



Washington D.C. Stanford Association

EVENTS CALENDAR

JUNE 13
**Washington DC Book
Club Discussion**

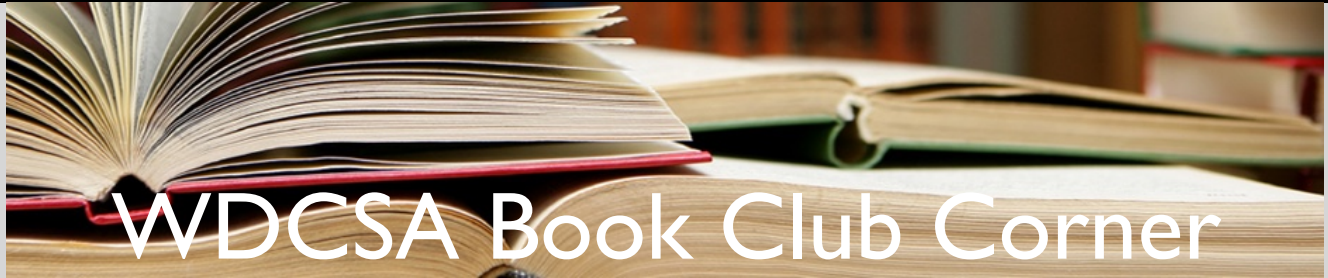
JULY 12
**Baltimore Book Club
Discussion**

WDCSA COVID-19 UPDATE

WDCSA will be utilizing the months of June and July to begin working with alumni in the area to plan small in-person alumni events. We hope to begin offering these events in the late summer.

We are excited about the opportunity to begin meeting again in person; however, the health and safety of our alumni is of the utmost importance. As a result, we will ensure that all events align with local and national guidelines.

If you are interested in planning in person or hybrid events, please contact Patricia Arty, patriciaarty@alumni.stanford.edu.



WDCSA Book Club Corner

Washington DC Book Club Discussion

Sunday, June 13 5 pm

Zoom

The June book is *Caste: The Origins of Our Discontents* by Isabel Wilkerson.

Wilkerson portrays an unseen phenomenon (caste) as she explores how America has been shaped by a rigid hierarchy of human rankings. Beyond race, class, or other factors, there is a powerful caste system that influences people's lives and behavior and the nation's fate. Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores the many pillars that underlie caste systems across civilizations, including divine will, bloodlines, stigma, and more.

Questions/RSVP: Don Bieniewicz, MS '75, at donbien@erols.com.

Baltimore Book Club Discussion

Monday, July 12 7:30 pm

Google Meet: Everyone will be emailed a link to join the meeting a few minutes before.

Exercised by Daniel Lieberman is a fact filled, myth busting book focused on the bane of many folks' existence: exercise. Lieberman targets three myths. (1) It's normal to exercise. While humans did evolve to move, exercise is different because it's done for health and not survival. (2) Running is bad for the knees. While knee injuries are indeed the most common form of damage to runners, much of that damage could be avoided through proper running technique and foot gear. The corollary myth that running causes osteoarthritis has been soundly refuted by numerous large scientific studies. (3) It's normal to exercise less as we age. Actually, we evolved to be active as we age. And this exercise invokes repair mechanisms which counter the effects of aging. For example, the Harvard Alumni Study found that older alumni who exercised had a 50% lower mortality rate than their sedentary classmates. Overall, this book provides an insightful and scientific perspective on some of the myths and truths inherent in the ever popular field of exercise.

The September 13th selection is *Normal People: A Novel* by Sally Rooney.

Questions/RSVP: Helene Myers, Ph.D., P'14, at cedarhouse@comcast.net

STANFORD IN THE NEWS

- Stanford has announced the winners of the 2021 university awards honoring faculty, students and staff for exceptional service, distinctive contributions to undergraduate education and excellence in teaching. The nine winners will be publicly recognized on June 13 at the Commencement Ceremony for the Senior Class of 2021. The in-person ceremony, which will be livestreamed, will take place at 9:30 a.m. (PDT) in Stanford Stadium. Stanford remains committed to holding a future in-person 2020 graduation ceremony, which will publicly recognize the 2020 winners of the Cuthbertson, Dinkelspiel and Gores awards announced in March 2021. The ceremony was delayed due to the pandemic.

Join us at WDCSA Board meetings
where we plan upcoming events and receive general updates from the leadership team

Monday, June 7th
Tuesday, July 6th
Monday, August 2nd
Tuesday, September 7th

Meetings held virtually 7-8pm

Email Patricia Arty at patriciaarty@alumni.stanford.edu for the Zoom information

Washington DC Stanford Association Contacts

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