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RAVENSWORTH PLANTATION, VA.

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

March 2019

The Ravensworth *Farmer*

Issue 5

### PRESIDENT'S LETTER

I am occasionally asked, "What does Ravensworth Farm Civic Association ("RFCA") do for me?" At the risk of appearing flippant, I am going to briefly channel John Fitzgerald Kennedy. Ask not what your civic association can do for you. Ask what you can do for your civic association.

RFCA does not have the enforcement authority of a HOA. For the most part, RFCA does not have any secret contacts or phone numbers to those who can make things happen. The real power of any civic association is the ability to leverage the weight of collective action.

RFCA provides a ready-built network for communication and coordination. A civic association shows its full power and effectiveness in a community-wide emergency or in a significant matter of general concern. But these grave issues do not often surface.

The truth is, from day to day, there is nothing the civic association can do for you that you cannot do for yourself or your neighbors. It is here that President Kennedy's illustrious words become particularly profound.

RFCA can do for you only that which you can do for RFCA. The onus is on each of us to make and do for RFCA that which we would have RFCA be and do for us.

But the truly great thing about RFCA is that you do not

*Con't Pg. 3*

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**Next Civic  
Association Meeting &  
2nd Annual Taste  
of Ravensworth**

**Thursday, March 21st—  
7:30PM**

**Ravensworth ES**

Article I, 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	Allan Robertson	703-627-0219	prez@ravensworthfarm.org
1st Vice President	Scott Houghton	703-321-7320	vp1@ravensworthfarm.org
2nd Vice President	James Walkinshaw	703-314-1473	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	Diwakar Sharma	571-314-2400	corsec@ravensworthfarm.org
Treasurer	John Ritchie	703-321-8427	treasurer@ravensworthfarm.org

### STANDING COMMITTEES

Schools & Education	Jill Mowbray	703-865-8368	bjm820@hotmail.com
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-622-1563	

### SPECIAL COMMITTEES

Entrance Committee	James Walkinshaw	703-314-1473	james.walkinshaw@gmail.com
Hospitality	Ruth Hartman	703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Cindy Cho		choc64@gmail.com
Directory	Coordinator Advertising	Stephen Beste VACANT	703-321-9110 directory@ravensworthfarm.org
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	Distribution Advertising	James Walkinshaw VACANT	703-314-1473 james.walkinshaw@gmail.com ads@ravensworthfarm.org
Community Organizations			
PTA President, Ravensworth ES	Nicole Ferrara		president@ravensworthpta.org
Pool President	Karen Hampton		
Green Thumb Garden Club	Ursula Schuttinga	703-321-3535	
Lancaster Fresh Community Supported Agriculture	Jennifer Auble	703-922-9353	jenmarzouk@yahoo.com

## Association Meetings & Deadlines 2018-19

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	<i>Farmer</i> DELIVERY	EVENTS
March	6	6	7	30	21—Civic Assoc Mtg
April	3	3	4	May 4	
May	1	8	2	June 1	11—Yard/Plant Sale 16—Civic Assoc Mtg 18—Yard/Plant Sale
Summer				2	BBQ—TBA

**General and Board Meetings and Events are held at Ravensworth Elementary School on Nutting Drive unless otherwise noted. Meetings are 7:30pm unless otherwise announced.**

*Con't from Pg. 1*

have to do it alone. The community is here to help, and the next RFCA General Membership Meeting on March 21, 2019 is the perfect opportunity to engage like-minded neighbors. Come and learn how you can bring your vision to fruition or join others in pursuing their visions. Or just come and eat at the 2d Annual Taste of Ravensworth.

Did I mention there will be lots of free delicious food?

Truly yours,

Allan B. Robertson  
President  
Ravensworth Farm Civic Association

### **BOY SCOUT TROOP 991**

In the last four years eight Scouts of Troop 991 have joined the ranks of Neil Armstrong, Secretary of Defense Robert Gates, the founder of Walmart Sam Walton, Steven Spielberg, and Mike Rowe by becoming Eagle Scouts. If you're interested in your child following a similar path check out Troop 991, a Scout-led Troop in your neighborhood, sponsored by the Ravensworth Elementary PTA. Learn more about us at: <http://www.troop991.com/>. Contact Scoutmaster Ed Haggerty at 703.622.6831 or Edwardhaggerty1@me.com if you are interested... Or come by and see for yourself what you're missing!

### **GREEN THUMB GARDEN CLUB**

The Green Thumb Garden Club met as scheduled on February 6 at the home of Tess Warmka. Our Club's own Master Gardener, Tatiana Lisle, gave an excellent presentation on "What Do Honeybees Do In the Winter"- complete with slide presentation.

Dates for continued outreach programs such as flower arranging with the residents at the Lincolnia Day Care Center and volunteers to assist at Woodlawn Plantation in March were finalized.

The Club meets on the first Wednesday of the month with varying programs and speakers. New members are always welcome. For more information, call Agnes Hite at 703-321-4808.

*Reported by Laura Asiello, Recording Secretary*

## SAFETY CONCERNS

**If you're concerned about your neighborhood safety** and want to become more aware of what the Fairfax County Police Department is doing to help us to have such a safe place to live, each Police District has a Citizens Advisory Committee that meets monthly. Anyone is welcome to attend, and each month there is a presentation about some aspect of our local police force. In the West Springfield District you can call on MPO Michael Stewart at Michael.Stewart@fairfaxcounty.gov, or 703-644-5026. He will be able to tell you more about the programs available and the dates of meetings in the West Springfield district.

## THANKS FOR THE SNOW HELP

We want to express our Sincere Thanks to Our Dear Neighbors on Ravenel Lane, Slidell Lane & Rathbone Place for their Thoughtful Kindness in Shoveling and Snowblowing our Sidewalks and Driveway and also bringing in the newspaper for us. It is Greatly Appreciated. We are so Fortunate to have such Thoughtful and Caring Neighbors.

Thank you All so much.  
The Hartmans  
Ruthie & Ken

*A big thank you to all our neighbors who looked out for other neighbors during the snow and the polar vortex temperatures. ~Editor*



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## **POOL REGISTRATION OPEN**

Can you believe the pool season is almost here? Our Early Bird Registration for the 2019 Summer pool season has begun! Sign up now at [www.ravensworthfarmpool.com](http://www.ravensworthfarmpool.com) and become a member today. We also have a Facebook page. Follow us on <https://www.facebook.com/ravensworthfarmpool/> to get the latest announcements, event highlights, notification, and event updates throughout the summer.

Our neighborhood pool provides the opportunity for meet-ups, potluck dinners, birthday parties, noodle nights, cornhole nights, and making new friends. There is always something going on that you can join in - whether it be Bingo Wednesdays, Sunday float night, Cinco de Mayo celebrations, adult-only events, or pig roasts. Enjoy our mushroom spray fountain and zero grade entry to the baby pool, refreshed women's bathroom, new chairs and canopies. We also have a wonderful learn-to-swim program (Fledglings), fantastic Division 4 swim team and an award-winning dive team, all with terrific coaches.

We hope you consider supporting your neighborhood pool. Our pool is built upon friendships that we make throughout the summer season. Members do not have to live in Ravensworth Farm so invite friends from other neighborhoods to join you at the pool. Join us for Opening Day, Sat May 25. The pool will be open for all members and non-members from 1 pm - 4 pm.

We've made a few changes in memberships this year:

- We upgraded our registration system. Improvements have been made to the check in process. Members will check in using their last name and a picture will be on file. You will no longer need a membership number! It will be very important for current members to verify their information during registration.
- Children under two years old on Memorial Day are now free under your membership (though they still must be registered). This applies to two-person memberships and as guests.

Save \$50 by registering before May 5, so don't delay in signing up! Please contact Jennifer Auble, Membership Director, for any questions at 703-922-9353 or [membership@ravensworthfarmpool.com](mailto:membership@ravensworthfarmpool.com). See you at the pool!

	Early Bird	Regular Rate
Family Membership	\$500	\$550
2 Person Membership		\$375
Senior Membership		\$275
** Our memberships include all maintenance/upkeep fees as well as all credit card fees. **There is a \$25 one-time initial registration fee. **Babysitters, nannies, grandparents can be added to family membership for a nominal \$50/person.		

## **POOL ACTIVITES BEGINNING NOW**

Come celebrate the Nationals Opening Day Weekend with us at the pool! We'll have several wiffle ball games going, and crackerjacks, hot dogs, and other snacks to eat. Just bring yourselves and a glove!

**When?**

**Saturday, March 30, 6pm**



**Other Pool News:** Mark your calendars for Saturday, May 4, 6pm, for our annual Cinco De Mayo Party! **ADULTS ONLY**, please. This is a potluck event, so please bring a meal that would feed 6-8 people.



## **HEALTH & FITNESS**

By Natalie Sarigianis

### **6 Key Principles for Optimum Wellness**

adapted from ACE Healthy Living January 2019

“A new year is the perfect opportunity for a new beginning. Many people enthusiastically jump headfirst into new ambitious fitness routines and health behaviors, but these are often abandoned as quickly as they were started. The enthusiasm fades, and frustration and dissatisfaction set in quickly because they aren’t able to stick to the new plan...

Fortunately, there is a more effective, inclusive and sustainable way of building a long-term healthy and fit lifestyle that is not plagued by constant ups and downs. What if you changed your mindset and approached health and fitness as a **way of life** and not a program? What if you changed your goal-setting to focus more on **process** instead of outcome?

**Starting today, I challenge you to start transforming your life, one day at a time and one behavior at a time.** Focus on making healthier choices [one small step at a time] every day and positive outcomes will inevitably result. Be patient, stay focused and know that you can do it.” -- Dominique Gummelt, PhD.

#### **Step 1: Move More, Sit Less**

- Sit fewer than three hours per day – did you know sitting is the new smoking? Current research is finding evidence that prolonged sitting can increase the risk of developing several serious illnesses like various types of cancer, heart disease and type 2 diabetes.
- Accumulate at least 10,000 steps – take the stairs, build in a lunchtime walk or a daily leisure walk, park further away from the front door, or try walking around while watching your child’s sporting event.
- Be intentional about redesigning your environment to prompt more activity – use a standing desk, try an alternate mode of transportation, and/or have your exercise clothes and equipment easily accessible and ready to go!
- Inspire your family, co-workers, and friends to move more with you – ask a friend to take a walk instead of meeting for coffee, incorporate walking meetings at work, get outside to play with your kids, or simply turn on some music and DANCE!

*Stay tuned for Step 2 coming next month!*

**What’s the best news?** You don’t have to take this journey alone! Our Fitness Staff at Audrey Moore is ready to team up with you on your journey of healthy living. We offer various amenities to assist you:

- **Personal Training** – If you are looking to lose weight, gain muscle, rehab specific areas – we can help you with that and more!
- **Health Coaching** – Our coaches are trained to empower clients (YOU!) through behavior change so they can adopt healthy lifestyle habits that prevent, mitigate and even reverse certain chronic health conditions. These new, healthy lifestyle habits may include increasing physical activity, health eating, improving sleep habits and/or decreasing stress. Clients work one-on-one with their Health Coach to create, implement and sustain their own personal wellness plan!
- **Drop-In Group Fitness Classes** – These classes are included with your RECenter membership. Nonmembers pay regular admission rate at the time of check-in. Check the monthly schedule for fitness options: <https://www.fairfaxcounty.gov/parks/sites/parks/files/assets/documents/recenters/calendars/wakefit.pdf>

Questions? Please reach out to Natalie Sarigianis, *Health Coach & Customer Engagement Representative* at Audrey Moore RECenter [Natalie.Sarigianis@fairfaxcounty.gov](mailto:Natalie.Sarigianis@fairfaxcounty.gov).



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## CAN I LEAVE MY CHILD ALONE?

There are no laws in Virginia that say when or for how long a child can be left alone. Working with other jurisdictions in Northern Virginia, Fairfax County has developed these supervision guidelines for parents and caretakers to consider before leaving a child alone.

Parents are ultimately responsible for making decisions about their children's safety. Every child is different and must be assessed based on their maturity, skills and comfort level to be home alone.

### **Is my child ready? Does he or she ...**

- understand instructions and follow important rules?
- know how to ask for help from friends, neighbors, and police?
- make good decisions when away from you or other adults?
- know when to contact you and 911 when needed?
- feel comfortable and confident about staying home alone?

### **Age Guidelines:**

8 YEARS AND YOUNGER should always be in the care of a responsible person. Children this age should never be left unsupervised in homes, cars, playgrounds or yards.

9-10 YEARS OLD may be ready to be left unsupervised up to 1.5 hours during daylight and early evening hours.

11-12 YEARS OLD may be ready to be left unsupervised up to 3 hours during daylight and early evening hours.

13-15 YEARS OLD may be ready to be left unsupervised more than three hours but not overnight.

16 AND OLDER may be ready to be left unsupervised overnight for one to two days, with a plan in place.

### **Babysitting Age Guidelines:**

10-12 YEARS OLD may provide care of other children for up to three hours with the help of an adult.

13-15 YEARS OLD may babysit infants and children but not overnight.

16 AND OLDER may watch children overnight.

Source: <https://www.fairfaxcounty.gov/familyservices/children-youth/child-supervision-guidelines>

## RAVENSWORTH BABYSITTING CO-OP

If you have children in the baby to younger elementary years, 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 Chris Hunt at [starsman66@yahoo.com](mailto:starsman66@yahoo.com) or any other co-op member for more information or to attend the next meeting.

## TRAFFIC REMINDER

In light of the February 7 incident in which a Lake Braddock Secondary School student was hit and injured near the intersection of Signal Hill and Burke Lake Road, this is a **reminder to drivers to watch for pedestrians**, especially around the time Ravensworth Elementary School starts (8:15-8:35) and ends (3:20-3:45) and the times that the buses to and from Lake Braddock Secondary and Keene Mill Elementary are picking up and dropping off students. **Pedestrians, please remember to watch for cars**, especially if you're getting off a bus and heading for a waiting car across the street.



## **FIRST BRUIN 5K/CUB 1K MARCH 23**

**What is the Bruin 5K?** This is the first annual Bruin 5K & Cub 1K! This family fitness-focused event will be run on the Lake Braddock Secondary School (LBSS) grounds and in the adjacent Lake Braddock Community. Proceeds will help the LBSS PTSA in sponsoring activities and events for LBSS students and their families. Saturday, March 23 at 8:00 am, Lake Braddock Secondary School 9200 Burke Lake Rd, Burke, VA 22015.



**Registration details:** Adult 5K: \$35, Youth 5K: \$25, Child 5K: \$20 Cub 1K: \$15

Note: Cub 1K athletes must be less than 13 years old. Adults are welcome to participate with your child in the Cub 1K at no cost, though only the child will receive a shirt.

Online registration will close Thursday, March 21 at 8:00 pm, and is available at <https://potomac.enmotive.com/events/register/2019-bruin-5k-cub-1k>. On-site registration will be available during packet pick up and on race day. When registering, please indicate the school organization, team or activity you wish to support. Whatever team/group you identify when you register will receive \$2. In the case of the Elementary School Feeder Schools, please enter your school name.

Commemorative race shirts will be available while supplies last. Be sure to register by March 1 to be guaranteed a shirt. Packet pick up will be held on Friday, March 22 from 4-7 pm at Lake Braddock SS, then again on race morning starting at 7am.

**Awards:** Awards will be given to the overall Male and Female finisher, plus the top 3 males and females in each age group: 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59 and 60 & over. There will be additional awards for the largest LBSS HS Team, largest LBSS MS Team and the largest LBSS ES Feeder School.

**Questions:** Please contact the race organizer, Andrew Gallotta, at [bruin5k@lbspspta.org](mailto:bruin5k@lbspspta.org) if you have any questions or are interested in sponsoring the event.

## **CHILD EARLY INTERVENTION SERVICES**

Fairfax County has many different free resources available for families with young children. Identifying a problem early in a child's life can help a family obtain the service and support needed to promote their child's development. The first few years of a child's life are a sensitive period in the process of development, laying a foundation in childhood and beyond for cognitive functioning; social and emotional skills; behavior and self-regulatory capacities; and physical health. Please take advantage of these opportunities to ensure your child can participate fully in family and community activities.

### **Infant & Toddler Connection of Fairfax-Falls Church Services**

Infant and Toddler of Fairfax-Falls Church (ITC) serves children who:

- Are under the age of three years old and
- Live in Fairfax County or the cities of Fairfax or Falls Church and
- Meet one or more of the following criteria:
  - Have a 25% or greater delay in at least one developmental area (cognitive, adaptive, receptive, or expressive language, social/emotional, fine motor, gross motor)
  - Have a diagnosed condition that has a high probability of resulting in a developmental delay (examples include but are not limited to Down syndrome, hearing or visual impairment, failure to thrive, etc.)
  - Have demonstrated atypical development (examples include but are not limited to unintelligible speech, feeding concerns, etc.)

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**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 of your neighbors volunteered last year. However, many streets didn't have active block captains so membership was down- resulting in a significant reduction in budget for Civic Association activities. 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).

**NEW NEIGHBORS**

New folks move in all the time, especially over the spring and summer. If you have new neighbors, tell Cindy Cho. If you are a new neighbor- welcome! Please let Cindy know you have arrived so that one of her New Neighbor Committee members can stop by with information and some goodies. Cindy Cho ([choc64@gmail.com](mailto:choc64@gmail.com)).

**RAVENSWORTH FARM ON FACEBOOK**

Want to keep up with issues, have firewood to give away, lost or found a dog, 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. While an excellent communication tool, the Facebook page is not supported or endorsed by the Ravensworth Farm Civic Association. For Civic Association news (and old issues of The Farmer), visit [RavensworthFarm.org](http://RavensworthFarm.org).



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to [rfcfarmer@ravensworthfarm.org](mailto:rfcfarmer@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* .

<b>FOR SALE</b>	Due to a change in plans, I have a pair of prime lots in Fairfax Memorial Park 9900 Braddock Road. Jim Shipley, tel: 703-321-7454, best after 4pm. At cost OBO.
<b>HELP DC HOMELESS</b>	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 703-321-9268. For details, visit <a href="http://www.Kassirfoundation.org">www.Kassirfoundation.org</a> .
<b>WANTED</b>	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.

## **CHILD EARLY INTERVENTION SERVICES (CON'T)**

*Con't from Pg. 13*

More information about typical developmental milestones can be found on the Infant and Toddler Connection of Virginia's website at: <http://infantva.org/ovwDeterminationDevelopmentOSEP-v1.htm>.

### **Fairfax County Public School Child Find and Identification Services**

Child Find is the process of identifying children with potential special education needs as well as educating the community about child development and the importance of early intervention. Child Find screenings are free to residents of FCPS whose child is 2 through 5 years old. If a parent has concerns regarding their child ages two through four, inclusive, they should call 571-423-4121. Upon contact, information will be provided regarding interventions, workshops, screening, and evaluations.

*Editor's Note: Thank you to Ann Lipton, Director of the Parkwood WEE Center preschool for putting this information together. Ann, who grew up in Ravensworth Farm, can be reached at [AnnL@parkwood.org](mailto:AnnL@parkwood.org). For information about the WEE Center and openings for this year, as well as beginning in fall 2019, email [WEE-Center@parkwood.org](mailto:WEE-Center@parkwood.org) or call 703-978-0640.*

## **AND YOU THOUGHT YOUR HOUSE WAS EXPENSIVE**

US\$238 million - The amount billionaire hedge fund manager Ken Griffin paid for a new penthouse under construction in New York City, the most expensive house in U.S. history.  
WORLD Magazine, [wng.org](http://wng.org), January 2019



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**EVENTS**

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



- Feb 4- 11-Noon, **Healthy Strides Wellness Book Club** @ George Mason Regional Library; Book: “Year of Yes” by Shonda Rhimes  
 \* Feb. 6– 7:30pm, **Civic Association Board meeting**, School, SACC Room  
 Feb. 18 – No School  
 Mar 4- 11-Noon **Healthy Strides Wellness Book Club** @ George Mason Regional Library; Book “In Defense of Food” by Michael Pollan  
 \* Mar. 6– 7:30pm, **Civic Association Board meeting**, School, SACC Room  
 \* Mar. 21 – 7:30pm, **Civic Association General Meeting**, School cafeteria – topics will include: Trash Pickup, By-Laws Amendments and Taste of Ravensworth  
 Mar 23 – 8:00am, **Bruin 5k/Cub 1K**, Lake Braddock Secondary School  
 \* Apr. 3 – 7:30pm, **Civic Association Board meeting**, School, SACC Room  
 April – exact date TBA, Junk Truck @ Pool, will be one of the first three weekends in April  
 Apr 12 – 7:30pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, [ibc.church/concerts](http://ibc.church/concerts)  
 Apr 13 – 2:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, [ibc.church/concerts](http://ibc.church/concerts)  
 Apr 14 – 6:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, [ibc.church/concerts](http://ibc.church/concerts)  
 Apr. 15-21 – No School, Easter Break  
 Apr 16- 7-8pm **Healthy Strides Wellness Book Club** @ Centreville Regional Library Book: “Train Smart, Run Forever” by Pierce & Murr  
 Apr 19 – 7:30pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, [ibc.church/concerts](http://ibc.church/concerts)  
 Apr 20 – 2:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, [ibc.church/concerts](http://ibc.church/concerts)  
 \* May 1 – 7:30pm, **Civic Association Board meeting**, School, SACC Room  
 May 4, 7:30am, **Healthy Strides 5K/10K “May the Fourth Be with You”** @ Burke Lake Park. For more info and to register, please visit <https://www.fairfaxcounty.gov/parks/healthy-strides/10k5k>  
 \* May 11 - **Community-wide Yard Sale**, 7am set-up, 8am-Noon, Pool parking lot  
 May 11 – **Green Thumb Garden Club Plant Sale**, location TBD  
 \* May 16 – 7:30pm, **Civic Association General Meeting**, School cafeteria  
 May 20- time TBD **Healthy Strides Wellness Book Club** @ Lorton Library; Book: “Mindfulness for Beginners” by Jon Kabat-Zinn  
 + May 25 –11:00am, **Pool Opens** (free for non-members 1-4pm)  
 May 28 – **Memorial Day**  
 June 3 – **Last Day of School**  
 June 3- 11am-12pm **Healthy Strides Wellness Book Club** @ Tysons-Pimmit Library; Book: “The Zero-Waste Lifestyle” by Amy Korst  
 July 22- 11-Noon **Healthy Strides Wellness Book Club** @ Tysons-Pimmit Library, Book: “The Yes Brain” by Siegel & Bryson  
 Aug 11- 1-2pm **Healthy Strides Wellness Book Club** @ City of Fairfax Library; Book: “Bright-Line Eating” by Susan Pierce Thompson  
 Sep 15- 1-2pm **Healthy Strides Wellness Book Club** @ City of Fairfax Library, Book: “10% Happier” by Dan Harris  
 Oct 13- time TBD **Healthy Strides Wellness Book Club** @ City of Fairfax Library; Book: “Crazy Sexy Cancer Tips” by Kris Carr, plus film screening and cancer resource fair!  
 Nov 4,- 11am-12pm **Healthy Strides Wellness Book Club** @ George Mason Regional Library, Book: “Meditation for Fidgety Skeptics” by Dan Harris  
 Dec 2- 11am-12pm **Healthy Strides Wellness Book Club** @ George Mason Regional Library, Book: “Why We Sleep” by Matthew Walker, PhD

Check out Lake Braddock Middle School theater production schedules at [www.LBMSmusicaltheatre.com](http://www.LBMSmusicaltheatre.com) and Lake Braddock High School at <http://www.lbtheatre.com/>.

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## **RADON TEST KITS FOR \$3**

The Virginia Department of Health has made radon gas test kits available to Virginia residents for \$3. This includes the shipping and the lab results. Visit <https://www.vdhradon.org/> to order your kit.



### **What Is Radon?**

Radon is a naturally occurring radioactive gas that results from the decay of Uranium which is found in certain types of soil and bedrock. You can't see, smell or taste it and it can only be detected by testing. Radon is normally reduced to very low levels in outdoor air, but in certain circumstances it can reach much higher concentrations indoors. Radon is measured in picocuries per liter (pCi/L).

### **Is Radon A Health Hazard?**

Yes, it can be. Radon is considered second only to smoking as the leading cause of lung cancer. Radon gas and its by-products are inhaled and may become trapped in your lungs. Studies have shown that prolonged exposure to radon and its by-products may cause lung cancer.

The United States Environmental Protection Agency (USEPA) estimates that as many as 21,000 lung cancer deaths per year in the United States may be associated with exposure to radon. Approximately 600 of those deaths occur in Virginia (based on census statistics). Radon exposure is not known to cause any immediate physical symptoms or reactions. The higher the radon level and the longer a person is exposed to it, then the greater the health risk.

### **How Does Radon Get Into Your House?**

Radon can seep into your home from exposed dirt such as a crawl space, plumbing cut-out or old cellar. It can also pass through openings in your foundation such as unsealed sumps, drains, joints, cracks and open top block walls. The highest levels of radon are typically found in the lowest livable areas of the home, such as basements or other rooms in direct contact with the ground.

The health risk associated with drinking radon in well water is thought to be very low - but when the water is agitated it may contribute additional radon to your indoor air. The EPA has yet to finalize a national standard for radon in ground water. Testing and (if necessary) mitigating the indoor air is usually the most effective and affordable way to reduce radon health risks.

*Source: <https://www.vdhradon.org/>*

*Editor's Note: Thanks to Ken Schubert for posting this information on the Ravensworth Farm Facebook page.*

## **KIDS CORNER**

Kids' Corner is a place where Ravensworth kids 18 and under can have their writing published for all of Ravensworth Farm to read. Send your submission of 500 or fewer words to [Ravensworth.Farmer@gmail.com](mailto:Ravensworth.Farmer@gmail.com). Be sure to include your name and where you live (your address won't be published). All genres appropriate for a general audience are welcome.

## **COLUMNISTS & WRITERS WANTED**

Are you a writer or wanna-be writer? Do you have information to share on a regular or semi-regular basis? Join the "staff" of The Ravensworth Farmer and share your expertise or information with the other 856 homes in our neighborhood via the only medium they all receive- The Ravensworth Farmer. Email or call Sara Ortiz at [ravensworth.farmer@gmail.com](mailto:ravensworth.farmer@gmail.com) or 703-321-8757.

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## **EMERGENCY CONNECTIONS**

New 911 technology provides first responders with automatic info

by Michael Cochrane, Post Date: December 13, 2018 - Issue Date: December 29, 2018

Americans make more than 240 million calls to the 911 emergency phone number each year. Yet, despite the ubiquity of cellular networks and the internet, many emergency response centers still rely on callers to provide location and other diagnostic information over the phone before dispatchers can determine how to respond.

Tech startup RapidSOS is attempting to solve this problem by integrating emergency services with connected devices such as smartphones, wearables, and onboard vehicle-connected emergency systems. Using the RapidSOS system, such devices can provide immediate information about a user's location and emergency situation, even if the user cannot speak.

"Most emergency communication today uses infrastructure established between the 1960s and the 1980s, and it means that if you need 911 but can't have a conversation you are in trouble. 911 doesn't even know your name when you call," Michael Martin, CEO and co-founder of RapidSOS, said in a TechCrunch interview. "But there is all this rich information today, and so our job is to help make that available when you really need it."

The company partners with vehicle manufacturers and device- and app-makers such as Apple and Google to provide emergency workers with user location information, along with user-supplied data such as medical history or emergency contacts: When a person initiates an emergency call using a connected device or app—or when a connected vehicle detects a crash—RapidSOS' software sends the info directly to the 911 system. The service is free for users of mobile devices.

Nationwide, more than 1,500 emergency 911 centers are already using RapidSOS applications, the company says. Reprinted from: World News Group, [https://world.wng.org/2018/12/emergency\\_connections](https://world.wng.org/2018/12/emergency_connections)

## **FRIENDLY COMPANION APP**

An app pairs college students with senior citizens

by Michael Cochrane, Post Date: September 27, 2018 - Issue Date: October 13, 2018

Older Americans who don't need in-home care or assisted living may still need help with everyday needs such as transportation, shopping, and technology. Many just need companionship. A Miami-based startup called Papa is aiming to fill this gap by providing a service that connects senior citizens with college students, an approach it calls "grandkids-on-demand."

"People don't always want to say they want companionship, even though their families say they do," Papa founder Andrew Parker told TechCrunch. "But when a visit ends up being six hours, that's evident what it's for." Parker started the company after trying to help his struggling grandmother care for his grandfather, who had Alzheimer's. Traditional home care didn't seem to fit his grandfather's needs, so he looked for an alternative. Hiring a college student to help his grandfather was such a success that he built an app to extend the concept to others. He named the service "Papa" after his grandfather's nickname.

The basic service is \$20 per hour. If seniors pay an additional \$30 monthly service fee, they can request a particular student, called a "Papa Pal." All Papa Pal candidates must pass a background check and motor vehicle records check. The company also administers a personality test to ensure all Papa Pals are outgoing, empathetic, and patient. Parker trains the students to help their clients increase their social interaction through what he calls "instructive companionship."

"It's like, teach your senior how to use social media today, get them their first 10 friends, or have them FaceTime with family members," Parker told Fast Company.

The startup plans to expand from Florida to at least five other states next year. Medicare will introduce its expanded Medicare Advantage program in 2019 that will cover many of the services Papa offers, such as transportation to medical appointments.

Reprinted from World News Group; [https://world.wng.org/2018/09/friendly\\_companion\\_app](https://world.wng.org/2018/09/friendly_companion_app)



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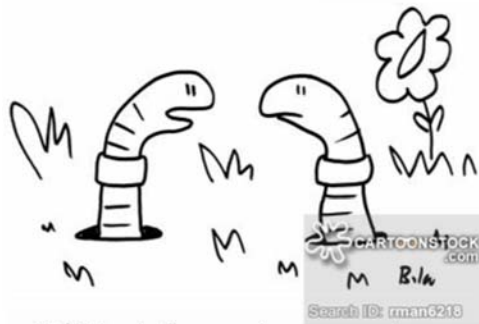
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**Questions?** Contact Jennifer Auble at  
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