FRCA and Villas 2016 Election

FRCA Board Election on the Horizon
by Susanne Lazanov, Chair, FRCA Election Committee

Balloting for this year’s Falls Run Community Association election to fill four seats on the board of directors will take place November 9 to December 5. Each successful candidate will serve a two-year term. The directors whose terms are expiring are Maureen Friedheim, Ronald Henderson, Keith Morgenheim and Peter Wilkinson.

This issue of the Gazette contains a packet consisting of a cover letter, the election and nomination policies, a description of the desired qualifications for and responsibilities of a board member and a nomination form. You may nominate another resident or commit to being a candidate yourself. The deadline for nominations is October 29.

As in prior years, the Falls Run Election Committee will afford multiple opportunities for you to get to know the candidates. Read the November Gazette for another relevant article, check the poster and written material at the Center, visit the Falls Run website (www.fallsrun.org) and look for an email from the general manager for additional information.

Your participation in the nomination and election process plays a vital role in shaping the future of Falls Run. This is a unique opportunity to be heard and to make a difference.

Villas 2016 Board of Directors Election Update
by Anita Deegan, Chair, Villas Election Committee

Look for the slate of candidates running to fill the two vacancies on the Villas Board of Directors in the Community Center on Monday, October 3. Candidates’ names will also be posted on the Falls Run web site under the Villas home page.

Election packages will be mailed to all Villa homeowners of record on Friday, October 21. This will include a list of candidates and their statements, a ballot and proxy form and a notice of the Annual Meeting. A ballot box will be placed in the Community Center for homeowners to cast their ballot.

Residents will be able to meet the candidates on Thursday, November 3 at 7 p.m., in the Community Center. Deadline for ballots and proxy forms to be cast at the Community Center or mailed to Landmark is close of business, Wednesday, November 9.

Winning candidates will be announced at the Villas Annual Meeting on Monday, November 14 at 7 p.m., in the Community Center. The new Board of Directors will serve a three-year term of office beginning December 2016 to November 2019.

"Volunteers are not paid -- not because they are worthless, but because they are priceless."
The Tea for the Cure and the Cancer Research Institute

by Barbara Chadwick and Susan Smart

This year, all money raised in the Tea for the Cure events will be donated to the Cancer Research Institute (CRI). CRI was founded in 1953 by Helen Coley Nauts to continue the work of her father, Dr. William B. Coley, who pioneered non-surgical, immune-based treatments for cancer.

The CRI is the world's leading nonprofit organization dedicated exclusively to harnessing the immune system's power to conquer all cancers. This work has led to a promising new class of cancer treatments called cancer immunotherapy. These treatments mobilize, strengthen, and sustain the immune system's natural ability to destroy cancer cells in the body. Several of our residents are using this method for their cancer treatment.

CRI awards research grants and fellowships to support scientists at leading research universities and clinics around the world. Funding decisions are guided by a Scientific Advisory Council composed of renowned immunologists and tumor immunologists, including Nobel Prize winners, members of the National Academy of Sciences, and members of the Academy of Cancer Immunology. To accomplish this research, CRI relies on support from individuals, corporations, and foundations that want to help conquer cancer through immunology. Charity "watchdogs" like Charity Navigator, Charity Watch, GuideStar, and the Better Business Bureau, all publish reports on annual charity spending, and CRI consistently receives exemplary marks from these and other watchdog groups – Falls Run residents can be assured that our financial assistance will be in safe hands.

Our speaker at the Tea for the Cure will be Jill O'Donnell-Tormey, the CEO and Director of Scientific Affairs, who is coming from New York expressly to address our group, and she will tell us about the work of CRI. She joined the organization in 1987, and has been chief executive since 1993. Prior to joining CRI, she served as a research associate in the department of medicine at Cornell University Medical College and as a postdoctoral fellow in the laboratory of cellular physiology and immunology at The Rockefeller University.

Dr. Tormey serves on many medical and technology company boards. She received the Cancer Research Institute's 2013 Frederick W. Alt Award for New Discoveries in Immunology, which the Institute awards to postdoctoral fellows who make significant contributions to immunology research. She holds a Bachelor of Science degree in chemistry, summa cum laude, from Fairleigh Dickinson University, and a doctor of philosophy in cell biology from The State University of New York’s Downstate Medical Center.
Active Retirees Seeking Learning and Fun

by Patricia Parkinson, Staff Writer

The ElderStudy (ES) Organization, supported by University of Mary Washington, is a volunteer organization actively designed to provide learning and fun. The Curriculum Committee schedules two-hour learning presentations, tours, and sessions at 10 a.m. or 1 p.m. on Tuesdays, Wednesdays and Thursdays. ElderStudy was originally on UMW campus but is now located on the Mary Washington Stafford Campus, Lifelong Learning Center (on Route 17 just past Wal-Mart). Participants can attend classes on interesting and wide-ranging topics. Recent topics presented included comedy, opera, history, politics, religion, culture, travel, math, science, biographies, music and more.

The ElderStudy organization has been operating for 24 years. The first volunteers designed it based on the 1975 Elderhostel organization that provided retirees with educational and cultural programs and travel. Elderhostel founders were the social activist Martin Knowlton and university administrator David Bianco and educators of five New England colleges. In the first year, the programs were offered to 220 pioneering participants.

The sessions are conducted in an academic class or field trip setting, but there are no grades required! The two-hour classes, field trips and parties are arranged in a social atmosphere on the Stafford campus. Go to elderstudy.com to find the ElderStudy curriculum schedule, governance, membership, newsletters, event travel photos, and more. Come join the ventures to NASA Flight Center, Cold War Museum, Fredericksburg tours, UMW Play discussions, or factual discussions about Arab-Israeli Conflict, Native Americans, Fredericksburg Transportation, Virginia Fracking and much more!
My golf game has improved and I can read again without squinting or seeing double. Thank you Dr. Mansouri!

—Gary Wright
Access Eye Cataract Patient &
The 100,000th Patient at
Central Virginia Surgical Center
A Visit to a Small Cottage

Photo and Story by Sue Silvers, Staff Writer

Would you like to enjoy an outstanding High Tea? If so, you need to take a ride to the Virginia countryside of Staunton to visit the Anne Hathaway Cottage. It is owned and run by a very friendly and accommodating couple from Devonshire, England, Alfie & Barbara Farrand. Alfie prepares and cooks all the food and Barbara is the host. The Cottage is located on 950 West Beverly Street and is easy to find in downtown Staunton. The driveway is lined by gardens that lead up to the house. You will sense that you are in England with the thatched roof, dark wood framing and cottage style windows. The garden boasts over 100 kinds of flowers and flowering trees that bloom from April to October. A large front porch accommodates 18 customers at tables covered by pretty umbrellas. Inside, tables are set with unique and beautiful tea cups, doilies and napkins, immediately giving the visitor a cozy and relaxed feeling the moment you are seated. They offer High Tea, light lunches and Devonshire Teas (an afternoon tea light meal). The drive on Highways 64 and 81 is scenic and would be a real treat in the fall. Reservations are recommended, especially on the weekends. Take some time for a leisurely drive and enjoy what this author feels is the best tea room in this part of Virginia!
Lake Mooney – the New Reservoir in Our Backyard

by Connie Block, Staff Writer

Did you know there is a 520-acre reservoir just 5.5 miles from the Falls Run Community Center? Neither did I, until Gordon Neumann of Bridgewater Circle mentioned how peaceful it was out on the water at Lake Mooney. He’s an avid kayaker, sculler and fisherman so probably was exercising while scouting out places to cast his fishing line. The Virginia Department of Game and Inland Fisheries has stocked the new body of water with red ear sunfish, bluegill, channel catfish and largemouth bass and will open the reservoir for fishing once the baseline species get established.

Another Falls Run resident, Dale Hagar, is well acquainted with the reservoir. He was the resident construction manager with the firm CH2M Hill that provided the engineering and design, as well as construction management of the new water treatment plant and pump station. “It’s a high-tech, state-of-the-art facility,” says Dale, who spent three and a half years on the project. He doesn’t recall any major challenges but quickly clarified that his job was “to put out fires or solve problems as they came up.” Dale and his wife Dixie came from Las Vegas to Goose Creek Circle six years ago. His last assignment in a 30-year career with Parsons Corporation was at the Aquia Wastewater Treatment Plant. Now he is working on a project in Woodbridge and plans to retire when that is completed.

It took 22 years of planning and construction to create the off-stream reservoir. Rocky Pen Run Reservoir (Lake Mooney’s former name) was chosen by the Stafford County Board of Supervisors in 1992 to be a long-term water supply reservoir. Expected to meet water demands beyond 2050, it began to fill with water in 2014 (to an estimated 5.5 billion gallons) and started treating water in mid-December of that year, supplying southern Stafford County residents. The $139 million project finished within budget.

The longest “finger” of the reservoir (from the dam to the opposite side) is two miles. There are approximately 33 miles of shoreline. The dam to create the reservoir was built on Rocky Pen Run, one-half mile from its confluence with the Rappahannock River and away from sensitive riparian areas in that area. It fills from the Rappahannock via an existing pump station at the river. The treatment plant receives raw water from the new pump located behind the dam, fed by an intake...
tower within the reservoir that regulates water flow through large sluice gates. Water is not released back into the river. Instead it goes to the water treatment plant and then through various transmission pipelines to residences and businesses. It is Lake Mooney water that comes out of our faucets. Should future demand require it, the treatment plant was designed so it could be expanded.

The reservoir was dedicated as Lake Mooney in May, 2015, in honor of the late Stafford Sheriff’s Office Deputy Jason Mooney, who died in an accident on Interstate 95 after responding to an emergency call. Ultimately there will be trails and two family-style rest-rooms, in addition to the boat launch. No swimming or gas powered boat motors are allowed. The hours are 8:00 a.m. to 8:00 p.m., mid-March to October 31 and 8:00 a.m. to 5:30 p.m. November 1 to mid-March.

Unfortunately, some of the homes on the edge of the multi-fingered reservoir are outside the Stafford County urban services area boundary and will not be connected to the county water system. They do have lovely water vistas. Take a short drive and see for yourself what is right in our backyard. The fall foliage should be nice near the water and there is a good view of the lake near the boat launch.
Joan’s Vocabulary
by Joan Frank, Staff Writer

**Bold** – what you did when you’re trying to knock down pins
**Border** – how you feel when your patience runs out
**Bouffant** – a chubby new born
**Buillon** – what comes after million
**Bounty** – the latest in fancy hot drinks
**Boyhood** – a young gangster
**Brandish** – a plate with advertising
**Breastfeed** – when a woman drops food, which will never reach her lap
**Bridal** – she’s getting married and she’s sooo boring
**Briefcase** – where you store your underwear
**Briquette** – a small house
**Broadcast** – when your male friend needs a date
**Broccoli** – a new type of Lassie dog
**Broker** – yesterday I had money
**Brouhaha** – after a few drinks everything’s funny
**Brunette** – what we use to catch the beers we put in the lake to cool
**Brussel sprout** – a child living in Belgium
**Buccaneer** – the cost of corn (thanks for this, Art Gabler!)

In the Junk Drawer
by Barbara Chadwick, Staff Writer

This month is a month of curious things........and curiosity.

Where do the names of dishes and foods we eat come from? For example: who put the beef in Wellington? This dish is one of the most stunning English cuisines in existence and very complicated to make. Arthur Wellesley, the first Duke of Wellington, returned to England from many victories to receive medals, honors and become Prime Minister in 1828. The king wanted to celebrate his return in grand style. His chef drew on a French culinary wrap meat—now called Beef Wellington—in his honor.

And what about gin? The history of gin comes by way of Holland. During the Eighty Years War, in 1585 when the British soldiers were fighting in Holland, they discovered the Dutch were distilling juniper berries known as jenever. It was called “Dutch courage” and was drunk to keep up their spirits. After the war, they brought the drink back to England and shortened

In memoriam
Juan Torres

The Falls Run Community extends sincere sympathy to the family on the loss of their loved one.

Hats off to...
...the Falls Run Pool Volunteers — you made the pool safe for our families and friends!
Falls Run Singers

by Joan Frank, Staff Writer

The Falls Run Singers, a group of about 40 residents, are busy most of the year. Practice is held from 1 to 3 p.m. on Thursdays at the Community Center. Once rehearsed, the singers carpool to various Assisted Living and Nursing Facilities in the area to perform for residents. In amongst the singing is a musical game, where, thanks to the generosity of chorus members, we award small prizes to the residents for their game participation. The singers perform three times a year for Falls Run residents: the June and December Pot Luck Dinners and the Veteran’s Day Program. You may have seen some of us at the May 27th USO show at the Center, dressed in WWII outfits.

You do not have to read music to participate. If you can carry a tune, you are welcome. Not sure? Stop in as our guest! Come and join us for the shear pleasure of bringing lots of happiness to so many folks. Our rewards are too many to mention.

For more information, contact Joan Frank (frankadvice@verizon.net or 540-370-4879).

A personal note.....having just experienced the fabulously beautiful Garden Party put on by the Grunts and resident artists, I just want to say thank you to all the loving, caring wonderful friends and neighbors we have here. Their vitality, joy of sharing and giving is what makes Falls Run a wonderful community in which to live. Thank you, dear friends and neighbors. We are great together.

Alone we can do so little; together we can do so much.
— Helen Keller
Get to Know Your Committees: The Community Center Committee

by Patricia Parkinson, Staff Writer

What is the Importance of Our Center Committee?

In 2003, when the Falls Run Center was being completed, the early residents realized that Falls Run needed to be an Association to match the Virginia Homeowners Association 55+ community standards. As a result, among other committees, the Community Center Committee was formed. Falls Run resident Art Gabler recalls Bob Gilbert asking him to be the first Chair of the Center Committee in 2004. At that time, he said there were various problems and issues that arose regarding the maintenance and operations of the Center. Many early owners proposed changes and modifications to the Center building, and established committees for the Center, Grounds, Communication, Finance, and Covenants to help facilitate the Center. Eventually, the Center Committee and residents facilitated activities like Bunco, Bocce, Pickleball, Billiards and Game Night.

Purpose of the Center Committee

The Center Committee’s charter states that it will be responsible for identifying, researching and recommending to the Falls Run Community Association General Manager any changes, improvements and/or enhancements that should be made to the Community Center to maintain or improve its appearance and physical aspects. Its mission is to advise the General Manager on areas of maintenance, repair, modification, improvement and physical aspects and furnishings of the Community Center, as well as communications and audio systems. The committee may recommend the formation of subcommittees to implement specific mission objectives. Part of the mission is also to provide the General Manager the best and most cost effective solution and implementation strategy for identified projects, and to work with him/her to provide information to the Finance Committee for use in preparation of the Falls Run Community Association’s annual budget. Finally, the Committee must meet regularly or as needed to discuss all areas identified as supporting the goals of maintaining or improving the appearance and physical aspects of the Community Center. All of this is a big task.

Why does the Center Committee need volunteers?

If no one speaks, no one listens. The Center is an important component of our community; it is the first thing potential new homeowners and guests see. In order for us to keep up our home values, we also need to keep up the Falls Run Center’s value. Thus we need a functioning Center Committee of homeowners to communicate and contribute ideas and to share their talents. The committee needs new ideas that only volunteers can provide, and needs more volunteers to help.

Center Committee meeting date and time?

The Center Committee meets at 1 p.m. on the second Friday of each month. Agendas and recorded minutes can be found on the Falls Run website, or residents can ask Deanne Davenport, the Administrative Assistant, Lara Lewis, the Activities Director, or Anthony Lugo, the General Manager, for a copy of these items.

Don’t let our community or our Community Center down – volunteer!

Helpful Hints:

by Judy Rao, Staff Writer

1: Wrap hair appliances in pot holders
2: Use swim floaties to wrap a wine bottle
3: Put a toothbrush clipped in a clothes pin sideways so a tripod to drain it
4: Downsize make-up bottles by putting dabs inside contact lens container
5: Carry cotton swabs in an empty medicine pill bottle
6: Pack rolled belts inside the collar of a man’s shirt
7: Pack shoes in a shower cap
8: Use plastic wrap to make bottles of shampoo spill proof
9: Use a sectioned daily pill case to organize jewelry
10: Put dryer sheets inside shoes to deodorize
11: Take an empty water bottle to fill in the airport after you go through security
12: Use a binder clip as a razor clip
A note from the FRCA Social Committee

by Donna Kappler, Staff Writer

The Social Committee is one group that takes fun seriously. Every member works hard to provide entertaining activities for the enjoyment of Falls Run residents. Holiday celebrations, dances, pool parties, and other exciting events are planned so that everyone can meet their neighbors, relax and have fun.

While the committee would like to welcome all who want to attend an event, sometimes this is just not possible. There are Stafford County limitations on the number of people who can legally occupy any of our Community Center rooms/areas. An overcrowded venue is no fun for anyone and could be a safety hazard as well.

In addition, the committee has to plan for any food that is served. It would be nice to "pay at the door" but it is not feasible when the committee has to buy enough (but not too much!) food. A chair for every person is a must and a seating chart may have to be drawn up. If there is a seating chart, attendees need to sit at the table to which they are assigned; otherwise, some tables are crowded while others are empty.

Residents need to be aware that there are no refunds for purchased tickets. When an event is sold out, a waiting list is compiled. If residents have a ticket that they cannot use, they should contact the concierge for the name(s) of people on the wait list who may want to buy the ticket(s). If there is no waiting list, residents may sell tickets on their own to any residents.

The Social Committee meets at 10 a.m. on the first Tuesday of the month and residents are most welcome to attend.

Halloween

by Judy Rao

The chill is in the air
early darkness creates a scare.
Why do I worry? Why do I fret?
'Cause goblins and ghosts are what I dread!

The other day I walked outside
and I saw bugs scurrying to hide.
I know Halloween is closer yet
I don't feel safe fearing creatures I've met.

My house is now crawling with spiders.
They are climbing up our outside walls.
My scary-looking scarecrow friend
just stands there with a stupid grin.

I fear the costumed children
will flit around our yards.
My candy may not be enough.
Then I must just stand guard.

No eggs should be thrown at my house,
the spiders would probably just eat them.
Suddenly I have a great idea--
I'll just leave town on a whim.

Next month will be okay.
We will just sit and eat and pray.
A holiday I can handle is
our Thanksgiving Day!
Teeny Weeny Photo Contest

by Brenda Dudley,
Gazette Photographer

How well do you know Falls Run? The Teeny Weeny Photo Contest is your chance to find out! The ten photos below are bits and pieces of actual structures, objects and other easily-seen items around Falls Run. Each photo is a separate item (none are duplicated).

To play, simply write your answers on a piece of paper with your name, address and phone number and place it in the box labeled “Teeny Weeny Photo Contest” at the Community Center (e.g., #1. One of the coffee pot handles at the Community Center, etc.). All entries must be received by 10 p.m. on October 31, 2016. Prizes will be awarded to the top three entries with the most correct answers. Winners will be announced and prizes awarded at the FRCA Annual Meeting in November, followed by an announcement in the December Gazette (with the full photo of the items).
Chef’s Corner
by Sue Silvers, Staff Writer

Grasshopper Fudge Cake
(from Betty Crocker)

- 1 box Betty Crocker Super Moist White cake mix (water, vegetable oil and egg whites called for on cake mix)
- 2 teaspoons mint extract
- 12 drops green food coloring
- 2 jars (16 oz) hot fudge topping, opened to soften
- 1 container (8 oz) Cool Whip, thawed
- 5 drops yellow food coloring
- 1 box rectangular creme de menthe chocolate candies, unwrapped and chopped into small pieces

Directions:
Heat oven to 350° (325° for dark or nonstick pans). Spray bottom only of 13” x 9” pan with baking spray with flour. Make cake batter as directed on box and add 1½ teaspoon of mint extract. Reserve 1 cup of batter in small bowl and stir 3 drops of the green food color into the batter and set aside. Pour remaining batter into baking pan. Drop green batter by generous tablespoons randomly in 12 to 14 mounds onto batter in pan. Cut through batter with metal spatula or knife in S-shape curves in one continuous motion. Turn pan one-fourth turn; repeat cutting for swirled design. Bake as directed on box for 13” x 9” pan. When done, take out and run knife around sides of pan to loosen cake. Cool completely (about 1 hour). Carefully spread fudge topping evenly over cake. In medium bowl, stir Cool Whip, remaining ½ teaspoon mint extract, remaining 9 drops of green food coloring and the 5 drops of yellow food color until blended. Spread whipped topping mixture evenly over fudge. Garnish with chopped mint candies. Store covered in the refrigerator for 30 minutes, then serve and enjoy!
Welcome New Neighbors

by Sue Silvers and Mary Mork

Paula Keefe (11 Hartford Way) came from Wilton, New Hampshire. She was a lawyer for over 20 years in New Hampshire and worked on cases related to health care organizations. Her reason for moving “down south” was to be closer to her sister. She has a daughter living in New Hampshire that is single and working and has a son who is also single and in college in Rochester, New York. Her hobbies are gardening, sewing and clay works. She plans to take some upcoming trips with us and also check out some historic places in Virginia.

Dennis and Lorna Dunklee (2 Buchanan Drive) moved to Falls Run from Haymarket, Virginia, where they had lived for the past 24 years. Lorna is originally from Topeka, KS but since her father worked for the Veterans Administration moved several times during her pre-marriage years. Lorna worked in Art education and has also worked as Assistant Librarian. Dennis is from Flint, Michigan. He was an Associate Professor for Graduate Education at George Mason University in Fairfax when he retired. They have a son and a daughter and 4 grandchildren. They support two senior dogs, Annie and Panda.

James (Jim) and Linda Moore (10 Elberon Drive) resided in Hamilton, Virginia (near Leesburg) for the past 17 years. Jim is a native of northern Virginia (Fairfax County). He worked for Xerox Corporation for 27 years but retired from Metro in Maryland. Linda is originally from Pleasantville, New York. She retired from the Rust Library in Leesburg. Their son and daughter both live in Virginia. They also have a senior beagle dog named Bailey and two indoor cats named Domino and Mattie. Linda is very interested in volunteering at our beautiful England Run Library.

Elisa Paigo moved to 5 Covington Drive from Springfield where she has lived for the past 45 years. Originally she is from Long Island. She retired from World Duty Free Company after 50 years of service. As a Regional Director of that company she travelled Welcome New Neighbors on page 15, column 1

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Warning: Learn 5 Myths and Mistakes in Retirement Income Planning!

Tuesday, October 11, 2016
11:00 AM at the Center
(Lunch Included)
See Insert for more details—Reserve Seats at Center or Call:
(540)659-0300

50 Issues for People Over 50!
In the Garden: October Lawn and Garden Reminders

by Chuck Heath, Certified Advanced Master Gardener and Tree Steward

October is in between September’s lawn renovation activities and preparing your lawn and garden for winter. Here are some reminders of things that are on October’s to-do clock and a few thoughts about practices that are not in the best interest of our community.

■ Cut back any perennials that have turned brown. You can also dig up and divide day lilies now or wait until spring. You get better flowering if you dig up and divide your bulbs every three years.

■ Strip Maintenance. Each homeowner is responsible for the maintenance of the grassy strip between your sidewalk and the street. Many homeowners have ignored this requirement. Please start taking care of the strips now—not doing so affects the entire community.

■ Unauthorized tree removal. During the last few months, numerous homeowners have removed healthy trees without approval. This is not permitted in Falls Run. This practice reduces the value of your and your neighbor’s homes and reflects poorly on the community as a whole.

■ Tree Branches That Overhang the Sidewalks. There are numerous tree branches that extend over our sidewalks. These need to be pruned back allowing a 7-foot clearance so that walkers are not struck by them.

■ If you use a lawn service, please pass this information on to them.

Our Monday morning plant clinics in the Center will continue through Monday, November 23 (Thanksgiving week). Bring your lawn mower blades or pruning tools to the clinic for “free sharpening.” If you need a Master Gardener to visit your home, please let me know at skibuff39@gmail.com.

Welcome New Neighbors

extensively all over the United States and Europe. She has a son and 2 stepchildren. She is very involved with Church activities and with volunteering at the Pregnancy Center.

William (Bill) and Susan Young recently moved to 28 Dayton Circle from Staunton, VA where they lived for the past 15 years. Bill is originally from Syracuse, NY. He worked for Xerox for a number of years but recently retired from selling Commercial Real Estate. Susan is from Southern California and is a retired Nurse. Bill and Susan share 6 children, 4 of them living in Virginia. They are also the keepers of a dog named Sophie and 2 cats. They are looking forward to joining many of the activities our community offers.
Pass it on…or not

by Susanne Lazanov

When thinking of words to describe Falls Run residents, “helpful” tops the list. So it’s no wonder that when we receive an email containing what appears to be useful information, we want to share it with others. Unfortunately, many of these messages contain erroneous and even potentially harmful statements; so it’s best to stop and think before automatically passing them on:

- An email about something that happened to “my sister’s neighbor” or “a high school friend” usually contains partial truths or exaggerations. Sometimes it refers to events that happened years ago and are no longer relevant.
- An email directing you to delete/add a name and send it to 10 or so others is just a variant on the old-fashioned chain letter. Just because you can comply without incurring copying or postage costs doesn’t mean you should.
- An email about a medical breakthrough that sounds too good to be true most likely is, unless it comes from an authoritative source such as the National Institutes of Health (nih.gov) or the Centers for Disease Control and Prevention (cdc.gov).

Still in doubt? Check these sites to help distinguish fact from fiction:
- FactCheck.org, a nonpartisan, nonprofit consumer advocate, aims to reduce the level of deception and confusion in U.S. politics.
- Snopes.com debunks urban legends and rumors on a huge number of topics.
- TruthOrFiction.com provides the truth about rumors, inspirational stories, virus warnings, hoaxes, scams, humorous tales, pleas for help, urban legends, prayer requests, calls to action and other forwarded emails.

Bruce Mork, Realtor
ABR, SRES
Cell: (540) 847-8471
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