

Great Falls CONNECTION

From left, Mary Bramley, Sally-Anne Andrew Pyne, Mariama Swarray-Deen, Katherine "Katie" Kuga Wenner, Christie Lavin, and Jayana Garvey at George Mason University announcing the establishment of the Holly Anne Kuga Endowment. Swarray-Deen is the first awardee.



Women's Club of Great Falls Endows Scholarship Fund

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MEET THE CANDIDATES

McLEAN COMMUNITY CENTER 2022 GOVERNING BOARD ELECTIONS

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote for members of MCC's 2022-2023 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

1234 Ingleside Avenue, McLean, Va. 22101 703-790-0123/TTY: 711 mcleancenter.org



McLean
Community
Center
The Center of It All



ADULT CANDIDATES

THREE POSITIONS OPEN



ANNA BARTOSIEWICZ annaformcc@gmail.com

My name is Anna Bartosiewicz, and I am excited to bring an international perspective to the MCC board. My family is multilingual and multicultural, and I work hard every day to instill a sense of curiosity and acceptance in my two daughters. As a board member, I would work to create an inclusive space where everyone in our community is welcome to contribute and participate, enriching us all. In my work as a consultant, my most successful projects fostered consensus through facilitation, an approach I look forward to using as we make every voice heard during the decision-making process.



DEBRA BUTLER debra4mcc@gmail.com

I moved to McLean 17+ years ago. It's been a marvelous place to raise a family, and my children have had a wonderful life here. Part of that is McLean Community Center. It's time for me to give back now that they are grown! I'm interested in bringing in art events that incorporate younger participants to the theater, like open-mic music and comedy. I'm also interested in cultural innovations that incorporate the rich tapestry of our diverse community from around the world. And the restoration of our greenspace and helping to advance an enriched Central Park. I'd love your support.



ARI GHASEMIAN ariformcc@gmail.com

My name is Ari Ghasemian, and I'm running for the McLean Community Center Governing Board this year. As a product of public education—from Chesterbrook Elementary School to the University of Virginia—I know firsthand the role institutions like the Community Center play as a hometown's anchors. I seek to serve on the MCC Governing Board in order to be a steward of the values that make McLean the vibrant community we are: respect for difference, giving back and the belief that we can all learn something new from one another.



KATIE GORKA katiegorkamclean@protonmail.com

I moved to McLean with my family in 2008, and I found it to be a wonderful place to raise our young children. Now that they are older and out of the house, I wanted to find a way to give back to the community. I always enjoyed the events at the McLean Community Center and feel it is a great asset. As a member of the board, I would help ensure that programming represents all members of the McLean community and that it responsibly stewards funds and other resources that are entrusted to it by members of our community.



KRISTINA GROENNINGS kristinaformcc@gmail.com

I grew up less than a mile from McLean Community Center. I attended theater classes and arts programs there and performed on stage. It would be an honor to participate on the board to ensure that the same opportunities that were afforded me, continue to be available to residents. It's vitally important that we foster a sense of community, by presenting quality programming and opening MCC's doors to civic and cultural activities. I would bring arts experience as a former concert pianist, policy and board experience as former lead counsel to PBS and experience as counsel to major entertainment companies.



LAUREN S. KAHN laurenskahn@gmail.com

I have lived in McLean since 1976. My townhome is about five minutes by car from the MCC. My kids attended Fairfax public schools. My son got his start in dramatics in the MCC children's play with lead roles in two successive years. I am opposed to the interference of the culture wars in this election. I believe that funds could be better spent on programs for our diverse constituencies rather than spending \$250,000 on electric vehicle chargers in the parking lot so that a few people can charge their EV's at public expense.



JAMES LAWLESS jimformcc@gmail.com

I'm a lifelong resident of McLean. I was in the first class at McLean High School, where I met my wife Barbara in Latin. We were married while I was in law school. I spent my profession as a lawyer for NOAA. We lived in Scotts Run where I was HOA president. Barbara and I strongly supported the establishment of McLean Community Center in 1972. Since her death in 2014, I've lived in King's Manor and served as HOA president. I serve on the Board of McLean Citizens Association. If elected, I will work to improve programs, outreach and participation.



MAIRE SHINE maire4mcc@gmail.com

Born and raised in McLean, I want to give back to our community by shaping its future while honoring the traditions that make McLean so special. I have always appreciated the MCC for uniting and enriching the lives of the McLean community by offering diverse and engaging activities for all. I hope to carry those efforts forward as a member of its Governing Board, building on my foundation of community engagement as a longtime volunteer with McLean youth sports. If elected, I would serve as an energetic, collaborative Board member who understands the importance of preserving McLean's sense of community.



ISHAH "LAURAH GUILLEN" WRIGHT ishahwright@gmail.com

I'm one of the few publicly known CIA. My teacher frequented this community, so it is comfortable for us publicly known CIA types being around here. The word "intelligence" in Central Intelligence Agency, means high IQ. All CIA employees are chosen for being the world's top IQ (smart level), so we're the best at anything (even center improvements). I've direct access to top rich and famous, giving me greater fundraising capability legally, and to place our students in movies. As a visual artist, I relate to visual art aspects of our center. I want to give back to the community.

YOUTH CANDIDATES

ONE POSITION OPEN

Langley High School Boundary Area



CHARLOTTE LOVING charlotterloving@gmail.com

For as long as I can remember, I've been going to McLean Community Center. Whether it was watching a play or taking classes, the center has been part of my whole life. I'm very familiar with McLean and I have friends in both the McLean and Langley districts through softball, church and other activities. I'm president of the Langley Nice Cream Club and it has taught me how to lead and plan along with how to make and achieve goals. Since the center has been a big part of my past, I'd like to be a part of its future.

YOUTH CANDIDATES

ONE POSITION OPEN

McLean High School Boundary Area



MAX BLACKSTEN max4mcc@gmail.com

I am honored to be in candidacy for reelection to the MCC Governing Board. I want the opportunity to continue serving on the center's Governing Board because I want to be able to influence policies at the MCC and Old Firehouse, and I feel that I have the skills and experience working on the Governing Board over the past year to bring even more impactful change in 2022 and 2023. Outside of the MCC, I am highly qualified to serve due to the diverse set of leadership skills I have attained through my extracurricular activities. Thank you for your consideration.



SARAH TRAN sarahtran4mcc@gmail.com

My name is Sarah Tran, and I am honored to be a candidate for the McLean Governing Board. McLean has been excellent to me, and I view this position as an opportunity to contribute to such a friendly and welcoming community. I have led numerous activities that brought teens together and foster fellowship through nonprofit organizations, school clubs and honor societies. What I enjoy most is working with others who have the same goals in mind, and it is my belief that alongside the governing board, we will achieve the common goal of improving McLean for all of its residents.

For more information on the election, visit mcleancenter.org or email elections@mcleancenter.org.



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

From left, Mary Bramley, Sally-Anne Andrew Pyne, Mariama Swarray-Deen, Katherine "Katie" Kuga Wenner, Christie Lavin, and Jayana Garvey at George Mason University announcing the establishment of the Holly Anne Kuga Endowment. Swarray-Deen is the first awardee under the announcement.

Holly Ann Kuga Endowment Established

Women's Club of Great Falls Scholarship Fund names first awardee at GMU.

BY MERCIA HOBSON
THE CONNECTION

The Women's Club of Great Falls Scholarship Fund announced the establishment of the Holly Ann Kuga Endowment on March 19, 2022, at George Mason University (GMU).

Holly's daughter, Katherine "Katie" Kuga Wenner, said, "The Women's Club of Great Falls Scholarship Fund recognizes extraordinary students and provides them with financial assistance to pursue degrees in higher education. Like many of these students, my mom had to support herself growing up, especially as it related to education."

In December 2020, Kuga died in a vehicle crash. As a longtime member of the Women's Club, Kuga was very close to many. She was also very supportive of the Fund that awards scholarships to deserving Northern

Virginia students aged 25 and older who are in good academic standing and demonstrate financial necessity.

At the March 19 event, Wenner joined GMU student Mariama Swarray-Deen, the first scholarship awardee under the Holly Ann Kuga Endowment, and Mary Bramley, GMU's Director of Donor Relations and Stewardship. Scholarship Fund board members Jayana Garvey and Sally-Anne Andrew Pyne, and Christie Lavin, co-presidents, also attended.

"We are so proud and

delighted to stand here today with Katie and Mariama, and to see hope and new life represented by this endowment come to fruition. Of all the hard work we have done over the years for our students, this moment is the pinnacle," Pyne and Lavin said in a joint statement. "To know that Holly's legacy will last in perpetuity for the benefit of other hard-working women like herself is at the heart of our mission."

Because of donations and the Spring Tea 2021 fundraiser, the group raised more than \$34,000 for the Holly Anne Kuga Endowment. The tea was a virtual and in-person ticketed event held a few months after Kuga's death.

Wenner said her moth-

er was "a person of extraordinary generosity, compassion, wit, and intellect." She was someone that Wenner turned to for everything. "She always thought about others and never put herself first, ever. She was my rock, my confidant, my mom, and best friend. And my love for her can never be replaced. I believe my mom truly embodies the foundation of this scholarship, and it is an honor to establish it in her name," Wenner said.

In 2016, the Scholarship Fund created two \$25,000 endowments set in perpetuity, one at George Mason University and the other at Northern Virginia Community College. In the last five years, the Fund has provided scholarships to 41 students for a total of \$54,400.

The Scholarship Fund is a separate non-profit organization from the Great Falls Woman's Club.

To learn more about the Scholarship Fund or assist next year's students by attending or donating at the April 23, 2022 Spring Tea fundraiser, visit: <https://www.womensclub-gfsf.org>.



PHOTO CONTRIBUTED

Holly Ann Kuga (1947-2020). A scholarship fund is established in Kuga's name to support the education of deserving women students in Northern Virginia seeking upper-level degrees.

Inmate Dies at Fairfax County Adult Detention Center

Detectives from Fairfax County Police Major Crimes Bureau are investigating the in-custody death of 65-year-old inmate George Redmond. The Sheriff's Office reported on March 28, 2022 at approximately 9:20 a.m., a Sheriff's deputy found Redmond unresponsive in his single cell in the Adult Detention Center (ADC). The deputy rendered aid until relieved by

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ADC medical personnel, according to the Sheriff's Office. Rescue arrived, continued lifesaving measures and transported Redmond to the hospital, where he was pronounced deceased. The Office of the Chief Medical Examiner will conduct an autopsy, but preliminarily, there are no signs of foul play, according to police.

Redmond had been in the custody of the

Fairfax County Sheriff's Office and incarcerated at the ADC since March 25. On that date, he was originally arrested by Alexandria City Police, FCPD said. Custody was transferred to FCPD officers, and Redmond was taken to the Fairfax County ADC.

He was arrested for a failure to appear warrant related to an original charge of

trespassing and destruction of property. Our detectives are coordinating with the Fairfax County Sheriff's Office to gather the facts and circumstances surrounding this death.

Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is underway.

Gun Violence Still With Us

BY DEL. KENNETH R.
"KEN" PLUM

Mass murders have not made the front pages of newspapers recently even as the pace of gun violence continues to be a menace to our society. Keeping many incidents of gun violence off the front pages of newspapers is in part related to the Federal Bureau of Investigation definition of a mass murder being the killing of four or more persons in a single event. That is a horrific event without a doubt, but the amount of violence in occurrences just below that definition has to be equally as alarming.

Virginia is no stranger to mass murders. One of the deadliest mass murders in our country occurred on the campus of Virginia Tech when a mentally deranged student in 2007 killed 32 students

and staff and wounded 24 others. As recently as 2019 a Virginia Beach city employee killed 12 people at his workplace and wounded four others.

Every day in Virginia and throughout the country news media are reporting on the inside pages of newspapers and in other news accounts the daily occurrence of gun violence that is less than a mass murder but bringing trauma to thousands and disrupting the safety and quality of life for many thousands more. There is a legitimate concern that the public has become numb to the bad news and may shut it out as something we do not want to recognize or know about because there is no known solution for it.

Virginia is no stranger to gun



Plum

violence. According to Everytown for Gun Safety, in an average year in Virginia 1,019 people die and 2,050 are wounded by guns. Virginia has the 29th highest rate of gun violence in the United States. In Virginia, 65% of gun deaths are suicides and 32% are homicides. Guns are the leading cause of death among children and teens. An average of 85 children and teens in Virginia die by guns every year, and 55% of these deaths are homicides. (EveryStat.org)

Beyond the statistics are the stories of what happens to individuals, families, and communities because of gun violence. In July of last year a three year old was killed by a stray bullet in Richmond. In the same city in April a shootout at

an apartment complex left a woman and her three-month-old baby dead. In November in Norfolk last year three women died and two were wounded from gun shots in a domestic dispute. In March of this year a 25-year-old newspaper reporter and her friend were caught in crossfire from a shootout in downtown Norfolk and were killed. There are dozens of similar stories of what some have described as an epidemic of gun shootings in the Commonwealth.

Citizens need to continue to speak out on gun violence and help give a voice to the victims. The 2020 session of the General Assembly made important reforms related to gun safety including my universal background check bill. We need to hold onto these reforms without backsliding while electing candidates who will support further reform.

Join Great Falls Trailblazers

For over twenty years Great Falls Trailblazers have worked to connect neighbors and neighborhoods in Great Falls Village by a series of safe walking and biking trails. Our goal is to help make Great Falls a village not only in name but also a village in attributes. We envision a Great Falls Village trail system where residents in one neighborhood can visit friends in another, take children to play, walk the dog, exercise and even visit the Library without needing a car.

Trailblazers were instrumental in the implementation of the paved trail along Georgetown Pike (193) from Utterback Store Road to Seneca Road. Eventually

this trail will be completed to the Village. The vision is that one day this trail will be completed to River Bend Road and into Great Falls National Park. Development of trails have been helped by Virginia Law (Code 29.1-509) which states that if an owner grants a trail easement on their property or gives someone permission to walk or bike on said property - the property owner is not liable in case of an accident.

Partnerships with local and neighborhood organizations are critical for the development and care of a trail system. For years, Trailblazers have worked to keep the widely used Hickory Creek Trail open and now the neighbors and the local HOA have taken over

the maintenance and it continues to be much enjoyed. High school volunteers and local Scout troops have helped in our efforts and it also provided these young people an opportunity to fulfill their service hours. The Trailblazers want to thank these neighbors and the Tralee and Falcon Ridge HOA for their maintenance and interest in their beautiful neighborhood trails.

For years the Trailblazers have sponsored the 5K Fun Run on July 4th and we plan to host the run again in 2022 at 8 a.m. The Fun Run starts at the Great Falls Library and is open to runners/joggers of all ages. We want to thank Innsbruck and Arnon Ridge HOAs

and Stone Ridge Farm for their help with the run. In recent years this fun event has grown to over 200 participants. We hope to see you there this July 4th at 8am.

The Trailblazers meet monthly in addition to the trail work days where volunteers "clip and clear" trails throughout Great Falls Village. We also sponsor periodic trail walks where people are invited to walk a designated trail so neighbors can learn about their local trails.

See our website for more information and a map of the many trails in our neighborhoods: WWW.GREATFALLSTRAILBLAZERS.ORG

Gordon Harris
Great Falls

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

VIENNA TO PROVIDE RELIEF TO UKRAINIAN REFUGEES

Vienna Mayor Linda Colbert joined other Northern Virginia elected leaders at the Fairfax County Government Center last week to help launch a multi-jurisdictional relief effort to support Ukrainian refugees. Beginning now through April 15, residents who wish to help may drop off the following relief supplies at the Vienna Community Center:

- New or gently used coats
- New blankets
- New pairs of heavy socks or sweat socks
- New pairs of gloves.

Once the drive concludes, the donated items will be picked up and shipped to Poland for distribution to Ukrainian refugees there. The regional aid drive was organized by the Northern Virginia Regional Commission. The Vienna Community Center is located at 120 Cherry St. SE. Donations may be dropped off at the Community Center Monday-Friday from 8 a.m. to 10:30 p.m.; Saturday from 8 a.m.-9 p.m. and Sunday from 12-6 p.m. For more drop-off locations visit www.helpukrainenova.org.

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Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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NEWS

Historic Great Falls Grange Public-Private Partnership Signing

Supervisor John Foust and Park Authority Executive Director Jai Cole plus leaders of the non-profit Great Falls Grange Foundation (GFGF) will hold a signing ceremony at the Great Falls Grange on Monday, April 4 at 6:30 p.m.

The Great Falls Grange Foundation Board members include Jorge Adeler (Adeler Jewelers), Gary Pan (Rotary Club of Great Falls), Bill Canis (Great Falls Citizens Association), and Linda Thompson (Optimists Club of Great Falls) who will sign an agreement with the Fairfax County Park Authority to operate the Grange and adjacent historic Schoolhouse for private and community events, investing the proceeds into internal building improvements and new landscaping.

The public-private partnership between FCPA and GFGF is seen as a prototype for countywide ap-



plication that will eventually be a self-supporting community center for Great Falls. The public is encouraged to attend, and refreshments will follow. Registration is not required; this will be an in person only event. For updates and other details about the meeting, go to <https://gfgrange.org> and <https://www.fairfaxcounty.gov/parks/park-news/2022/z-ir025>.



FCFD

House fire in the 9900 block of Deer Pond Drive in the Great Falls area did not extend beyond the garage.

Neighbor's 911 Call Helps Contain Fire

On Tuesday, March 22, at approximately 11:22 a.m., units from the Fairfax County Fire and Rescue Department and Loudoun County Fire and Rescue were dispatched for a reported house fire in the 9900 block of Deer Pond Drive in the Great Falls area of Fairfax County.

Units arrived on the scene of a two-story, single family home with fire in the attached garage. Crews were able to quickly knock down and extinguish the fire. There was no extension of the fire beyond the garage. There were no reported civilian or firefighter injuries.

No occupants were home at the time of the fire. The fire was discovered when a neighbor saw fire

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coming from the garage door. 911 was notified. There were working smoke alarms in the home. They did not sound due to the location of the fire.

Fire Investigators determined that the fire was accidental in nature and started in the garage. The cause of the fire was an electrical event involving wiring to a garage door opener.

No occupants were displaced because of the fire. Red Cross services were not required. Damages as a result of the fire are approximately \$87,500.

Dr. Whyte's New Book

Released March 8, 2022

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DOODLE POP

SATURDAY, APRIL 23, 4 P.M. | \$15/\$10 MCC DISTRICT RESIDENTS

A mischievous duo starts to doodle... and ends up creating a whole imaginative world! They invite us along on their sea adventure with a tiny little turtle. Created by BRUSH Theatre of South Korea, Doodle POP is a touching and playful nonverbal show. Live musicians perform the accompanying score and sound effects along with stunning interactive animation projections, live whiteboard drawings and an abundance of theatrical imagination.

The Alden at the McLean Community Center: 1234 Ingleside Ave., McLean Va. 22101
For tickets: aldentheatre.org or call 703-790-0123 | TTY: 711



Spring Community Parking Lot Sale

Sunday, April 10, 9 a.m.-1 p.m.
MCC Parking Lot • Free admission

Featuring up to 50 adult and youth sellers, this is sure to be one of the largest and best sales of the season! Find gently used household goods, electronics, furniture, clothes, appliances, and more!



McLean Community Center
The Center of It All

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SENIOR LIVING

Local Quilters Use Craft To Bring Cheer

McLean Quilters Unlimited gifts quilts to Mary Marshall Assisted Living and other organizations.

BY MARILYN CAMPBELL
THE CONNECTION

Patsi feels loved when she looks at hers while Diana's keeps her warm and comfortable at night. The vibrant colors of Don's brighten his room. These reactions are from seniors — residents of Mary Marshall Assisted Living in Arlington — to quilts gifted to them on Valentine's Day. The quilts were handmade by the charitable artisans of McLean Quilters Unlimited.

"The quilts ... truly touched my heart and the hearts of the residents," said Divina Alston, Mary Marshall Executive Director. "To think of the craftsmanship and hours it took to complete each quilt makes them extra special. Knowing the love and care that was put into them, brought out a lot of smiles. The residents were thrilled to go in their private rooms to place their quilts on their beds or chairs to brighten their living space."

McLean Quilter Unlimited, one of the 11 chapters of Quilters Unlimited of Northern Virginia (QU), donated a total of 60 handmade quilts to the residents of Mary Marshall. This is just one of the philanthropic projects that members undertake each year. They've given quilts to organizations such as the Fairfax Ronald McDonald House, US Army for Afghan Refugees, Fair Oaks Hospital's Teddy Bear Project, Fairfax County Animal Shelter and Assistance League of Northern, Virginia.

"We seek out worthy causes through word of mouth in the community. They're often associated with other activities our members support, like sup-

port for refugees through a church or synagogue," said Alcy Frelick, president of McLean Quilters Unlimited. Mary Marshall House came to our attention through one of our members."

In addition to offering support to nonprofit organizations, their mission is to preserve the tradition, culture and history of quilting.

The McLean guild has 80 members and is open to anyone regardless of their experience or skill level. QU's chapters have a total of more than 1,000 members.

"As members, we gain friendship, encouragement, appreciation for our work, creative inspiration and quilting techniques," said Frelick.

The group meets on the fourth Tuesday of each month from 10 a.m. to noon at St. Peter's Episcopal Church in Arlington. Meetings are open to visitors. The work of the McLean Guild, as well as that of others in Northern Virginia, will be on display through an online exhibit that starts during the first weekend of June. For more information, visit: www.quilter-sunlimited.org.



PHOTOS COURTESY OF McLEAN QUILTER UNLIMITED

In addition to Mary Marshall Assisted Living, members of McLean Quilters Unlimited have gifted their work to organizations such as the Assistance League of Northern, Virginia.



Members of McLean Quilters Unlimited display quilts that members donated to Mary Marshall Assisted Living

WELLBEING

Alcohol Awareness Month

BY MARILYN CAMPBELL
THE CONNECTION

A pile of crushed metal, shattered glass was the result of Bo Bissett's decision to get behind the wheel of a car while drunk. He crashed his car into a telephone pole in an accident that nearly cost him his life. Two years later, he got drunk at a keg party. He left the celebration traveling by skateboard, rolled into oncoming traffic and was hit by a car. He almost lost his right leg.

Still, Bissett's heavy drinking continued.

"A few years later, I pushed everyone around me away and left the country," said Bissett. "I traveled and drank myself stupid for another 10 years. That's when my body started breaking down and I realized I wouldn't just die in my sleep, that the end would be longer and more painful than I imagined. That's when I realized I had to stop



PHOTO COURTESY OF BO BISSETT

Bo Bissett used alcohol to cope with painful childhood experiences. After two horrific accidents, he sought treatment to work through difficult issues. That was one of the first steps on his road to recovery.

"What people do not realize is that Alcohol Use Disorder is a brain disease," said Arlington psychotherapist, David Burch. "Our brains can become addicted, crave it and have withdrawals from it."

Because alcohol is a legal substance, knowing and accepting that one has crossed a line into alcoholism can be challenging, said Allana Taylor, LCSW, director of Student Counseling Services at Marymount University. She recommends the CAGE assessment, a short questionnaire that can indicate problem drinking.

The CAGE questionnaire is an acronym for four questions:

Have you ever tried to Cut down your drinking?

Have people Annoyed you about your drinking?

Have you ever felt Guilty about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?"

"Alcoholics continue drinking despite the problems that it causes in their lives," Taylor said. They find themselves drinking more than they anticipated, have had unsuccessful attempts to stop drinking, and over time require increasing amounts of alcohol in order to achieve their desired effects."

Misconceptions and stigma around alcoholism can cause shame unlike other accepted medical conditions. "A lot of people think that it's just an easy decision to put down

SEE ALCOHOL, PAGE 11

"Drinking alcohol is more socially accepted than other substances and is much more accessible than other substances, which can make it more difficult, in some ways, to quit."

— Allana Taylor, LCSW, Director of Student Counseling Services at Marymount University

punishing myself."

Bissett and others who've struggled with alcoholism are using the month of April to share stories about alcoholism played and their roads to recovery. Designated as National Alcohol Awareness Month, survivors and mental health professionals who work in substance abuse and addiction use the month of April to raise awareness, erase stigma and to inspire those who are struggling to get help and maintain sobriety. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimates that 90 percent of alcoholics will have at least one relapse during their first four years of sobriety.

Find Your Way to Alcohol Treatment

<https://alcoholtreatment.niaaa.nih.gov/>

Alcoholics Anonymous <https://www.aa.org/>

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APRIL

4/6/2022.....Wellbeing
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CALENDAR

NOW THRU APRIL 28

A collection of paintings by Layla Gray and Coty Dickson entitled "The Four Seasons" is on display at the Great Falls Library, 9830 Georgetown Pike, Great Falls, VA 22066. The public can view this collection of favorite seasonal paintings in the library's large meeting room from now through Thursday, April 28, 2022 during regular library hours. Contact Coty Dickson at coty dickson@gmail.com for additional information.

NOW THRU APRIL 16

Photos with the Easter Bunny. At Tysons Corner Center, McLean, Fashion Court, Level 1 near Nordstrom. Tysons Corner Center welcomes the Easter Bunny back on March 18th. Visit the Bunny for an unforgettable family photo experience. The option to pre-book your appointment is available and recommended to reduce wait time. Visitors can choose from a selection of photo packages as well as choose between a socially distanced experience or sitting with the Bunny, if permitted per local mandate. The Bunny will be available Monday - Saturday from 11 a.m. - 7 p.m. and Sunday from 12 p.m. - 6 p.m.

NOW THRU APRIL 30

The Friends of Frying Pan Farm Park invite the public to participate in its 2022 photo contest. Help celebrate all that is special about the farm with the second "Focus on the Farm" fundraiser. Open to photographers of all ages and abilities, capture the beauty and farm life at Frying Pan Farm Park. The categories include nature, landscape and scenery, and farm animals. Photos must be taken, and entries submitted between March 1 and April 30, 2022. You can enter up to 10 photos. The fee is \$7 per entry for adults, and \$5 per entry for children up to age 16. The fees will directly support the park and care and feeding of the animals at the farm. Go to the Friends of Frying Pan Farm Park website for detailed instructions and submission information; or email the Friends of Frying Pan Farm Park at friends@fryingpanpark.org. Frying Pan Park is located at 2709 West Ox Road, Herndon. Call 703-437-9101.

WEDNESDAY/MARCH 30

Michael Oppenheimer Speaks. 7:30 p.m. Via Zoom. Topic is: Climate Change: What You Need to Know. Sponsored by the Northern Virginia Hebrew Congregation. Visit the website: <https://nvhc.shulcloud.com/form/speaker-series-3/30/2022.html>

MARCH 30-APRIL 3

Used Book Sale. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sale of gently used books for children, young adults, and educators. Shop over 10,000 items. Hours are: Thursday, March 30 - 10 a.m. to 5 p.m.; Friday, April 1 - 10 a.m. to 5 p.m.; Saturday, April 2 - 10 a.m. to 5 p.m.; Sunday, April 3 - 10 a.m. to 3 p.m. Contact the Friends of the Reston Regional Library at 703-829-5467.

APRIL 1-17

"Nat Turner in Jerusalem." Friday and Saturday at 8 p.m., Sunday at 2 p.m. At NextStop Theatre Compa-



The opera "Zavala-Zavala" will be presented Friday, April 8, 2022 at The Alden Theatre in McLean.

ny, 269 Sunset Park Drive, Herndon. This powerful play delves into an important moment in American history, which has continued to shake the conscience of the nation for almost two centuries. Through powerful performances, audiences are invited to take part in a deep exploration of human morality and the grim reality of the past. Visit the website: <https://www.nextstoptheatre.org/nat-turner-in-jerusalem>

SATURDAY/APRIL 2

Mr. Vaudeville and Friends Present Mystery. 3 p.m. At Reston Community Theater's CenterStage. Bring the family and join an audience of unlikely sleuths for an afternoon of high crimes and high jinks. Visit www.restoncommunitycenter.com.

SATURDAY/APRIL 2

Sip, Stroll & Adult Easter Egg Roll. 8 - 10 p.m. At Tysons Corner Center, McLean. Check-in at Barrel + Bushel on The Plaza, egg roll will be held inside the mall This event allows the adults to get in on the Easter fun with an Adults-Only Egg Hunt. This free event will include cocktails, brunch snacks, live music, a visit from the Easter Bunny, and over \$5,000 in prizes from Tysons Corner Center retailers. Pre-registration is required. Participants must be at least 21 years of age.

SATURDAY/APRIL 2

Anglers with Autism. Noon to 3 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Anglers with Autism is for families to learn how to fish together and identify a variety of accessible fishing

opportunities the Park Authority has to offer. During this outdoor program, families will be provided with a basic fishing lesson and a guided fishing opportunity, with all equipment provided. This free event is for youth with autism, ages 6 to 21, and their families. All fishing participants ages 16 and older must have a valid Virginia fishing license.

WEDNESDAY/APRIL 6

Class: The Carla Perlo Story. 8 p.m. At Reston Community Theater's CenterStage. Experience a documentary film, interspersed with live performance, about dancer and choreographer Carla Perlo and her influence on her students, the field of dance, the communities in which she worked and her advocacy for property ownership by artists over the course of 48 years. Visit www.restoncommunitycenter.com.

FRIDAY/APRIL 8

Two Operas. 7:30 p.m. At The Alden, McLean Community Center, McLean. "Zavala-Zavala" by Composer Brian Arreola and Librettist Anna Deeny Morales, tells a story of family separation and survival at the U.S.-Mexican border—inspired by true events. The second opera, "Our Queer Mother, Gabriela," is an IN Series commission that sets the poems of Gabriela Mistral in her original Spanish, as well as in the luminescent English translations by Langston Hughes. Tickets are \$25, \$15 for McLean Community Center (MCC) district residents. The theater is located inside MCC at 1234 Ingleside Ave., McLean. Visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

SATURDAY/APRIL 9

123 Andrés. 3 p.m. At Reston Community Theater's CenterStage, Reston. 123 Andrés is the award-winning duo of Andrés and Christina, who entertain with catchy songs and a high-energy show that gets kids and families singing and dancing in Spanish and English. Visit www.restoncommunitycenter.com.

SATURDAY/APRIL 9

Spring Bazaar and Craft Show. 10 a.m. to 4 p.m. At Vienna Volunteer Fire Department, 400 Center Street, South Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their popular Spring Bazaar and Craft Show. Offered for sale will be crafts, holiday decorations, items for your home, clothing and gifts for that special someone. A delicious lunch menu is planned, as well as a bountiful homemade baked goods table. Looking for a unique find? Come shop at Vera's Attic table. Fire Department T shirts will be available for purchase. For information, or to reserve a space and request an application, call Carol at 703-309-3468 or email Dancers1023@aol.com, or Lisa at 703-981-4504 or email lisaemerson3@verizon.net. Admission is free.

APRIL 9-10

Native Plant Sale. The Friends of Riverbend Park's Native Plant Sale this year will be held to coincide with Riverbend Park's Bluebell Festival. To order native plants online, go to the FORB website at www.forb.wildapricot.org and click on the "2022 Native Plant Sale" tab. Twenty-eight different species of native plants are available for purchase at \$11 per quart-sized plant and \$13 per gallon-sized plant. All plants ordered and paid for online must be picked up at the Riverbend Park Educational Pavilion on Potomac Hills Street on April 9th or 10th between 10 a.m. and 4 p.m. Additional Bluebells will also be available for sale by cash, check or credit card at the Visitor Center during the Bluebell Festival. If there are any questions, contact Hugh Morrow at hughmorrowiii@gmail.com.

SUNDAY/APRIL 10

Mah Jongg. 10 a.m. to 4 p.m. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Mah Jongg Fun Day with brunch and raffle (cash or checks). Questions?

Iva at wotrs@templerodefshalom.org. Registration by March 25th, <https://adobe.ly/3mY7eWr>

SUNDAY/APRIL 10

Clifton Easter Egg Hunt. 11:30 a.m. - 1 p.m. At Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Fun and games, bake sale, craft sale, and ice cream. Main Street Pub - The Corned Beef and Cabbage Dinner is outstanding! Corned Beef brisket layered atop a wedge of cabbage and finished with sides of red skinned potatoes and carrots (available only in the month of March).

SUNDAY/APRIL 10

Spring Community Parking Lot Sale. 9 a.m. to 1 p.m. At MCC Parking Lot, 1234 Ingleside Ave., McLean. Featuring up to 50 adult and youth sellers, shoppers can find bargains galore at one of the area's biggest community sales of the spring season. The sale offers a wide variety of gently used household goods, electronics, furniture, clothes, appliances and other items. The Kids' Row is a special area of the sale where children ages three to 15 can use their math and entrepreneurial skills while selling toys, clothes, games and other items. Got stuff? A limited number of selling spaces are available. Residents selling household items are welcome as are commercial vendors or flea market dealers. To sell at the sale, register online at www.mcleancenter.org, in person or by phone by contacting the MCC Registrar at 703-744-9365, TTY: 711.

MAY 21-22

Girls on the Run Spring Registration. GOTR NOVA will be offering an in-person, 10-week curriculum for the Spring 2022 season. Two in-person 5Ks presented by Cigna will be held on May 21st and 22nd in Sterling and Ballston, respectively. Teams will continue to be school and community-based to further our outreach efforts in being accessible to every girl across Northern Virginia. Currently, 105 teams throughout Alexandria, Arlington, Fairfax, Falls Church, Loudoun, Manassas, Manassas Park, and Prince William are open for Spring 2022 registration through March 1, 2022. For more information about spring registration and sites for Girls on the Run of NOVA, visit www.gotrnova.org.

BULLETIN BOARD

FROM PAGE 4

SATURDAY/APRIL 30

In conjunction with the United States Drug Enforcement Administration (DEA) and state and local law enforcement agencies, the Vienna Police Department will again participate in a one-day initiative to remove potentially dangerous controlled substances from area homes. On April 30, 2022, between 10 a.m. and 2 p.m., the Vienna Police Department will have a collection site for old, expired, unused, or unwanted medications. Prescription medications, controlled or non-controlled substances, and over-the-

counter drugs may be turned in anonymously at the collection point inside the Vienna Police Department temporary facility located at 301 Center Street, South, Vienna, Virginia 22180 (The former Faith Baptist Church).

Participants may dispose of medication in its original container or by removing it and disposing of it directly into the collection box. If an original container is used, the individual should consider removing any identifying information from the prescription label. Liquid products should remain sealed in their original container to prevent leakage.

SEE BULLETIN, PAGE 9

BULLETIN BOARD

FROM PAGE 8

SATURDAY/APRIL 23

Sen. Mark Warner will host his annual Academy Day on Saturday, April 23, from 10 a.m. to 12:30 p.m. This is a virtual event that will be hosted on Accelevents.

The event will offer students, their parents or guardians, and school counselors a comprehensive overview of the United States service academies and their admission processes.

Attendees will have the opportunity to join breakout sessions with representatives from the United States service academies for presentations and an interactive question and answer period. On the main stage, you will hear from representatives from the Virginia congressional delegation about the application procedures for congressional nominations to the academies as well as speakers from the Department of Defense Medical Examination Review Board, the University of Virginia ROTC programs, the Virginia Tech Corps of Cadets, the Virginia Military Institute, and the Virginia Women's Institute for Leadership at Mary Baldwin University. There will also be time to speak in more detail with many of these representatives at their virtual resource tables.

Information on the nomination process for the service academies is available on the Senator's website at www.warner.senate.gov. You may email academy_noms@warner.senate.gov with any questions.

12 DRANESVILLE DISTRICT RESIDENTS QUALIFY TO RUN ON MCC GOVERNING BOARD

McLean Community Center has certified 12 Dranesville Small District 1A residents, nine adults and three teens, to run for seats on the McLean Community Center Governing Board. The all-volunteer board sets the goals and aligns strategies for MCC programs and facilities, including the Robert Ames Alden Theatre and the Old Firehouse Teen Center. The center is located at 1234 Ingleside Ave.

Residents of Dranesville Small District 1A are eligible to vote during the election. Voting for Governing Board members will be held from 10:30 a.m. to 5 p.m. on Saturday, May 21, at the McLean Day 2022 festival at Lewinsville Park, 1659 Chain Bridge Rd. Residents also may vote during Early Voting from Wednesday, March 16, through Wednesday, May 18. Early Voting ends on Wednesday, May 18, at 5 p.m. All Early Voting ballots must be received at MCC by 5 p.m. to be counted.

Early Voting. A resident may request a ballot package online (www.mcleancenter.org), by phone (703-744-9348, TTY: 711) or email (elections@mcleancenter.org), or may pick one up at MCC, 1234 Ingleside Ave. Completed early voting affidavits and ballots must be received by 5 p.m. on Wednesday, May 18.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123/TTY: 711 or visit: www.mcleancenter.org.

EASY DYNAMICS TO EXPAND, CREATE 61 JOBS

Gov. Glenn Youngkin announced that Easy Dynamics Corporation, a technology services provider with a core focus in cybersecurity, cloud computing, and information sharing, will invest \$100,000 to expand its operation in the Tysons area of Fairfax County. The project will create 61 new jobs, including software engineers, business analysts, project managers, and other business support roles.

Founded in 2006 in Fairfax County, Easy Dynamics brings well-architected solutions and management consulting to its clients and is committed to delivering unparalleled quality and service in all aspects of its organization, providing customers with technical excellence and the business acumen to advise on both tactical and strategic initiatives.

MCA OUTSTANDING CHARACTER AWARD FOR TEENS

The McLean Citizens Association is again sponsoring Teen Character Awards to recognize teens of exceptional ethical and compassionate character. Teens who have, on their own and without compensation or formal recognition, cared for elderly relatives or younger siblings, or who have helped out in the neighborhood or community (defined as the Greater Washington D.C. metropolitan area), deserve to be recognized not only for themselves but as an example to others.

The award is not a competition. All teens whose nominations indicate

they meet the criteria will receive an award. The McLean Citizens Association Education and Youth Committee will review nominations to determine compliance with the criteria. The criteria are listed on the attached description of the award.

The award consists of a certificate which will be presented on the stage at McLean Day on Saturday, May 21, 2022, at 3 p.m. Names of award winners will be provided to local newspapers to highlight recognition of the teens' achievements. A nomination application is attached or you can click on this link - Application - Outstanding Character Award for Teenagers.

Nominations must be submitted via email to the McLean Citizens Association no later than Friday, April 22. For further information email Jim Beggs, MCA Education & Youth Committee Chair, at e-y_committee@mcleancitizens.org.

YOUTH POLLINATOR GARDEN GRANTS

As part of the Great Falls Garden Club's 80th Anniversary Celebration, the Garden Club is sponsoring a \$150 Youth Pollinator Garden Grant to be awarded to a child ages 9-14 who lives in the 22066 Zip Code.

Currently the Great Falls Garden Club maintains two garden sites at the Great Falls Library and one garden, The Blue Star Memorial Garden, at the Village Center in Great Falls. One garden at the library lines the walkway along the library's path and the other is the Meadow visible from

Georgetown Pike. Beyond their aesthetics, the gardens serve to attract many pollinators when in bloom.

To further the idea of planting gardens for pollinators like birds, bees and butterflies, the Garden Club hopes to encourage the idea of creating these kinds of gardens by offering a \$150 Grant to a Great Falls youth between the ages of 9-14 to create their own Pollinator Garden.

All interested individuals can find information about the Grant by visiting the Great Falls Library where there is a display with lots of helpful resources. In addition, the Grant Application and additional information can be found on the Club's website: www.gfgardenclub.org.

The Grant Application must be completed by April 15, 2022.

CHO NEEDS NEW SPACE

For the last 10 years, CHO (the Committee for Helping Others) has housed its food and clothes closets in space graciously provided for free by Vienna Presbyterian Church. Through circumstances out of VPC's control, the complex where the space is located is going to be redeveloped, and CHO will need to move before the end of October 2022. CHO is hoping to find another organization that would be willing to host our food and clothes pantry. If your church or business has 950 square feet of space they could use for free or substantially below market rates, or if you have any suggestions that might help them in their search, email facility@cho-va.com.

SEE BULLETIN, PAGE 11

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Women Providing Healing – Promoting Hope

The Northern Virginia Business and Professional Women's (NOVA BPW) Club of the National Association of Negro Business and Professional Women's Club, Inc. will host their Virtual Fifth Annual Women's History Program on Saturday, April 2, 2022 from 11 a.m. until 2 p.m.

This Club, founded by its President, Sherelle T. Carper and Darnell C. Wise Lightbourn is dedicated to bringing Northern Virginia communities together. Additionally, the business and professional members provide leadership, support, educational scholarships, and host programs to encourage and recognize youth in our community.

The Women's History program theme this year is "Women Providing Healing – Promoting Hope."

Keynote speaker is the Honorable Senator Jennifer McClellan, special music entertainment by Rev. Felicia Kessel Crawley and poetry by our NOVABPW Club Beta Psi Collegiate Students. Charter member, Glynda Mayo Hall is the Mistress of Ceremony. Professional achievement awards will be given to women who have made a significant impact in the community and business arena.

The recipients of the 2022 Awards for the April 2 event are: Business Award, Sharita Rouse. Professional Award, Bernadette Carroll, and two Community Service Award honorees, D. Lena Hickman-Miott and Dr. Deborah S. Foreman Speller.

President Janet Ford and Dr. Wallicia Gill are co-chairs of this event. As a result of the pandemic, the program will be held on a virtual webinar platform from 11am to 1pm on April 2. Tickets are available online at Eventbrite <https://2022womenshistorycelebration.eventbrite.com/>

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Alcohol Awareness Month

FROM PAGE 7

the bottle,” said Burch. “Society and our communities need more education on that in order to help ease the stigma.”

Alcohol is hard to avoid; attaining sobriety is difficult in part because alcohol is legal, easily attainable and ubiquitous, says Taylor. “Drinking alcohol is more socially accepted than other substances and is much more accessible than other substances, which can make it more difficult, in some ways, to quit,” she said.

The ability to hide his alcohol consumption helped fuel 36-year-old Francisco’s alcoholism. “I was a functioning alcoholic,” said Francisco, who lives in Potomac, and has been sober for four-and-a-half years. “I could work all day, but Thursday through Monday the party was raging. I would usually wake up the next morning wondering where I’d been, who I’d been with and how I got there.

He began drinking when he was 15 and it wasn’t until his life began to unravel that he decided to put down the bottle. “The biggest consequences I faced were all legal troubles,” he said. “Since the age of 19 I have had some sort of legal problem. I was either in jail or on probation. I’ve spent two years of my adult life free of legal problems.”

Using alcohol to mask pain from past experiences is not uncommon among alcoholics. This was the case with Francisco. “I was a gay child and that made me stick out like a sore thumb,” he said. “I didn’t know how to handle my lack of attraction for women. I saw myself as defective and lacking. Alcohol gave me the ability to forget all that. With alcohol I didn’t have to worry about being too effeminate. I drank every night to have the courage to break out of my shell.” He credits his sobriety to Alcoholics Anonymous. <https://www.aa.org/>

Seeking treatment to understand and work through difficult issues from his past instead of numbing himself with alcohol was one of the first steps on Bissett’s road to recovery. “I got rid of the underlying emotions that kept me from living a [better] life and thinking I was unworthy of something better,” said Bissett. “Triggers ... are emotional responses that we’ve embodied. Once those emotions are gone, you get to choose how you react, whether to drink or not.”

Among the consequences that can help motivate alcoholics to stop drinking are strained relationships with family and friends, health risks, job loss, legal issues

and a desire to return to one’s faith. Such was the case for Terrie, a 55-year-old mother of three. “I spent years in and out of jails. I had an incredibly powerful and moving experience in prison,” said Terrie, who has been sober for three months. “I prayed for the desire for drugs and alcohol to leave me. I felt this weird, eerie and beautiful presence in my body. It filled the hole that I had been trying to fill since I was a little girl being abused. I started sobbing and I knew that when I left prison I would never drink again.”

Methods of attaining and maintaining sobriety vary from person to person, said Taylor.

“Addictions can be challenging to overcome and a number of factors, such as level of severity and access to help contribute to how difficult it is to achieve sobriety,” she said. The basics: “Avoid settings, people, and circumstances that trigger the desire to drink. Use therapeutic or psychiatric support to develop a toolbox of coping skills for stress and intense emotions.”

National Institute on Alcohol Abuse and Alcoholism (NIAAA) developed a website with an alcohol treatment navigator to simplify the process of finding treatment. This tool helps users search for professionally led, evidence-based alcohol treatment. It can be found at: Find Your Way to Alcohol Treatment | Navigator | NIAAA (nih.gov) Find Your Way to Alcohol Treatment | Navigator | NIAAA (nih.gov)

If done carefully, an intervention by the family and friends can be effective, Taylor said. “It must be based around expressing your concern about the person’s wellbeing,” she said. “Avoid using labels like alcoholic or alcoholism. There is a negative connotation associated with those terms that may cause someone to become defensive and not willing to listen.”

Instead, express concerns objectively, continued Taylor. “Describe actions or observable behaviors as well as providing support,” she said. “For example, ‘I am really worried because you have been missing a lot of work lately. I care about you and want to help,’” she said.

Bissett offers a caveat. “Friends and family can say and do many things, but it’s not until the person abusing alcohol realizes they need to change that they can make lasting change,” he said.

BULLETIN BOARD

FROM PAGE 4

PROJECT PROVIDES ACCESS TO TRAILS ALONG THE POTOMAC RIVER

The National Park Service and the Potomac Appalachian Trail Club hosted a ceremony recently to officially reopen a half mile section of trail within the George Washington Memorial Parkway at Turkey Run Park. The ribbon cutting ceremony honored the contributions of more than 100 volunteers who gave more than 1,000 hours to transform the section of the trail.

This project represents the largest volunteer-designed and built trail project in the D.C. metro area.

This project took more than four years to complete, and multiple trailer loads of supplies and materials. Now, the trail allows for safe and easier access to the Potomac Heritage National Scenic Trail, which parallels the Potomac River. Volunteers rebuilt this section of trail, adjacent to the C-1 parking area, which was eroded due to age and location—on a steep gorge leading to the Potomac River.

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Why Me? Why Now?



By KENNETH B. LOURIE

I am not “woeing.” I am wondering. Why am I getting messages from my primary care physician concerning the need for my having an “advanced directive?” For those of you who don’t know what an ‘advanced directive’ is, the short answer is: it’s a set of instructions you want a significant person/people to have in hand when push comes to shove; and as a formerly (perhaps still) “terminal” cancer patient, I could get shoved at any time. The question remains: When I no longer can speak for myself, literally, do I want a document in place which speaks for me? If I don’t have such a document in place, my peaceful transition might be anything but.

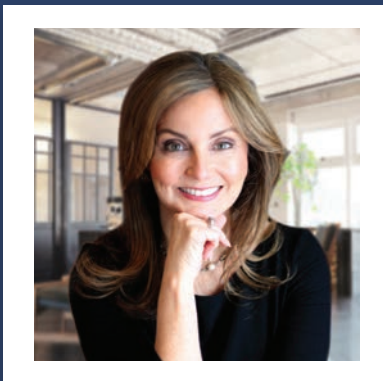
Some of you may be more familiar with a less formal but nonetheless effective expression of your intent called a “D.N.R.,” “do not resuscitate.” An order to whomever: doctors, lawyers, family, friends, emergency medical personnel who might be summoned to your house/place of business, et cetera. It means no life-saving measures shall be performed on the patient. Let the patient succumb to his or her condition/affliction. An “advanced directive” ratchets up this wish to an entirely new level. It clarifies for all interested parties exactly what the patient wants to happen to him when he’s incapable of making his wishes known. No guessing. No disagreements. No equivocation whatsoever. Clarity and direction – from the dying patient.

Not that I think my doctor is prescient in some way or is reading my medical tea leaves per se, still; as prudent as having an “advanced directive” or a “D.N.R. or a Power of Attorney in place is, it does give one, especially this one, pause. Not that my doctor knows anything particularly time-sensitive/time-relevant about my condition, but he does know an awful lot more than I do about all things medical. And he also knows how it all fits together in ways that I certainly don’t. What I know could fit on the diaphragm of a stethoscope. Moreover, he understands context and timing and the evolution of my health issues as they progress. I have no doubt that he’ll know when I’m heading south before I do.

As I consider this underlying reality, what indication might I receive – from him, that my cancer has taken a turn for the worse? Oh, I don’t know. What about multiple emails encouraging me to gather and complete documents that will assist Team Lourie when my final bell has rung. “For whom the bell tolls?” It tolls for thee, as in me. If it looks like a duck and quacks like a duck, it must be a duck. If I’m being advised – by my doctor no less, to get my things in order, which is pretty much what an “advanced directive” is, then perhaps I shouldn’t duck my responsibilities and go ahead and advance my directives?

On the contrary, if this email about a directive was not directed at me specifically, but rather a courtesy advisory to an entire patient population of a certain age, then I can live with that. My question is though: for how long?

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