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

Can You Take the Noise?

News, Page 3

Rock Spring Church Funds Solar Projects in India

News, Page 4
Virtual & Outdoor Programs:

- Skincare secrets, presented by skincare coach Julia James, Friday, Aug. 6, 1:30 p.m. Registration # 914400-11.
- Armchair travel, videos 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 # 914801-09.
- Monday morning coffee meet-up with fellow 55+ members, Aug. 9, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd Street. Registration # 914105-21.
- Tai Chi practice with experienced volunteers, Monday, Aug. 9, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd Street. Registration # 914801-09.
- Tai Chi practice with experienced volunteers, Monday, Aug. 9, 10 a.m., Thomas Jefferson Community Center, 2501 S. 2nd Street. Registration # 914801-09.
- Virtual piano lecture accompanied 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, 10 a.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914300-03.
- 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.
- Demyystifying 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.

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Arlington Blows Hot and Cold on Gas Leaf Blowers

News

BY EDEN BROWN
The Connection

Noise, pollution, habitat destruction seen as unsustainable.

Commercial lawn companies 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. In 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.

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

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. In 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.

Northern Virginia Senior Olympics Opens 39th Year in September

BY SHIRLEY RUHE
Arlington Connection

Step up and claim your Olympic medal awarded after each event. There is something for everyone at the Northern Virginia Senior Olympics (NVSOS), 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. Though some past events will no longer be offered this year, crossword and table tennis doubles have been added.

Herb Levan, this year’s event director, says NVSOS 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/
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 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 20-40 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 number 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.”

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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 Shisupur 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
Back to School

If your child is entering 7th grade they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!
Long Branch 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 money oppositely. It had 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 whom 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 old.”

Money

The M-15 policy and policy implementation procedures direct APS aquatics to recover the costs of swim classes, according to Arlington School Board Member and APS Superintendent Francisco Dureán.

The Arlington School Board Member and APS Superintendent Francisco Dureán made a decision to agree to AEC use of the pool. "The provision-swing agreement was made between closed doors and in disregard of the Arlington School Board's own policy on aquatics facilities and programs," according to Cynthia Hilton, facilitator of the group effort of 80 active Arlington citizens. "Access for community use pools 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 reverted around 3 p.m. as a high school swimming season allowed only 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 rotating prime space and time to APS pools for Arlington Aquatics Club use because some parents have complained about the difficulty of getting into Long Branch with kids and with school schedules. The logistical challenges to getting to the LBP are shifted from the AEC to the general community and costs for drop-in swimming will be higher than private programs at APS pools. Sixty-two percent of students across all four grades to whom APS provides swim instruction (3, 4, 9, and 10) are non-swimmers. Drowning is the 2nd cause of preventable death of children up to 18 years old."

DPR has allocated AEC 55 percent more space for practices at LBP than it used at APS. The superintendent’s decision to allow AEC practices to remain in APS pools would nearly double the space and time available for APS use, adds Edwards. Edwards was part of a virtual forum held by the Aquatics Committee on Apr. 20, and attended by 52 residents, with 33 of 36 speakers advocating the DPR-AEC agreement be revoked.

Many Arlington residents either bought the very expensive ($250-$300) Long Bridge Pool or denied 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 space in Arlington. Best scenario: Arlington swimmers will choose to swim at this facility and refrain from using LBP. To launch LBP on the path to success, the plan was that DPR would move all of its programs to DPR, 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/spaces allocated. Superintendent Francisco Dureán has replied to concerns that he made a premature decision by setting: “How to use my Long Bridge Pool is a challenge for some students, families, and community members to access. As a result, APS and DPR must move to provide DPR access to our community facilities to bring programs under the direction of both APS and DPR are accommodated." Those who opposed the continued use of LBP for private pool use by competitive swimmers say: Long Branch is overuse and overuse of its facilities. For the revised M-15 School Board pool plan, DPR would move all of its programs to Long Branch and would receive a delay in the superintendent’s “agreement” ignored the community requests in the M-15 policy. The all allocation put DPR programs ahead of any non-school use pool. Edwards believes more community-involved programs. Those interested in the issue can attend a meeting of the Aquatics Committee. The Aquatics Committee, upon recommendation of the Aquatics Committee, will convene on Aug. 20 forum, asked School Board Director Dr. Barbara Krammes to obtain community input. The Aquatics Committee recommended “putting a pause on the Agreement until the public’s concerns can be heard and addressed.”

Board of Supervisors Chair Mary Hughs Edwards (D-At large) received a Vashon Island-based1 site near the Mid-Atlantic and is a source of ongoing discussions for alternatives to native plants. This facility will serve as a model for the new time/space priority allocation teams say Dureán is overlooking the priority access to APS pools. The new time/space allocation was then to renegotiate their agreement about community use options. As a result, APS and DPR must move to provide DPR access to our community facilities to bring programs under the direction of both APS and DPR are accommodated." Those who opposed the continued use of LBP for private pool use by competitive swimmers say: Long Branch is overuse and overuse of its facilities. For the revised M-15 School Board pool plan, DPR would move all of its programs to Long Branch and would receive a delay in the superintendent’s “agreement” ignored the community requests in the M-15 policy. The all allocation put DPR programs ahead of any non-school use pool. Edwards believes more community-involved programs. Those interested in the issue can attend a meeting of the Aquatics Committee. The Aquatics Committee, upon recommendation of the Aquatics Committee, will convene on Aug. 20 forum, asked School Board Director Dr. Barbara Krammes to obtain community input. The Aquatics Committee recommended “putting a pause on the Agreement until the public’s concerns can be heard and addressed.”

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Back to the future: 62% of students across all four grades to whom 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 old. Specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay, opens. The competitive swimming Center, specifically designed for the U.S. medley relay.
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. 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. 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 Dark Star Park.
Sept. 11 – 11 a.m. – Synetic Theater Presents “The Miraculous Magical Balloon” at Lubber Run Amphitheater.

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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 See Bulletin. Page 9
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 Alex 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 Alex’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, Catherine Harden. “It’s how much 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 prevent their children from experiencing anxiety and depression by providing support and unconditionally valuing their children regardless of athletic performance.”

—Jerome Short, PhD

“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
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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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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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 choir 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.”

“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

March 25, 2020

The Connection

“I mean? Nevertheless, I’ll be happy when I’m back to abnormal and can walk again without a certain not a reprieve, but it’s definitely a temporary problem instead of the existing cancer. I wouldn’t say it’s been a relief and certainly not a cure, but neither will it kill. Nor is it a diagnosis in Feb. 2009 with a “13 month to terminal, stage IV non small cell lung cancer diagnosis” with the difficulties had/have about my cancer with the difficulties replaced whatever medical preoccupation I had with the cross” and so forth for about 15 seconds 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 conversation with him and back over to her and said: “Actually, my feet are not the worst problem I have. I have cancer.” Which prompted her, this time close, to invoke similarly powerful references on my behalf. When she completed her healing, we both thanked her. Then she asked if I 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 per Percocet. 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 February 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 my 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 10 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, overwhelming 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.

Senior Living

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