

UPCOMING SPEAKER EVENTS PRESENTED BY LITTLE FALLS VILLAGE
in Collaboration with THE LITTLE FALLS LIBRARY
*** All Speaker Events are Free & Open to All ***

Until further notice, all events will be through Zoom and can be accessed with Zoom log-in info that we will provide and you can access by using your
COMPUTER * TABLET * SMARTPHONE * or TELEPHONE.

RSVP by Email to info@littlefallsvillage.org or Call (301) 320-32679

Upon receipt of your RSVP, we will send Zoom Log-In Information
Registration Required Prior to the Events

THURSDAY APRIL 2 1:00 – 2:30 PM

“Gait and Balance for Stability and Confidence” with **Julie Shein**, PT, CPT, neurologic physical therapist, member of the Vestibular Disorders Association, and certified personal trainer. Julie has been providing excellent patient care for over 25 years and presently practices at Point Performance. **Julie Shein** will explain the biomechanics of gait and balance and the importance of maintaining physical activity. Julie will teach participants how to set realistic goals to increase activity and change environments to reduce fall risk factors. With a team of physical therapists, Julie will also offer individualized assessments on participants’ balance, and offer her thoughts on the design of an activity program, including some of the best exercises to improve gait and strengthen balance.

WEDNESDAY APRIL 22 1:00 – 2:30 PM

“Back Pain Management and Prevention: Ways to Minimize Pain and Maximize Function” with **Mark Klaiman, M.D.**, co-founder of Bethesda’s Point Performance, and **Adam Gershowitz, DPT**, physical therapist and certified strength and conditioning specialist.

More than one in three adults say back pain negatively impacts their everyday activities, including sleep, and many believe stress has a major impact on their pain. **Dr. Klaiman** and **Adam Gershowitz** will discuss major causes of lower back pain and current treatment modalities and offer advice on ways to not only manage but prevent back pain through a healthy lifestyle. They will go over the anatomy of the spine, types and causes of back pain, healthy body mechanics and exercises for core strength, and strategies for managing back pain. Dr. Klaiman’s expertise lies in coordinating multiple disciplines and methods to support optimal pain reduction. Adam Gershowitz has spent his career in outpatient orthopedics with a focus on manual therapy and movement impairments. By incorporating joint and soft tissue mobilization techniques with functional exercises, Adam improves the way the body manages to increase function.

THURSDAY MAY 14 1:00 – 2:30 PM

“Planet Word” with **Rebecca Roberts**, journalist and former Programing Coordinator with the Smithsonian Institution, and currently the Curator of Programming for D.C.’s newest museum, **Planet Word Museum**, a new museum that is set to open in D.C.’s historical Franklin School in the Fall 2020

Rebecca Roberts will provide details on Planet Word where visitors will be introduced to the power, fun, and beauty of words. Planet Word will be the first voice-activated museum and will open with 11 galleries that explore the world of words. In one gallery, there will be a 12-foot globe with 5,000 LED lights that will teach visitors words and phrases in the language of their choice, including sign language. In another gallery, visitors can marvel at a voice-responsive, 22-foot Word Wall that changes and shifts between its 1,000, three-dimensional words. Galleries include one dedicated to poetry where visitors can listen to famous poems while also seeing the words projected onto the wall in front of them, according to the *Washington Post*. In other galleries, visitors can practice their karaoke skills or try to recite speeches from famous orators like Martin Luther King, Jr., and JFK. Language is what makes us human. From earliest childhood we weave our words into speech to communicate. Language shapes our lives, our decisions, and our relationships. Let **Rebecca** inspire you in renewing your love of words as you rediscover their fun and beauty.

WEDNESDAY MAY 27 - 1:00-2:30 PM

"What is the Outlook for U.S.-China Relations?" with **Ambassador J. Stapleton (Stape) Roy**, Distinguished Fellow and Founding Director Emeritus of the Kissinger Institute on China and the United States at the Woodrow Wilson International Center for Scholars in Washington, D.C. **Ambassador Roy** was born in China and spent much of his youth there during the upheavals of World War II and the communist revolution, where he watched the battle for Shanghai from the roof of the Shanghai American School. He joined the U.S. Foreign Service immediately after graduating from Princeton in 1956, retiring 45 years later with the rank of Career Ambassador, the highest in the service. In 1978 Ambassador Roy participated in the secret negotiations that led to the establishment of the US-PRC diplomatic relations. Upon retirement he joined Kissinger Associates, Inc., a strategic consulting firm before moving to the Woodrow Wilson International Center for Scholars in September 2008 to head the newly created Kissinger Institute.

In the space of a few short decades, China has emerged as a principal rival of the United States as a global leader. The United States faces a fundamental policy choice in dealing with China. Should the goal of our policy be to preserve our traditional air and sea dominance in the Western Pacific? Or should the goal be the encouragement of responsible behavior by a more powerful and influential China? We are not addressing this choice in a serious manner. Complicating this issue is the question of what is going on in China, where President Xi Jinping is heading a campaign against western influences and increasingly resorting to fear and repression to maintain stability. The suppression of Uighurs in Xinjiang, the demonstrations in Hong Kong, and the reelection of President Tsai Ing-wen in Taiwan suggests that all is not well in China's domestic affairs. The trade war between China and the United States is an additional complicating factor. Ambassador Roy will look at these issues from the perspective of his long experience in dealing with China.

THURSDAY JUNE 11 1:00-2:30 PM

"The CIA and Intelligence: An Insider View" with Jon Nowick, who served with the CIA from 1974-2006 as an intelligence analyst and manager focused on the Balkans and Eastern Europe, with two overseas assignments and a detail to the Department of Homeland Security.

Jon Nowick prepared intelligence reports for three Presidents, led the CIA's largest minority recruiting team, and was awarded the CIA Career Achievement Medal. Since 2006 Jon has been training CIA and other Intelligence Community officers in counterterrorism and collaboration. With the CIA and Intelligence Community in the public spotlight, find out what role intelligence plays in national security, how the CIA executes its mission, and how the Intelligence Community has reinvented itself since 9/11. In this interactive session, Jon Nowick, a 30-year CIA careerist shares personal insights from his work as a CIA analyst, manager, overseas representative, and trainer of the next generation of intelligence officers, including informing Presidents of events that shook the world.

WEDNESDAY JUNE 24 1:00 – 2:30 PM

"Climate, Oceans, and Human Health: The Chesapeake Bay as a Paradigm for Predicting Infectious Diseases" with **Dr. Rita Colwell**, 11th Director of the National Science Foundation and the Foundation's first female Director. Dr. Colwell is an environmental microbiologist and scientific administrator and holds degrees in bacteriology, genetics, and oceanography. Dr. Colwell is recognized for her study of waterborne infectious diseases and their impacts on global health. She is the founder and Chair of CosmosID, a bioinformatics company.

Marine biology historically has been closely intertwined with human health. Today significant advances in technology have brought new discoveries - from the outer reaches of space, where remote sensing monitors on satellites circle the earth, to the ultramicroscopic through application of next generation sequencing and bioinformatics. *Vibrio cholerae* provides a useful example of the fundamental link between human health and the oceans. This bacterium is the causative agent of cholera and is associated with major pandemics, yet it is a marine bacterium with a versatile genetics and is distributed globally in estuaries throughout the world, notably the Bay of Bengal, but also in our own Chesapeake Bay. *Vibrio* species, both nonpathogenic and those pathogenic for humans, marine animals, or marine vegetation, play a fundamental role in nutrient

cycling. They have also been shown to respond to warming of surface waters of the North Atlantic, with increase in their numbers having been correlated with increased incident of infections in humans. The models we have developed for understanding and predicting outbreaks of cholera are based on work done in the Chesapeake Bay and these models are being used by UNICEF and aid agencies today to predict cholera in Yemen and other countries of the African continent. With onset of COVID-19, these models are currently being modified to predict SARS CoV-2 and incidence of COVID-19, the current pandemic of coronavirus. In summary, microbial ecology can be used to serve as a critical indicator of human health and wellness. How this is accomplished and how we are beginning to understand environmental aspects of COVID-19 will be discussed in this talk.

THURSDAY JULY 9 1:00-2:30 PM

“Are Honeybees Really in Trouble?” with **William Hahn**, Georgetown Adjunct Professor - Science, Technology and International Affairs (STIA) Adjunct Lecturer; Associate Research Professor, Biology.

Honeybees are one of the most important insects given their value in pollinating food crops and their production of honey, wax, and other products. **Dr. Hahn** will explore the biology of honeybees, describe the best native plants that attract native pollinators in the garden, and explain the basics of beekeeping. Increasing awareness of native pollinators, including bees, is beneficial to community ecosystems in which they provide and help maintain the environmental balance.

WEDNESDAY JULY 22 1:00-2:30 PM

“Aging in Place with Universal Design” with **Charles Khiel**, CR, CAPS, MCR; Vice President FRED Division: Case Design/Remodeling, Inc. Chuck has worked in the residential construction and home improvement industry in Maryland, D.C., and Virginia for over 35 years.

Independent living promotes life satisfaction, health and self-esteem which are the three keys to aging successfully. About 90% of people age 65+ wish to age in their home of choice. **Charles Khiel** will discuss Aging in Place and the benefits of Universal Design for your home. Universal Design of products and environments applies to people of all ages and abilities, to the greatest extent possible, without the need for significant adaptation or specialized design. It brings flexibility, low physical effort, and simplicity to your home to create a safe space for you.

THURSDAY AUGUST 13 1:00-2:30 PM

“Five Key Aspects of Fitness Central to Optimal Aging” with **Andrew Singer**, PT, DPT, MHS. Andrew graduated from Bowdoin College with a Bachelor of Art in Biology, Johns Hopkins School of Hygiene and Public Health with a Master of Health Science in Epidemiology, and University of Maryland School of Medicine Department of Physical Therapy with a Doctorate of Physical Therapy.

Are you 50 years or older? Are you unsure of where you stand physically versus normative data for age related peers? Have you been putting off exercise or doing the same exercise routine for years? Are you interested in identifying potential early warning signs and addressing issues before they become major health limitations and problems? Are you interested in where to start or how to establish a more targeted exercise program for specific deficits? Please join Andrew Singer, a Physical Therapist, at Sumner Fitness to learn more about the Adult Fitness Independence Test (AFIT) and how it can help you to evaluate the five key aspects of fitness central to optimal aging: posture, flexibility, balance, endurance and strength.

WEDNESDAY AUGUST 26, 1:00-2:30 PM

“Everything You Wanted to Know about the FTC But Were Afraid to Ask” with **Barry Cutler**, former supervising attorney with the FTC’s Bureau of Consumer Protection and Assistant General Counsel. Barry was a judicial law clerk for the U.S. Court of Appeals for the Second Circuit in Manhattan from 1968 to 1970. He then returned to New Haven as an Assistant U.S. Attorney (federal prosecutor) from 1970 to 1974. During that time, he also was an adjunct faculty member and taught a trial practice seminar at the Yale Law School. In 1974 he moved to Washington D.C. and worked with the FTC for 4 years. Since 1978 Barry was a partner in three law firms handling litigation and consumer protection counseling. From 1990-

1993 Barry served as Director of the FTC's Consumer Protection Bureau and served as the U.S. Representative to the Consumer Protection Directorate of the OECD in Paris. Barry retired in 2019.

The **Federal Trade Commission** (FTC) along with the SEC and CPSC, is one of several *alphabet soup* agencies that are called "Independent Agencies." Why are some of these agencies "independent" while others like the EPA, CDC, FDA, & FEMA are not "independent"? Is it truly independent, as its classification implies, or does it work with other independent agencies and/or non-independent agencies? Who provides oversight over the FTC? How does the FTC's Bureau of Consumer Protection help the consumer? What are some of their most challenging issues?

THURSDAY SEPTEMBER 10, 1:00-2:30 PM

"The Evolution of the Human Diet" with **Dr. Briana Pobiner**, paleoanthropologist at the Smithsonian's National Museum of Natural History and an Associate Research Professor of Anthropology at the George Washington University.

Dr. Pobiner's research centers on the development of human diets with a focus on meat-eating but has included topics as diverse as human cannibalism and chimpanzee carnivory. Since joining the Smithsonian in 2005 she assisted in putting together the Hall of Human Origins, in addition to continuing her active fieldwork, collections studies, and experimental research programs which have taken her to Kenya, Tanzania, South Africa, Indonesia, Romania, and the United States. Dr. Pobiner also leads the Smithsonian's Human Origins Program in education and outreach efforts.

When you hear about the "paleo diet", you probably think of the modern diet trend which is often centered around eating significant amounts of meat. But what role did meat-eating play in human evolution? When did our ancestors first start eating meat, and how did that change over time? How did meat-eating change our bodies, our brains, and our behavior – and how do we know?

Join Briana Pobiner on a journey through the various line of evidence for meat-eating in human prehistory.

WEDNESDAY SEPTEMBER 23, 1:00-2:30 PM

"THREE BILLION BIRDS LOST: The Disappearance of North American Birds and What We Can Do About It" with **Peter Marra**, Director of the Georgetown Environmental Initiative (GEI), Laudato Si' Professor in Biology and the Environment, and Professor in the McCourt School of Public Policy.

Dr. Marra had a 20-year career at the Smithsonian Institution, most recently as Director of the Migratory Bird Center. He has a Ph.D. from Dartmouth College and has authored over 225 papers published in journals such as Science, Nature and Conservation Biology on various aspects of the biology and conservation of birds and other animals, as well as on topics as broad as urban disease ecology. He co-edited the frequently cited book - *Birds of Two Worlds* and recently published a second book - *Cat Wars: The Devastating Consequences of Cuddly Killer*. Dr. Marra lives in Takoma Park with his wife and two kids, is an avid fisherman, a gardener and cook.

If you were alive in the year 1970, more than one in four birds in the U.S. and Canada has disappeared within your lifetime. **Join Dr. Marra** as he reviews the first-ever comprehensive assessment of net population changes in the U.S. and Canada which reveals, across-the-board, declines that scientists call "staggering." All told, the North American bird population is down by 2.9 billion breeding adults, with devastating losses among birds in every biome. Forests alone have lost 1 billion birds. Grassland bird populations collectively have declined by 53%, or another 720 million birds. Why is this happening? Common birds—the species that many people see every day—have suffered the greatest losses, according to the study. More than 90% of the losses (more than 2.5 billion birds) come from just 12 [bird] families including the sparrows, blackbirds, warblers, and finches. What can be done to stop these losses? What role do we play? Join Dr. Marra for an engaging, thought provoking discussion.