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*The Official Publication of the Ravensworth Farm Civic Association, Inc.
Springfield, Virginia*

January 2015

The Ravensworth *Farmer*

Issue 4

FROM THE PRESIDENT

I hope everybody had a wonderful holiday season and has recovered from whatever adventures you got into. It's always the busiest time of year for us. Then there's the week or two of reflection that follows once the dust settles and then winter really sinks its teeth in. So here we are. It's impossible to tell as of this writing whether snow will be on the ground but I sure hope so. Who doesn't love a snow day?

We had a great turnout at the last quarterly general membership meeting and there were a number of good questions fielded by Supervisor Cook and myself. The board plans to continue inviting people to present on topics of interest so please feel free to send us your suggestions if there's a topic that you think has not yet been covered and is of interest to Ravensworth Farm.

I made a few suggestions at the last GM meeting and will address each in turn below. Unfortunately I don't have an update on Braddock Road yet because the first meeting in the last five months is the day I'm writing this so I'll provide one for February. I am on the Braddock Road Citizens Task Force.

Con't Pg. 3



Holiday Lights Judging Results

See the winners on Pg. 9!

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Article 1, Section 3, of the Civic Association's By-Laws provides that the Association shall be strictly non-partisan, non-political, and non-sectarian. Accordingly, the invitation of elected officials and other public figures to speak at Association meetings, and the inclusion of paid political or commercial advertisements in the Farmer or in the attached flyers, do not constitute endorsements by the Association.

RAVENSWORTH FARM CIVIC ASSOCIATION

EXECUTIVE COMMITTEE

President	Kevin Joyce	703-587-7989	prez@ravensworthfarm.org
1st Vice President	Mary Keeser	703-321-4925	vp1@ravensworthfarm.org
2nd Vice President	Dean Fix	703-321-3048	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	Stephanie Hammond	703-321-0546	
Treasurer	Heather Scott		treasurer@ravensworthfarm.org

STANDING COMMITTEES

Public Service (Streets / Sidewalks)	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Schools & Education	Jill Mowbray Maria Dastur	703-865-8368	bjm820@hotmail.com mariacdastur@gmail.com
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-321-4948	

SPECIAL COMMITTEES

Entrance Committee	Marti Terry Brenda Soares Margaret Kinder	703-209-4424 703-321-7856 703-764-9576	
Hospitality	Jacqueline Fix Ruth Hartman	703-321-3048 703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Jill Mowbray	703-865-8368	bjm820@hotmail.com
Cultural Committee	Spanish Korean	Dinora Gonzalez Seo Pani	703-321-0160 703-321-8081
Directory	Coordinator Advertising	Stephen Beste Katherine Craig	703-321-9110 703-321-3149
Farmer	Editor Preparation Printing, Flyers, Assembly Distribution Advertising	Sara Ortiz Susan Deyampert Laura Asiello Jacqueline Fix Katherine Craig	703-321-8757 703-321-3150 703-321-7840 703-321-3048 703-321-3149
			rfcfarmer@ravensworthfarm.org jfasiello@aol.com hospitality@ravensworthfarm.org
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
PTA President, Ravensworth ES	Anita Bhatnagar	703-942-6806	president@ravensworthpta.org
Pool President	Rob Hannam	703-321-7398	
Green Thumb Garden Club	Ursula Schuttinga	703-321-3535	
Golden Ravens	Joan Crofford	703-321-7809	

Association Meetings & Deadlines 2014 - 2015

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	PRINT <i>Farmer</i>	DELIVERY	ASSOC. MEETING
January	Jan. 7	Jan. 7	Jan. 8	Jan. 15	Feb. 7	
February	Feb. 4	Feb. 4	Feb. 5	Feb. 12	Feb. 28	
March	Mar. 4	Mar. 4	Mar. 5	Mar. 10	Mar. 21	Mar. 26
April	Apr. 8	Apr. 8	Apr. 9	Apr. 16	May 2	
May	Apr. 28	Apr. 28	May 7	May 7	May 30	May 28

General and Board meetings will be held at Community of Christ Church on Inverchapel Rd. Meetings are at 7:30pm unless otherwise announced.

Con't from Pg. 1

DUES Dues barely beat budget for the last fiscal year which was a relief because advertising does not cover the full cost of this newsletter and the directory. Annual dues are \$10 as you know and they were originally \$5. On an inflation adjusted basis that \$5 is about \$43 so we're paying less than the original residents did. I made a suggestion to raise dues to \$20 help make ends meet and ensure the community has adequate funds in its emergency fund for years to come. I'd love to hear your thoughts about this proposal.

Second, there is a new master plan for Lake Accotink and the park forthcoming from the county. We learned from Supervisor Cook that there hasn't been an update since Accotink Park was created. It's intended to be comprehensive and thoughtful. Don't expect dramatic changes to the lake or surrounding forest but we might see things like a new park building that fits neatly into the surroundings such as a cabin or stone structure instead of the 1980's looking building there today. They may also do something smarter with the boat storage and assorted sheds that dot the area. One comment that got my attention was allowing traffic through the park from where the trestle is over to Heming. Personally I think that's a huge mistake. I'll provide more updates as they become available. If you have an opinion, please be sure to let me or Supervisor Cook's office know!

The board tries it's best to keep the community informed in between Farmer issues via the website but we also use Facebook a lot. At least I try to. If you're not on Facebook, you're missing out on a lot of interim updates and happenings. We also post all our free stuff when we put it on the curb! Tom Mathis does a great job moderating and there's no obligation once you join.

Finance. By the time this reaches your doorstep we could have a new Treasurer but since it's not finalized as of this writing I can't say too much. (Editor's Note: See Heather Scott's bio elsewhere in The Farmer.) One thing I'd like to see us do is move our finances from Bank of America and Cardinal Bank to Sandy Spring and consolidate our accounts there. I think it makes sense from a fiduciary responsibility perspective (get everything under one roof and update the list of signatories) as well as a partnership between the community and our local bank. They're great at customer service and are very personal.

Washington Gas. It looks as if their large investment in our gas line and meter update is over. I noticed they came around late fall and planted grass where the previous attempts didn't take. A couple of residents wrote me about residual issues and I contacted the project team to resolve. I didn't hear back so no news is good news. If you have outstanding issues from this project feel free to pass them along to me and I'll do my best to get them remedied promptly.

Lastly, I'm including a list below that the board and community have come up with after many discussions at our general membership and board meetings. It represents Ravensworth Farm's "wishlist" if you will, for the Brad-dock Road improvement project. One thing I'm sure of is we haven't yet decided on a plan for the project so just about everything is still on the table but there are many things we'd like to see included in the final plan. Since many of you don't or can't make our general membership meetings or aren't on Facebook I'm including the list in this issue. As always, feel free to reach out to me or any board member with your comments.

I look forward to many winter fires and walks through the snow. Hope to see you around.

Warmly,
Kevin

PS, Somebody stole our propane burner in November. I left it on the curb next to my car to load into the trunk but when I came out a few minutes later it was gone! I don't know who you are but you sure are fast! We had promised it to one of our friends and were disappointed to break the news to them.



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Contact Us

Bill Mitchell, Scoutmaster

phone: 703-321-8072

email: scoutmaster991@yahoo.com

RAVENSWORTH FARM'S PROPOSED IMPROVEMENTS TO BRADDOCK ROAD

Submitted to the Braddock Road Citizen's Task Force

- **Inverchapel Access**
 - Preserve the access to Inverchapel from both lanes of Braddock Road
 - Currently there are three main access points to our over 857 single homes of Ravensworth Farm
 - Over 40% (estimated) vehicle traffic is using Inverchapel
 - Access through Inverchapel must be maintained
 - Avoid stop lights at the Inverchapel / Braddock Road intersection
 - Preserve the long right turn lane to Inverchapel on Braddock Road east bound. It begins right after the bridge. This long turn lane is important because it allows vehicles to enter the turn lane without slowing which prevents interference on Braddock through-traffic.
- **Sound Barriers**
 - Install aesthetically pleasing and functional sound barriers from Inverchapel up to the shopping center entrance
- **Lengthen the left hand turn land from Braddock west onto Queensberry**
- **Pedestrian Safety**
 - Improve pedestrian access crossings to Wakefield Park from Queensberry with a walking bridge
 - Improve the bus stop at Inverchapel/Braddock south side by replacing with a covered bus stop.
 - Significantly improve safety for pedestrians who walk from Queensberry to shopping center. It is incredibly dangerous walking along Braddock. There is no barrier or curb to protect walkers.
 - Pedestrian access to shopping center needs to be dramatically improved and expanded.
 - Create a wide and paved bike path along south side of Braddock from Burke Lake Road to Ravensworth Shopping Center
- **Preserve and/or improve community entrance signage and aesthetics to Ravensworth at both Inverchapel and Queensberry**
- **Preserve or replace as much greenery along Braddock as possible**

Use less signage on the side of the road and instead use more painted signs/symbols on the street surface. This is where drivers eyes are looking naturally and signs on the side of the road take eyes off the road and the car ahead.

MAKE GOLDEN RAVENS A NEW YEAR'S RESOLUTION

If you are a retired senior in Ravensworth Farm plan now to add Golden Ravens to your calendar for the New Year. Mark the fourth Wednesday on the calendar each month now so you will be reminded of what you are missing if you do not attend the regular lunch meetings. Good food at local restaurants, educational speakers, and just plain friendships that could be something missing in your life. We don't have very many social rituals for seniors in our culture, but Golden Ravens is the exception to the rule. Call Joan Crofford for details or help with transportation.

GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club met December 3 at the home of Doddie Cave. We enjoyed a lovely Christmas Tea and gift exchange.

The Garden Club meets the first Wednesday of each month and we always welcome new members. Please contact Ursula at 703-321-3535 or Doddie at 703-321-9773.

CLEAR THOSE CURBS AND STORM DRAINS

a reminder from Stephanie Hammond

When gathering the fallen leaves, please remember to collect the leaves along the curb and storm drains. Heavy rains will wash the leaves toward and into the storm drains. Additionally, rain and snow water cannot drain when the storm drains are blocked by leaves and debris. This can pose serious issues, especially if we receive a lot of snow this winter. No one wants to experience flooded streets or backed-up sewers when we get heavy rains or when plowed snow cannot drain.

Editor's Note: I've seen some ingenious neighbors "mow" the leaves in their street gutters. Then they just have to empty their mower bag and enjoy the leaf-free gutter.

AND THE WINNERS ARE... HOLIDAY LIGHTS JUDGING



This year as our crack team of judges hit the streets of Ravensworth farm the calm evening of 14 December we were challenged by all of the wonder of the beautifully decorated homes. We began methodically traveling down each street of our wonderful neighborhood ensuring that we visited each of the 857 Single homes. We would like to congratulate all of our residents who took the time to place a candle in the window, bow on the door, lights on the roof, decorated tree in the window, or a blow-up figure in the yard; you are all winners. 'Tis the spirit of the season! It was truly a tough job for our four judges, we were able to narrow it down to those "outstanding" homes listed below.



Please take a moment, fill the traveling mugs with hot cocoa and take an evening drive through "OUR" beautiful neighborhood this holiday season.

- BEST OVERALL: 5633 Inverchapel
- BEST RELIGIOUS: 7919 Ellet
- BEST DOOR – WINDOW: 7918 Gosport
- BEST KIDS: 5235 Queensberry

HONORABLE MENTION (not in order):

- ✓ BEST OVER ALL: 5421 Inverchapel, 7911 Hatteras, 7906 Hatteras, 5226 Kepler
- ✓ BEST RELIGIOUS: 8121 Adair, 5639 Inverchapel, 7938 Ellet
- ✓ BEST DOOR – WINDOW: 5315 Moultrie, 5400 Moultrie, 5636 Inverchapel, 5513 Sedgewick, 8125 Bullock, 5222 Queensbury
- ✓ BEST KIDS: 5501 Landgrave, 5222 Landgrave, 5316 Pillow Lane, 5411 Queensberry, 8127 Bullock, 8015 Ellet



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Ravensworth Resident

SURGING ENROLLMENT IN NOVA SCHOOLS

By Thompson Wall writing on Annandale.Patch.com
Nov. 24, 2014

A new Census Brief from the University of Virginia says Northern Virginia's public school enrollment is surging as student populations in the majority of the state's school systems continue to shrink.

The report, released last week by the University of Virginia's Weldon Cooper Center for Public Service, revealed student enrollment in Virginia public schools has grown steadily, albeit unevenly, across the state over the past 20 years.

"Annual births in Northern Virginia have increased substantially since the 1900s," said the brief's author Hamilton Lombard in a news release. "In the rest of Virginia, on the other hand, most places experienced a slight decline during that same time period."

Between 2008 and 2013, only 31 percent of school divisions saw enrollment increases partly due to lower family migration rates since the 2008 recession, according to the brief.

The report attributes the NoVa area's enrollment growth to a substantial increase in annual births, which declined in most other localities during the five-year period. The area also saw a high concentration of "in-migration" of families with school-age children.

The study also prepared projections for school enrollment over the next five years, noting a steady overall increase in school enrollment for Northern Virginia and a continued decline in a majority of localities elsewhere.

"Fast growth in some areas and continuing decline in others present challenges to local school boards and public school leaders," said Qian Cai, director of the Demographics Workforce Group. "Declining-enrollment divisions face closing or consolidating schools, while those with increasing enrollment must generate the resources to build new facilities and hire personnel to provide public education to the children of the community. Keeping an eye on these trends is essential to effective planning."

FIRST ANNUAL RAVENSWORTH FARM TURKEY TROT

On November 23 neighbor Marcie Winnitt suggested on the Ravensworth Farm Facebook page that she'd love to have a neighborhood "Turkey Trot" on Thanksgiving morning. By November 26, neighbor Tom Mathis had two routes, a 5km route and a 3km route, figured out. The routes started and ended at the Ravensworth Farm Swim & Raquet Club. The "race" started at 10:00 am. Judging by the photos of smiling runners, walkers, and back-pack and stroller riders posted on the Facebook page, a good time was had by all.



PLATFORM TENNIS ANYONE?

by Don Wilcox, writing on RF Facebook page

I'm looking to get some folks together for Platform Tennis this winter. It's a great game and tennis experience translates really well to this sport. You can play in the cold and at night at our very own courts at Audrey Moore Park. Almost no one plays so the courts are almost always available. I have equipment for a foursome so all you need is some tennis experience, warm-ups, gloves a hat and the desire to have some fun this winter! Let me know if you would like to play.

SAFE DRIVING INITIATIVE

At the last General Meeting of the Ravensworth Farm Civic Association, Supervisor John Cook shared that his speeding initiative is now being implemented county-wide. He reminded those in attendance that, "We are the ones who speed in our neighborhoods." He assured us that the police report that the majority of speeding tickets given out in neighborhoods are given to residents of those same neighborhoods.

It is the Editor's observation that any officer with a speeding ticket "quota" to meet could sure make a dent in that quota on either Inverchapel Road or Queensberry Avenue in the 10 minutes before school lets out.

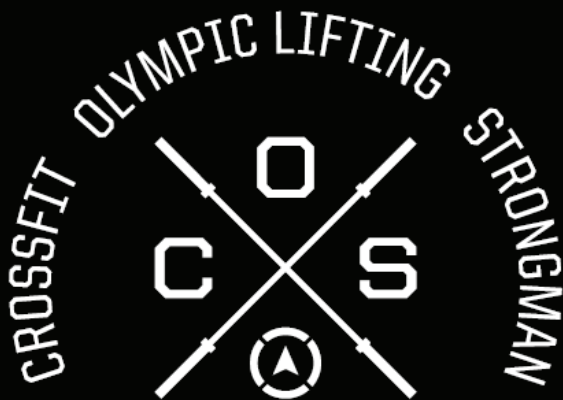
TOM MATHIS HELPING "EVERYDAY" PEOPLE FIND FITNESS ACTIVITIES

Writing on the community Facebook page on November 26, neighbor Tom Mathis shared his hobby.

Hi neighbors, check out my Unpaid Hobby! I wanted to come up with a way to make it easier for everyday folks to discover a fitness activity they would enjoy and quickly sort out how to get started. If you like - please share with friends. If you think there are ways we can improve the site please provide feedback! www.getfitstarter.com/quiz/

BOY SCOUT TROOP 991 - ADVENTURES IN THE SNOW

Boy Scout Troop 991 - Winter Adventures! The boys had their Holiday party, bowling, pizza and presents, before the school break and are now gearing up for our Ski and Snowboarding trips to Timberline WV and Wintergreen, VA. Boy Scout Troop 991 serves 6th - 12th grade boys. Visit us Wednesday nights - 7:30pm at White Oaks ES or contact Scoutmaster Mitchell at 703-321-8072 or Scoutmaster991@yahoo.com.



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WELCOME NEW NEIGHBORS

If you have new neighbors, tell Jill Mowbray. If you are a new neighbor- welcome! Please tell Jill you're here so that one of her committee members can stop by with information and some goodies. Jill Mowbray (703-865-8368, bjm820@hotmail.com).



MEET YOUR NEIGHBORS - BE A BLOCK CAPTAIN

Block captains deliver pre-paid Directory orders and sign up new Civic Association members and deliver Directories on the spot. Forty-eight of your neighbors were block captains last year. However, many streets didn't have block captains. Sign up for a block near you or be adventurous and visit the other side of the neighborhood! Contact Elissa Myers to be a block captain- 703-321-7590 or elissa@elissamyers.com.

JOIN THE CIVIC ASSOCIATION

If you aren't a member, contact Elissa Myers to become a member - 703-321-7590 or elissa@elissamyers.com- or answer the door when your Block Captain comes knocking November through January.



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcafarmer@ravensworthfarm.org or to PO Box 1020, Springfield, VA 22151. The classified ad section is a service to Ravensworth residents and is not intended for business or commercial use. Ads for house sales, commercial services, etc. will be run in this section once. If you wish to repeat your ad, you will need to purchase advertising in The *Farmer*.

SERVICES	Tyler Crum - leaf removal, mulching, planting, fertilizing, snow removal, exterior paint or stain. You can call or text me at 703-966-4115 to set up an appointment. I live in the neighborhood and have references here.
SERVICES	Dana Gleich - Ravensworth ES teacher, available for after-school tutoring. All subjects. Email dmgleich@fcps.edu .
HELP DC HOMELESS	Usable clothing and shoes, blankets, canned foods, etc., collected by a charitable foundation for the winter needs of homeless folks in D.C. Call for free pickups 703703-321-9268. For details, visit www.Kassirfoundation.org .
WANTED	Good used furniture for needy low income families in the Annandale area. Needed are beds, dressers, kitchen tables & chairs, sofas, love seats, end tables lamps and TV's. Unfortunately, we cannot take sleep-sofas. Call Bill Sinclair at 703-321-7529 or the Annandale Christian Community for Action warehouse at 703-256-1991 Call the warehouse ONLY on Saturday mornings.

FBI OFFERS \$15,000 REWARD IN PHARMACY ROBBERIES

by Greg Hambrick writing in Annandale.Patch.com, December 4, 2014

The FBI along with local police announced a coordinated effort Thursday to identify and locate a suspect responsible for a string of pharmacy robberies across Virginia, including in the Woodbridge area.

The FBI is offering a reward of up to \$15,000 for information that will lead to the identification, arrest and conviction of the subject in this investigation.

The newest robbery occurred on Nov. 17, when the suspect entered a Rite Aid store on J. Clyde Morris Boulevard in Newport News.

The robberies took place on July 15, July 26, Aug. 13, Sept. 16, Oct. 10 and Oct. 26. Each robbery involved a black male suspect who reportedly entered multiple CVS drug stores and demanded Oxycodone, at times showing the employee behind the counter a handgun in his waistband.

In several of these robberies, the subject was observed leaving the premises in a light-colored, possibly white or silver, Dodge Nitro SUV.

Contact the FBI office at 804/261-1044 or Richmond@ic.FBI.gov with information that may assist authorities in solving these cases.

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FAIRFAX COUNTY BOARD OF SUPERVISORS CONSIDERS GIVING THEMSELVES A RAISE

By Mary Ann Barton writing on Patch.com, December 3, 2014

The Fairfax County Board of Supervisors on Tuesday voted to consider giving themselves a raise. The vote was 8-2, with Supervisors Pat Herrity (R-Springfield) and Linda Smith (D-Providence District) voting against the measure. The supervisors currently make \$75,000 a year.

A sitting board can't increase its own salaries, according to Virginia statutes. An increase would have to be approved before OKing a budget during an election year, which would be 2015. If a raise goes forward, it wouldn't kick in until after the November 2015 election.

The last time the board saw a hike in pay was six years ago; the board voted for a 27 percent increase in 2007, when salaries were \$59,000, giving them their current \$75,000 annual salary that went into effect for board members who took office the next year.

The board on Tuesday asked staff to find out what other similar jurisdictions are paid. The median salary for a regular member of any Virginia board of supervisors is \$7,000, according to a recent article in Washington Business Journal. For the jurisdictions with more than 100,000, the median is \$38,146 for district supervisors, and \$43,847 for the chairman. Fairfax County's population is about 1.1 million.

In Hennipin County, MN, population about 1.1 million, board members are paid \$97,000. Contra Costa County, Calif. board recently gave themselves a raise, from \$97,476 to \$129,216. In Hillsborough County, Fla, population of about 1.1 million, supervisors are paid \$92,097 per year, as of 2011.

Herrity blasted the idea of raising salaries for the Fairfax County Board of Supervisors.

"With today's vote the Board of Supervisors showed again that they are completely out of touch with the residents of Fairfax County," Herrity said in a news release.

"It is ridiculous that in a time where we have imposed a tax increase on our residents in each of the last seven years, our commercial vacancy rate is hovering at 19%, we are facing a \$178 million shortfall, and our AAA bond rating is in jeopardy, that we as a board are considering giving ourselves a pay increase," he said.

"I cannot support looking at raising our salaries," he said, "our residents don't have this luxury, and we have more pressing priorities to deal with."

The Board of Supervisors are:

- Catherine M. Hudgins (Hunter Mill District)
- Michael R. Frey (Sully District)
- John C. Cook (Braddock District)
- Gerald W. Hyland (Mount Vernon District)
- Sharon Bulova (Chairman, At-Large)
- Penelope A. Gross (Mason District, Vice Chairman)
- John W. Foust (Dranesville District)
- Jeffrey C. McKay (Lee District)
- Pat Herrity (Springfield District)
- Linda Q. Smyth (Providence District)

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EVENTS

Something to add? Email RFCAFarmer@ravensworthfarm.org or call 703-321-8757 to add to the calendar of events.

****Jan. 7 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Jan. 19 - **Martin Luther King, Jr. Holiday**

Jan. 19 - **Ravensworth Babysitting Co-op-wide Playdate** - 10-noon

Jan. 23 - 7pm - **Sharing Our Stories** - Immanuel Bible Church - a special evening where women from Immanuel will share their stories through words, music, and visual arts. Hot chocolate bar.

Jan. 26 - Losing to Live biblically-based weight-loss program/competition begins at Capital Baptist Church (capitalbaptist.org) in Annandale

Jan. 30 - Feb. 2 - **Student Holidays** - no school for FCPS

****Feb. 4 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Feb. 16 - **Presidents' Day Holiday**

****Mar. 4 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Mar.6-7 - **Fully Committed** by Becky Mode - Lake Braddock HS

Spring 2015 - **Pride and Prejudice** - Thomas Jefferson HS

****Mar. 14 - 8am-Noon - Neighborhood Clean-up** - bring your large trash items to the POOL for disposal in a big Fairfax County truck

****Mar. 26 - 7:30pm- Civic Association General Meeting** - Community of Christ church

Mar. 28-Apr. 6 - **FCPS Spring Break**

****Apr. 8 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Apr. 9-11 - **The Sound of Music** - Thoreau MS

Apr. 17 - **Student Holiday**

Apr 23-25 - **Beauty and the Beast, Jr.** - Holmes MS

Apr 24-May 2 - **Merrily We Roll Along** - West Springfield HS

****Apr. 28 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

May 1-9 - **BIG: The Musical** - Fairfax HS

May 1-9 - **Waiting - A Musical** by Sarah Motes Ashley - Woodson HS

May 25 - **Memorial Day Holiday**

****May 30 - Last Farmer for the summer. Hang on to this one!**

June 19 - **Last day of school for FCPS**

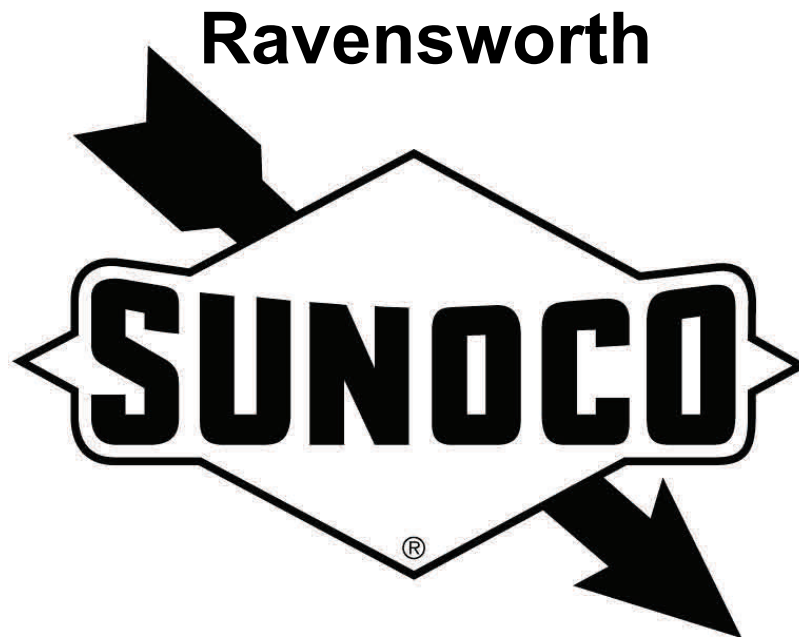
WINTER TREE CARE: SAFE SIDEWALKS AND DRIVEWAYS WITHOUT SALT

Slips and falls on slick sidewalks and driveways are common during the winter months. Frequently, rock salt is spread on these surfaces for safety reasons, but many of us know the "down side" -- salt can be harmful to trees. Now we can have safe winter sidewalks and driveways without using salt.

Trees absorb salt through the air and soil. Salt spray may travel 50 feet from where it is sprayed. Salt in the soil creates a physiological "drought" whereby tree roots cannot take in water. A tree under stress from an overload of salt is "dying of thirst."

Salt damage in a conifer, for example, may cause the needles to break off or to turn yellow. On other types of trees, leaves may look scorched or burned or leaf margins turn brown prematurely. Generally, salt damaged trees have sparse foliage or their growth is stunted.

There are several ways to protect trees from salt exposure and if trees are already salty, there are ways to prevent or lessen the damage:



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Con't from Pg. 17

To protect trees from salt exposure, use non-sodium de-icing agents such as calcium chloride or calcium magnesium. Other salt-free ice melting agents made from limestone and acetic acid work well; or use wood ashes, non-clumping cat litter or coarse sand to provide traction. If trees are close to a road that may be salted, cover them with burlap; or erect barriers at road side with plastic fencing, burlap or snow fencing.

If a tree is already "salty," remove the mulch from around the tree. Wash the salt away from the top 18 inches of soil around the tree by watering thoroughly.

Or, better yet, plant salt-tolerant trees.

For more information about protecting trees from salt exposure, how to treat a "salty" tree, and suggested salt-tolerant trees to plant, see the Urban Forestry Slideshow presentation: Winter Tree Care: Safe Sidewalks and Driveways without Salt.

<http://www.slideshare.net/fairfaxcounty/safe-winter-sidewalks-and-driveways-without-salt-dec-6-2013>

STUDY SUGGESTS LINK BETWEEN GOOD NEIGHBORHOODS AND HEART ATTACK RISK

Shands/University of Florida Healthcare, November 9, 2014

When you think about all the benefits that result from living in a great neighborhood, chances are a healthy heart doesn't come to mind.

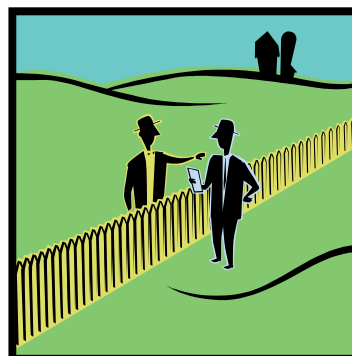
However, a new study published in the Journal of Epidemiology and Community Health suggests that people who like the neighborhood they live in have a significantly lower chance of suffering a heart attack compared with those who have unfavorable views of their community.

Back in 2006, nearly fifty-three-hundred U.S. adults were asked how connected they felt to their neighborhood. The survey also asked if they thought their neighbors were friendly, helpful and trustworthy. Collectively, these thoughts and feelings were called "neighborhood social cohesion."

The participants were all older than 50 and didn't have any known heart problems. Two-thirds of them were women. Within the four years following the survey, 148 of the participants had a heart attack. That included 82 men and 66 women.

During the survey, researchers scored the participants' thoughts and feelings on a seven-point scale. On that scale, each point increase in neighborhood social cohesion was associated with a 17 percent reduced risk of heart attack. The researchers said this correlation held true even after adjusting for behavioral and sociodemographic factors, such as income and race. However, they caution readers that this is merely an observational study, meaning that no definitive conclusions can be drawn about cause and effect. Also, other factors, including family history of heart disease, were not known.

Despite that, perhaps this study might give you even more to think about when choosing your next abode. Apparently if you pick a great neighborhood, your heart might just be right at home.





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HEATHER SCOTT APPOINTED RAVENSWORTH FARM'S NEW TREASURER

Heather Scott was appointed Treasurer at the December 3, 2014 meeting of the Ravensworth Farm Civic Association board. The mid-term appointment will run until the usual election for the position. Richmon Tun, who served in the capacity of Treasurer since 2001, recently moved out of the neighborhood and can no longer serve on the Board. Fortunately, one of Ravensworth Farm's newest residents answered the call to service.

Heather Scott began her career in philanthropy in 1994 when she joined the staff of The San Diego Foundation, a community foundation, where she was the grants administrator. In 1996, she moved to the largest independent foundation in San Diego, Alliance Healthcare Foundation, as their major gifts and special events coordinator.

In 2000, she moved from her hometown of San Diego to the Washington, DC area and joined the staff at the Council on Foundations, the national association for foundations in the U.S. Her first assignment at the Council was managing the design and delivery of the annual Fall Conference for Community Foundations.

She served in two other positions on the community foundation services team at the Council before being promoted to managing director in 2010. As managing director, she directly supervised three full-time staff and managed a department budget, including grant funded projects, totaling over \$1 million. In addition to providing high-touch, high-value member services, she and her team also consistently maintained a 98% retention rate for community foundation members at the Council, even during the Great Recession in 2008-2009.

Heather now works at a Virginia community foundation called ACT for Alexandria. Happy to be back at the grass-roots level once again, she oversees both the financial and resource development efforts of the foundation. In her free time, she volunteers for Project Horse and is on the board of The RunningBrooke Fund.

Heather and her partner, Heather Kirby, live on Sedgewick.

PARENT REPORTS OF CHILDHOOD MENTAL, NEUROLOGICAL PROBLEMS INCREASE

Shands/University of Florida Healthcare; November 5, 2014

Since the start of the new millennium, more U.S. children are being labeled with disabilities than ever before. A recent examination of national data on physical and mental disabilities in children shows that more kids had a mental or physical disability in 2011 than in 2002. And although rates of disability were greatest in poorer households, there was a surprisingly large increase in the prevalence of disability among children from wealthier families. Overall, 16 percent more kids had disabilities. But the increase in the number of reported disabilities among children was not due to an increase in physical conditions. In fact, disabilities primarily related to a physical problem were down 12 percent during the study period. On the other hand, neurological or mental disorders rose by 21 percent. This category includes speech difficulties, learning disabilities, epilepsy and many more ailments.

That's a whole lot of change for a relatively short period of time. The researchers who examined the data say it's tough to know what's behind all the shifting numbers. Factors could include everything from a greater awareness of neurological and mental conditions, to altered attitudes toward the conditions. The growing prevalence of disorders such as autism and attention-deficit hyperactivity disorder could play a role, too. In addition, actual biological factors may be causing more of these cases.

Whatever is fueling the numbers, the trend present challenges for parents, health care providers, educators and politicians. Learning how families and society can best serve these children will take time. Increasing our awareness and compassion for people with mental and neurological health problems is a great place to start.



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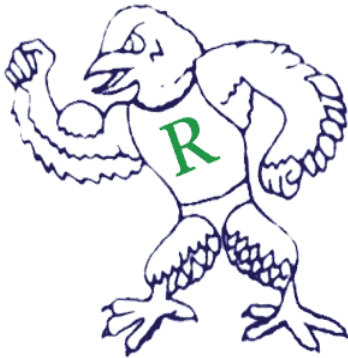


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