible to measure our progress without a goal," she explained. Noting that all the neighboring jurisdictions have adopted affordable dwelling unit (ADU) ordinances, she said the City should adopt one, too.

"Provide a portion of the real-estate tax every year to sustain a robust and dedicated Housing Trust Fund," said Bicknell. "It could be used to rehabilitate and preserve existing affordable housing or to help leverage other funding streams for new construction."

She also encouraged City Council to approve development projects containing ADUs and to partner with ADU developers to build affordable housing. "Our target for additional affordable housing is more than 600 units," said Bicknell. "To get anywhere near [that] requires building [them]. The Housing Trust fund might be used to acquire land."

SEE COMPREHENSIVE PLAN, PAGE 10

NEWS



These steaming-hot skillet fajitas are served at Zandra's Taqueria.



Ornery Beer Co.'s Nashville Pork.



Vietnamese Steak Shabu is among the offerings at Kim's Kitchen.



A dish of scallops at Dolce Vita.

PHOTOS COURTESY OF DANETTE NGUYEN

'A Whole World of Diverse Cuisines'

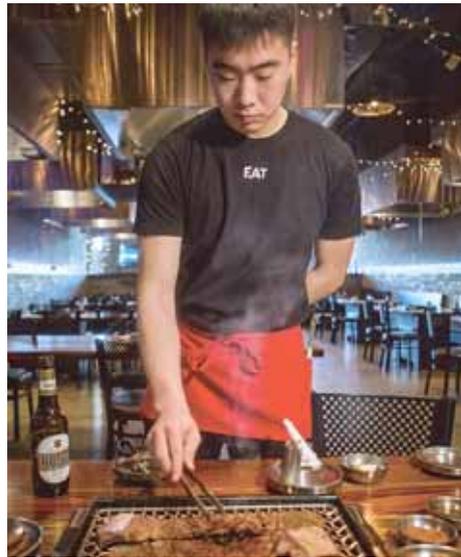
Fairfax City's 2nd annual Restaurant Week is March 3-9.

BY BONNIE HOBBS
THE CONNECTION

Crab your taste buds and come to the City of Fairfax for its second annual Restaurant Week. Running from March 3-9, it will enable diners to experience and enjoy a wide range of delicious and imaginative cuisine from all over the world.

"This year, 23 restaurants are participating," said Danette Nguyen with the Office of Economic Development. "We've got a wonderful representation of the City, showcasing its diverse culinary scene. People can feast on everything from classic American to Korean to Italian to Indian to Latin cuisine and more."

Participating restaurants include: High Side, Hamrock's, 21 Great American Bistro,



John Chun grills marinated ribs for a Galbi dish at Meojka Meojka.

Coyote Grille, Crazy Crab, Bellissimo, The Auld Shebeen, The Wine House, Marumen, Dolce Vita Italian Restaurant and Wine Bar, Curry Mantra, Ornery Beer Co., Tandoori Nights, Kim's Kitchen & Bar, Zandra's Taqueria, Pampa Sa-Zone, 29 Diner, Patriots Pub & Grill, Epicure Café, Senior Tequila's, P.J. Skidoos, Courtside Thai and Meojka Meojka.

During Restaurant Week, which begins this coming Sunday, each restaurant will be offering special, fixed-priced menus. These three-course meals will cost \$20 for lunch and \$35 for dinner. For details of what each restaurant will serve, go to <https://www.fairfaxcityrestaurantweek.com/>.

"Restaurants are places where people experience community, where they spend time with their families and friends when hav-

ing a meal together," said Fairfax Mayor David Meyer. "These eating establishments are perfect for our City because Fairfax is a place where people do, in fact, affirm and celebrate being with each other – especially around a table with great food."

"Fairfax has become a destination for high-quality dining for the region," he continued. "The restaurants in our City represent an important part of our local economy and a significant investment by the owners, who decided to locate here because there is synergy in this creative, dining locale."

Besides all that, said Nguyen, "What also sets our Restaurant Week apart – in addition to the diverse types of cuisine – are the

SEE RESTAURANT WEEK, PAGE 7



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PHOTO CONTRIBUTED

Del. Eileen Filler-Corn (D-41)

Filler-Corn's Constitutional Amendment for Disabled Veterans Clears First Hurdle

This past Friday, Del. Eileen Filler-Corn's (D-41) amendment cleared its first hurdle towards being added to Virginia's Constitution. HJ 676 would provide that one motor vehicle of a veteran who has a 100 percent service-connected, permanent, and total disability shall be exempt from state and local taxes. The amendment would also provide that only automobiles and pickup trucks qualify for the exemption. This legislation was a major priority of Virginia's Joint Leadership Council of Veterans Services Organizations and was a bipartisan effort.

"I consider it a privilege to carry legislation for such important potential change to our constitution," said Filler-Corn. "My district is home to a large military and veteran population. Ensuring that my constituents and other Virginians who have made tremendous sacrifices to defend our freedom can have the independence they deserve is a top priority for me." The Delegate, a member of the General Assembly Military and Veterans Caucus and Leader of the House Democrats has also been a longtime champion of disability-related issues.

In order to change the Virginia Constitution, amendments must first pass the House and Senate during two consecutive legislative sessions. The language cannot change. Following General Assembly action, the amendment becomes a referendum and is added as a question on the ballot. If a majority of voters approve the initiative, then the amendment to the constitution is ratified. The earliest this amendment could appear on a Virginia ballot is the November 2020 election.

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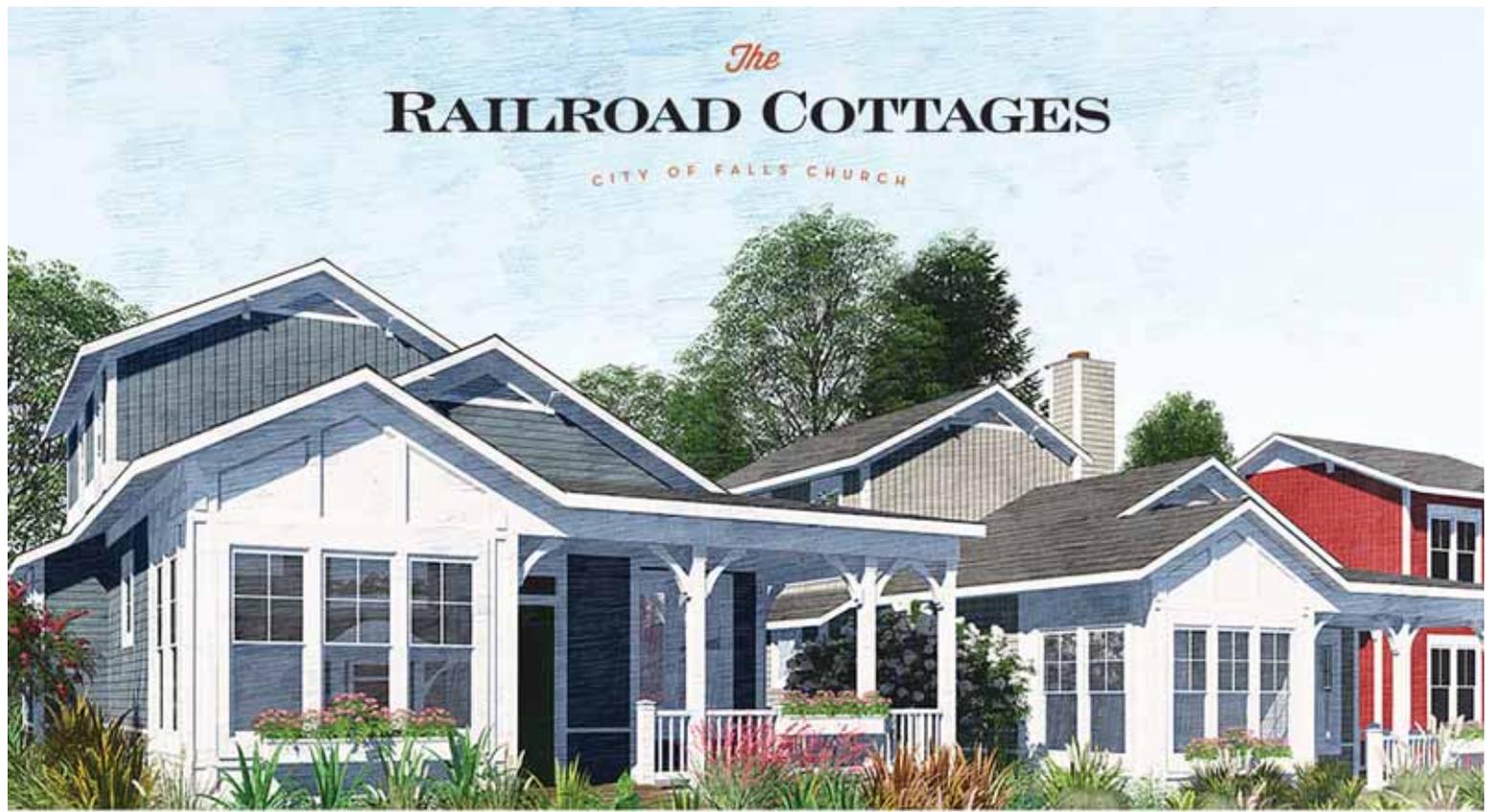
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OPINION

Consider a Greyhound

BY JENNY HARROP

What would you say to having a greyhound as a pet? It needs too much space. I could never give it enough exercise. That's not the dog for me. That is what I thought too. Please reconsider. This past November, Florida voters voted to close all of the state's greyhound racing tracks by the year 2020. There are 11 tracks in Florida, each with hundreds of dogs, many of whom will need homes. So, if you are thinking of adding a dog to your family in the next year, please consider a greyhound.



PHOTO BY JOAN BRADY

Dutch Julie: Retired racing greyhound.



Jenny and Ken Harrop with Julie on her "gotcha day."

Many of the commonly held assumptions about the breed are just not true, in fact, quite the opposite. The greyhounds have a nickname of the "40 MPH couch potato." While they can go 40 MPH on the track, once they retire they are very content to lounge around the house. My greyhound gets a short walk in the morning, a 30-minute mid-day walk, and a short walk in the evening.

People think greyhounds need a lot of space and fenced in yards. Would you believe they are on the American Kennel Club's list of best apartment dogs? We live in a townhouse and our greyhound does just fine. They do need to be kept on a lead when they are outside. They are sighthounds and can bolt after squirrels or birds.

There are two other aspects of the breed I'd like to highlight. First, they are incredibly sweet

and docile. People think otherwise because they are often pictured in their muzzles at the track. They wear these because they have very fragile skin and the muzzles protect them from injuries. Second, in terms of grooming they are very low maintenance. A bath a couple times a year and some brushing does the trick. They do have fast growing nails that need regular trimming, and as mouth breathers, they require regular dental care. Because they are bred and raised at the tracks they are used to being handled by humans so vet visits are not an issue.

It is surprisingly easy to meet and adopt a greyhound. The local adoption groups – listed below – frequently have "meet and greets" where you can ask questions and see some greyhounds. Once you adopt your greyhound, the groups are very supportive. My early owner

questions were answered within 24 hours, sometimes by multiple volunteers.

So please, if you might be getting a dog soon – be sure to meet a greyhound and research the breed a bit. They make wonderful pets and there are many who will need homes in the not too distant future.

Local Greyhound Adoption Groups:

Blue Ridge Greyhound Adoption – www.brga.org

Virginia greyhound Adoption – www.viriniagreyhounds.org

James River Greyhounds – www.jamesrivergreyhounds.org

Greyhound Pets of America – Northern Virginia www.gpa-nova.org

Meeting Sprite

I recently visited the Fairfax County Animal Shelter to drop off some pet food donations. In addition to seeing bunnies and the most adorable bonded pair of kittens, I also met a little white rat named Sprite. I had no idea that rats could be so affectionate, curious and sweet. Turns out rats make great pets and you can even teach them tricks. If you are looking for a new pet but don't have a lot of room, consider stopping by the Fairfax County Animal Shelter to see if Sprite still needs a home.

— SHARON BULOVA
CHAIRMAN OF THE FAIRFAX
COUNTY BOARD OF SUPERVISORS

**Sharon Bulova
and Sprite**



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SEE BULLETIN, PAGE 11

Fairfax CONNECTION

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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Bonnie Hobbs
Community Reporter ♦ 703-778-9438
south@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



NEWS



PHOTO COURTESY OF DANETTE NGUYEN

Epicure Café's entrée of falafel-hearted artichokes.

Restaurant Week

FROM PAGE 4

themed events planned for each night:

*Sunday, March 3 – Participant Appreciation: Each participating restaurant will be visited by a representative from the event sponsors – Greater Fairfax Chamber of Commerce, Fairfax City Economic Development Authority and/or the Mayor and City Council members – and will receive a Restaurant Week participation plaque and firsthand thank-yous.

*Monday, March 4 – Mason Monday: Participating restaurants will offer special, Restaurant Week menu prices of \$18, lunch, and \$30, dinner, to those who show their George Mason University I.D. or wear GMU gear to lunch or dinner.

*Tuesday, March 5 – Local Product Features: Locally sourced products will be highlighted on the menus and in the restaurants.

*Wednesday, March 6 – Meet the Makers: Diners will be introduced to the “makers” behind a brand or product used in each restaurant.

*Thursday, March 7 – Charitable Giving: Participating restaurants will donate 20 percent of that day's gift-card sales to a local charity.

*Friday, March 8 – Live Entertainment: Diners will be able to

enjoy various live performers at each restaurant.

*Saturday, March 9 – Drink Pairings: A special-value, add-on, drink-pairing menu will be available to diners.

Adding to the festivities, a new Fairfax City Restaurant Week App for iPhone users will launch ahead of this year's event. Diners may earn points through the app every time they eat out at a participating restaurant or share their experiences with a social-media shout-out. Diners who reach 10 points can earn a \$25 gift card from a participating restaurant.

“We want to showcase Fairfax City as a regional dining destination,” said Nguyen. “And last year's event was so successful that we want to continue it and solidify Fairfax City's great culinary reputation even more.”

Economic Development Director Chris Bruno is also eagerly looking forward to Restaurant Week. “In Fairfax, you're guaranteed to discover a range of family-friendly experiences, independent chef-driven restaurants and a whole world of diverse cuisines packed into one, historic city. Join us to experience something new in our community, to support local and independent restaurants and, most of all, to have fun.”



BONNIE HOBBS/THE CONNECTION

An assortment of some of Tandoori Nights' Indian cuisine.

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Westminster at Lake Ridge is a not-for-profit, CARF accredited, continuing care retirement community.



CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

THURSDAY/FEB. 28

Screening: The Unafraid. 7:30-10 p.m. at Johnson Center Cinema - George Mason University, 4400 University Drive, Fairfax. GMU Visiting Filmmakers Series: The Unafraid with Heather Courtney. The documentary follows three DACA students in Georgia over four years, growing up both American and undocumented in the United States. Free. Call 703-993-2768 or visit fams.gmu.edu/events/8588 for more.

THURSDAY/FEB. 28-SUNDAY/MARCH 3

Really Really. Thursday-Saturday, 8 p.m.; Saturday-Sunday, 2 p.m. at GMU's deLaski Performing Arts Building, A105, TheaterSpace, Fairfax Campus. When morning-after gossip about privileged Davis and ambitious Leigh turns ugly, self-interest collides with the truth, and the resulting storm of ambiguity makes it hard to discern just who's a victim, who's a predator, and who's a Future Leader of America. Contains adult language and situations, and depictions of sexual violence. \$20 Adult, \$10 students, staff, seniors and groups. Visit cfa.calendar.gmu.edu/really-really.

FRIDAY/MARCH 1

Registration Deadline: Fairfax Adult Softball. Experience first-hand the enjoyment that only FAS softball offers with play for adult men and women in a number of different leagues across Fairfax County: Men, Women, Coed, Modified Coed, Social Coed, Fast Pitch, Men's 35+, Men's 50+ and Church. Team and individual registration now open. Visit us and register online at www.fairfaxadultsoftball.com.

Hope for the Warriors Workshop. 9 a.m.-3 p.m. In Springfield. A one-day military caregiver workshop that focuses on self-care and mindfulness with activities that include: art therapy, applied theater experiential, therapeutic yoga by Pamela Stokes Eggleston of Yoga2Sleep, share time with other caregivers. Hope For The Warriors assists veterans, service members and military families with a variety of programming including clinical health and wellness, sports and recreation and transition services. Pre-registration is required and can be completed by emailing or calling Dana Thompson at 646-937-1622 or dthompson@hopeforthewarriors.org.

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

FRIDAY-SATURDAY/MARCH 1-2

Mark Morris Group. 8 p.m. Friday, and 2 p.m. and 8 p.m. Saturday. At GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Mark Morris Dance Group (MMDG), one of the most revered contemporary dance companies performing today, returns to their Northern Virginia home at the Center. This influential dance company performs to live music by the MMDG Music Ensemble in a diverse program that includes *Little Britten*; *The Trout*, a brand new work set to music from Schubert's Trout Quintet; and another of Morris'



PHOTO COURTESY OF JEFF MALET

Bowen McCauley Dance Company's Alicia Curtis and Sidney Hampton.



PHOTO COURTESY FAIRFAX SYMPHONY ORCHESTRA

Clarinetist Ismail Lumanovski performing with the Fairfax Symphony Orchestra on March 9 at Center for the Arts.

New Musical and Dance Journey

Fairfax Symphony Orchestra brings special guests to GMU.

BY DAVID SIEGEL
THE CONNECTION

Where and When

Something unique is in store for patrons of the Fairfax Symphony Orchestra. It is to a music and dance program "way off the beaten track. I wanted to combine traditional classical music with music quite removed from those specific traditions," said Christopher Zimmerman, conductor and music director, Fairfax Symphony Orchestra (FSO).

"We are collaborating with the area's premier contemporary dance company, Bowen McCauley Dance Company, whose dancers will perform alongside three of the six pieces in the music program," noted Zimmerman. "The choreography will be newly created for this collaboration by their founder and artistic director, Lucy Bowen McCauley."

The FSO will be performing well-known works such as the Mozart Clarinet concerto, two short Sibelius pieces and an arrangement of Gershwin preludes. Then the performance "culminates in music by the young, provocative Turkish composer, Erberk Eryilmaz, whose two pieces 'concerto for wind instru-

ment, piano, percussion, strings and imaginary folk dancers' and 'dances of the yogurt maker' combine the rawness and fierce rhythmic intensity of Turkish folk music with more established classical traditions," said Zimmerman. Composer Eryilmaz will be at the FSO performances, both overseeing his compositions' recreations and performing on piano.

Also performing with the FSO will be Macedonian clarinetist Ismail Lumanovski. Zimmerman described Lumanovski as "an artist of jaw-dropping technical abilities on his instrument(s) (he plays three types of clarinets for this concert) and equally accomplished in both the classical repertoire and the folk

music of his native land and its immediate neighbor, Turkey."

Lumanovski indicated that the FSO concert "will be very interesting and challenging at the same time. There will be three totally different styles of the clarinet performed in one night with three different clarinets. From the pureness of sound and expression by Mozart, to the loose and swiny mood by Gershwin, and intriguing fast-changing time signatures with exquisite orchestration by composer Eryilmaz."

For choreographer Lucy Bowen McCauley the event "will be very special." She has danced to Sibelius in her career. "It's terrific to approach the same piece as a Choreographer." Using the Gershwin piece choreographically is "an opportunity to hear a twist on the arrangement by the FSO."

Bowen McCauley described composer Eryilmaz's "yogurt-maker" composition as a "very challenging piece...that's intricate and sophisticated. Our dancers are truly enjoying the challenge. For me, it's a privilege to work with a living composer."

Far from the traditional awaits patrons at this distinctive Fairfax Symphony evening.

newest works, *Numerator*. Cost is \$50, \$43, and \$30. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance.

free. Visit www.fairfax-station.org or call 703-425-9225.

MARCH 2-31

The Explorer's Club. Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. London, 1879. The prestigious Explorers Club is in crisis: their acting president wants to admit a woman, and their bartender is terrible. True, this female candidate is brilliant, beautiful, and has discovered a legendary Lost City, but the decision to let in a woman could shake the very foundation of the British Empire, and how does one make such a decision without a decent drink? This is the area premier of The Explorer's Club by Nell Benjamin, directed by Frank Shutts. \$20-\$30. Visit www.workhousearts.org for more.

SUNDAY/MARCH 3

Historical Society of Fairfax County Meeting. 2-4 p.m. at

Fairfax County Public Safety Headquarters, 12099 Government Center Pkwy., Fairfax. Come join the Fairfax County Historical Society as it tours the new Fairfax County Fire & Police Museum. View vintage uniforms, firearms, patches, and memorabilia. Free parking in the garage. Free. Email suzannelevy@cox.net or visit www.fairfaxhistoricalsociety.org for more.

Basket Bingo. 2-5 p.m. at West Springfield High School - Cafeteria, 6100 Rolling Road, Springfield. Doors open at 1 p.m. Twenty Bingo games will be played for prizes. There will be a door prize raffle, three special games, and three raffle ticket drawings. Prizes include electronics, a gift card tree, and more. Food and drinks will be available for purchase. \$25 in advance; \$30 at the door. There is no ATM on site, bring cash or checks. Visit www.spartancrew.org or email info@spartancrew.org for more.

Erth's Prehistoric Aquarium. 2 p.m. and 4 p.m. at GMU's Center for the Arts, Concert Hall, Fairfax Campus.

Erth's Prehistoric Aquarium Adventure is an immersive experience that invites everyone to jump in and explore unknown ocean depths where prehistoric marine reptiles lived eons ago—and maybe live still today. \$15 for Adults/\$10 Children. Family-Friendly. Recommended for ages 5 and up. Visit cfa.calendar.gmu.edu/erth-39-s-prehistoric-aquarium-adventure.

MONDAY/MARCH 4

Mason Symphony Orchestra Concerto Concert. 8 p.m. at GMU's Center for the Arts, Concert Hall, Fairfax Campus. Under the direction of, Dr. Dennis Layendecker, the Mason Symphony Orchestra is comprised of string, wind, and percussion players from throughout the School of Music, but is open for participation by all qualified musicians pursuing any major at George Mason University. \$20 adults, \$15 seniors, \$5 youth through grade 12. Visit cfa.calendar.gmu.edu/mason-symphony-orchestra-concerto-concert.

Giving Up the Car Keys? Recognizing warning signs that it might be time to stop driving.

BY MARILYN CAMPBELL

Tracy Palmer didn't see the accident, but she received a frantic call that every parent dreads: her 11-year-old son had been hit by a car.

"We were on vacation visiting my brother and I'd gone to get coffee and my phone rang," she said. "My brother told that an 82-year old woman hit my son while he and a few of his cousins were sitting just off the driveway drawing with chalk. She never saw the kids and when she hit my son she thought she'd hit a ball, so she kept going. Thank God one of the neighbors saw it and stopped her."

After eight days in the intensive care unit, Palmer's son is on the mend, but Palmer who works as an attorney in Arlington, however, is furious that the elderly driver was allowed behind the wheel of a car in the first place.

Monitoring one's driving abilities is an essential part of our overall healthcare, especially as one ages. "There's no cutoff age for when a person should stop driving. But as we age, our joints can become stiff, our reflexes slow down and our ability to make split-second judgement calls or stop on a dime can become impaired," said Dana Kilgore, MSPT. "Our bodies also become more frail as we age, so the impact of a car accident would probably do more harm to a 85-year old than a 25-year old."

It is important for seniors and their families to pay close attention to the warning signs that it's time to reduce one's driving or stop it all together, says psychologist Donna Goldstein, Psy.D. "If you notice an increased number scratches or dents on that mom or dad's car, especially if they've always been a good driver, that could be an indicator," she said. "Getting traffic tickets, getting lost frequently, running stop signs

or traffic lights, those are all signs that it might be time to leave the driving to someone else."

Accepting the fact that it's time to stop driving can be difficult. "A driver's license isn't just a plastic card with a bad picture that you keep in your wallet," said Lisa Dombo, LPC, Ed.D, a marriage and family therapist in McLean. "It means freedom and independence. It's hard for anyone to want to give that up. That's one of the reasons why it can be so hard for people to convince someone that they need to stop driving."

That is a lesson that Naomi O'Conner learned one weekend this winter when she made plans with friends to take in a designer sample sale that was happening about two-miles from her house. Her 86-year old mother had agreed to babysit her 7 and 9-year old children. But the weather took a frosty turn and threw her plans into a tailspin.

"My mom lives a mile away from me and has always been my most dependable backup babysitter for weeknights, but when the snow started falling, I knew that I could not let her get on the road in that weather," said O'Conner who lives in Bethesda. "It was for her safety and everybody else who'd be on road. Unfortunately, she kept insisting that

she would be fine and even became a little peeved that I was suggesting that she was too old. To keep her off the road, I had to concoct a story about one of my friends getting sick and canceling the plans."

The thought of suggesting to a loved one that it's time to give up their car keys can be daunting. Dombo says that there are steps that one can take to make such a conversation less intimidating. "This is a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves," she said. "It's important to be respectful and not talk to them like they are a child. Give specific examples instead of making general statements and try not to have the conversation alone. It's usually more effective to have the conversation with a group of family members."

Demonstrating an understanding of what reduced driving means is also important, suggests Goldstein. "You must show empathy," she said. "This type of transition can lead to depression for some seniors. Offering alternatives like gift certificates for cab rides or Uber or Lyft can be good. Coming up with a plan to remain socially active and to run errands and get to doctor's appointments. But this type of life transition is not easy, but it is possible to live a rich, full life without a car."

"... a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves."

— Lisa Dombo, LPC, Ed.D

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NEWS

Comprehensive Plan Adopted

FROM PAGE 3

AGREEING with her, Jim Gillespie said the greatest housing need in the City is for families earning below 60 percent of the area median income of \$108,600. He then suggested working with Fairfax County to obtain more ADUs. And GMU student Joseph Fernando urged the Council to "Keep in mind college-age students who suffer from housing instability."

Diane Henn agreed with Bicknell and Gillespie, but didn't want "too-dense development, as well as the traffic it would bring." And, she added, "A more vibrant center of town should be built next to the Historic District to attract more visitors to the City and its businesses, southeast of Main Street, off University Drive."

Gary Bottorff was pleased about formalizing an agreement between Fairfax and GMU, "or else the university may develop in a way we don't like." Colin Riley said the Plan's objective should be improving the citizens' quality of life, and he worried that the amount of new residential development considered would be too dense.

Afterward, Councilman Michael DeMarco made a motion to adopt the Plan, seconded by Councilwoman Janice Miller. "This plan had a lot of citizen

input," said DeMarco. "It sets the stage for the future and will guide our – and future Councils' – decisions, going forward. And the implementation guide gives us the ability to adapt and make changes without having to amend the whole Comprehensive Plan."

Miller thanked the Planning Commission, planning staff and citizens for all their hard work. Councilwoman Jennifer Passey said the Planning Commission will keep the City in line with the new Plan. She also called the process creating the document "a true testament to the close-knit community we are."

Like DeMarco, Councilman Sang Yi said, "We need to be able to adapt and re-prioritize as the environment changes, and this Plan gives us flexibility." Councilwoman So Lim said the Plan will "make our City more vibrant and economically viable, while maintaining its charm." And Councilman Jon Stehle was pleased that City residents were part of the Plan's creation, from the start.

"This Comprehensive Plan doesn't satisfy everyone," said Meyer. "I believe the funding for affordable housing will be addressed through the budget process. And I believe the ADU ordinance will be adopted; staff is currently working on this." Then, before the Council unanimously approved the Plan, he said, "This will be the roadmap by which we and other councils will make our decisions."

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Legals

Legals

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Busaba Thai 999, LLC trading as Busaba Thai, 11270 James Swart Cir, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Chayin Sriprasert, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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The Noribasa Group Inc. trading as Neisha Thai, 11180 Fairfax Blvd., Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/ Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Rick Kitchrayotin, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

BULLETIN

FROM PAGE 6

Union Mill Elementary is currently registering new students for the 2019-20 school year. Find registration forms in the Union Mill Elementary office or online at www.fcps.edu/sites/default/files/media/forms/enroll_0.pdf. Call 703-322-8500 or email lrmill@fcps.edu to make an appointment to bring completed registration forms and supporting documentation to school. Kindergarten Orientation will take place on Monday, April 1, 4-5 p.m.

VOLUNTEERS WANTED

Interested in local Civil War or Railroad History? Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email volunteers@fairfax-station.org or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

The Shepherd's Center of Fairfax-Burke needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at recruiter@scfbva.org or call 703-323-4788.

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- Take a short five-question online survey
- Join a community conversation in person: March 6 - Falls Church.
- Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

FRIDAY/MARCH 1

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at www.fcps.edu/index.php/resources/family-engagement/parent-resource-center. Call 703-204-3941 or email prc@fcps.edu for more.

- March 1 - Technology to Support Reading and Writing: Encouraging Independence and Student Success
- March 8 - Exploring Early Childhood AT Home: Assistive Technology for Preschool
- March 15 - Technology Tools to Support Executive Functioning
- March 22 - Assistive Technology to Support Communication

SATURDAY/MARCH 2

Sibshops. 9 a.m.-noon at Providence Community Center, 3001 Vaden Drive, Fairfax. The Sibshop workshops are for children in grades 2-5 who have siblings with special needs enrolled in Fairfax County Public Schools. Meet other siblings in a fun, recreational setting; celebrate siblings; share sibling experiences and receive peer support; play games and more. A snack will be provided. Registration is free, donations will be accepted to support the cost of materials and food. Visit www.fcps.edu/resources/family-engagement/parent-resource-center or call the FCPS Parent Resource Center at 703-204-3941 to register.

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The Following is a Test



By KENNETH B. LOURIE

Although you can adjust your television set, it's probably wise to have juiced the battery in your cellular phone. Better still, use your landline - if you have one - thereby preventing a dropped call right in the middle of your interminable hold. Because the call you're about to make - to a government office - is likely not going to be made to the correct number or the correct person or at the correct time or even to the correct department.

And should you be lucky enough to reach an actual person with your call, the explanation for your call/the problem you're attempting to resolve, will no doubt result in a transfer which most likely will not be to the correct number, the correct person, at the correct time or even to the correct department.

Unfortunately, after perusing the government's website, you're just not smart enough to figure out exactly what number you're supposed to call. (Is anyone that smart?) And therefore you are likely going to experience this loop-de-loop - without the upset stomach.

And what makes your attempt even worse? Hanging up, since your call might be "answered in the order in which it was received."

Now presuming/assuming that a less-than-immediate solution will not be at hand, there are a few steps one should take in preparation to not make a bad situation worse:

* Allow for plenty of time. Do not make this call when you're in a hurry, on break/at lunch or have a limited window of opportunity to complete your task. You will need to be in for the long haul, so to speak.

* Try to make this call when you're able to sit/stand comfortably - for long periods of time. Moreover, make sure you have the privacy you need so that anything you say will not be heard (or held against you in a court of law) and any movements your body makes will likewise not be seen.

There's something about being stuck on the phone for long periods of time waiting, waiting, waiting; talking, talking, talking; hoping (you'll note I didn't say expecting) to reach the right person and/or resolve the problem/get the answer which prompted the call in the first place, which rarely brings out the best in the person on hold. Quite frankly, it's been my personal experience that it brings out the worst.

In addition to having the time and the place, one must also have the patience. That patience comes from proper preparation. And by "proper preparation" I mean the creature comforts: food, water and access to a bathroom.

The order really should be reversed with bathroom access first and foremost. Being uncomfortable, shall we say, after finding the time and place, and then making the effort to navigate the government's website looking for the proper person, phone number, department and then in the midst of any success you might have accomplishing this Herculean feat, to have that very personal need interrupt the proceedings is the definition of poor planning.

Common sense has to prevail or the consequences may be dire; you might have to start your calling process all over again. I wouldn't wish that on any one.

There is no greater satisfaction than surviving making one of these calls, and having done so because you put all of your adult Boy Scout skills to work. There really should be badge of honor one can earn after completing this dreaded and arduous task.

In fact, there should be some kind of reward. Although I imagine reaching nirvana (not listening to Nirvana) is its own reward.

Nevertheless, having survived the ordeal and endured the suffering for as many minutes as I care not to remember, I can say with absolute certainty, it's a hell of a feeling. I wish you all well in your next pursuit of truth and justice despite the American Way.

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

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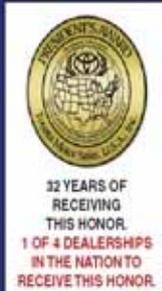
CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE
INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



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Jack Taylor's
ALEXANDRIA TOYOTA



SERVICE & PARTS DEPT HOURS:
Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!

ToyotaCare Customers
Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
HOW AVAILABLE Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$24⁹⁵ **\$34⁹⁵**

NON-SYNTHETIC

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

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SIGHT LINE WIPER BLADES

BUY 1 GET 1 FREE

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY GOOD THRU 3/31/19.

FREE BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99

\$30.00 OFF when you spend \$200.00 - \$299.99

\$45.00 OFF when you spend \$300.00 - \$399.99

\$50.00 OFF when you spend \$400.00 or more

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TRUESTART™ BATTERIES

SPECIAL OFFER

\$129⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

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Check your windshield. Does your sticker say **2/19, 3/19, or 4/19?** If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

FREE

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**