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RAVENSWORTH PLANTATION, VA.

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

November 2018

The Ravensworth *Farmer*

Issue 2



NOVEMBER 6 GENERAL ELECTION


November 6 Election: On Election Day Polls Are Open From 6:00 a.m. until 7:00 p.m. On the ballot: Member, United States Senate and Member, United States House of Representatives. If you are registered at your Ravensworth Farm address, you will vote at Ravensworth Elementary School. Be sure to bring a photo ID. Bring your checkbook or \$15 cash and join the Civic Association on your way out. With enough volunteers, the Civic Association will have a table outside the poll exit in the morning and evening so you can conveniently join the Civic Association while doing your civic duty at the polls. Those who come during the quietest time at the polls-early to mid-afternoon- will need to join the Civic Association online (pay.ravensworthfarm.org) or via your block captain.

PAY CIVIC ASSOCIATION DUES ONLINE!

The Civic Association membership year is October 1, 2018 to September 30, 2019. Go to pay.ravensworthfarm.org to join the Civic Association. You can pay via PayPal or credit card.

MEMBERSHIP DUES

HOLIDAY LIGHTS JUDGING



The Civic Association's Holiday Lights Judging will be held between December 15 and 18, depending on the weather. Look for an announcement on the Ravensworth Farm Facebook page or contact Scott Houghton at 703-321-7320 or vp1@ravensworthfarm.org to get in on the fun of caravanning around the neighborhood to check out the lights and the vote-tallying party afterward.

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	VACANT		corsec@ravensworthfarm.org
Treasurer	John Ritchie		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	703-321-4948	

SPECIAL COMMITTEES

Entrance Committee	James Walkinshaw	703-314-1473	james.walkinshaw@gmail.com	
Hospitality	Ruth Hartman	703-321-8063	hospitality@ravensworthfarm.org	
New Neighbors	Pam Ryan	703-447-6283	pkryan74@gmail.com	
Directory	Coordinator Advertising	Stephen Beste VACANT	703-321-9110 directory@ravensworthfarm.org	
<i>Farmer</i>	Editor	Sara Ortiz	703-321-8757	rfeafarmer@ravensworthfarm.org
	Preparation	Susan Deyampert	703-321-3150	
	Advertising, Flyers	John Ritchie	703-321-7840	treasurer@ravensworthfarm.org
	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	Rob Hannam	703-321-7398		
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
November	7	7	8	Dec. 1	
December	5	n/a	n/a	n/a	15-20—Holiday Lights Judging
January	9	9	10	Feb.9 or 16	17—Civic Assoc Mtg
February	6	6	7	Mar. 2	
March	6	6	7	30	21—Civic Assoc Mtg
April	3	3	4	May 4	
May	1	8	2	June 1	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.

GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club met at the home of Carol Aron. The slate of officers and committee chairpersons was presented and voted in. Plans for programs for the coming year were discussed. A tour of Carol's lovely natural gardens followed - mostly shaded areas.

New members are always welcome. Call Membership Chair Agnes Hite for further information- 703-321-4808. The next meeting will be on Nov. 9 at the home of Nancy Jarvie.

Respectfully submitted, Laura Asiello, Secretary

JOIN 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 Asst. Scoutmaster Bill Mitchell @ 703-321-8072 or mitchwt@cox.net if you are interested.



RAVENSWORTH'S CUB SCOUTS

Contact Cubmaster Dallas Richards at cubpack991@gmail.com to learn more. We are a very active group with a focus on having fun while learning important skills. Our Pack hosts two family campouts each year that are very popular. Come see what you are missing!

PAY DUES - GET DIRECTORY & FUN

The new year is upon us! The Civic Association membership year is October 1, 2018 to September 30, 2019. Go to pay.ravensworthfarm.org to join the Civic Association. You can pay via PayPal or credit card. All Civic Association members will receive a free copy of the Ravensworth Farm Community Directory. Members who pay online will receive a copy of the neighborhood directory delivered to their doors. Civic Association dues are \$15 and cover the cost of activities ranging from entrance beautification to the Community BBQ, as well as publication and delivery of The Ravensworth Farmer.

PAY DUES



VOLUNTEERS NEEDED!

The Civic Association has about 25 volunteers who regularly help with everything the Civic Association does. They would like to share the fun. A conservative estimate of Ravensworth Farm residents is two people per house and 856 houses- or 1,712 residents. Fewer than 1% of our residents volunteer to keep our community the friendly, fun, nice-to-live place that it is. Do your part by joining our volunteers and meet neighbors you never would have met otherwise.

To sign up to be notified when volunteers are needed, contact Scott Houghton at 703-321-7320 or vp1@ravensworthfarm.org. Volunteering can be one-time, such as staffing the Civic Association table at a Yard Sale, Election, or Clean-Up day, or prep or clean-up for an event, or ongoing such as helping with maintenance and beautification of the entrances, greeting new neighbors, or serving as a block captain in the fall.




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FAIRFAX COUNTY LOOKING FOR FOSTER PARENTS

Editor's Note: November is National Adoption Awareness Month

Are you interested in becoming a foster parent? Come to one of our monthly information meetings or give us a call: 703-324-7639; TTY 703-222-9452. We welcome prospective parents the second Monday of each month 7 - 8:30 p.m. If the second Monday is a federal holiday, we meet on the third Monday. These meetings are held at the Penino Building, 12011 Government Center Parkway, Fairfax, VA.

What Is the Foster Care and Adoption Program?

Today, over 200 Fairfax County children are in foster care. The Department of Family Services' Foster Care and Adoption Program offers temporary foster homes for these children, and services to help their families. When a child cannot return home safely, we seek to find relatives who want to care for the child and are legally eligible to do so. If a relative is not identified, or is unable to care for the child, we seek a permanent home through adoption.

Who Are These Children?

These are children in Fairfax County who:

- Have their worlds turned upside down
- Need a safe haven during difficult times
- Need a foster home due to abuse or neglect
- Range in age from infant to 18
- Come from diverse backgrounds
- Have experienced devastating losses of family and identity
- Search for a sense of belonging
- Have their confidence and feelings of self-worth shattered
- Feel frightened and alone.



What Do They Need?

- Foster and adoptive parents
- Stable, nurturing homes
- Someone in their corner
- To learn to trust again
- Day-to-day guidance
- Support from loving adults.

What Is the Difference Between Foster Care and Adoption?

Foster care refers to finding a temporary home for a child outside the home where he or she had been raised. This may occur as a result of circumstances that put the child at risk. During this time, family problems are addressed so that the child can return home safely, or plans are made to find a safe and nurturing home for the child outside his or her birth family. Adoption provides a permanent home when a child cannot return to the parents or relatives.

Who Can Foster and Adopt?

People who...

- care about children
- want to make a difference in children's lives and futures
- are 18 or older
- may be married, single, or divorced
- may work outside the home
- are able to provide a safe, loving home

Con't on Pg. 9

Con't from Pg. 8

What If a Foster Parent Wants to Adopt?

Children need families to call their own. With permanent homes comes lifelong support systems, love and a brighter future. More than 70 percent of our adoptive families begin as foster parents, and then commit to adopting the child in their care. Meet some children in Fairfax County who are available for adoption. Many are school aged and part of sibling groups. To learn more, call us: 703-324-7639.

Source: <https://www.fairfaxcounty.gov/familyservices/children-youth/foster-care/about-us>

Note: If you would like to talk to Ravensworth Farm residents with foster care or adoption experience, contact Sara Ortiz to be put in touch.

LAKE ACCOTINK MASTER PLAN REVISION

Notes from presentation by Andrea "Andi" Dorlester of the Fairfax County Park Authority

Lake Accotink Management Option "C": Annual Dredging with Forebay

This approach would initially provide a major dredge of the lake, removing 350,000 cubic yards of sediment, plus an additional 150,000 cubic yards of sediment to create a forebay at the upper end of the lake.

All 500,000 cubic yards of sediment removed from the lake would need to be hauled from the park, requiring approximately 50,000 truck trips routed through adjacent neighborhoods. After the initial dredge and forebay construction, smaller dredges would remove approximately 12,000 cubic yards of sediment from the forebay every year or two, routing an additional 1,200 truck trips through the community. The existing dam structure would remain in place, requiring yearly maintenance and repair. The existing dam structure would likely require significant repair and upgrades on an estimated 30-year cycle. A full dredge of the lake would still be required every 35 years or so.

Dredging options will require that sediment be hauled from the park. Possible impacts to surrounding communities have come up as a factor to consider. The Park Authority is in ongoing discussion with the railroad that runs through the park regarding the possibility of utilizing the railroad to haul some or all of the sediment.

Additional Study Additional study is required to determine the location of a forebay: Options include inside the current Lake footprint, upstream from the current Lake, downstream of Braddock Road, Wakefield Park upstream of Braddock Road. Dredging access routes also require study. Some possibilities include Accotink Park Road, Hemming Avenue, Rolling Road, Ravenel Lane, Inverchapel Road, an access from the head of the Lake to Braddock Rd, the Ravensworth Farm Swim Club, and railroad spurs.

Timelines The additional planning studies will be completed by the end of 2018. The Dredging Project would be added to the Fairfax County Five-Year Capital Improvement Plan in Fall 2018/Spring 2019. A briefing would be held on the results of the planning study(ies) in early 2019. In early 2019, funding options will be considered. These include County Bond Program or VA State Water Quality Improvement Grant. If the decision is made to pursue County Bond funding, the next County Bond vote opportunity would be November 2019. The Board of Supervisors would need to approve its addition to the ballot by May 2019. If Virginia grant funding is pursued, the grant application would be due in the summer of 2019.

Editor's Note: The only option the FCPA appears to currently be considering is dredging Lake Accotink, probably with the forebay.

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Ravensworth Resident

IS A REVERSE MORTGAGE RIGHT FOR YOU?

By Golden Gazette Staff

You see the ads on TV, in the newspaper and online. They push the benefits of a reverse mortgage for homeowners over 62—pay off your existing mortgage, supplement your income, pay for healthcare expenses and more. But, is a reverse mortgage right for you? That depends. While a reverse mortgage may increase your monthly income, it can put your retirement security at risk if you're not careful.

Reverse mortgages take part of the equity in your home and convert it into payments to you. The money you get usually is tax-free, and it generally won't affect your Social Security or Medicare benefits. But a reverse mortgage is not all sunshine and roses.

Here are some things to consider:

- A reverse mortgage does not guarantee financial security no matter how long you live.
- There are fees and other costs, like an origination fee and other closing costs, as well as servicing fees over the life of the mortgage. Interest is added onto the balance you owe each month. That means the amount you owe grows as the interest on your loan adds up over time.
- Interest is not tax deductible until the loan is paid off, either partially or in full.
- You have to pay property taxes, insurance, utilities, fuel, maintenance, and other expenses. If you don't pay your property taxes, keep homeowner's insurance, or maintain your home, the lender might require you to repay your loan.
- Reverse mortgages can use up the equity in your home, which means fewer assets for you and your heirs. Generally, you don't have to pay back the money for as long as you live in your home. But when you die, sell your home, or move out, you, your spouse or your estate must repay the loan. That might mean selling the home to get money to repay the loan.

Learn more by reading, Reverse Mortgages at www.consumer.ftc.gov/articles/0192-reversemortgages.

GIANT A+ REWARDS- YOU SHOP, SCHOOL BENEFITS

The Giant A+ Rewards program has started. If you have not already done so, please take a minute to designate Ravensworth Elementary as the recipient of the A+ Rewards you earn every time you shop at Giant. You can link your card online or by phone 1-877-366-2668. You only need to do it once, and it will remain linked for future program years as well. No worries if you have students at more than one school. You can split your rewards between 2 schools. You don't even need to be part of the school community to participate. Encourage your friends, family and neighbors to link to Ravensworth too!



Register your card here - <https://giantfood.com/member-benefits/> and designate Ravensworth (ID number: 02081).

PARK MUSEUMS ACCREDITED

By Fairfax County Parks Authority

Out of 33,000 museums in the United States, only about three percent are accredited by the American Alliance of Museums (AAM). The AAM establishes standards that recognize museums for their commitment to excellence, accountability and professionalism. We're proud to say that this fall Colvin Run Mill Historic Site, Frying Pan Farm Park, Green Spring Gardens, Resource Management Division's Historic Artifact Collections, and Sully Historic Site have all been honored with AAM accreditation.

A SHOT IN THE ARM



By Golden Gazette Staff

No matter what your age, nobody wants to be sick. That is why vaccines must be part of everyone's health care regime. Caregivers and their loved ones alike need to ensure they are vaccinated. Caregivers cannot afford to be sick, and older adults may be at risk for serious complications from vaccine-preventable diseases.

According to the Centers for Disease Control and Prevention, below are key vaccines for adults over the age of 50. Different adults have different health risk factors, so other vaccines such as Hepatitis A and B or human papillomaviruses (HPV) may be needed.

It's important to talk with your doctor and make sure that you are up to date on your vaccinations. In addition to protecting against illness, vaccines help prevent the spread of germs. This is particularly important in multigenerational households. The older adults in these homes can suffer greatly if they become ill, and their likelihood of being exposed to illness is greater if there is a school-age child present. Also, they need to protect other family members from harmful germs. For example, pertussis (whooping cough) can be deadly for babies.

The county's Health Department's Health Clinics offer immunizations. For locations, go to www.fairfaxcounty.gov/health. You can also find out more about vaccines on the CDC website at www.cdc.gov.

Vaccine	When
Flu	Annually
Tetanus, Diphtheria, Pertussis (TDaP)	If you didn't get a Tdap as a teen, you need a dose. Td (tetanus and diphtheria) boosters are needed every 10 years
Pneumonia	CDC recommends pneumococcal vaccination for all adults 65+
Shingles	CDC recommends that healthy adults 50+ get two doses of the shingles vaccine 2 to 6 months apart
Measles, Mumps, Rubella	Adults born before 1957 are presumed to be immune. Adults born in 1957 or later without acceptable evidence of immunity should received 1 dose of MMR unless there is a medical contraindication

FREE MEDICARE 101 WORKSHOPS

Register now for the county's free Medicare 101 Workshops and learn how to get the most out of the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15–Dec. 7. Use the phone numbers below to register. For more information and dates, go to www.fairfaxcounty.gov/familyservices/older-adults and click Insurance Counseling–VICAP.

Thursday, Nov. 15, 12:30 – 2 p.m.
Providence Community Center, Fairfax
Robert Webster, 703-865-0520

Friday, Nov. 16, 1 – 3 p.m.
Sherwood Regional Library, Alexandria
VICAP, 703-324-5851

EVENTS

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



- *+ Oct. 27 – 1-2pm, **Trunk or Treat** in the Pool parking lot
- *+ Oct. 27 – 2-4pm, **Fall Festival**, potluck, hot dogs, games, etc. in the Pool parking lot
- Oct. 29 – Nov. 1 – **Book Fair & Sale**, Ravensworth E.S. Library
- Nov. 1 – Dec. 14 – **Winter Food Drive for ECHO**, Ravensworth ES Lobby
- Nov. 2, 1 p.m., **OLLI's Follies** with the jazz band, Tallwood Trio., 4210 Roberts Rd., Fairfax
- Nov. 4, 2am – **Daylight Savings Time ends**
- Nov. 5 – **Teacher Workday**, No School
- Nov. 6 – **Election Day**, No School
- * Nov. 7 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Nov. 9, 5:30-7:30 – **Illusionist Wes Iseli**. Table magic during dinner at 5:30 with full show to follow. Free but please register at www.parkwood.org/registrations so they'll know how many to expect. Parkwood Baptist Church, Braddock Rd & Kings Park Drive
- +Nov. 10 – 6-8pm – **Campfire Social at Pool**, all neighbors welcome
- Nov. 14 – 4-8pm – **Spirit Fundraiser for Ravensworth ES** at Chipotle at 6230 Rolling Rd
- Nov. 15-17 – **Lake Braddock High School Theatre** first show
- Nov. 19, 2 p.m., **OLLI's Follies presents Memories**, Haymarket Library, 14870 Lighter Rd., Haymarket
- Nov. 20, 7pm – **Lake Braddock Secondary School Jazz Concert**
- Nov. 23-24 – **Thanksgiving Day** school holidays
- Nov. 27, 7pm – **Lake Braddock Middle School Orchestra Concert**
- Nov. 29, 7pm - **Lake Braddock High School Orchestra Concert**
- Dec. 4, 5-8pm– **Spirit Fundraiser for Ravensworth ES** at Kings Park McDonalds
- Dec. 4, 6pm – **Ravensworth Elementary School Chorus Concert**
- * Dec. 5 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Dec. 6 - 7:30pm, **Christmas by Candlelight Concert**, Immanuel Bible Church
- Dec. 7, 7pm – **Lake Braddock Theatre Holiday Unplugged**
- Dec. 7 - 7:30pm, **Christmas by Candlelight Concert**, Immanuel Bible Church
- Dec. 8 – 2:00pm, **Christmas by Candlelight Concert**, Immanuel Bible Church
- Dec. 8 & 9, 3:30-7:30 – **Bethlehem Walk, Parkwood Baptist Church** (Parkwood.org), drop-in on Bethlehem as the city is full of visitors for the census
- Dec. 9 – 6:00pm, **Christmas by Candlelight Concert**, Immanuel Bible Church
- Dec. 14 – **Wacky Hair Day** at Ravensworth E.S.
- Dec. 14, 1 p.m., **OLLI's Follies Holiday Show**, South County Senior Center, 8350 Richmond Hwy., Alexandria
- * Dec. 15-16 – **Civic Association Holiday Lights Judging**
- Dec. 24-Jan. 6 – **No School**
- * Jan. 8 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Jan 15&16- 5-10pm– **Spirit Fundraiser for Ravensworth ES** at West Springfield Ledo Pizza
- * Jan. 17 – 7:30pm, **Civic Association General Meeting**, School cafeteria
- Jan. 21 – No School, **Martin Luther King Jr's Birthday**
- * Feb. 6– 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Feb. 18 – **No School**
- * Mar. 6– 7:30pm, **Civic Association Board meeting**, School, SACC Room
- * Mar. 21 – 7:30pm, **Civic Association General Meeting**, School cafeteria
- * Apr. 3 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Apr. 15-21 – **No School**, Easter Break
- * May 1 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- * May 16 – 7:30pm, **Civic Association General Meeting**, School cafeteria
- * May 18 - **Community-wide Yard Sale**, 7am set-up, 8am-Noon, Pool parking lot
- May 18 – **Green Thumb Garden Club Plant Sale**, location TBD
- + May 26 – **Pool Opens**
- May 28 – **Memorial Day**
- June 3 – **Last Day of School**

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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.

NEW NEIGHBORS

New folks move in all the time, especially over the spring and summer. If you have new neighbors, tell Pam Ryan. If you are a new neighbor- welcome! Please let Pam know you have arrived so that one of her New Neighbor Committee members can stop by with information and some goodies. Pam Ryan (703-447-6283; pkryan74@gmail.com).

MOMS IN PRAYER GROUP

Several moms in the neighborhood meet weekly to pray for their children, schools, teachers and staff. If you would like to learn more, please contact Sara Ortiz at (703)321-8757 or slkortiz@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.



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcafarmerr@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>

FOXES, COYOTES AND SQUIRRELS, OH MY



By Fairfax County Parks Authority

If you have a question about wildlife, where do you go for the answer? We suggest our not-so-subtly named “I Have A Question About Wildlife” blog found at

<https://ourstoriesandperspectives.com/2018/09/26/i-have-a-question-about-wildlife/>.

It’s a handy explanation of who oversees what, and who can give you authoritative information about the critters that roam in our yards and live in nearby meadows, waters and woods. If you need even more information, head to a park nature center.

TALES OF HISTORIC OBJECTS

By Fairfax County Parks Authority

Where did the idea of catching a ring on a carousel develop?

What can a Civil War map tell us?

What did a table setting look like 200 years ago?

Historic objects help us answer those and a thousand other questions.

Introduce yourself to the Fairfax County Park Authority’s Historic Object Collections in our blog, “Historic Collections Tell Fairfax County’s Stories.” Visit the blog at

<https://ourstoriesandperspectives.com/2018/09/17/historic-collections-tell-fairfax-countys-stories/>



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FROZEN PIPES

How to Prevent Frozen Pipes

Keep garage doors closed if there are water supply lines in the garage. Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.

When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing. The slow drip from your faucets to reduce the buildup of pressure in the pipes. Even if the pipes freeze, the release of pressure in the water system will reduce the likelihood of a rupture. "One sink is good. Usually the farthest sink from where the water comes into the house," Henrico Fire spokesman Captain Daniel Rosenbaum advised. "If water comes in through the front of the house, look at the sink in the back of the house. That way, the water is flowing through all of the pipes on the underside of the house."



Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst. If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

How to Thaw Frozen Pipes

If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.

Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.

Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.

Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber. Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

Sources: <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm/frozen-pipes> and <http://wtvr.com/2018/01/01/one-thing-you-should-never-do-if-your-pipes-freeze/>

PREPARE TO SHOVEL

Colder weather is coming. Be prepared to shovel your own sidewalks and help with those of your older neighbors. Please shovel your sidewalk before schools reopen in order for students to get to school or the buses. If you're looking for teens willing to shovel for pay, check out the Youth Services list in the Ravensworth Farm directory of those willing to work. Don't have the directory? Join the Ravensworth Farm Civic Association and get your free directory. You can join online at <http://pay.ravensworthfarm.org>. Your directory will be delivered to your door. The new membership year began October 1.

CAMPFIRE SOCIAL NOV. 10

Come on down to a Campfire Social at the Ravensworth Pool!

Date: Saturday, November 10

Time: 6 to 8pm

Firepits! Hotdogs! Cider! Smores! Games! Cornhole! More!

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WHY JOIN THE CIVIC ASSOCIATION?

Your \$15 membership (what a bargain!) helps cover the cost of writing, printing, and delivering this newsletter to all 858 homes in Ravensworth Farm eight times per year.

It also covers 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 (so you'll know where to go to pick up those items being offered on the Facebook page), the Directory also provides you with emergency numbers (for when your internet is dead), and useful non-emergency numbers. It contains the history of Ravensworth Farm and the Covenants and Restrictions associated with the neighborhood. It even contains contact information for youth looking to work! If you need a teen to babysit, pet sit, shovel, rake, or wash your car, just \$15 gets you a copy of this coveted list.

In addition to The Ravensworth Farmer and the Ravensworth Farm Directory, the Civic Association also funds:

- three informative general meetings per year,
- community-wide costume parade and Fall Festival,
- holiday decoration judging,
- summer picnic/BBQ/bash,
- maintenance of the plants and signs at the three community entrances,
- donations to the Scouts and the school,
- advertising of the spring community-wide yard sale,
- community large-trash-items clean-up day every spring, and
- many other activities and community-care needs.

If you aren't a member, join now via pay.ravensworthfarm.org, contact Elissa Myers to become a member - 703-321-7590 or 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!

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 Marcela Hernandez at marcelahdzvega@gmail.com or any other co-op member for more information or to attend the next meeting. Meetings are the third Monday night of odd-numbered months.

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. 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 858 homes in our neighborhood via the only medium they all receive- The Ravensworth Farmer. Email or call Sara Ortiz at ravensworth.farmer@gmail.com or 703-321-8757.



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SNEAKY INJURIES

by Cathy Garrard, July 25, 2012

'Tis the season for easy living—until a bug bite, a burn, or a little too much booze does you in. More than 29 million people are treated in the ER for injuries every year, according to the CDC, and summertime is far and away the busiest season. (This is especially bad news when you consider the fact that hospital medication errors—and fatalities—also spike in summer.) Here's how to avoid becoming a statistic, and some treatment tips if you're reading this a little too late.

1. BBQ blunders

Making burgers and kabobs sounds like a brilliant idea, until you remember that you aren't a grill master. U.S. fire departments respond to an average of 8,200 home fires involving grills, hibachis or barbecues per year, and burns to the skin and smoke inhalation are far more numerous.

Sidestep it: Exercise caution when lighting the grill and opening the cover, since once it's fired up, the whole shebang is hot.

Treat it: If it's a minor burn, hold the skin under cool running water to reduce swelling for up to 15 minutes or until the pain subsides. "If the burn is on the face, hands, or over a large part of the body, you may want to seek medical attention," says Dr. McGinnis.

2. Lawn mowing injuries

Cutting the grass is not only dirty and loud, it's dangerous: Each year 80,000 Americans require hospital treatment for lawnmower accidents, the majority of which are caused when other things—think rocks and sticks—are accidentally picked up and thrown by the mower blades.

Sidestep it: Make sure your mower is in good working condition, clear the yard of any objects that could be flung by the lawnmower blades, and don't mow without enough daylight. "Always wear proper protective equipment, including pants, long sleeves, closed toe shoes, sunglasses and, ideally, hearing protection," says Dr. McGinnis.

Treat it: It depends on where you get hurt but see a doctor right away if your eyes are injured. If you've cut yourself, clean the wound with soap and water, and control the bleeding with pressure. "If the injury is severe, seek immediate medical attention," says Dr. McGinnis.

3. Too-challenging workouts

You see a swimming pool, ball field or basketball court and forget it's been a few years (or decades) since you donned your varsity jacket. "As we get older, most of us haven't done enough to stay in shape, so we try to do things that our bodies aren't used to," says Dr. Wanich, "So basically, our bodies aren't adequately prepared."

Sidestep it: The most common injuries are knee sprains, since older, less flexible tendons are less able to tolerate impact and load. "Warm up adequately before attempting any exercise," says Dr. Wanich. And don't just stretch the body parts you'll be using for a specific activity, like the shoulders if you're throwing or quads if you're running. "Every athletic movement involves the entire body," he says.

Treat it: If you have a sprain, take OTC anti-inflammatories and rest, ice, wrap and elevate it. "If after two days it's still painful, you have a limited range of motion, or you can't put weight on the joint, you should see a doctor to have it evaluated further," says Dr. Wanich.

Source: <https://www.prevention.com/health/health-concerns/9-surprising-summer-pains>





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