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Focused on Eliminating Domestic Violence

Every October as we observe and recognize Domestic Violence Awareness Month, events are held to increase consciousness about this terrible tragedy that, unfortunately, is much more common than you may think. In September Supervisor Cook read a proclamation declaring October Domestic Violence Awareness Month. This was followed by the initiation and promotion of the National Purple Purse Campaign.

Additionally, Supervisor Cook, in partnership with Fairfax City Mayor Silverthorne, hosted an awareness event at Coyote Grille in Fairfax City in support of Artemis House/Shelter House and Court Appointed Special Advocates. It was a fantastic event bringing together many community members and advocates. Special thank you to all of the sponsors: **Coyote Grille, Barrel Oak Winery, Mason Athletics, Fairfax Corner, Dancing Mind Yoga Studio and Virginia Music Adventures.**



Supervisor Cook has served on Fairfax County Board of Supervisors since 2009 and lives in Kings Park with his wife and children.



Supervisor Cook was also honored to speak at the 10th annual Grand Day Celebration. This event is put on every year by the Women's Group of Mount Vernon and the focus is always Domestic Violence Awareness.

This is just a small set of all the great work that happened throughout the month thanks to the efforts of many, and there is still work left to do. Should you ever find yourself fleeing or witnessing abuse and need information on how to address the issue, you can call the Fairfax County 24 hour hotline at 703-360-7273.

A Parent's Guide to Navigating the IEP Process

Are you the parent of a student struggling with school due to medical or learning difficulties? Do you think your child might benefit from an Individualized Education Program (IEP)? If so, do you have questions about the process? The IEP process can be intimidating even for the most knowledgeable parent. We can help.

Supervisor Cook is hosting an IEP navigation workshop, Saturday November 15 from 9 a.m. until noon. Light refreshments will be served and childcare provided. Please RSVP for capacity purposes at Rhiannon.Duck@fairfaxcounty.gov by Wednesday, November 12. We cannot guarantee childcare capacity if you do not register. If you are just beginning on this journey or have started and find yourself confused or overwhelmed, this a fantastic place to find many very helpful tools and resources. **A complete agenda is available online.**

The workshop will begin with a panel presentation and discussion delivered by the subject experts: Jane Lipp, FCPS Assistant Superintendent, Special Services; Lisa Fagen, Attorney at Law; Huntington Learning Center; and Suzanne Bowers, Executive Director of Parent Education Advocacy Training Center (PEATC). This highly knowledgeable panel will discuss the IEP process, the timeline, how to facilitate ongoing positive communication strategies with the schools, how to prepare and address common challenges faced by parents, their questions and concerns.

The panel presentation will be followed by two breakout sessions. Breakout session A will focus on IEP Planning for Students with Autism and Significant intellectual disability (ID)/developmental delay (DD) and is primarily for parents of students in smaller ratio, self-contained or non-categorical classroom and usually with an educational label of autism, DD, ID, or emotional disability (ED). Breakout session B will focus on how to get where you are going and design IEPs that reflect reasonable goals for students in larger ratio classrooms and are mostly mainstreamed with an educational label of specific learning disability (SLD), speech & language (SL), or other health impairment (OHI).

Add Your Voice to the Park Assessment! Respond by November 14

Every so often the Fairfax County Park Authority examines whether park offerings match the community's diverse interests, lifestyles, and changing trends. This ensures that the Park Authority is investing wisely in its award-winning park system and providing quality parks and services to all County residents. [Go online for more information and to offer your feedback.](#)



Supervisor Cook in the Community

On October 1st, Supervisor Cook hosted the quarterly meeting of the Mason/Community Forum at the Kings Park Library. This meeting occurs regularly to discuss issues involving George Mason University and the surrounding communities.

On October 6th, as the Board of Supervisors Representative, Supervisor Cook took part in the Annual Meeting of the Domestic Violence, Prevention, Policy and Coordinating Council at the Government Center.

On October 8th, Supervisor Cook took part in National Walk to School Day by greeting students and parents who were on their way to Terra Centre Elementary School. Later that evening, his “Slow Down, You Live Here, We Live Here” drive safely initiative was the subject of the Braddock District Council monthly meeting.



On October 9th, Supervisor Cook helped kick off the latest installment of his Braddock Neighborhood College.

On October 14th, Supervisor Cook hosted a follow up community meeting to discuss the rezoning possibilities of Garden World on Route 29 in Fairfax. The meeting was held at the Jubilee Christian Center on Shirley Gate Road.

On October 16th, Supervisor Cook attended the regular meeting of the Domestic Violence, Prevention, Policy and Coordinating Council at the Massey Building. Later that evening, he

attended a community meeting at North Springfield Elementary School to discuss the renovation of the Ravensworth Shopping Center.

On October 18th, Supervisor Cook attended the Arc Gala which was held at the McLean Hilton.

On October 23rd, Supervisor Cook attended an event hosted by the Fairfax Chamber of Commerce titled “Moving Forward: The Driving Forces behind Fairfax County’s Future Economic Growth.”

On October 24th, Supervisor Cook took part in the annual Lake Braddock Secondary School Homecoming Parade. It was a beautiful day to ride in a convertible and wave and toss candy to the spectators.

On October 25th, Supervisor Cook spoke at the beginning of the annual Pathway Homes Help the Homeless Walk in Fairfax.

On October 26th, Supervisor Cook took part in the annual Kings Park West Halloween Parade and Celebration at Lake Side Park.

On November 29th, Supervisor Cook attended the Fairfax Chamber sponsored NOVA Forward Transportation Summit which was held at the Fairview Park Marriott.

On November 30th, Supervisor Cook was asked to speak at the regular meeting of the Ravensworth Farms Civic Association. Topics included improvements to the bridge at Lake Accotink Park by the pool, Braddock Road widening and the construction project at Ravensworth Elementary School.

November is Caregiver Appreciation Month on Braddock Neighborhood News

If you have ever been in the position of providing ongoing long term care for a loved one, you are very familiar with the sacrifices involved. Whether it is illness, disability, or injury, providing an acute level of care either professionally or personally is an enormous undertaking.



Every November, we take time to recognize Caregiver Appreciation Month. It is a time to acknowledge the important role that family, friends and neighbors play in caring for the aging and people with disabilities. Every month I tape a segment of Braddock Neighborhood News and this month's show features Donna Goldbranson, the Executive Director of SPARC, and Stephanie Cervantes and Judy Seiff, both of whom are personal caregivers here in Fairfax County. 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. on Fairfax County Channel 16.

We sometimes think of the role of a caregiver as being a thankless one, but it is a rewarding and vital responsibility that, thankfully, many people embrace. If you'd like more information, please contact SPARC at 703-338-6185 or ElderLink at 703-324-5374.

Land Use Update

There are multiple public hearings scheduled during November for cases that have spent the last year being reviewed by both staff and the community. For all cases, here is how to testify or provide information for the record:

Hearings before the Planning Commission (PC) begin at 8:15 p.m. and the schedule for each evening's hearings is set by the Commission at the start of that meeting. Requests to speak before the Planning Commission must be submitted prior to 3 p.m. on the day of the public hearing to ensure your place on the pre-registered speaker's list. [You may register online](#) or call (703)324-2865.

[Hearings before the Board of Supervisors usually begin at 3 or 3:30 p.m. and to speak you can register online](#) or call the Clerk to the Board at 703-324-3151

Remember, you can always submit comments for the record to Commissioner Hurley at braddockplanning@gmail.com.

Fairfax Center "Transition Area" Comprehensive Plan Amendment: The public hearing before the PC was deferred at the request of Chairman Pete Murphy until **November 12 at 8:15 p.m.**

Burke Junction (Young Property-RZ 2014 BR 009). A second community meeting was

held on October 6 to review the changes to the application requested by staff and the community. Feedback from the attendees was positive. On October 21 the Braddock District Land Use and Environment Committee voted unanimously to recommend approval of the project.

Staff is recommending approval. [The Staff Report is available online](#). A hearing before the Board of Supervisors is scheduled for December 2 at 3 p.m.

SD Homes (Twinbrook Road, RZ-2014-BR-001). The applicant has submitted new proffers and site revisions for this two house rezoning. On October 21 the Braddock District Land Use and Environment Committee voted unanimously to recommend approval of this project. A public hearing before the PC has now been scheduled for November 13 at 8:15 p.m., and a hearing before the Board of Supervisors is tentatively set for December 2. A staff report will be available next week.

Forest Ridge/Garden World (RZ 2014 BR 007). A follow-up Community Information Meeting was held on October 14. Concerns were raised by area residents about a staff-recommended public road connection to this community from Delsignore Drive in Deerfield Forest. [The staff report is available online](#).

Staff has recommended approval if the public road is constructed. On October 21 the Braddock District Land Use and Environment Committee voted to recommend approval of this project with the public road connection. However, the Committee also voted to recommend that the public road not be built until future area road improvements or traffic volumes made the connection necessary. The Board of Supervisors public hearing will be held on November 18 at 3 p.m.

Mrs. Rati's Family Home Daycare (SE 2014-BR-039). This is a special exception application for Home Child Care at 10639 John Ayres Drive. The applicant, K.C. Rati, requests permission to care for up to 12 children in her single family home. A public hearing before the PC is scheduled for November 20. Any individuals with concerns or questions should email the office at Braddock@fairfaxcounty.gov. A Staff Report will be published on November 6.

Sunrise Development (Silas Burke House) Springfield District. Supervisor Herrity and Planning Commissioner Pete Murphy will host a community meeting where Sunrise Development, Inc. will explain their proposal to construct an assisted living facility on the site on which the Silas Burke home is located (4.95 acres at 9617 Burke Lake Road). Sunrise is proposing to retain and preserve the existing historical home and the character of the setting around the home. The meeting will be **November 12, 6:30 p.m. at the West Springfield Government Center.**

Christopher at Kenilworth. A new land use case was accepted for review and processing on October 3 for development of a 3.6 acre tract of land on Braddock Road immediately to the east of the State Police Headquarters at 9725 Braddock Road. The project proposes nine single family homes at a density of 2.5 dwelling units per acre with approximately 40 percent of the property being held in open space.

This project is consistent with the Comprehensive Plan recommendation for the area of 2-3 homes per acre. Supervisor Cook will host a **Community Information Meeting on Monday, November 17 at 7:30 p.m. in the cafeteria at Bonnie Brae Elementary School, 5420 Sideburn Road.**

95 Express Lanes Slated to Open Soon

The 95 Express Lanes, spanning from Garrisonville Road in Stafford County to the Edsall Road area on I-395, will open as early as December. In preparation for their opening, drivers are encouraged to learn how to use the 95 Express Lanes and obtain an E-ZPass.

When the 95 Express Lanes open, all drivers will need an E-ZPass or an E-ZPass Flex to travel on the lanes. Carpools with three or more people can travel toll-free on the Express Lanes with an E-ZPass Flex set to HOV mode. Other drivers may pay a toll for a faster, more predictable trip. Drivers can obtain an E-ZPass or E-ZPass Flex online at <http://www.ezpassva.com> or by calling (877) 762-7824. Drivers can also visit one of the 75 convenient Northern Virginia retail locations.

The 95 Express Lanes rules of the road will be in effect 24 hours a day, seven days a week. Tolls for the Express Lanes will be dynamic meaning they will change periodically based on real-time traffic conditions to keep the lanes free-flowing. Drivers can learn more by visiting www.95ExpressLanes.com.

Update on Braddock Road Project

You may recall that in February of this year Supervisor Cook, with Fairfax County DOT, hosted a community information meeting. Then, the proposed project was outlined, feedback was collected, and a citizen's committee was introduced. It was also announced that a consultant would be hired by the county to work with the citizen's committee in designing the project.

Subsequent to that meeting, the 15 member citizen's committee, composed of

representatives of the various HOA and Civic associations in the potential project corridor, met in both April and May. The purpose of these two meetings was to provide input to FCDOT as they prepared the Request for Proposal (RFP) document that would be used in the consultant selection process. The committee then broke for what was anticipated to be only a summer recess while FCDOT crafted the RFP and went through the selection process. However, due to the magnitude and complexity of the proposal, the RFP was not released until October – so the committee has not met since May and the project has been in a sort of stasis.

Recently, a consultant has been selected, though a contract is not yet finalized. When this occurs, an additional update will be provided announcing the contract awardee. That is expected to happen this month, and so the citizen's committee is currently slated to begin meeting again in December. Remember, all materials related to this effort are located online:

<http://www.fairfaxcounty.gov/braddock/braddockroad.htm>.

Annual Taste of Braddock Next Month

Supervisor Cook invites you to join us for the annual Taste of Braddock on Wednesday, December 10 from 5:30 p.m. until 7:30 p.m.

Please join your friends and neighbors in the Braddock District at our annual Open House to mark the start of the holiday season. Enjoy food donated by Braddock area business and share in the spirit provided by our residents.

Please RSVP by calling 703-425-9300 or email us at braddock@fairfaxcounty.gov.

Human Services Corner

2014-2015 Hypothermia Prevention Program is an integral part of the Fairfax County program to prevent and end homelessness that incorporates the collaborative work of area faith communities, civic organizations, businesses and individual volunteers. Below is a list of programs and locations:

- **FACETS' Hypothermia** prevention season begins on Sunday, November 23 and goes through March 15, 2015. Doors open at 5:30 p.m. each evening and closing at 7 a.m. each morning, seven days a week. Beginning on December 21, they will operate from two faith community sites each week. For further information, please contact Abby Dunner at ADunner@facetscares.org or (703) 352-5090.
- **Volunteers of America, Chesapeake (VOAC) Hypothermia Program** operates from December 1 through March 31, 2015. Hypothermia guests assemble at the Bailey's Crossroads Community Shelter each evening at 4:00 p.m. Guests are afforded a hot shower, dinner, life skills, clothing, laundry, and case management while at the facility. For further information about the program or volunteer opportunities, please contact Jerrienne Anthony at janthony@voaches.org or (703) 820-7621.
- **Cornerstones' Embry Rucker Community Shelter (ERCS)** operates two separate winter seasonal programs. The first, hosted at the main shelter, began on November 1. Individuals are welcome to begin entering the shelter for dinner. Beginning December 1, the second program starts at the North County Government Building and additional spaces are made available at the main shelter. A hot dinner, breakfast, bagged lunches, showers, laundry, bus tokens and basic self-care supplies are made available to all clients who participate in the winter seasonal programs. For further information, please contact Ken Hinkel at Ken.Hinkel@cornerstonesva.org or (703) 437-1975. To volunteer or donate, please contact Susan Alger at Susan.Alger@cornerstonesva.org.
- **New Hope Housing** operates the Ventures in Community Hypothermia Outreach Program (VIC-HOP) and opens its doors on December 1 at Rising Hope United Methodist Mission Church, located at 8220 Russell Road, Alexandria. In addition to supervising the guests, volunteers provide clients a hot meal in the evenings, as well as breakfast items to-go on a daily basis. Rising Hope operational hours are from 6:30 p.m. until 7 a.m. daily. For more information, please contact Sherry Edelkamp at sedelkamp@yahoo.com, Tonya Golden at tgolden@newhopehousing.org or at (703) 799-0200.
- **Friends of Falls Church Homeless Shelter** in partnership with New Hope Housing operates the Falls Church Winter Shelter from November 15 to March 31, 2015 providing a warm bed, meals, life skills classes, and case management services to the guests. The shelter is located at 217 Gordon Road in the City of Falls Church. For additional information, please contact Tonya Golden at tgolden@newhopehousing.org or (703) 799-0200.

Friends Groups Supporting Braddock District Parks Bring Communities Together

Many neighborhoods provide good stewardship for the parks in their backyard, but what happens when a park goes through many different communities? The answer: volunteers from all over come together and establish a Park Authority Friend's group.

This past July, several residents from Olde Forge/Surrey Square, Hidden Creek, Rutherford, Long Branch, Bradfield, Red Fox Forest, Canterbury Woods and Stonehaven, who were concerned about the Long Branch Stream Valley did exactly that and established the Friends of Long Branch Stream Valley to look at such issues as: Invasive management; Trail Safety; Trail Maintenance; Trash Removal; Water Quality Monitoring; and Educational Awareness.

Further, in an effort to take a holistic, watershed approach, Friends of Long Branch Stream Valley are working with the Friends of Accotink Creek (FACC), and also the Friends of Lake Accotink Park (FLAP) since all are in the Accotink watershed.

Tony Vellucci, Braddock District Representative to the Park Authority Board, notes that we need to start looking at the watershed as a whole. If volunteers can get to a plastic bottle or a car tire in Olde Forge Surrey square, that is one less piece of trash that travels the waterways ending up in Lake Accotink Park. Friends groups are the vehicle by which interested citizens can come together to make a difference.

Most often, Friends groups have dealt with invasive management and trash clean ups. FLAP established the Accotink Raiders of the Lost Trash where members go out into canoes and retrieve trash upstream in the Accotink Creek and along the banks before it makes its way to the marina. Lately though, Friends groups are tackling other projects and improvements in our parks.

Individuals concerned about the deteriorating condition of fitness stations around Royal Lake have established an ad hoc Friends group to look at raising funds for their replacement. And on November 15th FLAP will undertake a needed Lake Accotink Boathouse Winterization cleanup project to prevent birds and other creatures from moving into the boathouse over the winter.

Some other pending Friends groups in the Braddock District include the Friends of Flag Run Stream Valley and the Friends of Rabbit Branch Stream Valley. Both will specifically address trash concerns; Flag Run empties into Lake Accotink (Accotink Watershed) and Rabbit Branch empties into Royal Lake (Pohick Watershed). Both are sites of the Braddock Nights Summer Concert Series.

If you are interested in joining an existing Friends group, or establishing a Friends group in your community, contact Lindsey Smith at Lindsey.Smith2@fairfaxcounty.gov.

Community Events throughout November

Staying Creative and Active More Important as We Age: Fairfax County Chanel 16 is airing a video exploring why engaging in creative activity is even more important as we age. The video includes wonderful segments of older adults creating visual art pieces and discussing the meaning of their work at Herndon Harbor Adult Day Health Care Center and Hollin Hall Senior Center. *It airs Sunday at 10 a.m. and 6 p.m., Monday at 5 p.m., Wednesday at 12 p.m. and Friday at 9 p.m.*

Annual Caregiver Conference - November 11 in Alexandria: Fairfax County, AARP and partners invite you to this 28th regional conference on caregiving. The theme this year is “Caregiving: Taking a Closer Look.” There will be several presentations, an exhibit hall, breakfast, lunch and, before adjourning a program entitled, Hugs, Humor and Hope.

The conference *takes place Tuesday, November 11 from 8:30 a.m. to 3:30 p.m.,* at the First Baptist Church of Alexandria, 2932

King Street, Alexandria. [Find out more and register!](#)

Braddock District Aging in Place Meeting at the Kings Park Library: *Wednesday, November 19 7:30 p.m. to 9:30 p.m.* Colleen Turner will speak on the Independent Living Project. Please attend the meeting and learn more about this effort.

Medicare Open Enrollment Season Ends December 7: Open Enrollment, the time to review your health and drug coverage and consider changes for next year, ends on December 7. If you are satisfied with your current plan and if it is still being offered next year, you don't need to do anything. However, if your plan is not being offered next year or if you are unhappy with it, you need to review your options.

Get the information you need to make the best possible choice at one of the county's [Medicare 101 Seminars](#). You can also speak to a volunteer counselor at the county's Virginia Insurance Counseling and Assistance Program by calling 703-324-5851, TTY 711.

Help a Child in Your Community

Would you like to have a unique and interesting volunteer experience while making a difference in a school – a classroom – a family – or in one child? The Positive Aging Coalition, in partnership with Fairfax County Public Schools (FCPS), is recruiting Grandparents and Boomers as volunteers who would like to become mentors, readers, math helpers, and classroom assistants. The program is designed to require little work for the teacher and no experience from the volunteer.

For an interesting and rewarding volunteer experience, with flexible hours and varying responsibilities, contact Sara Crummett at SLCrummett1@fcps.edu or (703)923-5400. Volunteer applications are currently being accepted for Crestwood Elementary School in Springfield, VA where a Fall 2014 pilot program is just beginning.

Upper Pohick Creek Clean-Up

The Middleridge Civic Association will sponsor an Upper Pohick Creek/ Middleridge Park/Woodglen Lake Park Fall **Clean Up on Saturday, November 15**. It is a good service project for school community service hours and Scout troops can complete badge requirements, such as the Eco-Action Badge. Scouts are welcome to take some of the trash back to make “found object art.”

- ✓ When: Saturday, November 15, from 9:30 a.m. to noon
- ✓ Where: Meet at Middleridge Park for supplies and area assignments. From the intersection of Rt. 123 (Ox Road) and Braddock Road, go south on Rt. 123 for 1.2 miles and turn left onto Paynes Church Drive. Go to the second intersection and turn right on Gov. Yeardley Drive. The Park entrance is on left, opposite Clara Barton Court.
- ✓ Contact: Sarah Mayhew. 703- 582-7374; sarah.mayhew@yahoo.com.

Middleridge Park backs to a stream where the cleanup begins. Woodglen Lake Park also needs to be cleaned, so parents will need to remain to transport any Scouts to the lake after supplies are distributed. Wear clothes and shoes/boots that can get dirty. Bring something to drink. Adult size gloves are available to lend. Children should bring gloves. Garbage bags and other supplies are provided courtesy of the Clean Fairfax Council.

Storm Drain Education Program Continues

Many neighborhoods in Braddock District have already affixed these small signs on county storm drains to remind neighbors that only water should go down these drains. Unlike water from taps and tubs, water flowing into storm drains is not treated. Storm drains connect directly to our streams.



Trash, pet waste, motor oil, paint and other materials dumped or washed into storm drains pollute your local stream, the Potomac River, and ultimately, the Chesapeake Bay. Labels on each storm drain help to remind all of us.

Get engaged! Volunteer to lead a storm drain project in your neighborhood. Contact the Northern Virginia Soil and Water Conservation District at 703-324-1423, conservationdistrict@fairfaxcounty.gov to get started. They supply the materials, you supply the legwork. [Together we can become stewards of the health of our watersheds.](#)

BRYC Looking for Basketball Players

Love shooting hoops? Want to participate in friendly, competitive games? Pre-K thru High School recreational teams are forming now.

No experience necessary. All players get equal playing time. [More information and registration is available online.](#) Questions? Please contact us at basketball@bryc.org.