



Volume 6 | Issue 7



July 11, 2014

Cook Presents Best of Braddock Winners

This year's award winners are:

Neighborhood Enhancement or Beautification by a Homeowner | Paula and David McKinley, Olde Forge/Surrey Square

Neighborhood Enhancement or Beautification by a Community | Greg Sykes, Kings Park West

Most Can-Do Local Employee Working in the Braddock District | Julie Tahan, Lake Accotink Park Supervisor

Club or Organization Making a Difference in the Braddock District | The David R. Pinn Center with special recognition of Sarah Tinsley

Special Recognition Award | Rohil Bhinge, Mosby Woods Elementary School

Braddock District Young Person of the Year | Elizabeth Banks, Robinson Secondary School

Braddock District Citizen of the Year | Norma Heck, North Springfield

Supervisor Cook and the Braddock District Council presented this year's **Best of Braddock Awards and Picnic** on Wednesday, July 9. Every July the Braddock District Supervisor and the Braddock District Council host the Best of Braddock Awards and Picnic to recognize those citizens, organizations, and businesses of Braddock District who have gone above and beyond to be the very best. Each year individuals and groups are nominated by community members to be recognized.



Supervisor John C. Cook



Supervisor Cook Named Shelter House's Community Champion

In June, Supervisor Cook was named Shelter House, Inc.'s Community Champion for his work to raise awareness of and combat domestic violence.

Supervisor Cook serves as the Board of Supervisor's representative to the Domestic Violence Prevention, Policy and Coordinating Council of Fairfax County.

"I am honored to receive Shelter House's Community Champion award," said Supervisor Cook. "One of the things we do best in Fairfax County is create partnerships. The partnership between community volunteers, caring organizations like Shelter House, and the Board of Supervisors is an example of how we accomplish more working together than on our own. I know that together we can end domestic violence and homelessness in Fairfax County."



Shelter House, Inc. is a community-based, non-profit organization assisting homeless families in Fairfax County that runs three family shelters throughout Fairfax County including Artemis House, the County's only emergency domestic violence shelter. In addition to helping the homeless in Fairfax County, Shelter House, Inc. works with at-risk families to keep them in stable housing. Last year Shelter House, Inc. was able to keep forty-five at-risk families from becoming homeless. The organization presented Supervisor Cook the Community Champion award at its volunteer awards ceremony June 24th in Tysons Corner.

Celebrating the 50th Anniversary of the Civil Rights Act



This year marked the 50th Anniversary of the Civil Rights Act of 1964. At the Board of Supervisors meeting on July 1, Supervisor Cook and the Board formally presented a proclamation recognizing this milestone.

William Pickens, the African American orator and essayist said, "To cheapen the lives of any group of men, cheapens the lives of all men, even our own. This is a law of human psychology, or human nature. And it will not be repealed by our wishes, nor will it be merciful to our blindness."



Before the Board's presentation, Supervisor Cook and the Fairfax County Office of Human Rights & Equity Programs hosted a reception celebrating the 50th Anniversary of the Civil Rights Act of 1964 which was attended by representatives from the Reston Community Center, Northern Virginia Black Chamber of

Commerce, Inc., Northern Virginia Section of the National Council of Negro Women, Inc., League of Women Voters - Fairfax Area, and the Fairfax County NAACP.

The 50th Anniversary of the Civil Rights Act of 1964 provided a time to reflect on the fundamental American idea that all people are created equal. This Act was an important step in fulfilling the principle that the American Dream is available for

all. It was the pronouncement that discrimination has no place in America and that all have an equal opportunity to a successful, meaningful life. Despite being delayed and filibustered for 75 days, the Civil Rights Act of 1964 passed, cementing itself the cornerstone of our civil rights protections. The Civil Rights Act paved the way for the Voting Rights Act of 1965, which prohibits discrimination at the ballot box, and guarantees that each vote is counted and every voice is heard.

Supervisor Cook in the Community

On June 1st, Supervisor Cook attended and judged the annual Cardboard Boat Regatta at Lake Accotink. This highly popular event is one part of the yearly Springfield Days celebration.

On June 2nd, Supervisor Cook spoke to the Public Policy Committee of the Northern Virginia Association of Realtors in Fairfax.

On June 3rd, Supervisor Cook attended receptions before and after the Board of Supervisors Meeting for the recognition of this year's Lord and Lady Fairfax honorees. This year we were pleased to crown Monica Jackson and Tony Vellucci as our Braddock District Lord and Lady Fairfax.

On June 5th, Supervisor Cook met with two members of the Fairfax County Youth Leadership Program. These young ladies were selected to participate in the program which is open to High School Juniors. We're pleased to note that one of these outstanding students will be serving as an intern in the Braddock Office this summer.

On June 10th, Supervisor Cook stopped by an open house at one of the new Shelter House locations, this one named in honor of former Chairman of the Board, Kate Hanley.

On June 16th, Supervisor Cook held a quarterly meeting of the NVCC/Wakefield Forum at the Sprague Technology Center. This forum seeks to address issues facing the communities around the NVCC, Annandale Campus.

On June 19th, Supervisor Cook was honored to speak at the annual Fairfax County Federation of Civic Association's picnic which was held at Annandale Community Park. After that, he headed over to the Pinn Center to hand out diplomas at the graduation ceremony for Neighborhood College.

On June 21st, Supervisor Cook attended a celebration in honor of the 50th Anniversary of the partnership between Ilda and the Little Run Citizen's Association. The event was held at the Ilda Pool.



On June 23rd, Supervisor Cook was honored to attend the graduation ceremony for Lake Braddock Secondary School which was held at the Patriot Center. Later that evening, he hosted a community meeting about the maintenance of Royal Lake.

On June 24th, Supervisor Cook took time to meet with a local Boy Scout working towards his Eagle designation and needed to interview the Supervisor for his Citizenship in the Community Badge. Later that evening, he was honored with the Community Champion Award by the Board of Shelter House. This event was held at the Capital One Building in Tysons.

On June 27th, Supervisor Cook was glad to attend and kick off the 2014 Braddock Nights Concert Series at Lake Accotink and Royal Lake Parks. These concerts run every Friday through the end of August.

Metro Silver Line to Open July 26

The Silver Line is a new 23-mile Metrorail extension connecting the Tysons, Reston, Herndon, and Dulles Airport areas of Fairfax County to the regional Metrorail system. The Silver Line is being constructed by the Metropolitan Washington Airports Authority (MWAA) in two phases.

Phase 1, which will open July 26, includes these stations:

- McLean Station
- Tysons Corner Station
- Greensboro Station
- Spring Hill Station
- Wiehle-Reston East Station

Land Use Update

Fairfax Center Comprehensive Plan. The Braddock District Task Force received a detailed impact analysis from Planning staff on possible future modifications to the Transitional land bay areas south of Lee Highway on June 30. The summary, along with the editorial revisions, is now posted on the county website. The Committee will meet on July 28 to make comments and suggest revisions to the staff document which can be found on the [website](#). The recommendations of both staff and the Task Force will be presented to the Planning Commission on September 17.

Green Building Policy. The Board of Supervisors voted to expand the county's Green Building Policy Plan at its meeting on July 1. A link to the newly approved language can be found [here](#). The amendment addresses green building rating systems, green building performance tied to high levels of intensity and density, energy and water performance monitoring, public-private partnerships, and support for electric vehicles, as well as minor clarifications to the existing policy guidance. Supervisor Cook

remains concerned about the impact of the proposed policy on Braddock District industrial areas and the proposal to collect information from all developers on energy and water savings without some idea of what would be required and who would review it.

Burke Junction. Members of the Braddock District Land Use and Environment Committee met on site at the Young property at the end of June to assess topography, transportation impacts and areas for possible tree save. Discussions remain active with property owners to the north of the project regarding consolidation and review of the configuration of the road through the parcel is being reviewed by staff. The project is scheduled for Public Hearing before the Planning Commission on October 8.

SD Homes (Twinbrook Road). Planning staff remain concerned about frontage improvements on Twinbrook Road and the requirements of the Zoning Ordinance that applicants build those improvements. In addition, the significant tree loss on the property which is triggered by the need for a

sewer line and construction of stormwater improvements remains under discussion. This case is scheduled to come before the Planning Commission on July 30.

Garden World. The applicant continues working on revisions to its original submittal to add more

usable open space, guest parking, stormwater and improvements to Forest Hills Drive. A second submittal is expected over the summer and will be reviewed by the Braddock District Land Use Committee.

Human Services Corner

Diabetes and Heat: Safety Tips

If you have diabetes, be extra careful during hot weather. Temperatures of 80°F or above, especially with humidity, can affect medication, testing supplies, and your health.

If you have diabetes, it is harder for your body to handle high heat and humidity. The heat index, which measures how hot it really feels by combining temperature and humidity readings, advises caution starting at 80°F with 40 percent humidity.

Here are suggestions from CDC's Division of Diabetes Translation on taking care of yourself during hot weather:

Heat can affect your blood glucose (sugar) levels and also increase the absorption of some fast-acting insulin, meaning you will need to test your blood glucose more often and perhaps adjust your intake of insulin, food and liquids.

Drink plenty of fluids, especially water, to avoid dehydration. Avoid sugar-sweetened beverages such as sweet tea and sodas.

If your doctor has limited how much liquid you can drink, ask what to do during times of high heat.

Check package inserts with medications to learn when high temperatures can affect them. Take medications with you if you will need to take them while you're away from home, and protect them from the heat.

If you're traveling with insulin, don't store it in direct sunlight or in a hot car. Keep it in a cooler, but do not place it directly on ice or on a gel pack.

Fairfax County Launches Suicide Prevention Hotline

Fairfax County has launched a suicide prevention hotline that anyone can text. Here's a quick Q&A from CrisisLink about the new free service:

Should I text CrisisLink?

Are you thinking about texting CrisisLink, but feeling unsure? Here are some frequently asked questions about our textline service to help you make a decision about reaching out for help.

What happens when I text CrisisLink?

Within seconds, you will receive notification that a crisis worker has been contacted. Within minutes you will receive notification and a text message from your crisis worker. Because CrisisLink is a crisis and suicide prevention hotline, our crisis workers check with everyone whether thoughts of suicide or other high crisis are present. You do not have to be suicidal or in high crisis to text. CrisisLink is a safe place for you to express your thoughts, consider your options, and decide on next steps.

How old do I have to be to text CrisisLink?

People of all ages text CrisisLink for a wide variety of reasons. Give us a text when: you have a difficult problem, are experiencing emotional pain, or when you or someone you know is having thoughts about suicide or wishing they were dead.

How Much Does it Cost?

CrisisLink provides a 24/7 crisis textline service to the community at no cost. Standard text rates based on your service provider will apply.

Other CrisisLink numbers are:

(703) 527-4077 | (800) 273-TALK (8255) |
(800) SUICIDE (2433) |
If you use TTY, Please dial 7-1-1

Speak up for a child – volunteers needed!

Fairfax Court Appointed Special Advocates (CASA) is hosting an information session on Saturday, July 19, 11:00 a.m. – 12:00 p.m., at the Kings Park Library, 9000 Burke Lake Road Burke, VA. If you would like to learn more about advocating for abused or neglected children, please call (703) 273-3526, x22 or email ekosarin@casafairfax.org for more information.

Volunteers Needed as Office Workers & Drivers!

Shepherd's Center of Fairfax Burke wishes to serve those 50+ and who no longer drive. Driver's trips normally take two hours and average about 20 miles, and destinations are to medical, dental, rehab, and shopping locations in the Fairfax and Burke regions. Office Volunteers take phone requests and arrange for volunteer drivers three days in advance for *medical transportation* Monday through Friday and a week in advance for *Companion Shopping Transportation* on Tuesday afternoons and Friday mornings. Volunteers work in our office at 4019 Olley Lane, Fairfax for three hours every other week. If you can volunteer your time, please contact Barry Wickersham at 703-359-2918.

Braddock Neighborhood News

Supervisor Cook hosts a monthly television show, Braddock Neighborhood News, on Fairfax County Channel 16 which is available on most cable networks. Each month, Supervisor Cook invites topical guests to share pertinent and informative items with the viewers.

This month's show features Laura Smith, the Director of Development for Lift Me Up! Therapeutic Riding Program, along with two of their riders. This program enables people with disabilities

to learn to ride horses. The results encourage healing—physically, cognitively and emotionally. The power of being on a horse, coupled with the sensitivity of wonderful instructors is making a huge impact on the quality of life of those with special needs.

The shows air throughout the month and can be seen Sundays at 5 p.m., Wednesdays at 7 p.m. and Fridays at 5 p.m.

VRE Earns Security Award for Emergency Drill at Lake Accotink Park



The Virginia Railway Express (VRE) earned a Gold Security Excellence Award last week from the American Public Transportation Association for a

safety drill held at Lake Accotink Park in Springfield. The drill was a full-scale, realistic emergency simulation of a nighttime passenger train derailment in the heavily wooded area.

“Safety is a top priority for VRE,” said Braddock Supervisor John Cook who serves as Vice Chair for the VRE Operations Board. “The Gold Award is recognition that the VRE is leading the industry in proactive training exercises.”

This award comes in addition to the Transportation Security Administration's 2014 Baseline Assessment for Security Enhancement audit which gave VRE a “Gold Standard” rating.

Events

Great Decisions Seminar

Date & Time: Tuesday, July 15, 2014 at 2:00 p.m.

Location: Kings Park Library

Details: Roundtable discussion of U.S. foreign policy. Topic: Energy Independence

Free Evening Concerts and Wine Tastings

Date & Time: Thursdays, July 3 - Aug. 28, 5:30 p.m. to 7 p.m.

Location: Ellipse behind the Government Center
Details: If you like music and enjoy spending time with co-workers and friends, the free summer concert series, Evenings on the Ellipse, hosted by Chairman Sharon Bulova is back. The Government Center's "backyard" will be alive with music, picnic blankets, lawn chairs and free wine tastings offered by Paradise Springs and Bull Run Winery. Concerts are a "thank you!" to employees who wish to celebrate the end of the workday in Wolf Trap-esque style! At the same time in the front parking lot, the farmers market will offer fresh produce and baked goods. Some great food trucks are scheduled to make a number of appearances as well! Connect with the chairman on Facebook and Twitter to follow which food trucks are coming next.

English Conversation Group - Learning English

Date & Time: Friday, July 11, 2014 at 10:00 a.m.

Location: Kings Park Library

Details: Practice your English conversation skills.

Sun Loving Plants for Wet Sites

Date & Time: Saturday, July 12 from 10 a.m.- 11:30 a.m.

Location: Green Spring Gardens, 4603 Green Spring Rd, Alexandria, VA

Details: Take a tour of Green Spring Gardens' sun-loving plants that like wet soils with curatorial horticulturalist Brenda Skarphol. Learn about North American natives and some non-native plants that are great for rain gardens, stream banks, bio-retention areas and soggy sites. The cost is \$15 for Fairfax citizens, \$17 for non-citizens. Please [register online](#) or call 703-642-5173 for more information.

Preschool Reading

Date & Time: Monday, July 14th at 10:30 a.m.

Location: King Park Library

Details: Supervisor Cook will read to preschoolers

at Stinky, Smelly Storytime: Stories, songs and fun for preschoolers.

Aging in Place - Transportation

Date & Time: Wednesday, July 16 at 7:30 p.m.

Location: Braddock Supervisor's Office

Details: Emergency Planning for Older Adults: Tips, Templates and Tidbits to help you be a survivor! (Important Items to Make Sure You Survive a local or regional disaster) By: Bruce A. McFarlane, Sr., AEM Assistant Coordinator & Community Resiliency Supervisor of Fairfax County Office of Emergency Management

Campfire Saturdays at Lake Accotink

Date & Time: July 19, Aug. 2, 16 and 30 in the evening

Location: Lake Accotink Park

Details: What better place for a campfire than on a lake? Campfires will be held on Saturday evenings at Lake Accotink Park.

Lake Accotink Sunset Cruise

Date & Time: Sunday, July 20 7:30 p.m. - 8:30 p.m.

Location: Lake Accotink Park

Details: Cruise the winding shoreline of Lake Accotink Park from 7:30 p.m. - 8:30 p.m. while your guide shares interesting facts about the surrounding area. The fee is \$6 per person and participants should be age 18 or older. To register, call 703-569-0285. Have a canine buddy that loves the water? Check out the canine cruise on July 27th!

Pirate Fest at Lake Fairfax!

Date & Time: Saturday, July 26 10 a.m. – 6 p.m.

Location: Lake Fairfax Park

Details: Pirates, privateers, and ports of call, ahoy! This new festival at Lake Fairfax Park celebrates Virginia's seafaring past. Join with Ships Company Chanteymen singing traditional sea chanteys, tavern tunes and pirate ditties. Explore up-close the quarter scale ship called the "Lion" and learn sailor skills. Experience the life of a sailor firsthand with our many fun activity stations, including a pirate-themed tour

boat ride. Wear your most dashing pirate clothes and enter our costume contest. Find out about global trade in the 18th century and discover the luxury goods that compelled pirates to sail the seven seas. Tickets are \$10 in advance online; \$12 at the gate. For more information, call 703-222-4664.

Dine Out for People with Disabilities

Date & Time: July 29 from 6 p.m. – 9 p.m.
Location: Clare & Don’s Beach Shack - 130 North Washington Street, Falls Church, VA 22043
Details: Come out to Clare & Don’s Beach Shack from 6 p.m. – 9 p.m. to enjoy a good meal with live music. Visit the Arc [website](#) for more information. Check out the raffle prizes and all the details for July 29th, [HERE!](#) 10% of the entire day’s sales will go to The Arc of Northern Virginia. There will be live music by the band Quarter Mexican and raffle prizes.

The Virginia Department of Motor Vehicles DMV2 Go Customer Service Van

Date & Time: July 31, August 22, September 30, October 4, 5, 6, 31, November 24, December 15 from 9 a.m. - 4 p.m.

Location: Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.
Details: The van will be parked near the front entrance of the Government Center and offers all DMV services, including:

- Obtaining vehicle titles, license plates, decals, and transcripts.
- Applying for or renewing your ID card—available for adults and children.
- Applying for or renewing your driver’s license—taking road and knowledge tests; getting your picture taken; and reinstating driving privileges.
- Getting a copy of your driving record.
- Obtaining vehicle titles, license plates, decals, transcripts, disabled parking placards, or plates.
- Updating DMV records, voter registration, record, with address change, etc.
- Requesting a Personal Identification Number (PIN) to set up a myDMV account.

Environmental Update

Solid Waste Plan to be Updated Public Comment Sought

Fairfax County is in the process of updating its official 20-Year Solid Waste Management Plan as required by state regulations. Staff will be meeting with the public to provide a synopsis of the county’s trash and recycling program, and to gather input and suggestions for consideration as preparations get underway to update this document. A meeting will be held on **July 31** at the Kings Park Library in Braddock Hall to solicit this input. A similar meeting will be held on **August 18** at the West Springfield Government Center. Both meetings will run from 7:00 p.m. - 9:00 p.m. Comments will be used to craft an updated plan that will be submitted for approval by the Fairfax County Board of Supervisors in order to be sent to the state in June, 2015. For more information, please visit the [website](#).

Rabbit Branch Stream Restoration Complete

Erosion is common in urban areas such as Fairfax County, and results in poor water quality, degraded natural habitats and unsafe conditions for nearby property owners. A fully restored stream provides long term stability, improved aesthetics and more open space. Mature forests provide habitat for raptors, woodpeckers, bats and deer. Newly planted areas provide habitat for small mammals and song birds.

Using dedicated stormwater funds paid for by county residents, the county has recently completed several projects to stabilize and restore Braddock District streams. This funding source is also used to dredge our lakes, and Woodglen Lake is next on the list for a project that will begin construction this fall. One newly completed project involved the restoration of over 1,500 linear feet of Rabbit Branch which flows parallel to Dequincey Drive off Braddock Road. Working in concert with the

Briarwood and Kings Park West communities, the project design removed some trees and recycled them as in-stream habitat or reused them for grade control. Stream bank plantings were installed for shade, to reduce water temperatures and increase oxygenation. This helps fish to survive and



Rabbit Branch before restoration

reproduce, invites dragonflies and keeps mosquitoes away. The tree canopy closes as the remaining, healthier trees adjust to the increased sunlight and grow to fill the gaps. Next month the Beacon will feature another recently completed project in the Lake Braddock Community.



Rabbit Branch after restoration

Woodglen Lake Construction Schedule Announced

Woodglen Lake Construction is expected to begin this fall. The following schedule has been announced:

- July 15th – Project advertisement
- August 15th – Bid opening
- Late September/Early October – Pardon Our Dust meeting with contractor
- October 15th – Contract execution
- November 1st – Notice to Proceed
- April 15th, 2015 – Substantial completion

To see a project under construction where the lake has been drawn down, residents are encouraged to visit Huntsman Lake in the Springfield District at: 9150 Dorothy Lane, off the Fairfax County Parkway and Huntsman Blvd.

Read the New 2014 Chesapeake Bay Agreement

The Chesapeake Executive Council signed the [Chesapeake Bay Watershed Agreement](#) on June 16, recommitting Chesapeake Bay Program partners to restoring, conserving and protecting the Bay, its tributaries and the lands around them. The agreement contains 10 goals and 29 measurable, time-bound outcomes with the goal of creating a healthy watershed. They aim to achieve this by lowering nutrient and sediment pollution; ensuring waters are free of toxic contaminants; sustaining blue crabs, oysters and forage fish; restoring wetlands, underwater grass beds and other habitats; conserving farmland and forests; boosting public access to and education about the environment; and increasing the climate resiliency of the watershed's resources, habitats and human communities.

Residents Hear Presentation on Lake Royal Dredge

Royal Lake is the largest of the four PL-566 lakes in the Pohick Watershed, with over 100,000 cubic yards of sediment in the lake. On June 23 the community received an update on the design for the proposed dredging of the lake at Laurel Ridge Elementary School. The project is currently funded for final design with Fiscal Year 2015 stormwater funds and will begin construction in July 2015. This is a slippage of one year and is largely the result of higher than anticipated costs associated with dredging several other lakes. It will be advertised with a base bid to dredge approximately 55,000 cubic yards and an alternate bid to dredge an additional 48,000 cubic yards. Whether or not the alternate bid can be authorized will depend on available funds. In order to allow maximum flexibility in the amount of silt to be dredged, it will be advertised with an option to dredge the lake “in the wet” with a barge or by drawing the lake down which is more weather dependent. The project will include the construction of a forebay to capture sediment before it gets into the lake and will have multiple forms of fish habitat structures. Community members asked for assurances that there be a truck wash to keep mud off neighborhood streets. The presentation can be viewed [here](#).



Electric Sundays becomes the E-cycling Program



No more waiting for special electronics recycling events! Now you can recycle computers, televisions, gaming systems and other household electronics every day of the week at the I-66 Transfer Station or the I-95 Landfill Complex. Find the details [here](#).