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Fairfax Station

CONNECTION Clifton & Lorton



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Tina Maier and goat at the Live, Laugh, Relax Therapeutic Center in Fairfax Station. Maier and the hobby farm owner Joseph Lombardozzi write about the healing power of nature and animals.

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PET CONNECTION



PHOTO BY SUSAN LAUME

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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PET CONNECTION

LORTON/FAIRFAX STATION/CLIFTON CONNECTION EDITOR KEMAL KURSPAHIC
703-778-9414 OR SOUTH@CONNECTIONNEWSPAPERS.COM

From left — Brooklyn on Cocoa, Christina, Hunter on Morgan, Christian, Gabriella and Henry on Ruger, Tina Maier, Allysa on Traveller, and Chris Maier at Live, Laugh, Relax Therapeutic Center in Fairfax Station.



PHOTOS COURTESY OF
TINA MAIER

Live, Laugh, Relax in Fairfax Station

Therapeutic Center offers healing power of bonds between people and pets.

BY TINA MAIER

Although our family has many amazing pets which include; sugar gliders named Luna and Eclipse, a bearded dragon named Juggles, German Shepherd named Rieka, Boston Terrier named Maggie, three horses named Morgan, Traveller and Cocoa, 7 chickens, plus three Nigerian dwarf goats named Ninja, Bambi and Cali; I am writing this article about the special bond between my son Christian and his goat Ninja.

My son Christian has high anxiety and some social anxiety issues. When Christian met a Nigerian Dwarf goat Ninja at the farm across the street it was very apparent that this goat brought a comfort and easiness to his stressful days. As he visited Ninja more and more it was obvious by many; teachers, counselors, and coaches, etc...that she was really helping him come out of his shell, had a little more confidence and became more relaxed. When Christian found that the farm was going to sell off some of their livestock (as most farms do) Christian got very concerned Ninja would be one of them so he offered to buy her. The owner of the farm contacted me and told me what Christian had offered, she said that Ninja was not for sale but witnessing the bond they had she would be willing to sell Ninja to Christian. He purchased her and boarded her at the farm; although we were allowed to have horses, our HOA did not allow cloven (split) hooved animals.

This bond almost came to an end when the owner of the farm decided to move putting the farm on the market. Christian begged that I had to do something so I reached out to our HOA explaining the needed bond for Christian's wellbeing and submitted documents and asked for an exception to the restrictions for a reasonable accommodation. After all we own 5 acres and our house is on the outside of the neighborhood not technically in the neighborhood so why wouldn't they allow this; but after several attempts and denials of our request I had to reach out to HUD. After careful consideration and a very thorough investigation it was deemed that the HOA had to allow Christian to keep his goat Ninja. As extremely stressful as this whole process was and the battle we had to endure, I now believe that it possibly happened for a reason.



Christian Maier and Ninja.

I believe the reason is that the new (going to be) owner of the farm across the street, Joseph Lombardo, was buying the property in hopes to open a Therapy Center to connect people with the healing nature of animals and find a partner to help with this endeavor. Because of what was happening with our HOA battle, he heard about me and then reached out to me to see if I would be interested in partnering with him.

After witnessing the very special bond and healing power of Christian and Ninja's bond, I decided yes, what a wonderful thing to be able to allow others the opportunity to experience nature and animals. With that, Live, Laugh, Relax Therapeutic Center is now open and is a rewarding experience for our whole family including our children, grandkids, friends and visitors. The center currently has 2 bunnies, 4 horses, 7 goats and 4 chickens at the farm and hope to add more once we are able to afford it. Many children and adults, with and without disabilities, are benefiting from the calming nature of farm animal interaction. Some connect with the chickens or bunnies some prefer the horses, most love the goats! Both Christian and Ninja now work at Live, Laugh Relax Therapeutic Center.

Christian says "it's not about what type the animal is, it's the calm feeling you get when you find the right animal connection!"

Tina Maier of Fairfax Station is mother of 5, grandmother of 5, owner of multiple amazing pets and co-owner of Live, Laugh, Relax Therapeutic Center in Fairfax Station.

The Owner's Story: The Healing Power

BY JOSEPH LOMBARDOZZI

I live on 6.3 acre hobby farm minutes from Clifton. Address is 12007 Corral Dr Fairfax Station. I am in healthcare quality consulting.

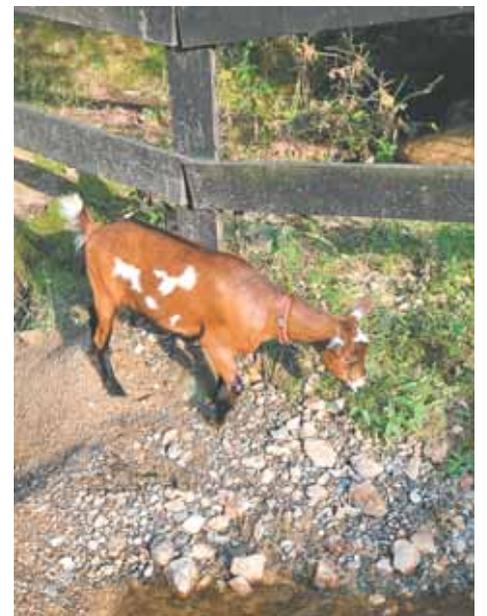
I always had a dream of managing or working at a small hobby farm or working more with my hands and animals. I believe tasks that involve manual labor and being outdoors are good for the soul. I started volunteering at the Northern Virginia Therapeutic Riding center to test my theory that I really want to be around animals and I have been doing it for 3 years now and really like seeing the joy that horses bring to individuals with disabilities, youth-at-risk and recovering military personnel.

My dream was finally realized after 20 years of consideration when I purchased a 6.3 acre farm in Fairfax Station. I didn't have a lot of experience running a farm and I knew I wanted a partner and I was concerned about investing so much in a farm at a time when I didn't want to take on more expense. I found a neighbor also interested and passionate about animals, barns, and animal therapy. We both believe in the healing power of nature and animals. We found many interested people to help out and that is motivating.

My neighbor and I took a chance and teamed up and we now have 4 amazing horses (Morgan, Ruger, Cocoa and Traveler), 7 mischievous - but loving Nigerian Dwarf goats (Ninja, Bambi, Cali, Moose Tracks, Sally Leonora, Suzy Q and Snowball), 4 friendly chickens (Henrietta, Veronika, Erika, Giesela) and 2 rabbits (Thumper and Henry) and 1 parakeet (Javier).



Ninja



Bambi

My neighbor and I have a vision to bring pleasure to people that love animals, nature and being outdoors. We have seen the smiles on faces of children and adults that come to the farm. We want to bring joy to people that need escape from daily pressures of life.

We are just getting started! We are only looking to do small group gatherings (the smaller the better) to keep the experience special. The animals bring me so much joy. They melt hearts.

We plan to offer horsemanship lessons, riding, birthday parties (small group), goat yoga and intimate farm tours.

Check us out on facebook at Live, Laugh, Relax Therapeutic Center or call 703-989-3883 for more info.

PHOTOS COURTESY OF JOSEPH LOMBARDOZZI



Join us for coffee & conversation. Fairfax Divorce Workshop.

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Date: Saturday, March 9, 2019
Saturday, April 13, 2019

Time: 9:00-9:30a.m.-Registration
9:30-1:00 p.m.-Workshop

Place: Duff & Kronfeld, P.C.
Fair Oaks Commerce Center
11320 Random Hills Road/Suite 630
Fairfax, VA 22030



Please join us for coffee at our Second Saturday Divorce Workshop and get the information and support from professionals: a family law attorney, a financial adviser, a family therapist, a private investigator, an estate planning attorney and other professionals who will help guide you through the divorce process. Speakers vary for each workshop.

Registration at the door; however, pre-registration is recommended as space is limited.

Online Registration: www.secondsaturdaynova.com
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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-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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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 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

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**



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-registration-requirements.

SEE BULLETIN, PAGE 11

Fairfax Station,
Lorton & Clifton
CONNECTION

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PET CONNECTION

PEOPLE & PETS OF FAIRFAX STATION



A Curious Cat

Mary Anne and Tom O'Hare of Fairfax Station share this photo with a note:

"This is Poppy. We adopted her from a shelter last year, having found her on a rescue website. We drove two hours in a snow-storm. When we asked about her, the shelter staff queried 'Are

you sure you want THAT one?' Poppy joined two other cats in our home. She answers to no one. She is spunky, adventurous, and truly a curious cat. We learned that flowers are never safe in our home. Poppy's owner is 17 year old, Kerry O'Hare (a junior at Lake Braddock)."

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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/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-

Fairfax Symphony Orchestra (FSO) performs with special guests the Lucy Bowen McCauley Dance Company and clarinetist Ismail Lumanovski at George Mason University, Center for the Arts, 4400 University Drive, Fairfax. Performance: Saturday, March 9, 2019 at 8 p.m. Tickets: \$65, \$43, \$39, and \$25, with \$15 student tickets. Purchase tickets online at www.fairfaxsymphony.org or by phone 703-993-2787. **Note:** Before the concert at 7 p.m. a discussion with the artists and FSO music director Christopher Zimmerman.

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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PET CONNECTION



Family christmas card always includes Jolly and he too is a big Caps fan! Pictured here: Jolly, Lauren, Paige (mom), Rob (dad) and Bailey



Jolly even has a car named after him!

Meet Jolly

Paige Robertry of Fairfax Station writes: "This is Jolly, he is 10 years old and we adopted him from Lost Dog and Cat Rescue. He is a special dog because we foster dogs, cats and bunnies for the Fairfax County Animal Shelter and he is so patient and kind to all the animals that we bring home. He is gentle with the senior dogs and those that are recovering from injuries or surgeries. While walking with these dogs he

will go as slowly as the foster dog needs and will run like crazy with the energetic puppies. He is a great leader and teacher for the puppies that we foster...he even tolerated three two-month-old beagle puppies all at the same time! Jolly loves to spend time with the family. He loves going to the beach and riding the paddle board as well as being the lookout on the bow of our boat. Jolly has won the hearts of many people, young and old alike."

All About Zoey

Rachel Leinbach of Clifton shares a story of her dog Zoey: "Zoey was born on July 6, 2018. We picked her up from Golden Rock Farm in Goochland, Va. on Aug. 25, 2018. She is a golden retriever with a beautiful cream coat. She is the most friendly dog and loves every person and dog she meets.



From left: Griffin Leinbach (Zoey's Uncle), Katie Arnold (holding Zoey), Rachel Leinbach (me, owner), and Parker Leinbach (my husband, also owner). This photo was taken on Oct. 13, 2018 at the Old Well at UNC. Zoey was at UNC to tailgate for the Virginia Tech vs UNC football game which Virginia Tech won 22-19. She is a biggest Hokie fan and dreams of one day getting a picture with the Hokiebird.

PEOPLE & PETS OF FAIRFAX STATION

**Hannah Johnson of
Fairfax Station with
Thor and Calvin**



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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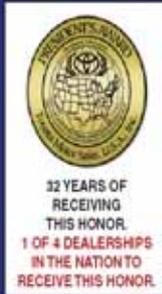
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