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Inside



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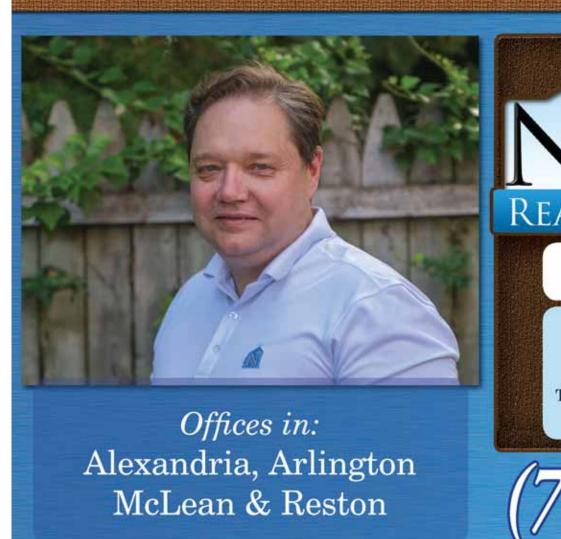
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Pet Connection



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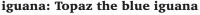
"I want some of your Chinese food and I want it now," says Cocoa of the Kingstowne area. Cocoa is a Maltipoo that will eat his own food some of the time but gets demanding when the carry out food shows up at the door.





Pet Connection







Topaz the iguana likes neck rubs.

Owning a Pet is Healthier, Better for the Owner

BY MIKE SALMON The Connection

et's face it, after a stressful day at the of fice or a nerve-wracking commute home, there's nothing like the unconditional love from a pet, which come in all shapes and sizes. The advantage of owning a pet can be helpful in other ways too, according to the Animal Health Foundation, who have listed eight other advantages based on a recent study, which includes blood pressure, strokes and depression.

Folks with pets don't need statistics though like Nonnie Walter of Fairfax Station who owns a sheep dog mix named Libby. "She is the kindest dog ever, she wants to be loved," said Walter, who got Libby from Homeward Trails Pet Rescue. Libby, which is short for Liberty, "just brightens your day," she said. Libby loves walks and time at the dog park, and "she likes to chase squirrels," she added.

Polo the Miniature Golden Doodle is no different. "He has a big personality, he's so human-like," said owner Mora Rahmone, who works at PetSmart in Springfield. Rahmone feeds Polo dog food, but he "loves to eat table food for some reason, he likes KFC chicken," she said.

For Jen B, who chose not to give her full name, Topaz the iguana is a blue iguana that has his own personality as well. "He loves to eat, to sit on my

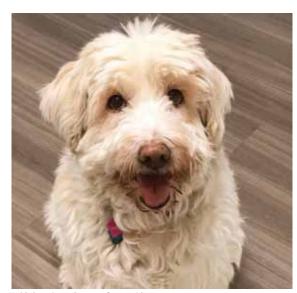


PHOTOS CONTRIBUTED

At Petsmart in Springfield, the hair keeps coming so the groomers keep grooming.

shoulder and loves neck rubs," Jen said. He "clicks," when he's getting his neck rub, which is similar to a cat purring. Topaz is a rescue iguana and Jen said it was probably due to the amount of attention an iguana needs. People aren't aware of what it takes when they adopt them as pets. "He's a very people iguana," she said.

Yoga enthusiast Julia Lopez describes her dogs as "furry little gurus." She has two dogs she got as rescues. One is a pit bull-Labrador retriever mix and the other is just a mix, she said. "They help keep me in the present moment and remind me of life's essentials," she said.



Libby is short for Liberty.



Polo the Miniature Goldendoodle likes KFC chicken.



The 12-person team from West Springfield had a big session with make-up artists before hitting the stage

From Springfield to 'World of Dance'

West Springfield Dance Team enters the 'World of Dance' on Network Television.

> By Mike Salmon THE CONNECTION

he West Springfield High School dance team recently competed on NBC's "World of Dance," in front of judges and dance superstars including executive producer Jennifer Lopez, or "J-Lo," as she's called, Derek Hough, musician NE-YO and host Scott Evans. The team was among 54

acts all competing for the \$1 million prize, NBC said.

Led by dance instructors Jason King and Tara Perez, 12 students from West Springfield overcame many odds and became the first team from a public school to reach the stage at the World of Dance. "We're the first public high school for the show, some of our students never danced before in their lives," Perez said.

The team was competing against other teams that had a much more structured background, and more funding, but the team from West Springfield of the way in the West Springfield cafeteria for practice, and staying until it was nearly bedtime to practice their moves,

West Springfield **Dance Team**

Iris Beckham, Camille Berger, Katerina Da Silva, Te'onya Geddis, Emilee House, Victoria Huang, Zaria Khan, Emily Kinjo, Emma Lapini, Donovan Vannarath, Phuongvi Vo, Cassady Welch

similar to another rise from the bottom tale where Rocky Balboa rose from inner city Philadelphia to win the heavyweight boxing title. According to King, it was "the whole journey," that stuck out in his mind. "We're a public high school dance team, practicing in our cafeteria," he said. "The cafeteria has been our home," Perez added.

West Springfield High School has been going through renovations over the last few years and that made it challenging for the students as well. "It's been really tricky," said Perez. Their mission was to keep the audience entertained and create routines that are theatrical and themed. The team's goals are did what they had to do under simple; be resilient, be relentthe circumstances, and it less, be remembered, be better showed on the dance floor. This than we were yesterday, and included moving the tables out always stay humble, said NBC guidelines.

> SEE WORLD OF DANCE, Page 7



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Rex

Springfield District Supervisor Pat Herrity's faithful companion, Rex, who graduated from tubing at over 20 mph with family members (bottom) to jet skiing with Pat (top) at 50 mph this past summer at Lake Anna. Rex loves people, treats and the outdoors. During the winter, you will also find Rex sledding and playing in the snow with his friends in the Little Rocky Run, Clifton.

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News



PHOTO CONTRIBUTED

Del. Eileen Filler-Corn (D-

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

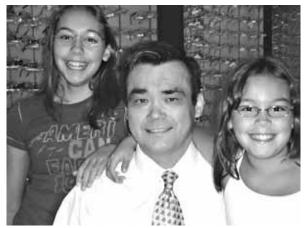
This past Friday, Del. Eileen Filler-Corn's (D-41) amendment cleared its first hurdle towards being added to Virginia's Constitution. HJ 676 would provide that one motor vehicle of a veteran who has a 100 percent serviceconnected, permanent, and total disability shall be exempt from state and local taxes. 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 disabilityrelated 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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OPINION

Consider a Greyhound

By Jenny Harrop

hat would you say to hav ing 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.

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

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



Photo by Joan Brady **Dutch Julie: Retired** racing greyhound.

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 adoptions 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



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

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.virginiagreyhounds.org James River Greyhounds www.jamesrivergreyhounds.org

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

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/ Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WINTER SHELTERS

Find homeless and cold weather

drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2019, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at boundary.fcps.edu/ boundary/. Complete a packet of registration forms found at www.fcps.edu/it/forms/enroll.pdf or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent. Learn more at www.fcps.edu/ registration/general-registrationrequirements.

SEE BULLETIN, PAGE 11

_Springfield

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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 SUPERVI-

> **Sharon Bulova** and Sprite



News

'World of Dance'

From Page 3

THE TEAM had to sign model releases and confidentiality papers before heading off to Los Angeles for the competition. This is season three for the show and Jennifer Lopez noted the variety in the acts this year. "This new season has some jaw-dropping performances and we're seeing acts do stunts and moves that we've never seen before," said Lopez. "I'm excited that we're giving these gifted dancers and athletes an opportunity and platform to shine as brightly as they deserve, for an unparalleled third season in a row," J-Lo added.

The contestants are handpicked from qualifying events around the nation and thousands of online submissions. The competitors are divided into four divisions: Junior (17 years old and under, 1-4 dancers), Junior Team (17 years old and under, 5-15 dancers), Upper (18 years old and older, 1-4 dancers), Upper Team (18 years old and older, 5-15 dancers). The competition consists of five rounds: Qualifiers, The Duels, The

Divisional Final and the World Final. In the first four rounds, dancers only compete within their division, but in the World Final -

the winner from each division will compete against each other for the grand prize.

Traveling with NBC to their Hollywood studios was another experience for the team. Being in front of J-Lo and the rest of the wellknown judges was

nerve wracking for the teens. "They look up to people on the show," said King. When the team first saw J-Lo, it was "a freak out moment," said Perez.

IN ONE STUDIO, the clock tower from Back to the Future was still standing, and King looked on in awe, although it wasn't that meaningful to the team since they weren't as familiar with the movie. "That thing is still there,"

King said.

The team put in long hours and hard work to get to this point, and that was a lesson in itself, the teachers said. The road to Hollywood is not easy, and turned out to be a "big eye opener," said King. "The kids never experienced something like that, I definitely saw changes in some of them," Perez added.

The premiere episode aired on Tuesday, Feb. 26 and is moving to its regular timeslot on Sundays starting March 3 at 8 p.m.



Celebrating Birthdays with a Dog Cake

Vizslas Go, a dog group that meets regularly to exercise and socialize their dogs, often celebrates members' birthdays with dog cake. Here they celebrate three birthdays at Laurel Hill Park Lorton with dog cake on Jan. 27

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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/MARCH3

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, selfinterest 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 $cfa. \bar{ca} len \hat{dar}. gmu. edu/really-really.$

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



Photo courtesy of Fairfax County Government

The Fire & Police Museum in the Fairfax County Public Safety Headquarters opened in late 2017.

Historical Society of Fairfax County

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. Sunday, March 3, 2-4 p.m. at Fairfax County Public Safety Headquarters, 12099 Government Center Pkwy., Fairfax. Free. Email suzannelevy@cox.net or visit www.fairfaxhistoricalsociety.org for more.

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

SATURDAY/MARCH 2

Spring Brunch. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Join Chef Cal Kraft to welcome spring. He'll help plan and host a special brunch to celebrate the season. Adults, Teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/ event/5020831 for more.

SATURDAY-SUNDAY/MARCH 2-3 Monty's Model Train Display.

Saturday, noon-5 p.m. and Sunday, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local model train enthusiast Monty Smith will display his running brick-built model trains featuring LEGO trains in this two-day event. Ages 16 and older, \$4; 5-15, \$2; 4 and under, 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-sprehistoric-aquarium-adventure.

MONDAY/MARCH 4

Try Girl Scouts. 6-7 p.m. at Keene Mill Elementary School Cafeteria, 6310 Bardu Ave., West Springfield. Make new friends, learn about Girl Scouts, and earn the requirements for two new cybersecurity badges. \$25 for the four-week sampler (March 4, 11, 18 & 25). Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

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.

TUESDAY/MARCH 5

TheatreWorks: Henry & Mudge.

10:30 a.m. at GMU's Center for the Arts, Concert Hall, Fairfax Campus. Based on the best-selling series of books by Cynthia Rylant. Moving from the city to a new house in the country can be tough. Just ask Henry, who can't find a playmate in his new neighborhood. Luckily, he's got Mudge, a great big, 182-pound canine buddy, with whom he can share all kinds of adventures. Recommended ages: pre-K through 3. For tickets call 1-800-497-5007 or visit twusa.org.

MARCH 5-APRIL 1

Art Exhibit: Spring Marches On. 11

a.m.-5 p.m. daily at The Artists' Undertaking Gallery, 309 Mill Street in Historic Occoquan. "Spring Marches On" features paintings by Jeanne and David Pacheco of Springfield. Contact the gallery at 703-494-0584 or at info@artistsundertaking.com.

FRIDAY/MARCH 8

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.

SATURDAY/MARCH 9

Family Festival and Fun Fair. 10

a.m.-2 p.m. at Good Shepherd Preschool, 9350 Braddock Road, Burke. The Fun Fair is geared towards young children... games, prizes, moon bounces, affordable lunch, bake sale and raffle baskets. Volunteer opportunity for teens who need community service hours. Free admission. Email Ashley Bernardi at ashley@nardimedia.com for more. **Tales of Adventure.** 7 p.m. At The

Tales of Adventure. 7 p.m. At The Auld Shebeen (downstairs), 3971 Chain Bridge Road, Fairfax. In "Tales of Adventure," storytellers Jessica Robinson, Anne Rutherford and Norm Brecke will share some true, personal stories – the popular style of storytelling and Better Said Than Done's usual fare - but will also tell some not so true tales, with adventures on the high seas, the tops of mountains, and around the world. Cost is \$15/door; \$12/advance.

Fairfax Symphony Orchestra. 8

p.m. At GMU Concert Hall, 4373
Mason Pond Drive, Fairfax. Ticket are
\$30, \$15 students. Fairfax Symphony
Orchestra presents Mozart's Clarinet
Concert. Featuring conductor
Christopher Zimmerman; Ismail
Luminovsky, Clarinet; and the Bowen
McCauley Dance Company. PrePerformance Discussion at 7 p.m.:
Join conductor Christopher
Zimmerman and special guests. Visit
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Senior Living

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

BY MARILYN CAMPBELL

"... a very sensitive

people because it

change in lifestyle

and having less con-

trol over ourselves."

— Lisa Dombo, LPC, Ed.D

issue for many

racy 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 means dramatic 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 to 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 86year 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. Too 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 understand of the 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."

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Legals Legals ORDER OF PUBLICATION th of Virginia VA. CODE § 8.01-316 JJ016277-01-00; -02-00 General District Court WARREN-J & DR - JUVENILE Juvenile and Domestic Relations District Court [] Commonwealth of Virginia, in re. A. KATHLEEN DOSSMAN [x] CHRISTIAN STANLEY. DETERMINE CUSTODY AND VISITATION OF A MINOR CHILD BORN TO KATHLEEN DOSSMAN AND CHRISTIAN STANLEY ON OCTOBER 12, 2011. It is ORDERED that [] the defendant [x] KATHLEEN DOSMAN appear at the above-named Court and protect his or her interests on or before 05/06/2019 09:00 AM XLLUMOLY [x] CLERCK 02/04/2019 [] JUDGE

Announcements

Announcements



Corps of Engineers announces rescheduled public info session for Decommissioning of Deactivated SM-1 Former Nuclear Power Plant at Fort Belvoir

The U.S. Army Corps of Engineers, Baltimore District (USACE) is announcing that Tuesday March 12, 2019, is the rescheduled date for the public information session regarding decommissioning and dismantling of the deactivated SM-1 former nuclear power plant at Fort Belvoir, Va. The public information session was originally scheduled for January 29, 2019, but had to be postponed due to inclement weather.

USACE is currently in the planning phase for the decommissioning and dismantling of the deactivated SM-1 former nuclear power plant at Fort Belvoir, Va.

As part of that decommissioning planning, USACE is preparing an Environmental Assessment evaluating potential ecological, cultural, water, public health and safety, and waste management effects associated with the decommissioning of the SM-1 facility at Fort Belvoir. USACE is also seeking consultation from members of the public (in addition to the state historic

groups) to determine the cultural impacts of the decommissioning project and to mitigate any adverse effects identified in accordance with Section 106 of the National Historic Preservation Act. To aid in both of these aspects of the ongoing decommissioning planning for the deactivated SM-1 former nuclear power plant and to gather feedback from the public, USACE is hosting its rescheduled public information session on Tuesday, March 12, 2019, at the Fairfax County's South County Government Center (8350 Richmond Hwy, Alexandria, Va.). The session will be from 6:30pm to

- 9:00pm and will have the following schedule: 6:30pm: Open House period where the public can meet and interact with USACE and Fort Belvoir personnel working on the project
 - 7:00pm: Formal presentation about the SM-1's history and ongoing decommissioning planning
 and a subsequent question and acquire specien.
 - and a subsequent question and answer session
 - 7:30pm: Another open house period
 9:00pm: A second iteration of the form
- 8:00pm: A second iteration of the formal presentation for those wishing to attend later in the evening
- 8:30pm: A final open house period for questions and answers

SM-1 Background: Completed in 1957, the deactivated SM-1 former nuclear power plant at Fort Belvoir was the first nuclear power facility in the United States to be connected to a public utility grid. Over several years it provided power primarily to Fort Belvoir and served as a training facility for nuclear technicians from all military branches before being partially decommissioned in the early 1970s. The initial dismantlement and decommissioning involved the removal of a majority of the radioactivity from the site, including the removal of the nuclear fuel and control rods, decontamination work around the facility, radioactive waste removal, and the sealing of the Reactor Containment Vessel which hold the Reactor Pressure Vessel and other reactor components.

USACE is working to develop and finalize the various planning documents for the final decommissioning and dismantling of the facility. More information can be found on the SM-1 project web site: www.nab.usace.army.mil/SM-1/

Those wishing to provide written comments or questions regarding the SM-1 former nuclear power plant decommissioning can do so by e-mailing CENAB-CC@usace.army.mil or sending written comments to the following mailing address: U.S. Army Corps of Engineers, ATTN: Corporate Communication Office, 10-F-23, 2 Hopkins Plaza, Baltimore, MD. 21201. Comments and feedback received at this time will inform the ongoing decommissioning planning efforts.

Announcements

Announcements

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PUBLIC NOTICE



THE UNITED STATES DEPARTMENT OF THE ARMY INVITES
PUBLIC COMMENTS ON THE DECISION FOR
FTBL-005-R-09 -BELVOIR NORTH AREA
SOILS AND GROUNDWATER
FORT BELVOIR, VIRGINIA

A Proposed Plan for the Fort Belvoir North Area (FBNA) Child Development Center (CDC) at the United States (U.S.) Army Garrison Fort Belvoir, Virginia (Fort Belvoir), will be available for public review and comment beginning 1 March 2019 through 30 March 2019. The Proposed Plan for the CDC describes soil remediation completed at the site and the rationale for the proposed groundwater remedy. The Proposed Plan which recommends long-term groundwater monitoring and land use controls, will be available for review at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria, Virginia, (703) 339-4610, and at the Lorton Library, 9520 Richmond Highway, Lorton, Virginia, (703) 339-7385. In addition, documents in the Administrative Record that support the basis for this decision are available at these locations.

A 30-day public comment period will be allotted to ensure public awareness of the environmental impacts associated with past and present activities at the Fort Belvoir CDC site, that the site is thoroughly investigated, and that the appropriate response action is taken to protect human health and the environment. The public may provide comments to the Fort Belvoir Point of Contact using the contact information below during the 30-day comment period. The U.S. Army may host a public meeting if there is sufficient public interest as determined by the comments received but otherwise will address comments in the responsiveness summary of the Decision Document. The final remedy selection for the site will be made after the 30-day public comment period. For further information contact:

Mr. Felix M. Mariani
Environmental and Natural Resource Division
Directorate of Public Works
9430 Jackson Loop
Fort Belvoir, Virginia
Phone: (703) 806-3193
Imcom.fortbelvoir.dpw.environmental@us.army.mil

Legals

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U.S. Army Garrison Fort Belvoir Environmental Restoration Program Public Notice for Proposed Plan and Public Comment

Please provide written comments by April 1, 2019

The U.S. Army, in cooperation with the Virginia Department of Environmental Quality announces a 30-day public comment period, from March 1, 2019 to April 1, 2019, for the Proposed Plan addressing Munitions and Explosives of Concern (MEC) at the Mine and Booby Trap Area Munitions Response Site (MRS), part of the U.S. Army Garrison Fort Belvoir, Virginia. The public comment period meets Section 300.430(f)(2) of the National Oil and Hazardous Substances Pollution Contingency Plan and Section 117(a) of the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA). The Proposed Plan is available for public review at the following locations:

Kingstowne Library 6500 Landsdowne Centre Alexandria, VA 22315-5011 703-339-4610 Lorton Library 9520 Richmond Highway Lorton, VA 22079-2124 703-339-7385

Depending on interest from the public, an open meeting may be held to explain the alternatives for addressing potential munitions and munitions-related debris at the former Mine and Booby Trap Area and to provide a forum to discuss the Army's preferred alternative

The Mine and Booby Trap Area MRS, also identified as FTBL-026-R-01 and 51105.1038 in the Headquarters Army Environmental System database, is approximately 145.5 acres in size, located on Fort Belvoir, Virginia. The area was used from 1943 to 1947 to train Army engineers how to install and remove booby traps and landmines. Training landmines and related components were found during a Remedial Investigation of the site in 2016. The Army has determined that there is a potential for additional munitions items to remain on the property, some of which could contain energetic materials. A Feasibility Study conducted in 2017 evaluated alternative actions to address this potential hazard and the recommended alternative is a Focused MEC Investigation/Removal and Land Use Controls. This action would remove encountered landmines, munitions debris, and other materials from former military training areas on the property and provide oversight for future land usage and development.

Please provide written comments to the address below by April 1, 2019.

Mr. Felix M. Mariani
Environmental and Natural Resource Division Directorate of Public Works
9430 Jackson Loop
Fort Belvoir, VA 22060
703-806-3193, or
usarmy.belvoir.imcom-atlantic.mbx.enrd@mail.mil

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

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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 lrmilla@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-

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
- $\boldsymbol{\diamondsuit}$ Share the survey and conversation invitation with neighbors, co-workers and county family and

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/familyengagement/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/familyengagement/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

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

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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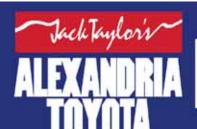
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