



The BRADDOCK BEACON

703-425-9300 www.fairfaxcounty.gov/braddock/ Braddock@fairfaxcounty.gov

VOLUNTEER FAIR ON OCTOBER 10

Join us on October 10 for Supervisor Cook's Volunteer Service Fair and learn about opportunities to give back to your community.

Supervisor Cook is inviting local nonprofits to join him at the Little Run Elementary School cafeteria from 7:30 p.m. until 9:00 p.m. Participating organizations will set up display tables with information on the organization, and members will be there to answer questions.

Volunteering helps make Fairfax County such a special and vibrant place to live. In addition, volunteering gives the volunteer a sense of personal value and self-worth. Volunteering opportunities exist in helping the homeless, environmental cleanup, assisting the elderly, beautifying neighborhoods, and in many other areas.

When: October 10, 7:30 p.m. until 9:00 p.m.

Where: Little Run Elementary School Cafeteria (4511 Olley Lane, Fairfax, VA)

Some Organizations attending are:

Volunteer Solutions
Volunteer Fairfax
Crisislink
Fairfax FISH
Fairfax Rebuilds
Facets
Troop Treats
Volunteer Income Tax Assistance Program
Friends of Accotink Creek
OP 3
Lifetime Learning Institute
Fairfax ReLeaf



Supervisor John C. Cook

ATTENTION HOMEOWNER AND CIVIC ASSOCIATIONS:

Please continue to let us know about your successful Community Engagement efforts. Keep up the good work!

Please call (703) 425-9300 or email Ann Sharp at ann.sharp@fairfaxcounty.gov with your latest information.

EMAIL SUBSCRIPTION TO THE BRADDOCK BEACON

If you would like the Braddock Beacon and the Cook Advisory electronically, instead of through mail, please contact us at braddock@fairfaxcounty.gov and write "BEACON" in the subject line.

BRADDOCK DISTRICT NOW ON FACEBOOK & TWITTER

Be sure to stay up to date on the Braddock District. See: <http://www.facebook.com/supervisorcook> and on <http://www.twitter.com/braddockoffice>

SUPERVISOR COOK TO HOST OCT. 17 EVENT TO RAISE AWARENESS ABOUT DOMESTIC VIOLENCE

October is Domestic Violence Awareness Month. Supervisor Cook invites you to join him to raise awareness of domestic violence and help Shelter House and Fairfax CASA, two local charities involved in the issue.

Domestic violence is the number one cause of injury to women, more than car accidents, muggings, and rape combined. Here in Fairfax County domestic violence is the number one cause of homicide. Children too suffer from domestic violence. Even if not subjected to physical violence, children who repeatedly witness domestic violence might suffer permanent emotional injury. Children who suffer from domestic abuse are twice as likely to then abuse their own spouses and children.

We hope you will join Supervisor Cook this October to raise awareness of domestic violence and funding for two great

Fairfax County charities.

About the charities

Fairfax CASA, or Court Appointed Special Advocates, helps children navigate the confusing and scary aftermath of domestic violence when the juvenile court steps in to provide protection due to abuse or neglect. Often, so many things are changing for a child -- his or her home, school, guardians -- that having one dedicated advocate to fight for his or her rights and help with the transitions can make a huge difference when it's most important. Fairfax CASA finds and trains ordinary citizens to be the voice in court for these children at such an uncertain time.

Shelter House's domestic violence shelter, Artemis House is Fairfax County's only emergency shelter for families and individuals fleeing domestic/sexual violence and human trafficking. The emergency

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NEW COUNTY STORMWATER REGULATIONS TO BE ADOPTED

Why are we doing this?

This December, the Board of Supervisors must pass a County wide-comprehensive stormwater ordinance. This ordinance could affect not only new development and commercial revitalization, but existing residents as well. No action taken by the Board this year is likely to have a greater impact on home owners.

Fairfax County has regulated stormwater runoff for many years. However, Fairfax is one of over 150 "Tidewater" counties, cities, and towns across Virginia that are now required by state law to adopt a new Stormwater Ordinance based on a Watershed Improvement Plan (WIP) for Virginia that was mandated and approved the federal Environmental Protection Agency in 2011. This plan commits the Commonwealth to specific targets for reducing pollutants, particularly nitrogen and phosphorous, that are being released into the Chesapeake Bay. The heart of these new rules at federal, state and local levels is a belief that land can be used and developed in a way that can minimize negative impacts on water quality.

Fairfax County must have a revised ordinance in place that has been both reviewed and approved by the State by July 1, 2014. County approval is required by December to provide for State review. It must also revise its Public Facilities Manual. The County will be responsible for all plans previously reviewed by the state under this ordinance. County staff has been working with a large Stakeholder group for the last year, including Braddock residents, to make recommendations to the Board of Supervisors about what this ordinance should include. While the State has set minimum requirements in order to meet federal requirements, Fairfax can elect to establish more stringent guidelines.

What does this mean for you?

During rain events, water that falls in forests or fields will soak into the undisturbed ground, but water that falls on paved and other hard surfaces cannot be absorbed. The water "sheetflows" across those surfaces picking up pollutants and carrying them to local streams, rivers, and the Bay. Unman-

aged runoff can also significantly increase erosion of stream banks and cause localized flooding.

The stormwater management ordinance as proposed would generally regulate construction activities that disturb more than 2,500 square feet of a lot. However, as part of adopting the ordinance, the Board of Supervisors will consider some sort of exemption for individual residential property owners to make improvements such as additions or a detached garage. Such an exemption would fall between 2,500 square feet and one acre, which is the

"No action taken by the Board this year is likely to have a greater impact on home owners."

maximum allowed by the State. In considering such an exemption, the Board would weigh the impact of different levels of land disturbance, and the impervious area on a property after construction. The County has attempted to keep the total impervious area on a lot to less than 18 percent in the draft ordinance.

How would I know if my project will disturb more than 2,500 square feet?

In general, the disturbed area would include the dimensions of the new addition or structure, a way for equipment to get to the construction site via a temporary "access road," a stockpile area and a ten-foot buffer strip around the entire project. Staff has calculated that about 90 percent of typical homeowner projects could be built without triggering the requirements of this Ordinance. However, a teardown/rebuild of an existing home would probably trigger the ordinance. Homeowners planning a project could bring in plans to the Engineer

of the Day at the County and get a quick analysis of whether a project would be covered or exempt.

What if my Property is not exempt?

Projects that do not meet this exemption may require construction of a stormwater "Best Management Practice" commonly referred to as a BMP. A stormwater BMP is a means of capturing and treating stormwater before it flows off of a property. They prevent pollution at the source, but are not designed to primarily control the volume of water that ultimately leaves a site. Rain gardens, cisterns, bioswales and infiltration trenches are several examples of BMPs that can be installed on a residential lot. Other options are currently being considered, and will be approved through a State Clearing-house.

Who would maintain a BMP on my lot?

BMPs on individual lots would normally be maintained by the homeowner. However the Board of Supervisors will consider whether or not the County should assume maintenance responsibility for some of these BMP's. This would be an expensive new cost for the County and would require that homeowners grant an easement that provides for access to the facility. Staff has estimated the initial cost at \$3.5 million with another \$600,000 being added each year. Even privately maintained BMPs would require a document called a Private Maintenance Agreement between the land owner and the county. Homeowners would be required to get a BMP inspected and verify that it remains in working condition. The results of that inspection would be provided to the County.

How can I learn more and what is the schedule?

The proposed ordinance will be the subject of public hearings on October 9 before the Planning Commission and before the Board of Supervisors on December 3. To review the draft ordinance, read about the stakeholder meeting and the issues that were discussed, go to the following website: <http://www.fairfaxcounty.gov/dpwes/stormwaterordinance.htm>

Aging in Place: Taking Advantage of Resources

Each month in the Beacon we will feature an “aging in place scenario,” that uses a fictional call to the Area Agency on Aging to help showcase the many options aging adults have in Fairfax County.

Name: Lynne Reacher

Age: 63

CONCERN: Caller is a Registered nurse who lives out of state. Caller is concerned for her married sister, Lynne, who lives with her spouse. Her sister’s spouse is still working full time, leaving the client home alone during the day. Client has short term memory loss, has difficulty participating in conversation and word finding. Caller states client can no longer drive, remains in the house all day, and cannot use cab system due to short term memory loss. Caller is looking for options for her sister to improve her well-being and give her the best possible quality of life. Caller states her spouse has not made any attempt to seek services and has not researched any services in Fairfax County.



RESPONSE: We receive multiple phone calls from out of state relatives concerned with their loved ones declining abilities. In this particular case, we highly recommended Adult Day Health Care, a program that provides recreational and well-being programs. Adult Day Health Care operates from six locations in Fairfax County, Monday through Friday, 7:00 a.m. to 5:30 p.m. Participants are provided breakfast, lunch, and a snack. Hand to hand transportation is provided for participants as long as they attend the facility closest to their home. Medications are also administered if needed and assistance is provided for restroom needs even if client is incontinent. Clients may qualify for a Medicaid program that

Adult Day Health Care Locations

•**Annandale Center**

7200 Columbia Pike
Annandale, VA 22003
703-750-3316; TTY 711

•**Lewinsville Center**

1609 Great Falls Street
McLean, VA 22101
703-734-1718; TTY 711

•**Lincolnia Center**

4710 N. Chambliss Street
Alexandria, VA 22312
703-914-0226; TTY 711

•**Mt. Vernon Center**

8350 Richmond Highway, Suite 137
Alexandria, VA 22309
703-704-6050; TTY 711

•**Herndon House Center**

875 Grace Street
Herndon, VA 20170
703-435-8729; TTY 711

will pay for the cost of attending. Costs are determined using a sliding scale fee and can cost between \$16.00 to \$95.00. Some Long Term Care Insurance benefit plans can also be considered to meet the cost. Also, cost does not affect the caregiver’s income unless of course, the client is married. Client would be able to socialize, reduce her loneliness and isolation during the day, improve her memory and generally enjoy her day at the program whether she chooses to attend two or five days a week. The caller was encouraged to consult with her sister and her spouse, call the nearest Adult Day Health Care Center and plan a visit soon.

Braddock District Office: 703-425-9300 (M-F, 9 a.m. to 5 p.m.)
Area Agency on Aging: 703-324-7948 (M-F, 8:30 a.m. to 4:30 p.m.)
<http://www.fairfaxcounty.gov/dfs/olderadultservices/>

SUPERVISOR COOK IN THE COMMUNITY

On September 1st, Supervisor Cook attended the Lake Braddock Community Association Labor Day Picnic, which was held at their Community Center.

On September 2nd, Supervisor Cook attended the Labor Day Event at Saint Mary of Sorrows Catholic Church in Fairfax.

On September 4th, Supervisor Cook took part in a live on-line Q&A session as part of Fairfax County's "Ask Fairfax" Chat series. People were encouraged to write in with questions on any topic but primarily on the speeding initiative that Supervisor Cook is championing. A link to the archived discussion can be found here: <http://www.fairfaxcounty.gov/askfairfax/Archive/ArchiveDiscussion.aspx?roomid=70>.



On September 7th, Supervisor Cook began the day by giving opening remarks at the 2013 Burke Centre Festival. After that, he traveled over to an area of sound walls along Leesville Boulevard in North Springfield where he participated in a groundbreaking ceremony for a beautification project. With a grant from Fluor Lane, cooperation from the Virginia Department of Transportation, and assistance from our local government, the North Springfield community has worked hard to get this area by the Express Lanes sound walls spruced up.

On September 9th, Supervisor Cook hosted a town hall meeting that focused on rezoning plans for the area around Ox Road Estates.

On September 12th, Supervisor Cook was joined by McGruff the Crime Dog and Officer J.T. Frey from the West Springfield Police Station to raise awareness for children and parents as they walk to school. They were at the corner of Queen Elizabeth and Woodland Way and greeted people on their way to Canterbury Woods Elementary School.

On September 16th, Supervisor Cook, along with other local elected officials, met with faculty and staff of NVCC to discuss cell tower issues on the Annandale Campus.

On September 17th, Supervisor Cook attended and spoke to the members of the Braddock Land Use Committee as they

began a new year of meetings to focus on issues in the District.

On September 19th, Supervisor Cook was at the Pinn Center to help celebrate the 90th birthday of Braddock resident



Bill Sheads. Mr. Sheads had a distinguished career as a soldier in WWII and also displayed a great amount of heroism when he saved nine children in the great Burke fire of April, 1941. Later that day, Supervisor Cook took part in a meeting of the members of the Fairfax Campus Advisory Board.

On September 20th, Supervisor Cook participated in a ribbon cutting ceremony for the new turf field at Lake Braddock Secondary School, and representatives from the Office attended a turf ceremony at Woodson High School as well.

On September 21st, Supervisor Cook stopped by Braddock Hall to greet attendees of an information session for CASA, which stands for Court Appointed Special Advocates. CASA is a nonprofit network supporting and promoting court appointed volunteer advocacy for abused and neglected children.

On September 23rd, Supervisor Cook hosted a Town Hall Meeting for leaders of Homeowners Associations and Civic Associations in Braddock District.

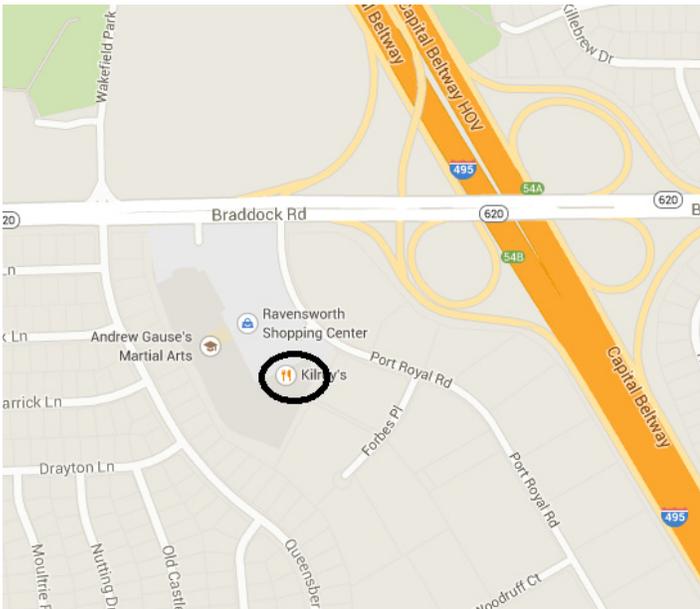
On September 24th, Supervisor Cook spoke at the annual meeting of the Ravensworth-Bristow Civic Association, which was held at Braddock Elementary School.

On September 28th, Supervisor Cook gave opening remarks at the annual Oak Hill Day Celebration. After that, he headed back to his neighborhood for the Kings Park Oktoberfest.

On September 30th, Supervisor dropped by at the beginning of a Legislative Meet and Greet that was held in the Kings Park Library Meeting Room. After that he headed down to Braddock Hall where he was hosting a meeting of local pool organizations and leaders.

SUPERVISOR COOK HOSTS DOMESTIC VIOLENCE EVENT

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shelter provides crisis intervention and temporary housing in an undisclosed “safe-house.” Safety planning, immediate basic needs assistance, and comprehensive service planning is available to prepare for a transition to more permanent and stable housing. Artemis House provides intensive case management

services, individual and group counseling, employment assistance, and children’s programs.

About the event

There will be food, music, and fundraising. Kilroy’s has generously volunteered to donate 10 percent of food proceeds to the cause. There will also be raffle items and chances to donate directly for the cause.

Where

Kilroy’s Restaurant and Sports Bar
5250 Port Royal Road
Springfield, VA 22150

When

October 17, 2013
6:00 p.m. to 9:00 p.m.

RSVP

Call: 703-425-9300
Email: Braddock@fairfaxcounty.gov
Online (preferred): fightviolence.eventbrite.com

BOARD FUNDS SUPERVISOR COOK’S SPEEDING INITIATIVE



Supervisor Cook was pleased to garner \$350,000 of carryover money for his Neighborhood Speeding Safety Initiative. Many of you have reached out to ask us more about this, some even requesting immediate attention on your street.

The first part of the initiative will use \$150,000 to create a public awareness campaign to encourage communities to let speeders know how unacceptable and dangerous that behavior is. With most neighborhood speeding done by those who live there, the goal is to have neighbors reach out to neighbors to ask them to slow down. More information will follow about the public awareness campaign.

The remaining \$200,000 is going into the County’s Department of Transportation fund for traffic calming. The money is not slated to go just to the Braddock District, but will be available for neighborhoods countywide. Speed humps or stop signs will not be arbitrarily placed without a community’s request. The request process for traffic calming in your community has not changed, and can be found at http://www.fairfaxcounty.gov/fcdot/rtap.htm#traffic_calm. A road must meet the following criteria to qualify for the installation of traffic calming measures:

- Local residential, collector or minor arterial road with a posted speed limit of 25 miles-per-hour (mph)
- Traffic volume of 600 to 6000 vehicles per day
- If a minor arterial road, the traffic volume must be less than or equal to 15,000 vehicles per day and traffic calming devices must exist on the same street in an incorporated city or town within one quarter mile
- 85th percentile speed of vehicles greater than or equal to 35 mph limit or the average speed of vehicles is greater than or equal to 30 mph

A third leg of this effort involving increased traffic enforcement will be part of future County budget discussions.

Supervisor Cook looks forward to working with communities to encourage safer driving for everyone.

BRADDOCK DISTRICT LAND USE UPDATES

Residential Studio Dialogue Extended

After listening to concerns from residents and civic groups across the County, the Board of Supervisors has asked the Planning Commission to schedule additional opportunities for the community to have input on the proposal to establish a new type of affordable housing product called Residential Studios. This draft ordinance was the subject of an article in the September Beacon. In response to the Board directive, the Planning Commission has established a Residential Studio Committee, and will hold additional meetings that are open to the community. These additional meetings are tentatively scheduled for October 28, November 20, December 9 and January 6. The Planning Commission Public Hearing has also been pushed back to late February, 2014. All meetings of the committee will be televised.

Additional questions or comments can be still be submitted to PlanCom@fairfaxcounty.gov. A website has also been created to keep the community updated: <http://www.fairfaxcounty.gov/planning/rsu/rsu.htm>. DPZ staff advised the Commission that the Area Median Income for Fairfax County for a family of four was \$107,300. Staff noted that it anticipates a need for 16,000 new rental units by 2025, and that economic analysts are predicting a 29 percent growth in jobs. DPZ agreed to provide information on "typical" jobs that would be covered by the current income threshold of \$45,000.

Evergreene/Penn Rezoning Approved

On September 10, the Board of Supervisors unanimously approved RZ-FDP-BR-003, a rezoning for 10 single family homes on an extension of Banting Drive near the Briarwood community off Braddock Road. Detailed site plans (25711-SD-001-1) have now been submitted to the County, and these plans are available for review in the Braddock Supervisor's office. The site plan process can take six to nine months.

Lake Braddock Cell Tower Approved by Planning Commission On September 18, the Planning Commission unanimously approved an application by Milestone Communications to place a 120-foot telecommunications facility at Lake Braddock Secondary School. The tower will replace an existing 88-foot light pole at the football stadium. Equipment cabinets will be placed under the bleachers and will accommodate up to 4 carriers. An 84 square foot back-up generator surrounded by a painted cinderblock wall will replace an existing shed about 25 feet from the stadium.

Public Hearing Scheduled for Ox Road Estates

The Planning Commission will hold a formal public hearing in the Board Auditorium at 8:15 p.m. on October 16, 2013 to hear comments and concerns from the community on this proposed 13 house rezoning (RZ/FDP-2012-BR-020). A second community information meeting was held with affected residents on Sep-

tember 9 at Fairview Elementary School. The development team presented its most recent layout and discussed how the project had been modified in response to staff and community concerns, including noise, tree preservation, and stormwater. Additional questions about traffic and vehicle and pedestrian access to Adare Drive were raised, and the applicant's traffic consultant explained its ongoing discussions with VDOT. Some solutions include changing the signal timing to allow more traffic to exit Adare on a green light, installing a "Stop Here on Red" bar that would allow the new community egress, and realigning the trail along Ox Road. Braddock District Land Use and Environmental Management Committee also heard an additional presentation on September 17. New proffers dated October 2, 2013, have been submitted to Planning Staff which has now concluded its review and is recommending approval. The final staff report can be accessed at <http://ldsnet.fairfaxcounty.gov/ldsnet/ldsdfw/4430573.PDF>. A small number of hard copies of this report will be available in the Supervisor's office next week. To testify before the Planning Commission, you may call (703)324-2865 or register electronically at: <http://www.fairfaxcounty.gov/planning/speaker.htm> until 3:00 pm on the day of the hearing.

Fairfax Center Area Planning Study gets Underway

The newest part of Braddock District, a portion of the 5,500 acre Fairfax Center area, including some communities in the Eagle View and Monument Precincts, is about to be replanned for the first time since 1985. The Fairfax Center Area Study is a multi-phase planning study to examine current recommendations and existing conditions in the county's Comprehensive Plan. In general, Fairfax Center is an area west of the City of Fairfax and east of Centerville, generally between Lee-Jackson Memorial Highway (Route 50) and Lee Highway (Route 29).

To inaugurate what staff expects to be a three year effort that will affect residents in four Supervisor Districts, Planning Staff invites you to a "kickoff" open house on October 7, 2013 at 6:30 p.m. This study will inaugurate the new Fairfax Forward planning process. At this meeting you can learn about the history of Fairfax Center, get involved in the county's land use planning and participate in shaping the future. A baseline existing conditions study, including demographics, transportation, heritage resources, public facilities and parks in Fairfax Center can be reviewed at: <http://www.fairfaxcounty.gov/dpz/fairfaxcenter/existingconditions.htm> To learn more about this process, go to www.fairfaxcounty.gov/dpz/fairfaxcenter/. Voice your ideas about what is or is not working in Fairfax Center by sending an email to DPZFairfaxCenter@fairfaxcounty.gov.

SUPERVISOR COOK HOSTS DOMESTIC VIOLENCE EXPERTS ON BNN

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 on to share pertinent and informative items with the viewers.

This month's show features Sandy Bromley, who serves as the Fairfax County-Wide Domestic Violence Coordinator and Kim

Roman Corle, the interim Executive Director for NOVACO, a non-profit organization that provides affordable housing for victims of domestic violence. With October being Domestic Violence Awareness Month, it's important to discuss this serious but sometimes unseen issue.

The shows air throughout the month and can be seen Sundays at 5:00 p.m., Wednesdays at 7:00 p.m. and Fridays at 5:00 p.m.

NVCC/WAKEFIELD CHAPEL ROAD COMMUNITY FORUM ON OCT. 16

The next meeting for the Northern Virginia Community College/Wakefield Chapel Road Community Forum will take place on Wednesday, October 16, 2013 at 7:30 p.m. in the cafeteria of the Wakefield Forest Elementary School. Supervisor Cook and staff from NVCC look forward to meeting with community leaders from neighborhoods and other interested citizens in the

areas near NOVA to talk about issues affecting the wellbeing of their communities. A meeting agenda will be sent out prior to the meeting. In the meantime, anyone interested should mark their calendar in order to attend what has become a means for residents to ask questions and share information and concerns with Supervisor Cook and NVCC staff members.

ATTEND 'REAL FOOD FOR KIDS' FAIR ON OCT. 28

Real Food for Kids (RFFK) is an organization committed to improving public school lunches for students in Fairfax County.

On October 28 RFFK will host an event from 3:00 p.m. until 5:00 p.m. at Hollin Meadows Science and Math Focus School (2310 Nordok Place, Alexandria, VA 22306).

Eat

Celebrity chefs from Restaurant Even, Bayou Bakery, Vidalia, Willow, Black Salt will be at the event showcasing some of their skills. Food specialists from Whole Foods will also be there. Chipotle, Noodles & Co, and Sweetgreen will also be handing out samples and hosting activities.

Play

Games and activities in the playing fields from FitKids, nationally

recognized children's fitness provider and partner with Michelle Obama's "Lets Move" initiative.

Learn

Experts will teach you about the benefits of sleep, physical activity, sports nutrition, healthful eating, food allergies, worm composting, eco-schools, and garden and farm education.

Explore

Tours of the nationally-recognized Hollin Meadows Gardens, as well as garden-centered activities and games will be held.

RSVP by emailing foodday@realfoodforkids.org or by visting www.realfoodforkids.org



forkids.org

PARK AUTHORITY NATURAL RESOURCE MANAGEMENT PLAN

The Fairfax County Park Authority will hold two public comment meetings on the agency's revised Natural Resource Management Plan (NRMP). The NRMP coordinates agency-wide efforts to achieve the resource preservation mission of the Fairfax County Park Authority. The first agency-wide Natural Resource Management Plan was adopted by the Park Authority Board in 2004 and was revised administratively in 2009. This new plan is necessary to clarify the Park Authority's natural resource management philosophy, vision and direction moving forward and promote the stewardship of natural capital

The first public community meeting will be held on Thursday, October 24, 2013 at 7:00 p.m., in the Frying Pan Farm Park Visitors Center located at 2709 West Ox Rd. in Herndon, VA. A second public comment meeting will be held on Wednesday, October 30 at 7:00 p.m., in the Huntley Meadows Park

Visitors Center located at 3701 Lockheed Blvd. in Alexandria, VA. Mail and e-mail comments must be received no later than November 4, 2013. Feedback will be accepted via e-mail at Parkmail@fairfaxcounty.gov or you may send your written comments to: Attention Public Information Office/NRMP Comments, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA 22035-1118.

Each meeting will feature a brief overview of the plan and provide an opportunity for public comment. Those wishing to speak at the meeting may pre-register by calling the Public Information Office at 703-324-8662. You don't need to register in advance to speak at the meeting.

SUPPORT OUR TROOPS OVERSEAS WITH TROOP TREATS

Troop Treats and Supervisor Cook have teamed up to provide a meaningful project for the community, and to help our troops overseas.

A critical component of this effort is the collection of funds to pay for shipment of these supplies. The more money raised, the more packages will be shipped to our troops. This is an excellent opportunity to contribute to a worthy and important effort to assist our troops overseas while also taking part financially in the County's annual Make a Difference Day program. We hope you can assist with this effort by contributing to this worthy cause.

Please make checks payable to Troop Treats. Troop Treats is a local non-profit, so your contribution is tax deductible. In order to allow adequate time for Troop Treats to confirm how many boxes can be mailed overseas, it would be best if Troop Treats could receive all contributions by October 10th. The mailing address is 1611 Anderson Road, McLean, VA, 22102.

One amazing part of our project is that the organization is offering an "Adopt Your Own." If an event participant has family currently deployed, they can be added to the list of recipients and receive care packages assembled at the event. Also, if any of your employees has a child who needs community service hours, we are working with Fairfax County schools and their students. Every one of the care packages has a short note of support. This year's project will be 4,000 baggies in need of these letters and notes. We have calculated that writ-

ing short notes of support in twenty cards is approximately 1 hour of community service. Students can take it home with them and do the work when it is convenient. It can be done around sports, band, color guard or any other commitments they might have. There is no age restriction.

Some examples are:

- Thank you for your service
- We salute you
- We support you
- You are my hero

You can also elect to donate materials for the boxes. Materials needed include shampoo, toothpaste, soap, Gold Bond, mouthwash, hand sanitizer and similar items.

You can drop off materials at The Mason Inn (4352 Mason Pond Drive, Fairfax, VA) or at the Braddock District Office (9002 Burke Lake Road, Burke, VA). Packages will be assembled on October 19, from 10:00 a.m. until noon, at George Mason University's HUB, on the third floor (4400 University Drive, Fairfax, VA). Please send us your name and the name of others attending with you to the following email address events@trooptreats.com.

PARTICIPATE IN WALK OR BIKE TO SCHOOL DAY ON OCT. 9

Supervisor Cook introduced a Board Matter proclaiming October 9 Walk or Bike to School Day in Fairfax County. Walk or Bike to School Day is an international movement that asks students, teachers, and administrators to forgo automotive transportation and instead rely on their own two feet.

Walking to school has many benefits. It includes helping children fight obesity, fosters a sense of independence, and takes cars off the road, reducing congestion and pollution in our neighborhoods. In Braddock District, we have been working to make streets safer for pedestrians, including children walking to school. Last year a crosswalk and sidewalk were improved at Terra Centre Elementary School using a \$400,000 Safe Routes to School Grant.

Sometimes parents and children might not even be aware that there are safe options for walking to school. By encouraging and promoting Walk or Bike to School Day we can bring safe routes to their attention, and help create a new culture that is healthy and safe for our kids.

Childhood obesity is one of the most concerning public health issues of our time. Almost 1 in 5 children and adolescents in the United States are currently obese, a health epidemic contributing to childhood diabetes and other lifelong health issues. We don't have to wait for the national government to act. We can start right here in Fairfax County by encouraging a simple and healthy alternative for students getting to school.

LEARN ABOUT THE FAIRFAX COUNTY PARK AUTHORITY

Supervisor John Cook will host a community meeting – Introduction To The Fairfax County Park Authority (FCPA) on Monday, October 28th at 7:30 p.m. in the Kings Park Library Meeting Room. The Park Authority is a separate legal entity from the County and exists under an ordinance passed in 1950 by the County's Board of Supervisors. The meeting is geared to homeowner and civic/community association volunteers, but is open to all residents. A short presentation will provide an overview of the Park Authority's organization and structure; identify processes and procedures for park projects; discuss recently completed and upcoming projects in the Braddock District. To address any citizen concerns from the floor, Park Authority personnel from the Park Operations, Division, Park Services Division and Resource Management Division will be in attendance to answer questions. Come join us and learn more about the FCPA.

HUMAN SERVICES CORNER

The smallest act of kindness is worth more than the grandest intention.

~Oscar Wilde

Many outstanding events and occasions are taking place in the Braddock District this October.

Upcoming Events:

- Your tax payment is due Monday, Oct. 7. More than 800,000 Personal Property (car) Tax bills have been mailed to county residents. For more information, visit www.fairfaxcounty.gov/dta.

- Support Group for Family Members of Persons with Mental Health Symptoms Meets the 2nd and 4th Tuesdays each month from 6:30-8:00 p.m. Meetings are free and held at Mount Vernon Center for Community Mental Health, 8119 Holland Road, Alexandria. Your input about topics is welcome. RSVP to ensure enough space and handouts. Please contact Maureen McCracken, Behavioral Nurse Specialist, at 703-799-2705, TTY 711 or email Maureen.McCracken@fairfaxcounty.gov. Reasonable ADA accommodations made with notice given 14 days before an event.

- October 8 – Suicide Prevention. Guest Speaker: Vicki Johns, Chair, Educational Committee, American Foundation for Suicide Prevention.

- American Red Cross Blood Drive (Government Center) - Friday, Oct. 11, 8:00 a.m. to 2:00 p.m., Government Center, Conference Rooms 2/3. Fuel your community by donating blood. Call 1-800-RED-CROSS (1-800-733-2767) or visit www.redcrossblood.org (sponsor code 0533623) to schedule your lifesaving donation.

- Don't miss an exciting new conference about wellness and recovery coming to Northern Virginia Community College in Annandale on Friday, October 11! Check out the website at www.pathwaytowellness.vpweb.com to read about the great line-up of speakers and workshops. You can also register online from the website. The event is for individuals who have mental health issues and/or substance use disorders and for professional staff and others who are interested in the topic of wellness and recovery. The \$20 cost includes everything, including box lunch and workshops. Some scholarships are available.

- On Saturday, October 12, 2013, from 10:00 a.m. to 4:00 p.m., the department and all 37 fire and rescue stations cordially invites the general public to participate in a community open house, spotlighting fire prevention. The theme for 2013 is "Prevent Kitchen Fires." It serves to remind us all of the simple actions we can

take to stay safe from fire year round. Every firehouse will host activities, provide tours, and have available fire prevention educational materials. For more information, call your community fire station (<http://www.fairfaxcounty.gov/fr/deptinfo/stations.htm>) or Public Affairs and Life Safety Education, 703-246-3801.

- Alzheimer's Family Day Center Offers Free Classes for Family Caregivers. Classes meet on the third Wednesday of each month from 1:30 to 3:00 p.m. at the Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. To register, e-mail afdc@alzheimersfdc.org or call 703-204-4664, TTY 711. Respite care is available. Call to make arrangements in advance.

- Braddock District Aging in Place and Fairfax County are offering Medicare 101 – an extensive program on Medicare basics – on Wednesday October 30th at Kings Park Regional Library, 9002 Burke Lake Road, Burke, VA 22015. No registration necessary! Find more information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

ENVIRONMENTAL UPDATE

Northern Virginia Watershed Workshop

Saturday, October 5 10:00 a.m. - 4:00 p.m.

Location: Northern Virginia Community College, Annandale Campus, Ernst community Center

The watersheds of Northern Virginia are home to a diverse community of flora and fauna and over two million people! As a densely populated area, cooperation between communities, businesses, and individuals is necessary to improve and preserve the health of our watersheds as well as promote sustainable practices. This Fall, NOVA will be hosting a workshop to bring together our diverse community of stakeholders to discuss watershed issues. Breakout sessions will include rain garden tours, a discussion of development patterns, local government's role in water quality, the latest research on urban watershed science, sustainable landscaping, and how to engage citizens in the movement for clean water. The workshop is free and open to the public. More information can be found online. Rain barrels may also be picked up at the workshop. Barrel orders must be placed online in advance.

Homeowner's Guide to Stormwater

Stormwater runoff is one of the most important (and the fastest growing) source of water pollution flowing to the Chesapeake Bay. Much of this runoff comes from our own roofs, yards, and driveways. The Alliance for the Chesapeake Bay has put together a website full of informative hints on how this homegrown pollution threat can be controlled. There are suggestions for every ability level, so there will be techniques that you will be able to accomplish at your home: <http://stormwater.allianceforthebay.org>

The Stormwater Calculator Makes it Easy to Measure the Runoff from Your Property. Have you ever wondered how many gallons of stormwater runoff flow from your property when it rains? The EPA's Stormwater Calculator makes it easy to find out. This easy to use and free program will estimate the frequency and annual volume of runoff originating from your property. More importantly, it will also quantify the reductions in runoff you will see if you adapt a variety of control techniques, ranging from the simple to the more complex. Download it at: <http://www.epa.gov/nrmrl/wswrd/wq/models/swc/> and take it for a spin today!