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RAVENSWORTH PLANTATION, VA.

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

October 2014

The Ravensworth *Farmer*

Issue 1

JOIN THE CIVIC ASSOCIATION

Around 500 of the 800+ homes in Ravensworth Farm are members of the Ravensworth Farm Civic Association. Your \$10 membership (what a bargain!) gets you a discount for the spring horse drawn wagon rides, pays for community events such as the Fall Festival and Spring Picnic, brings this newsletter to all homes in Ravensworth Farm nine times per year, and contributes to the cost of updating and printing the Ravensworth Farm Community Directory each year. The Directory is only available to members.

In addition to providing the names, addresses and phone numbers for your neighbors, the Directory provides you with emergency numbers (for when your internet is dead), useful non-emergency numbers, contact information for preschools, schools, parks, utilities, libraries, medical facilities, and houses of worship. Best of all, it has contact information for **TEENS LOOKING FOR WORK!** If you need a teen to babysit, pet sit, shovel, rake, or wash your car, just \$10 gets you a copy of this coveted list.

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 in November.

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**** Fall Community Yard Sale, Oct. 4
8AM to 1PM—Ravensworth Pool****



Now's your chance to sell some of your family goods and make some cash. Set up will start at 7:30 a.m. Come early to claim your family's spot!

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	Richmon Tun	703-321-1404	treasurer@ravensworthfarm.org

STANDING COMMITTEES

Legislative & County Affairs	VACANT		
Public Service (Streets / Sidewalks)	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Schools & Education	Jill Mowbray Maria Dastur	703-865-8368	bjm820@hotmail.com mariacdastur@gmail.com
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-321-4948	

SPECIAL COMMITTEES

Entrance Committee	Marti Terry Brenda Soares Margaret Kinder	703-209-4424 703-321-7856 703-764-9576	
Hospitality	Jacqueline Fix Ruth Hartman	703-321-3048 703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Jill Mowbray	703-865-8368	bjm820@hotmail.com
Cultural Committee			
Spanish	Dinora Gonzalez	703-321-0160	
Korean	Seo Pani	703-321-8081	
Directory	Coordinator Advertising	Stephen Beste Katherine Craig	703-321-9110 703-321-3149
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			rfcfarmer@ravensworthfarm.org jfasiiello@aol.com hospitality@ravensworthfarm.org
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
PTA President, Ravensworth ES	Anita Bhatnagar	703-942-6806	president@ravensworthpta.org
Pool President	Rob Hannam	703-321-7398	
Green Thumb Garden Club	Doddie Cave Nancy Jarvie	703-321-9773 703-321-8319	
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
September	Sept. 3	Sept. 3	Sept. 4	Sept. 11	Sept. 27	
October	Oct. 1	Sept. 29	Oct. 2	Oct. 6	Oct. 18	Oct. 30
November	Nov. 5	Nov. 5	Nov. 6	Nov. 13	Dec. 6	
December	Dec. 3	Dec. 3	Dec. 4	Dec. 19	Jan.17	
January	Jan. 7	Jan. 7	Jan. 8	Jan. 15	Feb. 7	
February	Feb. 4	Feb. 4	Feb. 5	Feb. 12	Feb. 28	
March	Mar. 4	Mar. 4	Mar. 5	Mar. 10	Mar. 21	Mar. 26
April	Apr. 8	Apr. 8	Apr. 9	Apr. 16	May 2	
May	Apr. 28	Apr. 28	May 7	May 7	May 30	May 28

General and Board meetings will be held at Community of Christ Church on Inverchapel Rd. Meetings are at 7:30pm unless otherwise announced.

TIS THE SEASON AND THE REASON - FOR GOLDEN RAVENS

Golden Ravens are retired folks who meet the fourth Wednesday each month September through June to chat and share a meal or learn something new and just keep in touch with neighbors in Ravensworth Farm.

It can help to have a friend around the corner sometimes, so why not come on over to the Community Church on Inverchapel around 11:30AM and take your place at the table. (Thanks to the church for the meeting room.) Carpools are available for drive by lunches also. For more details and the latest plans, call Joan Crofford at 703-321-7809.



GARDEN CLUB

The September meeting of the Green Thumb Garden Club met at the home of Margaret Kinder. We will visit Mount Vernon's garden on October 1.

We welcomed new member Ruth Oren to our group. We would love more new members. Please call Ursula Schuttinga at 703-321-3535 for more information.

IT'S ELECTRIC SUNDAY EVERY DAY

No more waiting for special electronics recycling events! Beginning on July 1, Fairfax County residents can e-cycle old or unwanted electronics any day of the week at both the I-66 Transfer Station and the I-95 Landfill Complex. Acceptable materials include computers (and related equipment), televisions, gaming systems, stereos and other household electronic devices and cables. There are no fees associated with this service; however customers may be required to show proof of residency. For additional collection details, please contact the Solid Waste Management Program at 703-324-5230.

I-66 Transfer Station
4618 West Ox Road, Fairfax, VA 22035
Monday - Saturday: 8 a.m. to 4 p.m. & Sunday: 9 a.m. to 4 p.m.



Facility Layout
I-95 Landfill Complex
9850 Furnace Road, Lorton, VA 22079
Every Day: 8 a.m. to 4 p.m.

NEWS FROM BOY SCOUT TROOP 991



It's been a busy summer! We started with an Eagle service project at Robinson HS, then we enjoyed a great week at Camp Nanticoke and camped at BSA's newest High Adventure Base (Summit Bechtel Reserve), mountain biking, BMX, canopy zip tours, challenge courses, rock climbing, archery, tomahawk throwing, water obstacle course, stand-up paddle-boarding, and riding a quarter mile zip-line!

Join us in fun and adventure - Contact Scoutmaster, Bill Mitchell,
email: scoutmaster991@yahoo.com or phone: 703-321-8072.

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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

CONSTRUCTION AROUND RAVENSWORTH FARM

by Mary Keeser, 1st Vice President, RFCA

Ravensworth Elementary School Expansion

Major Construction of School – parking lots and surrounding grounds
(Dust/Noise/Run-off/Traffic –Vehicles-People)

The project began the first part of May, 2014. Construction will last approximately 2 years. The size of the existing structure is 62,000 square feet and the new addition of 8 classrooms, an administration wing and two SACC classrooms will add approximately 18,000 square feet. The addition will be one story. Some parking will be added but the kiss and ride has also been re-worked to allow for more cars to be on the school site, rather than queuing in the street. Stormwater management work will include some off-site work and a public improvement to fix an existing outfall. There will be an underground retention or detention facility on-site.



Ravensworth Shopping Center

Major Construction of Ravensworth Shopping Center (Dust/Noise/Run-off/Traffic –Vehicles-People)

The Safeway lease ends in February 2015. Proposed new anchor tenant is Lotté Plaza. Tenant selection is ongoing and permits for the façade renewal have not yet been secured. Shopping Center owner and Supervisor Cook will have a Town Hall meeting October 16 at North Springfield Elementary School at 7:30pm.

Washington Gas

Ravensworth Farm Gas Line Replacement to every household
(Noise, Traffic –Vehicles-People/Roads, Yards, Sidewalks)

Supervisor Cook heard back from the Director of Construction on this project. Washington Gas anticipates completion of the gas piping work in late July or early August. Permanent restoration of any hard surfaces and disturbed ground will begin shortly after that with completion anticipated before the end of September. This project includes the installation of all new gas main piping first, followed by changing over and/or replacement of all the individual customer's gas services once this new main pipe is installed and the abandonment of the original gas main lines. Throughout this project Washington Gas has personnel assigned to address any concerns or issues raised by community members and directly contact each homeowner whose gas line is impacted.

Lake Accotink Park Bridge Walkway and Trail

Lake Accotink Park Bridge Walkway development and Trail repair
(Noise, Traffic –Vehicles-People/Roads, Yards, Sidewalks)

The Park Authority Board recently approved the scope to design and permit this project. Burgess & Niple Inc. is being awarded the contract for design.

Design/Permitting Planned completion dates: Design - September 2014, Permitting - September 2015

The selected contractor will determine the best method for accomplishing the construction and a construction schedule is not yet available, but at a recent meeting there was discussion of a pre-fab bridge design option. Construction should be complete in the late Fall of 2015.

Braddock Road Expansion

(Home relocation Buffer Placement / Greenway/ Dust/Noise/Run-off/Traffic –Vehicles-People)

This project could potentially widen Braddock Road from six general purpose lanes to eight lanes by adding two HOV lanes from Burke Lake Road to the 495 Express Lanes. The schedule, which is very tentative, and subject to change is as follows:

Con't from Pg. 8

April, 2014: Internal staff review of tasks to be included in a Request for Proposals (RFP) for a Consultant; Mid-May to Mid-June: RFP issued; August to September RFP Contract Execution; 2016—Study Completion; 2023 – Construction Completion

All of these dates are ambitious. To get continuing updates please go to the Supervisor's website:

<http://www.fairfaxcounty.gov/braddock/braddockroad.htm>. RFCA President Kevin Joyce serves on the study committee and may be the best option for the community to receive updates.

General

Most construction will take place Monday-through Friday. Most crews work 7:00 am to 3:00 pm. However, no specific approvals are required to work on weekends. Hours when work can take place without a noise variance request are Monday through Friday 7 am to 9:00 pm and Sundays from 9:00 am to 9:00 pm.

WHAT'S UP WITH RAVENSWORTH SHOPPING CENTER?

The owner of the Ravensworth Shopping Center will present his plans for construction and have a town hall-style Q&A with Supervisor Cook Thursday, October 16 at 7:30 in the cafeteria of the North Springfield Elementary School on Heming Ave.

NEIGHBORHOOD COLLEGE BEGINS OCT. 9

by John C. Cook, Braddock Supervisor

I am writing personally to invite you to join me in our upcoming Braddock District Neighborhood College.

This "college" is a six week, one night per week course for community leadership. It will teach you everything you need to know to be a community leader or just a knowledgeable community volunteer. We held a Neighborhood College program earlier in the spring and are pleased to have another program this fall. It will likely be a few years until the next Neighborhood College is held in Braddock District, so now is the time to get this personal training.

And the price is right - it is absolutely free. Even dinner each night is free! I am a Neighborhood College graduate (2007) and can vouch for the excellence of this program.

The Neighborhood College is a civic engagement program open to residents interested in learning about Fairfax County and how to work with neighbors, community organizations and local government. This is an excellent leadership program for residents who serve as officers on their homeowner or civic association boards or are thinking about seeking leadership opportunities in the future. The knowledge you gain can be used to strengthen neighborhoods, build citizen engagement, and promote a strong sense of community. It is designed by Fairfax County's Department of Community and Neighborhood Services and taught by county employees and community volunteers with expertise in each area.



If you would like to learn more or register for the series, please contact Ann Sharp or Kiel Stone at 703-425-9300 or e-mail ann.sharp@fairfaxcounty.gov.

Date: Thursdays, Oct. 9 - Nov. 13

Time: 6:30 p.m.-9 p.m. (Dinner provided)

Location: Little River Glen Senior Center; 4001 Barker Ct, Fairfax, VA 22032

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Ravensworth Farm Community

FALL FESTIVAL

Come out and join in the neighborhood fun

Saturday, October 25

4:00 to 6:00 p.m.

Community of Christ Church

(Inverchapel Road)

Games

Deelay

A community event requires community involvement (and it's lots of fun!).
Contact Jen Auble at 703-922-9353 to volunteer your assistance.

Parade

Games. Moonbounce.
Costume Parade (4:30pm).
Hot dogs, potluck, and a campfire.
Bring a side dish to share.
This is a great opportunity for you and your kids to meet new friends in the neighborhood.

HOT DOGS

Cupcake Walk
Cupcake Walk

YOUTH SERVICES

Youth (pre-teens, teens, college), if you'd like to pick up extra money this year, be sure you contact Steve Beste (directory@ravensworthfarm.org) to get your name and areas of work in the 2014-15 community directory. Work areas include petsitting, babysitting/mother's helper, car washing, odd jobs, yard work, and snow removal.



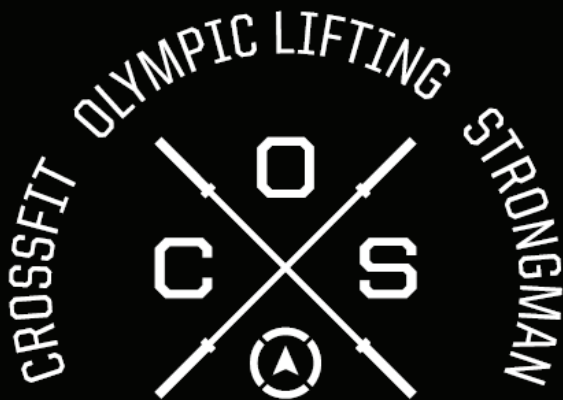
Do you have grass, leaves, snow, dirt, pets, or small children? Check out the Youth Services list in the front of the Ravensworth Farm Directory to find a kid who can help.

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 have already signed up 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

CAMPFIRE SATURDAYS AT LAKE ACCOTINK

An evening campfire for the whole family at Lake Accotink Park! Explore the woodlands and lake front spots where wildlife hides and resides, guided by a naturalist. Programs end with a cozy campfire and s'mores are provided. Topics include 10/18 Night Time Survival Skills at Lake Accotink, 11/15 Animal Lore at Lake Accotink, 12/13 Animal Tracking at Lake Accotink. Register at parktakes.fairfaxcounty.gov.



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WELCOME NEW NEIGHBORS

There were moving trucks all over the neighborhood this summer and now it's time for the New Neighbor Committee to reconvene! If you have new neighbors, tell Jill Mowbray. If you are a new neighbor- welcome! Please tell Jill you're here so that one of her committee members can stop by with information and some goodies. Jill Mowbray (703-865-8368, bjm820@hotmail.com).



CONDOLENCES

The Ravensworth Farm community extends condolences to Kevin Joyce, president of the Ravensworth Farm Civic Association, on the death of his mother in August.



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 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*.

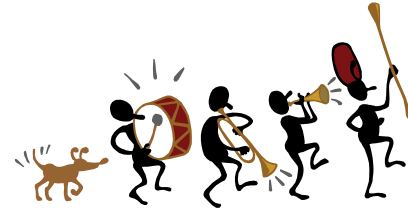
HELP DC HOMELESS	Usable clothing and shoes, blankets, canned foods, etc., collected by a charitable foundation for the winter needs of homeless folks in D.C. Call for free pickups 703703-321-9268. For details, visit www.Kassirfoundation.org .
WANTED	Good used furniture for needy low income families in 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.

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 Cathy Riedel or any other co-op member for more information or to attend the November 17 meeting.

THE ANNANDALE PARADE

The popular Annandale Parade will be held on Saturday, October 25, 2014 beginning at 10:00 am. Marching along Columbia Pike from the historic white church near Gallows Road all the way to the Bowling Alley-Safeway, thousands of participants from Clowns, Storybook Characters, and Marching Bands to Antique & Military Cars, Fire Trucks, Civic Organizations, Scouts, and beautifully costumed International Dancers will parade before the residents of Greater Annandale. Sponsored by the Annandale Chamber of Commerce, this sixty-four year old tradition only gets bigger and better every year.



RAVENSWORTH FARM PLAYGROU

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

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Community of Christ

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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:

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

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

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

EVENTS

Oct. 1 - **Green Thumb Garden Club to Mount Vernon**, contact Ursula Schuttinga

****Oct. 1 - 7:30pm- Civic Association Board Meeting**

****Oct. 4 - Fall Community Yard Sale - Ravensworth Farm Pool**

Oct. 4 - 10-2- **Community of Christ Fall Yard Sale - Community of Christ**

Oct. 13 - **Columbus Day Holiday - no school for FCPS students**

Oct. 16 - 7:30pm- **Town Hall Meeting re: Ravensworth Shopping Center** at North Springfield Elementary

Oct. 18 - 9-11:30 - **Accotink Watershed Cleanup** - register at the marina and dress for the weather. Latex gloves and trash bags provided.

Oct. 19 - **Last Day of the year for Boat Rentals, Mini-Golf, and Carousel - Lake Accotink Park**

****Oct. 25 - 4-6pm, Ravensworth Farm Fall Festival at Community of Christ.** Bring a side to share, hot dogs provided; costume parade, games, cupcake walk, moon bounce, etc. Call Jennifer Auble to help 703-922-9353.

Oct. 25 - 10am-5pm- **Annandale Fall Festival and Parade - Safeway shopping center on Little River Turnpike.** Parade at 10:00am.

October 29 - last **Wakefield Farmers Market** of the year, 2-6pm, Wakefield Park

****Oct. 30 - 7:30pm - Ravensworth Farm Civic Association General Meeting - Community of Christ church**

Oct. 31 - **Fairfax County Schools Two Hour Early Release**

Nov. 3 - **Teacher Work Day - No school**

Nov. 4 - See you at the polls! **Election Day**

****Nov. 5 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Nov. 14 - 5:30pm - **Funtastic Friday at Parkwood Baptist** (Braddock & Kings Park Dr). Free but register at parkwood.org or 703-978-8160

Nov. 26 - **Fairfax County Schools Two Hour Early Release**

Nov. 27 - **Thanksgiving Day**

Nov. 28 - **No School**

****Dec. 3 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

Dec. 11-13 - 6pm - **Christmas by Candlelight Concerts at Immanuel Bible Church.** Free but tickets required.

Dec. 13 - 4-8pm- **Bethlehem Walk at Parkwood Baptist** (Braddock & Kings Park Dr). Free

****Dec. 15 - Christmas Lights Judging due**

Dec. 22 - Jan. 2 - **No School**

Dec. 25 - **Merry Christmas!**

Jan. 1 - **Happy New Year!**

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

Jan. 19 - **Martin Luther King, Jr. Holiday**

Jan. 30 - Feb. 2 - **Student Holidays - no FCPS school**

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

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

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

****Mar. 26 - 7:30pm- Civic Association General Meeting - Community of Christ church**

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

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

Apr. 17 - **Student Holiday**

****Apr. 28 - 7:30pm- Civic Association Board Meeting/Information due for Farmer**

May 25 - **Memorial Day Holiday**

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

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

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Single session \$60.00/hr

Two person session \$80.00/hr

20 session package

Single session \$55.00/hr

Two person session \$75.00/hr

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SENIOR SCENARIO: HANDYMAN SCAMS

Fairfax County's Aging, Caregiver and Disability Resource Line at 703-324-7948 receives thousands of calls each year from residents seeking information on a wide range of services and recreational opportunities. While many callers just need a quick referral, some have difficult issues and benefit from a conversation with our professional human services workers. The Resource Line received the following call about an all too familiar issue: Handyman Scams.

The Call

Claire, a 78 year-old resident, called about a handyman who was pressuring her for home repair work. She had already hired him to repair her roof, replace gutters and remove a dead tree branch. So far, she has paid him \$12,000.

The problem was Clair thought the work was inadequate and incomplete. She told the Resource Line worker that it looked like he tried to repair instead of replace the gutters and that the removed branch left an unsightly stump and was left on her driveway. She said she now doubted whether her roof actually needed repair.

When she complained to the handyman, he told her it would cost her more to complete the work to her satisfaction.

The Response

The Resource Line worker told Claire to always ask to see a door-to-door solicitor's business license. This is a Fairfax County requirement and it is a misdemeanor to knock on doors and solicit work without one. Those who perform lawn care or hedge trimming do not need a license. Claire was also told that Fairfax County detectives investigate these types of scams and that she should call the Fairfax County Non-Emergency Police line at 703-691-2131.

More on Door-to-Door Solicitors

According to the Fairfax County Police, handyman scammers stalk neighborhoods looking for older adults to scam. Apparently, they believe older adults are more trusting and reluctant to report being scammed because of embarrassment. Scammers often put on quite a show - parking trucks and equipment in the neighborhood to appear legitimate and then knocking on doors. Other common chores that scammers offer include car dent removal, driveway paving, home improvement services, and tree and landscape work.

Source: <http://www.fairfaxcounty.gov/braddock/newsletter/2014/august/humanservices.htm>

SPEEDING INITIATIVE



In August, Fairfax County launched the first installment of Supervisor Cook's Speeding Initiative which was previously passed and funded by the Board of Supervisors. The initiative is a public education campaign to curb neighborhood speeding in Fairfax County.

The initiative is comprised of a vigorous awareness campaign that will remind drivers to slow down in neighborhoods. The campaign will feature the slogan, "Slow Down: You live here. We live here." and will include community education events throughout the fall.

This effort began on June 19, 2012 with a board matter drafted by Supervisor Cook, and cosponsored by Supervisor Hyland and Supervisor McKay. After extensive review and analysis by county staff, a draft plan was presented to the Board on July 27, 2012. The Board approved the first phase of the plan last year through funding at carry over.

The robust campaign is a collaborative endeavor between Supervisor Cook's office, the Board of Supervisors, the County Office of Public Affairs, and the Fairfax County Police Department.



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CHILDREN SATIATED BY HEALTHY SNACKS

Shands Healthcare & Univ. of Florida Health Sciences Center; March 25

Any frazzled parent knows the mantra of growing children: “I’m hungry.” And even though it’s not going to earn any parenting accolades, reaching for a fatty, salty snack can be the response guaranteed to satiate a child’s never-waning appetite. But the results of a new study suggest that a healthier snack can be not only lower in calories, but also just as likely to satisfy.



A Cornell University study tested 200 elementary school students divided into several groups that were given different types of snacks. Some ate chips, some vegetables, some cheese, and some a combination of cheese and vegetables. And all the kids were invited to enjoy their snacks while watching an hour of TV.

The result: The children who munched on the cheese-and-veggie combo ate 72 percent fewer calories than those who snacked on potato chips. The cheese-and-veggie kids also reported satisfaction rates as high as children who munched chips.

Was it the crunch of the vegetables that made them so satisfying? The fun of eating them with the cheese? Or maybe that the veggies and cheese took longer to eat than potato chips?

Perhaps. But the important message of the study is that eating healthier, low-calorie foods can satisfy a child’s craving for snacks. This study isn’t the only one trying to crack the code of how to get children to eat their vegetables. Another study found that 8- to 11-year-olds ate about one-third more vegetables when they were given creative marketing names such as “X-Ray Carrots” and “Power Punch Broccoli.” And recent research in Spain calculated that children were 80 percent more likely to eat their vegetables when allowed to choose their own.

MOMS IN PRAYER GROUP

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

FAIRFAX SCHOOLS DRAMA

If you’re a fan of middle school and high school theater, or just enjoy a good show without the high ticket prices, check out www.fcpsdrama.com for dates and shows for most Fairfax County schools’ productions.



RAVENSWORTH FARM ON FACEBOOK

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



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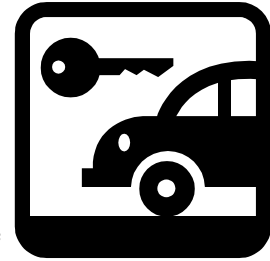
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CAR THEFTS: PREVENTION & AFTERMATH

Editor's Note: With several attempted and accomplished minivan thefts in Ravensworth Farm the night of August 21/22, this article reprinted from the August 2014 GEICO Connection is timely.

According to the Federal Bureau of Investigation (FBI), in 2011 there were an estimated 717,373 motor vehicle thefts, costing \$4.3 billion nationally. These statistics show a 3.3 percent decline in the nation's theft rate, averaging one motor vehicle theft every 44.1 seconds. Don't get burned. Whether you live near an auto-theft hot spot or not, you can use the National Insurance Crime Bureau's (NICB's) four "layers of protection" to help stop thieves in their tracks.



Common Sense

Among other safety precautions, always remove keys from the ignition and keep doors locked when your vehicle isn't in use.

Warning Device Install anything from an audible alarm to a steering-column collar to tell car thieves your car is protected.

Immobilizing Device Use smart keys, kill switches and other tech tools to prevent a thief from bypassing the ignition and hot-wiring your car.

Tracking Device Install this to send a signal to police or a monitoring station if your vehicle is stolen. In a few states, it could even qualify you for an additional discount on your auto coverage.

If your car is stolen, your insurance company is there to help. Below is a detailed guide on reporting a car theft and how to get back in the driver's seat.

Call the police as soon as possible. If your vehicle has been stolen, you should contact the police immediately and file a stolen vehicle report. GEICO cannot honor a claim for vehicle theft unless you first file a police report.

Report your claim After contacting the police, report the theft to your insurance company. If you do not have comprehensive physical damage coverage, you should still notify your insurance company of any stolen vehicles immediately. Notifying your insurer of the vehicle theft could help protect you if the thief causes damage to others with your car.

A few things you'll need when you contact your insurer:

- Certificate of Title for the vehicle.
- Location of all keys to the vehicle before and after the theft.
- Names and contact information of everyone who had access to the vehicle.
- A description of your vehicle, including mileage, options, service records, and upgrades
- A list of personal property stolen with your vehicle. Coverage for personal items varies from state to state, and your homeowners or renters insurance policy may provide additional coverage for personal items that were stolen.
- Please include any finance or leasing company contact information and your account number, if applicable.

If the stolen vehicle is financed or leased, report the theft to your finance or leasing company. To expedite your claim's process, inform your finance or leasing company to discuss the case directly with your insurer.



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