

member FOCUS

A newsletter published monthly by the Town of Warrenton Parks & Recreation Department and the Warrenton Aquatic and Recreation Facility

TOWN OF WARRENTON AWARDED FIVE GOLD MEDALS

Swimming, running, playing...Warrenton's kids are on the move. The National League of Cities (NLC) has recognized the Town of Warrenton for recent completion of key health and wellness goals for Let's Move! Cities, Towns and Counties (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive Let's Move! initiative to ensure that kids can grow up healthy. LMCTC works closely with local elected officials nationwide to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents across five goal areas. Warrenton is one of only 72 localities that have been awarded five gold medals in the program.

"Thanks to your dedication to the health and wellness of your community, Warrenton is part of a nationwide movement that supports health in cities, towns and counties across the United States," said National League of Cities President Melodee Colbert-Kean, councilmember and former mayor, Joplin, Mo.

Five gold medals have been awarded to Warrenton for action taken to increase opportunities for physical activity and to improve access to healthy affordable food. These medals were awarded because of Warrenton's achievements in all five areas of the Let's Move program. "The Town of Warrenton offers many opportunities for children to exercise and play," said Parks and Recreation Director, Margaret Rice. "We have playgrounds, pools, fields, trails, a skate park, an in-line hockey rink, and more." Some initiatives for the Let's Move program included programs such as WARF on Wheels, playground mapping, preschool and Learn to Swim programs at the WARF, participating in a CSA, developing educational materials on healthy foods, and promoting healthy eating in Town facilities.



Zumba with Gabi before our Movie in the Park is part of our WARF on Wheels program and has been a hit with the kids.

"I'm ecstatic about how the Town Council is working so hard to continue to make Warrenton such a healthy and active community for our residents and businesses. It's a testament to keeping Warrenton a fantastic place to retire or raise your children. There are only 72 towns, cities, and counties nationwide that have earned all five gold medals and we should be extremely proud of this accomplishment. Warrenton truly has it all," Town Council Member Sean Polster said.

All LMCTC sites have the opportunity to earn up to five gold medals, one for each actionable goal to which they commit to as part of the initiative. Medals are awarded based on achievements in each of the following five goal areas: Goal I: Start Early, Start Smart; Goal II: My Plate, Your Place; Goal III: Smart Servings for Students; Goal IV: Model Food Service; Goal V: Active Kids at Play.

NLC is working in partnership with the U.S. Department of Health and Human Services, and with

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AQUATIC NEWS

SWIMMING FUN FACTS

The oldest swimming stroke is Breaststroke, which is also the slowest stroke swum at the Olympics.

Over half of the top swimmers in the world suffer from shoulder pain.

The Bikini got its name from Bikini Atoll - a nuclear test site in the South Pacific!

Elephants can swim up to 20 miles a day using their trunks to breathe.

In Egypt, there have been ancient drawings and paintings found that go back to 2500AD which show that humans have been swimming for at least 10,000 years.

The Olympics began as a mens only competition until 1912 when women were allowed to participate.

The first cruise ship with a swimming pool was the Titanic.

The first man to swim the English Channel was Captain Matthew Webb in 1875.

August 6th 1926 - Gertrude Ederle was the first woman to swim the English Channel and did it quicker than the fastest male.

Swimming became an Olympic event in 1896.

The tumble turn was invented by the American swimming coach Tex Armstrong who trained Adolph Keifer for the 1936 Olympics.

Swimming works out all the body's main muscles.

The first diving board in England was at Highgate Ponds in 1893.

About 65,000 people in the USA don't know how to swim.

Benjamin Franklin invented swimming fins.

Kangaroos are excellent swimmers.

Synchronized swimming was not featured in the Olympics until 1984.

In the 1300's the first swimming goggles were made from tortoise shells, the first rubber goggles were made in the 1930's.

'Piscine' the French word for swimming pool, comes from the Latin Piscine which means fishpond.

The most popular swimming stroke is Front Crawl.

An Olympic size swimming pool can hold 700,000-850,000 gallons of water.

On planet Earth there are 328million cubic miles of seawater which covers about 71% of the entire Earth's surface.

The WARF offers swim lessons by Red Cross Certified instructors. Check out our Summer and Fall Aquatics brochure at the front desk or online at www.swimwarf.com.

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MEMBER NEWS

SARAH GOING TO TRIALS

Sarah Bowman Brown is a Warrenton native who graduated from Fauquier High School in 2005 and is currently competing for her spot on the 2016 US Track and Field Olympic Team. Her training began at Fauquier High School on their track and among other locations she has also trained at our very own WARF facility. While training, she had a beautiful daughter, Abigail. Pregnancy made her Olympic preparations challenging. Despite these challenges, she has been motivated by her husband/trainer and daughter to overcome these obstacles and compete at the trials. For Sarah, the first round of Olympic trials begins and airs on NBC Thursday, July 7th at 9:26 p.m. EST, the semi-finals are on Friday, July 8th at 8:03 p.m. EST, and the finals are on Sunday, July 10th at 8:00 p.m. EST.

FIVE GOLD MEDALS

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the support of the U.S. Department of Agriculture, the National Association of Counties and other nonprofit organizations, to assist local elected officials who join LMCTC as they implement policy and environmental changes to prevent childhood obesity. The Robert Wood Johnson Foundation has awarded NLC a grant to provide technical assistance to local elected officials working to create healthier communities and prevent childhood obesity, including those participating in LMCTC.

More than 500 cities, towns and counties are participating in LMCTC, and 80 million Americans are now living in LMCTC communities that are dedicated to helping young people eat healthy foods and be physically active. Each month, NLC recognizes local elected officials who achieve key benchmarks for the five LMCTC goals. Since July 2012, NLC has awarded 3,045 bronze, silver, and gold medals to recognize local elected officials across the country for their LMCTC progress.

For more information about LMCTC and Warrenton's accomplishments, visit www.HealthyCommunitiesHealthyFuture.org.



FITNESS NEWS

EAT FRESH AND LOCAL

Eating local foods is better for you, for the environment, and (most importantly) for your taste buds. Here are the top eight reasons you might want to consider eating more local foods.

1. Local food is fresher and tastes better than food that has been trucked or flown in from thousands of miles away. Think you can't taste the difference between lettuce picked yesterday and lettuce picked last week, factory-washed, and sealed in plastic? Do a taste-test at home. I'm betting you can. Along with tasting better, fresher food lasts longer too.

2. Local Foods Are Seasonal (and Taste Better) It must be said: Deprivation leads to greater appreciation. When does a cozy room feel best? When you've come in from being out in the freezing cold. In-season, locally grown tomatoes burst with flavor that's easy to forget if you only eat ones that are artificially ripened with gas.

3. Local Foods Usually Have Less Environmental Impact - Those thousands of miles some food is shipped? That leads to a big carbon footprint for a little bunch of herbs. Look for farmers who follow organic and sustainable growing practices and energy use to minimize the environmental impact.

4. Local Foods Preserve Green Space & Farmland. The environmental question of where your food comes from is bigger than its "carbon footprint." By buying foods grown and raised closer to where you live, you help maintain farmland and green space.

5. Local Foods Promote Food Safety - The fewer steps there are between your food's source and your table the less chance there is of contamination.

6. Local Foods Promote Variety - Local foods tend to create a greater variety of foods available. Farmers who run community-supported agriculture programs (CSAs), sell at farmers markets, and provide local restaurants a wider variety of fresh produce.

7. Local Foods Support Your Local Economy - Money spent with local farmers, growers, and locally-owned restaurants all stays close to home. It works to build your local economy instead of being handed over to a corporation in another city, state, or country.

8. Local Foods Create Community - Knowing where your food is from connects you to the people who raise and grow it. Instead of having a

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TOWN OF WARRENTON PARKS AND RECREATION

UPCOMING EVENTS:



Friday, July 22nd - Movies in the Park showing **The Good Dinosaur** @ Eva Walker Park at Dusk - FREE

Friday, August 5th - Movies in the Park showing **The Princess Bride** on Ashby Street at Dusk - FREE

Friday, August 19th - Dive-In movie showing **Jaws** @ the WARF in the competition pool, the minimum age is 12 - \$3.00 per person

EAT FRESH AND LOCAL

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single relationship - to a big supermarket - you develop smaller connections to more food sources. All of the sudden you know vendors at the farmers market. For some people the benefit of this is social and psychological; for all of us, though, it pays off in the foods we eat. People who know you tend to want to help you, whether it's giving you a deal on your produce or letting you know when your favorite tomatoes or peaches will be in season.

WARRENTON AQUATIC & RECREATION FACILITY		Lane Availability July 1 - August 7, 2016						
Numbers under times of day indicate number of available lanes in Competition Pool at those times. Subject to change without notice.								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
5:00 AM								5:00 AM
5:30 AM								5:30 AM
6:00 AM	10		10		10			6:00 AM
6:30 AM		10						6:30 AM
7:00 AM				10				7:00 AM
7:30 AM								7:30 AM
8:00 AM	8		8		8			8:00 AM
8:30 AM						10		8:30 AM
9:00 AM	7		7		7			9:00 AM
9:30 AM		8						9:30 AM
10:00 AM	6		6	8	8	8		10:00 AM
10:30 AM						7		10:30 AM
11:00 AM						9		11:00 AM
11:30 AM	10	10	10	10				11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
1:00 PM	9	9	9	9				1:00 PM
1:30 PM	8		8	8				1:30 PM
2:00 PM		8						2:00 PM
2:30 PM	9	9	9	9		10		2:30 PM
3:00 PM	5	5	5	5			10	3:00 PM
3:30 PM								3:30 PM
4:00 PM	6	6	6	6	10			4:00 PM
4:30 PM								4:30 PM
5:00 PM	9		9	10				5:00 PM
5:30 PM		10						5:30 PM
6:00 PM	10		10					6:00 PM
6:30 PM		7		7				6:30 PM
7:00 PM		6		6				7:00 PM
7:30 PM	8	9	8	9				7:30 PM
8:00 PM								8:00 PM
8:30 PM	10	10	10	10				8:30 PM
8:45 PM								8:45 PM

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