



LWV-Fairfax members Arina van Breda and Mary Valder at the Fairfax Government Center. LWV-Fairfax holds Voter Registration and Information Drive at the Center.

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LWV LEAGUE OF WOMEN VOTERS OF THE UNITED STATES

Election

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PHOTO BY DEB WAKE

McLean AAUW to Host Talk on 'Pioneer Supreme Court Justices'

McLean Branch of American Association of University Women (AAUW) is hosting a Zoom meeting on May 8, 12 at noon, featuring a discussion on "Pioneer Supreme Court Justices Sandra Day O'Connor and Ruth Bader Ginsberg" by Professor Barbara A. Perry.

For further information about the program or to join the meeting, <https://mclean-va.aauw.net>

Barbara A. Perry is the Gerald L. Baliles Professor and Director of Presidential Studies at the University of Virginia's Miller Center, where she co-directs the Presidential Oral History Program. She has authored or edited 16 books on presidents, First Ladies, the Kennedy family, the Supreme Court, and civil rights and civil liberties. Professor Perry has conducted more than 100 interviews for the George H. W. Bush, Bill Clinton, George W. Bush, and Barack Obama Presidential Oral History Projects and she directs the



Barbara A. Perry

Edward Kennedy Oral History Project. She served as a U.S. Supreme Court fellow and has worked for both Republican and Democratic members of the Senate.

Her books include 42: Inside the Presidency of Bill Clinton (edited with Michael Nelson and Russell Riley); 41: Inside the Presidency of George H.W. Bush (edited with Michael Nelson); Rose Kennedy: The Life and Times of a Political Matriarch; Jacqueline Kennedy: First Lady of the New Frontier; Edward Kennedy: An Oral History, and The Priestly Tribe: The Supreme Court's Image in the American Mind.

A native of Louisville, Kentucky, Professor Perry earned a PhD in government from the University of Virginia; an MA degree in politics, philosophy, and economics from Oxford University; and a BA degree in political science, with highest honors, from the University of Louisville.

Shepherd's Center Volunteer Wins Education and Literacy Volunteer Award

The Shepherd's Center of Northern Virginia (SCNOVA) has announced that their volunteer, Mike Mulreany, of Oakton, received the Fairfax County Volunteer Services award in the Education and Literacy category.

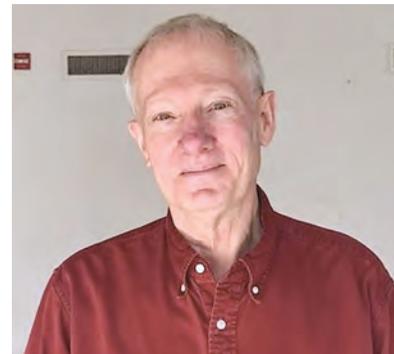
"Mike Mulreany is an incredible changemaker and a humble and genuine leader who has spearheaded two of SCNOVA's educational and social programs for seniors. The impact of his volunteer efforts and the challenges he overcame grew with COVID, but so did his commitment to serving seniors. I am delighted he received this well-deserved honor," said Wendy Finn, Executive Director, SCNOVA.

Mulreany has impacted our community through his leadership of Adventures in Learning, which offers a series of three eight-week virtual sessions annually, with twenty-four speakers covering topics, in-

cluding health and wellness, arts and entertainment, and world affairs. Mulreany also leads the Great Decisions Program, a group that "inspires learning about the world."

In addition, when many SCNOVA volunteers stepped away from driving due to COVID concerns, Mulreany continued to be a volunteer driver (with CDC guidelines in place) bringing clients to their essential medical appointments.

Under his direction, the Shepherd's Center just announced a new four-week Mini Adventures in Learning program starting on May 20. Upcoming topics include How to Successfully Age in Place, Screening for Diseases, Hiking in Switzerland, Retirement Wellness Check-up, The Unraveling of Syria, and Balancing Federal Labor Relations and Efficient Government. To learn more, visit www.scnova.org/ail.



COURTESY OF SHEPHERD'S CENTER. Shepherd's Center of Northern Virginia volunteer, Mike Mulreany.

How to End the School Year Strong

Ana Homayoun provides advice to parents in Safe Community Coalition Webinar.

BY GINA MANNING
SAFE COMMUNITY COALITION

With just a few weeks remaining of the school year, helping students finish the school year strong while also laying the groundwork for how to thrive this spring and summer is a top concern for parents and caregivers.

To reach a wide audience with strategies that could help, the Safe Community Coalition hosted their annual spring speaker virtually in a webinar presented by international author and educator Ana Homayoun titled "A Brighter 2021: Ending the School Year Strong" on Tuesday, April 13.

"As we near the end of the school year, the level of grief and exhaustion from the past year is coming out more and more," said Homayoun. "We've been running a marathon since last March and now that we're nearing the finish line, the wheels come off and there's a sense of exhaustion."

As an author, educator and school strategist, Homayoun noted the challenges she's seeing in the remote learning environment, including managing distractions and staying focused; planning out time to complete work; keeping track of where individual teachers assign work and would like the work to be submitted (and when the work is due); social-emotional disconnect from classmates; and navigating various learning platforms by class with different teachers



PHOTO COURTESY OF SCC

Ana Homayoun

using different portals with non-uniform expectations.

As kids transition from online to a hybrid or in-person learning environment, another set of challenges emerge. To help, Homayoun recommends having a system for organizing notes, homework, and quizzes that can be used in both remote and in-person models; identifying strategies for how to check school portals for upcoming assignments and missing work daily; using paper planners to visualize work blocks and due dates; and ensuring kids know how to communicate effectively with teachers.

Here are the six recommendations Homayoun offered to finish the year strong academically, socially, emotionally and physically:

Acknowledge and Validate

"Where are your kids now in their jour-

ney, and what do they need?" she asked. Acknowledging and validating their experience is often the first step in reframing our expectations and supporting students during this time.

Focus on Energy Levels and Mood Management

"People talk about procrastination as if it's a time management problem because that's what it looks like, but in reality it's a mood management issue," said Homayoun. Procrastinators have lower self-compassion and are harder on themselves, and they easily fall into shame spirals which can be aggravated by varying energy levels.

Provide Time, Structure and Support

Parents and caregivers do not have to do this all themselves. Family friends, older cousins, relatives, can sit with a student for 20 minutes, in person or even virtually. A little extra support system can greatly reduce the tendency to procrastinate. "Hybrid is hard to navigate when you think about two different situations – kids need a little bit of side-by-side extra time, structure and support."

Promote Daily Movement and Intentional Transitions to Start and End the Day

Aches, pains and headaches are the physical consequences of the extended disruption, social isolation, and stress taking a toll on our bodies. Encourage students to identify two to three different daily habits that bring them joy, calm or energy with varying time levels, from 1 minute to half an hour or more. Examples could be one minute of deep breathing, 10 minutes of shooting hoops and 15 minutes of walking the dog.

Encourage Self-Exploration of Hobbies,

Interests, and New Pursuits (or Continuing Old Ones)

Last spring many students had sports or other activities cancelled and had the opportunity to learn new skills, hobbies or sports. Now that more activities are becoming available again, ask students for three to five examples of things they'd like to explore, spend more time on, or try that are available right now. "How do we help our kids use this time as a sense of exploration?" asks Homayoun, "because none of us are going to be coming out of this last 12 months the same."

Practice Grace

When we look back in this unique moment of time in our lives and in American history, our goal above everything else is that our kids emerge socially, emotionally and physically intact. Parents, especially those feeling exhausted or overwhelmed, need to acknowledge what we need for ourselves to be able to help our children. Outsourcing, asking for help, or going to plan B instead of plan A are all ways to think about giving yourself a new outlook.

About the Safe Community Coalition

Celebrating 25 years in 2020, the Safe Community Coalition (SCC) is a group of community volunteers whose mission is to educate and empower youth and families to make responsible choices about their mental and physical health and safety. The SCC is tax-exempt non-profit organization that is 100 percent funded by donations. See mcleanscc.org for more details on how you can donate and get involved.

Kevin Davis Appointed Fairfax County Chief of Police

Supervisors respond to a new era of policing.

By **MERCIA HOBSON**
THE CONNECTION

Coming out of a closed-door session on Friday, April 23, the Fairfax County Board of Supervisors prepared, as Supervisor Penny Gross (D- Mason) said, “to select one of the most important hires it undertakes.”

“I am pleased to move the appointment of Kevin Davis, as the next police chief, effective May 3, 2021, with an annual salary of \$215,000,” Gross said. The motion unanimously carried. Davis is a Maryland native.

“After thorough interviews, the entire board is confident that Kevin will continue Fairfax’s work on police reform, build on the deep community involvement and relationships with stakeholders, and improve morale within the police department,” said Jeffrey McKay, chairman of the Fairfax County Board of Supervisors, in a statement.

Davis called in to the Fairfax County Board of Supervisors’ meeting. He heard as McKay officially welcomed him in his new capacity to Fairfax County, saying that they were delighted to have him on board after the “long exhaustive process.” McKay added that the Board looked forward to working with him on this new journey.

DAVIS spoke directly to the supervisors. “This is a humbling moment for me. I take it very seriously, and I promise not to let you down,” he said. “I look very much forward to working with the women and the men of the Fairfax County Police Department and several employee groups. You guys are a great agency; I want to say that loudly and clearly.”

Questioning if there was room for improvement in the Fairfax County Police Department, Davis said absolutely. He acknowledged change is sometimes hard and challenging.

“But if you didn’t know you were in a difficult position, you wouldn’t be here. So, we have to seize this moment and continue to get better,” he said. Davis added he looks forward to working with the diverse communities in Fairfax County.

As his first step, Davis said, the Department must establish legitimacy to earn trust, which takes hard work. “It takes showing up every day and doing the work, and we have to pay keen attention to vulnerable communities, underserved communities, and communities of color. We have to meet you where you are. We have to be better listeners. We have to be less defensive, and we have to, quite frankly, see you. ... You have my word that I am committed to doing that on behalf of Fairfax County.”

As for accountability, Davis said he would call “balls and strikes.”

“No one hates a bad cop more than a good cop (does). You have my word that those accountability systems will be in place,” he said.



Kevin Davis calls in to the Fairfax County Board of Supervisors meeting following the Board’s unanimous vote of approval to appoint him the next Fairfax County police chief effective May 3, 2021.

Biography

Kevin Davis is fourth-generation public safety, born and raised in College Park, Md. Most recently, Davis worked as Director of Consulting Services at GardaWorld. Davis served as City of Baltimore’s 39th police commissioner from 2015 to 2018 after the in-custody death of Freddie Gray and the riots that followed. According to a Fairfax County press release, he established a Department of Justice Compliance and Accountability Division and a fully implemented body-worn camera program during Davis’s tenure at the Baltimore Police Department. Davis worked to build trust with the community and foster transparency, providing information about internal policies and all police-involved shootings. He expanded the Department’s police chaplains’ program, which trained more than 100 faith community leaders to serve as ambassadors in the community.

Before that, Davis served as Anne Arundel County police chief from 2013 to 2014 and as assistant police chief of the Prince George’s County, Maryland police department, 1992 to 2013. He is a graduate of the FBI National Academy and the FBI National Executive Institute. Davis holds a master’s degree in Management from Johns Hopkins University and a bachelor’s degree in English from Towson University.



Supervisor Penny Gross (D-Mason) introduces the motion to appoint Kevin Davis as the next Fairfax County police chief.



PHOTO CONTRIBUTED

Fairfax County Board of Supervisors appointed former Baltimore Police Commissioner Kevin Davis as the new police chief effective on May 3, 2021.



Jeffrey C. McKay, chairman of the Fairfax County Board of Supervisors, calls the vote on the appointment of Kevin Davis as the next Fairfax County police chief.

Davis added that Fairfax County already had common sense police reform underway, but it would be a constant conversation. Davis said reform is something done for police officers, not to them. “It makes you better. It earns you a better relationship with the community,” he said.

Davis said he looked forward to the journey. It would be an opportunity to work with the community, residents, elected officials, and community leaders in the agency.

AMONG HIS ACKNOWLEDGEMENTS, Davis thanked the Board for their trust in him, County Executive Bryan Hill for his continued leadership, interim Chief of the Fairfax County Police Department, David M. Rohrer, and his predecessor Fairfax County Police Chief Edwin C. Roessler Jr. for his leadership. Roessler stepped down in January 2021.

According to World Atlas, the Fairfax County Police Department, which has roughly 1,400 full-time sworn-in officers, is Virginia’s largest police department and ranked 33 in the top largest police departments in the United States in August 2020.

“No one hates a bad cop more than a good cop (does). You have my word that those accountability systems will be in place.”

— Kevin Davis,
New Fairfax County Chief of Police

Braddock District Supervisor James R. Walkinshaw issued the following statement regarding the Board of Supervisors’ selection of Kevin Davis as Chief of Police.

“Many law enforcement leaders have learned to talk the talk of police and criminal justice reform, but very few have actually done it. In Kevin Davis, we have selected someone with a proven track record of implementing meaningful reforms in the face of fierce resistance. That’s why the Open Society Foundation -- an organization working to develop policing systems that treat everyone equally -- asked him to write the book on consent decrees and police reform. With Chief Kevin Davis, Fairfax County is poised to build on the accountability measures already in place here and lead the nation in ensuring that the law is employed as an instrument of justice.”

Board of Supervisors Appoints Kevin Davis as Fairfax County’s New Chief of Police. - YouTube can be found online <https://youtu.be/Ii020GkUzvM>

Get Vaccinated and Register to Vote

LWV-Fairfax holds Voter Registration and Information Drive at the Fairfax County Government Center

BY KATHARINA GOLLNER-SWEET
LEAGUE OF WOMEN VOTERS OF THE
FAIRFAX AREA

Fairfax County residents getting their COVID-19 vaccinations at the Fairfax County Government Center can now also obtain information on registering to vote. League of Women Voters of the Fairfax Area member, retired physician and volunteer vaccinator Arina van Breda came up with the idea after watching hundreds of people file through the Center daily as she was administering vaccines. “Since one of the League’s main goals is to encourage people to vote, I thought we could approach people as they exit the Center and provide information on registration, as well as on the Virginia Republican nominating convention on May 8 and Democratic primary on June 8,” she said. “Voting is as important to civic health as vaccination is to our public health.”

Registering voters this year is of particular concern since statewide

the number of new voters registering was down last year, due to the COVID crisis. On the first day of this effort, van Breda and fellow LWV-Fairfax members Mary Valder and Yasmin Shafiq, spoke to more than 400 people.

The League is a non-partisan and non-profit organization founded in 1920, six months before the 19th amendment was ratified and women won the vote. Members are encouraging Fairfax County residents to register to vote by using the Virginia state Department of Elections online portal, or providing paper voter registration forms, which can then be dropped off at the Office of Elections at the Government Center or mailed in. Van Breda expects LWV volunteers to be present at the Center until the end of May or as long as the COVID 19 vaccination clinic is ongoing at that site. She emphasized, however, that the deadline for registering for the June 8 Democratic primary is May 17. Early voting began on April 23. The filing deadline to be a delegate



LWV-Fairfax member Mary Valder and LWV-Virginia President Deb Wake at the Fairfax Government Center.



LWV-Fairfax volunteer Yasmin Shafiq

PHOTO BY
ARINA VAN BREDA

“Voting is as important to civic health as vaccination is to our public health.”

— Volunteer vaccinator Arina van Breda

for the Republican Convention has already closed but anyone interested in voting at the primary or the Nov. 2 general election can register now. Candidates for the following Virginia offices are up for election: Governor, Lieutenant Governor, and Attorney General. Several Fairfax County districts will also be electing their representatives for the Virginia House of Delegates.

Langley High Students Create Virtual Career Connections Event

When faced with cancelling their traditional in-person Career Day, due to the on-going pandemic, a group of Langley High School students pivoted and created an all-virtual event – re-branded and newly named, Langley’s Career Connections. After months of coordination, on Monday, April 12, thirty-five professionals from a wide variety of career fields joined Langley students on-line, to host the 45-minute virtual presentation/question and answer sessions.

Creating a virtual event was no small task and truly a team effort. Langley High School Senior and Career Connections Co-Chair, Danielle Grieco, said the biggest challenge was learning the online platform and trusting its functionality. “However, going virtual enabled us to give the students more freedom on which profession they wanted to learn more about. Whereas, in person, the (past) Career Fair was more of a walk-



COURTESY PHOTO

Langley High School Career Connections Committee created a new virtual event. Committee members included: Ella Fedewa, Anjali Fedewa, Alisha Luthra, Keelin Byrne, Caroline Senich, Katherine Senich, Dani Grieco (co-chair), Ariana Sanjideh (co-chair).

through.” Grieco and her co-chair, Ariana Sanjideh, organized and led weekly meetings with the student committee to coordinate the school-wide event.

During the virtual setting, stu-

dents had a front row seat to meet, and listen to, dozens of professionals, including an epidemiologist, a chief scientist for a military lab, fashion industry specialists, news reporters and producers, commer-

cial artists, marketing and financial analysts, just to name a few. A foreign service officer joined the discussion from Tokyo, Japan, where it was 1 a.m., to give his presentation and take questions

from students. Sanjideh was particularly interested in the presentation from one of the engineering professionals. “He talked about how his electrical engineering degree led him to artificial intelligence and working with the military,” Sanjideh said, and she believed it gave her a whole new insight into engineering career paths.

One of the parent advisors, Sonaal Luthra, was impressed with how the students transitioned to the virtual event. “They exhibited unparalleled professionalism as they worked with the various aspects of the virtual platform,” Luthra said. “Introducing professionals, transitioning from the main room to breakout rooms, moderating sessions, communicating with volunteers, and engaging with our presenters – they did this all effortlessly in a calm, composed, and effective manner.” Career Connections, as with previous Career Fairs, is sponsored by Langley High School’s PTSA organization.

SPORTS

South County Beats Madison in State Semifinals

The defending Virginia Class 6 State Champions and winners of 23 straight coming into the game, the South County Stallions, faced the undefeated Madison Warhawks: Stallions won, 29-22, and will face Oscar Smith, who were 21-14 winners over Massoponax, on Saturday, May 1, in a rematch of last year's state championship game.



Madison QB Connor Barry #5 looks for a receiver downfield while being pressured by South County Dorian Mitchell #44.



South County wide receiver Brock Spalding #10 scores.

PHOTOS BY WILL PALENSCAR/
THE CONNECTION

McLEAN COMMUNITY CENTER
2021 GOVERNING BOARD ELECTION



Open Voting



Now through Saturday, May 15

Residents of Dranesville Small District 1A are encouraged to vote for members of the MCC Governing Board.

TWO WAYS TO VOTE: 1. in person (fill out a ballot at McLean Community Center) or 2. by mail. If you prefer to vote by mail, simply phone, send an e-mail, or fill out an online request form to request ballots for members of your household. The requested ballots will be mailed to your home.

DEADLINE: Completed ballots must be received at MCC by 5 p.m. on Saturday, May 15.



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THE CONNECTION NEWSPAPERS

CALENDAR

The Unruly Theatre Project's Virtual Improv Show will be held on Wednesday, April 28 in McLean at the Alden Theatre.



NOW THRU JUNE 26

Ken Britz, Artist of the Year. At VAS Gallery in the Village Green, 513 Maple Ave. W, Vienna. The Vienna Arts Society is thrilled to present a collection of "Favored Subjects", artworks by Artist of the Year Ken Britz. The exhibition is open April 12 through June 26, Mon. - Sat., 9 a.m. to 5 p.m. Discover more about Ken on the website: www.ViennaArtsSociety.org

WEDNESDAY/APRIL 28

(The) Unruly Theatre Project's Virtual Improv Show. Virtual. Sponsored by the Alden. 7 p.m. Join them for (the) Unruly Theatre Project's virtual spring improv shows from the comfort of your couch. You can register for one show or as many as you like, but participants need to register at least two hours in advance of a show to see it. A Zoom link and password for the show will be emailed to registrants. For more information or to register, visit: www.aldentheatre.org.

WEDNESDAY/APRIL 28

Topics in Astronomy Webinar: Stargazing. 7:30-8:30 p.m. Virtual Program. Grab your binoculars and pull up a seat for April's "Topics in Astronomy Webinar." These monthly webinars explore everything from space missions to planets, stars and galaxies. See how much can be seen in the night sky, even if you don't have a telescope. These presentations are for the general public and do not require any specific knowledge of astronomy. This virtual program will be hosted in an online Zoom meeting by staff and volunteers of the Analemma Society. The cost is \$8 per person. Call Colvin Run Mill at 703-759-2771.

FRIDAY/APRIL 30

Old Firehouse Friday Night Trip -- Top Golf. 4-10 p.m. Come eat, drink and golf like a pro! Experience a new state-of-the-art Angry Birds golf game. Golf, food and a free Top Golf membership is included. Come have fun and perfect your golf swing with us. For more information or to register, visit: www.oldfirehouse.org or call 703-448-TEEN (8336).

FRIDAY/APRIL 30

Father-Daughter Silent Disco Dance. 7-8:30 p.m. Join MCC for a socially distanced, outdoor, Father-Daughter Silent Disco Dance with DJ BigCourt. We will transform the MCC parking lot into a dance floor with each father-daughter group having its own space. Price includes the use of headphones with the option of one of three family friendly music genres, snack bags and glow products to add to the fun. Get outside, get moving and spend some time with your little princess. For more information, visit www.mcleancenter.org or call 703-790-0123, TTY: 711.

APRIL 30-MAY 14

Art as Life Vale Arts. 10 a.m. to 6 p.m. More than 160 works of fine art will be on exhibit in the virtual "Art as Life" ValeArts show April 30-May 14, 2021. Normally held at the Vale Schoolhouse in Oakton, the online show will show all types of abstract, representational, and impressionist art. Guest Artists Deb Keirce and Andrea Cybyk join the core Vale-

Artists Laura Barringer, Linda Bullen, Lorrie Herman, Kim Richards, Diana Eichler and Jenna Klimchak. Visit www.valearts.com

MAY 1 AND MAY 2

"Twelfth Night." 5-7 p.m. At Arts Herndon Lawn, 750 Center Street, Herndon. Herndon Community Arts Lab, in association with Arts Herndon and Dark Horse Theatre on Arts Herndon Lawn Stage, starts Friday at 7 p.m. Pay what you can (but reserve 'Bubble') Saturday, May 1, Sunday, May 2 - all at 5 p.m. Book tickets now www.darkhorseva.com. Cost: \$50 per 4 person Bubble, \$15 Single.

SATURDAY/MAY 1

Painting With Nature. 1-3 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Discover what nature can add to your artwork with the "Painting with Nature" class at Colvin Run Mill. Explore the ways you can use natural pigments to create gorgeous hues. Learn how to make paints using organic materials. The class is designed for participants age 13 to adult and the cost is \$25 per person. Call 703-759-2771.

SUNDAY/MAY 2

Tribute to Sonny Rollins. 3 p.m. At Mason Pond Lawn at GMU, across from the Center for the Arts Concert Hall in Fairfax. The talented Mason Jazz Faculty salutes tenor saxophonist Sonny Rollins, long heralded as "the greatest living jazz improviser," who has inspired generations of musicians. \$25/adults. Tickets are now available to the public at cfa.gmu.edu.

MONDAY/MAY 3

Science Enrichment Program. 10 a.m. to 3 p.m. At Hidden Pond Nature Center 8511 Greeley Blvd., Springfield. Explore science beyond the classroom with a "Science Enrichment" program at Hidden Pond Nature Center. These programs are designed to supplement online and classroom science instruction with hands-on activities tailored to specific elementary grade levels. The cost of each is \$6 per child. One parent is required to sign up per household. Call 703-451-9588.

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"My Thoughts to Your Thoughts"



By **KENNETH B. LOURIE**

You know the expression: "Can't walk and chew gum at the same time;" a disparaging characterization of a person, company or municipality unable to multi-task or even task at all? Fortunately, I've not had much interaction in any of these categories (myself included). I do however, have a similar description of yours truly: I can't write a column and eat at the same time. I can drink (not alcohol) and write. And back in college - in the 70s, while writing a weekly column for "the diamondback" (the college newspaper) at The University of Maryland, I could partake, recreationally, and still write my column. In fact, I still remember what I thought was one of the funniest lines in a column I wrote about my inability to use tools (while under said influence): "The only power tool I ever used was a hammer." Ah, the good old daze.

Fast forward and I mean fast, to 2021, approximately 45 years, since I was a weekly columnist for the campus newspaper. Time hasn't merely flown by, it has broken all former land speed records. In fictional fact, it hasn't been mach, it has been at "warp" speed, for those of you regular readers who are still trying to "Live long and prosper" while watching cable channel "H&I" Sunday through Friday, off and on between 8pm and 1am. For us "Star Trek" fans, these five hours of nightly programming fill a void that no replicator can match.

Spock could certainly multi-task. How else could he master three-dimensional chess? Perhaps some of his skill set had its origins in the "Vulcan mind-meld" which enabled him to read other's thoughts and gain unique insights into previously unshared experiences. As I think back over the years of previous "Star Trek" viewing (and my current re-infatuation), I can't recall ever seeing Spock eat, or even drink for that matter. Maybe he couldn't eat and be First Officer/second in command at the same time? Not that I'm equating myself with Spock, he was way more intelligent and accomplished than me. But maybe we did share a common affliction: an inability to eat and simultaneously perform other tasks?

And though Spock never seemed any the worse for the wear and tear he endured while rarely eating, I, as a red-blooded human, need to eat. I just can't eat while I'm writing. It seems to take away from my focus and blunt the creative process. Maybe if I were able to "narrow the confinement beam," I could put more of my thoughts down on paper before they're lost in my head. Thoughts which occasionally are fleeting, but usually are pertinent to the column I'm writing. Unlike Spock however, my thoughts are not always logical and though I try to embrace his Vulcan philosophy: "The needs of the many outweigh the needs of the few," I think I'm too needy to do so. (My nephew bought me Star Trek pajamas for Christmas. It didn't exactly fill a need but it sure has made me happy to wear them. If you're at all curious they are Spock's rank and color: blue top with black pants, with proper Star Trek insignia.)

As is the case with my weekly column. I deprive myself of nourishment in order to write in a semi-coherent way. Sometimes I fail (perhaps the proof is right here in the words which you are reading), but it's never because I ate while I wrote, it's because the "inertial dampeners" (whatever they are) were not functioning within normal parameters. I just have to hope that my communicator doesn't malfunction or that an ion storm doesn't develop locally and knocks out the power to my house. I don't have a "Scotty" around to transfer power from one system to another. All I have is that hammer. And I know from limited experience, that a hammer is not going to solve my problem. I need a whole crew with all their own tools.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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