

Oakton High Students Present at The Global Health Leaders Conference

NEWS, PAGE 3

From left) Oakton High School students Lucy Kim of Fairfax, Sara Razavi of Vienna and Kevina Wang of Fairfax return to their school after proudly presenting at The Global Health Leaders Conference at Johns Hopkins University.

PHOTO BY MERCIA HOBSON/THE CONNECTION CLASSIFIEDS, PAGE 6

Area High Schoolers Launch 'Rockfish Gap'

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Demand for Food Assistance Doubled, Financial Assistance Skyrocketing

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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

SUMMER CONCERTS ON THE GREEN

The Celebrate Great Falls Foundation announces a schedule of five Summer Concerts on the Green beginning August 30, 2020. Each concert will begin at 6 p.m. on the Village Centre green (in front of the gazebo).

- August 30 - The New Thirty;
- September 6 - Mike Terpak Blues Explosion;
- September 13 - The Oxymorons;
- September 20 - The Unfinished;
- September 27 - Wes Tucker and the Skilletts.

Celebrate Great Falls Foundation organizers are putting in place several new protocols to help ensure a safe, socially distant evening. After each concert, they will assess whether to proceed with the remaining concerts and implement any needed changes in our protocols. This will be announced on the Monday prior to each concert. The safety and wellness of our bands, volunteers and the Great Falls community is of paramount importance in all of our decisions.

SEPT. 11 CEREMONY CANCELLED

The annual September 11 Ceremony at the Great Falls Freedom Memorial will not be held this year due to the Covid-19 pandemic.

MCC HOLDS VIRTUAL FINANCE MEETINGS

The McLean Community Center (MCC) Governing Board will use Zoom.us to hold two budget meetings in September. MCC is seeking input and suggestions on the Center's fiscal year 2022 budget from Dranesville Small District 1-A residents.

The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Tuesday, Sept. 8. A second meeting, the Public Hearing on the FY 2022 Budget, will be held virtually at 7:30 p.m. on Wednesday, Sept. 23. All meetings of the Governing Board are open to the public; participation in this meeting by the public, MCC Board members and staff, will be virtual only. Call the Center at 703-790-0123, TTY: 711, or visit the Center's website, www.mcleancenter.org.

DRIVE-THRU DRAMA

The Alden in McLean is bringing back its Drive-Thru Drama performances in September. The new show, "From the Ash Baxter Files: The Search for the Stolen Spyglass," will be performed Friday through Sunday over three weekends on Sept. 11-13, Sept. 18-20 and Sept. 25-27. Show times are from 4-7 p.m. Tickets are \$20, \$15 for MCC tax district residents. A limited number of timed tickets are available and must be purchased in advance at www.aldentheatre.org. The Alden is a division of the McLean Community Center (MCC), located at 1234 Ingleside Ave.

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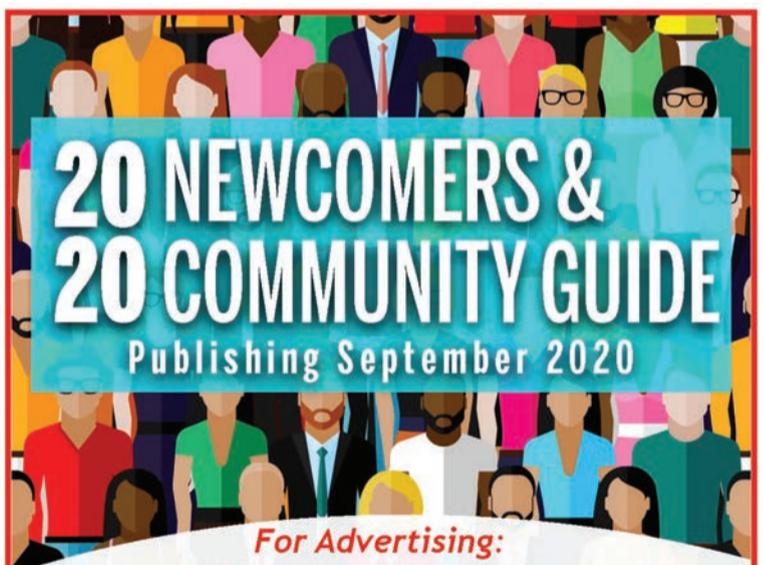
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Grab-and-go food containers await distribution on Wednesday morning. Share volunteers now carry boxes to clients' cars to maintain social distance on the twice-weekly distribution days.



PHOTOS BY LAURA GERSONY/THE CONNECTION

Demand for Food Assistance Doubled, Financial Assistance Skyrocketing

Leaders of the Share of McLean say that widespread unemployment is driving demand for their services to unprecedented levels.

BY LAURA GERSONY
THE CONNECTION

Share of McLean is seeing twice its usual demand for food assistance, and several times its usual demand for emergency financial assistance, as the economic fallout of the COVID-19 pandemic continues to exact a heavy toll on the country's most vulnerable populations.

Nicki Watts, Office Manager and Co-Chair of the Food and Clothing Program, told The Connection that Share is now serving between 100 and 130 clients per week, most of whom are families. Asked how it was able to meet the surge in demand, Watts' answer was simple: the generosity of its donor and volunteer base.

"We go out on our Facebook page, and our communications www.connectionnewspapers.com



Volunteer Ron Kelley organizes Share's food stockpiles in the basement of McLean Baptist Church.

networks, and people come through for us," she said. "It's an amazing community."

The volunteer-run and community-funded nonprofit has been conducting their twice-weekly food distribution program with socially distant, "grab-and-go" protocols since mid-March. Rather than having clients walk through the food pantry per usual, Share volunteers now bring allotments of food and supplies to clients' cars.

Like the rest of Share's stockpiles, each allotment of food consists entirely of donations. Clients receive meat donated by the local Walmart; desserts and bread donated by the Chesapeake Bagel Bakery in McLean; and bread donated by Balducci's. The boxes also include miscellaneous materials such as

cooking oil, hygiene products, and cleaning supplies, which often come from individual donors, Watts said.

However, though Share is reaching more clients than ever, it is also taking extra outreach measures to reach populations that are less accessible due to the pandemic. Watts said that Share has started delivering food to its senior clients and others unable to leave home.

"I deliver the boxes to them, so that they don't have to leave [home] if they don't want to," Watts said. "We have helped some folks out that just couldn't come in."

THE DEMAND for Share's Family Assistance Program, the nonprofit's emergency financial assistance

SEE SHARE, PAGE 7



Oakton High School students Lucy Kim of Fairfax, Sara Razavi of Vienna and Kevina Wang of Fairfax.

Oakton High Students Present To Global Health Leaders

Racism in medicine, depression, data gaps and social determinants discussed at the conference hosted by Johns Hopkins University.

BY MERCIA HOBSON
THE CONNECTION

Three students at Oakton High School in Vienna, rising junior Lucy Kim of Fairfax and rising seniors Kevina Wang of Fairfax and Sara Razavi of Vienna presented in the Student Speakers Series 2020 at The Global Health Leaders Conference at Johns Hopkins University. As selected high school students they presented on a global health-related work or a global health topic of their choice. The event, held in a virtual format this summer, brought together these students with others across the United States and abroad. They shared their ideas and research concerning global health, public health and medicine not only amongst themselves but with world leaders.

Kim chose her presentation topic "Data Gaps and Social Determinants within Infectious Diseases" to learn how the United States could holistically approach patient care, especially in an overall strategy to combat the COVID-19 pandemic. During her 7-minute video, Kim said, "Social determinants of health are the conditions in which people are born, grow, work, live, and age. This includes economic policies, development agendas, social norms...and political systems...Social determinants of health subjectively contribute to 80 per-

cent of our health outcomes. Pandemics are not really an individual problem but largely a social problem." After the conference, Kim said one of the challenges she encountered in examining the topic was the lack of examples. Researching the issue was the hardest part. View Kim's presentation at <https://www.youtube.com/watch?v=Z3BoJk-eWHU>.

Wang's presentation focused on depression, "the silent killer" as she called it. Wang is the founder of "Heads Up Teens," a nonprofit dedicated to breaking the stigma around mental health and helping teens. Wang said, "It (depression) is an ongoing and worsening global health crisis...The World Health Organization calls it the world's leading cause of disability as it affects more than 264 million people worldwide... What's the most scary part about it is that it is intangible and cannot be seen." Wang later said the topic of depression interested her because she witnessed the devastating impacts of mental health disorders on people she loved. She said, "I realized that I didn't know how to support them properly, and I desperately wished I knew how... Hence, why I began educating myself on how to support others and encouraging others to do the same." Wang added, "I also wish the disorder hadn't developed in the first place and

SEE TEEN, PAGE 7

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NEWS

PHOTOS COURTESY OF "THE ROCKFISH GAP SHOW"



Rockfish Gap Executive Producer Andrew Nguyen.



Rockfish Gap performer Natalie Ingalls who plays lead character Jessica Matthews.



Rockfish Gap Marketing Producer Katya Shakula.

Area High Schoolers Launch 'Rockfish Gap'

Original podcast series produced for current social distancing days.

BY DAVID SIEGEL
THE CONNECTION

Even during these stressful times of COVID-19, the theater adage "the show must go on" remains true. But how? In response to the Pandemic, students from Fairfax County and Falls Church high schools came up with an answer; develop a fast-paced original podcasting series.

The multiple episode series is called the "Rockfish Gap Show." The series is set in Northern Virginia as well as the Rockfish Gap area near Virginia's Skyline Drive and the Blue Ridge Mountains, not far from Charlottesville and Waynesboro. "Rockfish Gap" is totally new, an independently produced fiction podcast, created entirely by student artists.

"Rockfish Gap" takes place in the "right now" with Virginia and the nation in the midst of a pandemic. The overall premise is this: four Northern Virginia high school students disappear in Shenandoah National Park. They had set out in search of a mysterious "White House of the Woods." Along the way they meet up with eccentric characters and mysterious government agents. An investigative journalist named Jessica Matthews battles a conspiracy to uncover the truth about the students' disappearance.

"I was in love with the storyline, and the rich, nuanced characters which drove the plot," said filmmaker and "Rockfish Gap" Executive Producer Andrew Nguyen (Falls Church High School). "I am in love with the Shenandoah region and thought it would be a great opportunity to highlight the beauty and mythology of the region."

Nguyen noted that "Rockfish Gap Story" has become part of a national trend for podcasting. Episodes are 10-15 minutes in length.

Colter and Charlie Adams (George Mason High School) are "Rockfish Gap" writers and actors. Colter is also the series music composer. Northern Virginians in the series include Natalie Ingalls (Falls Church High School) who plays lead character Jessica Matthews. Gillian Murphy (originally from Fairfax County, now living in Cambodia)



PHOTO BY COLTER ADAMS/COURTESY "THE ROCKFISH GAP SHOW"

Rockfish Gap behind the scenes with Charlie Adams.

Where and When

"The Rockfish Gap Show" radio drama podcast available on your preferred platform. New episodes every Wednesday. Previous episodes available through streaming. Details at: www.rockfishgapshow.com

is one of the missing kids and CC Meade (George Mason High School) plays another missing kid.

Katya Shakula (South Lakes High School and Fairfax Academy) is the show's Marketing Producer responsible for developing social media promotional material. Dolly Lebow and Daisy Forbes (both Falls Church High School) are the graphic design team.

Original "Rockfish Gap" fast-paced episodes continue every Wednesday this summer. Catch up on previous episodes since the show is streaming.

Old-fashioned radio drama "Rockfish Gap" is not. Listen for yourself at your own leisure on your cell phone, computer or other digital device.

WWW.CONNECTIONNEWSPAPERS.COM

SENIOR LIVING

For Seniors, Love Is Not Cancelled

This region is a prime location for meeting and dating other singles of all ages safely.

BY MARILYN CAMPBELL
THE CONNECTION

Even during the current coronavirus pandemic, the need for healthy human emotions like intimacy has not disappeared, particularly for seniors.

The lack of positive social connections, which is linked to physical and mental illnesses, has increased during COVID. In fact, 43 percent of adults aged 60 or older, report feeling lonely, according to a study by the National Academy of Sciences pandemic, particularly by those who are widowed or divorced.

While seniors are often reluctant to use online dating services, this year's pandemic has made finding meaningful companionship a priority, says Barbie Adler, Founder and President of Selective Search, a matchmaking firm.

"The restrictions and safety precautions put in place by the pandemic has allowed relationships to evolve at a slower pace," Adler said, a pace older people are more likely to be comfortable with. "Our couples are forming strong bonds over Zoom wine tastings, book discussions, sharing past travel mementos and planning future adventures, and venturing out for picnics in the park," she said.

"Without overbooked schedules and quick dinner reservations, clients are recognizing their own desire to connect, and are enjoying the process of getting to know someone. The first date-second date-third date playbook is no longer obvious."

"Moving toward intimate connection requires trust, the ability to be vulnerable, and the courage to try something new. However, during a pandemic, these are the very things that we are encouraged not to do," said Carolyn Lorente, Ph.D, a professor of psychology at Northern Virginia Community College, Associate Psychologist at Outpatient Addictions Services in Montgomery County, Md. and a private practitioner.

The need for romantic and even sexual relationships persist during COVID, says therapist and former geriatric nurse Barbara Rubenstein, LCSW-C. "Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active," she said. "Obviously chronic illnesses, which increase as a person gets older, can affect that figure, but I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

Older adults have a higher risk of serious COVID-19 complications, and safety measures are critical. But wearing a mask and maintaining a 6-foot distance is a

likely obstacle to romance at a certain point.

"COVID-19 is not a sexually transmitted disease, [but] it is spread through respiratory droplets when someone with the virus coughs, sneezes or talks," said Dr. Benjamin Schwartz, M.D., Division Director of Epidemiology & Population Health for the Fairfax County Health Department. "It can be spread by touching someone's eyes, nose and mouth."

While researchers at the Mayo Clinic encourage abstinence among seniors who are a greater risk for a serious illness because of pre-existing medical conditions, Lorente believes in creating a healthy balance.

"Many folks, particularly those who live alone and have been practicing physical distancing as encouraged by the CDC, are experiencing feelings of depression, isolation, and cheerlessness," she said. "Sure, staying in your own bubble in your house is the best way to protect yourself from the virus, but the negative impact of [depression and isolation] is real too."

It's possible to maintain a romantic and intimate relationship while also maintaining a safe social distance. "Many of my older clients are also quite comfortable using technology such as Zoom and Facetime to connect too," said Lorente. "I've been doing

talks over Zoom where people can attend and meet and are way more intimate than let's say a big lecture hall. Interestingly, we may see a move toward longer courtships in order to build trust, which may be really fun." In fact, those video conferencing platforms allow partners to dress up and go on virtual dates, watch movies or listen to music together. "I have encouraged my clients that physical distancing is not social distancing," said Lorente.

"I have a client in her mid-sixties who lives by herself," Lorente said. "Last session I was checking in with her, worried about possible isolation. She sounded energized." The client had just finished playing a game of bocce ball in the morning with her new friend.

A 67-year-old widower who lives in Old Town, met a woman who is divorced and 65. They met on eHarmony, getting together before COVID. Both were looking for someone their own age who was healthy, active, attractive and interested in a relationship. They hike and bike together in Rock Creek Park and Great Falls. They traveled together until COVID, and were supposed to go to Italy this summer. They've been together for a year and divide their time between her place and his, but they do stay together during COVID-19. They say that they couldn't imagine being alone and socially isolated during this period.

"Many people might be surprised to know that 57 percent of adults over the age of 60 are sexually active. I would say that sex, when practiced safely, will have a positive affect on the mental and possibly physical health of seniors."

— Barbara Rubenstein, LCSW-C

"I have encouraged my clients that physical distancing is not social distancing. When it comes to dating, I'm thinking that getting creative in connecting without putting ourselves at too much risk is the way to go."

— Carolyn Lorente, Ph.D, a professor of psychology

You can read any of this week's 15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



VDOT Virginia Department of Transportation

Hunter Mill Road over Colvin Run Bridge Replacement Fairfax County

Virtual Design Public Hearing

Wednesday, September 16, 2020, 7-8:30 p.m.
www.virginiadot.org/huntermillcolvinrun

Find out about plans to replace the weight-restricted (ten tons) one-lane Hunter Mill Road bridge over Colvin Run. The new bridge will have two lanes separated by a median/splitter island. The project also includes an improved trail crossing south of the bridge, landscaping in the median/splitter island, and abutments for a new trail bridge over Colvin Run (Fairfax County will construct the trail bridge in the future).

The hearing will be held as a **virtual/online meeting**. Information for accessing and participating in the meeting will be posted on the project website (www.virginiadot.org/huntermillcolvinrun). The VDOT project team will make a presentation beginning at 7 p.m. and be available to answer questions after the presentation until 8:30 p.m.

Review project information and meeting details on the VDOT project website or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-3256 or TTY/TDD 711 to make an appointment with appropriate personnel.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) is being prepared as per agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available with the PCE.

Give your comments after the presentation, submit your written comments by **September 28, 2020** via the project website, by mail to Mr. Vicente Valeza, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference "Hunter Mill Road over Colvin Run Bridge Replacement" in the subject line.

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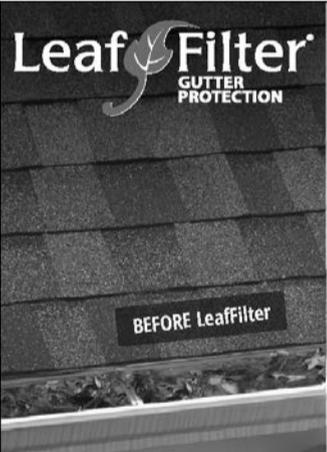


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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

FUN THINGS TO DO THIS SUMMER

GIRLS WHO MATH

Girls Who Math is a student-run charity started by high schoolers at Thomas Jefferson High School for Science and Technology. They provide free individual tutoring and group classes to students of all ages. Although initially created as a way to empower girls with interest in STEM, they have opened up their programs to students of all gender identities to encourage all students to keep learning during the COVID-19 pandemic. The classes they offer cover a wide variety of STEM topics from computer science to biology, and are held once a week. The one-on-one tutoring is suitable for students with a wide variety of needs. In the time that they have been established, they have helped over 600 students from over 25 different countries. They also often host seminars and information sessions to inform students of competitions, career opportunities, and scholarships. To learn more about Girls Who Math and programs that are currently offered, visit their website at <https://girlswhomath.net/>

ALEXANDRIA DRIVE-IN THEATRE

The Alexandria Drive-In Theatre, presented by Alexandria based businesses ALX Community and The Garden, will kick off on Saturday, Aug. 29. The six-part movie series will run on Saturdays through October 3 and will feature a popular collection of movie classics and family favorites. The drive-in theatre will be located in the Eisenhower section of Alexandria in the parking lot connected to commercial space owned by real estate developer and event partner Stonebridge. The lot can comfortably accommodate up to 215 cars per screening. To help support our food truck vendors who have been hit hard by the pandemic, event organizers have partnered with Curbside Kitchen who will be on-site providing a rotating selection of sweet and savory food truck cuisine from local truckers, such as The Chewish Deli, Gemma Gelato, Capital Chicken & Waffles and Bangkok offering mobile ordering. Movie patrons can also bring their own food.

Alexandria Drive-In Movie Line Up:
Saturday, Aug. 29, 2020-- "Jurassic Park"

Saturday, Sept. 5, 2020 -- "Back to the Future"

Saturday, Sept. 12, 2020 -- "Trolls"

Saturday, Sept. 19, 2020 -- "Field of

Dreams"

Saturday, Sept. 26, 2020 -- "ET"
Saturday, Oct. 3, 2020 -- "Mamma Mia"

Website: www.AlexandriaDriveIn.com
Cost: \$30 per car/per screening. No refunds. 100% ticket costs goes to two local Alexandria based charities

DRIVE-IN THEATERS AT WORKHOUSE

The Workhouse Drive-In Movie Theatre is set up with a 40 foot screen on campus and is limited to 75 vehicles at \$30 per vehicle. All tickets will be purchased online and parking location will be on a first-come, first-served basis. Options to purchase a packaged snack box will also be available. Alternatively, movie goers may bring their own snacks or meals purchased from local restaurants. Showtime is 9 p.m. and gates open at 8:15 p.m. At 9601 Ox Road, Lorton. Visit the website: www.workhousearts.org.
Thursday, Aug. 27 -- "A League of their Own"
Friday, Aug. 28 -- "Hot Fuzz"
Saturday, Aug. 29 -- "The Dark Crystal"
Sunday, Aug. 30 -- "Moana"

TYSONS CORNER DRIVE-IN MOVIES

Tyson's Corner Center is hosting Drive-In Movie Nights, in partnership with the Hyatt Regency Tyson's Corner Center, on the second weekend of each month. Located along Fashion Blvd. between Nordstrom and Bloomingdale's, will open for parking, be sure to bring your ticket. Show starts at 8:30 p.m.

Saturday, Sept. 12 -- "Mrs. Doubtfire"
Reserve your spot - space is limited. Reservation and movie details are located at <https://www.tysonscornercenter.com/Events>

MOSAIC DEBUTS OUTDOOR DRIVE-IN MOVIES

EDENS Mosaic has launched a new outdoor drive-in movie series this summer. Located on the top level (7) of Market Garage across from Mom's Organic Market and Hyatt House. Check-in is on level 6. Address: 8295 Glass Alley, Fairfax. The films begin at 8 p.m. The lineup includes:
Friday Aug. 28: "Sonic the Hedgehog" at 5:15 p.m.
There is a \$28 fee to reserve a designated spot in accordance with the new social distancing guide-

lines. Tickets can be purchased at https://mosaicdistrict.com/events/event/drive-in-at-mosaic/?event_id=8599 Visit www.mosaicdistrict.com.

COLUMBIA PIKE DRIVE-IN

Pull up to the Columbia Pike Drive-In Movie Nights at the Arlington Career Center for some free retro-style family fun. All movies start at sunset (between 8 and 8:30 p.m.) and are shown in English with Spanish subtitles. Space is limited and new protocols are in place to keep everyone safe. Address: 816 S Walter Reed Dr, Arlington, VA 22204. Visit the website: <https://www.columbia-pike.org/movienights/>
Saturday, Aug. 29 -- "Mary Poppins Returns"

SUMMER ENTERTAINMENT SERIES

The Fairfax County Park Authority will livestream 25 free summer concert events featuring a mix of nationally known performers and singer-songwriters. These virtual events provide a new way to enjoy great performances from the safety of your home. To view a livestream concert, go to the Fairfax County Park Authority's Summer Entertainment Series main page at www.fairfaxcounty.gov/parks/performances, select the date on the calendar for this performance, and click on the links for the livestream video.

Schedule
Saturday, Aug. 27 -- The End of America, 7:30 p.m.
Saturday, Aug. 27 -- Mount Vernon Nights:: Los Texmaniacs, 7:30 p.m.

CONNECTION

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Let us know about an upcoming event

connectionnewspapers.com/Calendar

Share Faces Unprecedented Demand

FROM PAGE 3

fund, has also soared in recent months. Carol Mournighan, Family Assistance Coordinator at Share, told The Connection that the fund's budget prior to the coronavirus was \$12,000 to \$15,000 a month, and it was upwards of \$100,000 in both May and June.

Share's costs have been offset by \$200,000 in federal funding provided by the CARES Act passed by Congress in March 2020. But even these funds are starting to run out, Mournighan said.

"We are about three-quarters of the way through our [funding]," Mournighan said. "We expect, once this CARES money runs out, we will be hit again with the high numbers."

While families request financial assistance for a wide range of reasons—medical bills, rent, health care needs among them, according to Watts—Mournighan identified widespread unemployment as the underlying cause of this rise in demand.

"These are the people whose jobs were lost first...People just don't have the reserves," she said. "They're busy trying to make sure their kids get school supplies, that their kids go to college. They're working like crazy just to make ends meet."

In addition to its food pantry and Family Assistance fund, Share also operates a school supplies distribution program. Share volunteer Sherry Heile said that the school supplies program has seen an uptick in demand as well, as it is expected to serve upwards of 240 students this year.

The program is tailoring each school supply kit to suit the needs of at-home learning, outfitting each with earbuds or headphones for remote education, and it is reconditioning used laptops for families with limited computer access. It is also gathering extra school supplies in their storage area in anticipation of a possible return to in-person learning later this year.

According to Share's website, the organization's operations require more than 1,000 volunteer hours per month.

VOLUNTEER Carol Sanders, who is involved



PHOTO BY LAURA GERSONY/THE CONNECTION

A sign in front of Share's headquarters at McLean Baptist Church explains the new food distribution protocols, which minimize contact between clients and volunteers.

To contact Share

Share of McLean Food Pantry and Clothing Room

McLean Baptist Church
1367 Chain Bridge Road, McLean, VA 22101
(703)229-1414
info@shareofmclean.org
www.shareofmclean.org

with several local food pantries, encouraged community members to get involved with Share, noting that they also offer volunteer "homework" for people who want to help but are reluctant to leave home.

"You could do stuff at home, you could go and shop. There's just a lot of different ways you can fit it into your money means, or your time means, or however you feel comfortable," Sanders said.

Heile agreed. "We're very lucky; Share as a community has a very strong volunteer base. We could not do what we do without people," she said. "A lot of people."

Teen Presentation

FROM PAGE 3

that there could've been more effective and accessible treatment options for them." View Wang's presentation at <https://www.youtube.com/watch?v=GqkD-ZoZDUK>.

Razavi delivered her presentation, "Racism in Medicine." She introduced the topic saying racism existed in a field where supposedly all people are equal. "In a country that has been built upon 250 years of slavery, 90 years of Jim Crow and 60 years of inequality, it has produced a legacy of racism, hatred and injustice...And in response to this hatred, lives are cut short." According to Razavi: "Studies show that minority patients tend to receive lower quality of care than

non-minorities even when they have the same type of health insurance or the same ability to pay for the care."

Razavi spoke about implicit bias, the unconscious attribution of particular qualities to a member of a social group or class. Razavi said that by 2050 people of color will represent most of the population in the United States. It was time to make people aware of racism in medicine.

She quoted Martin Luther King Jr. She said, "Of all the forms of inequality, injustice in health care is the most shocking and inhumane." View Razavi's presentation at <https://www.youtube.com/watch?v=XC44Bv5azks>.

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The Doggone Truth



By KENNETH B. LOURIE

I don't remember much substance from my freshmen-level, psychology 100 class at the University of Maryland in 1972 except that the lecture hall sat approximately 600 students, tests were graded on a bell curve (with which I was totally unfamiliar), the professor always wore black leather pants, and he brought his dog to every lecture. Sitting as far away as I did (my choice), I can't even tell you what kind of dog was at the end of his leash. Content-wise, I remember Pavlov's dog, B.F. Skinner, behavior modification and conditioned reflex (something to do with saliva). And that's about it. Oh, and I received a "D," my first-ever below-"C" grade. Still, it is my first-ever memory of classes while attending college. As such, it has stuck with me for years. As has predictable behavior.

What I am referring to is how I can be predicted to behave after my wife, Dina, doles out my daily Nestles Crunch bar allotment. As you regular readers may recall, due to the pandemic and my status as a primary Covid risk: over age 65, lung disease and compromised immune system (the trifecta of trouble), I am not allowed to go to the grocery store, pharmacy or wholesale outlets and mix with the masses and risk exposure. What this means is that, for the first time in 40 or so years, I am not doing the in-store shopping. My wife, Dina is. Moreover, she is ordering our food on-line, rather than risking her own exposure - and mine indirectly, by shopping in store since it's unlikely we'll be social-distancing once she's back at home. Ergo, she is in control of the food, from its initial order to its ultimate put-away at home. As a result, either I'm not getting what I crave/need, or I'm getting it with strict controls. Controls which involve some of my requirements (chocolate) being out of site, but unfortunately not out of my mind, and then having Dina distributing it very judiciously - and not according to my demands either. Particularly so for the candy. Dina is hiding it - in plain sight, she claims, for weeks now, and try as I most definitely have, I can't seem to find it.

Now back to Pavlov and Skinner and the dog. Every day, in the morning, before I get up and walk downstairs to the kitchen to begin my morning pill routine, Dina will have placed two Nestles' Crunch fun-size bars in an empty candy dish in the dining room, same time, same place as the day before. So I know where and when to look and I do every day. To invoke these famous psychologists, a conditioned response has been created. I have anticipated her behavior and accordingly I walk into the dining room and reach for these two Nestles Crunch bars. My behavior has become absolutely predictable. Moreover within a minute or so of finding them (more like 10 seconds), I will have unwrapped and eaten them - without fail. My reaction is as reliable/instinctive almost as if I were hit on the front of my knee with a mallet. Just as the knee reflexively jerks forward, so does my mouth pop open ("Oh boy") in anticipation and confirmation of the candy allocation.

However, this has not been any kind of controlled experiment. Dina is not learning anything about my behavior that she hasn't witnessed first hand dating back to 1978. She's not portioning out these hidden treats to see how I'll react. She knows. If I don't get my candy, I'll fuss about it (that's a polite description of my reaction). Rather she is attempting to manage my behavior/chocolate consumption (even though to quote my brother, Richard: "The weight looks good on me") because I'm pre-diabetic and have already been diagnosed with two types of cancer: non small cell lung cancer and papillary thyroid, both stage IV - in a pandemic, no less, and in consideration of the fact that it's unhealthy for me to maintain my present pace.

Dina may not be able to exactly set her watch by my appearance in the dining room, but she certainly knows it's only a matter of time before I'll grab the bars; time she hopes she's helping to guarantee that I'll have after the candy has been eaten.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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