



MANDOR HOUSE 1796-1925
RAVENSWORTH PLANTATION, VA.

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

May 2015

The Ravensworth *Farmer*

Issue 8

RAVENSWORTH FARM SUMMER PARTY SCHEDULED

The Ravensworth Farm summer party is scheduled for July 18 from noon until dark under the tent near the carousel in Lake Accotink Park. There will be a moon-bounce, everyone should bring food to share, and the sand sports area will be available for our group from 2-4p.m. To volunteer, contact Heather Scott at treasurer@ravensworthfarm.org or Kevin Joyce at 703-587-7989 or prez@ravensworthfarm.org.

DOOR PRIZE WINNERS AT CIVIC ASSOCIATION MEETING

- Michael Alt - Kindle Fire HD
- Jennifer Auble - \$75 Kilroy's gift certificate
- Andrea Blaschka - \$75 Foxfire grill gift certificate
- Steve Beste - Landscaping & Mowing Service from J & Son
- Suzanne Dorick - Yard Maintenance from CJ Lawn Service
- Matthew Eisemann - PetsMart gift certificate
- Heather Scott - Asus tablet computer



Saturday, May 9th

8:00 am to 12 pm

**Ravensworth Farm Swimming
Pool Parking Lot**

**Bring Your Tables, Etc & Set Up Your Items
For Sale On the Outer Edges of the Parking Area.**

Also, No Reservations!

Food & Drink on Sale!

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	703-209-4424	
	Brenda Soares	703-321-7856	
	Margaret Kinder	703-764-9576	
Hospitality	Jacqueline Fix Ruth Hartman	703-321-3048 703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	VACANT—WILL DISBAND WITHOUT NEW CHAIR		
Cultural Committee			
	Spanish	Dinora Gonzalez	703-321-0160
	Korean	Seo Pani	703-321-8081
Directory	Coordinator	Stephen Beste	703-321-9110
	Advertising	Katherine Craig	703-321-3149
			directory@ravensworthfarm.org
Farmer	Editor	Sara Ortiz	703-321-8757
	Preparation	Susan Deyampert	703-321-3150
	Printing, Flyers	Laura Asiello	703-321-7840
	Distribution		
	Advertising	Jacqueline Fix Katherine Craig	703-321-3048 703-321-3149
			hospitality@ravensworthfarm.org
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Community Organizations			
	PTA President, Ravensworth ES	Anita Bhatnagar	703-942-6806
	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	Farmer DEADLINE	FLYER DEADLINE	PRINT Farmer	DELIVERY	ASSOC. MEETING
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.

GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club met at the home of Margaret Kinder. The meeting was well-attended. The Garden Club decided to change the annual plant sale from the Ravensworth Shopping Center to the Ravensworth Pool-coinciding with the yard sale there. Come and buy locally-grown plants for your gardens on May 9. Keep Ravensworth Farm beautiful.

Garden of the Season judging is scheduled for May 4. The next Garden Club meeting will include a tour of Green Spring Gardens park. We would love to have you join us! Please contact Ursula Schuttinga (703-321-3535) if you are interested.

New members are always welcomed by the Club. Come share your knowledge and learn from others and from our speakers. The Garden Club meets the first Wednesday of every month at 9:30. Call Ursula Schuttinga for more information.

NEITHER RAIN NOR SNOW DETERS THE GOLDEN RAVENS

April showers bring May flowers so the Golden Ravens welcome this sign of spring...especially after the cold snowy winter. So if you are a senior planning your schedule for outdoors activities don't forget to pencil in the monthly luncheon outings of seniors in Ravensworth Farm on the fourth Wednesday through the month of May. They take a hiatus in the summer but will be back again in September. But they stay in touch all season. The seniors called Golden Ravens will welcome your attendance, and we will keep a seat for you. For the details on our next outing call Joan Crofford...not the movie star. 703-321-9078



A BIG THANK YOU

Ken & Ruth Hartmann of Ravenel Lane deeply appreciate the many neighbors who shoveled them out this winter.

MAY 15 DEADLINES FOR STUDENTS INTERESTED IN LAW ENFORCEMENT

This August, the Fairfax County Police Department will be hosting two programs for high school students interested in careers in law enforcement. The Teen Police Academy is open to rising high school seniors enrolled in criminal justice classes who want to learn more about local law enforcement. This program will run from August 3rd until August 8th.



View the application at <http://www.fairfaxcounty.gov/police/services/pdf/2015teenpoliceacademy.pdf>.

The Future Women Leaders in Law Enforcement is open to rising 10th grade through 12th grade girls with an interest in law enforcement and will run from August 10 until the 15th.

View the application at <http://www.fairfaxcounty.gov/police/services/pdf/2015fwlle.pdf>.

Applications are being accepted from April 1st until May 15th and can be mailed to the Fairfax County Police Department (3911 Woodburn Road, Annandale, VA 22003) or emailed to CPA@fairfaxcounty.gov. For more information, please contact Tracey Ryan by emailing tracey.ryan@fairfaxcounty.gov.



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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

PLAN NOW FOR THE END OF YOUR LIFE

Mike Slocum, a local attorney, who pointed out that he is not the guy on the bus advertisements, was the main speaker at the March 26 Civic Association meeting. He pointed out that, whether or not you plan for it, you will die sometime and it will be much easier on those you leave behind if you've left your affairs in order. According to Mr. Slocum, you must have three documents:

1. a Will
2. a Power of Attorney
3. an Advance Medical Directive

While a Trust is useful, if properly maintained, probate in the state of Virginia is not hard or expensive so a Trust is not critical. Probate consists of one meeting on one day and a \$60 fee to get the letter of qualification for use with the deceased's various financial institutions. (He suggests the executor get multiple certified copies at the same time.) Real estate will transfer automatically to another person or people on the deed. It also transfers automatically to the heirs. Personal property transfers automatically without probate to a joint owner or if it is listed as "transfer on death" to a certain person.

Your will is the only document the court will look at outside of family relationships to figure out what to do with your children as far as guardianship. If your children are adults, name all of them as executors and probate will move more quickly. If you name a Trustee, she or he will deal with the probate clerk and the Commissioner of Accounts (auditor). You want your Trustee to be someone who is good with details because he or she will have to give account to the Commissioner of Accounts.

If you choose to do a trust, there are two kinds: a) irrevocable and b) revocable. If you choose to do an irrevocable trust, you must think it through very carefully because it can't be canceled later. An irrevocable trust in a legal entity - it is a "person" in the eyes of the IRS and the courts. A revocable trust doesn't exist as far as the IRS is concerned and is not a way of "hiding" assets from the IRS. A revocable trust might help to avoid probate as long as you are punctilious about having everything you own transferred to the trust and everything you buy or receive is also titled to the trust. Anything not in the trust must be probated and/or a "pour-over will" must be used to "pour" any non-trust assets into the trust at your death.

Trusts are for protection. Some good reasons to have a trust include:

1. If you are not sure you will be capable of managing your affairs before you die;
2. If the heir would not be a capable manager (ex: due to age, ability, or temperament);
3. If you have a family heirloom "estate" that you don't want to have pass from the family.

For more information, contact Mr. Slocum at Slocum & Boddie at telephone 703-451-9001 or jmichaelslocum@slocumboddie.com.



POOL NEWS

Hello Farmers and Ravens!

If you are reading this on Saturday, May 2, 2015, then stop what you are doing, pack your cooler with your favorite beverages, assemble some yummy potluck treats and get down to the pool for the Cinco de Mayo party! It starts tonight at 5pm, it's a potluck dinner and BYOB. It is open to everyone in the neighborhood, whether you are a member of the pool or not. This is an adult only event. Hope to see you there.

Also, the Early Bird Discounted Membership is available through this weekend only, so get to our website, www.ravensworthfarmpool.com, as soon as you can to cash in on the savings! Or you can come to join at the Cinco de Mayo party; we will be processing memberships there as well.

For anyone that is new to the neighborhood, or if you've never joined the pool, please let us know and we will get you some visitor passes, so you and your family can check out the pool and see in person the fun to be had! Send an email to membership@ravensworthfarmpool.com.

As a reminder, we are once again offering the Senior Discount Membership this year. Please email membership@ravensworthfarmpool.com for information on how to sign up.

Thank you; see you at the party tonight!
Your RFSRC Pool Board

U-HAUL ON PORT ROYAL EXPANDING

At the March 26 Civic Association meeting, Braddock District Supervisor John Cook introduced a "mini Town Hall" meeting regarding the interior expansion of the existing U-Haul facility on Port Royal Road. The facility has applied for permission to use part of its existing warehouse space for rental storage units and the sale of moving supplies in addition to the truck and trailer rental service already provided at the location. The units would be available for access by the renters until 7:00pm most days and 8:00pm on Fridays. A few renters with special permission might access until around the clock. The lights of the new signs to be installed on the building will go off at 11:00pm and come on at 5am. They are discreet signs, very similar to those on other U-Haul storage locations in the county, and may not be visible even in winter to Ravensworth Farm residents. Supervisor Cook said that the facility's change of zoning (to match the light industrial zoning of the rest of that area in Port Royal Road) request will go before the Planning Commission on May 21. He recommended that the time to comment is now, early in the process, and not when all the plans are nearly final. Call Rosemary in Supervisor Cook's office with any ordinance and land use comments. The Braddock District office's number is 703-425-9300.



GRADUATION TRAFFIC AT GMU

Expect traffic on GMU's campus due to high school graduation ceremonies being held at the Patriot Center from May until June. Please plan accordingly for neighborhood traffic that may result. Find the schedule of 2015 high school graduations to be held at the Patriot Center at <https://files.ctctcdn.com/71c12914101/b57153d7-1cf9-4013-bf32-8aa0191832a1.pdf>.

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Ravensworth Resident

FACING BUDGET DEFICIT, FAIRFAX OFFICIALS FIND 'SMALL CHANGE' SAVINGS THAT ADD UP

WashingtonPost.com; By Antonio Olivo February 19

For 23 years, wealthy Fairfax County has enforced a “grass ordinance” requiring homeowners to keep their grass less than a foot tall. Now that vigilance — and other budget extras — may fall victim to cost-cutting.

County officials have proposed saving \$120,000 by eliminating a team of six part-time “engineering technicians” who investigate about 1,800 complaints of sloppy yards each year. Officials also want to clean bathrooms at two popular parks less often and get rid of the fax machine in the Office to Prevent Homelessness — saving \$22,415 and \$217, respectively.

The cuts are part of an effort by the county to avoid raising taxes while bridging an \$89 million budget shortfall, the result of lower-than-expected commercial tax revenue in a weak regional economy.

“Efficiencies that might be considered ‘small change’ in a \$3.8 billion budget can add up to substantial savings,” said Susan Datta, the county’s chief financial officer. “And these savings can be used to provide essential services to taxpayers.”

As part of the 2016 budget proposal unveiled this week by County Executive Edward L. Long Jr., department heads identified about \$25 million in trimmable costs and new revenue. The savings include \$258,244 from reducing the amount of copying and printing done by the county in today’s digital age.

“To be able to put together a fairly significant dollar number just by being more efficient, I thought that was pretty creative,” Supervisor John C. Cook (R-Braddock) said.

The proposal to reduce maintenance at Frying Pan Farm Park in Herndon and Green Spring Gardens in Alexandria could result in messier bathrooms and “a decrease in visitor satisfaction,” according to a draft budget document. But it would cut down on labor costs.

The grass ordinance, approved in 1991, is among several in Northern Virginia meant to keep property values stable by ensuring against unruly yards that could attract rats or snakes. The law requires lawns to be less than a foot high on tracts that are a half-acre or smaller. If a violator refuses to comply with county enforcement efforts, the county sends a contractor to mow the lawn. The property owner is then billed at least \$165.

But Cook and Supervisor Jeff C. McKay (D-Lee) said they did not want to eliminate the enforcement strike team — a sentiment shared by Sally K. Horn, president of the McLean Citizens Association. “If there’s a law on the books, it should be enforced,” Horn said. “And in many places in the county, this is important.”



Ignoring the grass ordinance “is a little bit like talking out of two sides of our mouths,” McKay said. “This is a fundamental local government responsibility: to enforce its regulations on some people in order to protect all of our homeowners.”

The proposed cuts also raised the ire of Arthur Purves, who heads the Fairfax County Taxpayers Alliance and opposed a proposed \$32 million in raises for Fairfax’s 12,000 county employees. “They’re giving raises and pensions and health care for employees higher priority than the programs,” Purves said.

Con't Pg. 12

Con't from Pg. 11

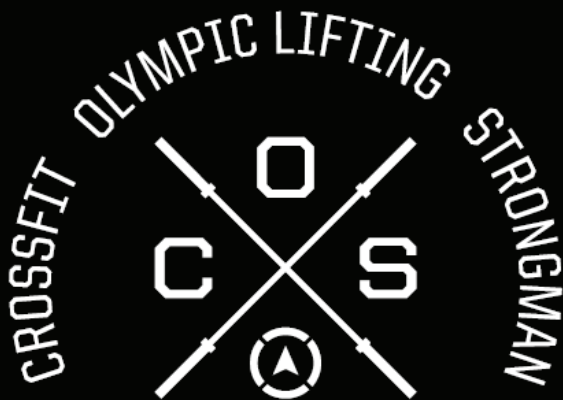
But Long did more than find places to save. He also proposed generating new revenue by cracking down on former county jail inmates who owe more than five days' worth of the \$2-a-day room and board at the county jail. It turns out there are 728 such delinquent ex-convicts in Fairfax. Going after them could add \$100,000 to county coffers, officials said.

An additional \$250,000 could come from county sheriff's deputies watching out for cars or family vans with out-of-state license plates, on the chance that they belong to Fairfax residents who have yet to register their vehicles in Virginia after 30 days and are, therefore, cheating the county on personal property taxes.

NORTH SPRINGFIELD BUSINESSES ON FACEBOOK

Most of us want to skip the commute to music lessons and other errands. The goal of this Facebook page is to help our residents shorten their commutes and support local businesses.

Go to <https://www.facebook.com/groups/NorthSpringfieldBusiness/> to see ads from local businesses and to post one of your own.



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WELCOME NEW NEIGHBORS

We need a new leader of the New Neighbors Welcoming Committee! If you are interested or have questions, please call Jill Mowbray at (703) 865-8368 or drop her an email at 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 rcafarmerr@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* .

FREE DISCUSSION GROUP	Free discussion group. Join to help feel good inside no matter what happens outside. For details visit www.theofatalism.org and call 703-321-9268. Dates and times are open.
SERVICES	Garden Tilling - Jim Kroll, 703-409-1335.
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.

CREATIVE AGING FESTIVAL

Come out, have fun, learn something new, and find your inner artist! Fairfax County, the Arts Council of Fairfax County, and AARP Virginia, with several community organizations and businesses, invite you to celebrate Older Americans Month at the Creative Aging Festival which will take place during May 2015.

This month-long festival features over 100 events including art exhibits, dance, musical performances, poetry readings, lectures, classes in watercolor, woodworking, knitting, clogging, tap, piano, photography, and more! The festival also includes programs that unlock the creative spirit through yoga, tai chi, and even a walk-through of a beautiful garden labyrinth. Programs will take place throughout Fairfax County as well as in the City of Fairfax, Arlington County, and the City of Alexandria. Most festival programs are free. Because of the variability in venue space, participants should call respective venues to register and inquire about program information, fees and parking. For a complete list of venues and events, visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax-creative-aging-festival.htm> or call 703-324-5720.

In addition to these events, George Mason University's College of Health and Human Services will host a panel discussion on Arts, Aging and Well-Being on May 18 from 9:00 a.m. until noon. Go here <http://chhs.gmu.edu/events/arts-aging/> to register for the panel.

BOY SCOUT TROOP 991 - OUTDOOR ADVENTURES!

The boys shook off the cold and snow of winter. In March we helped with the Community Clean-up and then camped near the Rapidan River. This month we are heading to Goshen! 6th – 12th grade boys Visit us Wednesday nights - 7:30pm @ White Oaks ES Contact Scoutmaster Mitchell at 703-321-8072 or Scoutmaster991@yahoo.com.

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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:

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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

RAVENSWORTH CUB SCOUT PACK 991 NEWS!

The scouts and parents of Cub Scout Pack 991, chartered to the Ravensworth Elementary PTA, have had a very busy few months! In February we held our annual “Blue and Gold” celebration, which coincides with the birthday of scouting. Many of the boys received rank recognition and other awards and the boys and their guests were entertained by the famous magician Professor Fizzwiffle! Cake was enjoyed by all!

In March (despite Mother Nature throwing snow days at us) the Pack held its Pinewood Derby race, where the boys (with some help from their parents) make wooden “derby” cars to race on our track. The event was a blast! Thanks to Scoutmaster Bill Mitchell and the boys of Troop 991 for their help with the event and to Chris Lewis for running our style judging. We also greatly appreciate the help of Anita, Zach, and Rachel from the Ravensworth PTA Board for coming out on Saturday morning to help us judge!

Interested in joining Cub Scouts? Contact Cubmaster and Ravensworth resident Greg Ferrara at gregbferrara@gmail.com. Be on the lookout for more activities this summer!

EVENTS

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

May 2 - 5pm - **Cinco de Mayo Party** potluck at the pool. Open to all adults.

May 6 - 2-6pm - **Wakefield Farmer’s Market Opens**, all Wednesdays until the last week of October

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 - **Ravensworth Farm 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 28 - 7:30p.m. - **Civic Association General Meeting, Community of Christ church

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

June 5-7 - **Celebrate Fairfax!** - see CelebrateFairfax.com

June 6 - 9-noon- **The Home Depot Hands-On Workshop** – Build your own chalkboard planter stand - Free hands-on workshops designed for children ages 5-12 offered the first Saturday of every month at all The Home Depot Stores.

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

July 18 - noon-dusk - **Ravensworth Farm Summer Party - tent near carousel @ Lake Accotink Park. Bring a potluck dish to share. Come for sand sports 2-4p.m.

FOOD FOR THOUGHT

Personal Qualities Not Measured By Tests:

Creativity	Endurance	Compassion
Critical Thinking	Reliability	Courage
Resilience	Enthusiasm	Sense of Beauty
Motivation	Civic-mindedness	Sense of Wonder
Persistence	Self-awareness	Resourcefulness
Curiosity	Self-discipline	Spontaneity
Question Asking	Empathy	Humility
Humor	Leadership	

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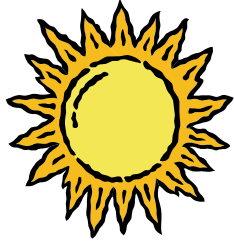
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COMMUNITY YARD SALE



Saturday, May 9th

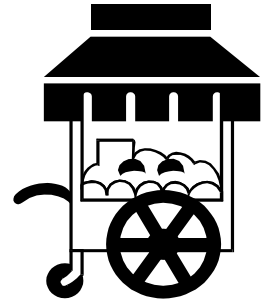
8:00 am to 12 pm

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Parking Lot**

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**Rain Date:
Saturday, May 10th**



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Saturday, May 9th

8:00 am - 12 pm

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WHEN YOU LOSE FAT, WHERE DOES IT GO?

Univ of FL, Shands Health; 30 Mar 2015

Picture this: Breathe in and fill those lungs — and breathe out fat. The image may be an exaggeration, but it's not much of one.

According to the law of the conservation of mass, matter is neither created nor destroyed. So the widely held belief that fat is burned off as extra energy or heat, or is converted into muscle, is incorrect, according to researchers from Australia's University of South Wales. The researchers reported their findings in the holiday issue of *The British Medical Journal*.



To solve the mystery of where fat goes, researchers began with what type of fat we actually lose, a type of fat called triglyceride. In order for you to get rid of it, the fat must be broken down into the atoms that make it up. This happens through a process called oxidation. When triglyceride is oxidized, it breaks into carbon, hydrogen and oxygen, which researchers then tracked.

Turns out, a good portion of the triglyceride is exhaled as carbon dioxide. The researchers found that for 10 kilograms of human fat to be oxidized, humans must inhale 29 kilograms of oxygen. When the fat reacts with the oxygen, 11 kilograms of water and 28 kilograms of carbon dioxide are produced.

The researchers think this means your lungs are responsible for releasing your fat. The water produced exits your body in other typical ways: Through your urine, sweat and other bodily functions. Throughout the day, a 155-pound person exhales at least 200 grams of carbon per day. He or she takes it in by eating and drinking.

When you exercise, you breathe more frequently and deeply, ridding your body of even more carbon. The researchers say that one hour of moderate exercise can remove an additional 40 grams of carbon from the body. So next time you exercise, don't feel bad about huffing and puffing. You're actually just blowing the fat away.

COUNTY ZONING ORDINANCE ON KEEPING ANIMALS

2-512 Limitations on the Keeping of Animals

1. The keeping of commonly accepted pets shall be allowed as an accessory use on any lot, provided such pets are for personal use and enjoyment, and not for any commercial purpose. Dogs shall be subject to the provisions of Paragraph 2 below.

2. The keeping of dogs, except a kennel as permitted by the provisions of Part 5 of Article 9, shall be allowed as an accessory use on any lot in accordance with the following:

A. The number of dogs permitted shall be in accordance with the following schedule, except that, in determining the number of dogs allowed, only those dogs six (6) months or older in age shall be counted.

Number of Dogs and Minimum Lot Size

1 to 2 dogs - No requirement

3 to 4 dogs - 12,500 square feet

5 to 6 dogs - 20,000 square feet

7 or more dogs - 25,000 square feet plus 5,000 square feet for each additional dog above 7



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LAUNDRY PODS DANGEROUS TO SMALL CHILDREN

Univ. of Florida, Shands Healthcare 17 Mar 2015

Maybe you've seen the new detergent products called laundry pods. They hit the U-S market in early 2012. Each pod is about the size and shape of a charcoal briquette. It contains a dollop of brightly colored liquid detergent, just enough for one load of laundry, sealed in a thin membrane that dissolves in water. For people on the go, laundry pods make it a little easier to wash clothes. However, these products can be dangerous to small children.



An article in a recent issue of the journal *Pediatrics* spells out the details. In 2012 and 2013, U-S poison-control hotlines took more than seventeen-thousand calls involving children under age 6 who were exposed to these products. It's believed that many of these unfortunate tykes mistook a laundry pod for a package of candy or juice and broke the membrane while handling or chewing it. About 750 of these children were hospitalized. One of them died.

In 80 percent of the cases, the victim swallowed detergent. Many of the other exposures involved detergent getting into the lungs or eyes. About three-quarters of the cases involved children aged 2 years or less. Boys and girls were equally likely to be victims. At least one manufacturer has responded by changing the containers for its laundry pods, making them opaque and more child-resistant. However, there doesn't appear to be any effort to change the pods themselves.

The study authors suggest that households with children under 4 avoid laundry pods altogether and stick with traditional detergents. There's also a more basic solution — keeping kids away from household chemicals. After all, cleaning products may come and go, but childhood curiosity is here to stay.

FREQUENT CELL PHONE USE CONTRIBUTES TO ANXIETY, POOR GRADES

Univ. of Florida, Shands Healthcare; 22 Mar 2015

If you aren't sure how you functioned before cell phones, consider this: A new study shows the devices may actually contribute to anxiety and lower life satisfaction.

The study, published in the journal *Computers in Human Behavior*, surveyed more than 500 public university students about general phone use, texting, anxiety and overall happiness with life. To measure academic performance, the researchers also checked the students' grade point averages. The survey results showed those who used cell phones the most had higher anxiety levels and worse grades than their peers. They also tended to be less satisfied with life. Based on their previous research on the topic, the scientists suggested cell phones may increase anxiety partly because people feel they can never escape constant contact with others. Some people indicated they felt obligated to respond when someone tried to reach them.

The scientists said academic performance may suffer when cell phones distract students during class or study time. It isn't a big leap to think that job performance or social interaction also could decline.

Perhaps you're personally familiar with the downsides of cell phones. These rules of etiquette from manners maven Emily Post can help you regain control. Post emphasizes that it's important to focus on what you're doing and the people you're with by turning off your phone if it may interrupt a person or event. When you are with others and keeping the phone on is a necessity, put it in silent mode. Walk away from the group if you must take a call. Next, she says some places are off limits for phone calls: churches, libraries, restaurant tables and theaters. Post also advises readers not to text in work meetings or classes. Sound tough? Try following these rules for two weeks. Who knows ... you may enjoy your increased freedom.



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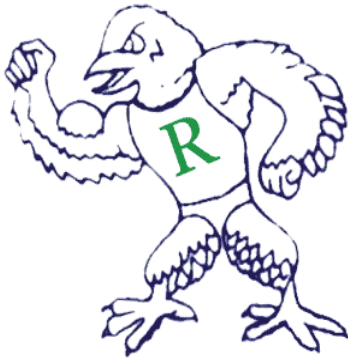


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