



Fairfax Lions Club News - May 2017

"Bob Stahl Memorial Newsletter"

"I resolve to participate in at least one Lion's service activity each month this year."



Service - Our Mission

Vision Screening - May 3rd

1stVP Marty Lockard scheduled a vision screening on May 3rd - the day this newsletter is scheduled to be emailed to you. Marty has bonded with City Parks and Rec personnel, especially at the Senior Center, and one payoff has been good advertising. The flyer for the event announcing our role:

OLDER AMERICANS MONTH
AGE OUT LOUD: MAY 2017

Open House

Wednesday, May 3, 2017
11 AM to 1 PM

Kickoff to Older Americans Month in the
City of Fairfax Senior Center

11 AM - Ballroom Dancing Demonstration
11:30 AM - Lion's Vision Screenings
12 NOON - Salad Luncheon sponsored by Overture Fair Ridge
12 NOON - Paper Marbleizing Craft

Activities available throughout the event:

- Blood Pressure Checks, Ask a Nurse by Monica with Horizons Health Care
- Corn Hole Tournament sponsored by Young at Heart Senior Council
- Fairfax County Sheriff's Office Scam Informational Material
- Emergency Readiness with COF Emergency Coordinator, Ken Rudnicki
- Fire Prevention and giveaways with City of Fairfax Fire Department
- Liver Health with Chloe Sherve Liver Program Coordination MedStar Georgetown Transplant Institute

The Senior Center Fitness Room is open 8 AM to 5 PM

Logos: Overture Fair Ridge, City of Fairfax Fire Department, Fairfax Lions Club, Lions International, City of Fairfax Office of Emergency Management, MedStar Georgetown Transplant Institute, Horizons, Parks & Recreation City of Fairfax.

More info on results of the May 3rd screening next month.

Nursing Home Bingo

We owe many thanks to four Lions and one spouse who represented the Fairfax Lions Club on Wednesday April 19th and conducted bingo for residents of the Fairfax Nursing Center. This once each month service activity takes about an hour, and is deeply appreciated by the dear residents of the nursing center and their families. It occurs on the third Wednesday of each month, 730-830pm; give it a thought.

Eyeglass Recycling

Our Club collected 502 pair of donated eyeglasses in April, delivered them to, and worked at the LIONS EYEGLOSS RECYCLING CENTER OF NORTHERN VIRGINIA - whose web site opens with these words:

Changing Lives, One Pair at a Time

Imagine if you could help a child read; an adult succeed in his job; a senior maintain her independence; and provide a community with more opportunities to grow and thrive. Every day, the Lions Eyeglass Recycling Center of Northern Virginia does all of this and more.

<http://www.valions.org/egrc/index.html>

Fairfax Lions Cabin Renovation Recognized

All club members will recall the wonderful leadership of Ted Kuriata in renovating the cabin our Club maintains at the Northern VA Lions Youth Camp.



This outstanding project involved several club members who put in many long hours of labor, member-donated materials and - in some cases - cash donations, and of course many long drives to the camp.

On Saturday, April 29, 2017, Northern VA Lions Youth Camp President Rosanne Snider presented this certificate to our Club recognizing the work.



Lion Ted come up with the idea and made it happen. We only wish Ted was still here to participate in the wonderful appreciation expressed by others outside the club.

Bland Contest - Club Lead Needed

Our Club seeks a Chair for 2018's Bland contest. Our Chair for many years, Lion Jeff Root, is transitioning out of this function. Please consider this opportunity for service; and discuss with any Club officer. You have lots of time to work with Jeff to understand the process and plan.

Blood Drive

by Lion Marilyn Tanner

It's official!! At the conclusion of the Red Cross blood drive on May 2, Lion Elden Wright said, "It's the highest number of donors we've ever had at one of our drives!" In all, 31 donors showed up to give the gift of life to those in need. Whole blood, as well as "Power Red" (formerly known as Double Red) was collected during the drive. Donors came from Providence Presbyterian Church (where the drive was held), from Fairfax Lions Club, and from volunteers across the community. Fairfax Lion donors included: King Lion Gene Brown (and Nancy), Scott Dulaney, Cory Green, Jim Kaplan, Brian Laccone, Gary Maxwell, Phil Mayo and Mike Schutz. Lion Marilyn Tanner (substituting for Mary Ellen Wright) served refreshments to donors.



Lion Brian Laccone, King Lion Gene Brown and Nancy



Lion Gary Maxwell



Lion Mike Schutz

Final tally of "good units" collected was 26, according to the Red Cross. That brings the total provided to citizens of Fairfax to **3265 good units** since Lion Elden started these blood drives many years ago. We know lives are saved because Lion Elden has cared enough to enlist others in serving their community. Grrrrrrreat work Elden!!!



Lion Elden Wright ("Bloody 6")

Sprout

Sprout is one of the charity activities we support with a financial donation. The founder of Sprout spoke at our club meeting recently and you are aware of the wonderful therapy work they do. Now there is an opportunity to both enjoy an afternoon at a winery in Leesburg and also support fund raising for Sprout. See information at the end of this newsletter..."Sipping for Sprout!"

Fund Raising - Underpinning Our Service Mission

Lions Dinner Out

We had a successful kick-off Dinner Out on Wednesday April 12. Many thanks to the 19 adults and three children who participated that evening and enjoyed the good food

at The Auld Shebeen. The event resulted in a check for \$84 to Fairfax Lions Charities (\$84 was 15% of what we spent at the restaurant)...more than enough to buy one pair of new eyeglasses for a qualified person in our community.

Based on this success, we will continue the Dinner-Out fund raiser. Next one: Wednesday, May 10 at The Auld Shebeen.



Mark Salesses brought his company's management team!



L-R: Terry, Pete, Harry, Joe, Karen



L-R: Marisella, Lewis, Mike, guest



L-R: Nicholas, Brian



L-R: Yoon, Marilyn, Chuck, Brian, Rob, Elsie, Marty

Join us for the next Dinner Out - Wednesday May 10th.

Charity Fund Raiser – Lions Dinner May 10th

The Auld Shebeen Restaurant

3971 Chainbridge Rd, Fairfax, VA 22030

Fairfax Lions Club



We Serve

Since 1951

Ask to "Sit with the Lions Group," Yeats Library dining room

6:30 pm - Happy Hour prices on beverages

7pm - Dinner

Order from regular menu

Separate checks

Pay your own bill.

No reservations required.



Vehicle Donation Program

Know a person with a vehicle they might donate? Ask them to call 844-455-4667. The trained staff will answer any questions, and take it from there.

More at: <http://www.fairfaxlions.org/donate-a-vehicle/>

Citrus Fruit Sales - Help Wanted!

All know Lion Elden Wright has been a head-honcho of our fruit sales for many years, and now he is stepping away. The fruit sales, our primary charity fund raiser, do not just happen. It takes advance planning and scheduling. But one Lion does not have to do it all; several Lions can split up the activities....calling Craig Van Lines to schedule placement of the Van they provide, calling Florida to order and schedule fruit deliveries, coordinating other sales products (peanuts/pecans/etc), planning sign-set-up and alerting Fairfax City of schedule, scheduling City delivery of traffic barriers, coordinating sign-set-up, scheduling Lions to work on fruit sale days, schedule delivery of equipment from our storage shed, managing on-site sales activities, etc. Think about the various tasks; our Club needs an organizer and some co-leads. Let your Club officers know if you might be able to help in any of these areas. Elden has indicated that he will coach/mentor the new leads as long as necessary.

Dinner Meetings

April 4th - addendum

Last month's edition of this Newsletter covered the dinner meeting on April 4th. But we have a bit of belated info from that meeting that did not make it into the April newsletter...

KL Gene Brown presented two special awards on April 4. LCI currently offers a "Silver Centennial Lion" membership award for any Lion who sponsors a new member, and that new member remains in good standing for 1 year and a day. The award itself, described as a *Limited Edition Silver Centennial Pin*, is shown here:



Awards went to Lions Gordon Tillery (for sponsoring Lion Mark Saleses) and Lion Rob Higginbotham (for sponsoring Lion Brian Laccone). Congratulations to both awardees, and also to both sponsored Lions for becoming active and valued members of our Club!



KL Gene Awards Silver Centennial Lion Pin to Rob Higginbotham

April 18th

This was a VERY well attended meeting - over 40 people in all. But not all the credit for that turnout goes to Fairfax Lions, as this was a visitation meeting for the Vienna Lions Club and also the Sterling Lions Club. Your newsletter editor counted three Lions from Sterling, and 14 Lions from Vienna, for a total of 17 guests in addition to the guest speaker. It was fun to have a pretty full room - like our Club used to have at every meeting.



Pretty Full Room for this Dinner Meeting

The guest speaker was John Crawford, President of the Fairfax Kiwanis Club. Our 1st VP invited John because of the wonderful accommodation Fairfax Kiwanis provided our Club to share space in the Fire House at the February Chocolate Lovers Festival, which enabled us to hold a most successful vision screening.



John Crawford, President Fairfax Kiwanis

John told us Kiwanis is a service organization similar to Lions. John compared the Kiwanis focus on youth, to the Lions focus on vision. A major service project of Fairfax Kiwanis is delivering packaged meals (including B, L, D, and a snack) to about 80 school children who otherwise would not have adequate nutrition. Fairfax Kiwanis mentors youth of all ages through sponsorship of Service Leadership Programs. These programs empower people at every stage of life to become competent, capable, and compassionate leaders by helping them learn to help others. They enable young leaders to serve their communities and open doors for them to change the world. Programs include opportunities at college level (Circle K International), at high school level (Key Club International), at middle school level (Builders Club) and at elementary school level (K-Kids). And, they have service opportunities for adults with disabilities through Aktion Clubs. Local schools with active programs:

<http://www.fairfaxkiwanis.org/Page/13666>

Because of our February experience working together at the Chocolate Lover's Festival - considered a success by both clubs - John heartily endorses the concept of a partnership between Fairfax Kiwanis and Lions for service activities, and asked to explore ideas. One possibility "Little Free Library"

<https://littlefreelibrary.org/> Lion Davida Luehers mentioned her Sterling Lions Club work with the Sterling Rotary Club for vision screening of 3400 children as another example.



KL Gene Presents Gift to John Crawford

After the guest speaker, KL Gene Brown - standing in for Tail Twister Jim Kaplan - collected several bucks from folks stepping up for Lion Jim's "Buck to Brag" program.

- Lion Harry Pontius paid a buck to tell us about his adult daughter's decision to step away from her career with Northrop Grumman and start a new business - called "Monster Golf." It is a mini-golf venue with other family games, and distinct

lighting..."play mini-golf indoors in the dark, surrounded by monsters." (Harry promises to provide more information with photos of the Monster Golf complex - look for it in the June newsletter.)

- 1st VP Marty Lockard bragged about his daughter who is finishing up a degree in Music Therapy. She has accepted an offer to do her internship at the Traumatic Brain Injury facility adjacent to the Wounded Warrior Transition Unit at Ft. Belvoir. Congratulations: what a wonderful way to apply music skills!
- And a Vienna Lion paid to brag - but I did not make a note of what it was about.



Vienna Lion Speaks After Paying a "Buck to Brag"

May 2nd

The guest speaker was William "Page" Johnson II, the elected Commissioner of the Revenue for the City of Fairfax. Commissioner of the Revenue is the chief tax assessing officer for the city government and serves a 4-year term at the pleasure of the voters.



William "Page" Johnson II

Page told us about the history of revenue collection in VA. For example, before the 20th century, tax men entered your home to determine the value of your personal property (like gold watches), and assess tax

you owed. Thankfully, the automobile eventually replaced that process. You still pay personal property tax ("Car Tax"), but no one enters your home to assess it. Of all the taxes collected by the city, real estate generates the bulk of tax revenue.

Across the state are different forms of government. For example, Fairfax County operates under the urban county executive form of government with an elected Board of Supervisors (and Chairman) who appoint a Director of Tax Administration. Fairfax City has a council/manager form of government, with mayor and council members elected every two years, and also the elected Commissioner of Revenue - who does not report to the Mayor.



Commissioner of the Revenue
William "Page" Johnson

Fairfax City is one of 128 communities across the state to maintain this traditional form of government. We had a good civics lesson, and enjoyed the Commissioner's visit.

1st VP Lion Marty Lockard stood in for KL Gene Brown, and Lion Brian Laccone stood in for the usual 50-50 ticket salesman, Lion Rob Higginbotham.



Meeting Leader Marty reads certificate (Club received for renovation of Youth Camp cabin)



Lion Brian "rips a strip" of 50-50 tickets

Overall meeting attendance was light - 16 Lions in all. The successful blood drive ran into dinner meeting time, so not all Lions who donated blood could make it to the meeting. One who could was Lion Phil Mayo.



Lion Phil Mayo with Donor's Souvenir

Tail Twister Jim Kaplan allowed us to hear some brags, and collected a few bucks, making for an enjoyable wrap-up to this dinner meeting.

Membership - nothing new to report.

Board Meeting - April 25th

A few hi-lites of the Board meeting:

- Approved disbursement of charity funds for:
 - VA Lions Eye Institute (\$2000)
 - Veterans Scholarship (\$1000)
 - Sight and Hearing Van (\$500)
 - Leader Dog (\$500)
 - VA Lions Eyeglass Recycling Center (\$500)
 - Sprout (\$500)
- Approved designation of PDG Karen Parker as a Club delegate to the State Lions Convention in May.
- Approved designation of PDG Karen Parker and Lion Jeff Root as Club delegates to Lions International Convention in June.

Upcoming Events

- May 4 - Lions Lunch Bunch
- May 5 - Deadline: RSVPs for Charter Night
- May 9 - FHLC Visit Vienna Lions Club
- May 10 - Lions Dinner Out-Charity Fund Raiser
- May 13 - Charter Night, the Farr House 6:30pm
- May 16 - **NO Regular Dinner Meeting**
- May 17 - **Eyeglass Recycling***
- May 17 - **Bingo at Fairfax Nursing Center***
- May 23 - Board Meeting
- June 6 - Dinner Meeting
- June 10 - Board of Directors off-site Workshop

***Service activity, if you need one to satisfy the resolution cited in this newsletter header.**

In June, new Officers & Board will be installed.

Board of Directors and Officers 2017-2018

President (King Lion)	Marty Lockard
Immediate Past President	Gene Brown
First VP	Karen Parker
Second VP	Mike Rumberg
Third VP	Doug Brisson
Secretary	Jeff Root
Treasurer	Rob Higginbotham
Corresponding Secretary	Mike Greeley
Tail Twister	Jim Kaplan
Lion Tamer	Cory Green
Bulletin Editor	Gordon Tillery
Membership	Ken Schutz
Director (Two Yr)	Phil Mayo
Director (Two Yr)	Joe Breda
Director (One Yr)	Scott Dulaney
Director (One Yr)	Greg DeRosa
PDG Dir	PDG Bill Bartlett
Dir Emeritus	PDG Bill Smith

Another item to look forward to is the Charity Budget for 2017-2018. Treasurer Jim Davis opened the door for your charity budget requests. See his 5/2/2017 5:14 PM email.

Lions Information

by Lions Marilyn Tanner & Jeff Root

The new pavilion at the Northern VA Lions Youth Camp was dedicated on April 29th. Lion Phil Mayo, who serves on the Board of Directors for the Camp participated in the dedication.

The new pavilion is dedicated to the memory of Past International Director Wayne E. Davis and Lion Marge Davis. Their son, Scott Davis, attended the dedication and unveiled the engraved stone that will serve as a permanent reminder of the couple's dedication and service to Lionism.



Scott Davis by Dedication Stone



Dedication Stone

Dedication speakers included Mark Pennypacker (District Governor 24-C), Jay Moughon (District Governor 24-A), and PID Joe Gaffigan (Multiple District 22-C). Approximately 85 Lions and guests attended the dedication. Prior to the ceremony, lunch was served at the Durant Dining Hall. Fairfax Host Lion, PDG Karen Parker and husband, PDG Harry Parker, lead the meal preparation effort. The luncheon food and fellowship were outstanding!

The recently-completed pavilion retains the impressive stone walls and wood-burning fireplace from the previous pavilion, but the concrete pad and the rest of the structure are brand new and equally beautiful. The new pavilion will serve youth groups and District 24 for many years to come.



District 24-A Governor Jay Moughon

FHLC attendees included: PCC Bill Bartlett, PDG Karen Parker (PDG Harry Parker), Lions: Jeff Root, Phil Mayo, Pete Conklin, Marty Lockard, Marilyn Tanner and spouse Chuck Higdon.

The event program:



NORTHERN VIRGINIA LIONS YOUTH CAMP INC.

PAVILION DEDICATION

2:00 PM

APRIL 29, 2017

IN MEMORY OF

PID WAYNE E. DAVIS

&

WIFE LION MARGE DAVIS

NORTHERN VIRGINIA LIONS YOUTH CAMP, INC.

PAVILION DEDICATION PROGRAM

- | | |
|--------------------------------|--------------------------------|
| • Welcome | President Lion Rosanne Snider |
| • Pledge of Allegiance | Lion Phil Mayo |
| • Prayer | Lion Jackie Carter |
| • Introduction of Speakers | President Lion Rosanne Snider |
| • Lion Marge Davis Remembrance | Lion Mark Pennypacker, DG 24-C |
| • PID Wayne Davis Remembrance | Lion Jay Moughon, DG 24-A |
| • Remembrance | PID Joe Gaffigan, MD 22-C |
| • Unveiling of marker | |
| • Benediction | Lion Jackie Carter |

ACKNOWLEDGEMENTS

Clarke County Government, Berryville, VA
Jason Hough, Contractor, Front Royal, VA
Stone Concrete, Stephenson, VA
Pine Creek Construction, Elizabethville, PA
Rappahannock Electric Cooperative, Front Royal, VA



GRANTS/DONATIONS

Grants

Lions of Virginia Foundation, Inc.

Lion Clubs

Alexandria Asian American
Alexandria Host
Alexandria Watergate
Annandale
Aquia Evening
Arlington South
Baileys Crossroads
Burke
Chancellor
Clifton
Culpeper 92
Dale City
Fredericksburg Host
Greater Falls Run
Lake Jackson Mid County
Lake Ridge
Lincolnia
Manassas Lioness Lions
Mason Neck
Merrifield
Mt Vernon Evening
Park West
Reston
South Riding
Springfield Franconia Host
Sterling
Tyson Host
Vienna
Warrenton
Warrenton Sunrise
Woodbridge

Individuals

Bob Kirk
Janet Deutsch
Joe & Nancy Volpe
Phil & Sharon Schrack
Rosanne Snider

- The Northern Virginia Lions Youth Camp, Inc., is a non-profit, public service organization supported by the Lions Clubs of District 24-A.
- Its purpose is to provide camping facilities to any youth group accompanied by adult leaders and supervisors.
- The Camp Site is located on a mountain west of the Town of Boyce and the Appalachian Trail and just east of the Shenandoah River in Clarke County, Virginia.

NORTHERN VIRGINIA LIONS YOUTH CAMP BOARD OF DIRECTORS

President: Lion Rosanna Snider, Baileys Crossroad Host
Vice President: Lion Todd Horting, Sterling
Secretary: Lion Michelle Purton, Greater Falls Run
Treasurer: Lion Mark Armendaris, Merrifield
Region I Director: Lion Chuck Field, Arlington South
Region II Director: Lion Sharon Diefendorf, Lake Ridge
Region III Director: Lion Phil Mayo, Fairfax Host
Region IV Director: Lion Richard Baker, Warrenton Sunrise
Region V Director: Lion Wilma Murphy, Greater Falls Run
Senior Director: Lion Phil Schrack, PCC Woodbridge
Immediate Past President: Harry Parker, PCC, Baileys Crossroad



Northern Virginia Lions Youth Camp, Inc.
P O Box 221031
Chantilly, VA 20153-1031
Website: <http://valions.org/lyc/>
Email: NVLYC@yahoo.com

For Your Health

What's the Deal with Diet Soda?

No doubt you heard the recent news about a possible connection between diet soda and the risk of stroke and dementia.

Drinking an artificially sweetened beverage **may be** associated with health risks for your body, and possibly your brain, the study suggests. Artificially sweetened drinks, such as diet sodas, were tied to a higher risk of stroke and dementia in the study (published in the American Heart Association's journal "Stroke").

But, it might not be so....the study sheds light only on an association, as the researchers were unable to determine an actual cause-and-effect relationship between artificially sweetened drinks and an increased risk for stroke and dementia. "We have little data on the health effects of diet drinks and this is problematic..." said Matthew Pase, a senior research fellow in the department of neurology at Boston University School of Medicine and lead author of the study.

The American Beverage Association, as you might expect, says: "The FDA, World Health Organization, European Food Safety Authority and others have extensively reviewed low-calorie sweeteners and have all reached the same conclusion -- they are safe for consumption."

So, what to do? Because the new information is so shocking, it is definitely worth considering. But as the lead author admits there is very little data on which to make a conclusion, wholesale rejection of artificial sweeteners and diet soda from your life style just does not seem necessary. It is probably best (this is a personal opinion, and not a doctor's opinion) to continue to eat a balanced/healthy diet (fruit, veggies, dark greens, small portions of meat, and fish often, etc), make activity and exercise part of your life style (get moving - daily), drink lots of water, and live with moderation in all things. Look for more news on diet sodas - you know there will be follow-on studies. An occasional diet-soda hasn't hurt your newsletter editor - yet (but he will think twice before drinking more than one can a day). You may know, Warren Buffet swears that a daily can of (real) Coke hasn't hurt him and he was born in 1930 and continues to live an active life - complete with a brilliant mind. But do watch your sugar intake - we know that it is a killer! Best rule of life: Everything in moderation.

The Last Word...

In the March newsletter, we included some tech info about "the Cloud," from the free newspaper *The Erickson Tribune* (published by Erickson retirement communities). Several Lions said they enjoyed that information and were interested in similar items in the future. That free newspaper now has an article on 'Cutting the Cord' on Cable. THIS IS NOT TO ARGUE that you discontinue cable service, but you might be interested in some of the

considerations. The article is the last page in this newsletter. (Hopefully no Lions or family members are employed by a cable company. If they are, this will seem as an attack on their business; rather, it is information that many persons could have in interest in.)

Special thanks to...

Lions Marilyn Tanner and Jeff Root, for providing substantial input (whole articles, reports, photos) for this month's newsletter.

Such help from all is essential to making this a decent newsletter! (Suggestions welcome also.)

Note About This Newsletter

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) and a Fairfax Lion for nearly 40 years (serving as President and bulletin editor, among other duties). This "Bob Stahl Memorial Newsletter" is published in PDF format, and is sent by email to club members after the 1st dinner meeting each month. **YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME!** (That does not mean \$ contributions, but your words & photos!) Send anything, anytime, to tilleryg@gmail.com I need your help to publicize information about our Club, and about you.

That's all folks!

Send me items to include in the newsletter.

tilleryg@gmail.com



Two final pages to go - keep reading....

Sipping for Sprout
Please join Sprout for the 5th Annual
Wine Tasting and Family Fun Day Fundraiser!



Stone Tower Winery
19925 Hogback Mountain Rd.
Leesburg, VA 20175
Sunday, May 7th, 2017 12 – 4:00 p.m.
(Rain or Shine)

Purchase Tickets

Pack up the family and head over to Stone Tower Winery in Leesburg, VA!

Enjoy picturesque surroundings, delight in award-winning wines in the brand new Tank Room, relax to live music, and savor delicious local-grown food. Crafts and games for children! Refreshing drinks for all ages! Amazing silent auction items...there's something for everyone! *Dogs permitted outside on grounds and must be on a leash at all times! Service dogs always welcome.*

Tickets

Tickets can be purchased ahead of time or the day of the event at the winery!

\$30 Wine Tasting

\$20 Non-Drinking

Kids 12 & Under FREE!

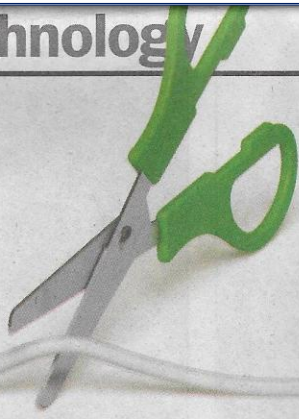
Sprout Therapeutic Riding and Education Center positively impacts individuals through Equine Assisted Activities and Therapies. Sprout provides subsidized therapeutic riding lessons and horse-related activities for individuals with an array of special needs, Loudoun County Public Schools, adaptive recreational groups, at-risk teens and military service personnel. As a community-based non-profit program, Sprout depends on the support of people like you! Help us continue to serve the needs of others!

Please join us Sunday, May 7th and help spread the word!

Additional information available at www.sproutcenter.org or on the event **Facebook page**.

Stone Tower Winery 19925 Hogback Mountain Road Leesburg, VA 20175

Click here to: [Visit Stone Tower Winery's website](http://www.stonetowerwinery.com)



'Cutting the cord' on cable

Watch all the TV you want—and save

Caitlin Haskell

caitlin.haskell@ericksontribune.com

How much television do you watch? According to a recent Nielsen study, the average American household with a typical cable package receives 189 channels but watches fewer than 18. That's less than 10% of the available channels—meaning a whopping 90% are going mostly or entirely unwatched.

And it's not just the nuisance of sifting through dozens of unwanted channels that has television consumers frustrated. They're paying higher prices for "bundles" or packages that include services they don't use, like premium channels and home phone lines. In an effort to gain control of their media consumption and lower their monthly costs, more and more customers are "cutting the cord," or cancelling their cable subscriptions. Instead, they're choosing more convenient sources that match their viewing and spending preferences.

Two questions

There are numerous ways to "cut the cord," which means you can find the perfect solution to fit your life. But before you start making any choices, you need to answer two important questions: What do you want to watch, and how do you want to watch it?

The first question is simple. Make a list of the shows and channels that you enjoy and break them into "must-haves" and "nice-to-haves"—just like you might when buying a house, car, or any other major purchase. All streaming services should provide a list of the programming they offer, so you'll be able to easily see if your must-have shows and channels are available.

The second question is a little more complicated. If live sporting

events are on your "must-have" list, or you can't miss the live broadcast of your favorite drama, you'll want to select a service that includes same-time programming. However, if you don't mind enjoying game highlights on YouTube or waiting until the next day to watch the newest *Game of Thrones* episode, then you are free to choose a service without live broadcasting capability.

Depending on how you answered both of these questions, you can decide whether you want to simply downgrade your cable subscription or cancel it altogether. So now that you know what you want to watch and how you want to watch it, what are your cord-cutting options?

Netflix

Originally a mail-order DVD rental service, Netflix was the first company to offer a robust online streaming catalogue and introduce the concept of "binge-watching." For a monthly fee, its 93 million customers can stream all types of movies and television series, including a wide range of original content, straight to their preferred device. Netflix does not include live broadcasts.

Hulu

Hulu is an on-demand TV and movie streaming service. Customers pay a monthly fee and enjoy access to a selection of television series, films, and original content. Like Netflix, Hulu does not include live broadcasts—but it does offer current-season episodes of TV shows on a short delay. You can think of it like a DVR with unlimited space.

Amazon Prime Video

Are you an Amazon Prime member? If so, your \$99 annual fee gets you access to the site's large library

of movies and TV shows to stream directly on your preferred device. This service includes a selection of basic and premium cable shows, classic and newly released films, and a slate of award-winning original content. Amazon Prime Video does not include live broadcasts.

Sling TV

Finally—it's a streaming service for live television! Sling TV comes the closest to replacing a traditional cable subscription with real-time and on-demand programming from up to 50 popular channels, including live sports. Sling TV offers tiered packages for a monthly fee, with the option to add extra channel bundles (like premium and kids channels) for an additional fee.

DirecTV Now

DirecTV Now is a newer streaming service that is reportedly still getting its sea legs but has plenty of potential. Similar to Sling TV, this service provides over 120 channels of live and on-demand programming for a tiered monthly fee, with options to add more channels à la carte. Just be sure to research the location-specific differences in DirecTV Now's channel offerings.

Keep in mind that the services listed above are in no way an exhaustive inventory of available streaming options. If you don't see a solution to match your specific needs, it's likely that the right fit is out there.

Additionally, all of the services listed above are simply that: services. They all require an internet connection and some kind of device—like Chromecast, AppleTV, or Roku—to stream the content on your television. You can also now purchase a smart TV, with many of these services built in, just waiting for you to log on.