

Loudoun County
Senior Center at
Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/
seniors-cascades](http://www.loudoun.gov/seniors-cascades)



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CASCADES SENIOR CENTER

E-NEWS FEBRUARY 19, 2021

Manager's Note

STEP 1: Find Out if You Are Eligible for a Vaccine in the Current Priority Groups
Employers; members of the [1a and 1b groups](#) who have not been contacted by their employers; residents aged 65 and over; and those 16-64 with [high risk health conditions](#);

STEP 2: Complete a Pre-Registration

- **Online:** Sign up for a COVID-19 vaccine by submitting a [Statewide Vaccine Pre-Registration System online form](#). OR
- **Phone:** If you do not have access to the internet, you may call the Virginia Department of Health's COVID-19 hotline at **877-VAX-IN-VA (877-829-4682)** everyday from **8 a.m. - 8 p.m.**

NOTE: All individuals who previously submitted a pre-screening survey prior to February 16, 2021 to be vaccinated through the Loudoun County Health Department, will be automatically added to the new statewide system. **You do not need to submit another registration form on the statewide system because everyone who registered with Loudoun County was automatically added to the statewide pre-registration system.** Everyone will maintain their place on the waitlist in Loudoun County.

STEP 3: Be Patient; Wait for the Health Department to Contact You

- After submitting the form or completing the pre-screen by phone, **it may take several weeks before you receive a response** due to the high volume of vaccination appointment requests.
- The Health Department is currently scheduling appointments weekly as vaccine supplies are confirmed and allow for additional appointment to be offered.

Once you submit the online pre-registration form, you do not need to call the Health Department.

STEP 4: The Health Department Will Contact You When it is Your Turn

- When vaccine supply is adequate and appointments are available, if you submitted an online form or completed the pre-registration process over the phone, you will be contacted by the Health Department to schedule an appointment. It likely will take several weeks before you get a vaccination appointment due to a higher volume of requests for appointments than the current number of vaccines available.
- Because the Commonwealth has prioritized the distribution of vaccines, the Health Department is following the defined Phase 1b prioritized list and vaccination appointments will be offered in priority order. Please be patient; once you submit an online pre-screening survey, there is no need to call the Health Department.

You will be contacted by email if you provided an email address in your pre-screening survey. If you do not have an email address, you will be contacted by phone regarding an appointment.



Alpha Kappa Alpha Sorority, Incorporated®
Psi Rho Omega Chapter
presents

COVID-19 VIRTUAL TOWN HALL SERIES

Saturday, February 20, 2021
5pm-6:30pm

Join us to hear from elected officials,
community leaders, medical professionals,
and public health experts on the latest
information about COVID-19, vaccines
currently available & distribution plans.

FREE REGISTRATION

bit.ly/PROCOVID-19Townhall



CONGRESSWOMAN
JENNIFER WEXTON
D-VIRGINIA
10TH DISTRICT



PHYLLIS RANDALL
CHAIR, LOUDOUN
BOARD OF
SUPERVISORS



DR. DAVID GOODFRIEND
DIRECTOR, LOUDOUN
COUNTY HEALTH
DEPARTMENT

COVID-19 VACCINES FACTS VS. FEAR



PASTOR MICHELLE
THOMAS
PRESIDENT, LOUDOUN
CHAPTER NAACP



DR. CHRISTOPHER
CHIANTELLA
CHIEF MEDICAL OFFICER
INOVA LOUDOUN
HOSPITAL



DR. TARA GONZALES
SENIOR DIRECTOR
MEDICAL AFFAIRS, SOBI



SENIOR TRIPS UPDATE - On the Road Again with Senior Trips!

As we move further into 2021, we are doing so in hopeful anticipation that the current health situation will begin to improve, and we can get back “on the road again” with both day and overnight trips. Day trips will resume in June with registration beginning in early May (date to be announced).

For those who are ready to travel now, we are offering two spring overnight trips:

- Southern Porches (April 25 to May 1), a unique tour featuring Beaufort SC & Savannah GA
 - Seaside Gems (May 24 to May 27) featuring Cape May NJ, Historic Lewes and Rehoboth DE.
- The number of participants will be limited to no more than 25.

We will be following CDC guidelines and all travelers will be required to wear a facemask and practice social distancing. Temperature and symptom checks will be done daily and all hotels, motorcoach companies and restaurants will follow CDC guidelines.

Registration is open now for both trips. If you would like more information, please contact Terry Fleming (571) 258-3050 terry.fleming@loudoun.gov or Sonya Haynes (571) 258-3051, or sonya.haynes@loudoun.gov. Please remember, in a pandemic flexibility is key and trips are subject to change





FREE COVID-19 TESTING EVENTS

- These are not mass testing events; a limited number of tests will be available based on the capacity of each location.
- Open to everyone; no age or residency requirements.
- No prescriptions or appointments necessary.
- Drive-thru only.
- Be prepared to complete a registration form that asks for general information including name, date of birth, address, phone number and current symptoms, if any. Your information will be kept **PRIVATE**.

February 2021

Tuesdays & Thursdays
10:00 a.m. - 2:00 p.m.

February 23 & 25
Dulles South Recreation & Community Center
24950 Riding Center Drive, South Riding

Visit <https://www.loudoun.gov/covid19testing> to complete the registration form in advance.

All events will occur rain or shine.
Testing will end when the site reaches capacity or by 2 p.m.
As many tests as possible will be administered during each event.

COVID-19 TESTING

**Multiple
Locations**

MARCH 2021

**Tuesdays & Thursdays
10:00 a.m. - 2:00 p.m.**

Drive-thru only. Free & open to everyone.

LOUDOUN
COUNTY
VIRGINIA

[loudoun.gov/COVID19testing](https://www.loudoun.gov/COVID19testing)

Event Dates and Locations

•March 2 and 4, 10:00 a.m. - 2:00 p.m.

Franklin Park, 17501 Franklin Park Drive, Purcellville

•March 9 and 11, 10:00 a.m. - 2:00 p.m.

Philip A. Bolen Memorial Park, 42405 Claudia Drive, Leesburg (Enter the park from Sycolin Road onto Crosstrail Boulevard).

•March 16 and 18, 10:00 a.m. - 2:00 p.m.

Cascades Library, 21030 Whitfield Place, Potomac Falls (Access the testing location in the back parking lot, near the senior center)

•March 23 and 25, 10:00 a.m. - 2:00 p.m.

Dulles South Recreation & Community Center, 24950 Riding Center Drive, South Riding

You must fill out a registration form and bring it to the testing site. Click below for registration form and additional information.

<https://www.loudoun.gov/covid19testing>

ACTIVITIES SCHEDULE

MON 2/22	TUES 2/23	WED 2/24	THURS 2/25	FRI 2/26
10:30am-11:30am ESL Class (Virtual)	10:00am-11:00am Aerobics Video (Indoor)	10:30am-11:30am Yoga Class (Virtual)	10:30am-11:30am Learn Mandarin (Virtual)	10:00am-12:00pm Knit & Crochet (Indoor & Outdoor)
1:00pm-2:00pm Yoga Class (Virtual)	10:30am-11:30am Conversational Spanish (Virtual)	12:00pm-2:00pm Movie Day "The Butler" (Indoor)	1:00pm-2:00pm Current Events (Indoor & Outdoor)	1:00pm-2:00pm Safe Bingo (Indoor)
1:00pm-2:00pm Book Club (Indoor)	1:00pm-2:30pm Intermediate Spanish 2 (Virtual)			1:00pm-2:00pm Yoga Class (Virtual)
2:30pm-3:30pm Teen Tech (Virtual)				

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

MON 3/1	TUES 3/2	WED 3/3	THURS 3/4	FRI 3/5
10:30am-11:30am ESL Class (Virtual)	10:00am-11:00am Aerobics Video (Indoor)	10:30am-11:30am Yoga Class (Virtual)	10:30am-11:30am Learn Mandarin (Virtual)	10:00am-12:00pm Knit & Crochet (Indoor & Outdoor)
1:00pm-2:00pm Yoga Class (Virtual)	10:30am-11:30am Conversational Spanish (Virtual)	12:00pm-2:00pm Movie Day "Suffragette" (Indoor)	1:00pm-2:00pm Current Events (Indoor & Outdoor)	1:00pm-2:00pm Safe Bingo (Indoor)
2:30pm-3:30pm Teen Tech (Virtual)	1:00pm-2:30pm Intermediate Spanish 2 (Virtual)			1:00pm-2:00pm Yoga Class (Virtual)

Mondays

10:30am ESL Class (Virtual Activity) – English as a second language class. Instructor: Judy Villedrouin

1:00pm Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

1:00pm Book Club (Indoor Activity, 3rd Monday's only)—Monthly discussions, new members welcome. This month—"The Franchise Affair" by Josephine Tey. Leader: Mary Rudiak

2:30pm Teen Tech (Virtual Activity)— Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie

Tuesdays

10:00am Aerobics Video (Indoor Activity)—light exercise featuring Richard Simmons and the Silver Foxes DVD

10:30am Conversational Spanish (Virtual Activity)—Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

1:00pm Intermediate Spanish (Virtual Activity) – New students will have to purchase a textbook for \$20. Prerequisites necessary. Instructor: Lea Nigon. Email Paul.torrible@loudoun.gov for details and registration.

Registration required 24 hours in advance for all activities.

Call 571-258-3280 to register.

The Loudoun County Department of Parks, Recreation & Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) three business days prior to the start of the activity.

ACTIVITY DESCRIPTION

Wednesdays

10:30am Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

12:00pm- Movie Day (Indoor Activity)—Free movie presentation. Bring your own snacks. "The Butler" PG-13 (February 24th), and "Suffragette" PG-13 (March 3rd)

2:00pm Special Presentation– Slavery and Memory in Loudoun County (Virtual)- brought to you by the Senior Center at Cascades Advisory Board.

Thursdays

10:30am Learn Mandarin (Virtual Activity) This class is for all levels and is informal. Instructor: Susan Xiaoping

1:00pm Current Events (Indoor & Outdoor Activity) Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.

Fridays

10:00am Knit & Crochet (Indoor & Outdoor Activity)— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.

1:00pm Safe Bingo (Indoor Activity)—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

1:00pm Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

What's for lunch at Cascades?

MON 2/22	TUES 2/23	WED 2/24	THURS 2/25	FRI 2/26
Italian Sausage Steamed Cabbage Whole Round Potatoes Fruit, Bread & Milk Vegetarian meal Available	Oven Fried Chicken Yellow Rice Mixed Vegetable Fruit, Bread & Milk Vegetarian meal Available	Spaghetti/Meat Sauce Malibu Blend Fruit, Bread & Milk Vegetarian meal Available	Baked Fish Vegetable Medley Rosemary Potatoes Fruit, Bread & Milk Vegetarian meal Available	Chili Rice Broccoli Floret Fruit, Bread & Milk Vegetarian meal Available



DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)

By the end of the month, the March menu will be posted. Click [here](#) to check the most current menu.



INCLEMENT WEATHER

Please note the following information regarding our operations during inclement weather:

If Loudoun County Government is CLOSED, the senior center is CLOSED

If Loudoun County Government issues "Unscheduled Leave" for staff, the senior center is OPEN, but no transportation, call for possible program changes

Purim begins at sundown on Thursday February 25th.



Purim, also called the "Festival of Lots," is a Jewish holiday which commemorates the saving of the Jewish people from Hamman, a Persian Empire official who was planning to kill all the Jews in the 5th century BC, as recounted in the Book Of Esther. His plans were foiled by Mordecai and Esther. The day of deliverance became a day of feasting and rejoicing.

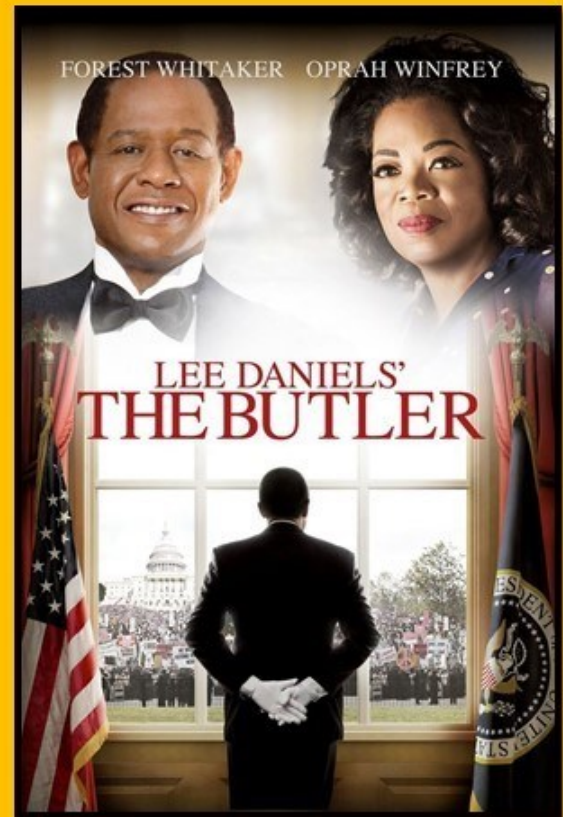
Purim is celebrated by exchanging gifts of food and drink, donating charity to the poor, eating a celebratory meal, public readings of the Scroll of Esther, and reciting additions to the daily prayers and grace after meals. Other customs include wearing masks and costumes, public celebrations and parades.



*"Esther and Mordecai" a
17th painting by Dutch artist
Aert de Gelder.*

AFRICAN AMERICAN HISTORY MONTH

We will be presenting
"The Butler"
(2002, PG-13),
Wednesday, February
24th at 12:00pm.
The movie is free to
senior center members.



WOMEN'S HISTORY MONTH

WHAT ABOUT HER STORY?

We will present
"Suffragette"
(2018, PG-13)
Wednesday, March 3rd at
12:00pm.
The movie is free to senior
center members.



A big thank you to the kids at CASA and The Senior Center of Cascades Advisory Board! On Friday, February 12th senior center members who were signed up for drive-thru pickup or dine-in lunch, received a home-made valentine and a rose!





THE COVID VACCINE IN YOUR STATE



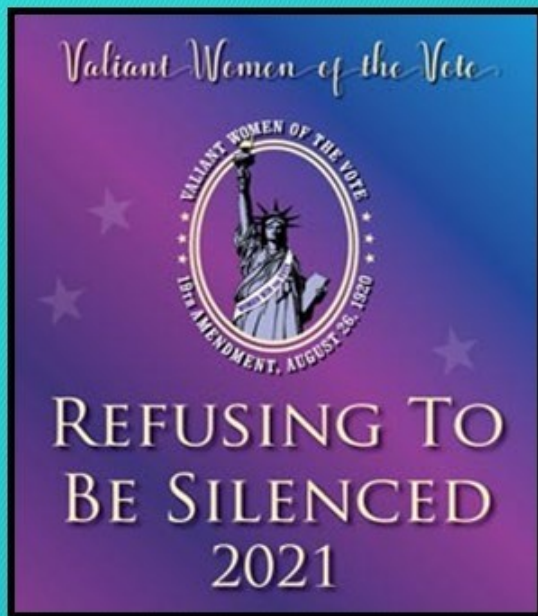
AARP has a listing of vaccination resources for every state on their coronavirus webpage. Look for the US map to select the state you want info for. From your computer or laptop, look to the right-hand margin, or on your smartphone just scroll down.

<https://www.aarp.org/coronavirus/>



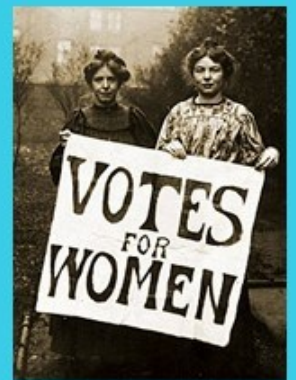
See the “Snow Moon” Saturday, February 28th

The explanation behind February’s full Moon name is a fairly straightforward one: it’s known as the **“Snow Moon”** due to the typically heavy snowfall that occurs in February. On average, February is the United States’ snowiest month, according to data from the National Weather Service. In the 1760s, Captain Jonathan Carver, who had visited with the Naudowessie (Dakota Tribe), wrote that the name used for this period was the Snow Moon, “because more snow commonly falls during this month than any other in the winter.”



March is Women's History Month

The Senior Center at Cascades will feature movies and special virtual presentations throughout the month in honor of women's history.



The theme for 2021 National Women's History Month captures the spirit of these challenging times. Since most 2020 women's suffrage centennial celebrations were curtailed, the National Women's History Alliance is extending the annual theme for 2021 to "*Valiant Women of the Vote: Refusing to Be Silenced.*" Many organizations have rescheduled and extended their centennial events into 2021. With national attention moving on, 2021 will particularly recognize the remarkable new research, grassroots political activity, and artistic developments in every state. Click below to visit the National Women's History Alliance website.

Click [here](#)!



SHARE for Dementia

A 5-session virtual program that works alongside caregivers and persons living with early stage dementia to enhance the well-being of both parties.

SHARE COUNSELORS PROVIDE:

- Support to persons living with dementia and their caregiver to talk about the future through facilitated discussion
- Education about dementia
- Care planning for the future

This is a free program, and includes a family tool-kit, 5 sessions with a SHARE counselor plus an optional 6th family session.

GOALS OF THE SHARE PROGRAM:

- Support caregivers and help them communicate effectively and plan for the future
- Promote health and well-being, and decrease stress
- Encourage participation in fulfilling activities
- Learn about available resources that reflect care partners' values and preferences
- Provide education about dementia and how to manage changes that lie ahead



To make an appointment with a SHARE counselor, send an email to aaasupport@loudoun.gov or call 703-777-0257.



Loudoun County Area Agency on Aging

VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

GETTING YOUR LEGAL DUCKS IN A ROW: LEGAL PLANNING FOR OLDER ADULTS & CAREGIVERS

Thursday, February 18, 2021 at 1 pm - 2 pm EST

Presented by Valerie B. Geiger, Esq.

CAREGIVING FROM A DISTANCE DURING A HEALTHCARE CRISIS

Tuesday February 23, 2021 at 1 pm - 2 pm EST

Presented by Jennifer L. FitzPatrick MSW, LCSW-C, CSP

TABOO TOPICS: HOW TO TALK TO YOUR PARENTS ABOUT THE FUTURE MORE COMFORTABLY

Thursday March 18, 2021 at 1 pm - 2 pm EST

Presented by Jennifer L. FitzPatrick MSW, LCSW-C, CSP

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,

please send an email to aaasupport@loudoun.gov



If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS

COFFEE CHAT

with Lori



If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (*FaceTime or by phone*) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

***To sign-up, send an email to
aaasupport@loudoun.gov or call 571-233-2583***



For more information about the Loudoun County Area Agency on Aging, visit www.loudoun.gov/aaa or call 703-777-0257



Loudoun County Area Agency on Aging

VIRTUAL SUPPORT GROUPS

FOR CAREGIVERS OF PEOPLE WITH MEMORY LOSS

THIRD SATURDAY OF EVERY MONTH | 10 AM

To register, please email aaasupport@loudoun.gov or call 571-258-3490.

FIRST WEDNESDAY OF EVERY MONTH | 4 PM - 5 PM

For more information, please call 703-771-5334.

FOR PEOPLE WITH EARLY STAGE DEMENTIA

SECOND WEDNESDAY OF EVERY MONTH | 10 AM - 11 AM

For more information, please email aaasupport@loudoun.gov or call 703-737-8741.



If you require an accommodation for any type of disability in order to participate, please call 571-258-3490 /TTY-711. Three business days advance notice is requested.

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly PROGRAM SCHEDULE

TUESDAY (2/23)

12:00 PM — Mid-Day Meditation: Certified teacher, Gretchen Schutte, leads a gratitude meditation.

3:00 PM — Beginner/Intermediate ESOL English Practice: A conversation-based program.

4:00 PM — Recycling Basics: Get started recycling with these helpful tips.

6:00 PM — Pilates for Core Strength: Go beyond an ab workout with instructor Vanessa Caesare.

THURSDAY (2/25)

6:30 PM — Writing to Heal: Drawing from his own personal experiences, novelist and writing coach John DeDakis offers strategies to help you move through and beyond pain and into a hopeful and joyful future.

MONDAY (2/22)

11:00 AM — Online Storytime: Ms. Bethany from Rust Library reads *Blueberries for Sal* by Robert McCloskey.

2:00 PM — Advanced ESOL English Practice: A conversation-based program.

6:30 PM — Loudoun's Free Black and Enslaved Papers 1757-1865: Learn how you can access these papers to get a glimpse of our past.

WEDNESDAY (2/24)

11:00 AM — Toddler Storytime: Ms. Michelle from Ashburn Library reads *Turtle Walk* by Matt Phelan.

1:00 PM — Kids Yoga: Explore yoga and movement in a playful way.

7:00 PM — Our Backyard Bats: Get the facts on the seven species of bats that live in Loudoun and learn their importance to the ecosystem. Presented by Leslie Sturges of The Save Lucy Campaign and Loudoun Wildlife Conservancy.

FRIDAY (2/26)

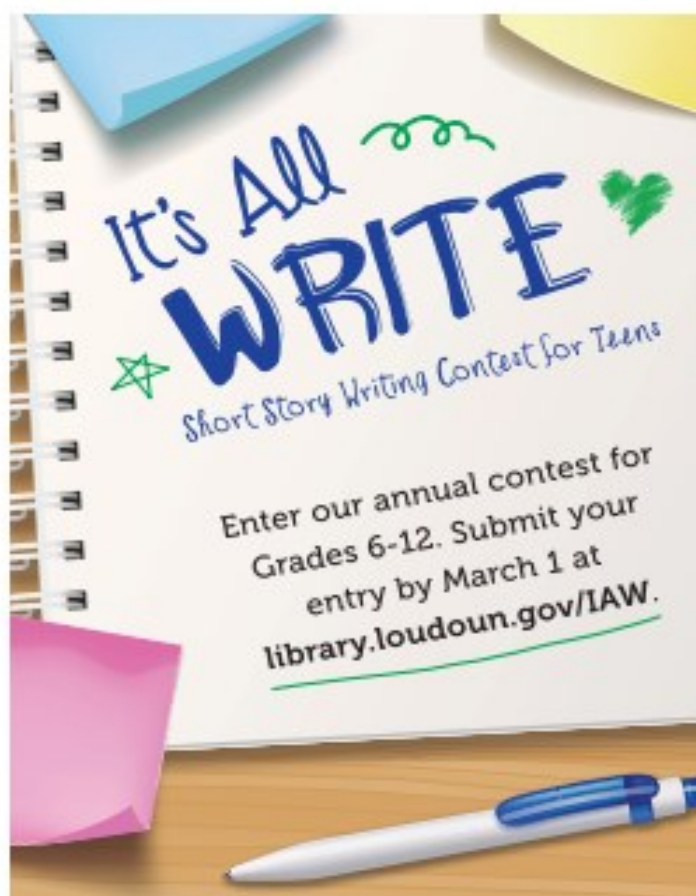
11:00 AM — Baby Storytime: Join Ms. Jennifer from Brambleton Library for rhymes, songs, tickles, bounces and the story, *Peek-A-Moo!* by Marie Torres Cimarusti.

4:00 PM — Watercolor Workshop: Paint a snowy, Loudoun scene with instructor Jyotsna Umesh, winner of the Loudoun Book & Arts Festival Plein Air contest.

SATURDAY (2/27)

11:00 AM — Meet Dr. King: Follow along as you are introduced to Dr. King as a young boy experiencing racism for the first time, to meeting his wife, Coretta, to becoming a pastor and finally a national inspiration. Presented by Bright Star Touring Theatre.

Links for these online programs are available from the Event Calendar at library.loudoun.gov



Take a STROLL around the LIBRARY on a **STORYWALK®!**

Brambleton Library

I Like Me! by Nancy Carlson

Feb. 1 - Feb. 28

Ashburn Library

The Snowy Day by Ezra Jack Keats

Feb. 9 - Feb. 26

Purcellville Library

Black is a Rainbow Color
by Angela Joy

Feb. 22 - Feb. 27



ADVANCED ESOL PRACTICE

LIVE ONLINE

Mondays, Feb. 2, 8 & 22, 2 PM

Use this link to join the program:
<http://bit.ly/LCPL-ESOL>



Donation Boxes

RUST LIBRARY will be collecting donations for Comfort Cases in February. Donation boxes are set up throughout the branch.

Comfort Cases is a nonprofit organization that works to bring dignity and hope to youth in foster care by eliminating the practice of children using trash bags to carry belongings when entering the foster care system.

LOUDOUN COUNTY
PUBLIC LIBRARY
library.loudoun.gov

****KITCHEN CORNER****

7 Potluck Recipes to Celebrate Black History & Culture

1. Beyond The Bayou's Mackerel Balls With Biscuits & Cane Syrup

"Similar to crab cakes, these Creole mackerel balls are the perfect start or end to any day. Make sure to serve with ample amounts of hot sauce, buttermilk biscuits, and cane syrup."

2. Beautiful Eats & Things's Okra, Corn & Tomato Chicken Stew

"This recipe brings back memories of my childhood. My mom would make okra, corn, and tomato soup after getting fresh produce from the farmer's market."

3. Bsugar Mama's Red Beans And Rice

"A shorter way to make red beans and rice without compromising on flavor, this delicious comfort meal feeds a whole family."

4. Butter Be Ready's Caribbean Curry Goat With Rice And Peas

"This rich and satisfying Caribbean curry goat, best served alongside rice and peas, is cooked until tender with fresh spices and so much flavor in every bite."

5. D.M.R. Fine Foods's Spice-Roasted Chicken

"Not your grandmother's roast chicken, this spiced chicken packs a flavor punch, crispy skin, and tender, moist meat, bite after bite. It's what comfort food dreams are made of."

6. Dash Of Jazz's Soul Food Power Bowl

"Colorful, flavorful, soulful power bowls are made with lemon pepper shrimp, tender collards, caramelized sweet potato, spicy okra, and fluffy yellow rice. These are packed with protein, nutrients, and energy and inspired by hybrid meals from my Nigerian-American upbringing in the Deep South."

7. Cooks With Soul's Boudin Balls

"This Cajun boudin egg roll recipe features pork, chicken liver, rice, and seasonings, and is served with a side of homemade remoulade sauce. Traditional Louisiana boudin is served in sausage casings and steamed; however, we've stuffed the meat and rice mixture in egg roll wraps and fried them."

REMINDER:

If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.

AFRICAN AMERICAN HISTORY MONTH:



BARAK OBAMA
WE SHALL OVERCOME
I HAVE A DREAM
BOOKER T WASHINGTON
NEGRO LEAGUES
BROWN VS BOARD OF ED
ABOLITION
CENTRAL HIGH SCHOOL
CIVIL RIGHTS ACT
LITTLE ROCK ARKANSAS

JIM CROW LAW
FREEDOM
MIDDLE PASSAGE
HARRIET TUBMAN
COLIN POWELL
FREDERICK DOUGLASS
SLAVERY
SIT INS
VOTER REGISTRATION
DESEGREGATION

ABRAHAM LINCOLN
MARCH
UNDERGROUND RAILROAD
CIVIL RIGHTS
RECONSTRUCTION
MARTIN LUTHER KING
NAACP
WOOLWORTHS
THURGOOD MARSHALL
GREENSBORO FOUR