

# The Arlington Connection

Commercial lawn companies often use larger and louder blowers. Some Arlingtonians are petitioning to limit gas powered lawn equipment.

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AUGUST 4-10, 2021

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### **Virtual & Outdoor Programs:**

- ❖ Skincare secrets, demonstration by skincare coach Julia James, Friday, Aug. 6, 1:30 p.m. Registration # 914500-02.
- ❖ Armchair travel, video of rugged New Zealand scenery, Friday, Aug. 6, 3 p.m. Registration # 914402-20.
- ❖ Basic drawing class for beginners, Friday, Aug. 6, 1:30 p.m., presented by artist Ruth Kling. Registration # 914301-06.
- ❖ Monday morning coffee meet-up with fellow 55+ members, Aug. 9, 10 a.m., casual conversation. Registration # 914801-09.
- ❖ Tai Chi practice with experienced volunteers, Monday, Aug. 9, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd Street. Registration # 914105-21.
- ❖ Virtual piano lounge music played by Valerie Welsh, popular classics, movie themes, Tuesday, Aug. 10, 2 p.m. Registration # 914802-05.
- ❖ History roundtable discussion to focus on the impact of physical geography, Tuesday, Aug. 10, 11:15 a.m. Registration # 914402-15.
- ❖ Rock music legends, the Grateful Dead, Jefferson Airplane and more, Tuesday, Aug. 10, 1:30 p.m. Hosted by musician Carl Gold. Registration # 914400-11.
- ❖ Music in the park, performance by the Morroy Sisters, Wednesday, Aug. 11, 1 p.m., Virginia Highlands Park, 1600 S. Hayes Street. Bring your own chair or blanket. Registration # 914802-12.
- ❖ Demystifying electric utility bills, presented by Virginia Cooperative Extension Energy Masters, Wednesday, Aug. 11, 11 a.m. Registration # 914400-34.
- ❖ Yarn creations shared with fellow enthusiasts, Wednesday, Aug. 11, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 914703-17.
- ❖ Armchair travel of museums of the world will explore artwork housed in the National Gallery of Art, Thursday, Aug. 12, 3 p.m. Registration # 914402-23.

- ❖ Line dance in the park, Friday, Aug. 13, 10 a.m., Virginia Highlands Plaza, 1600 S. Hayes Street. Registration # 914100-06.
  - ❖ Settling a decedent's estate, Friday, Aug. 13, 1 p.m. Presented by attorney Alison Lambeth Mathey. Registration # 914404-04.
  - ❖ Favorite summer main and side dishes, share recipes, Friday, Aug. 13, 3 p.m. Registration # 914501-04.
  - ❖ In the garden monthly meeting to discuss landscape and garden issues with Master Gardeners, Monday, Aug. 16, 1 p.m. Email questions and photos ahead of time to [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com). Registration # 914400-31.
  - ❖ Outdoor needlecraft with fellow enthusiasts, Monday, Aug. 16, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914703-29.
  - ❖ Monday morning coffee meet-up with fellow 55+ members, Aug. 16, 10 a.m., casual conversation. Registration # 914801-10.
  - ❖ Tai Chi practice with experienced volunteers, Monday, Aug. 16, 10 a.m., Virginia Highlands Park, 1600 S. Hayes St., registration # 914105-22; Tuesday, Aug. 17, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd St., registration # 914105-10.
  - ❖ Coping with Covid-19, share concerns, Tuesday, Aug. 17, 3:30 p.m. Registration # 914500-09.
  - ❖ 55+ Live! Talk Show, preview upcoming programs, meet 55+ staff, Tuesday, Aug. 17, noon. Registration # 914801-18.
- General genealogy group discusses researching challenges, Wednesday, Aug. 18, 3 p.m. Registration # 914402-29.
- ❖ The importance of hydration, Wednesday Aug. 18, 10 a.m. Presented by Virginia Cooperative Extension. Registration # 914500-08.
  - ❖ Genealogy and maps, discover what life was like regarding transportation, business, employment and more, Thursday, Aug. 19, 3 p.m. Registration # 914400-07.
  - ❖ What is Encore Learning, Thursday, Aug. 19, 11 a.m. Meet executive director Lora Pollari-Welbes. Discuss classes, special events and clubs. Registration # 914400-35.
  - ❖ Poetry enthusiasts meet monthly to share and discuss ideas, Thursday, Aug. 19, 11 a.m. Registration # 914300-03.
  - ❖ Basic drawing classes for beginners presented by art instructor Ruth Kling, Friday, Aug. 20, 1:30 p.m. Registration # 914301-07.

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## Arlington Blows Hot and Cold on Gas Leaf Blowers

Noise, pollution, habitat destruction seen as unsustainable.

BY EDEN BROWN  
THE CONNECTION

**C**as powered lawn mowers, edgers, and leaf blowers crisscrossing the lawns in Arlington are generating dissent. The increasingly common sound of several forceful blowers and mowers at once has encroached on the peace and quiet of Arlington neighborhoods and instigated a petition to change the laws about when and whether gas powered equipment should be used.

Signers of a petition started by neighbors in Arlington recently say gas blowers begin too early in the morning and last pretty much all day; they blow away the native habitat for helpful wildlife; and they pollute the air. Others voiced the opinion that noise was not too high a price to pay for employing a vast army of lawn teams who are “just trying to make an honest living.”

Across the U.S., hundreds of cities and counties have passed laws restricting or banning the use of leaf blowers, according to [hdsupplysolutions.com](https://hdsupplysolutions.com). “Some places have limits on what time of day leaf blowers can be used, while others have specifically forbid gasoline-powered units. Even though different areas have different regulations, the various laws aim to improve noise and air pollution.”

In 2000 the California Envi-

ronmental Protection Agency published a report that listed the health hazards of gas leaf blowers, among them putting particulate matter into the air. These particles are inhalable and get inside people’s airways and remain on airway surfaces. Some of the particulate matter can penetrate deep into the lungs. The blowers also emit carbon monoxide, a gas that binds to the hemoglobin protein in red blood cells and can prevent the cell from loading oxygen and CO2.

The unburned fuel that leaks in the air, either through evaporation or due to incomplete combustion in the engine is also toxic, possibly carcinogenic, and irritates skin, eyes, and the respiratory tract. The study by the California team said landscape workers operating a leaf blower are exposed to ten times more ultra-fine particles than someone standing next to a busy road.

All gas powered tools are important sources of smog-forming compounds, the California report says. They predicted that eventually the gas blowing machines would exceed the smog generation of cars in the state, and this year, for the first time, leaf blowers, weed whackers, lawn mowers and other devices with small off-road engines are expected to produce more smog-forming emissions than passenger cars.

Cars have improved in their emissions standards: garden equipment has not.



Blowers are not just for leaves in the fall or for garden clean up: pool companies use them too.



Commercial lawn companies often use larger and louder blowers.

A petition to ban gas powered lawn equipment is also circulating in Montgomery County, Md., which already has limits on maximum noise and times of day.

Then there is the social piece: some older Arlington parents are asking what happened to the idea of mowing and raking one’s own lawn? Several noted they still mow the lawn — in their 60s and 70s — to stay fit and because they consider it a satisfying experience. The

sound of a simple home mower late on a Saturday afternoon has a much different decibel level. Rakes are silent.

The younger generation doesn’t seem to feel that way. One Arlington parent found it hard to convince her son to mow the lawn: “Why?” he asked. “No one else mows their own lawn. Just hire a service.” That hasn’t stopped a number of local teens from offering to mow lawns this summer for

pocket money, but many of their would-be customers already employ a service.

There are lawn services who will rake and cut instead of depending on damaging gas-powered machines. But if putting gas leaf blowers on hold, at least part of the day, appeals to some residents, see: <https://www.change.org/co/p/residents-of-arlington-county-regulate-leaf-blower-noise-in-arlington-county/>

## Northern Virginia Senior Olympics Opens 39th Year in September

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**S**tep up and claim your Olympic medal awarded after each event. There is something for everyone at the Northern Virginia Senior Olympics (NVSO), set to begin Sept. 18 with the opening ceremony at the Thomas Jefferson Community Center in Arlington at 9:30 a.m.

More than 50 events will be offered from swimming, tennis and the softball throw to jigsaw puzzle and bowling. Although some past events will no longer be offered this year, crossword and table tennis doubles have been added.

Herb Levitan, this year’s event director, says NVSO eliminated events this year

such as bridge and Mexican train dominoes where people had to sit close together. Levitan has been competing himself since around 2007. He says it’s good to try new things and even though you see the other competitors once a year, you make friends for sure.

The events will be offered at 17 community centers, parks, schools and clubs from Sept. 18-30th beginning with the 1600 meter run and ending with bocce and horseshoes. Participants must be 50 years old by Dec. 31, 2021 and live in the counties of Fairfax, Arlington, Loudoun, Fauquier, Prince William and the cities of Alexandria, Fairfax and Falls Church. County.

This is the 39th season for Northern Virginia Senior

Olympics, and a number of participants have been competing for years. Some have returned to a college sport while others have retired and taken on a new challenge. Some enter as many as 10-12 events and train most of the year while others join an event with a friend and just for fun.

Registration this year is online only with a \$15 registration fee which covers multiple events. Registration closes Monday, Sept. 6. It is expected that all participants will have been vaccinated against COVID-19 and will follow all protocols during the competition.

See <https://nvso.us/> to register and for a schedule of events.



The horseshoe competition is held each year at the Fairfax City Senior Center, Green Acres. Register now for the Northern Virginia Senior Olympics at <https://nvso.us/>



The bocce competitor’s bracket ranges up to the over 90-years-old category. Register now for the Northern Virginia Senior Olympics at <https://nvso.us/>



A young girl from Chikulia village in Uttar Pradesh studying at night with the family's new solar lantern.



This clinic in Nalanda District of Bihar will be one of the facilities to gain power from the Rock Spring grant. It is the primary rehabilitation center for all of the surrounding villages and works primarily with children with physical and developmental disabilities.

# Rock Spring UCC Donates \$24,000 To Power Rural Clinics in India During COVID

One man's journey lights a village.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Save a life with a reliable solar panel in a medical clinic in rural India. Save a family a long dusty walk into town to recharge a cell phone. Save the climate by substituting solar power for dangerous and unhealthy kerosene lamps.

Rock Spring United Church of Christ in Arlington has just invested \$24,000 from its church mission fund to join with Solar Village Project (SVP) to provide rural clinics in India with solar arrays (panels) that will provide reliable power for medical equipment.

Rev. Laura Martin, Rock Spring associate pastor says, "Our faith calls us to look at the broken places in the world and respond with action and commitment. This mission pairs Rock Spring's response to climate change with support for COVID victims." The clinics in these rural areas have reported COVID deaths when clinic ventilators lost their electricity and turned off.

This effort grew out of one man's journey to India in 2014 where he noticed the disparities between the lives of the Indian people in the village and the life he lived. Joe Kselman, executive director of Solar



Students from Eknath village in Maharashtra in front of their home.

Village Project, had worked with solar, and he equipped one concrete school. Solar Village Project grew from there to every home in the village and now to rural health clinics and more schools. Kselman has been running SVP as a volunteer since then.

Kselman explains, "My grandfather fled Austria in the 1939 onslaught and took refuge in India where he spent the war traveling through India as a doctor. He came back with all of these war stories."

Kselman says the Rock Spring grant will allow them to equip rural health clinics in the most impoverished part of northern India. "They don't have modern facilities by Western standards; it affects everything—transfusions, vaccines, maternity care. We want to make a dent in the 2,000-3,000 clinics, one clinic at a time."

He says his goal is to modernize healthcare there so the current electrical loads do not limit them. "Rock Spring support is pivotal for

our continued evolution."

Kselman says there is a new surge of COVID in India that is not in the news cycle. "We want to make sure they are as well prepared as possible." He explains only 30-40 million people are vaccinated out of a population of a billion. He says, "At one point it seemed like everyone stepping outside got it."

Jerry Hartz, Rock Spring member and board member of Solar Village says Rock Spring has been involved in these efforts for a num-

ber of years. In 2018, Rock Spring UCC and SVP partnered to support micro lending for solar lanterns and solar arrays on schools in rural India.

"For \$10 you can provide a solar lantern to replace the dangerous kerosene lantern that causes cancer as well as serious burns," Hartz says every dollar there goes so far; it could take them two months to pay for these things."

He explains, "It is life changing for a family." LED lights can power 8 hours of extra light for a family which allows students to study at night, families to charge a cell phone and farmers more time in the field after dark.

"Then when the hurricane hit in Puerto Rico in 2020, Rock Spring members travelled to Puerto Rico to put panels on three community buildings," Hartz says. "One of these was used later to care for COVID patients. We do what we can do and when people come back, well it's life changing."

This gift makes Rock Spring UCC the largest contributor to Solar Village Project's campaign to raise funds for solar arrays in medical clinics in India. These funds will be used to provide electricity to six more clinics including the one-doctor 10-bed Ekta Poly Clinic in the Shiupur Bazar Village.

Hartz says, "It breaks my heart what happens. It swells my heart what we can do."

For more information about Solar Village Project or to donate contact: [www.solarvillageproject.org](http://www.solarvillageproject.org)

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# Arlington Swimmers Want Pool Agreement Upheld

Superintendent’s decision not reviewed first by school board and pool patrons.

BY EDEN BROWN  
THE CONNECTION

Arlington taxpayer and swimmer Walt Edwards is angry. “The Arlington Public Schools (APS) Superintendent made a unilateral decision to allow the Arlington Aquatics Club (AAC) to have priority use of two entire APS pools five days a week AFTER Long Bridge Pool opens. This violates the School Board policy and kicks APS programs and swimmers out of two APS pools at prime time for many hours per week.”

Edwards continued: “There was no discussion or consulting with APS Pool users at all. This decision makes me wonder what other School Board policies the Superintendent does not follow. The school board must overturn this decision or admit it has no authority over the school system.”

An Olympian from the Arlington Aquatics Club and Yorktown Varsity program swam in Tokyo, bringing home a silver medal for the U.S. medley relay. The question is whether clubs like the one Torri Huske was in should get priority at local Arlington Public Schools pools even after the Long Bridge Aquatics Center, specifically designed for state-of-the-art competitive swimming practice, opens. The complaints of 22 parents who didn’t want to drive their AAC swimmers the extra distance to Long Branch seem to have played a role in the APS superintendent’s decision to allow clubs to swim during prime hours at high school pools, thus cramping the lanes for the hours when other Arlington swimmers depend on the pool. Not all of the competitive swim club members are even Arlington residents. This Olympics also included a gold medalist named Lydia Jacoby, who travelled more than two hours to train at Anchorage’s Bartlett High, the only Olympic sized pool in Alaska. APS Superintendent Francisco

Durán unilaterally made a decision to agree to AAC use of the pools.

“His precedent-setting agreement was made behind closed doors and in disregard of the School Board’s own policy M-15 on aquatic facilities and programs,” according to Cynthia Hilton, facilitator of a diverse group of 80 active Arlington swimmers. “Access for community pool users is going to change big time when school resumes because students will be back in the water. Community swim will revert to very early morning hours, and would have resumed around 3 p.m. as soon as high schools adjourned until about 9pm, if the Department of Parks and Recreation planned to move all of its programming to the Long Branch facility as agreed. But, now DPR is retaining prime space and time in APS pools for Arlington Aquatics Club use because some parents have complained about the difficulty of getting to Long Branch Pool, a facility that was built with bells and whistles suited for competitive swimming. According to the agreement, the prime after school/early evening full-pool time slots to be given to DPR preclude any other community use. Community members then crowd into remaining slots, swimming sometimes four to a lane. The logistical challenges to getting to the LBP are shifted from the AAC to the general swim community and costs for drop-in swimming will be higher for those residents who swim at LBP”

Hilton argues the AAC does not represent many youth who swim in Arlington, as postulated by those advocates of using high school slots in the late afternoon. “AAC is not a ‘learn-to-swim’ program. ... AAC participants are, by definition, ‘swimmers,’ having learned these skills in pools, public or private, before they get to AAC. AAC participants are a fraction of all children and youth who stand to benefit from priority access to APS pools. Sixty-two percent of students



PHOTO BY COLIN O'DONNELL, CORKLEY & WILLIAMS CONSTRUCTION

Long Bridge Pool was designed to help with overcrowded swimming pools in high schools, which were only available when school was not in session. It was a major expense for the county, one many opposed. It has 50 meter long swimming lanes, as opposed to the high schools which have 25 meter lanes, among other competition pool add-ons.

“62% of students across all four grades to which APS provided swim instruction (3, 4, 9, and 10) are non-swimmers. Drowning is the 2nd cause of preventable death of children up to 18 years.”

across all four grades to whom APS provides swim instruction (3, 4, 9, and 10 grades) are non-swimmers. Drowning is the second cause of preventable death in children up to 18 years old.”

DPR has allotted AAC 55 percent more space for practices at LBP than it used at APS. The superintendent’s agreement to allow AAC

practices to remain in APS pools would nearly double the space and time available for AAC use, notes Edwards.

Edwards was part of a virtual forum held by the Aquatics Committee on July 20, and attended by 52 residents, with 33 of 36 speakers advocating the DPR-APS agreement be revised.

Many Arlington residents either fought the very expensive (circa \$80M) Long Bridge Pool or endorsed it expecting it to spread the load better; now that the money is spent, they want LBP to be a success. This facility doubles public pool water in Arlington. Best scenario: Arlington swimmers will choose to swim at this facility and

relieve congestion at APS pools. To launch LBP on the path to success, the plan was that DPR would move all of its programs there. But DPR changed the plan even before the facility had a chance to open, and before it is even known if DPR can fill all the time/space allotted.

Superintendent Francisco Durán has replied to concerns that he

## Background: What Happened?

On April 9, 2021, the Arlington Public Schools School Board unanimously approved the M-15 Aquatics Facilities and Programs policy and implementation procedures. The “swim community” of Arlington saw it as a big victory. The documents (for the first time) recognized “drop in” swimmers as an official program deserving of time/space in APS pools. The policy allows APS to prioritize and offer programs, such as classes, that will generate revenue to reduce the costs to APS of community use of pools. Helena Machado, Director, Aquatics Management, Arlington Public Schools, reaffirmed she would ensure at least the same amount of time that “drop in” swim was programmed pre-COVID. The policy also includes criteria for when APS would build new school pools. Following this approval, Arlington Public Schools and the Department of Parks and Recreation were then to renegotiate their agreement about community use of Arlington Public Schools pools.

All of that was expected to go smoothly, until APS Superintendent Francisco Durán unilaterally made a decision to agree to AAC use of the pools.

made a premature decision by writing: “Due to its location, Long Bridge Pool is a challenge for some students, families, and community members to access it. As a result, APS and DPR reached an agreement to still provide DPR access to APS aquatic facilities at two schools during a specific time slot. While APS is focused on growing community-based programs at our aquatic facilities, it is equally important we allow equitable access to our aquatic facilities by ensuring programs under the direction of both APS and DPR are accommodated at our facilities.”

Those who oppose the continued use of the school pools by competition teams say Durán is overlooking some details. A major justification for the revised M-15 School Board policy was that DPR was planning to move all of its programs to Long Bridge when it opened. The Superintendent’s “agreement” ignored the new time/space priority allocation in the M-15 policy. The old allocation put DPR programs ahead of any non-school APS uses.

Edwards does not believe Durán’s decision supports equity. “The demographics of the AAC is disproportionately white, middle-class kids, some 12 percent or so not from the county at all,” said Edwards. If you want to play in DPR’s competitive youth soccer program, you go to Long Branch soccer fields, Edwards said. Likewise, when the County built the Barcroft facility, if you wanted to be on the DPR gymnastics team, you went to Barcroft. Parents formed car pools, she said.

Before the Superintendent’s decision, the programs that APS was going to put in the vacated space

at the pools, in addition to adult lap-swimming and/or fitness, were aimed at attracting children right after school who wouldn’t have the challenge of getting home and returning for lessons.

Both DPR and APS provide discounts for income-challenged individuals. It is part of the APS goal in having pools: teaching young people how to swim.

AAC practices will now displace all of these community use options.

Torri Huske’s father, at the forum, said that denying the high school pool after school to people like his daughter would be discouraging to Arlington youth.

Edwards believes more competitive swimmers like Huske will profit from use of the LBP facility, while beginners will profit from more time at APS schools. “I join in congratulating Torri Huske on her Olympic journey. She should be the first to christen the new Long Bridge competition pool with a victory lap,” Edwards said.

The Aquatics Committee, upon hearing the results of the July 20 forum, asked School Board president Dr. Barbara Kanninen to obtain community input. The Aquatics Committee recommended “putting a pause on the Agreement until the public’s concerns can be heard and addressed.”

Those interested in the issue can weigh in with county, school officials, and the Superintendent of APS, Francisco Durán.

School Board - <https://www.apsva.us/school-board-members/>  
County Board - <https://countyboard.arlingtonva.us/county-board-members/>

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNews-papers.com/Calendar](https://www.connectionnewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

**FRIDAY/AUG. 6**  
Native Vines for the Home Garden. 10 – 11:30 a.m., Online. Vines can fill a variety of roles in the garden, either serving as ground covers or providing an attractive vertical element in the landscape as they grow on fences, trellises, or walls. In addition to offering privacy screening, shade, attractive flowers, and colorful fall foliage, native species supply critical support for local wildlife. Extension Master Gardener Elaine Mills will discuss about a dozen vines native to the Mid-Atlantic region and how they can be used as excellent substitutes for such invasive non-native vines as English ivy, Asian wisteria, Japanese honeysuckle, and porcelainberry. She will present characteristics and attributes of the native vines as well as explain maintenance tips and ideas for their landscape uses. Elaine Mills is a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic and serves as a co-coordinator at the Glencarly Library Community Garden, a Virginia Cooperative Extension Demonstration Garden in Arlington, Virginia. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

**TUESDAY/AUG. 10**  
Masters Happy Hour. 6-8 p.m. At Rocklands Barbecue, 3471 Washington Blvd., Arlington. Join Rocklands to learn more about their award-winning Energy Masters Program. Energy Masters volunteers receive specialized training to deliver hands-on conservation upgrades and community education in affordable housing communities in Northern Virginia. Adults and Students age 16 and up may apply. Applications are now being accepted through August 31 for the upcoming class in October. Visit the website: <https://www.ecoactionarlington.org/get-involved/events/>

**DONATIONS**  
\* Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).  
Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner’s ability to afford pet care, the AWLA Pet

Food Bank program’s goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuF-daYwDzm4tPw2](https://goo.gl/forms/s2FuF-daYwDzm4tPw2).

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Arlington and Alexandria Farmers’ Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers’ markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers’ markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers’ Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers’ Market, 2820 Columbia Pike (third Sunday of the month).

**ONGOING**  
Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW’s research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](https://salary.aauw.org).  
Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home’s natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubonva.us/](https://audubonva.us/) or [audubon-at-home-1/](https://audubon-at-home-1/) for more.  
Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Sigveland at [703-228-0913](mailto:703-228-0913) or [esigveland@arlingtonva.us](mailto:esigveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](https://health.arlingtonva.us/opioid-awareness/) for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit [www.chrisatwoodfoundation.org/naloxone](https://www.chrisatwoodfoundation.org/naloxone) for details.

SEE BULLETIN, PAGE 8

This special focus section will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Advertising allows you to target the many mature adults exploring new opportunities by showcasing your products and services in this special section with the award-winning Connection Newspapers print and digital media.

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## CALENDAR

### NOW THRU AUG. 28

Forty+ Summer 2021. 12:30-1:30 p.m.  
Jane Franklin Dance, 3700 S. Four  
Mile Run Drive, Arlington. Forty+  
Projects celebrate the collective  
creativity of people past the age of  
40 resulting in unique collabora-  
tion. Projects explore movement  
and performance technique within  
a creative premise. Cost is \$120.  
Dates: Tuesday, weekly, July 6 -  
Aug 24; 12:30-1:30 p.m. and Sat.  
Aug 28 at 7 p.m. Visit the website:  
[https://www.janefranklin.com/  
adult-dance/forty-plus](https://www.janefranklin.com/adult-dance/forty-plus)

### NOW THRU AUG. 28

We Can't Predict Tomorrow Exhibit.  
At the Arlington Arts Center, 3550  
Wilson Blvd, Arlington. We Can't  
Predict Tomorrow is a hopeful  
glimpse into the unexpected ways  
nine artists approached the relent-  
less tumult of the COVID-19 global  
pandemic. In sculpture, photog-

raphy, installation, drawing, and  
painting, the works reveal themes  
that have taken on a heightened  
urgency under the duress of the  
prolonged quarantine and isolation  
in the U.S.

### FRIDAY/AUG. 6

Lubber Run Summer Concert Series.  
Fridays and Saturdays at 8 p.m.;  
Sundays at 11 a.m. At North  
Columbus Street and 2nd Street  
North (two blocks north of Rt.  
50), Arlington. The Lubber Run  
Summer Concert series features  
free performances from a variety  
of genres including big band,  
blues, soul and orchestral music as  
well as cabaret to the Lubber Run  
Amphitheater.

#### Schedule

Aug. 6 -- La Marvela  
Aug. 7 -- Bobby Thompson  
Aug. 8 -- Mr. Gabe and the Circle Time  
All-Stars (Family Performance)

Aug. 13 -- The Grandsons  
Aug. 14 -- National Chamber Ensemble  
Aug. 15 -- Rainbow Rock Band (Family  
Performance)

### AUG. 10

Aug. 10 -- Synetic Theater Presents  
"The Miraculous Magical Balloon."  
11 a.m. Dark Star Park.  
Aug. 14 -- 11 a.m. -- Synetic Theater  
Presents "The Miraculous Magical  
Balloon" at Freshfarm Market at  
National Landing.  
Aug. 19 -- 5 p.m. -- Synetic Theater  
Presents "The Miraculous Magical  
Balloon" at Arlington County Fair.  
Aug. 21 -- 4 p.m. -- Synetic Theater  
Presents "The Miraculous Magical  
Balloon" at Arlington County Fair.  
Aug. 24 -- 11 a.m. -- Synetic Theater  
Presents "The Miraculous Magical  
Balloon" at Dark Star Park.  
Sept. 11 -- 11 a.m. -- Synetic Theater  
Presents "The Miraculous Magical  
Balloon" at Lubber Run Amphitheater.

## BULLETIN BOARD

FROM PAGE 7

Monthly Memory Café. 1-3 p.m. at  
7910 Andrus Road, Suite 6, Alex-  
andria. The Memory Café, a social  
gathering for individuals living  
with memory loss and their fam-  
ilies, will be held on the first Fri-  
day of every month. Registration  
is free and highly recommended  
to reserve spots, which are open  
on a first come first served basis.  
To reserve a spot, please call  
571-210-5551 or email bdesai@  
seniorhelpers.com. Visit [www.  
dementiacareconnections.com/  
memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelp-](http://www.seniorhelp-)

[ers.com/arlington-alexandria-va](http://ers.com/arlington-alexandria-va)  
for more.

Walk-Fit. Ongoing Tuesdays and  
Thursdays 8:30-9:30 a.m. at Fash-  
ion Center at Pentagon City, Ar-  
lington. Participants walk at their  
own pace in a safe and friendly  
environment. Group stretch and  
cool down led by Virginia Hospital  
Center staff at 9:15 a.m. Meet on  
the first level by Nordstrom. Call  
703-558-6859.

Arlington County, in partnership with  
the Human Rights Commission's  
Equality Task Force, has launched  
a web page with resources for

the LGBTQ community. The  
new webpage compiles LGBTQ  
resources on a variety of topics,  
including homelessness and hous-  
ing, domestic violence and sexual  
assault, and health. There are  
also topics specifically for teens  
and youth — such as scholarship  
opportunities and school clubs  
— as well as ones targeted at  
seniors and older adults, such as  
SAGE. Visit [topics.arlingtonva.us/  
lgbtq-resources](http://topics.arlingtonva.us/lgbtq-resources).

Aging Matters. 2-3 p.m. Tuesdays on  
WERA 96.7 LP FM on Arlington's  
SEE BULLETIN, PAGE 9



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PHOTO COURTESY OF SAMANTHA MCCORMICK

Alexis McCormick is hoping to earn a medal at this week's Junior Olympics.

# Pressure for Athletic Success Can Lead to Stress

Balancing the need for athletic achievement with emotional wellbeing.

BY MARILYN CAMPBELL  
THE CONNECTION

Practicing with her club track team three days each week, training with a private coach on the other four days and balancing a challenging academic workload led to a stressful school year for Alexandria high school senior Alexis McCormick. This week, she is hoping that her training will pay off as she competes in the National Junior Olympics.

"We're living in such a hyper competitive environment and there is so much pressure on kids to succeed. All of the kids are so stressed," said Alexis's mother

Samantha McCormick. "It would be stressful under any condition, but last year there was the added layer of distance learning. I think

that when athletes like Naomi Osaka and Simone Biles speak out it causes parents to take a look at their own children."

Creating a balance between emotional wellbeing and meeting expectations for academic and athletic success can be challenging. Local mental health professionals explain some of the reasons behind the mental health issues that are connected to athletes and what parents can do.

"It's extremely difficult to cultivate a healthy sense of self in body and mind given the pressures of societal expectations and social media," said Herndon psychologist Janet Owens. "Peers are lauding athletic accomplishments on social media."

A need to succeed that is driven in part by parental pressure can lead to emotional fatigue and low self esteem, says Bethesda therapist, Katherine

Harden. "It's how much passion a child has themselves that makes a difference in mental health issues," she said. "When a parent pushes a child to focus on a sport they don't love, whatever it is, the mental health issues begin to seep in. This is because the underlying thoughts are, 'I don't have a voice' or even 'I won't be loved if I don't perform in this job I don't even like.' That's an awful lot to ask a child of any age to carry, especially if they have a perfectionistic coach driving the same sentiments. It's too much for anyone."

Specializing in one sport puts a child at risk for anxiety and depression suggests Jerome Short, PhD, professor of psychology at George Mason University. "Specialization leads to more of one's identity and self-worth coming from successful performance in a single sport," he said. "Perceived threats and worries increase if we are not accomplishing our goals and having fun playing sports. We may feel helpless and hopeless about improving our performance." Support from loved ones

can mitigate some of the mental health issues that are associated with the pressure to be high-achieving. "Parents can help pre-

vent their children from experiencing anxiety and depression by providing support and unconditionally valuing their children regardless of athletic performance," said Short. "It helps to have other sources of achievement outside of sports, or to participate in multiple sports."

As a high school student, Jason Gamble, PhD was a nationally ranked track and field runner. Today he is a child psychologist who specializes in anxiety and depression. "As athletes we only knew of one thing, the training to reach the goal. What happens when an adverse event happens such as injury, loss, or other significant bumps in the road?" he asks. "One thing to consider is teaching your child resilience skills, foundations of gratitude and how to stay focused on a growth mindset versus spiraling downward because of a setback."

"Parents can help prevent their children from experiencing anxiety and depression by providing support and unconditionally valuing their children regardless of athletic performance."

—Jerome Short, PhD

FROM PAGE 8

community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit [www.facebook.com/agingmatterswera](http://www.facebook.com/agingmatterswera) to listen to programs.

**Volunteer Bike Repair Night.** First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

**Public Financial Fraud, Waste and Abuse Hotline.** On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at [arlingtonva.ethicaladvocate.com](http://arlingtonva.ethicaladvocate.com). The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

**Job Seeking Help.** 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit [www.arlingtonva.libcal.com](http://www.arlingtonva.libcal.com).

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit [library.arlingtonva.us/locations/central-library](http://library.arlingtonva.us/locations/central-library) or call 703-228-5990.

**Arlington Rotary Club Lunches.** Thursdays, 12 - 1:30 p.m. at the Marriott Residence Inn at Courthouse, 1401 N. Adams St., Arlington, VA. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers on various topics of interest. Admission is \$20 for non-members. Visit <https://arlingtonrotaryclub.org/>

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit [www.accessjca.org](http://www.accessjca.org).

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

**Arlington PFLAG Community Group.** 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact [arl.pflag@gmail.com](mailto:arl.pflag@gmail.com) for more or go to [www.pflagdc.org](http://www.pflagdc.org)

Helmetsmen Toastmasters meet Thurs-

days, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto:elizabeth.m.femrite.civ@mail.mil) or 571-256-8674.

**Donations Needed.** Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenof-peace.org](http://www.ourladyqueenof-peace.org) for more.

**Soil Testing.** Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files](http://www.soiltest.vt.edu/Files).

**Alzheimer's Association Support Group** has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at [www.alz.org/nca](http://www.alz.org/nca).

**Pentagon Legacy Toastmasters** meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin' Donuts. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 [www.toastmasters.org](http://www.toastmasters.org).

The Friends of the Planetarium has relaunched its official website. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org) to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.

The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.

**Gentle Pilates.** Saturdays at 9 and 11:15 a.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles and improve posture. \$78. Virginia Hospital Center, 1701 N. George Mason Drive.

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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**

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**THE CONNECTION NEWSPAPERS**

## SENIOR LIVING



PHOTO CREDIT: E. DAVID LURIA

Encore Sentimental Journey Singers performed a concert in Fairfax, Virginia. The Sentimental Journey Singers program is a chorus for those who have been diagnosed with early or beginning moderate Alzheimer's and other memory impairments.

# Music for Singers Alzheimer's Disease

**New choral program gives those with Alzheimer's and other memory impairments the gift of music.**

BY MARILYN CAMPBELL  
THE CONNECTION

When Peter Midgley and his wife went on their first date, they discovered their mutual love of music. In fact, they were both members of the same choir. When the couple married and had children, melody-making became a major part of the family's everyday life. Though Midgley has been diagnosed with Alzheimer's Disease, the tradition of music is still a part of his life thanks to his adult daughter Debbie Caramella and the Sentimental Journey Singers program, a chorus for those in the early or beginning moderate Alzheimer's and other memory impairments.

"We learned of SJS through the adult day center my dad was attending. It seemed like the perfect fit for us because music has

been a part of our family story since before we were a family," said Caramella who, as her father's caretaker, is also part of the choir. "Besides the benefits of the physical, social, and cognitive engagement that the choir provides, we have discovered that when we sing together, Alzheimer's loses its grip, and we are just a dad and a daughter enjoying what we have all our lives."

The program is part of Encore Creativity for Older Adults, a choral program for singers 55 years of age and older. Sentimental Journey Singers will begin operating in Sep-

tember in Montgomery and Fairfax counties.

"Music brings pure joy no matter where we are in life, but when there is a diagnosis of Alzheimer's or another memory impairment, music taps into another part of the brain and it's one of the last things to go," said Anita Irvin, Executive Director, Insight Memory Care Center. Insight clients have joined Sentimental Journey Singers. "There are so many mental and social benefits from music and we saw such a positive experience from our participants that joined the choir. They very much looked forward to the rehearsals."

The season begins in September with rehearsals for the group's holiday concert. Singers and their caretakers will sing in three-part harmony. Group members will enjoy the social aspect of choral singing while learning healthy vocal technique skills.

"Alzheimer's is a very lonely disease. It's usually you and your caregiver, so when these singers come out every week, the social interaction means a lot to them," said Jeanne Kelly, Founder and Artistic Director of Encore Creativity. "The experience will offer teamwork, confidence, a lot of fun

and incredible joy."

Tuition for 15 weeks of rehearsals is \$190 and includes sheet music, rehearsal CD, and a December concert performance for family and friends that is free and open to the general public. There are no auditions and Encore is hopeful that all care partners will also sing. There will be 15 rehearsals led by Mary Ann East, Ph.D., an Encore conductor who is also the music director at Community of Faith Methodist Church in Herndon, Va. and the Co-Founder and Director of the Capital Harmonia Community Women's Chorus.

**"We have discovered that when we sing together, Alzheimer's loses its grip, and we are just a dad and a daughter enjoying what we have all our lives."**

— Debbie Caramella

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## Still Bedridden in Burtonsville



By KENNETH B. LOURIE

Though not nearly so much as last week. Improving for sure, but "slowly and painfully," as the Emergency Room doctor predicted. "Weeks, not months," she replied in response to our "How long?" question. Now back to Gate A17 in Houston:

"Would you mind if I said a healing prayer for you?" I looked over at Dina, and we both said "No, not at all." The lady, Solange was her name, motioned for a male companion standing a few feet away to come over to where she and I were sitting. She explained to him the reason and within a few seconds, they both began praying for me. Though their words were not identical, they both invoked "God, Jesus Christ, the father, his children, died on the cross" and so forth for about 15 seconds in a sincere attempt to heal my burns. After her companion walked away, I looked back over to her and said: "Actually, my feet are not the worst problem I have. I have cancer." Which prompted her, this time alone, to invoke similarly powerful references on my behalf. When she completed her healing, we both thanked her. She asked if we lived in Houston and told us of her church where healing, as I witnessed today, is a regular element and she assured me that some of her fellow parishioners have been healed. Who am I to question the power of God? Nobody, that's who. Praise the Lord and pass the percolator.

Now I'm sort of looking forward to my next recurring quarterly scan scheduled for mid-September to see what happens. My last few scans have been characterized as "stable." Shrinkage would be a change and a welcome one at that. However, after being given a terminal, stage IV non small cell lung cancer diagnosis in Feb. 2009 with a "13 month to two year" prognosis, 12 and one half years later, I have learned to embrace "stable." It may not cure, but neither will it kill. Nor is it ideal, but it's a living for which I'm extremely grateful.

Anyway, back to real-time. It's now a bit more than two weeks since "the burning." I am sort of ambulatory but only by using a "walker," and infrequently as possible. The more I stay off my feet, the less damage I will do to the skin as it heals from the inside out; the main reason the recovery is so slow and arduous. But I am able to "walker" now to my in-home office from my den where I've been laid up, literally, approximately 30 feet, where I can access my desktop computer and type this column, email and on-line bank, et cetera; a distance which would have been too painful to 'walker' even a few days ago. So yes, progress indeed.

In an odd confluence of circumstances, ever since I burned my two soles, I haven't really thought much about my underlying, overriding condition: cancer. "The burning" seems to have taken over my subconscious. Rather than compound the daily grind of living with cancer, the burns and subsequent at-home care have done just the opposite: they replaced whatever medical preoccupation I had/have about my cancer with the difficulties and challenges caused by these second degree burns. In a weird way, it's been an easier last few weeks, emotionally, as so much of my focus and treatment has been on this new/temporary problem instead of the existing permanent one: stage IV, papillary thyroid cancer. I wouldn't say it's been a relief and certainly not a reprieve, but it's definitely been a break in the action, if you know what I mean? Nevertheless, I'll be happy when I'm back to abnormal and can walk again without any assistance. And the next time I'm at the beach, I'll be the one wearing sneakers and socks all day. You can be sure I won't walk barefoot ever again.

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



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