



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

November 2015

**The Ravensworth *Farmer***

Issue 2

**FROM THE PRESIDENT**

Unfortunately my letter for last month's Farmer got held up in my outbox and when I realized the mistake it was already too late so I'm resubmitting it with just a few updates.

I hope everyone had a wonderful summer. For the first time in a long time it didn't feel like it went by too fast. For the last 3 years my wife and I have been traveling up north or to tropical destinations seemingly every other week for a weeding or wedding-related event. It finally ended this spring with the last of the weddings. For the most part we stayed in town and spent time with family and friends. Surprisingly it never felt too hot either, unlike some heat waves of years' past.

The RFCA returned from its summer recess and has already held its first meeting. We finalized the 2016 budget proposal to be voted on at the October GM meeting and were pleased to beat budget for 2015 which put us in the green. We all thought the summer party at the lake went very well considering it was the first of its kind. Naturally, events like that require fine tuning as you discover what works and what doesn't. My favorite comment was a suggestion to hold the next party (which we'll propose again in this year's budget) in one of our cul de sacs or at the church. It would not only save money but bring it closer to the community. The lake pavil-

*Con't Pg. 3*



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Article 1, Section 3, of the Civic Association's By-Laws provides that the Association shall be strictly non-partisan, non-political, and non-sectarian. Accordingly, the invitation of elected officials and other public figures to speak at Association meetings, and the inclusion of paid political or commercial advertisements in the Farmer or in the attached flyers, do not constitute endorsements by the Association.

## RAVENSWORTH FARM CIVIC ASSOCIATION

### EXECUTIVE COMMITTEE

President	Kevin Joyce	703-587-7989	prez@ravensworthfarm.org
1st Vice President	Mary Keeser	703-321-4925	vp1@ravensworthfarm.org
2nd Vice President	Dean Fix	703-321-3048	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	Stephanie Hammond	703-321-0546	
Treasurer	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
<b>Farmer</b>	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
October	7	7	1	Nov. 7	Oct. 18—Fall Festival Oct. 22—RFCA Meeting
November	4	18	5	Dec. 12	
December	2	N/A	N/A	N/A	Holiday Lights Judging
January	6	6	7	30	
February	3	10	4	Mar. 5	
March	2	2	3	Apr. 2	Mar. 31—RFCA Meeting
April	6	6	7	May 7	May 7—Yard/Plant Sale
May	4	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*

ions are quite close, but closer is better, and we wouldn't have all the other events going on around us.

If you missed the event it was a great opportunity to meet new neighbors and take advantage of your annual dues by enjoying some traditional cookout food and beverages. Supervisor Cook even made an appearance as did a few of the officers from our neighbors next door in North Springfield. It was a fairly hot day but easily 10 degrees cooler in the shade. Our awesome neighborhood clown, Miss Mollie, entertained the kids for a couple of hours with all sorts of fun games and activities. It was such a hit as children from neighboring events joined in the fun. For more details about the party please see the full write up in the last issue by our Treasurer Heather.

As we get down to business and look ahead the RFCA is preparing for a number of activities this year. First, we aren't planning to host a fall yard sale but we will co-host the spring yard sale with the pool. Second, we're hosting a debate with the Braddock District candidates at the church at our October General meeting. It's unlikely this issue will make it to your door in time so we're planning to advertise it through typical channels again like the web site, email subscriber list, and Facebook. Third, the fall festival was back for another year on the church grounds and is always a hit with the kids. Fourth, we're looking for a volunteer to lead the holiday decorating judging which involves driving around to view all the displays. Fifth, we'll wrap up the season with another summer party for the whole community. We'd love to hear from you so if you have new ideas or suggestions please come to one of the General meetings so we can get it into the budget for next year.

Lastly, we have a wonderful new volunteer to head up the New Neighbors Committee formerly run by departing member Jill Mowbray. Pam Ryan will be our new lead and we're all very excited to see her. Thanks Pam!

Kevin Joyce, prez@ravensworthfarm.org

### GREEN THUMB GARDEN CLUB

We hope everyone is enjoying the cooler weather. On October 7, after a brief business meeting we headed over to Green Spring Gardens in Alexandria for a tour and picnic in the renovated Gazebo area. It was wonderful to get out after all that rain and see all the late summer/early fall plants thriving because of the recent rain. Speaking of getting out- be sure to take a walk or slow ride around the neighborhood to check out our Garden of the Season winners and honorable mentions. There are so many wonderful neighborhood gardens.

On November 4, we will be meeting in the neighborhood for a presentation about our Northern Virginia Habitat by a member of the Audubon Society, and on December 2nd we will be holding our annual Holiday Tea and fun gift exchange beginning at 10:30 am. On January 6, our meeting topic will be on Birding and Native Plants. Most meetings start at 10:00 am on the first Wednesday of the month, unless otherwise noted. New members are always welcome, and may contact our President, Ursula, at 703-321-3535 for further information.

### WITH THE GOLDEN RAVENS, STUFF HAPPENS

Retired folks and senior citizens of Ravensworth Farm, listen up. The monthly luncheon meetings of Golden Ravens are not to be missed. They are all about keeping on keeping on with monthly outings to local eateries, invited speakers, and old fashioned covered dish meals. Whether it is just for staying in touch with neighbors or meeting some new ones, you will not be disappointed. So mark up the fourth Wednesday of each month on your calendars and plan for the Golden Ravens meeting at the Community Church on Inverchapel. Their hospitality is much appreciated. For all the upcoming details call Joan Crofford at 703-321-7809.

### TRUNK OR TREAT AT THE POOL

Thanks to the Ravensworth Farm Swim & Racquet Club for hosting a fun trunk or treat at the pool on Halloween day! We can't wait 'til the pool is open again.



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## WONDERFUL GARDENS

Results of the Fall 2015 Garden of the Season Judging on Monday, September 28, 2015.

**1st Place:** 5309 Nutting Drive – Buratti Family  
**2nd Place:** 8145 Halleck Place – Sheaffer Family  
**3rd Place:** 8117 Adair Lane – Mattauszek Family



### **Honorable Mention**

8121 Adair Lane	5311 Moultrie Road	5401 Queensberry Avenue
8123 Bullock Lane	5311 Nutting Drive	5616 Rathbone Place
7925 Ellet Road	5313 Nutting Drive	5512 Ravenel Lane
8016 Gosport Lane	5406 Nutting Drive	5645 Ravenel Lane
8140 Halleck Place	5315 Pillow Lane	5325 Ringold Place
5518 Inverchapel Road	5323 Pillow Lane	5513 Sedgwick Lane
5604 Inverchapel Road	5225 Queensberry Avenue	5607 Sedgwick Lane
5227 Kepler Lane	5324 Queensberry Avenue	7916 Slidell Lane
5313 Kepler Lane		

*Best Wishes*

## LEAVING BUT NEVER GONE

Our best wishes to Dick and Martha Sargent as they move to their new residence. Ravensworth Farm will miss the Sargents. We are grateful for this original owner couple's very active involvement for 50+ years in Ravensworth Farm. They've been involved in everything from the Ravensworth Farm Civic Association's founding to Ravensworth Elementary School to the Golden Ravens and, of course, to The Ravensworth Farmer.

## DON'T GET SCAMMED!

Fairfax 50+ is a podcast series featuring discussions on issues, services, and activities of interest to residents 50 and over. Recently Wil Slaughter of Fairfax County's Consumer Affairs division talked about how to avoid home repair and yard work scams.

People soliciting business door-to-door MUST have a solicitor's license. They can be fined \$500 for going door-to-door without having a copy of the solicitor's license of the company on his/her person. Be sure to ask to see the solicitor's license. IF you are considering working with a door-to-door solicitor, be sure to get a complete quote in writing that includes the name and contact information of the company and the person with whom you spoke. Call the Office of Consumer Affairs and verify if there are complaints registered against that company/person. By law, there is a three-day "cooling off" period in which you may change your mind. Many cases in which the solicitor insists on starting immediately, before the three-day cooling off period, the work is substandard. Be sure to take time to think about the contract for a day or two first. Get some additional estimates, as well, so that you're making an informed decision. If you have something in writing, the Office of Consumer Affairs can become involved in mediating a dispute.

If you have a consumer question or concern, contact Consumer Affairs at 703-222-8435. You can also visit [www.fairfaxcounty.gov/consumer](http://www.fairfaxcounty.gov/consumer) to file a complaint or sign up for their newsletter, Informed Consumer. For information on county services, recreation and upcoming events for older adults go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) or call 703-324-7948. When you visit the webpage, check out the Connections column and consider subscribing to Fairfax 50+ E-News and the Golden Gazette.

Source: <http://www.fairfaxcounty.gov/dfs/olderadultservices/>



**2016 RFCA BUDGET TO ACTUAL (AS OF OCT. 12, 2015)****PROPOSED BUDGET FOR OCT 2016 - SEP 2017**

		2015 Actual	2016 Proposed
INCOME			
Membership		3,874	4,275
Advertising - Directory		2,390	2,400
Advertising - Farmer		3,796	3,800
Interest on Savings		200	200
<b>Total Annual Income</b>		<b>10,260</b>	<b>10,675</b>
EXPENSES			
Farmer	Printing	1,451	1,600
	Distribution	1,350	1,350
	Typing and Formatting	1,000	1,000
		3,801	3,950
Directory	Printing	2,967	3,000
		2,967	3,000
Hospitality			
	New Neighbor Welcome	0	75
	Food for Membership mtgs.	71	75
	Get Well/ Hospitalizations	0	75
		71	225
Entrance Maintenance			
	Mowing	490	450
	Landscaping	292	350
		782	800
Community Services & Events			
	Community BBQ	988	1,000
	Fall Festival	300	400
	Church Contribution	250	250
		1,539	1,650
Miscellaneous expenses		115	550
Administrative Expenses		415	300
Website / e-blasts		196	200
<b>Total Expenses</b>		<b>9,885</b>	<b>10,675</b>
<b>Total Profit or (Loss)</b>		<b>375</b>	<b>0</b>



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## **WHERE'S THE FIRE?!**

Don't be alarmed if a firefighter shows up at your door. Every Saturday until Nov. 21, Fairfax County firefighters are in neighborhoods checking and installing smoke alarms, providing seasonal fire and life safety tips, and offering escape plans for families.

This popular home safety check program began in 2013 and it has been credited with saving lives. In the three years of the program, firefighters have:

- Visited 15,000 homes
- Left more than 12,000 safety tip door hangars
- Educated more than 8,600 residents
- Installed 2,539 smoke alarms
- Replaced 887 batteries



To request the installation of a smoke alarm, or a visual smoke alarm for the deaf and hard of hearing, at no cost, please call 703-246-3801, TTY 711. The smoke alarms are provided by a federal grant from the Department of Homeland Security.

Source: <http://www.fairfaxcounty.gov/news2/firefighters-start-home-safety-checks/>

## **RECYCLE YOUR RELIC FRIDGE OR FREEZER AND RECEIVE \$50**

Is that old, second refrigerator or freezer staring you in the face amid the ancient ruins of your garage or basement? If you're a Dominion Virginia Power customer, then you can recycle that relic and receive a \$50 rebate for secondary refrigerators and freezers in working condition. According to Dominion, by removing your older, inefficient refrigerator or freezer from your home, you reduce your home energy use and save money.

### How to Participate

- Contact JACO Environmental (Dominion's contractor for this program) to schedule your refrigerator or freezer for recycling. Scheduling an appointment can be done by phone at 1-844-685-7462, TTY 711, or online at JACO Environmental - <https://jacoinc.net/LandingPage/Index?programID=180>)
- Ensure your refrigerator or freezer is operating and empty.
- You will receive a call 24-48 hours prior to the day of collection to provide you with a four-hour time frame for collection.
- On the day of your scheduled pickup, you will receive a call 30 minutes prior to the crew arriving at your home.
- After your collection you can check your rebate status by logging in to your Dominion account or by calling 1-888-366-8280, TTY 711.
- Your rebate check of \$50 per appliance will be mailed directly to you.



### Who Can Participate

This program is open to Dominion Virginia Power residential customers. Customers must be on a residential rate schedule. Customers must also be responsible for the electric bill. Customer accounts are eligible for two units during the three-year program time period (which started July 1).

<https://www.dom.com/residential/dominion-virginia-power/ways-to-save/energy-conservation-programs/appliance-recycle>

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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)

## **WELCOME NEW 'NEW NEIGHBORS' CHAIR**

Pam Ryan has bravely stepped forward to lead the New Neighbors committee. If you are aware of someone who has moved into Ravensworth Farm since June, please let Pam know so she can arrange for someone from her committee to drop by with some information and maybe even a baked goodie. If you would like to help Pam greet new neighbors, she would be delighted to take you up on that. Pam can be reached at [pkryan74@gmail.com](mailto:pkryan74@gmail.com) (email is best) or 703-447-6283.

## **RAVENSWORTH BABYSITTING CO-OP**

If you have children ranging in age from baby to younger elementary, you may need the Babysitting Co-op for no-cost, no-guilt babysitting swaps. Join the co-op through sponsorship by a current co-op member. Contact Mai Bean or any other co-op member for more information or to attend the next meeting.

## **RAVENSWORTH FARM ON FACEBOOK**

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



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to [rcaf farmer@ravensworthfarm.org](mailto:rcaf farmer@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>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 703703-321-9268. 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.

## **VDOT DISCUSSING FUTURE OF I-66**

The Virginia Department of Transportation will host another round of public meetings on its plans to improve I-66 inside and outside the Beltway from Rosslyn to Haymarket. The two projects are separate, so be sure to read VDOT's comprehensive details of both plans.

### **Inside the Beltway**

According to VDOT, current recommendations for I-66 inside the Beltway include:

- Improved transit service
- Bicycle and pedestrian access
- Tolling non-HOV 3+ vehicles during peak travel-time in order to manage demand for the lanes and keep them free-flowing at all times, while providing connections to I-495 and I-95 express lanes
- Consideration of future widening

### **Outside the Beltway**

According to VDOT, under the proposed plan, I-66 outside the Beltway would be improved to provide:

- Three regular lanes in each direction
- Two express lanes in each direction
- High-frequency bus service with predictable travel times
- Enhanced commuter park and ride lots
- Direct access between the express lanes and new or expanded commuter lots

The project teams may also be contacted by email: [Transform66@VDOT.Virginia.gov](mailto:Transform66@VDOT.Virginia.gov)

Source: <http://www.fairfaxcounty.gov/news2/vdot-to-host-7-meetings-about-future-of-i-66/>



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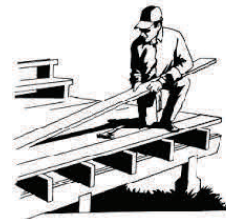


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## **EVENTS**

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

Nov. 13 - 5:30-7:30 - **Funtastic Friday** @ Parkwood Baptist Church, Braddock Rd across from Kings Park Drive, parkwoodbaptist.com

Nov. 26 - **Thanksgiving Day** - No school Nov. 27

Dec. 2 - **Green Thumb Garden Club**, Holiday Tea, Karen A. 703-321-8703

Dec. 3-5 - 7pm - **The Sound of Music** @ Falls Church High School, \$10

Dec. 3-5 - 7:30pm - **The Lion, the Witch, and the Wardrobe** @ Herndon High School, \$10

\*\*Dec. 14-19 - **Holiday Lights Judging**

Dec. 10-13 - **Christmas Concerts at Immanuel Bible Church** (Braddock & Backlick), 7:30pm Th & Fr, 6pm Sa & Su, free

Dec. 12 & 13 - **Bethlehem Walk** @ Parkwood Baptist Church, Braddock Rd across from Kings Park Drive, parkwoodbaptist.com

Dec. 18 - **last day of school** before Christmas break

Dec. 25 - **Christmas Day**

## **BOY SCOUT TROOP 991 - OUTDOOR ADVENTURES!**

The boys have planned a fall full of excitement. September, we enjoyed the rustic splendor of Camp Rock Enon in Gore, Virginia. In October, we camped along with hundreds of other National Capital Region Scouts at this fall's Camporee at Gunston Hall, celebrating scouting and experiencing our colonial heritage.

Come join us for our next adventure! Boy Scouting: 6th – 12th grade boys. Visit us Wednesday nights - 7:30pm @ Kings Park Elementary School

Scoutmaster Mitchell @ 703-321-8072 or Scoutmaster991@yahoo.com <http://www.troop991.com/>

## **TEXT TO 9-1-1 LAUNCHES IN FAIRFAX COUNTY**

You can now send a text message to 9-1-1 in Fairfax County — and it's critical to understand how the system works. Voice calls are still the best and preferred method for most people to contact 9-1-1. Remember this important phrase: Call if you can. Text if you can't.



Text to 9-1-1 is intended for specific emergency scenarios:

- For a person who is deaf, hard-of-hearing or has a speech disability.
- For someone who is in a situation where it is not safe to place a voice call to 9-1-1.
- A medical emergency that renders the person incapable of speech.
- If you are unable to call 9-1-1 due to being in a remote location with limited voice network availability.

Text to 9-1-1 is available within:

- Fairfax County
- Town of Herndon
- Town of Vienna
- Town of Clifton
- City of Fairfax

*Con't Pg. 20*

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*Con't from Pg. 17*

If text to 9-1-1 is not available in your area when you send a message, you should receive a message indicating that text to 9-1-1 is not available and to contact 9-1-1 by phone. Text to 9-1-1 is available in less than 5 percent of the United States. Other jurisdictions in Northern Virginia and Maryland, as well as Washington, D.C., are planning their own launches of text to 9-1-1 in the future

At this point, text to 9-1-1 in Fairfax County is provided by the following carriers:

- Verizon
- Sprint
- AT&T
- T-Mobile

Source: <http://www.fairfaxcounty.gov/news2/text-to-9-1-1-launches-in-fairfax-county/>

## **A DIFFERENT KIND OF PRESCRIPTION**

By Staff Writer, Univ. of FL Health Published: October 14, 2015

What if, instead of medicine, a doctor could prescribe a nature walk to patients as a way to prevent chronic diseases such as obesity and asthma? Several movements are now underway to encourage physicians to do just this.

Headquartered in Washington, D.C., an initiative dubbed DC Park RX aims to get families and patients out in nature. The program involves the National Park Service, the D.C. Chapter of the American Academy of Pediatrics as well as local universities and health systems.

*Con't Pg. 22*



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*Con't from Pg. 20*

One of the biggest developments of DC Park RX is the creation of a database of local parks that includes details of activities available at each one. The database is connected to the electronic medical record portal at a large area health system, making it easy for physicians to access information about the parks.

The idea is that doctors will give patients personalized prescriptions to visit certain parks and engage in specific physical activities they enjoy. Physicians also can use the database to tell patients about each park's accessibility, cleanliness and safety.

Aside from the ailments already mentioned, other conditions also might be assuaged by regular exercise in a pretty park. People suffering from depression, high blood pressure, anxiety or vitamin D deficiency may also benefit.

Park RX movements already exist in numerous areas of the country. If the program does catch on with patients and doctors nationwide, we all might enjoy an additional advantage. Because disease prevention is much less expensive and burdensome than treatment, we might see lower health care costs, personally and as a society, if physical activity in parks becomes the hot new "medicine" of choice. Now, wouldn't that be a breath of fresh air?

Source: <http://news.health.ufl.edu/health-in-a-heartbeat/>

## **WHEN YOU LOSE FAT, WHERE DOES IT GO?**

Univ of FL, Shands Health; 30 Mar 2015

Picture this: Breathe in and fill those lungs — and breathe out fat. The image may be an exaggeration, but it's not much of one.

According to the law of the conservation of mass, matter is neither created nor destroyed. So the widely held belief that fat is burned off as extra energy or heat, or is converted into muscle, is incorrect, according to researchers from Australia's University of South Wales. The researchers reported their findings in the holiday issue of *The British Medical Journal*.

To solve the mystery of where fat goes, researchers began with what type of fat we actually lose, a type of fat called triglyceride. In order for you to get rid of it, the fat must be broken down into the atoms that make it up. This happens through a process called oxidation. When triglyceride is oxidized, it breaks into carbon, hydrogen and oxygen, which researchers then tracked.

Turns out, a good portion of the triglyceride is exhaled as carbon dioxide. The researchers found that for 10 kilograms of human fat to be oxidized, humans must inhale 29 kilograms of oxygen. When the fat reacts with the oxygen, 11 kilograms of water and 28 kilograms of carbon dioxide are produced.

The researchers think this means your lungs are responsible for releasing your fat. The water produced exits your body in other typical ways: Through your urine, sweat and other bodily functions. Throughout the day, a 155-pound person exhales at least 200 grams of carbon per day. He or she takes it in by eating and drinking.

When you exercise, you breathe more frequently and deeply, ridding your body of even more carbon. The researchers say that one hour of moderate exercise can remove an additional 40 grams of carbon from the body. So next time you exercise, don't feel bad about huffing and puffing. You're actually just blowing the fat away.

# ***Steven Decker***

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***Building Contractor***

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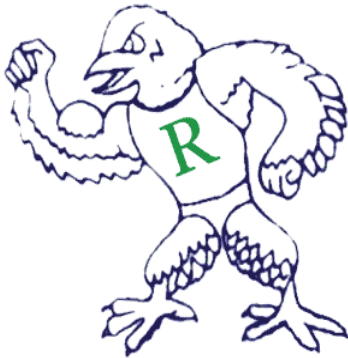
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