

Neighbors

» Graduate engineering students from the **University of Virginia** led interactive demonstrations for children and built a giant carbon nanotube model from balloons in a series of visits to the **Virginia Discovery Museum**. The University of Virginia's Department of Materials Science and Engineering Student Chapter fo the Materials Research Society was one of 15 university chapters nationwide awarded \$6,000 grants in association with Public Broadcasting Service's "NOVA" program to raise public awareness about the field. NOVA sent out a challenge to MRS chapters across the country: How will you reach out to at least 2,000 people in the local community in advance of the program and raise awareness of materials science? In response to the challenge, UVa graduate engineering students visited the museum in hope of getting hundreds of youngsters hooked on science and engineering. This project and a science fair that enlists area high school students in developing innovative materials to improve energy efficiency and structural strength in the buildings and systems that make up UVA's Academical Village are how the UVA MRS chapter is using its NOVA grant.

» The **Oratorio Society of Virginia** was awarded a grant from the Bama Works Fund of Dave Matthews Band in the Charlottesville Area Community Foundation, which will provide supporting funds for a pilot outreach program intended to reach Charlottesville city and Albemarle county students in fourth and fifth grades. The mission of the Oratorio Society of Virginia is to enrich, inspire and educate the community through performances of choral masterworks.

» Piedmont Virginia Community College students **Cari Digges, Bonnie McGrew, Ashley Noelle** and **Robin Woodson** were selected by nurse practitioner **Michelle Beard**, their advisor, to travel to Santa Cruz, Bolivia in March to provide nursing care for an impoverished community. Their goal is to provide hope and healing by providing members of the community with free medical care at a mission that serves approximately 500 patients a week. Patients receive free exams, free lab work and free medicine.

» The Albemarle Truth in Taxation Alliance announced the following members to its leadership team for 2011: **Keith C. Drake, Pete Whitt, Betty Sevachko, Bill Smith, Jason Buyaki, Robert T. Short, Mark Setaro, Jim Stern, Tom Dulaney Slonaker, William E. Hopkinson, Chuck Lebo** and **Sarah Henley**. The ATTA is a political action committee the mission of which is to promote effective and efficient Albemarle County government, focusing on the budgeting process and taxation issues.

» The Miller Center announced that following the academic year ending in June, **George Gilliam** will step down from his duties as the center's assistant director for public programs and chair of the forum program, which he has headed since 2004. He will become the Miller Center's senior fellow for national engagement and focus on research, writing and special programming for the center. He also will continue

to teach in the University of Virginia's history department.

» The Joseph and Robert Cornell Memorial Foundation awarded the **Virginia Foundation for the Humanities** a \$100,000 grant in support of "BackStory with the American History Guys." Produced by **Tony Field**, "BackStory" features internationally known historians **Peter Onuf, Ed Ayers** and **Brian Balogh**, who debate each other and interview scholars and experts from around the country.

» The following Girl Scouts were recognized by Girl Scouts of Virginia Skyline Council for selling 1,000 boxes of cookies or more each in the 2010 cookie sale, for which they have been inducted into the String of Pearls society: **Lauren Alston**, 11, a member of Girl Scout Troop 854 of Gordonsville; **Casey Dollins**, 12, a member of Girl Scout Troop 854 of Gordonsville; **Mia Garrett**, 9, a member of Girl Scout Troop 9211 of Buckingham; **Natalie Russell**, 10, a member of Girl Scout Troop 874 of Crozet.

» The **Charlottesville Area Tree Stewards** installed lightning protection on the White Oak at Emmanuel Episcopal Church in Greenwood. **Bartlett Tree Service** will prune and wire the tree. The tree wiring does not attract electricity, but guides the current into the ground instead of inside the tree, which would then burn or ignite. The Charlottesville Area Tree Stewards is a group of volunteers whose mission is to support rural and urban forests. They partner with local government agencies and civic groups to improve and restore the tree canopy in the area.

» **H. Eugene Lockhart Jr.** of Keswick was elected chairman of the Board of Trustees of the Thomas Jefferson Foundation Inc., the private, nonprofit corporation that has owned and operated Monticello since 1923. Lockhart succeeds **Alice W. Handy** of Charlottesville. **Donald A. King** was elected vice chairman. Lockhart joined the Board of Trustees in 2007 and served as the chair of the External Affairs Committee from 2008 – 2010 and was elected vice chairman in 2010. King was elected a foundation trustee in 2009.

» Fluvanna County's "Old Farm Day" photo contest award ceremony announced the following winning entries. In the People category: **Jan Altieri**, "Hay Ride Driver" and "Rescue Me," and **Lindsey Brinkely**, honorable mention for "Peek-a-boo." In the Animals Category: **O.T. Holen**, "Back in the Day," **Kenneth Webb**, "Mule Team," and honorable mention **Philip Mayhew**, "Llama." In the Old Farm Day Category: **Carol O'Dell**, "Landscape," **Kenneth Webb**, "Children Picking Up Potato" and **Carol O'Dell**, "Bees." In the Machinery category: **Rebecca Newman**, "Tractor Seat" and **Kenneth Webb**, "Stationary Baler." The following were winners in the Younger Than 16 Division. In the Old Farm Day Category: **Megan O'Dell**, "Plowing," and **Atlee Catlett**, "Girls with Mocha." In the People category: **Atlee Catlett**, "Mrs. Jeavons" and "Show Me How That Works." In the Animals Category: **Megan O'Dell**, "Moo." In the Machinery category: **Megan O'Dell**, "Hay Baler."

» **Ageless Laughter Yoga Club** meets from 3 to 4 p.m. Sundays at the Senior Center. www.yogalaughs.com or 964-8152.

» **Albemarle Amateur Radio Club** meets 7 p.m. the second Tuesday of the month at NRAO headquarters at 520 Edgemont Road. 987-2006 or 245-7041.

» **Amnesty International Group No. 157** meets 7:30 p.m. the first Wednesday of the month at C'ville Coffee. 295-3289.

» **Blue Ridge Chapter of the Women's Council of Realtors** meets the second Thursday of the month. Meetings consist of a light breakfast and a planned program speaker. 249-5915.

» **Blue Ridge Chorale** meets at 5:45 p.m. for Youth Choir and at 6:30 p.m. for Adult Chorale Mondays at St. Luke's Lutheran Church at 1200 Old Rixeyville Road in Culpeper. www.brcsings.com or (540) 948-4573.

» **Central Virginia Genealogical Association** will meet at 1:30 p.m. the second Saturday of the month at the Family History Center in back of Church of Jesus Christ of Latter-Day Saints on Airport Road. www.cvga.avenue.org or 962-9638.

» **Central Virginia Genealogical Association Computer Interest Group** will meet at 1:30 p.m. the third fourth Saturday of the month at Northside Library. www.avenue.org/cvga or 973-7471.

» **Charlottesville Alzheimer's Association Caregiver Support Groups:** 9:30 to 10:30 a.m. the first and third Tuesday of the month at the Alzheimer's Association at 1160 Pepsi Place, Suite 306. 973-6122. 1:30 to 3 p.m. Tuesdays at Aldersgate United Methodist Church at 1500 E. Rio Road. 960-0531. 6 to 7:30 p.m. the second Thursday of the month at RoseWood Assisted Living at Hollymead at 2029 Lockwood Drive. 963-7673. 2 to 3 p.m. the third Wednesday of the month at Winterhaven Assisted Living at 220 S. Pantops Drive. 977-0002, Ext. 223.

» **Charlottesville Aviation Luncheon Club:** Noon on the third Wednesday of the month at Blue Ridge Cafe in Ruckersville. \$15. For reservations, contact amwvdsww@comcast.net or 296-0439.

» **Charlottesville Brain Injury Support Team** meets at 6:30 p.m. the third Tuesday of the month at Health South at 515 Ray C. Hunt Drive. 962-3189 or 969-4597.

» **Charlottesville Parkinson's Disease Support Group:** 1:30 p.m. the second Monday of each month in the Blue Ridge Room at Westminster Canterbury of the Blue Ridge. 982-4482.

» **Charlottesville Scottish Country Dancers:** Meets from 7 to 9 p.m. each Tuesday on the second floor of Odd Fellows Hall for dancing for ages 12 and older. No partner needed; soft, flexible shoes recommended. \$5; first session free to newcomers. Call ahead if possible before attending introductory class at 6:15 p.m. 296-1714 or 996-0813.

» **Charlottesville Stamp Club (A.P.S. Chapter 416):** 7:30 p.m. the third Monday of the month at Charlottesville Health and Rehabilitation Center. 990-4237.

» **Charlottesville-Albemarle Triad**, a partnership with the local sheriffs, seniors and senior service providers working to reduce crimes against the elderly, meets at 10 a.m. the first Wednesday of the month at Recording for the Blind and Dyslexic on Greenbrier Drive. www.vaag.com or 972-4001.

» **Coed Job Seekers Support Group** will meet from 12:30 to 2 p.m. the second and fourth Wednesdays of the month at FOCUS Women's Resource Center. Brown bag lunches. Coffee and tea provided. 293-2222, Ext. 27.

» **Community Chess Club** meets weekly from 6 to 8 p.m. Thursdays at the Senior Center at 1180 Pepsi Place. Open to the public and players of all ages and skill levels. Children welcome if accompanied by

an adult. Mentoring when available. Bring chess sets. 244-2977.

» **Creciendo Juntos Executive Committee** meets at 12:30 p.m. the second Monday of the month at 1215 E. Market St., Suite B. Cj.cville@gmail.com or 963-4676, Ext. 4.

» **Creciendo Juntos Health Promoter Working Group** meets at 2 p.m. the first Monday of the month at the Sexual Assault Resource Agency. 295-7273, Ext. 21.

» **Domestic Violence Bilingual Support Group:** Shelter for Help in Emergency offers a support group for women who have been victims of domestic violence from 10 to 11:30 a.m. every Friday at 1410 Sachem Place. 960-1941.

» **English Conversation Group:** 12:30 to 2 p.m. Tuesdays at University of Virginia's Lorna Sundberg International Center at 21 University Circle. Improve English skills with informal conversation, learn about American culture and exchange information with others about your own culture. intlctr@virginia.edu or 924-7983.

» **Fluvanna Alzheimer's Association Caregiver Support Group:** will be starting soon. If interested, contact Annie at 973-6122.

» **Food Not Bombs:** Meal preparation at 10:30 a.m. every Sunday at the Haven. Lunch is served at 1 p.m. every Sunday at Tonsler Park. Groceries are available for those who are prompt. 960-7290.

» **Grief Recovery Support**

Valentine's Day crafts



THE ASSOCIATED PRESS

Handmade Valentine pom-poms hang in Concord, N.H. Pom-poms are easy to make and can be made from yarn or even old T-shirts for Valentine's Day and other special occasions.

Less is more with pom-poms

The Associated Press

When it comes to handmade pom-poms, less is more. It may sound counterintuitive, but if you want pom-poms that are full and fluffy, don't be afraid to get out your scissors and snip.

Materials:

yarn, wool roving or T-shirt fabric
cardboard
scissors
embroidery thread and needle
ribbon

Instructions:

1. Make two doughnut-shaped cardboard templates. They can be any size. Cut a chunk out of each template, a few inches long, so the templates resemble horseshoes or rings with pieces cut out of them.
2. Cut a piece of embroidery

- thread about 8 inches long and lay it over one of the templates. Place the other template on top, sandwiching the thread, with the ends of the thread hanging out the cut edges.
3. If using T-shirt fabric, cut it into ½-inch strips. If using wool roving, gently pull it apart into ½-inch strips. Starting at one end, wrap the fabric, roving or yarn around the template until you get to the other end. If the fabric or roving runs out, just add another strip, covering up the end of the previous strip.
4. Repeat until you have at least three layers of fiber wrapped around the templates. The more layers you add, the fuller the pom-pom will be.
5. Loosely tie the embroidery thread ends that are hanging from the template together. Holding the templates together with one hand, use sharp scissors to cut through

- the yarn, fabric or roving along the outside diameter of the template, wedging the tips of the scissors in between the two cardboard pieces.
6. Pull the embroidery thread tight and tie a knot. Remove the templates.
7. Cut two circular templates from cardboard, slightly smaller than the original templates. Sandwich the pom-pom between the two cardboard circles and use the edge of the cardboard as a guide to trim the pom-pom.
8. Make two more pom-poms and use the needle and embroidery thread to sew them together in a triangle shape with two pom-poms side by side and the third centered below that pair. Pass the needle through the center of the pom-poms several times.
9. Continue trimming until you have a heart shape.
10. Add a loop of ribbon for hanging.

Groups

Group meets Wednesdays through April 13 at First Baptist Church at 735 Park St. Expert grief counselors on video and a local professional will facilitate the biblically based content and group discussion. griefshare@cvillefbc.net or 296-6195.

» **JABA Caregiver Support Group:** 1 to 2 p.m. every Tuesday and 5:30 to 6:30 p.m. every Thursday at 674 Hillsdale Drive. 817-5222.

» **JABA's Greene County Community Center** is open from 8 a.m. to noon every Tuesday and Wednesday at the library/community center complex in Stanardsville. 985-2047.

» **Jeffersonland Barbershop Chorus** will meet for rehearsal at 7:30 p.m. every Monday at St. Mark Lutheran Church at 100 Alderman Road. 974-6758.

» **Latina Women's Support Group** meets at 10 a.m. every Wednesday at Word of Faith Church. Transportation and childcare provided. eirvin@thewomensinitiative.org or 964-6472.

» **Louisa Alzheimer's Association Caregiver Support Group:** 1 to 2:30 p.m. the second Monday of the month at Amerisist of Louisa at 440 W. Main St. 973-6122.

» **Madison Alzheimer's Association Caregiver Support Group** is starting soon. If interested, contact Annie at 973-6122.

» **Monticello Blue Ridge Coin Club** has dinner at 5 p.m. the last Tuesday of the month, followed by meeting and auction at 7 p.m., at Aunt Sarah's Pancake House. Visitors welcome.

295-1765.

» **NAACP — Albemarle-Charlottesville Branch:** Celebrating Founder's Day at 3 p.m. today at Chapman Grove Baptist Church. M. Rick Turner will speak. Meets 7 p.m. the second Monday of the month in the Media Center of J.P. Burley Middle School. This month's topic is "High School Dropouts vs. Juvenile Delinquency in the Community." 220-1493.

» **Newcomers Club of Greater Charlottesville** will host lunch at 11:30 a.m. the fourth Tuesday of the month. All new residents of less than three years in the Charlottesville area and current members welcome. For information and reservations, call the message line at 980-2725.

» **Parents, Families and Friends of Lesbians and Gays (PFLAG)** meets from 9:30 to 10:30 a.m. the last Saturday of each month at the Friends Meeting House on Forest Street. <http://pflagbr.weebly.com>, lyndeale@gmail.com or 923-9950.

» **Piedmont Chapter of the Virginia Tech Alumni Association** meets at 7 p.m. the second Thursday of every odd month at the Culpeper County Library. For more information, contact Andrew Moody at piedmont.hokies@gmail.com or call (540) 908-0496.

» **PREP/Parent Resource**

Center provides information and support to families of children and youth with disabilities. sblech@k12albemarle.org or 975-9400, Ext. 68032.

» **Scottish Country Dancing** meets at 6:30 p.m. every Tuesday in the parish hall of St. Paul's Church in Ivy. Come with or without a partner. Experienced teacher will be present. 979-0939.

» **Senior Advocate Network Group** welcomes professionals in the senior healthcare industry at 8:30 a.m. the third Wednesday of the month at locations throughout the greater Charlottesville/Central Virginia area. \$10. Stephanie@senioradvocateonline.com or 817-3554.

» **Silver Gavel Unit (Virginia State Association of Parliamentarians/National Association of Parliamentarians)** will meet for a free lesson on parliamentary procedure from 7 to 8:30 p.m. Thursday in the Madison Room of Central Library. Snow will cancel the meeting. 979-9900.

» **Skyline Harmony Chorus**, an all-female cappella harmony chorus, meets at 6:45 p.m. Thursdays at Aldersgate United Methodist Church. Open to women older than 14. No experience necessary. www.skylineharmony.org or (540) 229-7782.



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