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RAVENSWORTH PLANTATION, VA.

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

March 2015

The Ravensworth *Farmer*

Issue 6

COMMUNITY CLEAN-UP "JUNK"
TRUCK MARCH 14

The annual Clean-Up Day this year provides an added incentive for "Farmers" to tackle back-yard clutter, messy basements, carports or storage sheds. Jim Hickey, chair of the Civic Association's Green Committee, has arranged for a Fairfax County trash disposal truck to be parked at the Ravensworth Farm SWIMMING POOL parking lot on Saturday, March 14 from 8:00am to noon for the purpose of collecting items which are not accepted by private trash collectors at curbside. Now is the time to get rid of old appliances, furniture, mattresses, boards, doors (no glass), swing sets, lawn mowers (thoroughly drained of fluids), piping, etc.

Items that CANNOT be accepted include hazardous waste (batteries, including the small "button" and rechargeables, paint, used oil, pesticides, and lawn care products), tires, sheetrock, stone or crushed rocks, and products that can be recycled - such as newspapers, cans and glass. Also, brush will not be collected.

THIS IS IMPORTANT!! You may not dump your trash at the pool prior to the arrival of the County trucks or after the trucks depart!

Con't Pg. 3



March 14, 2015
Community Clean-Up Day!
8AM to Noon
Ravensworth Pool

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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
			rcaf farmer@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
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

We need volunteers with pick-up trucks or trailers for assisting those people who need help getting large, bulky items to the school. Make every effort to get your materials to the school on your own as this pick-up is intended mainly for disabled or elderly residents. We do not have sufficient volunteers to clean out basements. To offer assistance or schedule a pick-up, call Jim Hickey at 703-321-8535. For instructions on where to dispose of hazardous waste, call 703-324-5068, and for where to dispose of stumps, rocks and tile, call 703-690-1703.

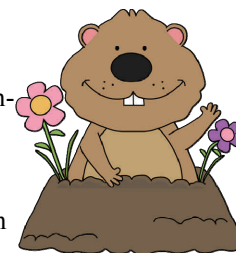
GREEN THUMB GARDEN CLUB

The February meeting of the Garden Club met at the home of Ursula Schuttinga. Members made individual floral arrangements. The next meeting will be the first Wednesday in March at the home of Bev Schubert - 7906 Gosport Lane.

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)

GROUND HOGS ARE WRONG ABOUT THE GOLDEN RAVENS

The ground hog may have gone back into his cave for more winter but the Golden Ravens just bundle up and keep on going. Lunches, speakers and mutual help...it is all part of the season for the retired neighbors in Ravensworth Farm no matter the weather. So take another look at your calendar and mark out the fourth Wednesday of each month to meet and greet at noon and share a little with the folks who call themselves Golden Ravens...you could be glad you did. Each month is a new venture so come on over to the Community Church for lunch and see what is cooking. Call Joan Crofford for details and transportation if needed. 703-321-7809.



DIRECTORY CORRECTION

The new neighborhood directory shows an incorrect address for Danny and Julie Henderson. In fact, they live at 8101 Ellet Rd, not on Ravenel. Their phone number in the directory is correct.

Please contact Steve Beste at directory@ravensworthfarm.org with additions, deletions, and changes for the directory that will be printed this fall.

KINDERGARTEN @ RAVENSWORTH ES

If you have a rising kindergartener and have not completed a "Survey of Pre-school Children," please contact Ravensworth Elementary School by March 31 to provide them the information. Knowing who is coming in the fall helps the school plan to have the right number of teachers and instructional assistants for kindergarten.

Welcome to
Kindergarten!

Kindergarten orientation for next year will be Wednesday, April 8 from 6-7:30 pm, at Ravensworth Elementary School. The school would be delighted to accept your child's registration any time. Registration forms are available at fcps.edu/parents/start/kindergarten.shtml. In addition to the registration forms, you will be required to show: a copy of your deed or lease or other proof of where you live, identification for the child's parent or guardian, an original birth certificate for the child, and the state health form completed by a doctor or nurse practitioner after September 1, 2014. The health form is available at <http://fcps.edu/it/forms/mch213.pdf> so be sure to take it along to your child's next check-up and save the hassle of getting it later.

Virginia law requires that children who will reach their fifth birthday on or before September 30, 2015 must be enrolled in Kindergarten for the 2015-16 school year unless the parent or guardian notifies the school in writing that they do not wish the child to attend school until the following year.

Ravensworth Elementary School - 5411 Nutting Drive. Tel: 703-426-3600. Registrar: Rossana Lemaitre, rlemaitre@fcps.edu

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Join Boy Scout Troop 991!

We Want You!

We are looking for boys, age 11-17 (sixth grade through twelfth grade) who want to have fun, explore, and make a difference in our community!

About Us

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

FREE TABLET, PET CARE, YARD CARE AND DINNER

by Mary Keeser, RFCA First Vice President

OK, now that we have your attention – WE WANT YOU BACK! Ravensworth Farm Civic Association (RFCA) is your community association. Those of us on the Board understand you might need an additional reason to give up a few hours of your time. We have gotten together with our Director of Membership and Communications, Elissa Myers, and have developed a plan. **On 26 March, at the meeting we will be raffling off a free tablet computer, pet care, yard care, and dinners as our initial outreach. All homes in Ravensworth Farm will automatically be entered in the raffle. You must be present to win and you must show proof of residence at a house in Ravensworth Farm, for example a driver's license or utility bill.** Please spread the word and join us on the 26th of March. We have a very exciting and informative guest speaker. We need your input for future speakers and events.

We are here to represent “you” - our community that includes every household.

Estamos aquí para representar “Uds.”- nuestra comunidad que incluye todos los hogares.

우리는 여기 "당신은" 모든 가구를 포함 하는 우리의 지역 사회를 대표 하는.

مجتمعنا الذي يشمل كل أسرة معيشية. أنت "" ونحن هنا لتمثيل

Chúng tôi đang ở đây để đại diện cho "bạn" của chúng tôi cộng đồng bao gồm mọi hộ gia đình.

Nous sommes ici pour « vous » représente notre communauté qui inclut tous les foyers.

ESTATE PLANNING AT MARCH 26 MEETING

by Mary Keeser, RFCA IVP

Let's face it, many people are afraid to raise the topic of death with their loved ones. We come up with all sorts of reasons to not plan ahead, but failure to do so can lead to confusion about everything from funeral arrangements to distribution of property. Please join J. Michael Slocum, an attorney with over 35 years of experience, as he guides you through the estate planning process. He will give you an overview of Last Wills and Testaments, Powers of Attorney, Advance Medical Directives (also known as "Living Wills") and in what situations it is advisable to form a Trust to protect your assets. Hope to see at the Community of Christ Church on Inverchapel Rd at 7:00p.m. on March 26.

U-HAUL IT REZONING

A re-zoning application, submitted by the Port Royal Rd U-Haul has now been accepted for review and comment. The property in question is an approximately five (5) acre parcel located at 5271 and 5285 Port Royal Road on which a warehouse built in 1963 is located. The Property is currently zoned I-4. The Applicant seeks to rezone the property to I-5 to use the land as a U Haul It facility for the rental of trucks of various sizes and to construct, within the warehouse building, a three-level self-storage component which would also be operated by U Haul. Supervisor Cook's office will host a community input meeting at Community of Christ Church on March 26 at 7:00p.m. in conjunction with the general membership meeting of the Ravensworth Farm Civic Association.

The Ravensworth Farmer has long provided the citizens of our community with noteworthy news, articles of interest and community events. We try to ensure that the articles focus on activities impacting on or occurring within our community. If you know any such activity, have any Community questions or concerns, or would like to recommend a topic, please call upon one of your Board members or the editor. (See the list inside the front cover for contact information.)

MULCH SALE

from Marian McLaughlin

Boys Scout Troop 50 (based at Holy Spirit) is having a mulch sale. \$4.75/bag and if you order at least 10 bags they deliver to your home on March 13/14, 2015. You also can hire a scout to spread the mulch. I have used this service for years and recommend it highly. Contact Marian McLaughlin if you want an order form or contact D. Beutner at T50Mulch@gmail.com. Orders due by 3/8/15.

BUSINESS OPPORTUNITY

In the near future, the Civic Association will be requesting bids for a two-year lawn care maintenance contract of the greenway behind the residents of Adair Lane and adjacent to Braddock Road. If you are interested in bidding, please write for a detailed request for proposal: Ravensworth Farm Civic Association, Box 1020, Springfield, VA 22151. The deadline for submitting your request will be announced in a future Farmer.

POOL NEWS

Enough with the snow and cold! Are you about ready for some summer fun at Ravensworth Farm Swim and Racquet Club?

Early Bird Discounted Membership Dues are now available (only through April 30, 2015) and the WebStore is OPEN. On our WebStore, you can purchase your memberships as well as pay your Swim and/or Dive team dues plus sign up for the Fledglings learn-to-swim program. Discounted Guest Passes and Ravens cash cards are also available for a limited time. We are again offering the Senior Discount Membership this year! Please email membership@ravensworthfarmpool.com for information on how to sign up.

To our families with teens (14 and over) interested in working at the pool this summer, either as a lifeguard or in concessions -- applications will be accepted beginning March 1, 2015. Please note that all applicants must be RFSRC pool members. Lifeguards must be 15 or over.

We are looking forward to another great season with our swim and dive teams! If your child is interested in being a member of both- they can! Meets and practices are held at different times. We LOVE to see new swimmers and divers join each year. No previous experience is necessary. GO RAVENS!!!!

We are bringing the Party back to the pool this summer! Cinco de Mayo, a pig roast and more, we will have something for everyone! Please stay tuned for details.

If you are new to the neighborhood, or have lived here and never been a member of the pool, we want you to check us out! Email membership@ravensworthfarmpool.com to find out about getting some passes to see what you've been missing.

Please visit our website, www.ravensworthfarmpool.com, for more details and to get signed up. We look forward to seeing you poolside.

— Your RFSRC Pool Board



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Ravensworth Resident

ENERGY DRINK EXPOSURE IN KIDS IS SERIOUS

04 Feb 2015; UF Health Science Center - News & Communications

If energy drinks are your caffeine source of choice, it's crucial you hear this message about the dangers they pose to children. According to a recent study, young kids who consume energy drinks can suffer some serious health woes, such as cardiovascular and neurological problems.

A research team led by a Wayne State University doctor reviewed data from 55 U.S. poison control centers, focusing on calls regarding exposure to energy substances, such as energy drinks. They found more than fifty-one-hundred calls about energy drinks over a three-year period ending in 2013. "Unintentional" exposures involving kids under age 5 accounted for 40 percent of the calls. Researchers say these kids likely consumed someone else's energy drink that was left in an accessible place.

Even the tamest energy drinks contain at least double the caffeine found in 12 ounces of Coca-Cola. These levels can cause problems for adults, so just think of the havoc they could wreak for small children. The poison control center stats showed that people of all ages have experienced negative effects related to energy drinks, such as seizures, abnormal heart rhythms and problems with electrical signal conduction in the heart. Other common results of excessive caffeine intake include dehydration, headaches, insomnia and jitteriness.

With all these possible consequences for kids who consume caffeine, it's easy to see why keeping energy beverages away from kids is so important. So be sure you keep those cans of the super-caffeinated stuff out of their reach. And it may be worth considering whether mom, dad and older siblings should find a less potent way to wake up for the day. It certainly wouldn't do anyone any harm to start the day fueled by a little less caffeine.

HELP WANTED - GREET OUR NEWEST NEIGHBORS

Hi neighbors! As a part of the Ravensworth Farm Civic Association, I've been leading the New Neighbor Welcoming Committee for more than 2 years now. Now I am looking for someone to take on this volunteer position. I have enjoyed meeting new neighbors over the years, and I have 3 reliable helpers to lighten the load during busy Spring/Summer months!

If you might be interested, I am happy to talk to you about it! I try to greet new neighbors every other month, unless it's really busy. As I'm sure you know, the neighborhood has busy times for new people and some very slow times (like now!). Feel free call with questions (703) 865-8368 or drop me an email bjm820@hotmail.com.

— Thanks! Jill Mowbray



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

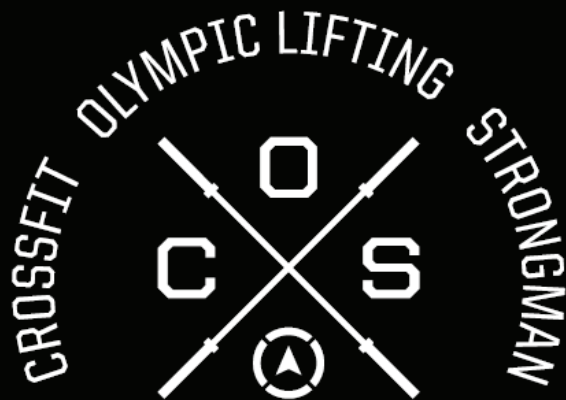
GMU FINDING NEW WAY TO TREAT BREAST CANCER

By Chris Gaudet writing on ManassasPatch.com February 6, 2015 at 4:44pm

A GMU pilot study examines method of tailoring doses of medications for late-stage patients, according to media report. Researchers at George Mason University's campus in Manassas are pursuing a cutting-edge medical study that is extending the lives of late-stage breast cancer patients, according to a Washington TV station.

The pilot study, conducted by the university's Center for Applied Proteomics and Molecular Medicine, involves finding the right drugs to treat a patient's specific tumors, according to a news report by WUSA-9.

Close to 60 percent of the 25 patients in the study have seen their lives extended, Channel 9 reports. And funds for the study have come from an unlikely source: high school volleyball teams. A volleyball coach at West Springfield High School launched the fund-raising effort in 2004, and it has spread across the country, raising \$1.5 million a year.



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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.

WORLD WAR II FLYOVER

On Friday, May 8, 2015, join the Arsenal of Democracy to celebrate the 70th Anniversary of Victory in Europe (VE Day). The Arsenal of Democracy World War II Victory Capitol Flyover will include 15 historically sequenced warbird formations traveling across our nation's capital—from the Lincoln Memorial to the Capitol.

The Flyover will feature over 70 warbirds representing the major battles of World War II, from Pearl Harbor to D-Day, ending with a final Missing Man Formation to "Taps." Never before has such a collection of WWII aircraft been assembled at one location—a fitting tribute to the men and women at home and abroad responsible for this Victory in 1945. The Flyover is set to start at 12:10 p.m. and last approximately 40 minutes.

May 7, 2015, Victory Gala at the National Air and Space Museum

May 8, 2015, World War II Victory Capitol Flyover

Source: <http://ww2flyover.org>



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(703) 409-1920 (pastor)

Sunday Services:

9:30 a.m. Classes for all ages
10:45 a.m. Worship Service

Please join us for these community activities:

Children's Playground
Picnic Area
Ravensworth Golden Ravens
Community Picnics and Yard Sales
Christmas and Easter Special Activities for Everyone!

We proclaim Jesus Christ and promote communities of joy, hope, love, and peace.

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

DIGGING? CHECK IF YOU NEED A PERMIT FIRST

Sure, it's winter right now but plenty of neighbors on the Farm are using these winter months to plan their summer landscaping and construction activities.

Before you dig up or dump dirt in your yard, there are some important facts that you should know. Fairfax County may require you to get permits to clear land, dig up dirt or dump fill dirt. This is because these "land disturbance" actions can cause soil erosion that can harm your home, your neighborhood and our environment. To disturb the land means to cut down trees or shrubs, excavate, grade, or add fill dirt.

When do I need county permits to dig up dirt, dump fill dirt or clear land? You need a site permit and grading plan anytime you will disturb 2,500 square feet or more of land. You also will need to put down a conservation deposit.

Projects that may disturb 2,500 square feet of land include:

- Building an addition to your home.
- Building a large garage or carport.
- Installing a paved driveway or in-ground swimming pool.

Most projects do not need permits and plans, including:

- Gardening or landscaping at home.
- Installing a fence, post or sign
(a building permit may be required).
- Digging for individual sewer or water connections.



What should you do before you dig?

If you think you may disturb 2,500 square feet of land or more, follow these simple steps:

- Check whether you need a site permit and grading plan.
- Check whether your property is located in a Chesapeake Bay Resource Protection Area; development is limited in these areas.

Contact Fairfax County's Site Permits Branch at 703-324-1510, TTY 711 to find out if you need a permit and grading plan or if your property is in a protection area. Also call Miss Utility at 811, TTY 711, before you start digging, so you know where utility lines are buried in your property.

Facts that you should know.

Fairfax County may require you to get permits to clear land, dig up dirt or dump fill dirt.

What does soil erosion cost you?

- It could cause drainage or flooding problems for your home or your neighbors.
- Treating drinking water is more expensive and complicated.
- Sediment increases the growth of bacteria in water, posing a risk to swimmers, livestock and wildlife.
- Tax dollars must be used to pay for cleaning up clogged storm drainage systems that can cause flooding.
- More money must be spent to protect the Potomac River and Chesapeake Bay.

Con't Pg. 17

Do you want to lose weight and get fit?.....give me a call!

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Phone: (703) 304-4479 e-mail: finishstrongnsc@gmail.com Website: www.finishstrongnsc.com

Ravensworth Farm Resident since 1990

FBI Agent retired January 2011

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Two person session \$85/hr

10 session package

Single session \$60.00/hr

Two person session \$80.00/hr

20 session package

Single session \$55.00/hr

Two person session \$75.00/hr

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FREE ESTIMATES LICENSED BONDED INSURED

Ravensworth Resident

Phone: (703) 321-8811

Con't from Pg. 15

What are clues to possible illegal land disturbance?

- The activity takes place before 7 a.m. or after 7 p.m. or on weekends.
- There is no company name on the construction vehicles or equipment.
- There is no advertising sign for the construction company doing the work at the site.
- The land is being cleared without surveyor's flags on trees.
- There is no construction entrance next to the road (eg. an area of stone and gravel placed to keep mud off of streets)

What should you do if you see potentially illegal digging, filling or clearing?

Call the county's 24-hour environmental hotline at 703-324-1937. The best time to call is when you first see signs of any suspicious activity. Be sure to provide a street address, so inspectors know which property to investigate.

Here are some additional tips:

- Never challenge the property owner or construction company. They may have a permit and be acting legally.
- Never trespass onto private property.
- Always gather as much information as possible — such as dates, times, license plate numbers and states, and descriptions of who, what, where and when.

BRAIN WIRING MAY IMPACT GRASP OF SECOND LANGUAGE

01 Feb 2015; Univ. of FL Health Science Center

Have you ever wondered why some people can learn a second language much easier than others can? The answer may be found in the way our brains are wired.

Researchers at Penn State University have been studying how brain wiring relates to the development of second-language skills. In this study, the researchers also maintain that simply attempting to learn another language will likely give the brain an automatic boost. The findings were published recently in the *Journal of Neurolinguistics*.

The researchers recruited 39 native English speakers and had 23 of them study Chinese vocabulary for six weeks. The participants' brains were scanned using MRI before and after the trial.

Participants who had the most success learning Chinese also had brains that were better integrated. They had strong connections between certain brain regions, called nodes. The stronger the connections, the faster the nodes work together, fostering better learning and retention.

The study didn't delve into why certain people have brains that are well integrated. Also, the researchers aren't sure of the impact of factors such as stress and motivation on the ability to grasp a second language.

But as an aside, the research suggests that merely studying a second language for a while can positively impact the brain, regardless of the learner's age. And even if you don't have time to tackle another language such as French or Spanish, there are plenty of activities you can do instead that will also exercise the brain.

So when you're playing chess, Scrabble or your favorite card game, the effect goes way beyond good fellowship and competition. You're also giving your brain a great workout.



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TAKING A BITE OUT OF RABIES

21 Jan 2015; UF Health Science Center

In this day and age, rabies could be misconstrued as an affliction limited to works of fiction: “Old Yeller,” “Cujo” and “To Kill a Mockingbird” come to mind. But rabies is still a threat in our modern world — and not to just animals.

Rabies is a viral disease that is usually transmitted from mammal to mammal through saliva, most often through a bite or scratch. It affects the central nervous system and causes inflammation in the brain.

The most common way humans contract the disease is being bitten by a rabid animal. In the U.S., raccoons, skunks, foxes, bats and coyotes are all known carriers of different strains of rabies. In part thanks to vaccines, these days domestic animals only account for 3 percent of the disease — but 55,000 people still die from rabies around the world annually.

Rabid animals often exhibit symptoms like excessive drool or strange behavior, such as aggression or turning in circles. Wild animals with the disease often show no fear of humans.

If you are bitten or scratched by a rabid — or possibly rabid — animal, wash the wound immediately with soap and water and contact your physician or local health department.

The first symptoms in humans usually include an itching sensation at the site of the bite, followed by weariness, restlessness, agitation and muscle spasms. Once the symptoms actually start, which can vary from 10 days to seven years after infection, the disease is almost always fatal; an infected person usually dies from respiratory failure within seven days of symptom onset. The Centers for Disease Control and Prevention reports less than 10 documented cases of human survival from rabies without prophylactic treatment.

Rabies is no fictional foe — if there’s a chance you’ve been infected, seek medical attention immediately.

BOY SCOUT TROOP 991 - WINTER ADVENTURES!

The boys had a blast at Timberline WV, Skiing and Snowboarding! We are gearing up for our next trip to Wintergreen, VA. 6th – 12th grade boys. If you’re interested in Boy Scouting, visit us Wednesday nights - 7:30pm @ White Oaks ES or contact Scoutmaster Mitchell @ 703-321-8072 or Scoutmaster991@yahoo.com.

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 RFCAFfarmer@ravensworthfarm.org or call 703-321-8757 to add to the calendar of events.

Mar. 2 - 10:30am - **Bouncing Babies** Join us for an early literacy enhanced storytime featuring rhymes, stories and songs. Birth-12 months with adult. Dolley Madison Library

Mar. 3 - 4pm - **Legos In The Library** Use your imagination and make friends with our LEGO bricks free build. Age 6-12. Kings Park Library

Mar. 4 - 10:30am - **Celebrate Seuss Storytime** Stories, songs, and fun celebrating Dr. Seuss for your preschooler. Age 3-5 with adult. Kings Park Library

Mar. 4 - 10:30am - **Treasured Three To Fives** Join us for an early literacy enhanced storytime featuring stories, rhymes and songs. Age 3-5 with adult. Dolley Madison Library

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

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

Mar. 5 - 7pm - **Personal Safety For Seniors** A program on personal safety for senior citizens will be presented by Fairfax County Police Department. Adults. Kings park Library

Mar. 7 - 11am - **Make Your Own YouTube Video** Learn the basics of creating your own content for YouTube. Ages 12 to adult. Bringing your own laptop is recommended. Kings Park Library

Mar. 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.

****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 - 7:00pm- Civic Association General Meeting** - Wills and Estate Planning presentation by Mr. Mike Slocum & U-Haul Rezoning - Community of Christ church

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

Apr. 4 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.

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

Apr. 8 - 6-7:30pm - **Kindergarten Orientation** - Ravensworth Elementary School

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 8 - 12:10pm - **WWII Flyover** - National Mall

May 9 - 8-noon - **Green Thumb Garden Club Plant Sale** - Ravensworth Shopping Center

May 9 - 8-noon - tentative date - **Community-wide yard sale** - Pool parking lot

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**

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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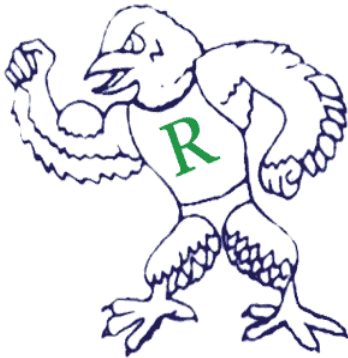


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Summer Employment Opportunities

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