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

February 2019

The Ravensworth *Farmer*

Issue 4

### **PRESIDENT'S LETTER**

My Dear Fellow Farmers:

The Ravensworth Farm Civic Association does a great deal to enrich our lives. I believe, however, that its most important function is normally dormant. We need to have a civic association in place to quickly respond to situations that require collective action. I believe the current state of trash service with Republic/AAA is a matter best addressed by the civic association. In recent months, the quality of service from Republic/AAA has dropped precipitously, and rates for other trash service providers have been rising. Our newest Board member, Corresponding Secretary Diwakar Sharma, has taken the lead in this matter.

The issue is not just with the failing quality of service with one company. One of the regular topics of discussion in the Ravensworth Farm Facebook group is the cost of trash service, and the negotiation of a neighborhood rate. Even with just one trash service provider, the rates we each pay for the same service vary significantly.

The options we have identified so far are 1) to switch to county trash service, which would include 1 trash, recycling, and yard waste pickup a week, 5 special bulk pickups each year, and curbside leaf vacuuming; 2) negotiating a favorable neighborhood rate with an existing service; and 3) bringing a new trash company into the neighborhood with a standard rate for the whole neigh-

*Con't Pg. 3*

### **CIVIC ASSOCIATION & NEIGHBORHOOD VOLUNTEERS NEEDED**

**Directory/Farmer Advertising Sales:**  
10-15 hours end of July/beginning of August and small bits of time here and there the rest of the year.

**New Neighbor Greeters:**  
(Cindy Cho leads this but could use more greeters)

**Event Volunteers:**  
(many and varied roles and commitments, see Scott Houghton)

**Block Captains:**  
(each fall/winter until all blocks are covered, as little or as much time as you have, talk to Elissa Myers - 703-321-7590 or [elissa@elissamyers.com](mailto:elissa@elissamyers.com).)

**THANK YOU** to Diwakar Sharma for stepping up to join the Board as Corresponding Secretary and to Cindy Cho for leading the New Neighbors Greeters team. Additional greeters are still needed. Contact Cindy (see list inside front cover) to volunteer.

Article I, Section 3, of the Civic Association's By-Laws provides that the Association shall be strictly non-partisan, non-political, and non-sectarian. Accordingly, the invitation of elected officials and other public figures to speak at Association meetings, and the inclusion of paid political or commercial advertisements in the Farmer or in the attached flyers, do not constitute endorsements by the Association.

## RAVENSWORTH FARM CIVIC ASSOCIATION

### EXECUTIVE COMMITTEE

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

### STANDING COMMITTEES

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

### SPECIAL COMMITTEES

Entrance Committee	James Walkinshaw	703-314-1473	james.walkinshaw@gmail.com
Hospitality	Ruth Hartman	703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Cindy Cho		choc64@gmail.com
Directory	Coordinator Advertising	Stephen Beste VACANT	703-321-9110 directory@ravensworthfarm.org
<i>Farmer</i>	Editor	Sara Ortiz	703-321-8757 rfcafarmer@ravensworthfarm.org
	Preparation	Susan Deyampert	703-321-3150
	Advertising, Flyers	John Ritchie	703-321-8427 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	Karen Hampton		
Green Thumb Garden Club	Ursula Schuttinga	703-321-3535	
Lancaster Fresh Community Supported Agriculture	Jennifer Auble	703-922-9353	jenmarzouk@yahoo.com

## Association Meetings & Deadlines 2018-19

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	<i>Farmer</i> DELIVERY	EVENTS
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.**

*Con't from Pg. 1*

borhood. We believe we will need 500 (of our 850) households to commit to whatever option is chosen. This is a very ambitious undertaking which will require efforts from as many people as possible, so please get involved and help us secure the best trash service at the best rate possible.

Please join us March 21 at the next Ravensworth Farm Civic Association General Membership Meeting for the 2d Annual Taste of Ravensworth, further discussion of the trash service issue, and to learn about proposed changes to the RFCA bylaws.

Thank you for all you do to make Ravensworth such a great place to live.

Truly yours,

Allan B. Robertson  
President  
Ravensworth Farm Civic Association

### **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 Scoutmaster Ed Haggerty @ 703.622.6831 or Edwardhaggerty1@me.com if you are interested... Or come by and see for yourself what you're 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 <http://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.

## HOLIDAY LIGHTS RESULTS

Thank you to Elissa Myers and Bill Rogers (and Indi) for hosting the pre-judging divvying up of who's riding with whom and the post-judging voting/ eating/ catching up party.

Best Religious: 8121 Adair  
 Best Window: 5671 Ravenel  
 Kids Choice: 5311 Moultrie  
 Best Overall: 5305 Oldcastle  
 Best Halloween: 5509 Sedgwick  
 Interior Display: 5315 Moultrie  
 Honorable mentions: 5226 Kepler, Kelly's Playground/pool; 5514 Inverchapel, 8115 Carrick

# WINNERS

## BLOCK CAPTAINS STILL GOING AROUND

Some Block Captains (including the editor for her section of Inverchapel) have not made it around yet to collect dues and leave notes on doors. If you haven't seen your block captain so far this fall or winter, you can call Membership Director Elissa Myers to find out who your captain is (or whether you have one). Elissa can be reached at 703-321-7590 or [elissa@elissamyers.com](mailto:elissa@elissamyers.com).



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## **NEW HEALTH & FITNESS COLUMNIST: NATALIE SARIGIANIS**

Please welcome The Ravensworth Farmer's newest columnist, Natalie Sarigianis. Natalie, her husband Paul and their son, daughter, and dog Daisy live on Moultrie Road. Natalie is a personal trainer, Body & Soul Fitness Class instructor, and a Health Coach at the Audrey Moore RECenter (AMRC).

### **RECenter MEMBERSHIP: BENEFITS (& a sale!)**

Start 2019 off right by joining the Fairfax County RECenters, specifically Audrey Moore RECenter (AMRC) which is conveniently located directly across Braddock Rd from Ravensworth Farm! Now through February 14th, you have the opportunity to save 15% on both 4- and 12-month memberships with the Winter Pass Sale.

Your membership\* will include:

- Access to all NINE RECenters
- Drop-in Group Fitness Classes, including Yoga, Zumba, Cycle Spin and more!
- Cybex Strength Machines as well as Free Weights
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- Pools, Saunas and Spas
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- Ice Skating
- NEW @ AMRC: State-of-the-art Fitness Studio for Personal Training
- NEW! GetFiT Wellness Program

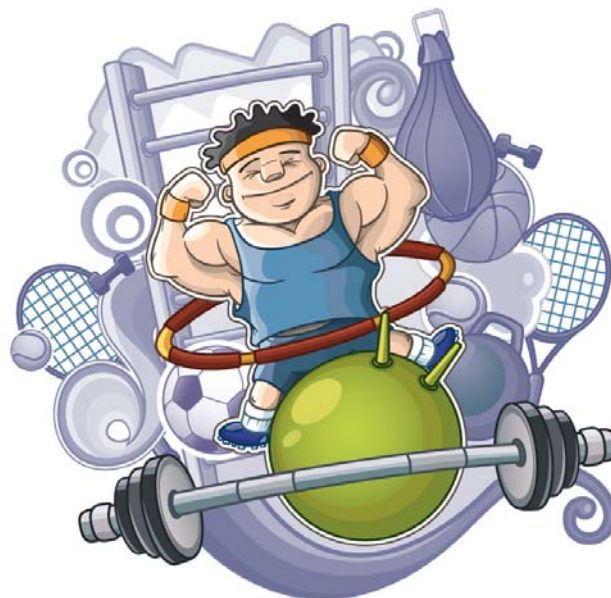
Membership passes are available for purchase at ALL Park Authority RECenters as well as online at [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/).

### **GetFiT Wellness Program**

Our GetFiT Wellness Program is a perk special to your membership and is designed for new members to connect your fitness goals to our services, classes and amenities. The GetFiT program connects you with a coach that has been specially trained to assist you in identifying wellness goals and breaking down barriers, so YOU may find success! As part of the program, new members will receive three coaching sessions, an InBody230 body composition assessment, access to the MobileFiT app, plus additional RECenter rewards.

If you have any questions about the GetFiT Wellness Program, the Winter Pass Sale or about FCPA RECenters in general, please feel free to reach out to Natalie Sarigianis, *Health Coach & Customer Engagement Representative* at Audrey Moore RECenter [Natalie.Sarigianis@fairfaxcounty.gov](mailto:Natalie.Sarigianis@fairfaxcounty.gov).

*\*Amenities vary at RECenters*





## **SUPERVISOR COOK ANNOUNCES HE WILL NOT SEEK RE-ELECTION**

Serving as your Braddock District Supervisor has been the greatest honor of my professional career. But for many reasons, I have decided I will not be a candidate for reelection next year.

Public service asks much of those who seek it and after ten years of balancing the competing responsibilities of Supervisor, lawyer, husband, father and son, it is time for me to focus on other priorities in my life. I have reached this decision after a number of months of personal reflection and do not come to the conclusion lightly. Despite the sacrifices, holding elected office has been a tremendously rewarding experience. I am so grateful for the opportunity afforded me to serve the people of Fairfax County.

I leave with grave concern for the future of our broken political system. I remember when people ran for office to be of service to the community, as Senator John McCain used to say, to pursue a cause greater than your own self-interest. It's a spirit I still largely see on the Board of Supervisors, where I have enjoyed working collaboratively and building friendships with my colleagues. Even when we have disagreed, I believe the Board has conducted the County's business with the best interests of the community in mind.

But that approach is not commonplace in today's political system, which rewards a different set of values. Ideological litmus tests, wedge issues, personal attacks, reliance on scapegoats, and downright lies are the currency of the day. Disagreement and dialogue, followed by collaboration and compromise, is how problems get solved. But many in politics today view that process with disdain. Those who strive for moderation and consensus are marginalized by such political actors, hindering our ability to meet the challenges of a rapidly changing world. It is no wonder people have less and less confidence in their government and the political system that selects it, when the political system seems to have less and less interest in actually governing.

In spite of the current environment, I remain committed to the ideal of public service and hope to remain engaged in community life. I do not rule out any potential future opportunities. But today it is time for me to step back, recharge my batteries, and focus my attention elsewhere.

I am proud of the work we have accomplished together during my time in office. We have trained hundreds of community leaders through our neighborhood colleges and supported our civic and homeowner associations, community pools, Scouts, recreational sports leagues, and nonprofits. I have made a concerted effort to keep the community informed of, and involved in, the major issues of the day. I believe this active engagement has led to better decisions being made on projects affecting the District, such as Mason's Campus Drive, the Braddock Road enhancements, and the futures of the Training Center property and Lake Accotink.

On a countywide level, I have been a leader in our criminal justice reform efforts and believe our police department has revamped its use of force and communications policies to better serve our residents. The Diversion First initiative is providing treatment instead of incarceration for those with mental health challenges. I am honored to serve as chairman of the Domestic Violence Prevention, Policy, & Coordinating Council, the Public Safety Committee, and the Welcoming Inclusion Network. After serving in these roles, I believe Fairfax County is now leading the way in domestic violence and sexual assault awareness and prevention, increasing our efforts to involve those with developmental disabilities in our community life, and providing nationally recognized public safety services to our residents. I have also been a necessary voice for fiscal balance between the need for quality governmental services and the costs borne by the taxpayers. On a regional level, I have been honored to serve in leadership positions on the Virginia Railway Express, the Northern Virginia Transportation Commission, the INOVA Health Care Services Board of Trustees, and the Northern Virginia Regional Commission.

In the course of it all, I have made many friends and had the opportunity to work with some excellent community-minded elected and appointed officials and community leaders. I have experienced great personal growth in this process, being introduced to a broader range of issues - from stormwater to housing to transportation - than I would ever have imagined. I have also learned how to work with diverse groups and individuals to achieve viable, pragmatic approaches to those issues. Working together, we have truly made our community a better place to live.

I wish my successor well and hope he or she finds great success. Thank you for your support these past ten years, and through this remaining year of my term. I look forward to continuing to work with you in private life.

John C. Cook, Braddock District Supervisor - November 16, 2018

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**SUPERVISOR COOK'S STATEMENT ON NAZI GRAFFITI AT KINGS PARK**

Today (Jan. 7), some concerned citizens brought to my attention that Nazi graffiti, in the form of swastikas, were etched into playground equipment at Kings Park Park and painted on a sign at the Kings Park library. My office immediately reported the incidents to Fairfax Police and I requested that a criminal investigation be conducted. If you have any information regarding these incidents, please contact the West Springfield Police Station at 703-691-2131.

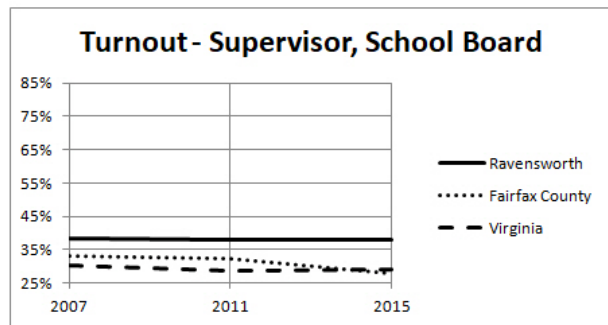
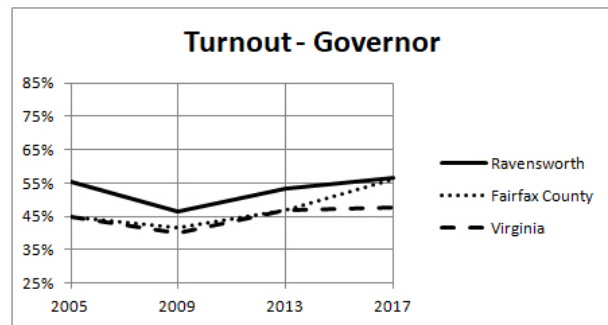
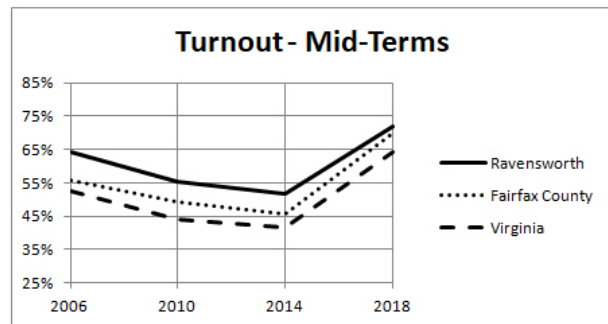
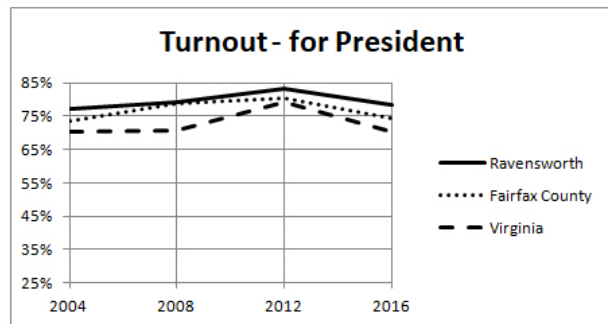
Last fall, in response to swastikas painted at the Jewish Community Center, I scheduled a meeting of the Board of Supervisor's Public Safety Committee, which I chair, to discuss the subject of hate crimes. We learned at that meeting that the incidence of reported hate crimes is on the rise nationally and in Fairfax County.

Today's incidents are yet another reminder that we have significant work to do in our culture to combat all forms of hatred and discrimination. Please continue to report to my office and the police any incidents of hate crimes, or any other crimes, in Braddock District, and continue to work to bring more respect to our interactions with each other. Hate is a destructive force that I condemn fully, but it will take all of us to make our culture more respectful of all people.

Supervisor John C. Cook

**RAVENSWORTH VOTES!**

The Ravensworth voting precinct and the Ravensworth Farm community have identical boundaries. After the last election, Ravensworth resident Steve Beste did some research into voter turnout trends in the Commonwealth, Fairfax County, and Ravensworth. As it turns out, Ravensworth always turns out at a higher rate than either the County or the Commonwealth. Ravensworth turnout for the November 2018 mid-term was indeed historically high, though not as high as turnout in presidential-election years.





**PROPOSED CHANGES TO SIGN ORDINANCE**

Many residents choose to have a sign or two in their yard, perhaps reminding cars to “Slow Down,” or recognizing that they have a “2019 Graduate,” or advertising the local swim club, or supporting their preferred political candidate. This is just one of the areas that would be affected by a sign ordinance amendment currently being considered in the county. Although the topic sounds trivial and mundane, the language under consideration contains provisions that could have a significant impact on what residents can place in their yards or what you see along the roads.

Changes to the sign ordinance are in response to a 2015 decision by the Supreme Court, which ruled that sign regulations must be content neutral. That is, signs may not be regulated based on the message of the sign. All signs must be treated equally unless there is a compelling governmental interest, such as signs to guide traffic or ensure safety. Although the focus is on rewriting the current sign regulations to be content neutral, doing so requires making more policy-oriented changes, such as those concerning temporary and off-site signs. Other areas, such as digital signs, have not been previously regulated but staff is recommending that this would be a good time to do so. Other changes include reorganizing the provisions into a more user-friendly format.

Yard signs would be a new sign type allowed on any lot developed with a residential use. A total of 12 square feet of total sign area would be allowed, with no single sign exceeding 4 square feet in area and a maximum height of 4 feet. There would be no limit on the number of signs as long as the total did not exceed 12 square feet in area. Yard signs would not be subject to a time limit, making the new regulations easier to enforce.

Minor signs for non-residential land uses would be regulated based on road frontage. Lots with frontage on a major thoroughfare would be allowed 40 square feet of total sign area, with no single sign exceeding 24 square feet in area. A single freestanding sign would be allowed with a maximum height of 4 feet. For land uses on all other lots, 24 square feet of total sign area is proposed, but signs must be building mounted or attached to a fence, wall, or existing freestanding sign.

Fairfax County signs, for example, those used by schools and the Park Authority, would be subject to the proposed sign provisions. Building-mounted, non-illuminated “spirit” or “accolade” signs for any type of school would be exempted as long as they do not cover more than 10 percent of the façade on which they are placed. This would apply, for example, to a sign on a high school that says “2010 Tennis Regional Champions.”

Electronic display signs would be allowed as part of any permanent freestanding sign in any zoning district. The proposal would allow for 50 percent of the allowable freestanding sign area to be an electronic/digital display. The message could change only once every 8 seconds and the change must be instantaneous (not scrolling or moving). The background color could not be white, off-white, or yellow, and limits may be placed on brightness.

Additional information on the proposed sign ordinance amendment may be found at: <https://www.fairfaxcounty.gov/planning-zoning/zmod/sign-provisions>.

**PATRIOT PANTRY SUPPORTER JANUARY CITIZEN OF THE MONTH**

Mary Crowder of Kings Park West is the Braddock District Citizen of the Month. Crowder organizes a monthly donation for the Kings Park West neighborhood to George Mason University’s food pantry, Patriot Pantry.

Crowder first heard of Patriot Pantry at the grand opening of the Giant in University Mall. She went back home and started reaching out to her neighbors on Facebook for donations. She set up a donation box outside her home and has gathered 1923 lbs. of donations since. She is expecting to surpass 2,000 lbs. of food donations at the end of this month. If you’re interested in starting your own neighborhood collection visit the Patriot Pantry website at <https://patriotpantry.mypaysimple.com/online-booking/> offerings.



*Source: The Braddock Beacon, January 2019*

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**MEET YOUR NEIGHBORS - BE A BLOCK CAPTAIN**

Block captains deliver pre-paid Directory orders and sign up new Civic Association members and deliver Directories on the spot. Forty of your neighbors volunteered last year. However, many streets didn't have active block captains so membership was down- resulting in a significant reduction in budget for Civic Association activities. Sign up for a block near you or be adventurous and visit the other side of the neighborhood! Contact Elissa Myers to be a block captain- 703-321-7590 or [elissa@elissamyers.com](mailto:elissa@elissamyers.com).

**NEW NEIGHBORS**

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

**RAVENSWORTH FARM ON FACEBOOK**

Want to keep up with issues, have firewood to give away, lost or found a dog, or you're wondering what surprises others have run into during renovations? The Ravensworth Farm Facebook page is the place to go. Send Tom Mathis, the group's moderator, a join request and he'll add you to this lively and informative community. You can adjust your notification settings and visit the page as little or as often as you choose. While an excellent communication tool, the Facebook page is not supported or endorsed by the Ravensworth Farm Civic Association. For Civic Association news (and old issues of The Farmer), visit [RavensworthFarm.org](http://RavensworthFarm.org).



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

<b>FOR SALE</b>	Due to a change in plans, I have a pair of prime lots in Fairfax Memorial Park 9900 Braddock Road. Jim Shipley, tel: 703-321-7454, best after 4pm. At cost OBO.
<b>HELP DC HOMELESS</b>	Usable clothing and shoes, blankets, canned foods, etc., collected by a charitable foundation for the winter needs of homeless folks in D.C. Call for free pickups 703-321-9268. For details, visit <a href="http://www.Kassirfoundation.org">www.Kassirfoundation.org</a> .
<b>WANTED</b>	Good used furniture for needy low income families in the Annandale area. Needed are beds, dressers, kitchen tables & chairs, sofas, love seats, end tables lamps and TV's. Unfortunately, we cannot take sleep-sofas. Call Bill Sinclair at 703-321-7529 or the Annandale Christian Community for Action warehouse at 703-256-1991 Call the warehouse ONLY on Saturday mornings.

## **PROPOSAL TO EXPAND DEFINITION OF COMMONLY ACCEPTED PETS**

Did you know that hedgehogs, chinchillas, and hermit crabs are not allowed to be kept as pets in Fairfax County? The current definition of “commonly accepted pets” was adopted in 1985 and includes: domesticated rabbits; hamsters; ferrets; gerbils; guinea pigs; pet mice and pet rats; turtles; fish; dogs; cats; domestic chickens, ducks and geese under two months old; birds such as canaries, parakeets, doves and parrots; worm/ant farms; non-poisonous spiders; chameleons and similar lizards; and non-poisonous snakes. Hedgehogs are considered “wild or exotic animals” and are prohibited and keeping chinchillas and hermit crabs requires Special Permit approval.

Because of interest expressed from residents, the Board of Supervisors will be considering an amendment to the Zoning Ordinance that would allow all three animals to be kept as pets without obtaining any permit. The proposal would also include an amendment to the Fairfax County Code to modify the definition of wild or exotic animals. While some potential pet owners have expressed support, other groups, such as the Department of Animal Sheltering and Animal Services Advisory Commission, have stated concern about allowing these animals as pets.

*Source: The Braddock Beacon, January 2019*

*At this printing, a public hearing was scheduled to have happened January 22. You can contact Supervisor John Cook's office to find out the results of the hearing.*



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**EVENTS**

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



Feb 4- 11-Noon, **Healthy Strides Wellness Book Club** @ George Mason Regional Library; Book: “Year of Yes” by Shonda Rhimes

\* Feb. 6– 7:30pm, **Civic Association Board** meeting, School, SACC Room

Feb. 18 – No School

Mar 4- 11-Noon **Healthy Strides Wellness Book Club** @ George Mason Regional Library; Book “In Defense of Food” by Michael Pollan

\* Mar. 6– 7:30pm, **Civic Association Board** meeting, School, SACC Room

\* Mar. 21 – 7:30pm, **Civic Association General Meeting**, School cafeteria – topics will include: Trash Pickup, By-Laws Amendments and Taste of Ravensworth

\* Apr. 3 – 7:30pm, **Civic Association Board** meeting, School, SACC Room

**April – exact date TBA, Junk Truck @ Pool, will be one of the first three weekends in April**

Apr 16- 7-8pm **Healthy Strides Wellness Book Club** @ Centreville Regional Library Book: “Train Smart, Run Forever” by Pierce & Murr

Apr. 15-21 – **No School**, Easter Break

\* May 1 – 7:30pm, **Civic Association Board** meeting, School, SACC Room

May 4, 7:30am, **Healthy Strides 5K/10K** “May the Fourth Be with You” @ Burke Lake Park. For more info and to register, please visit <https://www.fairfaxcounty.gov/parks/healthy-strides/10k5k>

\* May 16 – 7:30pm, **Civic Association General Meeting**, School cafeteria

\* May 11 - **Community-wide Yard Sale**, 7am set-up, 8am-Noon, Pool parking lot

May 11 – **Green Thumb Garden Club Plant Sale**, location TBD

May 20- time TBD **Healthy Strides Wellness Book Club** @ Lorton Library; Book: “Mindfulness for Beginners” by Jon Kabat-Zinn

+ May 26 – **Pool Opens**

May 28 – **Memorial Day**

June 3 – **Last Day of School**

June 3- 11am-12pm **Healthy Strides Wellness Book Club** @ Tysons-Pimmit Library; Book: “The Zero-Waste Lifestyle” by Amy Korst

July 22- 11-Noon **Healthy Strides Wellness Book Club** @ Tysons-Pimmit Library, Book: “The Yes Brain” by Siegel & Bryson

Aug 11- 1-2pm **Healthy Strides Wellness Book Club** @ City of Fairfax Library; Book: “Bright-Line Eating” by Susan Pierce Thompson

Sep 15- 1-2pm **Healthy Strides Wellness Book Club** @ City of Fairfax Library, Book: “10% Happier” by Dan Harris

Oct 13- time TBD **Healthy Strides Wellness Book Club** @ City of Fairfax Library; Book: “Crazy Sexy Cancer Tips” by Kris Carr, plus film screening and cancer resource fair!

Nov 4,- 11am-12pm **Healthy Strides Wellness Book Club** @ George Mason Regional Library, Book: “Meditation for Fidgety Skeptics” by Dan Harris

Dec 2- 11am-12pm **Healthy Strides Wellness Book Club** @ George Mason Regional Library, Book: “Why We Sleep” by Matthew Walker, PhD

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

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## **BRADDOCK DISTRICT RESIDENT RECEIVES MEDAL OF HONOR**

Former Staff Sgt. Ronald J. Shurer II, a Braddock resident, was awarded the Medal of Honor for his heroic actions in April 6, 2008. That morning Shurer and his team from the 3rd Special Forces Group boarded chinook helicopters and headed to Shok Valley in eastern Afghanistan to find a high-valued target. Moments after Shurer got out of his helicopter his team came under heavy fire from insurgents armed with RPG's and machine guns. Shurer fought his way up a mountain to give medical aid to his wounded teammates. He sustained a gunshot wound to his arm and his helmet caught a bullet in the melee, but he continued to fight and care for the wounded. Shurer saved the lives of all the men he aided, including four critically wounded service members whom he gave care to for 5 ½ hours on the battlefield. Shurer is the 11th soldier to receive the Medal of Honor from the war in Afghanistan. For more details on his heroic actions you can find his Medal of Honor citation online at <http://themedalofhonor.com/medal-of-honor-recipient/recipient/ronald-j-shurer>.

## **FCPS STUDENT SAT SCORES JUMP SIGNIFICANTLY**

November 9, 2018

Fairfax County Public Schools (FCPS) seniors\* in the class of 2018 continue to exceed state and national averages on the SAT, according to results released by the College Board and the Virginia Department of Education (VDOE). The mean score for 2018 was 1213, 28 points higher than the 2017 mean score of 1185.

- Overall mean score of 1213—103 points above the Virginia average and 164 points over the U.S. average
- Evidence-Based Reading and Writing mean score of 604—41 points above the Virginia average and 75 points over the U.S. average
- Mathematics mean score of 608—61 points above the Virginia average and 88 points over the U.S. average

A total of 9,725 FCPS seniors\* in the class of 2018 took the SAT, or approximately 60 percent of all seniors.

Source: <https://www.fcps.edu/news/fcps-student-sat-scores-jump-significantly-best-national-and-state-peers>

## **TASTE OF RAVENSWORTH MARCH 21**

The March 21 Civic Association Meeting will include a Taste of Ravensworth. Come sample goodies from Ravensworth food businesses before the business and guest speaker portions of the meeting. If you would like to have your culinary business featured at Taste of Ravensworth, contact Scott Houghton at [vp1@ravensworthfarm.org](mailto:vp1@ravensworthfarm.org) or 703-321-7320.

## **MARCH 21 CIVIC ASSOCIATION MEETING**

The General Meeting of the Ravensworth Farm Civic Association will be March 21 at 7:30pm in the cafeteria of Ravensworth Elementary School. The meeting will lead off with the Taste of Ravensworth, followed by a discussion of proposed Civic Association By-Laws Amendments and options for trash pick-up within the community.

## **WORKING TEENS**

If you're looking for a teen or young adult to help with your yard, child, animal, or other odd jobs, check out the list of teens who are willing to work. See the Youth Services page of the Ravensworth Farm Civic Association directory. Don't have a directory? Join the Civic Association by paying your dues at <http://pay.ravensworthfarm.org> and a directory will be delivered to your doorstep.



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## **FARM WITHOUT A FARMER**

Startup hopes restaurants and grocers are ready for robotically grown greens  
by Michael Cochrane Post Date: October 25, 2018 - Issue Date: November 10, 2018

Indoor urban farming is, you could say, a growing trend. Indoor farm startups want to provide pesticide-free, locally grown vegetables directly to urban stores and restaurants that otherwise would buy produce that may have been shipped thousands of miles. And one California startup is taking indoor farming a step further: The company is offering a completely autonomous farm with no human workers.

In October, Iron Ox opened its first operational indoor robotic farm in an 8,000-square-foot hydroponic facility in San Carlos, Calif. The company hopes to grow about 26,000 heads of leafy greens each year without soil, a production rate typical of an outdoor farm five times bigger, according to MIT Technology Review.

“We designed the entire process, from the beginning, around robotics,” Iron Ox co-founder and CEO Brandon Alexander told Fast Company. “It required us pretty much going back to the drawing board to see what we could do if robots were in the loop.”

At the farm, robotic arms plant the crops, add nutrients, transplant the plants to larger containers as they grow—maximizing health and yield—and according to Alexander will eventually harvest and package the greens for the market. Another mobile robot autonomously navigates the room carrying the 800-pound trays containing the crops. An artificial intelligence system nicknamed “The Brain” controls the entire operation, which currently includes some minimal human involvement still necessary until the farm is fully automated.

Alexander plans to sell initially to restaurants. “The next step,” he told Fast Company, “is to be working with chefs and say, ‘Hey, we’re your neighborhood robotic farm,’ and we want to supply probably the freshest produce they’ll ever have access to.”

Iron Ox hopes soon to begin working with grocery stores as well as restaurants, and next year plans to expand to other locations throughout the country.

One agricultural analyst suggested to Technology Review that, while the large investment needed for robotic farming might leave smaller family-owned farms behind, automation is needed across the industry to solve long-standing labor shortages.

Reprinted From: World News Group, [https://world.wng.org/2018/10/farm\\_without\\_a\\_farmer](https://world.wng.org/2018/10/farm_without_a_farmer)

## **SUMMER CAMP FAIR - MARCH 9**

Join Fairfax County Parks & Recreation for the 2019 Camp Fair Saturday, March 9, 11am-2pm at Audrey Moore REC Center.

## **KIDS CORNER**

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

## **COLUMNISTS & WRITERS WANTED**

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





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