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RAVENSWORTH PLANTATION, VA.

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

February 2015

The Ravensworth *Farmer*

Issue 5

NEIGHBORHOOD SPEEDING!!!!

In today's world, we're all running at 1000 miles per minute with so many things to do and places to be. But, we must be mindful of keeping our neighborhood safe by obeying the posted speed limits. Fairfax County Police advise communities such as ours that the majority of speeding is done by most of its residents! Shame on us! We all want our children to get to/from school safely. We all want to enjoy walking the neighborhood, exercising our dogs, riding our bicycles, and jogging safely. Please, slow down, obey the speed limits and help keep our community a safe place to live and play.

Yellow "Slow Down" signs have been popping up all over Ravensworth Farm – to get one for your yard, go to the Braddock District Supervisor's Office (attached to Kings Park Library) and pick one up! Contact: John Cook's Office, 9002 Burke Lake Rd., Burke VA, 703 425 -9300.



Keep our neighborhood safe, SLOW DOWN!

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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
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
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.

NEIGHBORHOOD SAFETY UPDATE

by Supervisor John Cook's Office, December 15, 2014

Multiple thefts from motor vehicles have been reported in the West Springfield Police District throughout the past month. During the late night hours into the early morning, both secured and unsecured vehicles parked in the drive-ways of homes, residential parking areas, and along residential streets throughout the area have been targeted. Valuables left in vehicles, such as purses, cash, credit cards and electronics have been reported stolen.

In nearly 40 percent of the incidents, vehicles have been confirmed as having been left unlocked. Please remember to lock your vehicles and remove all items of value, including garage door openers.

There have also been incidents reported of packages being taken from outside homes and apartments. Please be mindful if you are expecting a delivery and plan for someone to pick it up for you.

GOOD-BYE TO RAVENSWORTH SAFEWAY



The Safeway at Ravensworth Shopping Center will reportedly close permanently on Monday, February 9. Some employees from the store will move to the Twinbrook Safeway further west on Braddock Road. The Ravensworth shopping center's owner is transitioning the property to house a Lotte Plaza grocery store. More information about Lotte Plaza is at <http://www.lotteplaza.com/>. Wait through the first part of the video for the English narration.

GREEN THUMB GARDEN CLUB

In January we had a wonderful lecture from the President of the Virginia Native Plant Society. She encouraged us to plant native plants to attract pollinators, birds, and good insects. It's important to keep our native wildlife! If you are interested in a native plant book, contact Ursula Schuttinga. In February we will be celebrating Valentine's Day by making Valentine's Day arrangements at Ursula's house. (7920 Gosport Ln)

The Garden Club meets the first Wednesday of every month at 9:30. We would love to have you join us! Please contact Ursula Schuttinga if you are interested. (703-321-3535)

JUST DO IT... COME JOIN THE GOLDEN RAVENS

If you are a senior resident of Ravensworth Farm, did you put the Golden Ravens on your list of New Year resolutions? Mmm????...It is time to fight the winter blues with some neighborly get-togethers and warm greetings with the many elders who meet each month on the fourth Wednesday. You never know what might happen. Do you? You could be pleasantly surprised. So call for the latest plans and don't be bashful about showing up even if you don't feel like dressing for company. It can't hurt and it might help a lot. Call Joan Crofford for details at 703-321-7809.

TOT TIME AT AUDREY MOORE

Do you and your child need somewhere to go? Parents/caretakers and children five and under, take your own ride-on toys and use the REC Center's giant foam blocks, mats, and little play sets in the REC Center gym on Fridays from 10:00 am to noon until May. The cost is \$3 per child.



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We are Celebrating 50 years as Ravensworth's Boy Scout Troop! Chartered by Ravensworth ES PTA.

We offer a year-round program (can fit around sports) that includes a mix of outdoor activities, community service, fun and adventure!

We are Boy Led. Boys are elected to leadership roles and run the troop. Adult leaders are guides and mentors.

We offer a wide array of activities: camping, sports, merit badges, community service, and fellowship.

Contact Us

Bill Mitchell, Scoutmaster

phone: 703-321-8072

email: scoutmaster991@yahoo.com

FROM THE SUPERVISOR—BRADDOCK DISTRICT YEAR IN REVIEW

by John Cook, January 9, 2015

2014 was a busy year for the Braddock District and Fairfax County. Here are some of the most notable things that happened last year:

Speeding Initiative

Since 2012, Supervisor Cook has been working to put an end to neighborhood speeding and unsafe driving in Braddock District and throughout the County. In August of 2014, the first installment of Supervisor Cook's Speeding Initiative was launched. The kickoff event was a public education campaign to curb speeding in Fairfax County. The campaign was a collaborative endeavor between Supervisor Cook's office, the Board of Supervisors, the County Office of Public Affairs, and the Fairfax County Police Department. The campaign features the slogan, "Slow Down: You live here, we live here," and included community education events throughout the fall. Several communities have endorsed the initiative and the "Slow Down" signs have been popping up all over the County.

Board Passes Historic Stormwater Management Ordinance

On January 28, the Board of Supervisors adopted a series of amendments to the County's Stormwater Ordinance. The new rules will help protect stream channels and water quality by placing a cap on the amount of stormwater and pollutants permitted to flow from newly-developed properties. The new ordinance aims to capture and treat runoff closer to its source. The rules will result in a greater use of rain gardens, green roofs, and other low impact development techniques to deal with runoff from new development. These methods better mimic nature by slowing, reducing, and reusing stormwater runoff.

On Supervisor Cook's motion, the Board adopted an amendment to this ordinance that ensures that any homeowner project that adds less than 500 square feet of additional impervious surface to a home will not become subject to the ordinance. This amendment strikes a balance between protecting the environment and allowing homeowners the freedom to make improvements.

Domestic Violence Awareness Event

Every October, events are held to increase consciousness about this terrible tragedy that, unfortunately, is much more common than you may think. In September, Supervisor Cook read a proclamation declaring October as Domestic Violence Awareness Month. This was followed by the initiation and promotion of the National Purple Purse Campaign. As the "purple purse" was passed among offices in Fairfax County, money was raised to develop services to empower domestic violence victims.

Additionally, Supervisor Cook, in partnership with Fairfax City Mayor Silverthorne, hosted an awareness event at Coyote Grille in Fairfax City in support of Artemis House/Shelter House and Court Appointed Special Advocates. It was a fantastic event bringing together many community members and advocates. Supervisor Cook was also honored to speak at the 10th annual Grand Day Celebration. This event is put on every year by the Women's Group of Mount Vernon and the focus is always Domestic Violence Awareness.

Lastly, earlier this year, on June 25, Supervisor Cook was named one of Shelter House, Inc.'s Community Champions for his work to prevent and end domestic violence.

Board Approves 50 + Plan

On September 23, the Fairfax County 50 + Plan was approved by the Board. Folks from across the County came out to celebrate the great strides Fairfax is taking in improving comfortable and independent living for our senior population. The plan addresses gaps in services and possibilities for future improvements to the challenges facing our seniors. Thirty-one initiatives were enumerated with the guiding principles to be attainable, affordable, and actionable within the next five years.

Con't from Pg. 8

Neighborhood College Programs

In both the spring and fall of 2014, Supervisor Cook hosted a Neighborhood College program. The Neighborhood College is a civic engagement program open to residents interested in learning about Fairfax County and how to work with neighbors, community organizations, and local government. Supervisor Cook is a Neighborhood College graduate and knows personally the tremendous value this program can bring to the community.

Sexual Assault Board Matter

On December 2, the Board of Supervisors approved Supervisor Cook's board matter that directs County staff to assess current methods to prevent sexual violence, and to utilize those assessments to develop new ideas on how to educate our public school students on sexual assault awareness. Supervisor Cook's efforts focus on teaching our children, and population as a whole, that sexual assault is a serious crime and will not be tolerated in our society. Supervisor Cook's board matter encourages our community to engage in new efforts directed toward those who commit these crimes, and to work to ensure sexual assault is viewed with the seriousness it deserves.

Individualized Education Program Event

On November 15, Supervisor Cook hosted an Individualized Education Program (IEP) navigation workshop discussing some of the challenges facing parents and students when an IEP is needed. The workshop included a panel of experts and allowed parents to discuss plans and goals, and how to best navigate what can sometimes be a very intimidating process.

<http://www.fairfaxcounty.gov/braddock/newsletter/2015/january/yearinreview.htm>

SPECIALIZED VETERANS DOCKET BEGINS

Fairfax County has initiated a Veterans Treatment Docket in the local court and is leading the mission in providing critical care for veterans and their families. Fairfax will be the first County in Virginia to host a Certified Veterans Docket.

The Fairfax County Veterans Treatment Docket recognizes the toll placed on Veterans that accompanies military service, and the mission is to increase public safety by incorporating a focused court docket for veterans who have been arrested for crimes, but who have mental health issues, to avoid jail time by completing an intense, extensive treatment course. The Veterans Treatment Docket team collaborates with the Commonwealth Attorney's Office, the Public Defender's Office, Sheriff, Chief of Police, Department of Veterans Affairs, Community Service Board, Judges, and many others. As a result of being the first court in Virginia to be certified, the program is in line for a two year grant to help fund the startup and maintenance of the program.

The goal is to provide proper care and support in order to rehabilitate and return the veteran to a productive, law-abiding life: ultimately reducing recidivism and criminal justice costs. The option of a Veterans Treatment Docket offers problem solving skills, counseling, and a former service mentor. While Fairfax's docket will be a first for Virginia, there are over 200 Veteran Treatment Courts/Dockets throughout the United States. On Thursday, February 21, the Inaugural Veterans Treatment Docket Dedication Ceremony will take place marking a great achievement for Virginia and for Fairfax County.

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Ravensworth Resident

GEM REVIEW: A CONTRACTOR WITH INTEGRITY

Reviewing: Paumen Innovations; paumeninnovations.com, Tel: 571-432-7721
by: Jack and Jan Webb

There are four fundamental ways we make financial mistakes:

1. Buying something we shouldn't have bought.
2. Not buying something we should have bought.
3. Selling something we shouldn't have sold.
4. Not selling something we should have sold.

Hiring the wrong contractor comes under both #1 and #2—you spend money hiring someone who was a dud, and you realize—too late—that you should have spent that money hiring someone else.

Allow us to suggest to anyone considering a project in their home that they call Tim Paumen of Paumen Innovations before making a final choice of contractor. By all means, do your homework and get a few estimates, but we can attest that you will never regret having Tim do the job. He and his crew will be there—daily and early—until it's done, and his crews are not street hires—they are his regular guys he's worked with for years, and they know his high standards and what he expects.

In our own case, Tim did two projects for us several months apart:

1. He first replaced our old gutters and downspouts, then put new vinyl soffit panels up. He took down our rickety old deck that had been built to no code in '83, replacing it with a Fiberon one having dual stairs (fiberondecking.com); replaced the adjacent brick patio, which hadn't been level in decades; and put in a flagstone patio. He also reinforced and waterproofed the basement entrance stairway wall, replaced the drain, and trenched a new drain out to the center of the backyard. All this required perhaps a week from start to finish.
2. He razed our home's old addition (dining room and unheated “sun porch”), brought the existing foundation up to code, put up a new addition with 12-foot vaulted ceilings, added another 15 feet rearward beyond the original footprint, returned the living room wall to the original open configuration, did a total renovation of the kitchen, installed triple-pane windows and new oak floors throughout (floors stained to match the original sections), and converted the fireplace to gas. All of this took six weeks, start to finish (not six months), because he does one job at a time until it's complete. His attentions are not divided, and as a result the quality of his work is not just attractive but solidly crafted.

Tim is a man of strong Christian faith, and he and his wife were missionaries in South America when they were younger. He can be trusted to give you honest labor, and he's always up front with you. He is a friendly person who clearly explains the details of a project, how/when each step is being completed, and the costs involved.

We knew we were working with a contractor who had a different view of his job when we found Tim on his hands and knees at the end of a long day, carefully cleaning up dust that had accumulated during part of the new construction.

Finally: You can spend less, but that often means sleeping less restfully and worrying more...which gets us back to #1 and #2 above.

Please feel free to contact us if you have any questions. And if you would like to see Tim's work at our home, we can arrange a time!

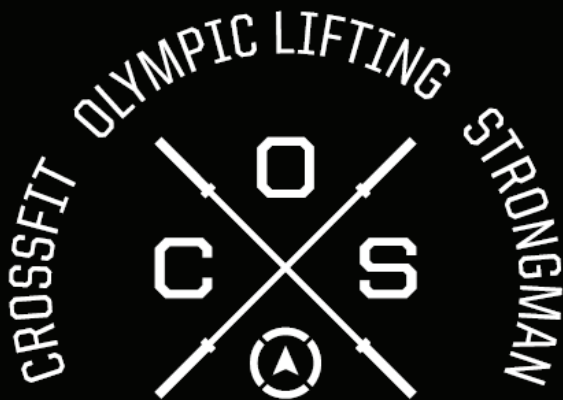
Jack and Jan Webb, 703.321.7032

NEIGHBORHOOD PRESCHOOL REGISTRATION BEGINS SOON

Parkwood's WEE Center is just up Braddock Road at the intersection with Kings Park Drive- about five minutes door-to-door. If you're looking for a one-, two-, three-, or four-day preschool program for your child between the ages of 18 months and five years, the WEE Center is a nearby, loving, and challenging choice. Classes are 10a.m. to 2p.m. If you just want to give your potty-trained child an hour of enrichment (and yourself a break) one to three days a week, the WEE Center's after-school (2-3pm) classes are a great option. They even have periodic classes for parents on topics such as child development and kindergarten readiness.

The WEE Center will hold its annual open house February 5 from 6:30-7:30pm or you can schedule a tour any time by calling director Ann Lipton (a Ravensworth Farm native). Open registration for the 2015-16 school year begins February 24 at 9:30 a.m. in the WEE Center office and will continue until classes are full. To find out which classes may currently have openings, to schedule a visit, or to find out more, call 703-978-0640 or visit weecenter.com.

You can see a full GEM review of the WEE Center in the January 2013 Ravensworth Farmer online at www.ravensworthfarm.org.



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 [@NOVA_STRONG](https://twitter.com/NOVA_STRONG)

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.

COUNTY APPROVES SECOND PROJECT IN HEART OF TYSONS

November 18, 2014

New project is in the second approved in the heart of Tysons, near the Greensboro Metro Station. Westpark Plaza will put up two high rise apartment building with up to 1,300 units, a hotel with up to 300 rooms, and a one-story recreation building with an indoor pool, built around a 1.78-acre neighborhood park. The project will take up an entire block, and it will add up to 1.4 million square feet in mixed use development to Tysons.

Fairfax County signed off on another new development in the heart of Tysons that will add up to 1.4 million square feet in stores, apartments, hotel rooms, plus an estimated 2,275 new residents.

The Fairfax County Board of Supervisors approved Westpark Plaza today, a 5.37-acre project that's about a quarter mile from the Greensboro Metro station. It joins Tysons Central, which the county approved almost a year ago, an up to 1.8 million square foot project next to this Silver Line station.

The plan calls for two high-rise apartments, an up to 300-room hotel, and a one-story recreation building built around a 1.78-acre park. The buildings all offer access to this central green with a lawn, courts, and more. The recreation facility offers a year-round, indoor swimming pool for residents and hotel guests, along with other amenities.

Located at the corner of Leesburg Pike and Westpark Drive, the new development will form a single block, bounded by two new streets, Park Avenue to the north and Madison Street to the east. It will replace the existing nine-story Westpark Hotel and surrounding parking lots that stand on the site today.

Con't Pg. 15

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Ravensworth Golden Ravens
Community Picnics and Yard Sales
Christmas and Easter Special Activities for Everyone!

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www.CofChrist.org
www.cofchrist-cbmc.org

Con't from Pg. 14

“This is a really exciting project, and exactly the kind of development we always envisioned for Tysons,” said Sharon Bulova, chairman of the Board of Supervisors. “The neighborhood park and open green space place a strong emphasis on community interaction, while the interconnected paths promote walkability within the complex and to the Greensboro Metro station.”

NEW EXPLOSIVE DETECTION K-9S

Mary Ann Barton writing on Annandale.Patch.com, December 5, 2014

Meet some new members of the Fairfax County Police force. Tucker and Penny graduated from their 16-week K-9 training program last week, according to a news release from FCPD.

These two black labs are brother and sister and they have spent the last four months learning basic search techniques and explosive odors. Part of the Fairfax County Police Department’s Explosive Detection Team, they are now assigned to human partners who will continue their behavioral training.

Tucker and Penny were trained with food reward methodology, meaning that the dogs are given food reward when they detect explosives and give the proper “alert” to their handler. This form of training is extremely effective as well as time-intensive. Handlers and canines spent the entire 16 weeks together, working seven days a week, 24-hours-day, with the exception of sleep.

The dogs joined K-9s Moose and Marco who are already part of the Team. Moose and Marco graduated from their training program in July 2010. The squad has had these K-9 teams since the early 1970s.

All four dogs came to the police department from the “Puppies Behind Bars” program. This program works with inmates in various facilities in the Northeast who are trained to raise service dogs for wounded war veterans and explosive detection for law enforcement. (Learn more about this program at <http://www.puppiesbehindbars.com/home>.)

Welcome Penny and Tucker!

<http://patch.com/virginia/annandale/meet-penny-and-tucker-new-explosive-detection-k-9s-0>

NATURAL IS NOT SO NATURAL

University of Florida/Shands Healthcare, November 18, 2014

Organic. GMO-free. Natural. These are so-called health food buzzwords — we read them on food packaging and feel reassured. This food must be healthy. This food must be good for us.

But one of these words is not like the others.

While “organic” and “GMO-free” both have corresponding definitions that provide a description of what these words stand for, the word “natural” is a little more ambiguous.

Although it conjures up images of fresh fruit and green vegetable gardens, “natural” can mean close to anything. The Food and Drug Administration has refrained from developing a concrete definition for the use of the word “natural” or any of its derivatives, allowing food companies to label various products with the descriptor. And business is booming.

Con't Pg. 17

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Con't from Pg. 15

The word “natural” helps companies sell 40 billion dollars’ worth of food in the United States every year. Because the label is so vague, companies can put it on just about anything — as long as the food in question does not contain added color, artificial flavors or synthetic substances. But that still leaves a broad range of other ingredients available, such as genetically modified and highly processed foods.

Of course, “natural” isn’t the only unclear term out there — companies are moving toward descriptors such as “pure” and “simple,” words that could mean almost anything in a food context, but somehow manage to denote healthfulness. We want to feel like what we’re eating is healthy, and an assurance from a food label — no matter how vague — is usually enough to do the trick.

It’s hard to give every food you buy at the grocery store the third degree. That would be a little time-consuming. Nowadays, simply trying to eat healthy is half the battle — the other half is recognizing that a “natural” chocolate-chip cookie is, at the end of the day, still a cookie.

TREES AND TECH: ITREE HYDRO

You’ve heard it said that trees can help enhance water quality. Have you ever wondered by how much? Now, through the use of a new computer model - iTree Hydro - the Urban Forest Management Division can show the effects that changing urban tree cover has on water quality. iTree Hydro was developed by the USDA Forest Service and is the first vegetation-specific hydrology model.

iTree Hydro was recently used to model the Difficult Run watershed. Results show that changes in the tree canopy have a significant impact on the levels of water pollution, suspended solids, nitrogen, nitrate and phosphorus in the water. The more tree cover, the less water pollution and visa vera. The project was impressive enough to receive the “Most Significant Data Contributor” and “Best Cartographic Product” awards on GIS day in November 2013. The 57.7 square-mile Difficult Run watershed is home to Wolf Trap Farm Park and part of Great Falls Park. It is crossed by several major highways, including Leesburg Pike, I-66, Route 50, and the Dulles Access Road, and by the W&OD Trail. It contains four manmade lakes: Lake Anne and Lake Fairfax on Colvin Run, and Lake Thoreau and Lake Audubon on Snakeden Branch. Difficult Run flows through a wide variety of watershed conditions, from forest to urban areas. Just before its empties into the Potomac River, it flows through a narrow, cliff-lined valley. Difficult Run is the largest watershed in Fairfax County.

While the effects of tree cover on water pollution may be known generally, this new tool allows for more accurate calculations as to how much water quality would be affected by more or fewer trees.

RAVENSWORTH BABYSITTING CO-OP

If you have children ranging in age from baby to younger elementary, you may need the Babysitting Co-op for no-cost, no-guilt babysitting swaps. Join the co-op through sponsorship by a current co-op member. Contact Karin Floyd or any other co-op member for more information or to attend the next meeting.

RAVENSWORTH FARM PLAYGROUP

If you have preschool and younger elementary children, be sure to join the Ravensworth Playgroup Facebook page to find out where and when other Ravensworth Farm families are heading out and to swap tips and kid gear.



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EVENTS

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

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

Feb.7 - 9am-noon - **The Home Depot Hands-On Workshop** – Free hands-on workshops designed for children ages 5-12 offered the first Saturday of every month at all The Home Depot Stores.

Feb. 10 - 7pm - **Calling All Guys** - Book Discussion *The Lightning Thief* by Rick Riordan. Age 9-12 with adult. Kings Park Library

Feb. 11 - 10:30am - **Terrific Twos And Threes Storytime** with a focus on early literacy skills. Age 2-3 with adult. Kings Park Library

Feb. 11 - 10:30am - **Toddling Twos And Threes** Join us for an early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-3 with adult. Dolley Madison Library.

Feb. 12 - 1:30pm - **Gentle Yoga Chair yoga**: stretching and breathing exercises designed to relieve stress, calm the mind, and increase mobility and balance. No yoga mat needed. Designed for adults 55 and over. Kings Park Library. Offered regularly.

Feb. 12 - 2pm - **Spanish Conversation Group Practice** and improve your Spanish with a native speaker. Adults. Kings Park Library. Offered regularly.

Feb. 12- 7pm - **African Americans In The U.S. Military** - The history of African Americans in the military services is described by COL (ret) Alan Gropman of the National Defense University. Adults and teens. Kings Park Library

Feb. 13 - 1pm - **Basic Computer Skills Training** - Learn basic computer skills with our one-on-one technology volunteers. Adults. Kings Park Library. Offered regularly.

Feb. 13 - 2pm - **Keeping Up With Your Kids** learn about flickr, facebook, youtube, twitter, and skype. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Adults. Kings Park Library. Offered regularly.

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

Feb. 17 - 1pm - **One-On-One Genealogy Tutoring** Get started tracing your family tree with our staff expert and library resources. Adults. Offered regularly.

Feb. 17 - 1:30pm - **Afternoon Book Discussion Group 2015** - *Twelve Years A Slave* by Solomon Northup. Adults. Kings Park Library

Feb. 17 - 6:30pm - **Evening Book Discussion Group** - *One Summer: America 1927* by Bill Bryson. Adults. Kings Park Library

Feb. 18 - 10:30am - **Preschool Storytime** Stories, songs, and fun for your preschooler. Birth-5 years with adult. Kings Park Library. Registration recommended.

Feb. 18 - 10:30am - **Treasured 2-5's** Join us for an early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-5 with adult. Dolley Madison Library

Feb. 18 - 1pm - **Genealogy** - Looking Beyond The Book Find your people in newspapers, history/genealogy journals, and manuscript collections of unpublished family papers, subject files and photographs. Adults Kings Park Library

Feb. 24 - 9:30am - new family preschool **registration begins at Parkwood WEE Center**, weecenter.com

Feb. 24 - 7pm - **Pokémon Club** Bring your Pokémon trading cards to trade or play the Pokémon game. Age 6-12.

Feb. 25 - 10:30am - **Animals Underground** Who is crawling under our feet? Join us as we explore the many critters that spend their lives underground. Presented by Riverbend Park. Dolley Madison Library. Attendee must be between 3-5. Registration recommended.

Feb. 25 - 10:30am - **Preschool Storytime** Stories, songs, and fun for your preschooler. Birth-5 years with adult. Kings Park Library

Feb. 26 - 7pm - **Coaching For Better Parenting** - This is the first of a series offering tips and guidance for becoming a skillful parent, presented by a team of expert coaches. Adults. Dolley Madison Library. Registration recommended.



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POOR DENTAL HYGIENE CAN LEAD TO SERIOUS HEALTH PROBLEMS

08 Jan 2015; University of Florida Healthcare/Shands Healthcare

Most people know that not brushing your teeth daily can lead to cavities, bad breath and tooth decay. But recent studies find that poor dental hygiene can also have unexpected health consequences, such as increased risks for Alzheimer's disease and heart disease.

A study in 2010 found a link between gum inflammation and Alzheimer's disease. People in the study who had gum inflammation were nine times more likely to get a lower score on cognitive tests.

So what exactly is gum disease? Mouth bacteria are constantly forming a sticky layer of plaque on and between teeth, which is removed by daily brushing and flossing. However, when plaque is not removed, it can harden and form tartar. The longer both plaque and tartar sit on your teeth, the more harmful they become. The bacteria can cause inflammation of the gums, known as gingivitis, where the gums become red, swollen and bleed easily.

Gingivitis is reversible with the help of dental professionals. But when left untreated, gingivitis can advance to periodontitis, known as gum disease. Gums can pull away from teeth and create pockets susceptible to infections. When the body's immune system instinctively fights the spreading bacteria, the bone and connective tissue that hold teeth in place starts to break down.

Almost half of American adults suffer from gum disease.

A study in 2008 found that bleeding gums from poor dental hygiene could increase the risk of heart disease. Bacteria from the mouth are able to enter the bloodstream and stick to platelets. Blood clots can form and interrupt the flow of blood to the heart, thus triggering a heart attack. Heart disease is the leading cause of death for both men and women in the U.S.

Dentists recommend brushing teeth twice daily for two minutes each along with using floss and mouthwash.

RAVENSWORTH FARM ON FACEBOOK

Want to keep up with issues, have firewood to give away, or you're wondering what surprises others have run into during renovations? The Ravensworth Farm Facebook page is the place to go. Send Tom Mathis, the group's moderator, a join request and he'll add you to this lively and informative community. You can adjust your notification settings and visit the page as little or as often as you choose.

MOMS IN PRAYER GROUP

Several moms in the neighborhood meet weekly to pray for their children, schools, teachers and staff. If you are interested and would like to learn more, please contact Sara Ortiz at (703)321-8757 or go to the website <http://www.momsinprayer.org/>



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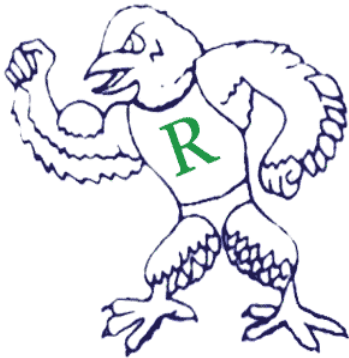


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