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RAVENSWORTH PLANTATION, VA.

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

June 2015

The Ravensworth *Farmer*

Issue 9

### FROM THE PRESIDENT

Happy spring everybody. The yard work is underway and the garden is planted. It was a cold winter but surprisingly enough there wasn't much snow (although it did linger for a while). I quickly found that our antique snowblower needs to be replaced (yes, over 26 years old). Now the silent winter days and nights have been replaced with the sounds of chirping of birds, lawnmowers, and backyard barbecues.

General Meeting MARCH 26: We had a big turnout at our March 26 general membership meeting where we heard from the owners of the new U-Haul location off Port Royal Road and Counsel Mike Slocum on estate planning strategies. The U-Haul team was joined by Rosemary Ryan from Supervisor Cook's land use committee. U-Haul presented then took questions. They've asked for a zoning amendment to put about 1,000 mini storage units in the building they're currently occupying and renting vehicles from. They plan to make slight cosmetic changes to the outside but no exterior expansion. One issue that interested residents was traffic and the lighted sign.

*Con't Pg. 3*



**STOP—SAVE THIS FARMER!**  
**It's the last one until**  
**September.**

### **Ravensworth Farm Summer Party**

**July 18, 2015—12PM to 7PM**  
**Tented Pavilion at Lake Accotink Park**



Please join us for a fun-filled day of food, fun, games, and a chance to meet neighbors you've never met before. Food and drinks (non-alcoholic) will be provided. Bring a side dish (with serving utensil) to share. There will be sports, games, volleyball, a moonbounce, and other ideas including fun for kids that are still in the planning phase. The sand sports area is reserved for our group from 2:00 to 4:00p.m. Plus it's at the lake!

To volunteer or for more detailed information, contact Heather Scott at [treasurer@ravensworthfarm.org](mailto:treasurer@ravensworthfarm.org) or Kevin Joyce at 703-587-7989 or [prez@ravensworthfarm.org](mailto:prez@ravensworthfarm.org). Seniors needing a ride please contact the Golden Ravens by calling Joan Crofford at 703-321-9268.

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
<b>Farmer</b>	Editor	Sara Ortiz	703-321-8757
	Preparation	Susan Deyampert	703-321-3150
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			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	<i>Farmer</i> DEADLINE	FLYER DEADLINE	PRINT <i>Farmer</i>	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.**

*Con't from Pg. 1*

At our request they agreed to turn it off by 10pm each night. The hours of operation will be as follows:

- 7-7 Monday through Thursday
- 7-8 on Saturday
- 9-5 on Sunday
- Extended hours access 5 am-10 pm
- 24 hour access by pre-authorization only.

The county staff report with more detail can be found here:

<http://www.fairfaxcounty.gov/dpz/comprehensiveplan/amendments/2014-i-a1.pdf>

**SPEEDING:** Back in March the board asked FDOT to perform a traffic calming study on Queensberry, Inverchapel, Ellet, and Moultrie roads to see if they qualify for the additional \$200 fine for speeding tickets. We still haven't received the results but I'm hoping to by our May 28 meeting. The study comes at no cost and is non-binding. For the roads that meet certain excessive speed qualifications the membership voted in favor of adding the additional \$200 fine at the March meeting. Speeding has been at the top of our community's list of concerns for a number of years now and recently Supervisor Cook's office (along with our other county districts) took action to help communities address the problem. You may have seen some yellow signs? If you're interested in having one in your yard please contact Supervisor Cook's office.

**SUMMER PARTY:** At the March meeting the membership voted by a large majority to combine the budgets of the picnic and hayride and use it instead for a summer community-wide party to be held at the lake. The picnic and hayride have therefore been canceled for this year. The party is still in the planning stages but more details can be found in this issue, our Facebook page under Events, and soon on our website.

**BRADDOCK ROAD:** As our delegate to Supervisor Cook's Braddock Road Citizen's Task Force, I provide regular updates to the community on the status of the project and contribute community input to the design. As of this writing the traffic study is still underway and nothing has been decided on. The task force I'm a member of is part of a larger development group made up of county employees and contractors. To-date the task force has been very productive with many good ideas and open minds. I genuinely feel the project is moving in the right direction while incorporating the input from all communities along the Braddock corridor that will be impacted. Stay tuned to FB over the summer where I will be posting further updates while the board takes its summer recess.

**CODE COMPLIANCE:** In case you didn't see the news in Supervisor Cook's email updates the new county budget keeps funding in the office of code compliance to enforce the tall grass ordinance. As always, if you have a code violation to report you can do it anonymously here: <http://www.fairfaxcounty.gov/code/>

*Con't Pg. 4*

*Con't from Pg. 3*

**HELP WANTED:** We always need volunteers. Right now the most pressing needs are:

1. New Neighbors Committee chair
2. Block Captains

I will be posting a "Help Wanted" section on our website where you can learn more but please write any of our volunteers if you're interested. Volunteer hours also count toward class requirements such as community service. (When I was at Robinson we called them "civ" hours.) But any help is always appreciated even a half hour a month.

Lastly, we have one more general membership meeting left this year on Thursday May 28 at 7:30pm at the Community of Christ Church off Inverchapel so mark your calendars. Our First VP Mary Keeser has arranged for a great presentation by one of our local police officers on all sorts of safety issues. More details in this month's issue.

### **MAY 28 GENERAL MEETING**

The May 28 General Meeting will have two speakers. The first will be from Fairfax County Police Department. The speaker will address child safety in the neighborhood, general tips for summer safety and security while away from home. The speaker will also speak about specifics to Ravensworth Farm and Lake Accotink Park.



The second speaker, a nationally-recognized computer, networking, and social media security expert, will discuss outside access to your social media (Facebook, Twitter, Instagram) and how your information and accounts may be accessed (harvested) by others.

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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

## **DO SOME LONG-RANGE PLANNING - INCLUDING GOLDEN RAVENS**

It is too late for this season but you can still pencil in the Golden Ravens beginning in September on the fourth Wednesday and following months. Just a reminder in case you forget. Nothing like planning ahead. If you are a senior resident of Ravensworth Farm, this could be your invite to some fun, food, and learning something new. So do it now while you are thinking about it. If you need further persuasion get all the details by calling Joan Crofford at 703-321-9268. It is free too. No membership fees or contracts. Nice.

## **POOL NEWS**

Ravensworth Farm Swim and Racquet Club News

Summer is coming soon, and we still have memberships available. Please check out the website, [www.ravensworthfarmpool.com](http://www.ravensworthfarmpool.com), to purchase a membership or get more information about the pool. We are also offering the Senior Discount Membership this year. It is only available by phone or email. Please email [membership@ravensworthfarmpool.com](mailto:membership@ravensworthfarmpool.com) or call Scott Houghton at 703-321-7320 to sign up.

On April 28th, we held the Spring General Membership meeting at the Community of Christ Church on Inverchapel Road, and elected Nicole Leger for the Secretary position on the pool board that was vacated by Sabine Pontious, who has moved to Miami. Many thanks to Sabine and congratulations to Nicole!

We have some activities lined up for this summer, check them out- Friday June 5th-6:30pm-9:00pm-Elementary Night! The pool will be closed to the general membership, and is open for all Elementary kids in the community, regardless of membership status. All kids must have chaperones, \$5 per child. Food, games, activities and prizes! Friday June 12th-6:30pm-9:00pm-Teen Night! Again, pool is closed except for the teenagers of the community. More food and fun, \$7 per youth. Volunteers are needed to chaperone, please email [activities@ravensworthfarmpool.com](mailto:activities@ravensworthfarmpool.com) if interested.

We will be scheduling more Happy Hours through the summer and will have a pig roast sometime in mid-August, so stay tuned for more details! Updates will come by way of the website, emails and social media (Twitter, Facebook).

For anyone 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](mailto:membership@ravensworthfarmpool.com).

Thank you, see you at happy hour!  
Your RFSRC Pool Board



## **RUN 4 RAVENSWORTH ELEMENTARY**

Thank you to all the volunteers, students, and donors for making the April 24 Run 4 Ravensworth such a rockin' event. Ravensworth Elementary School students asked friends, family, and neighbors to pledge a donation per lap. Then the students ran as many laps as they could in 20 minutes. The 487 runners, including students and staff, completed 12,035 laps. Many donated prizes were offered for the runners, including prizes for the girl and boy who ran the most laps and the student who raised the most money. All students who raised at least \$175 will have a special ice cream party at which they will have the chance to win other prizes.

School-wide, the students had a goal of raising \$20,000. Principal Roxanne Salata agreed to a school vote on whether she would be "slimed" or get a pie in the face if the school reached that goal. Based on student's votes, the overwhelming consensus was to slime Ms. Salata. At press time, it looked likely that she would be slimed.



## **RAVENSWORTH ELEMENTARY NEWS**

Dear Ravensworth Community,

We are about half of the way through our renovation project at Ravensworth Elementary School. Our new addition has been built across the front of the existing school building opened May 4! One of the great things that is also happening is that our Kiss 'N' Ride lane will be longer so that there will hopefully not be as long a line backing up on Nutting Drive during our arrival and dismissal times. On behalf our school, I would like to thank the Ravensworth Farm Community for supporting and encouraging us as we go through this renovation process.

The 2015-2016 school year will start Tuesday, September 8, 2015. We will hold our annual Back To School Night on Thursday, September 24, 2015 in an effort to not compete with Lake Braddock Secondary School, who will host their BTSN on a different night. Please be sure to register any incoming kindergarten students as soon as possible.

Take Care!  
Roxanne Salata  
Principal, Ravensworth ES

## **PERU AT FOLKLIFE FESTIVAL**

The Smithsonian Folklife Festival will be held on the National Mall June 24-28 and July 1-5. This year, the festival celebrates the people and places of Peru with its outdoor festival program entitled PERÚ: Pachamama.

Crisscrossed with paths connecting communities across geography and history, Peru boasts a stunning vertical landscape that integrates a diversity of ecosystems and cultures. Peru is one of the world's most biodiverse nations, containing ninety microclimates across extreme variances of altitude. The coastal, rain-forested, and mountainous environments provide abundant resources, including major exports such as fish, copper, and asparagus. Many culturally and historically significant areas are popular tourist destinations that encompass complex layered histories.

The uniqueness of Peru's diversity lies in the connectedness of its landscape in the form of rivers, roads, and pathways that existed long before the Inka Empire (fifteenth–sixteenth centuries) and Spanish colonization (sixteenth–nineteenth centuries). Across its different altitudes and climates, communities exchange commodities and practices, shaping deeply rooted but constantly changing daily customs and celebrations. The influx and movement of people between and beyond borders also influence and transform these exchanges.

The Peru program will feature projects, organizations, and groups whose cultural expressions highlight these social, cultural, and economic exchanges. It will demonstrate how the networks of celebration and community, crops and markets, textile and craft production, foodways and technology, and music and dance forge the diverse cultural heritage of the country.

Visitors to the Peru Festival program will experience these unique connections through cooking and craft demonstrations, music and dance performances, moderated discussions, ritual and celebratory processions, and other participatory activities. In addition, there will be robust involvement with Peruvian American and diaspora communities. The public will have the opportunity to learn, to eat, to dance, to shop, to witness these vibrantly connected cultures and create their own connections with Peruvian artists and specialists on the National Mall and beyond.

The Perú: Pachamama program is co-sponsored by the Republic of Peru Ministry of Foreign Trade and Tourism (MINCETUR) and presented in partnership with the National Park Service.

Source: <http://www.festival.si.edu/2015/Peru/>



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## **FAIRFAX COUNTY SCHOOL BOARD APPROVES LATER START TIMES**

Citing the clear health benefits for adolescents, the Fairfax County School Board approved a recommendation for starting high schools later, between 8 and 8:10 a.m. and ending between 2:45 and 2:55 p.m. This change, which will begin in the 2015-16 school year, will benefit more than 57,000 high school students representing more than 30 percent of Fairfax County Public Schools' (FCPS) student population.



The School Board's decision reflects a start time change for all four years of high school, a crucial period for students' college-preparatory or work-readiness years as well as their athletic engagements and other activities. As a part of the decision, the School Board approved later start times for all middle and high school students who attend the three FCPS secondary schools.

Ravensworth Elementary students go to Lake Braddock Secondary School for middle and high school.

Middle school students will attend school from 7:30 a.m. to 2:15 p.m. The elementary school window remains unchanged with elementary school students beginning their day between 8 and 9:20 a.m. All elementary schools will start at the same time or within 5 to 10 minutes of their current start time.

The issue of later start times has been debated and explored for more than a decade in this community," said Tammy Derenak-Kaufax, School Board chairman. "The growing body of research on the health benefits for adolescents has become so clear and compelling, we felt that we had to make a change."

In August, the American Academy of Pediatrics issued a policy statement that recommended later start times so that school schedules would be aligned with the biological sleep rhythms of adolescents. Other research indicates sleep-deprived students have shortened attention spans, slower reaction time, lower test scores, poorer grades, increased rates of depression, and higher risk of car crashes. The School Board's approval of the new start times schedule for the 2015-16 school year will allow families and employees almost a full calendar year to adjust to the change.

"We believe it is best to give our families and employees plenty of time to adjust to a change of this magnitude," said Superintendent Karen Garza. "Between now and next September, we will work with intention to finalize bell schedules and to make needed adjustments to ensure that this is a smooth transition for our stakeholders and our community." The change will require the addition of 27 buses at a cost of \$4.9 million.

Superintendent Garza developed a recommendation to alter high school start times after extensive discussions and community outreach over the last two years. Beginning in June 2012, the School Board held six work sessions to discuss the issue. In addition, eight community meetings were held between May 19 and June 11, 2014, during which approximately 1,000 participants shared their opinions on four options. In conjunction with the community meetings, more than 2,000 comments were gathered through online feedback.

### **Background**

The Fairfax County School Board adopted a resolution in April 2012 to seek solutions to establish high school start times at 8 a.m. or later.

Following the adoption of the resolution, Children's National Medical Center's (CNMC) Division of Sleep Medicine worked with a stakeholder committee and initiated a process to develop a Blueprint for Change. The committee studied several workable scenarios to start high schools in Fairfax County after 8 a.m. in an effort to improve students' mental and physical health, academic performance, and safety. The scenarios were presented to the School Board earlier this year.

**BOY SCOUT TROOP 991**

6th – 12th grade boys Visit us Wednesday nights - 7:30pm @ White Oaks ES  
 Contact Scoutmaster Mitchell at 703-321-8072 or Scoutmaster991@yahoo.com

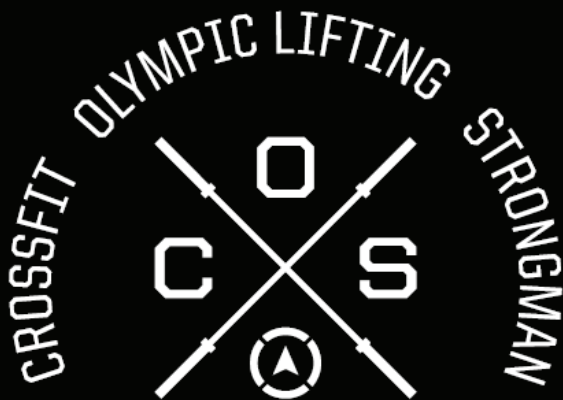
**RAVENSWORTH CUB SCOUT PACK 991 SUMMER ACTIVITIES!**

The boys of Ravensworth Cub Scout Pack 991 will be busy with a lot of fun activities this summer! If you have a son between the ages of 7 and 10 or grades 1-5 and are considering joining Cub Scouts consider joining us for one of our upcoming events.

We will be posting updates throughout May and June on our upcoming activities this summer so please check [www.pack991.trooptrack.com](http://www.pack991.trooptrack.com) for updates! Activities will include a Pool Party at the Ravensworth Swim Club and other activities such as bowling, hikes, bike rides, etc.

For more information on Cub Scout Pack 991 visit [www.pack991.trooptrack.com](http://www.pack991.trooptrack.com) or contact Cubmaster (and Ravensworth ES parent / resident) Greg Ferrara at [gregbferrara@gmail.com](mailto:gregbferrara@gmail.com). You can also find information on Cub Scouts at [www.beascout.org](http://www.beascout.org)

Don't forget to look for us at the Ravensworth Back to School Night!



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**SEEKING NEW NEIGHBORS COMMITTEE HEAD**

At press time, there were over 15 houses for sale in Ravensworth Farm. By the end of the summer, they'll all have new families in them. Sadly, those new families will not have been greeted with goodies and neighborhood information by a member of the New Neighbors Welcoming Committee. Jill Mowbray had to step down from the committee leadership due to scheduling issues. She has willing greeters but so far no one has stepped up to organize them. If it bothers you that new "Farmers" won't receive the same greeting you received when you moved in, volunteer to Kevin Joyce, RFCA President or contact Jill. She would be happy to tell you how she has done things in the past. Feel free call with questions (703) 865-8368 or drop her an email at [bjm820@hotmail.com](mailto: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](mailto: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](mailto: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 [rcaf farmer@ravensworthfarm.org](mailto:rcaf farmer@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* .

<p><b>FOR SALE</b></p>	<p>1995 White Buick Riviera Supercharged V-6 engine. 75k original miles. Fully automatic; dual control air conditioner, leather interior, power windows, seats. AM-FM stereo with cassette. New tires, shocks, battery, brakes. Asking \$3,000 or best offer. Call 703-321-7840 if interested.</p>
<p><b>HELP DC HOMELESS</b></p>	<p>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 <a href="http://www.Kassirfoundation.org">www.Kassirfoundation.org</a>.</p>
<p><b>WANTED</b></p>	<p>Good used furniture for needy low income families in the Annandale area. Needed are beds, dressers, kitchen tables &amp; 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.</p>

## NEED YOUR HELP - SPREAD THE WORD!

America's Adopt a Soldier currently has over 400 packed and ready to mail Care Packages for our deployed service members (Navy-Marine-Army). These boxes are in our warehouse waiting for postage. We need funding to mail these packages out. Tax-deductible donations (\$20.00 per box or you can sponsor a bunch) mail donations of any amount to P.O.

Box 1049 Springfield VA 22151 or via PayPal website:

[www.americasadoptasoldier.org](http://www.americasadoptasoldier.org). THANK YOU!

— Mary Keeser



## RAVENSWORTH FARM ON FACEBOOK

Want to keep up with what's going on, have something 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.

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Community of Christ

**Experience a Ravensworth community church where all are welcome.**

5610 Inverchapel Road, Springfield, VA  
(703) 321-0507 (church)  
(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  
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**[www.cofchrist-cbmc.org](http://www.cofchrist-cbmc.org)**

## EVENTS

Something to add? Email [RFCAFarmer@ravensworthfarm.org](mailto:RFCAFarmer@ravensworthfarm.org) or call 703-321-8757 to add to the calendar of events.

**May 23 - June 19 - Pool Hours** are: Thursdays & Fridays - 3-8pm; Saturdays 11am-9pm; Sundays 10-noon, Adult Swim, noon-8pm General Swim

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

**June 5 - Elementary Night @ the Pool**, \$5/child, chaperone required. Open to non-members. Pool closed for party.

**June 5-7 - Celebrate Fairfax!** - see [CelebrateFairfax.com](http://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 12 - Teen Night @ the Pool**, \$7/teen, volunteer chaperones needed. Open to non-members. Pool closed for party.

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

**June 20 - Regular Daytime Hours for the Pool begin** - 11am-9pm M-Sa, Sundays 10-noon Adult Swim; noon-9pm until Labor Day.

**June 20 - First Home Swim Meet against Dowden Terrace**

**June 22 - First day of morning swim team practice at the Pool**

**June 24-28 - Smithsonian Folklife Festive** on the National Mall

**July 1-5 - June 24-28 - Smithsonian Folklife Festive** on the National Mall

**\*\*July 18 - noon-7pm - Ravensworth Farm Summer Party** - tent near carousel @ Lake Accotink Park. Bring a potluck dish to share. Come for sand sports 2-4p.m.

**August - pig roast at the pool.** Watch the website and Facebook for the date or call the pool at 703-321-4903.

**September 7 - Labor Day/Last regular day for the pool**

**September 8 - First day of school for FCPS**

## SCHOOL LUNCHES MAY BE MORE NUTRITIOUS THAN BROWN-BAG LUNCHES, STUDY SAYS

Personal Univ. of Florida, Shands Healthcare 24 Mar 2015

School cafeteria food might not rank among anyone's favorite childhood memories. But a study published in *The Journal of Nutrition Education and Behavior* indicates that today's school lunches may not be so bad after all. In fact, they may be more nutritious than the homemade alternative.



Oddly enough, there haven't been many attempts to compare the nutritional value of school-prepared food and brown-bag lunches. So a group of scientists at VA Tech decided to look into the issue after new national standards were unveiled in 2012, regarding the meals served at schools participating in the National School Lunch Program.

The new standards affect about 100,000 public and nonprofit private schools nationwide. In the study, researchers obtained permission to analyze school lunches and home-packed meals consumed by preschoolers and kindergarteners during one week at three public schools in rural Virginia.

Altogether, the researchers assessed about thirteen-hundred lunches. About 40 percent of them were made at home. All of the lunches were analyzed for macro- and micronutrients, although the researchers didn't check to see what the kids actually ate. The homemade lunches generally included more calories, fat, carbohydrates, sugar and Vitamin C than school lunches. They also contained less protein, sodium and calcium.

In addition, homemade lunches were less likely to include fruit, vegetables or milk, and were more likely to include desserts and beverages with added sugar. So, the bottom line for parents is, if you pack your child's lunches, don't go overboard with tasty treats. And, if your child eats school lunches, rest assured that the cafeteria is providing healthy food — regardless of the complaints you may hear.

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## **DON'T PITCH IT - FREecycle IT**

Do you have stuff you don't need but hate to throw away because it's perfectly useful- just not to you? Well, if you've offered it on the Ravensworth Farm Facebook page and no one in the neighborhood needed it, try Freecycle it. Go to [Freecycle.org](http://Freecycle.org), set up a free account, and offer your item for free to anyone local who wants to come pick it up. Later, you'll be able to ask if anyone out there has something you need. Ravensworth Farm residents may join the Annandale and Springfield Freecycle networks.

The Freecycle Network is made up of 5,000+ groups with 7 million members across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns and keeping good stuff out of landfills.

Membership is free, and everything posted must be free, legal and appropriate for all ages. Groups are run by volunteer moderators and members take part in the worldwide gifting movement that reduces waste, saves precious resources and eases the burden on our landfills.

### **A Brief History**

On May 1st, 2003, Deron Beal sent out the first e-mail announcing The Freecycle Network™ to about 30 or 40 friends and a handful of nonprofits in Tucson, Arizona. At the time Deron founded The Freecycle Network, he worked with a small nonprofit organization, RISE, which provides recycling services to downtown businesses and transitional employment to Tucsonans in need.

As the team recycled, rather than watching perfectly good items being thrown away, they found themselves calling or driving around to see if various local nonprofits could use them. Thinking there had to be an easier way, Beal set up that first Freecycle e-mail group in a way that permitted everyone in Tucson to give and to get. Freecycle was off and running.

The Freecycle concept has since spread to over 85 countries, where there are thousands of local groups representing millions of members -- people helping people and 'changing the world one gift at a time.' As a result, we are currently keeping over 500 tons a day out of landfills! This amounts to five times the height of Mt. Everest in the past year alone, when stacked in garbage trucks!

By giving freely with no strings attached, members of The Freecycle Network help instill a sense of generosity of spirit as they strengthen local community ties and promote environmental sustainability and reuse. People from all walks of life have joined together to turn trash into treasure.

Source: [www.freecycle.org](http://www.freecycle.org)





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## **NORTHERN VIRGINIANS MAKE FORBES' WEALTHIEST BILLIONAIRES LIST**

The DC metro area has its share of movers and shakers, but when some move and shake, there's a little more money jingling in their pockets.

Forbes has published its "World's Billionaires List" and four Northern Virginians are on the list. Tops in Northern Virginia is candy heiress Jacqueline Mars. She is the granddaughter of its founder, Frank C. Mars and the daughter of Forrest Mars Sr., who also worked at the company. She worked at McLean-based Mars for nearly 20 years before retiring in 2001. The Mars company includes some pretty familiar brands you'll find at the grocery store, including: Skittles, M&Ms, Dove bars, Orbit gum and also Uncle Ben's rice and pet food such as Whiskas and Pedigree. The Mars company has net sales of more than \$33 billion, according to its Web site.



Mars was in the news two years ago, when the Porsche SUV she was driving in Loudoun County plowed head-on into another car after she reportedly fell asleep at the wheel; a passenger in the other car was killed. She was fined and her driver's license was suspended for six months.

The Washington Post has reported that Mars gives some of her money away, to the Washington National Opera and to the U.S. Equestrian Team. Mars is also a member of the board of trustees of the National Museum of Women in the Arts, as well as vice chairman of the National Sporting Library & Museum in Middleburg. She is also on the board of American Prairie Reserve in Montana.

According to Forbes, the top billionaires in Northern Virginia are:

- #22 Jacqueline Mars (\$26.6 billion / The Plains)
- #628 William Conway Jr. (\$2.9 billion/McLean)
- #628 Daniel D'Aniello (\$2.9 billion/Vienna) tied with Conway Jr. and another billionaire outside of Northern Virginia
- #1,386 Steve Case (\$1.35 billion/McLean)

## **WOLF TRAP SUMMER FOR KIDS**

Wolf Trap Foundation for the Performing Arts announces its 2015 season lineup for Children's Theatre-in-the-Woods. A Washington area summer tradition for children and their families since 1971, Children's Theatre-in-the-Woods features diverse acts ranging from puppetry, storytelling, dance, theater, folk, and Kindie-rock. A complete chronological calendar and links to print-ready images are available in the online pressroom at [wolftrap.org](http://wolftrap.org).

Thirteen of the 33 acts this summer make their Wolf Trap debuts, including Unlocking The Truth, a heavy metal trio with a positive and inspirational message; Latin Grammy nominee Mister G; and educational hip-hop group Alphabet Rockers. Another unique debut act is musical theatre group Story Pirates who transform children's short stories into sketch comedy musicals. The group will act out stories written and submitted by children in the Washington D.C. Metro area for its performances at Children's Theatre-in-the-Woods. Returning favorites include the Grammy winning children's music icon Dan Zanes and Kindie band Recess Monkey.

Nestled in Wolf Trap National Park for the Performing Arts, Children's Theatre-in-the-Woods welcomes guests Tuesday through Saturday mornings at 10:30 a.m., beginning June 23 through August 8. Tickets are \$8 or \$10, and children under two enter free of charge.



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## **DON'T HIT THAT DEER!**

To avoid hitting a deer, drive defensively, especially in the fall. Fall is the mating season for deer, commonly called the "rut" by deer hunters, and the time of year when deer are the most active. Approximately one-half or more of all deer-vehicle collisions generally occur during the three months of October, November, and December. Below are a series of suggestions that will help minimize your chances of hitting a deer.

- Be especially careful when driving at dawn and at dusk. This time of day is when deer are most active. Unfortunately, after the fall time change, these are also the times of day that most people commute to and from work.
- If you see a deer crossing the road up ahead, slow down immediately and continue to drive slowly until you are past the point where the deer crossed. Female deer frequently travel in groups and more deer may be about to cross.
- Deer habitually use particular areas to cross roads, usually crossing between areas of cover. Drivers should slow down when driving through these areas, particularly at dawn and dusk in the fall. If you see a VDOT deer crossing warning sign, slow down and be more attentive. It is there for a reason.
- Do not swerve to miss a deer. You should brake and stay in your lane. Losing control of your vehicle, crossing into another lane, hitting an oncoming vehicle, or leaving the road and hitting a tree will almost always result in a more serious accident than hitting a deer.



Any person who is involved in a motor vehicle collision that kills a deer or bear is required by law to immediately report the accident to a Conservation Police Officer (Game Warden) or other law enforcement officer in the county or city where the accident occurred. The State does not pay for damages incurred from collisions with wildlife. Consult your insurance company. Drivers who collide with a deer or bear may keep the animal for their own use, provided they report the accident to a law enforcement officer where the accident occurred. The officer will view the animal and give the person a possession certificate.

Source: <http://www.dgif.virginia.gov/wildlife/deer/faq.asp>

## **"GEM" REVIEWS**

The Ravensworth Farm Community Association board wants to encourage neighbors to share great ideas with neighbors. Whether it's an eatery, theater, tool, park, repair place, preschool, or builder, if you've found a "gem"... please share. Send reviews to [rfcafarmerr@ravensworthfarm.org](mailto:rfcafarmerr@ravensworthfarm.org). Thanks for sharing!

## **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.



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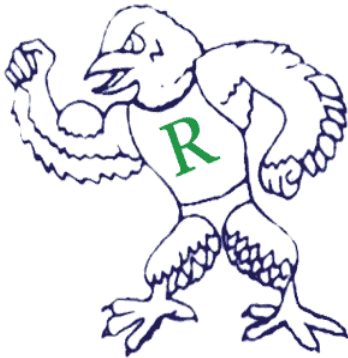
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