The MONTEBELLO Voice

an independent gazette

April 11, 2018

Upcoming electronics and hazardous household materials recycling

By Sophie and Sarah Myers

Our next recycling date is April 21. We are available to pick up items from your unit on Friday, 4/20 between 6:30 and 7:30 p.m., or Saturday, 4/21, between 9:30 and 10:30 a.m.

If you are not available at those times you may leave the items in front of your door and we will pick them up, or you are welcome to drop them off at our unit #2-615. Please make sure they are clearly marked with your name and unit number. We accept all electronic and hazardous household items that Fairfax County recycles (and that fit in our van). That includes: electronics such as computers, TVs, phones, printers, cords, and fluorescent light bulbs, rechargeable batteries (not alkaline), paint, solvents, articles that contain mercury, fire extinguishers, and aerosol cans. For hazardous items, please make sure items are sealed and contents is marked. See Fairfax County Rules: https://www.fairfaxcounty.gov/publicworks/recycling-trash/residential-materials

To sign up contact us at montebello_e_cycles@icloud.com

The Montebello Voice wants to hear from you: musings, travels, announcements, photos, book reviews, commentary, memoirs, essays, analysis, poems, suggestions, club news, recipes, and free ads

A twice-monthly publication for the residents, by the residents

Photo by Jon Kandel

Spring musicals

West Potomac High School
www.westpotomactheatre.org
Jesus Christ Superstar
April 20 - 28

Hayfield High School
www.hayfielddrama.com
The Wedding Singer
April 26 - 28
May 3 - 5

Anything Goes
May 3 - 12

Edison High School
www.edisondrama.com
Cinderella
April 27 - 28
May 3 - 5

Mount Vernon High School
Bye, Bye Birdie
April 26-28

Lee High School
Bye, Bye Birdie
April 20 - 28

T.C. Williams High School
Hairspray
April 20 - 28

Robinson High School
Robinsondrama.com
Spamalot
April 27 - May 5

Lake Braddock High School
www.lbtheatre.com
1776

Contact individual schools for exact times and dates. Tickets range from $10 to $15.

voices on the 37

A heartfelt thanks to all our neighbors who contributed to our Teddy Bear drive. In all, we collected 150 new and gently loved stuffed animals.

The staff members at Gleaning for the World were so thrilled when we dropped them off, that they took this picture.

For more information on this hope giving mission: https://gftw.org/current-projects/teddybearbrigade/ – *Sophie and Sarah Myers*

For Moose

Across time

By Sarah Newcomb

You know how to comfort me
When I look into your cloudy gaze
As if time stood still
And you were still a young dog
Believing in me

Secure that I will handle
Whatever evil comes
There will always be food,
And shelter, and safety, and love

When life overwhelms me
And you offer me peace
I wonder how I can go on
When you are gone

But what a dog knows
And has steadfast love for
Can never be severed across time.

The Montebello Voice

an independent gazette
Alexandria, Virginia

This publication accepts no funding or oversight from advertisers, residents, or the Montebello Condominium Unit Owners Association. All opinions are encouraged and reflect the diversity of views in the community. All articles and photographs come from Montebello residents. To receive or contribute to this email-only gazette, contact montebellovoice@cox.net *or visit on the web at* www.montebello-voice.com.

Editor & Designer.....Mikhailina Karina

Contributors.....Sue Allen, Diane Bastin, Jon Kandel, Dian McDonald, Sophie & Sarah Myers, Sarah Newcomb, Janette Sherman

Less than one lifetime

By Janette D. Sherman, M.D.

While sorting through papers, correspondence, news clippings, and records, I realize that nuclear bomb and nuclear power development has occurred within my lifetime.

It was July 16, 1945 when Trinity, the first atomic bomb, was detonated at Alamogordo nuclear site in New Mexico, followed by the uranium bomb dropped on Hiroshima, and the hydrogen bomb on Nagasaki in August.

Just seven years later, in 1952, after graduating from college with a Bachelor Degree in biology and chemistry, I was hired by the Atomic Energy Commission (AEC, now NRC) as a radiological monitor at the "Rad Lab" University of California in Berkeley. Even though I wrote *human* in the space for *race*, I passed a security clearance test, but why not? How much trouble one can get into when you are just 22 years old?

For the first two weeks after I was hired, I was assigned to read a stack of books on radiation physics. I had taken classes in biology and chemistry, but only a year of physics, and it did not include anything labeled nuclear. After I was hired, I carried Geiger and alpha counters and measured levels of radiation in laboratories, around the Cyclotron, in various buildings on the university campus, and at a local hospital.

This era was early in the use of radioactive isotopes to measure biological processes. Prof. Melvin Calvin, his laboratory glowing with light, won his Nobel Prize for his work on photosynthesis at the Rad Lab using radioactive isotopes.

I remember monitoring a building where John Gofman isolated 1.2 miligrams of plutonium, the largest amount in the world at that time. It was discovered that when plutonium emits alpha particles there is a "kick back" and that plutonium had crept out of the laboratories and contaminated the stairs as far as the entrance to the building. I don't know if the building is still standing or if anyone found a way to contain the relentless creep of plutonium, a deadly element with a half-life of 25,000 years. We know that plutonium is released from bomb tests and nuclear power plants, and that a single atom, ingested or inhaled, can radiate nearby living cells and initiate cancer and birth defects.

I had never heard of polycythemia vera (a red cell leukemia) but the Rad Lab attracted a number of patients who were treated with radioactive phosphorus (P-32) via the University/AEC program. On one occasion I accompanied Dr. Joseph Hamilton and his team to a hospital near the university where radioactive gold was injected into a woman's abdomen to treat her ovarian cancer. My Geiger counter needle was off the scale as I was standing in to the doorway. I have no idea if these patients were healed or not.

Significant criticism of Dr. Hamilton's and other experiments upon humans, using plutonium and other radioisotopes, is documented in Eileen Welsome's book *The Plutonium Files.* It is chilling reading. It is hoped that passage of laws in the U. S., requiring informed consent has stopped such exposures. Unfortunately those working on cleaning up Chernobyl and Fukushima, and those living downstream from the bomb and nuclear power plant emissions have not been afforded such consent.

While working at the university's Rad Lab, I was offered a research job at the U. S. Navy Radiological Defense Laboratory, located at Hunters Point in San Francisco. Hunters Point was the destination of ships that had been used in the Marshall Islands nuclear tests and contaminated by radioactive fallout. I think I started as a GS-5, low on the pay scale, but my name was included on two publications.

It was grizzly work. We received some animals from the Nevada test site, but basically we studied the effects of radiation and thermal burns. We used a depilatory to remove the hair from rats, which were then given various levels of x-ray radiation, but the hardest aspect was when they were anesthetized and then burned over various areas of their bodies, using a powerful searchlight.

The stench was awful, and the animals died in misery. That was in 1954, and there was no doubt in my mind, and certainly not in the minds of people with whom I worked, that an atomic bomb means painful and terrible suffering and death. In addition to the radioactivity that cannot be seen, heard, smelled or tasted, the heat, powerful light, sound, and blast brings devastation.

I liked laboratory research and loved library research as when one of the professors sent me there to find a way to measure strontium and calcium in the presence of one another. Now that I understand the link between the uptake of radioactive strontium (Sr-90) in place of calcium, I wonder if that research (done in the late 1950s) was pertinent to bomb testing. As could be predicted, Sr-90 is deposited in teeth and bones of the fetus and young children, and linked by various researchers to leukemia.

Off and on, I worked for my family physician when his nurse needed time off. He urged me to apply to medical school. I wanted to continue in laboratory research, but professional advancement seemed hopeless.

I took the medical school exam, and was certain that I had failed "directions." It was the first time that I had taken an exam that was not a written essay exam, and answering A, B, or C if 1, 3 and 5 were correct, or 2 and 4 were correct nearly threw me.

When I arrived for my interview at Wayne State University in Detroit and was asked where else had I applied, I answered, "no place." When asked why, I said, "Because I wanted to go to Wayne." The interviewer must have been stunned. I was naive and did not know that students applied to multiple schools.

Radiation and its effects largely disappeared from my mind from 1960 to 1969 while I was in medical school and finished my internship and residency training. Except, in 1968 I was hospitalized to investigate why I had developed significant loss of weight and tachycardia. After many tests, I was diagnosed with hyperthyroidism, and treated with radioactive I-131. Each time I went to my physician's office, I noticed the waiting room was usually filled with patients. A year later, my mother, who had moved from upper New York state to Detroit, was also diagnosed with hyperthyroidism. This is not a familiar disease!

The nuclear industry is very powerful and it exerts control of the collection and dissemination of information. Following the Chernobyl meltdown in the former USSR, there was a block on diagnosing illnesses as a result of exposure to radioactivity and it was three years before health data were released. Since Fukushima in 2011, there has been a dearth of funds for research into the effects of the on-going radioactive releases world wide, and barriers to publishing papers that look for associated effects.

It was not until years later that I learned that Fermi, the nuclear power plant located near downtown Detroit, at the east end of Lake Erie had been close to a meltdown. There was no discussion of a link at the time I was sick.

During that same period of time, the United States conducted nuclear bomb tests in Nevada, the Marshall Islands in the Pacific, and at still other sites. France, Britain, Russia, India and Pakistan also conducted bomb tests and built nuclear power plants.

After a trip to Hawaii, I decided I wanted to spend more time there, so I passed the Hawaii medical exam and started to work part-time there, commuting about ever three months from my base in Detroit.

I examined Honolulu shipyard workers who had been exposed to asbestos, as well as a number of civilian men who had been sent to the Marshall Islands to construct facilities for the nuclear tests. As out-lined in the chapter "From Bikini Island to Long Island" in my book, *Life's Delicate Balance: Causes and Prevention of Breast Cancer*, radiation exposures were extensive.

Some time later, I was asked to examine seven or eight patients in San Francisco who had been exposed at the Hunters Point shipyard (where I had previously worked.) It was the only time in my life that in one week, I saw three patients who had mesothelioma … each more tragic than the other. At the deposition of one of their cases, the defense attorney questioned my using a citation from the *British Medical Journal* during my testimony, as he opined that an American reader would not know of the publication. When I pointed out that stamped at the top of the article were the words: "New York Public Library – Harlem Branch" he asked no more questions. That does not mean than any of the sick workers received compensation, and as history shows, little prevention… a situation that continues today, especially in the field of worker and environmental protection.

Some time in the 1980s I was asked to review the case of two young boys, brothers who had developed bone can-

cer. They lived in proximity to the Fernald uranium processing plant, located about 20 miles northwest of Cincinnati, Ohio. The AEC had opened the plant in 1948 to fabricate uranium fuel cores by chemical and metallurgical means. The plant was known as the Feed Materials Production Center since the uranium fuel cores it produced were the feed for the AEC's plutonium production reactors, located in Oak Ridge, Tenn., Savannah River S.C., and Hanford in Washington.

The nuclear industry is very powerful and it exerts control of the collection and dissemination of information. Following the Chernobyl meltdown in the former USSR, there was a block on diagnosing illnesses as a result of exposure to radioactivity and it was three years before health data were released. Since Fukushima in 2011, there has been a dearth of funds for research into the effects of the on-going radioactive releases world wide, and barriers to publishing papers that look for associated effects.

Since the Chernobyl meltdown in 1986, we must thank those that observed, collected, and published their findings. The original Chernobyl book was published in Russian, since then it has English and Japanese editions.

In 2008, Alexey Yablokov brought me a copy of his Russian edition, which I cannot read, and said they needed an editor to put it into English, but not having any money to pay the person. I have written two books, and enjoy writing and editing, so said I would edit it, but I did not realize how long it would actually take (14 months.)

The Chernobyl Catastrophe is a story of people – many of whom don't know they are part of it. It includes essentially all who live in the northern hemisphere, the path of the radioactive fallout, but some people must be recognized for what they did under not only adverse environmental conditions, but also adverse political conditions.

The senior author is Prof. Yablokov, who holds two doctoral degrees – one in biology for marine mammals and a second in science for population biology, and is the author of more than 400 scientific publications and 22 books. From 1992 to 1997 he was chairman of the Interagency Committee for Ecological Security for the National Security Council of the Russian Federation, then President of the Center for Russian Environmental Policy and Deputy Chairman of the Council of Ecological Problems of the Russian Academy of Science, Vice-President of the International Union of Conservation of Nature, as well as a consultant to Russian presidents Gorbachev and Yeltsin.

The second author is Vassily Nesterenko, who at the time of the Chernobyl catastrophe was director of the Nuclear Energy Institute at the Belarus Academy of Science. He requisitioned a helicopter and flew over the burning reactor, recording some of the few measurements available. In 1990 he established BELRAD, the Institute of Radiation Safety, which was supported by Andrei Sakharov, the nuclear engineer and dissident, and Garry Kasparov, the chess master. At BELRAD, Prof. Nesterenko measured levels of cesium-137 and cesium-134 in some 340,000 food samples, and using whole-body counters, measured the radiation levels in the bodies of 290,000 children who lived in the most contaminated areas. Prof. Nesterenko devised a method to reduce radionuclide levels in children employing a food additive containing apple pectin. The usefulness of his research was demonstrated in double blind, placebo-controlled tests. He was the author of over 300 articles, despite failing health. Sadly he died shortly before the Chernobyl book was published in English.

The third author, Prof. Alexey Nesterenko is the son of Vassily and continues to work at BELRAD, the Institute of Radiation Safety in Minsk, Belarus.

Some, whose work appears in the this book, and who spoke out were in peril. These included Yuri Bandazhevsky, who at the time was Professor of Anatomy and Director of the Medical Institute in Gomel, Belarus.

Bandazhevsky determined cesium-137 levels in children's organs, examined at autopsy. The highest accumulation of Cs-137 was found in the endocrine glands, in particular the thyroid, the adrenals and the pancreas. High levels were also found in the heart, the thymus and the spleen.

Bandazhevsky also measured radioactive cesium-137 in the food supply and found the same adverse findings in Cs-137 fed laboratory animals. He criticized the government for not monitoring the food supply and protecting children. He was arrested in 2001, allegedly for taking bribes from students and sentenced to eight years in prison. Efforts by his wife, pediatrician Galina Bandazhevskaya, who continued his work, resulted in his parole from prison on August 5, 2005. He was prohibited from leaving Belarus for five months. Afterward the mayor of Clermont-Ferrand, in France, invited him to work at the university and at the hospital, to continue his work on the consequences from Chernobyl. Since 1977 Clermont-Ferrand has been linked to Gomel where Bandazhevsky formerly worked. In France, he is notably supported by the Commission de Recherche et d'Information Indépendantes sur la Radioactivité (CRIIRAD).

By knowing the chemical family of a nuclide, one can, with reasonable certainty, predict the site of action and its effect upon living matter, plant or animal. With nearly a century of data, why do we believe that nuclear power can be safe?

The *time* comparable to my lifetime became more critical to me as I read an article in the April 2013 issue of *Chemical Engineering News* concerning the decommissioning (closure) of a nuclear power plant. The NRC allows a combination options: "immediate dismantlement, a delay of up to 60 years before beginning dismantling, or permanent reactor entombment in which radioactive contaminants are permanently encased on-site."

Immediate dismantlement takes decades, but 60 years! What a deal! Per-

haps by then, the owner corporation will have been sold, be out of business, or have declared bankruptcy. And for those 60 years, what about security of the fuel and the cost and personnel needed for maintenance? Chernobyl, which melted down in 1986, is still leaking and the sarcophagus being built to cover it is not finished, but the most critical site is Fukushima, so radioactive and unstable that it may never be contained.

If a corporation is allowed to wait 60 yeas before dismantling a reactor, where will we find the engineers and scientists to actually deal with the complexities of a reactor and the spent fuel pools to prevent massive contamination? If institutional memory is approximately a 20-year lifetime, what portends for delaying 60 years?

In 1941, the folk singer, Woody Guthrie was hired by the Department of the Interior to promote the benefits of building the Grand Coulee and Bonneville dams to harness the power of the Columbia River. The Grand Coulee Dam, towering 550 feet, 55 stories from riverbed to rim, generated more electricity than any power plant in the world. His monthly salary was $266, and in three week he wrote some 26 songs. Ostensibly to provide electric power and irrigation to the eastern part of Washington State, did Guthrie learn that the dams were to provide electricity to Hanford nuclear site that was under construction to produce plutonium for bombs?

Photo by Dian McDonald

"Roll on, Columbia roll on
Roll on, Columbia roll on
Your power is turning our darkness to dawn
So roll on Columbia, roll on."

Now 70+ years later, the many corporations that have been paid billions of dollars have yet to contain the radioactivity leaking from Hanford. As is clear, every nuclear site is also a major industrial operation, contaminated not only with radioactive materials, but multiple toxic chemicals. Most importanyly, radioactive materials cannot be disposed of. And now, seven years after the Fukushima Nuclear Plant meltdown, radioactive materials continue to flow into the air and ocean. Given that it takes 10 half-lives for an isotope to completely decay, for Sr-90 and Cs-137, that will be nearly three centuries.

Courtesy of the military-industrial-governmental complex, nuclear radioisotopes and chemicals continue to be released, so in one life time our world has become a massive dumping ground – toxic in various ways to all life.

Pictures and reflection by Diane Bastin, Sarah and Sophie Myers

Hundreds of thousands of people attended over 800 Marches For Our Lives in the US and abroad.

In 2000 Les and Diane attended the Million Mom March on Mother's Day demanding stricter gun control. The situation didn't improve.

The debate is incredibly divisive, with arguments and statistics on both sides, but the fact is that states and countries with tighter gun control regulation have fewer gun related deaths.

Something must be done to stop these mass shootings, and arming the teachers or turning the schools into fortresses where kids are reminded every day that their lives may be at risk is not the answer.

After too many active shooter drills at school, Sophie and Sarah have made it a habit to scan a classroom when they enter and find the ideal spot to hide in case of a shooting. It's unacceptable.

We have a long way to go.


MARCHING FOR ALL THOSE WHOSE VOICES HAVE BEEN SILENCED BY GUN VIOLENCE
100 IN YEARS
THEY WILL ASK WHY
THEY CHOSE GUNS OVER CHILDREN
MOMS ENOUGH


ARM TEACHERS WITH BIGGER PAYCHECKS


I AM A SANDY HOOK SURVIVOR
NEWTOWN MARCHES FOR OUR LIVES
As A Mother I want to Plan for My Children's FUTURES NOT Their FUNERALS

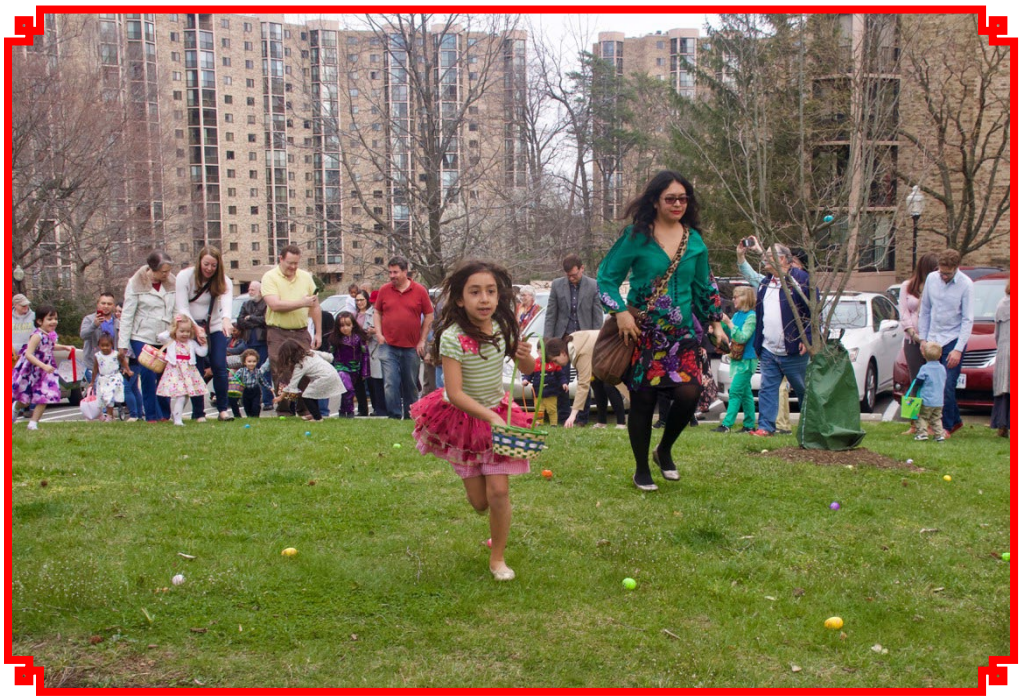

Iranian-Americans Against Gun Violence
In Solidarity with the March for our Lives
Bribes


#Never Again
#I Stand With Students

hoedown

Photos by Sue Allen

easter egg hunt



Photos by Diane Bastin

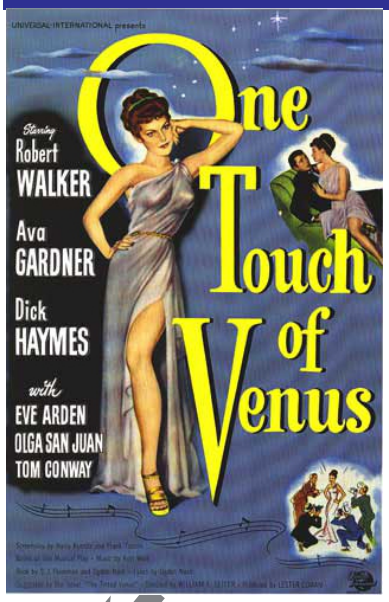
easter egg hunt

Photos by Diane Bastin

Wednesday, April 11, 2018

Montebello CLASSIC MOVIE NIGHT

On the Big Screen in the Community Center at 7pm



Romantic Comedy spiced with wonderful Kurt Weil Music!

What could be better than luscious Ava Gardner, teamed with handsome Robert Walker and the singing of Dick Haymes for our Springtime Spectacular?

With a brief introduction and back-story on this 1948 movie by Pamela Copley, in this, the seventh of our regular Classic Movies
Contact PvonGruber@aol.com for more details.

FREE old-time Movie Night refreshments, popcorn, and confectionary!

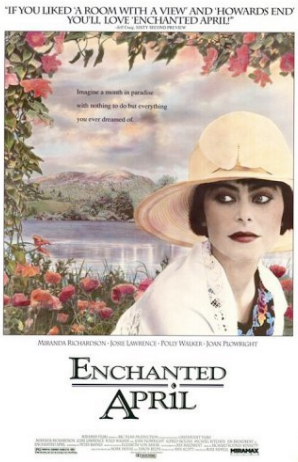
Montebello Film Society and AIM Art in Montebello

Invite you to our film & discussion

THE MONTEBELLO

ENCHANTED APRIL

THURSDAY APRIL 26 7:30 P.M. PARTY ROOM 2



Two proper English women, determined to get away from their drab lives and inattentive husbands, find paradise in the serene countryside of the Italian Riviera in this enchanting adventure starring Miranda Richardson and a myriad of your favorite English actors. Stellar performances and breathtaking scenery make a captivating delight for everyone who's ever dreamed of taking the perfect holiday.

Leslee Levy will introduce the film and lead the post-movie discussion.

The SPEAKER SERIES Presents:

In honor of **Earth Day**,
we are pleased to welcome
Glenda Booth, President of Friends of Dyke Marsh, who will offer a presentation:

Dyke Marsh Wildlife Preserve: Threats and Promises

Dyke Marsh is a rare freshwater, tidal marsh located less than 10 minutes from Montebello.

Wednesday, April 18th at 7:30
Community Center Lounge

Sponsored by the Activities Committee and The Environmental Club

---

The SPEAKER SERIES Presents:

Peggy Otey, Browne Academy Head of School,

who will address the Exciting Directions in which Education is Evolving, Technology in Our Children's Lives, School Safety, and Tips for Partnering with your Child's School

Browne Academy is a pre-kindergarten through grade eight independent school preparing girls and boys for competitive secondary schools. Browne is dedicated to the development of the individual child as an independent, lifelong learner who embraces the core values of excellence, diversity, character and community.

Monday, April 23rd at 7:30
Community Center Lounge

Sponsored by the Activities Committee

ART IN MONTEBELLO

CALL FOR ENTRIES

Group exhibition in the Café

May 12 – June 29, 2018

!DANCE!

MOVEMENT EXPRESSED IN ART

Art in Montebello (AiM) invites residents to submit images for a summer café exhibition on the theme DANCE! Interpret dance broadly: ballroom, ballet, folk, jazzercise, costumes, shoes, venues, abstracts, and anything else that suggests expressive movement with rhythm, athleticism, or music. Both experienced exhibitors **AND "newbies"** are encouraged! Any medium is acceptable (painting, photography, fiber, metal, glass, ceramic, jewelry, or wood) provided it can be hung safely on the cafe wall using the hanging system there.

Submission deadline is April 30, 2018. Send jpegs of 1 to 3 images you would like us to consider to this email address: jeannetifft@gmail.com. Attach the jpegs to your email message. **Include this information in your message: full name, telephone number, building/unit number, title(s) of your work(s), medium, approximate exhibition size.**

Selection criteria will include quality of technique and finish, as well as suitability of subject for the café audience. The quantity and size of works accepted depends on how many submissions we receive.

Layout meeting will be scheduled in the café at 8:30 a.m. on May 5th, when final selections and arrangement are collaboratively decided. Curators will inform you before then of your work that they would like in the show so that you'll have time to finish preparation, framing, etc. and bring exhibition-ready works to the layout meeting.

Curators: **Jeanne Tifft jeannetifft@gmail.com or 703-342-7025**

Nancy Vogt jan12354@aol.com or 202-696-0350

NOTE: Exhibits are hung on the Saturday morning usually 8:00 am to 10:30 a.m. Opening receptions for each exhibit are usually that Saturday afternoon from 4 to 6 p.m. Takedown is usually the Friday after 9 p.m. when the café stops serving, or, early Saturday before 8:00am. Every exhibitor is expected to help with this!

If you have questions regarding the proposal submission process, you may contact AiM Co-Chairs Harriet Duval (phone: 703-329-1342; haziduval@gmail.com) or Dian McDonald (phone: 703-922-2742; dianjanelle@yahoo.com

Anna Schalk

Abstract Exploration of Fauvism

Montebello Café

April 7 – May 11

opening reception on April 7 from 4 to 6 p.m.

ART IN MONTEBELLO

YOGA CAN BE FUN

HATHA YOGA FOR ALL LEVELS
TUESDAY EVENINGS @ 7 PM ~ PARTY ROOM 1

❖SMILE
❖STRETCH
❖BREATHE
❖ RELAX

Feel your flexibility with SUN SALUTATION, Feel the strength of Warrior I & II, Enjoy the stretch of forward and backward bends.

Special Attention Given for Your Needs
by a Practicing - Certified Instructor: Virginia Nickich

Questions? just call Cell: 516-459-8504 or email: virgyoga@verizon.net

First class is always free
($8/pp per class)

Chess Game Night with Chess Club

All Levels & All Ages!
All Welcome!
Beginners to Grandmasters!
Play! Share! Learn! Practice!

4th Thursday, Each Month
(generally*)
C.C. Card Room
7:00pm to 9:30pm (latest)

Make your move and stop by to see a joust! The Queen doesn't even mind tardiness!

Bring your own Chess Set if you like! – And, if you're brand new to Chess, but you'd like to check out our Chess Club while playing a relatively "quiet" or "cerebral" game that *doesn't* "compete" with the ancient game of Chess from a *noise* perspective, you may bring such a game and hang out with us! (Examples of Games that partner well with Chess: Scrabble, Checkers, Othello, etc.)

Contact Lisa J. Stedge at lisa@stedge.com and/or Nick Nickerson at fxnixson@gmail.com for more information.

* (e.g., most holidays and holiday periods are excluded.)