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RAVENSWORTH PLANTATION, VA.

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

March 2016

The Ravensworth **Farmer**

Issue 5

FROM THE PRESIDENT

This will be a short letter this month. Between work, community, and family I haven't had much time to focus on my penmanship! I do want to bring a few upcoming events and announcements to everyone's attention.

First the community cleanup day is back again with Jim Hickey leading it again. It will be at the pool parking lot on March 19 from 8-1pm.

Second is the annual Spring Yard Sale. It will be at the pool parking lot again and run from 8am-1pm on May 7. Setup will take place between 7:30am and 8am. The rain date is May 14.

Third, I want to announce that Jim Bertolini won the Braddock District's Community Champion award for 2015! Jim led a group of residents to help an aging neighbor who had run into a serious problem with clutter and keeping up. He's also helped elderly neighbors with many other tasks and assistance. I'm really thrilled that Supervisor Cook awarded this honor to Jim. Congratulations, Jim, and thanks for being such a wonderful neighbor!

Last, at the February Braddock Road Task Force meeting FDOT and the consultant presented initial findings of their traffic modeling using hypothetical HOV lanes on Braddock road. I was surprised. Apparently HOV lanes made the flow much worse due to the "friction" of lane

Con't Pg. 3

THANK YOU!!!



A huge thank you to the Good Samaritans in Ravensworth Farm who shoveled and snow-blower-ed not only their own driveways and sidewalks but those of their neighbors after

the Blizzard of 2016 and the President's Day storm.

Thank you for making it easier for our youngest and oldest neighbors to get around. A special thank you to those who carved through the snow piles on street corners to give students a way to get to school without walking in the streets.

UPCOMING EVENTS

March 19th

Community Clean-Up, Pg. 11

March 31st

RFCA General Meeting

May 7th

Community Yard Sale / Plant Sale

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	Kevin Joyce	703-587-7989	prez@ravensworthfarm.org
1st Vice President	VACANT		vp1@ravensworthfarm.org
2nd Vice President	Scott Houghton	703-321-7320	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	VACANT		
Treasurer	Heather Scott		treasurer@ravensworthfarm.org

STANDING COMMITTEES

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

SPECIAL COMMITTEES

Entrance Committee	Marti Terry Brenda Soares Margaret Kinder	703-209-4424 703-321-7856 703-764-9576	
Hospitality	Jacqueline Fix Ruth Hartman	703-321-3048 703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Pam Ryan	703-447-6283	pkryan74@gmail.com
Cultural Committee	Spanish Korean	Dinora Gonzalez Seo Pani	703-321-0160 703-321-8081
Directory	Coordinator Advertising	Stephen Beste Katherine Craig	703-321-9110 703-321-3149
Farmer	Editor Preparation Printing, Flyers Distribution Advertising	Sara Ortiz Susan Deyampert Laura Asiello Jacqueline Fix Katherine Craig	703-321-8757 703-321-3150 703-321-7840 703-321-3048 703-321-3149
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Community Organizations			
PTA President, Ravensworth ES	Jodi Constantino		president@ravensworthpta.org
Pool President	Rob Hannam	703-321-7398	
Green Thumb Garden Club	Ursula Schuttinga	703-321-3535	
Golden Ravens	Joan Crofford	703-321-7809	

Association Meetings & Deadlines 2015 - 2016

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	DELIVERY	EVENTS
March	Tues. 1	2	3	Apr. 2	Mar. 9—Clean-up Mar. 31—RFCA Meeting
April	Tues. 5	6	7	May 7	May 7—Yard/Plant Sale
May	Tues. 3	2	5	21	May 26—RFCA Meeting

General and Board Meetings and Events are held at Community of Christ Church on Inverchapel Road unless otherwise noted. Meetings are 7:30pm unless otherwise announced.

Con't from Pg. 1

changing. We are continuing to look at traffic modeling results. We are still many, many months away from anything that might resemble a plan. Stay tuned and try to make it to our March 31 general membership meeting at Community of Christ Church. I'll discuss more about the Braddock Road task force then.

I hope everyone made it through Snowzilla safely. We lost a tree but it's now sitting in the woodpile. Hope to see you in March.

-- Kevin Joyce, RFCA President

GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club had its March meeting on March 2nd at Ravensworth Elementary School. We met with Principal Salata and discussed ways that we can help beautify the school on the outside after all of the construction. We also would like to work with the students and staff to help to educate them on native plants, vegetables, and pollinators.

On April 6 we will have a presentation from the Native Plant Society. Our meetings are always the first Wednesday of the month at 10am. Contact Ursula Schuttinga for more details. 703-321-3535

Correction from a previous issue of The Farmer Perennial plants are plants that come back every year. Annuals live only for one season.



MARCH WINDS BLOW IN THE GOLDEN RAVENS

Another reminder that with spring there comes the invitation to get involved with your retired neighbors in Ravensworth Farm. There is nothing to join as you are automatically enrolled. Just come as you are to share a small bit of time and attention with the Golden Ravens. They meet the fourth Wednesday for an outing to lunch or a chat and some home cooking and maybe a new learning experience. The table is set for us at the Community Church on Inverchapel, with much appreciation. It never hurts to make a new friend and maybe it might even help. Just call Joan Crofford for the next upcoming event. 703-321-7809.

BOY SCOUT TROOP 991 - OUTDOOR ADVENTURES!

The boys are having a winter full of excitement! We celebrated the end of 2015 with a bowling party with family and friends. Recently, this February, we skied the slopes of Timberline Ski Resort in West Virginia and enjoyed beginner as well as challenging runs. Coming up next: our annual snow tubing trip!

Come join us for our next adventure! Boy Scouting: 6th – 12th grade boys. Visit us Wednesday nights - 7:30pm @ Kings Park Elementary School. Scoutmaster Bill Mitchell @ 703-321-8072 or mitchwt@cox.net or <http://www.troop991.com/>

BOY SCOUT MULCH SPREADING

Is your back aching just at the thought of spreading mulch this spring? If you would like mulch you just bought spread in your yard AND would like to support your local Boy Scout Troop 991, please visit Boy Scout Troop 991 web site for more information - <http://www.troop991.com>. Boy Scout Troop 991 is accepting donations to spread mulch you already purchased and had delivered to your property.

GOOD FRIDAY AND EASTER SERVICES AT COMMUNITY OF CHRIST

Community of Christ Church on Inverchapel will have a Good Friday service March 25 at 7:00 pm. Easter early service will be at 9:30 a.m. and Easter Worship Service at 10:45 a.m. on March 27.

*Happy
Easter*

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POOL NEWS

Are you about ready for some summer fun at Ravensworth Farm Swim and Racquet Club?

Early Bird Discounted Membership Dues are now available (only through April 30, 2016) and our new and improved website is active and ready for you to log in and purchase a membership! For renewing members, because we are using a new web-server, you will need to set up a new password for your log-in process. Once your password is updated, you can log in and purchase a membership, and pay your Swim and/or Dive team dues plus sign up for the Fledglings learn-to-swim program. Discounted Guest Passes and Ravens cash cards are also available for a limited time.

The Pool is offering two new membership options this year! In order to better serve the needs of the Ravensworth Community, this summer we have a Two Person Membership option and an August-Only Membership. Both memberships will be priced as-is, and will not be able to have the Early Bird Discount applied. We hope that these new options will make it easier for some members of our community to enjoy the pool each summer. We will also continue to offer the Senior Discounted Membership for \$275.00.

Two Person Membership - \$375.00 (\$350 + \$25 maintenance fee) (new or renewal same price)

- Up to two people living in a single household
- At least one member is at least 18 years of age

August-Only Membership - \$200

- Total of 15 memberships pre-sold available; first come, first served
- Membership privileges will begin August 1, 2016

Please email membership@ravensworthfarmpool.com for information on how to sign up.

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

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

If you are new to the neighborhood, or have lived here and never been a member of the pool, we want you to check us out! Email membership@ravensworthfarmpool.com to find out about getting some passes to see what you've been missing. Please visit our website, www.ravensworthfarmpool.com, for more details and to get signed up.

We look forward to seeing you poolside.
Your RFSC Pool Board

TOP CHECKOUTS IN 2015 AT FAIRFAX COUNTY PUBLIC LIBRARIES

Top Five Children's Series in 2015

- Diary of a Wimpy Kid series by Jeff Kinney
- Magic Treehouse series by Mary Pope Osborne
- Elephant and Piggy series by Mo Willems
- Fly Guy series by Ted Arnold
- Heroes of Olympus Series by Rick Riordan

Top Five Teen Fiction Titles in 2015

- The Fault in Our Stars by John Green
- The Book Thief by Markus Zusak
- Eleanor & Park by Rainbow Rowell
- The Giver by Lois Lowry
- We Were Liars by E. Lockhart

BOY SCOUT TROOP 1147'S ANNUAL FLAG FUNDRAISER!

FLY THE FLAG PROUDLY AND SUPPORT THE BOY SCOUTS OF AMERICA

Thank you for your support this year! If you would like to renew or sign up to have an American flag in your yard for these holidays, email or give us a call!

2016-2017 Schedule is only \$40 for the year

- July 4th 2016
- Labor Day 2016
- President's Day 2017
- Memorial Day 2017



The Boy Scouts will set up a flag in your front yard at sunrise and remove it at sunset. Be patriotic and support a great group of youth!

The Scouts will be collecting renewals and signups during April & May. Here's another easy way to sign up for the flag service: Make a \$40 check payable to "BSA Unit 1147" and send it to:

Shaela Beck
4900 Chowan Ave
Alexandria, VA 22312
Call: 702-808-1650
Email: FlagFundraiser@gmail.com

Get ready for the 4th of July!

REPRISE OF FABULOUS FRIDAYS

Calling for an April 1 Hostess

On the last Friday in January, almost 30 of the great women of Ravensworth Farms (and a few neighboring communities) gathered for a post-snow just-plain-fun meltdown at the home of Elissa Myers – a Fabulous Friday.

The evening was characterized by a lot of laughter, the sharing of great stories, and some wonderful food. Everyone brought a little something to share – Meredith Skellenger's melt-in-your mouth chocolate chip cookies, dips and chips, special family finger food, and lots of soda and water and great Moscato wine! Some folks came by for an hour or so – some stayed until the pumpkin hour. The tradition of Fabulous Friday began a few years ago but in recent months lost some momentum. Let's keep this fun tradition and girls' night-out going. We need a volunteer to "host" the next one on April 1 – no fooling! There's no trick to hosting – everyone brings something to share, including snacks and beverages.



If you are willing to serve as host for the evening, or if you can't host but just want to come, drop Elissa Myers at elissa@elissamyers.com a note and she'll confirm time and place for the next fun evening. A notice will be put on the Neighborhood Facebook Page, and on the neighborhood "Fabulous Fridays" FB page sharing time and place. It's a great way to build our community, make new friends, and share experience and expertise. And it's just plain fun. If you live in Ravensworth, come join the party! You'll find yourself warmly welcomed!



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Ravensworth Resident

COMMUNITY CLEAN-UP "JUNK" TRUCK MARCH 19

You know you have stuff that has to go. Now's the time! Jim Hickey, of the Civic Association's Green Committee, has arranged for a Fairfax County trash disposal truck to be parked at the Ravensworth Farm pool parking lot on Saturday, March 19 from 8:00am to noon collect items which are not accepted by private trash collectors at curbside. Now is the time to get rid of old appliances, furniture, mattresses, boards, doors (no glass), swing sets, lawn mowers (thoroughly drained of fluids), piping, etc.



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

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

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

TO BE CREATIVE, GET A LITTLE BORED

We have all done it: In the grocery store check-out line, we flip out our smartphones to entertain ourselves for the few minutes it takes to wait our turn.

During long runs we can listen to podcasts. During short waits at the doctor's office, we now have the world to entertain us — just on a small screen, with potential data fees to apply. Basically, we don't need to be bored anymore.

But some researchers say that might not be a good thing. United Kingdom scientists asked a group of 40 study participants to copy telephone numbers out of a phone book for 15 minutes. A second group of 40 people were asked to perform a creative task. Then, both groups were asked to come up with as many different uses for a white foam cup as possible. The group that came up with more uses for the cup? The group initially bored by copying numbers out of a telephone book.

The researchers followed up this study with a second study including 90 participants. This group was split into three groups: two groups performing boring tasks and a control group. The results were similar: People who undertook the boring tasks came up with more uses for the foam cup than the control group.

The scientists speculate that the boring activities free up parts of your brain to daydream, even forcing your brain to focus on new ways to carry out a boring task in order to make it more interesting. In this way, the researchers say, daydreaming can be a very important tool. If the mind is sufficiently bored — or occupied with a menial task — it can explore solutions to problems hanging around in the subconscious. The people who say that your best ideas come in the shower can now back up their conviction scientifically. It might be time to invest in one of those waterproof notepads.

Source: University of Florida, Shands Healthcare, Health in a Heartbeat, December 2, 2015.

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WELCOME NEW NEIGHBORS

If you have new neighbors, tell Pam Ryan. If you are a new neighbor- welcome! Please tell Pam you're here so that one of her committee members can stop by with information and some goodies. Pam Ryan (703-447-6283, pkryan74@gmail.com).

JOIN THE CIVIC ASSOCIATION

If you aren't a member, join now by contacting Elissa Myers at elissa@elissamyers.com, or answer the door when your Block Captain comes knocking. It would be great to welcome every one of our 858 households into the Civic Association!

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.

SCHOOL TRAFFIC ON NUTTING DR

During school drop off and dismissal times (8:05-8:25am and 3:10-3:30pm), Kiss 'n Ride traffic comes north on Nutting Dr from Gosport Ln into the school. Then traffic exits the school by turning right on Nutting Dr and continuing north to Ellet Rd. Southbound traffic will not be allowed to turn left into the school during these hours.



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcafarmer@ravensworthfarm.org or to PO Box 1020, Springfield, VA 22151. The classified ad section is a service to Ravensworth residents and is not intended for business or commercial use. Ads for house sales, commercial services, etc. will be run in this section once. If you wish to repeat your ad, you will need to purchase advertising in The *Farmer*.

<p>HELP DC HOMELESS</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 www.Kassirfoundation.org.</p>
<p>WANTED</p>	<p>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.</p>

EVENTS

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

Mar. 10-12 - "A Piece of My Heart" by Lake Braddock Theater, The Black Box Theater
 Mar. 21 - 28 - Spring Break
 Mar. 18-20 & 24-26 - "One Holy Lamb" Easter Play, Immanuel Bible Church, \$5, ibcva.org
 **March 19 - Community Clean-Up "Junk Truck" Day - 8-noon, pool parking lot, free
 **Mar. 31 - 7:30pm - RF Civic Association General Meeting, Community of Christ on Inverchapel Rd
 Apr. 22 - No School
 May 5-7 - 7pm - The Children's Hour, Falls Church High School Theatre, \$10
 May 5-7 - The Island of Dr. Moreau, Lake Braddock Little Theater
 **May 7 - 8am-1pm - Ravensworth Farm Community-wide Yard Sale, Pool Parking Lot (Rain date: May 14)
 May 7 - 8am-noon - Garden Club Plant Sale, Pool Parking Lot (Rain date: May 14)
 **May 26 - RF Civic Association General Meeting, Community of Christ on Inverchapel Rd
 May 30 - Memorial Day Holiday/Pool Opens
 June 23 - Last day of school

HISTORICAL MARKER HUNT

Check out the historical marker database at www.hmdb.org. You can search by area or topic. You may be amazed how many markers are near our neighborhood. Make a list, check them out, and check them off.



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JOIN RAVENSWORTH'S COMMUNITY SUPPORTED AGRICULTURE (CSA)

Fresh fruits and vegetables delivered straight to our Farm!
by Jen Auble

Lancaster Farm Fresh Cooperative (LFFC) is a non-profit organic farmers cooperative of 75 farmers in Lancaster County, Pennsylvania. This year, LFFC has a weekend pick-up location in Ravensworth Farm on Inverchapel Road.

LFFC provides fresh, certified organic fruits, vegetables, and other farm-fresh products through a subscription program known as Community Supported Agriculture (CSA). CSA members commit to support LFFC farmers for the entire growing season by pre-paying for their share of the harvest in the winter and early spring. The farmers are able to purchase supplies in the winter and start their crops in early spring. They repay the shareholders in fresh, organic, seasonal produce. CSAs enable you to keep local sustainable farms and local food safe for future generations. The produce sold through LFFC is certified organic unless otherwise noted.



As a current shareholder, I can say that it has been a very enjoyable experience. I think the other 60 members from the neighborhood would agree. Tell your friends from nearby neighborhoods how easy it will be to get fresh veggies and fruits. It's even closer than the Farmer's Market.

How does it work? Every Thursday, the list of items on the share is emailed out to members, so that everyone can menu plan for the coming Saturday's delivery on Inverchapel Rd not far from the pool. There are active Facebook and Pinterest sites where members share recipes that they are making using the produce from the week's share. At pick-up, there's a "swap box" to which you can add produce from your share box that your family doesn't eat as much of and take more of something your family likes better. (The swap box works best if you're among the first to pick up your share after delivery.)

What does it cost? This spring/summer season is 26 weeks from May to October. LFFC has medium and large shares available for vegetables. Best of all, the produce is very affordable and ranges from \$23- \$32 per week for veggies (depending on share size) and \$10 per week for fruit (21 weeks). In addition to fruits and vegetables, there are also chicken, meat, cheese, bread, and egg shares available.

Interested? If you are interested in joining or receiving more information about the CSA, please visit www.lancasterfarmfresh.com or contact Jen Auble at (703) 922-9353 or jenmarzouk@yahoo.com to answer any questions. Make sure you select the North Springfield location on Inverchapel Road. Registration closes in April so don't delay! The website provides examples of the shares in different seasons and the different types of vegetables that you may receive in a typical week.

TRANSPORTATION OPTIONS FOR OLDER ADULTS

Find information on transportation for older adults by calling the Aging, Disability and Caregiver Resources Line at 703-324-7948 or go to www.fairfaxcounty.gov/dfs/olderadultservices/transportation.htm. Options include public transportation, disability transportation, volunteer drivers, taxi discounts, and transportation training.

Two county transportation programs are Seniors On-The-Go! and Taxi Access. Seniors-On-The-Go! provides 16 booklets of discounted taxi coupons (worth \$33 each) for only \$20. This program is available to Fairfax County and Fairfax City residents with maximum incomes of \$40,000 (individuals) and \$50,000 (couples). Taxi Access, provides taxi vouchers to residents who also are registered users of Metro Access. Participants receive 8 coupon booklets for \$10 each. Call 703-877-5800 to register for either of these programs.

Source: Golden Gazette, December 2015 Published by the County Of Fairfax, Virginia Department of Family Services Fairfax Area Agency On Aging

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COUNTY ZONING ORDINANCE ON KEEPING ANIMALS

2-512 Limitations on the Keeping of Animals

1. The keeping of commonly accepted pets shall be allowed as an accessory use on any lot, provided such pets are for personal use and enjoyment, and not for any commercial purpose. Dogs shall be subject to the provisions of Paragraph 2 below.
2. The keeping of dogs, except a kennel as permitted by the provisions of Part 5 of Article 9, shall be allowed as an accessory use on any lot in accordance with the following:

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

Number of Dogs and Minimum Lot Size

1 to 2 dogs - No requirement

3 to 4 dogs - 12,500 square feet

5 to 6 dogs - 20,000 square feet

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

"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 rfcafarmer@ravensworthfarm.org. Thanks for sharing!



- Tree Removal, Pruning, stump grinding, lot clearing & storm damage.
 - Mowing (\$30/mow), Mulching & Leaf removal
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ENERGY SAVING TIPS

Question: I'm on a fixed income and last winter my heating bills were really expensive. What can I do to prepare my home and be more energy efficient this year?

Answer: There are a wide variety of things you can do to make your home more energy efficient that will help you save money this winter. Here are a few tips:

- Set your thermostat no higher than 68 degrees when you are home and lower the temperature when you go to bed or when you are not at home. This will ensure optimal home heating and save energy.
- Cut annual heating bills by as much as 10 percent a year by turning your thermostat back 10 to 15 percent for eight hours a day.
- Weatherize your home by caulking and weather-stripping all doors and windows. Also use locks on your windows to make them tighter and draft resistant.
- Reducing air leaks could cut 10 percent from an average household's monthly energy bill. The most common places where air escapes homes are: floors, walls, ceilings, ducts, fireplaces, plumbing penetrations, doors, windows, fans, vents, and electrical outlets.
- Keep shades and curtains open during the day on the south side of your home to allow solar heating. Close them at night to retain heat.
- Don't block your radiators or heating vents with furniture or draperies. Keep your radiators, registers, and base-board heaters dirt and dust free.
- Close vents and doors in unused rooms.
- Have your heating system serviced yearly, and regularly replace furnace filters. During the heating season, change or clean furnace filters each month.
- Use Energy Star labeled lighting for outdoor fixtures and other lights left on for more than four hours.
- Close the fireplace damper when not in use.
- Turn your water heater down to 120 degrees to save money on your electricity bill. If you have children in the house, this also is a safety measure.

Source: Golden Gazette, December 2015 Published by the County Of Fairfax, Virginia Department of Family Services Fairfax Area Agency On Aging

HARSH PENALTIES FOR TEENS' NIGHT DRIVING VIOLATIONS CURB CRASH RATES

According to the Centers for Disease Control and Prevention, 16- to 19-year-olds face a greater risk of traffic crashes than any other age group.

Massachusetts lawmakers implemented a no-nonsense law several years ago to help reduce the risk of crashes for these young drivers. One of the key provisions of the new law ... and perhaps the most attention getting for young drivers ... is increased penalties for violating the daily driving curfew. The curfew is in effect from 12:30 a.m. to 5 a.m. Previously, the punishment for driving without a supervising adult during this time had been a \$35 fine for first-time offenders and fines up to \$100 for repeat incidents. But the new penalties hit teen drivers where it really hurts: a 60-day driver's license suspension for the first violation, with increases to 180 days and one year for second- and third-timers, respectively. Plus, any repeat violations require additional training for the teen driver. The law also called for a new driving training curriculum that addresses drowsy driving, as well as greater penalties for dangerous driving behaviors, restrictions on underage passengers and other provisions.

Data from a six-year timeframe, including one year before the law changed and five years after, showed definite improvements. Crashes involving 16- and 17-year-old drivers declined nearly 19 percent, while 18- to 19-year-olds saw about a 7 percent decrease. Traffic accidents that caused an "incapacitating injury" or death were reduced for all drivers. One of the study authors said teens are less able than adults to resist the urge to sleep. It makes sense, then, that ratcheting up penalties for night-time driving violations was the biggest key to reducing crashes.

Source: 13 Sep 2015, University of FL Health Science Center

Steven Decker

Realtor Century 21 New Millennium

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