

CONNECTION McLean ♦ and Oakton Vienna

Nicholas Morabito, 18, of McLean, plays for Gonzaga College High School, a Catholic high school in Washington, D.C. Christopher, 17, his brother, plays for McLean High School.

Bank Branches On the Wane?

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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.

Brothers Battle in Baseball

McLean brothers battle on the diamond, playing for different teams.

MERCIA HOBSON
THE CONNECTION

The Morabito family of McLean, immediate and extended, is bonded by the magic of baseball. Family members have played and coached baseball, from Little League to the Chicago White Sox. There is room for everybody in baseball, whether a fan, a player, or an inventor of baseball training equipment in the Morabito family.

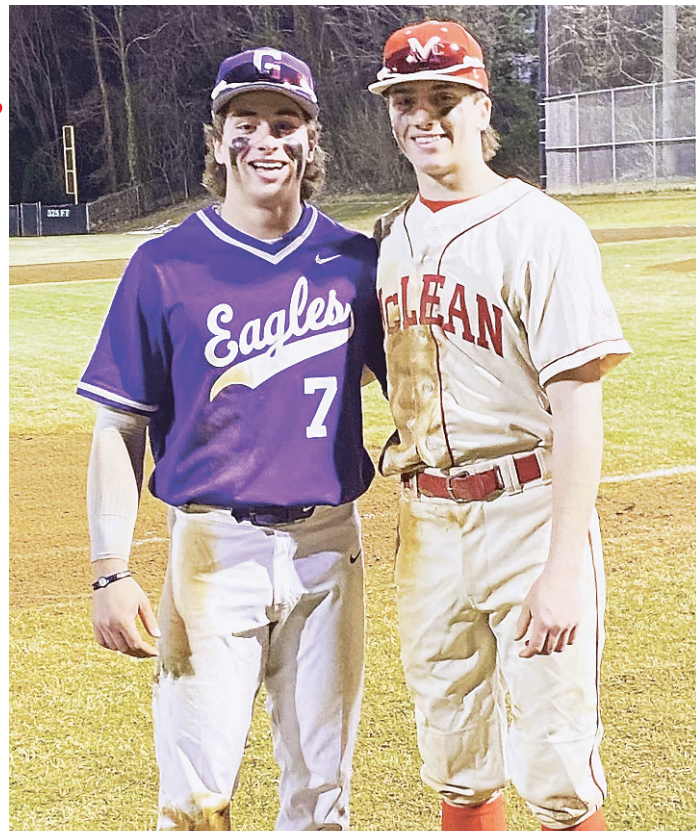
Two brothers, in an interview, Nicholas Morabito, 18, of McLean, plays for Gonzaga College High School, a Catholic school in Washington, D.C. Brother, Christopher, 17, lives in the same house as Nicholas and has the same parents. He plays for McLean High School, Fairfax County public high school near his home.

The young men, “Irish twins,” as their aunt Carrie Blewitt called them, attend different high schools due to their individual educational preferences. Nicholas had shown an interest in pursuing his studies at a private Catholic institution. Christopher, on the other hand, had been more interested in joining his friends in Little League and around the neighborhood at the public high school, said Blewitt.

On the evening of March 13, the brothers prepared to face each other on the field, each batting second.

Nicholas, a senior, plays shortstop for the Gonzaga College High School Eagles. Christopher, a junior, is the starting second baseman for the McLean High School Highlanders. Monday evening would be the first time the brothers squared off against each other at any level of organized baseball.

“I was very excited and definitely looking forward to it more than any other game on my schedule,” Nicholas said. “I knew there



Nicholas Morabito, 18, of McLean and his brother Christopher Morabito, 17

would be a lot of family and friends coming. Being able to play against my brother and best friend is such a great opportunity.”

Gonzaga defeated McLean on Monday evening, March 14. Nicholas launched a home run early in the game for the Eagles. He went 2 for 4 with the homer, three runs batted in (RBI), and two stolen bases, helping the Eagles soar to a 4-3 victory and improving their record to 3-1 on the season. Christopher walked and hit a triple for the McLean Highlanders.

“We have watched these two play very competitively against opponents, but when it came to each other, it was nice to see that they were playing competitively and rooting each other on as well,” Blewitt said.

A tension-filled family moment in the game came with Christopher playing shortstop and Nicholas on third base. “There was a runner on first base,” said Brian Morabito,

the boys’ father. “The first base runner tried to steal second. Christopher cut the ball off as it was thrown down to second base, and Nicholas tried to steal home. Christopher threw the ball to home plate and Nicholas was tagged out.”

Christopher and Nicholas’s immediate and extended family rooted for them. Brian Morabito had played baseball at James Madison University. “It was great to have the boys play together on the same field and both play well, and most importantly, [it was great] to have lots of extended family there enjoying the game. It was a fun-filled night,” he said.

MarLynn Morabito, the boys’ mother, added, “It was a night full of excitement and a bit of nervousness. I wanted both the boys to do well and to enjoy the moment. Luckily, they both played great. It will be a night we will look back on for many years.”

The boys’ uncle, John Morabito, grew up

in McLean. He has coached baseball in McLean and Vienna since 1991. John Morabito played at the collegiate level at Wake Forest University and for the Chicago White Sox organization for the 1987 season until he tore his UCL, the ligament inside the elbow on his throwing arm. The injury ended his career.

John’s sons, Nick and Dominic, cousins to Christopher and Nicholas, played baseball at Lincoln Memorial University. They have coached teams and players ranging from Little League to minor league players. Recently, they developed, engineered, and marketed baseball training devices that help players become better hitters.

“Of course, I wish my team had won, but I played hard, and my brother did too,” Christopher said. “It was a close game, but the fact that we played each other in a brotherly competition made it a special game and softened the loss a bit.”



PHOTO CONTRIBUTED

Nicholas and Christopher’s immediate and extended family attend the March 14 game, McLean HS vs. Gonzaga College HS Boys Varsity Baseball Game, Spring 2022, held at McLean High School, 1633 Davidson Road, McLean, VA.

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 — res-

idents 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.

ing 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 hand-

made 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.

“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.”

SEE SENIOR LIVING, PAGE 4



PHOTOS FROM TOWN PRESENTATION

The former site of SunTrust Bank, and after the restaurant transformation, from a presentation shared by Yellow Diner at the Board of Architectural Review work session on March 11.

Banks and Eateries Play Musical Chairs in Vienna

Some here are switching places while other bank branches are closing across the country.

BY MIKE SALMON
THE CONNECTION

The walk-in bank seems to be on the wane with the advent of online banking and the internet. In many cases, bank branches are closing and the centrally located building is turned into a restaurant or coffee shop. But in the Town of Vienna, it seems to be a game of musical chairs.

On Maple Avenue, a Chase Bank branch is being built on the site that was Outback Steakhouse, and a Burke and Herbert branch is going

in at 332 Maple Ave E in a space that used to be a Peet's Coffee.

In three other locations around town, it's the opposite, and bank spaces are becoming restaurants. In the Cedar Park Shopping Center, the BB&T bank branch is now Simply Social restaurant, the Cardinal Bank at 133 Maple Ave. East is now the Bear Branch Tavern. A Yellow Diner has been proposed at the former SunTrust Bank on the corner of Nutley and Maple.

According to the Federal Reserve, branches of commercial banks, credit unions, savings banks, and savings and loan associations have

been steadily closing since 2011. Between 1990 and 2008, "bank branches increased steadily," said Kimberly Kreiss, who looked into several studies about the pandemic's effects. But the closings started before the pandemic, she notes. "This is in line with trends in recent years, where consumers increasingly report higher usage of online or mobile banking services and banks have steadily closed branches," she wrote.

On WalletHub, they are finding the same. "U.S. banks are closing because of an increase in internet and mobile banking, a rise in bank mergers, and unprofitable branches," it stated. They had a list of nationwide institutions closing as an example. Between 2017-2020, more than 4,400 bank branches have closed in the United States.

SENIOR LIVING

McLean Quilters

FROM PAGE 3

"We seek out worthy causes through word of mouth in the community. They're often associated with other activities our members support, like support for refugees through a church or synagogue," said Alcy Frelick, president of McLean Quilters Unlimited.

ed. 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 Episco-

pal 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.quiltersunlimited.org.



PHOTO COURTESY OF MCLEAN QUILTER UNLIMITED

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

CONNECTION

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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 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.

"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:



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.

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 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

SEE ALCOHOL, PAGE 11

Find Your Way to Alcohol Treatment

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

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

WWW.CONNECTIONNEWSPAPERS.COM

Dr. Whyte's New Book

Released March 8, 2022

TAKE CONTROL OF YOUR DIABETES RISK

JOHN WHYTE, MD

Chief Medical Officer of WebMD



From the Chief Medical Officer at WebMD, the world's largest provider of trusted health information, learn how to reduce your diabetes risk and change your mindset from I hope I don't get diabetes to I can prevent diabetes.

You Have Diabetes

Three words no one ever wants to hear, yet each year, over a million people in the United States do.

So now what?

Take Control of Your Diabetes Risk shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Knowing the causes of the different types of diabetes
- Learning the role food, exercise, and sleep play
- Understanding the relationship between diabetes, heart disease, and cancer
- You have the power to reclaim your life after a prediabetes or diabetes diagnosis.

...and this book will show you just how easy it is.

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Privacy Advocates Urge Veto

Opponents of facial recognition technology call on governor to reject social-media dragnet.

BY MICHAEL LEE POPE
THE CONNECTION

Police departments across Virginia may soon have the ability to use billions of images scraped from social-media sites like Facebook and Instagram to track down suspects, a development that is concerning to critics who say the technology is invasive and a violation of privacy. The governor is now considering the bill, and critics are urging him to veto it or amend it to require a warrant.

"There's nothing in the bill that allows any type of surveillance or monitoring," said Sen. Scott Surovell (D-36), who introduced the bill. "The technology can only be used if you have a picture of somebody that you want to feed into the algorithm to identify them or identify other people affiliated with them for purposes of investigating a crime."

At the center of the controversy is a company known as Clearview AI, which is backed by Facebook investor Peter Thiel and gives law-enforcement officials access to billions of images posted on social media. It offers free trials to public employees as a way to land subscribers, and more than 30 agencies in Virginia have used the technology or tested it. Supporters say it's a way for cash-strapped agencies to fight crime with less money and manpower. Critics say it's a violation of the Fourth Amendment, which forbids unreasonable search and seizure.

"Our laws have not kept up with technology as it has evolved, and what we see is a clear violation of not only our privacy laws but the Fourth Amendment," said Del. Sam Rasoul (D-11). "That's why you'll find concerns on both sides of the aisle that say we need to be smart about this."

THE BIPARTISAN VOTE in the General Assembly was far from the normal partisan divide that happens on most controversial issues. The vote in the House was 54 to 42. Republican Speaker Todd Gilbert voted against the bill, and former Democratic Speaker Eileen Filler-Corn voted in favor. Alexandria's delegation was split, with Sen. Adam Ebbin (D-30) voting in favor and Del. Elizabeth Bennett-Parker (D-45) voting against it. The vote in the Senate was more lopsided, 27 in favor and 13 opposed. But the opposition included some prominent Republicans,

including former president pro tempore Steve Newman (R-23). Some of the leading voices against the bill were from the Legislative Black Caucus, although members of the caucus were on both sides of the issue.

"There are neighborhoods where police cars drive by certain spots four, five, six, seven times a day," said Del. Cia Price (D-95). "And little kids in neighborhoods like the one I grew up in and that I represent know this feeling, and other areas don't have that."

Advocates for the technology say concerns are overblown. Surovell says police lineups have a 40 percent error rate to identify people, so he says facial recognition technology is much more accurate than current methods police use to identify people. As to the idea that police should be required to get a warrant, Surovell says that proposal is unworkable. Before lawmakers took action to prohibit the use of third-party vendors last year, Fairfax County used this technology so often that Surovell says requiring a warrant would be counterproductive.

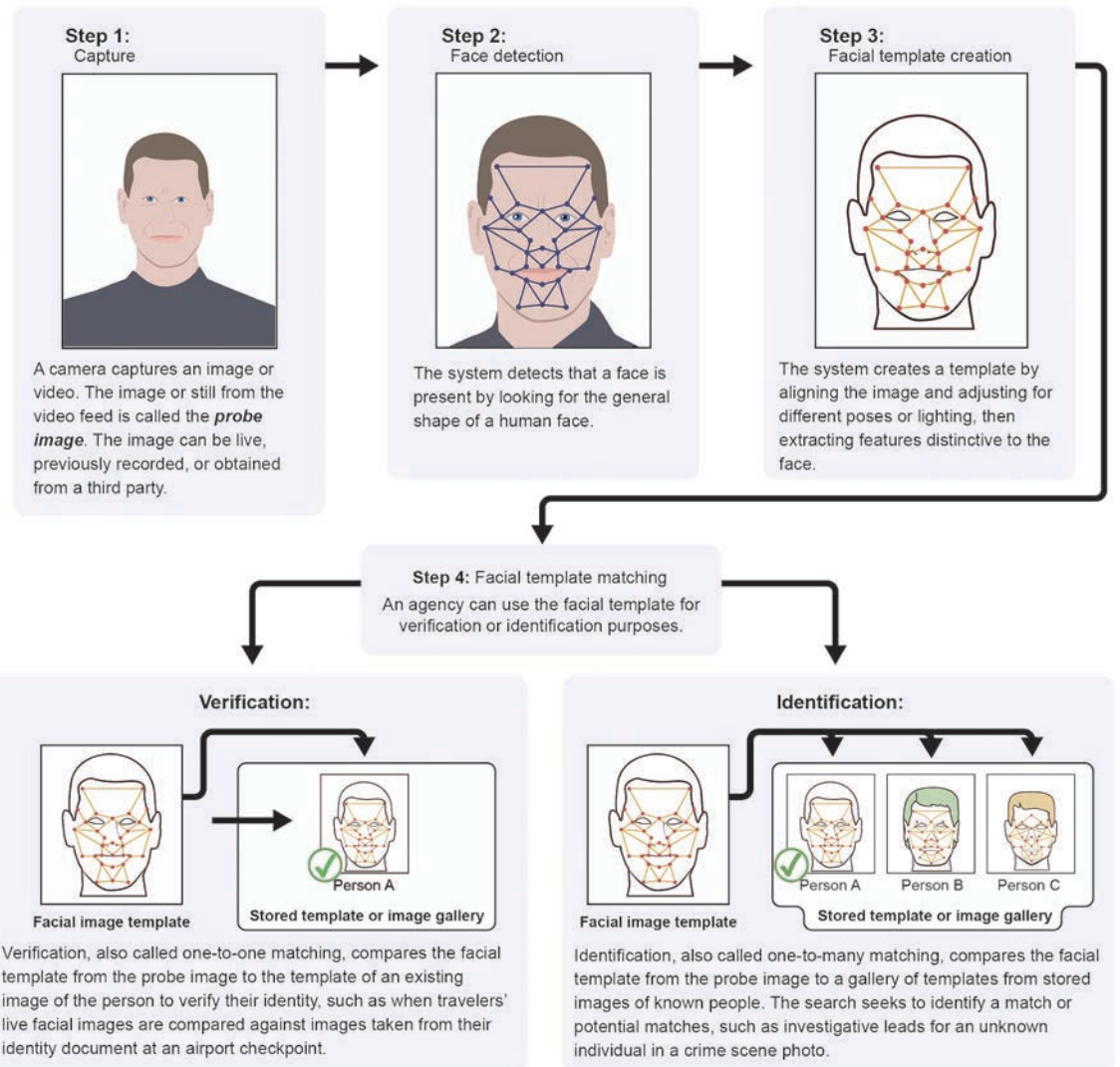
"Fairfax did this more than 12,000 times," said Surovell. "The courts can't even handle 12,000 requests for this. That would be a completely unworkable system. We don't require a warrant to do a police lineup to identify somebody."

THE HISTORY OF Law-enforcement use of facial recognition technology has been checkered. The Virginia State Police initially denied using the technology, then admitted that four state troopers had been using the company's facial recognition tools for five months before supervisors found out and shut them down. Police departments in Hampton and Newport News initially denied using the technology, then later admitted that they had. The Alexandria Police Department acknowledges it used the technology in the past, before lawmakers prohibited law-enforcement agencies from using third-party vendors.

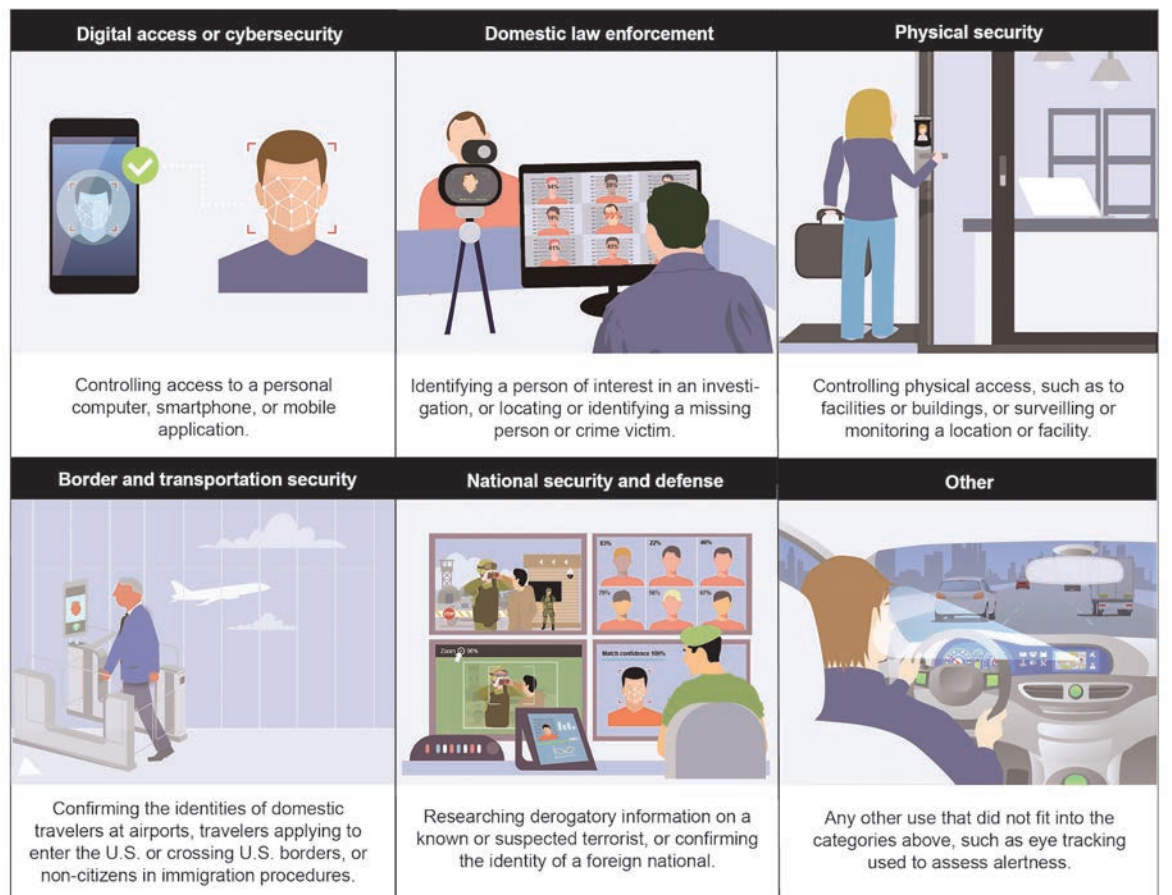
"It was only used as a tool to assist officers in finding possible suspects," said Marcel Bassett, public-information officer for the Alexandria Police Department in an email. "But the match would not be enough to convict or even subpoena anyone."

Concerns about law-enforcement agencies using the technology

SEE PRIVACY, PAGE 7



Government Accountability Office.



Government Accountability Office.

Vienna Theatre Company, Death of a Salesman

Arthur Miller's 1949 Pulitzer Prize-winning drama about the tragic shortcomings of an American dreamer, is widely considered to be one of the greatest plays of the 20th century. Miller's intense family drama features Willie Loman, who has spent his life following the American way, living out his belief in salesmanship as a way to reinvent himself. However, the riches and respect he covets have eluded him.

At age 63, he searches for the moment his life took a wrong turn, the moment of betrayal that undermined his relationships with his wife and son. Living in a fragile world of elaborate excuses and daydreams, Willie desperately attempts to make sense of himself and of a world that once promised so much.

Tickets: General Admission - \$15

Purchase tickets online NOW at viennava.gov/webtrac, in person at the Vienna Community Center, 120 Cherry St. SE during open hours, or before each performance if available. Please visit www.viennatheatrecompany.org for more details or email vtcshows@yahoo.com.

Vienna Theatre Company and Vienna Dept of Parks and Rec present

Death of a Salesman:

Written by **Arthur Miller**

Directed by **Rosemary Hartman**

Produced by **Eric Storck**

Performance Dates and Times:

8 p.m. Fridays and Saturdays:

April 22, 23, 29, 30; May 6, 7, 2022

2 p.m.: Sundays:

May 1, May 8, 2022

Venue: Vienna Community Center:

120 Cherry S. SE, Vienna VA.

Privacy Advocates Urge Veto

FROM PAGE 6

gy with little or no oversight have been building for years, culminating in a new law that went into effect last year. That was legislation filed after the Norfolk Police Department used Clearview's database without the knowledge of the mayor and most city council members, prompting former Del. Lashrecse Aird (D-63) to introduce a bill requiring law-enforcement agencies to have "exclusive control" over every aspect of the program. Because most agencies rely on Clearview AI, she called the bill a "de facto ban."

"Citizens should have control of and awareness of whether or not their law enforcement officers are using this type of technology," said Aird after her bill passed the General Assembly last year. "The immediate baseline-level concern is that these databases have misidentified people on a large scale, particular-

ly anyone with significant pigmentation, so Black and brown people."

Her concern about false identification is warranted, according to the National Institute for Standards and Technology. In 2019, the agency found a high rate of false positives among women — especially Black women — and African Americans in general. Former Gov. Ralph Northam ended up signing Aird's bill, although he added an amendment exempting the Virginia State Police. Northam also carved out an exemption for airports, where local law enforcement agencies often overlap with federal and state agencies.

"They have a requirement for their law enforcement entities to work with federal entities," said Aird at the time. "So we wanted to make sure this does not conflict with that."

BULLETIN BOARD

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 Mon-

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

day-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.

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.

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 Aceevents.

SEE BULLETIN, PAGE 8



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
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Center
The Center of It All

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McLean, Va. 22101
mcleancenter.org
703-790-0123, TTY: 711

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 7

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.

SEE BULLETIN, PAGE 9

BULLETIN BOARD

FROM PAGE 8

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.

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APRIL

4/6/2022.....Wellbeing
4/13/2022.....HomeLifeStyle
4/20/2022.....A+ Camps & Schools
4/27/2022.....Senior Living

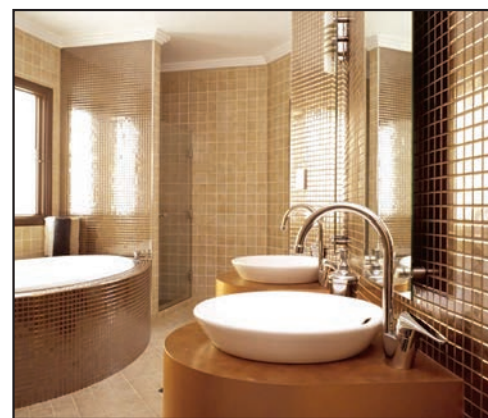
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Women Providing Healing – Promoting Hope

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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Legals

ABC LICENSE
Founding Farmers NOVA LLC trading as Founding Farmers, 1800 Tysons Blvd. McLean, Fairfax County, Virginia 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Caterer license to sell or manufacture alcoholic beverages. Daniel Simmons, Officer/ The Veritas Law Firm. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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WELLBEING

Alcohol Awareness Month

FROM PAGE 7

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

gers ... 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.

"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

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. "Trig-

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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?

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



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