

Westover Library Corner

The Evolving Role of a First Lady

From Eleanor Roosevelt, to Jackie O., to Michelle Obama, to Melania Trump...First Ladies are as unique as the administrations they represent.

Please join us **Tuesday, February 5, at 7pm at Westover Library** as we welcome the Associate Provost for Undergraduate Education at George Mason University, Dr. Janette Muir, as she discusses the changing role of First Ladies and the way the Office of the First Lady has evolved over time. Free. Registration required at library.arlingtonva.us/events. Questions? Email Peg Owen at mmowen@arlingtonva.us or call 703-228-6327.

Women's History Month

Celebrate Women's History Month in March at Westover Library! Join us for a film screening of the biopic *Queen of Katwe*, **Tuesday, March 5, 6:30 p.m.** The film chronicles Ugandan chess prodigy Phiona Mutesi's journey from the slums of Katwe, where she is forced to abandon her schooling at the age of nine, to the upper echelons of the chess world. Directed by Mira Nair and starring Madina Nalwanga. Rated PG. (2 hours). RSVP on the library calendar for an event reminder, library.arlingtonva.us/events. Attendance is on a first-come, first-served basis.

Reel Page Turners Movie Book Club

Have you joined your fellow book and movie lovers yet? Lee Senior Center and Westover Library have partnered to bring a new movie-themed book club to our community. Reel Page Turners meets monthly.

Our next book and movie will be *Unbroken*, by Laura Hillenbrand. The book discussion will take place on Wednesday, February 20th at 1:30pm at Lee Senior Center and the film screening will take place on Wednesday, February 27th at 1pm at Westover Library in the Longfellow Room.

For more information, please visit <https://library.arlingtonva.us/events> and click on "book clubs" or call Peg at the Westover branch at (703) 228-6327.

February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Clark Gable (actor) – February 1, 1901
Red Buttons (comedian) – February 5, 1919
Babe Ruth (ballplayer) – February 6, 1895
Jules Verne (author) – February 8, 1828
Jimmy Durante (actor) – February 10, 1893
Galileo Galilei (astronomer) – February 15, 1564
Cybill Shepherd (actress) – February 18, 1950
Patty Hearst (kidnapee) – February 20, 1954
Olave Baden-Powell (guide) – February 22, 1889
Steve Jobs (innovator) – February 24, 1955
Fats Domino (musician)

Keeping Ahead of Local Scams and Fraud

Scammers are constantly coming up with new ways to defraud consumers and target



different areas with new fraudulent schemes. Learn how to protect yourself at this session with Jeanine Finch from the Arlington County Consumer Protection Office and a detective with the Arlington County Police Department.

Tuesday, February 12, 1-2pm



5722 Lee Highway, Arlington, VA 22207 • 703-228-0555 • Mon.-Fri., 10am-3pm

A Note from Adriana

I hope 2019 is off to a great start for all of you! If one of your New Year resolutions was to start a new hobby or devote more time to an existing interest of yours, we have some great new options for you to explore here at the Lee Senior Center. We conducted a survey to find out what new types of activities Lee participants would like and the results are in! The winners are (drum roll, please!) a writing group and a drumming circle. We've already been piloting an informal drumming circle at the center, and it has been a big hit (see story herein). We will continue to offer it on the first and third Tuesdays of the month, from 11:30am-1pm. February dates are February 5 and 19. Stay tuned for more details about the writing group, which will be coming soon. The writing group and drumming circle were the overwhelming favorites of those surveyed. Cornhole and the online coupon/discount group unfortunately did not receive as many votes.

Please check out our special programs coming up in February. These include: **Preventing Fraud and Local Scams** (Tues., Feb. 12, 1-2pm); **Creative Aging Felting Workshop** (Thurs., Feb. 14, 10am-1pm); **Monet in Normandy—In Love with the Sea** (Tues., Feb. 26, 1:30-3pm, \$6/1 session); and **My Career in a Nutshell** (Thurs., Feb. 28, 1-2:30pm). Look inside for descriptions and more details about these programs.

Good news, Lee Walkers!! Arlington County has hired a second van driver. Please see the article inside for details and new procedures for the group.

**“Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.”**

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Good News for the Lee Walkers!!



Here's some good news you can use for the Lee Walkers! Arlington County has hired a second driver for a second van. There is now room for twelve (12) walkers to participate in walking excursions, starting on Friday, February 1, the Cherrydale Loop walk, provided there is sufficient interest.

In order for the second van to be available for a particular trip, ALL walkers MUST call 703-228-4771 to sign up by 4:00pm on the preceding Thursday to participate. A second van will not be dispatched unless enough people have called. Thank you for your cooperation!

Jennifer Weber, 55+ County-Wide Specialist, will meet the walking group at Lee on Friday, February 1 at 10am to answer any questions you may have.

Please remember to check the 55+ Sports and Fitness Line (703-228-4771) for weather updates before heading out.

Lee Walkers Schedule for February:

Feb. 1 – Cherrydale Loop, VA

Feb. 8 – Capital Crescent Trail, MD

Feb. 15 – Chinatown/Center City, DC

Feb. 22 – Alexandria, VA

**Fridays, 10am (van departs)-noon (van returns)
\$4/walk, Lee, 703-228-0555**

Drumming Circle a Big Hit!

The inaugural drumming circle held at Lee on Tuesday, January 8 was a great success. Ten adventurous souls participated in the activity led by Bob Fishburne. Bob has a huge personal collection of drums of various types. He kindly brought some examples to discuss with the class and gave the group a chance to play them. The participants had a very enjoyable time and learned a great deal about drums and drumming.

If you'd like to try your hand at drumming in a drumming circle, these sessions will be held on the **first and third Tuesdays of the month, from 11:30am-1pm. February dates are Feb. 5 and 19.**

Come give it a try! It's relaxing and fun, and a great way to connect with others and get in touch with your inner music.

INCLEMENT WEATHER CLOSINGS

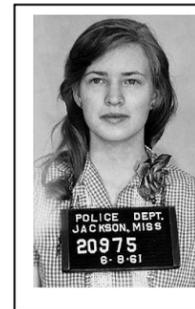
For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or the Lee Senior Center at 703-228-0555.

All Arlington County Senior Centers will be closed on Monday, February 18 in observance of Presidents' Day.



It Happened in Arlington

Arlington may not be the first place you might think of as a hotbed of civil rights unrest, but a number of civil rights demonstrations actually occurred right here in the 1960s. Most notable was the lunch counter sit-in at Arlington's Cherrydale Drug Fair, then at the intersection of Lee Highway and Old Dominion Drive.



On June 9, 1960, six college students sat at the lunch counter, but were refused service because there were African American students among them. The sit-in attracted many onlookers, who harassed and threatened the students. Nevertheless, the students remained cool and stoical, peacefully passing the time reading the Bible and other books. Their sit-in prompted others to similarly protest in nearby locations. Within two weeks Arlington, Alexandria and Fairfax changed their policies and allowed African Americans to be served.

Joan Trumpauer Mulholland, at the time a young white college student, was one of the participants in the Cherrydale Drug Fair sit-in. We were delighted to welcome Ms. Mulholland here at Lee Senior Center on Thursday, January 17. Ms. Mulholland spoke about her experiences as a Freedom Rider and a participant in countless sit-ins, demonstrations and marches for racial equality in the 1960s, including the Cherrydale Drug Fair sit-in. She was disowned by her family, shot at, hunted by the Ku Klux Klan and imprisoned. Ms. Mulholland said she was inspired to participate in the civil rights movement by her belief in Bible teachings such as "Do unto others as you would have them do unto you." She was deeply troubled by the disparate treatment of blacks and determined to do what she could to change things. A remarkable woman, Ms. Mulholland is a true American hero.

About this Column:

This is the first of what hopefully will become a regular column about local historical events. If you are interested in contributing a story for this column, please let Adriana know, 703-228-0555.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

My Career in a Nutshell



How would you describe your career in five sentences or less? You might be very surprised and intrigued to learn some of the unusual careers your friends at Lee Senior Center have had. Join us for this fascinating workshop that is a fun twist on the classic elevator pitch. The workshop will be facilitated by the senior center staff.

Thursday, February 28, 1-2:30pm