



## F 4 F Connection

June 2010

Public Edition

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 540-347-2792

It is hard to believe that we are already into the month of June. June is such a great time for cook-outs and family reunions. I hope that each one of you can take the time to enjoy some of the wonderful local activities as well as make some fond memories with your family and friends this Summer!

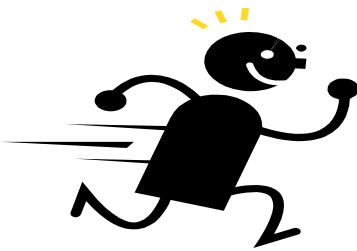
~Rachel Pierce, Director

Flower of Month:



**Did you know June is:**

- National Safety Month
- National Fruit & Vegetable Month
- National ALS (Lou Gehrig's Disease) Awareness Month
- Adopt-A-Cat Month
- Rabies Awareness Month
- National Ice Tea Month
- Zoo & Aquarium Month



**NOW** forming Team Families 4 Fauquier for the

Walk for Autism on October 23, 2010 at the Manassas Fair Grounds.

Join our team today!

\*\*You don't have to be an official member of F4F to join our walk team.



We just finished selling our Joe Corbi's Pizza kits to help raise funds so that we can move forward to apply for official non-profit status. The sale was very successful and we were able to raise **\$219.00!** Thank you all for your support and helping us reach our goal! We plan to hold another sale in the fall.

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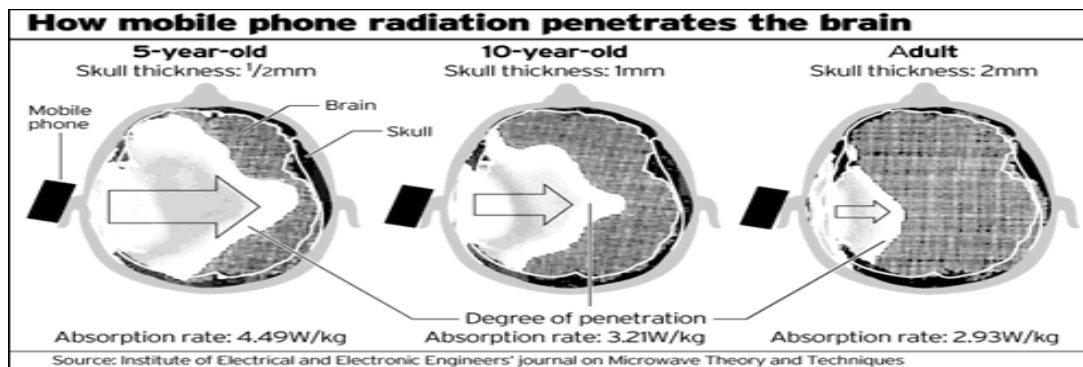
## MOMS FOR SAFE WIRELESS PROVIDES CELL PHONE SAFETY TIPS AND OFFERS LUNCH AND LEARN OPPORTUNITIES

Some people experience health effects from using a cell phone. The short-term effects from exposure to radiofrequency radiation emitted from cell phones include headaches, fatigue, dizziness, concentration problems, nausea, skin rashes, and tinnitus (ringing in the ears).

Cell phones were not tested for health effects prior to entering the marketplace. If you check your cell phone manual, it may say to keep the cell phone off of your body. For example, the cell phone manual of the LG CG180 cell phones states, "to comply with Federal Communications Commission radiofrequency exposure requirements, a minimum separation distance of .6 inches from be maintained between the user's body and the back of the phone. Third-party beltclips, holsters, and similar accessories containing metallic components should not be used."

Recent studies show that biological changes take place with exposure to non-thermal specific absorption rate levels below the federal standard. While 50% of cell phone research indicates that there is no increased health risk in using cell phones, 12 of 13 cell phone studies that cover an exposure duration of ten years or longer demonstrate the existence of an increased risk of brain tumors and acoustic neuromas on the same side of the head as the cell phone is used.

Children are more vulnerable to the radiofrequency radiation from cell phones than adults. Because children's brains are less dense and more porous than adults, their brains absorb more radiation. Dr. Lennart Hardell, an oncologist from Sweden's University Hospital, found that after one or more years of cell phone use, there is a 5.2-fold elevated risk of malignant brain tumor in children who begin using mobile phones before their 20<sup>th</sup> birthday.



Consider the following cell phone safety tips to minimize radiation exposure from a cell phone:

- Minimize the time spent on a cell phone
- Use an air tube headset
- Use the speakerphone on your cell phone
- Keep your phone away from your body in a purse or bag
- Keep cell phones away from your bedroom at night
- Allow children to text and only speak on the phone in an emergency
- Don't use a cell phone in a car, bus or train
- Avoid wearing metal-rimmed glasses which can absorb radiation then reemit it onto the eye.

When you are in your office, forward your cell phone calls to your office phone.

Moms for Safe Wireless is a nonprofit organization 501(c)(3) that educates individuals on the potential health risks associated with wireless products. The nonprofit offers free brown bag lunch seminars in the offices throughout the local area. For more information, go to the website at [www.momsforsafewireless.org](http://www.momsforsafewireless.org), email us at [info@momsforsafewireless.org](mailto:info@momsforsafewireless.org) or call 703-431-1558. -Christine Hoch, Executive Director of Moms For Safe Wireless



## Community Events For June



**Ledo's Pizza  
Meet and Greet  
June 5th  
5:30-7:30pm**

25% off your dinner purchase with a F4F voucher.

Come and meet other local area families.

# Friday 1st

Celebrating the **heART** of Old Town Warrenton

**May thru October 2010**

**6pm until 9pm**

Main Street will be bustling with shoppers, diners and fun. Each month will offer something different for all ages. Plein Air Art, come join the fun. Farmer's Market, cooking demonstrations, floral demonstrations, sidewalk art for the children, live bands, the fun is endless! A sure not to miss for the summer! For additional event information please visit the Partnership for Warrenton's web-site at:

[partnershipforwarrenton.org](http://partnershipforwarrenton.org)



**14th Annual Father's Day  
Car Show  
Sunday, June 20**

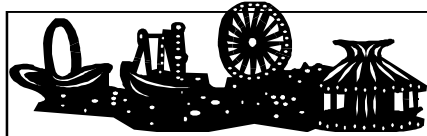


Enjoy a wonderful day of cars, arts and crafts, music and food at The 14th Annual Father's Day Car Show in Old Town Warrenton. Stroll down Historic Main Street and side streets that will be full of classic and antique cars, hot rods and motorcycles. The lawns will have art exhibits and games for the entire family! Enjoy an ice cream or lunch under a shade tree or lunch and dinner in one of our award winning restaurants. Take a walking tour of Old Town and visit the Old Jail Museum. The day promises to be fun for the entire family! \$10 to register a car for the show in advance, \$15 at the door, free to attend!

## Continued Community Events for June

### Tropical Smoothie Café

National Flip Flop Day  
 Friday, June 18th  
 First 500 customers with  
 flip flops will receive a  
 FREE 24oz.  
 Jetty Punch.



### Remington Volunteer Fire & Rescue Carnival & Parade

June 2nd-June 5th  
 Parade- Friday, June 4th 6:30pm

Carnival Grounds behind M. M.  
 Pierce Elementary School

[www.rvfrd.com](http://www.rvfrd.com)



Place  
 your event  
 here.

**Are you planning a community event and want to have it included in our newsletter?  
 Email us at [info@families4fauquier.com](mailto:info@families4fauquier.com) for consideration. Space is limited.**



### Daddy's Little Princess Royal Ball

Age 4-12  
 Saturday, June 26  
 1:00-3:00pm

Warrenton Community  
 Center

Fee: \$24/\$36

Register at:  
[fastlink.fauquiercounty.gov](http://fastlink.fauquiercounty.gov)

Get connected with us  
 Today!



facebook

Name:  
 Families 4 Fauquier



Summer Movie  
 Under the Stars

Featuring

**Madagascar!**

**Friday, June 4th**

FREE FAMILY EVENT

Marshall Community Center

Bring chairs & blankets.

Movie starts at dusk.

If it is raining the movie will be  
 shown in the auditorium.

Have a business you want to advertise while helping our community?  
 We now offer inexpensive advertising. Contact us today for details.  
[info@families4fauquier.com](mailto:info@families4fauquier.com)

## Fauquier County Relay For Life- June 5th

Come join us in the fight against cancer! Fauquier County's Relay for Life will be held on June 5-6 at Fauquier High School. The American Cancer Society Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated. Relay For Life occurs every Spring in Fauquier County to celebrate a year of education, advocacy, fundraising, and support for survivors and caregivers. It's a wonderful family friendly event, and is a cause that touches every-

one. One in three (1 in 3) people will be diagnosed with cancer.

What: American Cancer Society's Relay for Life

When: June 5-6, 5pm - 7am

Where: Fauquier High School

Events: Survivor's Reception (5pm), Opening Ceremony (6pm), Luminary Ceremony (dusk), Kid's Korner (5pm-Dusk), Womanless Beauty contest (6pm-10pm), DJ, theme laps, food, drinks, and lots more to do!!

Submitted by: Carole Overman



Go to [www.fauquierrelay.com](http://www.fauquierrelay.com) for more information or to make a donation!

## Come join the fight against cancer!

In search of piggy banks.....

Do you have a piggy bank that you would like to pass along to Families 4 Fauquier?

**Chestnut Turn Community  
Yard Sale**

**June 26th 8am**

Located off 605/Airlie Road



## Larry Weeks Community Pool @ Vint Hill Hours

Tue, June 1- Wed, June 16  
Mon-Fri 2:00-7:00pm  
Sat & Sun 11am-7pm

Thurs, June 17-Sun, Aug 22  
Open Daily 11am-7:00pm

Mon, Aug 23-Fri, Sept 3  
2:00-7:00pm

Labor Day Weekend  
Sat, Sept 4-Mon, Sept 6  
11am-7:00pm

It is always a good idea to check the pool hours before heading out for a swim.

Under 2-Free  
2-11-\$3.50  
12-59-\$4.50  
60 & Up- \$3.50  
After 5pm- \$3.00



4248 Bludau Drive  
Warrenton, Va 20187  
540-347-6935

**Lowe's Gainesville  
Build & Grow Class  
June 26th 10am  
Make and take a Monster Truck  
[www.lowes.com/kidskits.com](http://www.lowes.com/kidskits.com)**

Postpartum Support Group meets at Toddlin' Time the last Tuesday of every month at 7:00pm. There is a licensed Social Worker, Michelle Kelley, L.C.S.W. who facilitates the peer led group. Contact Langdon Johnston at [langdonharris@strollerstrides.net](mailto:langdonharris@strollerstrides.net) or 540-207-3607 for additional information.

**Do you or your family have good news, accomplishments, successes or achievements that you would like to share with us? Please email them before the 1st of each month to [rachelpierce@comcast.net](mailto:rachelpierce@comcast.net).**