

Silver Anniversary, Grande Finale for Bowen McCauley Dance

DANCE, PAGE 4

Lucy Bowen McCauley as Cleopatra in
"Fire and Ice"

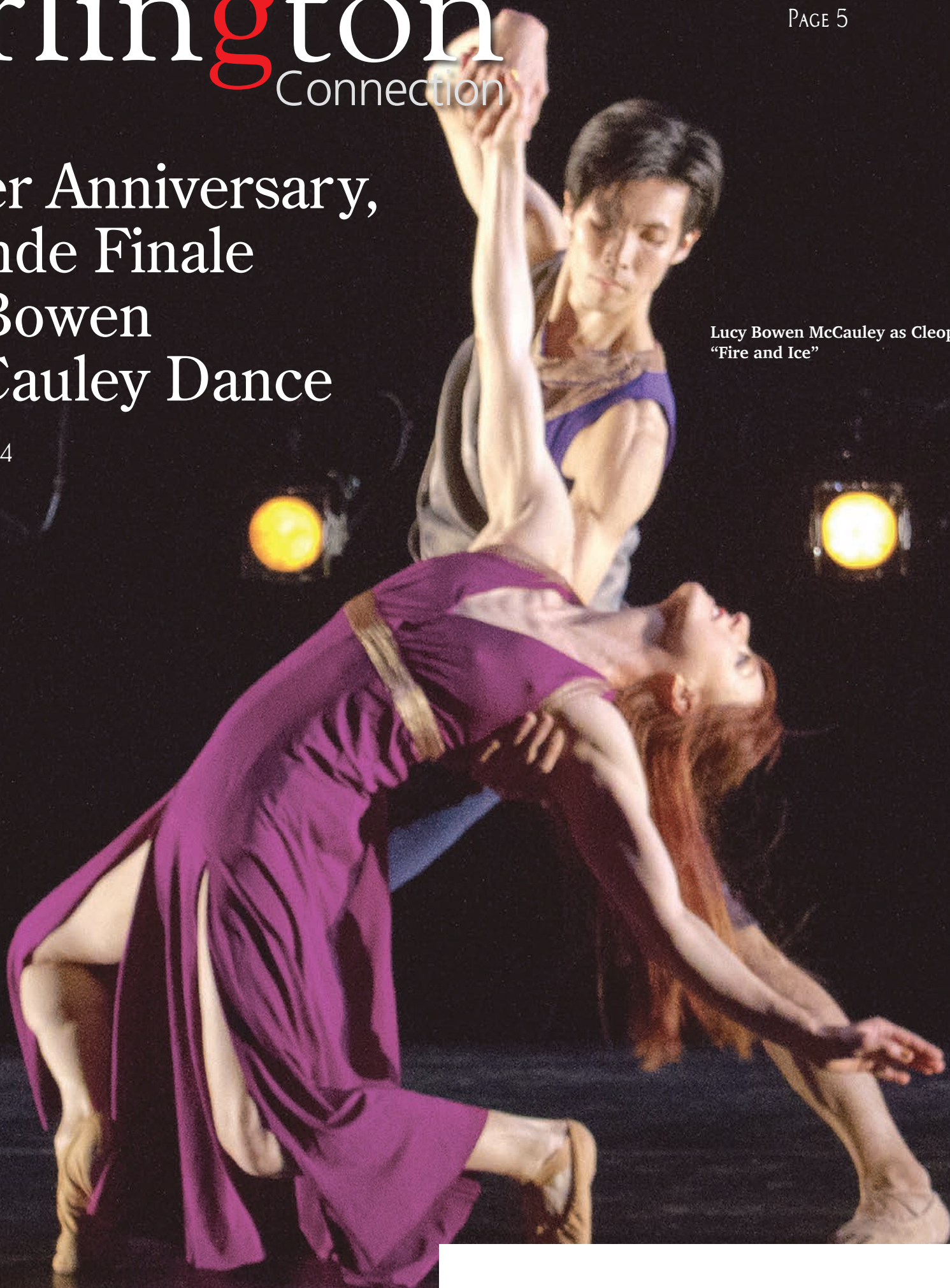



PHOTO BY JOHN MCCAULEY

Itching the Night Away

NEWS PAGE 3


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Virtual & Outdoor Programs:

- ❖ 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 mgaralex@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.

- ❖ Outdoor needlecraft projects, share with fellow enthusiasts, Monday, Aug. 23, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914703-30.
- ❖ Monday morning coffee meet-up with fellow 55+ members, Aug. 23, 10 a.m., casual conversation. Registration # 914801-11.
- ❖ Tai Chi practice with experienced volunteers, Monday, Aug. 23, 10 a.m., Virginia Highlands Park, 1600 S. Hayes St., registration # 914105-23;
- ❖ Tai Chi practice with experienced volunteers, Tuesday, Aug. 24, 10 a.m., Thomas Jefferson Community Center, 3501 S. 2nd St., registration # 914105-11.
- ❖ Live piano playing with Valerie Welsh, popular classics, movie themes, Tuesday, Aug. 24, 2 p.m. Registration # 914802-06.
- ❖ Genealogy 101, led by experienced Genealogist Eileen Bogdanoff, share research information and tools, Tuesday, Aug. 24, 11:30 a.m. Registration # 914400-03.
- ❖ Sudoku games, beginners and pros, Tuesday, Aug. 24, 2 p.m. Registration # 9144601-06.
- ❖ Acoustic hour, live in the park with musician Carl Gold, Wednesday, Aug. 25, 1 p.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914802-11.
- ❖ Understanding probate, presented by Elder Law Attorney Edward Zetlin, Wednesday, Aug. 25, 11 a.m. Registration # 914400-27.
- ❖ Yarn creations shared with fellow crafty individuals, Wednesday, Aug. 25, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 914703-19.

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Itching the Night Away

Infestation of oak mites hits Arlington, probably.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Remember when the grocery store shelves were empty last year at the beginning of the pandemic? Now the shelves are empty again—this time at the drug stores where the anti-itch cream has been cleaned out.

Several weeks ago Arlington residents started to notice small red bumps on their bodies. The bites looked sort of like a mosquito bite but not quite, sort of like a tick bite but not quite. Some of them got larger and infected and really really itched. People headed for the doctor. Several weeks later, there may be an answer.

Eric Day, entomologist at Virginia Tech, says that these bites are most likely being caused by Oak Itch Mite (pyemotes). But he said at this time of year in addition to mosquitoes, chiggers are prevalent and chigger bites could cause similar reactions.

“It is impossible to identify an insect from the human immune response to bites.” But even though it didn’t make any difference on the outcome, it felt better to have a name associated with the red spots.

The first recognition of this mite in the U.S. occurred in Kansas in 2004 where it was estimated to have affected around 19,000 people. The mite feeds on a number of different insects including in grain storage bins and currently also cicada larvae, and when

the mites become numerous they can bite humans. The nearly microscopic mites fall from the oak trees in numbers of up to 370,000 per day and can be carried by the wind to enter through window screens or open doors.

The neighborhood CVS recommends hydrocortisone cream, which won’t prevent the bites but will relieve the pain and lessen inflammation. But the pharmacist cautions there may not be any supply left, and indeed the shelves are bare.

A local doctor suggests oral antihistamines like Zyrtec or Allegra and topical steroids like hydrocortisone cream are the mainstays of treatment.

Community websites have shared their experience with their own personal remedies:

“You can try Benadryl Itch Stopping gel.”

“I have 9 now and they’re SO itchy and painful. The itch creams do not work.



PHOTO BY SHIRLEY RUHE

Customers have cleared the drug store shelves of anti-itch creams bought to alleviate oak itch mite bites.

Please send along any suggestions.”

“Rubbing alcohol or witch hazel seems to work.”

“I rub in the leaves of Eucalyptus trees.”

“I used tiger balm to help with the pain. ... It smells pretty bad but it’s the only thing I’ve found so far that works.”

“I thought they were bedbugs since I always found the new bites in the morning.”

Control of the mite is difficult to manage since pesticides don’t penetrate their hiding places on the oak leaves and there are mixed results from the use of DEET. Limit outside time, especially near oak trees, and immediately remove and wash clothing and shower when returning inside.

So many questions. Just curious, are women more likely to be bitten than men? What about our pets—do they get bitten, too? How come both of my neighbors got lots of bites and I didn’t get any even though I was out mowing all afternoon?

The only sure answer is to hang on (if you can) until the first frost.



Arlington County Fair 2019

FILE PHOTOS BY SHIRLEY RUHE

Bigger and Better

Arlington County Fair is back.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

A smile outlined in funnel cake crumbs. Sticky caramel apple fingers hanging on tight to the roll of amusement ride tickets as the ferris wheel tops the circle and heads back down. And which first—Drew Blue Shoes magic show or the bouncy house in the Free Kid’s Court? Free fun for kids each afternoon. Or maybe the butterfly house where orange and black patterned monarchs flutter on the fingers of very excited children.

The Arlington County Fair is back Aug. 18-22 at the Thomas Jefferson Community Center at 3501 Second Street.

Of course if you’ve passed that age, there is the Beer Garden featuring local selections including National Landing and Green Valley named after an Arlington neighborhood. A wide range of food choices is available from garlic chicken over Greek salad, fried rice,

bubble jasmine green tiger tea and vegan baked beans to those favorite corn dogs, fried pickles and steak and cheese.

Grab a shuttle running regularly from several local spots, bike, bus or walk to TJ where the activities will be in full swing day and night. Parking is limited to residents with permits although there is a quick drop off spot in front of the fair.

The DEMZ will cover acoustic rock, pop and folk tunes from the 60s until today. Bumperyachts is a rock/alternative band playing a mix of cover songs and original compositions. If dance is more to your taste, don’t miss Jaleo Arte Flamenco for a cultural colorful experience or the Old Dominion cloggers, a favorite fair performer for over 20 years. Just keep going for several other entertainment experiences.

Head to the mobile axe throwing & escape room—super safe, or so they say. Or mellow out on goat yoga suitable for all ages.

For more information on activities, schedule and transportation options: <https://arlingtoncounty-fair.us/>



Lucy Bowen McCauley

PHOTO BY DAVID MOSS



"Exuberant Fanfare" Patrick Green and Justin Metcalf-Burton

PHOTO BY DAVID MOSS

Silver Anniversary, Grande Finale

Bowen McCauley Dance Company to celebrate final performance at Kennedy Center.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Lucy Bowen has decided to go out with a bang. Her last performance of the Bowen McCauley Dance Company (BMDC) is scheduled at the Kennedy Center on Sept. 14. It is a one-night in person performance featuring three world premieres with live musical accompaniment.

After building her company from a chamber size group to a well-known award-winning institution over 25 years and surviving the pandemic, Bowen has decided it's time to move on.

Bowen has been dancing all of her life since she discovered ballet at seven-years-old. "I didn't really fall in love with it until I was 11, which is a little late for a ballerina." She says she grew up in Indianapolis "where I got a decent foundation and received a scholarship to study at the Joffrey Ballet." Bowen danced in New York for 10 years, three at Joffrey II.

"But I never had very good feet with those high arches. I had to work and work and work."

I knew I wouldn't be a top ballerina." So she took her pointe shoes off and moved to more modern dance. "It suited my body better." She says she knew she had some natural talent "but not super long legs. You can't change that."

When Bowen moved to the D.C. area, she taught contemporary ballet at George Washington University and the Washington Ballet. It was here she was asked to choreograph, "and I got the bug."

Bowen started her dance company in Arlington 25 years ago as a non-profit with a small board of directors and a few dancers.



Lucy Bowen McCauley as Cleopatra in "Fire and Ice"

PHOTO BY JOHN MCCAULEY

"Dance Magazine" gave the first show in 1996 a good review "and it gave us a jump start." She said she got a lot of assistance from Arlington County through their incubator program.

"I was one of the eggs. You didn't get much financial support but we got free space,

small rehearsal space and free marketing. It was very helpful for a small company."

The company also participated in a regular sister program with Mexico and once with Germany. "The concert in Aachen was a wild success. They gave us a standing ovation for at least 20 minutes both nights."

She explains as the company got bigger they needed dollars and management. "There are quite a few parts to the job."

She tried to submerge herself in the business side—accounting and writing grants — "but those are not my skills. Dancing is my passion."

"It is tough to start a dance company and keep going 25 years."

She says her dancers sign on for a year. "Two of them have been with me for 15 years and they are both ready for transition as well." Her dancers rehearse three times a week and are paid for performances, shoes, classes and training. Still, like many other kinds of performing arts, it is a part time job.

After five years Bowen started a school program with classes, residencies and performances. The company increased the number and complexity of the performances and hired an executive director. Bowen grew as a choreographer, taking on longer and more complex pieces. "You become better at your craft."

With the more challenging performances came set designers, lighting, more elaborate costumes and an increased variety of venues nationally and internationally. "Don't forget the value of venue."

As the company grew, Bowen formed relationships with the Alexandria and Arlington symphonies, chamber singers and sometimes found a composer to write for her. "I have been very committed to live music. It's way more expensive but I followed my passion more as we grew."

In keeping with this tradition, the last performance in September will open with a reprise of "Exuberant Fanfare" choreographed by Bowen and set to the music of Igor Stravinsky's Suite Italienne from Pulcinella and played live by violinist Leonid Sushansky and pianist Carlos Cesar Rodriguez of the National Chamber Ensemble.

SEE BOWEN MCCAULEY, PAGE 5
WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY GREGORY S. MANALO

A cozy throw can add an element of warmth to an interior space



PHOTO BY ANNE WALKER

The warm colors in this room by Anne Walker evoke visions of autumn.



PHOTO BY ANNE WALKER

Candles in hurricane lanterns such as these by Farm and Feast are a simple way to transition home accessories from summer to fall.

Design Ideas to Welcome Fall

Small changes in home accessories can transform a space.

BY MARILYN CAMPBELL
THE CONNECTION

When it comes to interior design, attention to even the smallest of details took on new importance over the past year. Spending more time indoors has allowed us to experience the ways in which minor embellishments can have a major impact on the mood and feel of a room. From throw pillows in a living room to doormats in a mud room, local designers unveil accessories that can help one transition from summer to autumn while maintaining serenity and style.

"Don't look at this as a major undertaking or you'll be overwhelmed," said Alexandria interior designer Allison Bohlke. "It doesn't have to be time consuming. As the weather begins to cool down, take an hour to look around your house for places where you remove things that scream summer and swap them out for cozy alternatives."

"I created a blue and white nautical theme in my family room for summer," continued Bohlke. "In a month or so, I will put away my linen throw pillows and cotton throws and bring out my cashmere throws and wool throw pillows in warm camel and rich cream for a cozy look."

One of the easiest ways to transition home decor from summer to fall is to add candlelight, advises Potomac interior designer Anne Walker of Anne Walker Interiors Design. "There's something about the warm glow of real candlelight that just can't be replaced. It's an instant mood lifter," she said. "Hurricane lanterns come in several sizes and in beautiful smoked glass or clear glass. We use six in assorted sizes on our patio all year round, and they never get old."

Kitchens and bathrooms can serve as a backdrop for cool weather inspiration. "If you've been using white hand towels and kitchen towels, try getting versions in bold colors or monogrammed hand towels using thread in warm, jewel tones," said Bohlke.



PHOTO COURTESY OF SALLIE LORD

Designer Sallie Lord says the approach of Autumn is time to reorganize an office space to prepare for a new school year.

In fact, the power of color should not be underestimated. "Use color so that the spaces appeal to everyone," said Sherry Hope-Kennedy of Studio SHK. "Keep the main area more neutral while having more fun with private areas."

Seasonal blossoms in colors that herald the start of fall can add an air of chic serenity to any interior space. "Fresh flowers will always be in style," said Walker. "Like real candlelight, fresh flowers are a low-cost way to bring real joy into your home."

A wooden drink tray not only conjures up woodsy images of autumn, but it's versatile, functional and can be used year round, particularly as school begins. "Filled with flower vases, it can be a casual-chic centerpiece on your dining table, or you can use it to carry barware or beverages to your guests," said Walker. "In your mudroom, it could hold keys, phones and other things you need to drop in a central location."

"The [metal bin] has an outdoorsy, cool vibe with industrial chic décor," continued Walker. "Use [them] to corral office supplies on your desk, to hold television remote controls in your family room, or to serve snacks when you entertain. Fill them with rolled-up towels near your mudroom or guest room. Fill them with plants to make an herb garden on your patio. The possibilities are endless."

Whether one hour or one month, spending time on a home refresh is worth the effort, says Chantilly designer Sallie Lord of GHI Team. "This is a great time for a purge to clean out the desk drawers to prepare for a new school year ahead," she said. "We love a well organized space that you can walk in and feel the design and the function."

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 collaboration. 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>

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 relentless tumult of the COVID-19 global pandemic. In sculpture, photography, 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. 13

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

AUG. 14

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.

AUG. 18-22

Arlington County Fair. The 2021 Arlington County Fair will be held on August 18 to 22 at the Thomas Jefferson Community Center, 3501 Second Street South, South Arlington.

Bowen McCauley Dance Company

FROM PAGE 4

The second act will open with the world premiere, "Imago" choreographed by Bowen and set to six songs from German/Croatian composer Nikola Glassl played live by the composer's grandson and music director, Nikola Paskalov on piano accompanied by soprano Karin Paluden. The third premiere is a collaboration with a Turkish composer who wrote "Insistent Music" especially for Bowen. "We hit it off."

COVID hit the dance company hard with cancellation of two big performances scheduled in the spring of 2020 at the Kennedy Center and in New York. The company was at a standstill for several months. But they were able to gradually hold weekly Zoom classes—far from a real workout. "But you have to keep your minds and bodies going."

Last fall they started to get workers back in shape with no touching and removing the partners from one dance. Then in May they were able to live stream their performance including "Trois Reves" from the Kennedy Center where

they performed for an audience of 75. Bowen choreographed it with no partnering, safe social distancing and "the graceful sweeping movements that only a Ravel composition could deliver."

Now Bowen plans to move into what she thinks of as her third act.

"I'm not going out to pasture. There is a lot of pressure to having your name on a company."

The professional company will be gone but she will be continuing her Dance for Parkinson's Disease program, which is the only certified program of its kind in the mid-Atlantic region. "It is dear to my heart."

The program meets three times a week. "The program is so wonderful and research has shown that people who attend these classes have a slow down in the progression of the disease." She says, "It's not just physical. Some who enter are barely able to walk and in a sour mood. They go out happy with a smile on their face."

She adds it's not a cure but adds to their quality of life.

McCauley says she is very grateful to have been able to follow her passion. "It's bittersweet but I feel it's right."

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BULLETIN BOARD

FRIDAY/AUG. 13

Soil Health. 10:00 – 11:30 a.m. Online. Want to grow more flavorful tomatoes? Want to produce more colorful blooms? Healthy plants need healthy soil to do their best. Join Kirsten Conrad, Extension Agent for Arlington County and City of Alexandria, for the basics of how you can improve your soil 'health', improve water retention, increase your garden's ability to fight off diseases, and reduce your need for fertilizers and pesticides. Bring your questions about what a 'living' soil does, soil test interpretation, the use of compost, and the importance of good soil drainage, for a session on best practices that are part of a holistic approach to garden health. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

AUG. 18-22

Arlington County Fair "Nights, Lights & Bites."
Have you had a spectacular garden this year? Are your beans beautiful and zinnias amazing? Come to the Arlington County Fair and enter the Competitive Exhibits for Fruits and Vegetables or Flowers! Entries will be judged by Extension Master Gardeners and there are prizes galore to give you bragging rights in your neighborhood. Residents of Arlington County, Alexandria City, Falls Church City and Joint Base Myers-Henderson are eligible to enter. Kids welcome! Registration is online only at <https://arlingtoncountyfair.us/participants#competitive-exhibits>

NORTH GLEBE ROAD CLOSURE

North Glebe Road (Route 120) between Military Road and Route 123 (Chain Bridge Road) will be closed to traffic for about nine days beginning Friday night, Aug. 13 to replace the entire bridge deck and beams over Pimmit Run, just west of Route 123, according to the Virginia Department of Transportation.

North Glebe Road will close at 10 p.m. Aug. 13 and is scheduled to reopen to traffic by 5 a.m. Monday, Aug. 23. Vehicle traffic will be detoured via Route 123, Kirby Road (Route 695) and Chesterbrook Road (Route 689) back to North Glebe Road.

To help pedestrians get around the closure, a free shuttle for up to 12 passengers will be available Saturday, Aug. 14 through Sunday, Aug. 22 from 7 a.m. to 7 p.m. each day. Signs and posters with a phone number (240-300-3264) and shuttle information will be posted at both ends of the bridge over Pimmit Run, with the shuttle provided within ten minutes of a call (if needed, a free accessible shuttle will be provided within 30 minutes of a call). Each shuttle ride will last approximately five minutes.

Learn more about the project at www.virginiadot.org/glebeoverpimmit.

GET MORE WITH SNAP

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.

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.org/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 Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday 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 or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. 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 housing, 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.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's 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 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. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

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 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://arlingtonrotary-club.org/>

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Sole Survivor



By KENNETH B. LOURIE

It's been nearly three weeks since "the burning," and I'm here to say - while sitting down with my left foot elevated, that I am approximately 75% the man I used to be pre-July 17 around 2 pm central standard time. I can now walk, mostly on my right foot, but always with the help and security of my new best friend: the walker. I am no longer housebound or bedridden. Though I still cannot drive for fear of ripping off the brand new skin which has appeared on the balls of my feet (especially the progress on my right/driving foot), healing from the inside out; I am free however to be a passenger, and load myself onto the backseat of our SUV and extend my legs across the entire seat to minimize any discomfort. The pain is very manageable, but on occasion I have taken a few of the percocets that had been prescribed for pain. The relief was hardly immediate and the pill size was moderate so I don't see myself getting addicted (percocet is OxyContin). In fact, the size pill I was prescribed barely dulled the pain; most of which has subsided anyway. (And when I was in severe pain in Texas, the physician's assistant prescribed tylenol with codeine. It did nothing. It wasn't even worth the co-pay. Perhaps a physician's assistant, without a doctor present, couldn't prescribe a narcotic, especially one that has addictive qualities. Presumably, it was for my own protection. At that point however, I didn't need protection. I needed pain relief.)

After seeing a physician's assistant in Galveston, an Emergency Room doctor in Gaithersburg, two Podiatrists in Kensington and my Internal Medicine doctor in Silver Spring, I have been set free-ish. None of these doctors felt the need to see me again. The healing of my feet has progressed far enough that the threat of infection has passed so I am now on my own, sort of. I (my wife, Dina, actually) am to continue dressing my wounds for one to two weeks (depending on which foot) and use our own judgment about when to discontinue the treatment. It appears as if I have survived the ordeal, mostly.

And though there were times at the beginning when the pain was excruciating, and times in the middle when the pain was bearable; at the end, in a week or two, I will be forever grateful that my condition did not deteriorate due to infection, blistering or nerve damage. As it happened, "the burning" was simply the unintended consequence of the damage 11-plus years of chemotherapy has done to my body, inside and out. Because of the neuropathy in my feet (thankfully, there isn't any neuropathy in my hands or other extremities), I can never, because physically I can't, walk barefoot. And because of that pre-existing condition, the bottoms of my feet are as soft as a baby's behind. With no calluses formed on my feet to protect me, I'm kind of a standing duck out there. I found out the soft way how hard it is for me to walk across hot pavement.

And the shoeless choice I made was a choice I, like millions of others who've gone to the beach, made quite casually. I was simply doing something - walking barefoot, that came naturally and historically, as in I've done it a hundred times, especially having walked across hot sand. Not anymore. As a long-time cancer patient, generally speaking, I'm aware of many of the dos and don'ts and what trouble to avoid, but never had I considered that my lung/thyroid cancer treatment might cause a problem potentially, on the soles of my feet if I walked barefoot at the beach. I know I'm supposed to avoid the sun (I'll be the one sitting under a beach umbrella with a hat on my head, sunglasses on my face and covered head to toe, with towels and a tearshirt), but nobody ever advised me that I shouldn't go to the beach. Before "the burning," I would have thought I was an experienced enough cancer patient that I knew what situations might be harmful to my health. Apparently not. It seems as if I haven't quite learned all my lessons, yet.

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



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