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MY ADVENTURES WITH THE IRISH

HOW A SURPRISE TRIP ABROAD GAVE ME A TASTE FOR GUINNESS

When I was a student at Virginia Tech, the university's president was a man named James McComas. He was a father of two, a vocational agriculture expert, and a dabbler in genealogy — specifically that of his Irish ancestors. One summer, he even traveled to Ireland and befriended his counterpart at The University College Dublin. That meeting changed my life.

As school legend has it, the two presidents got along so well that they decided their universities should be sister schools, and they cooked up a plot to make it happen. Every year, Virginia Tech would send its student body president to Dublin for a week, and the The University College Dublin would send *its* student body president to Blacksburg. With this plan in their back pockets, both men traveled back to school for the next year and watched the elections begin.

When the dust settled at Virginia Tech, the student body president was — drumroll please — yours truly! Not long after my win, I was called into President McComas' office. He sat me down and said, "Kevin, I have some good news for you — we're sending you to Ireland!"

I could hardly believe my luck. No one had told me this all-expenses-paid trip was on the table, so I was completely unsuspecting. Just a few weeks later, I was boarding a plane with Carl, the editor of one of our student newspapers, in tow. I knew that I wouldn't be able to get into much trouble with his camera following me around, but I still couldn't wait for the plane to land in Ireland.

The trip felt like kismet. You see, my family (the Mottleys) is traditionally English with roots in Lincolnshire. But according to family lore, in the 1600s, my ancestors left England for Belfast, Ireland. They lived there for a number of years before eventually immigrating to the United States.

No one knows exactly why our branch of the tree made the move to Ireland. All we know is that it had to do with some sort of religious or political upheaval. Still, ever since I learned about that quirk in my family history, I've been intrigued by Ireland. After all, my name is Irish and so is my sister Shannon's. The odds are good that I have some Irish blood, and I certainly have an affinity in my heart for all things Irish!

All this is to say that stepping off that plane felt a little bit like coming home. We landed at Shannon Airport and hopped in a cab that took



us to the The University College Dublin. Once there, we walked to the student union to meet our hosts — and what we saw blew my mind! The place was absolutely packed, and everyone was drinking beer. When our host approached us, the first thing she asked was, "Would you like a pint?" and before I knew it, I had Guinness in my hands. It was the first Guinness beer I'd had in my life — and drinking it in a college student union building felt surreal.

The rest of the week was a blast. The college president drove us through the Irish countryside in his vintage BMW, and we stopped in at every pub we passed. We even visited the famous campus of Trinity College. But the highlight of the week was definitely scoring seats at an Australia vs. Ireland rugby match in Aviva Stadium. The first thing I noticed when I walked in was that the entire stadium — literally every surface that would have been covered with Coca-Cola and Taco Bell ads back home — was advertising Guinness. I have to admit, I don't remember the details of the game because I took the hint and drank more than one!

That week in Ireland was an experience I'll never forget. I think of it often, especially at this time of year when St. Patrick's Day shamrocks and leprechauns are all around. Hopefully, when this pandemic is over, I'll get the chance to go back and raise a pint to Virginia Tech President James McComas.

Kevin Mottley

CORN DOGS AND BASKETBALL



It's no coincidence that National Corn Dog Day is March 20 — the third Saturday of the month. This day is traditionally the *first* Saturday of March Madness, otherwise known as the NCAA Men's Division I Basketball Championship. But wait. What do corn dogs and a basketball tournament have to do with one another?

Turns out, National Corn Dog Day has *everything* to do with March Madness. The "holiday" began in March 1992 when two Corvallis, Oregon, high school students needed a snack while watching a basketball game. They got some corn dogs and called it good. But somehow, this simple snack and sport pairing turned into something huge.

In fact, eating corn dogs while watching March Madness caught on like wildfire — and the teens didn't even have Instagram

to promote it! Though it's not clear how, it spread across Oregon and eventually the rest of the country. It's likely that people just heard about it from friends and family and thought it was a great idea.

The corn dog, like basketball, is an American creation. In the 1920s, the creators toyed around with the idea of fried foods on a stick. They battered and fried everything from cheese to bananas, but it was the battered sausages that really stood out, and the corn dog was born. By the 1940s, the convenient creation had popped up at state fairs and drive-in restaurants all over the country.

In 2012, in honor of the original Corn Dog Day, the then-governor of Oregon issued an official proclamation naming March 17 National Corn Dog Day in the state. Several companies jumped on

the bandwagon as well, including Foster Farms (a maker of frozen corn dogs, among many other meat products) and the Pabst Brewing Company.

While it's not an "official" national day recognized by the U.S. Congress, it's celebrated with thousands of events every March. And it's grown beyond its U.S. roots. An article printed in *The Oregonian* in 2009 revealed that National Corn Dog Day parties have been celebrated on nearly every continent — including Antarctica!

GET YOUR SEASONAL ALLERGIES BEFORE THEY GET YOU!



Spring brings with it many wonderful things, like longer days, picturesque scenery, and spring break, but right alongside those good things is something most people suffer from: allergies. While beautiful, the blooming trees and flowers make you want to stay away from the great outdoors for fear of nonstop sneezing or puffy, watery eyes. If you suffer from allergies caused by pollen, grass, or other spring plants, take these steps to breathe a little easier.

When outside, avoid walking through areas with weeds, shrubbery, or lots of trees as much as possible. Grass and weeds are notably problematic. The slightest breeze can send particles flying through the air in the blink of an eye. When you walk through grassy areas, pollen will get on you, your clothes, and your hair. It's best to stick to trails, sidewalks, and other paved areas.

If you do find yourself inundated with pollen or other allergens, your next best bet is to establish an at-home decontamination protocol. Take your shoes off at the door and make sure your clothes don't come in contact with soft surfaces such as carpet, upholstery, or bedding. Take care to wash your "pollinated" clothes as soon as possible and wash your sheets and pillowcases weekly. Next, head for the shower. The sooner you can wash away the allergens, the better.

Finally, don't forget to replace the air filter in your home's air system in the spring. Consider using an air filter designed to capture allergens. If your allergies are particularly troublesome, invest in a dedicated air filtration system or unit. While you can opt for portable, stand-alone air purifiers, there are larger systems that can be incorporated into your heating and air system that keep your entire home's air free from most, if not all, common allergens.

THE DARK SIDE OF ST. PATRICK'S DAY



According to Forbes, people around the world raise a mind-boggling 13 million pints of Guinness every year on St. Patrick's Day. As you read on Page 1, Kevin loves to join in! But all of this drinking and merrymaking has a dark side: drunk drivers.

St. Patrick's Day is one of the most dangerous days of the year to be on the road. In our office, the number of car crash cases we see spikes on St. Patty's Day night, just like on New Year's Eve, Fourth of July, Memorial Day, and Halloween. The United States Department of Transportation confirms this isn't a fluke. In 2016 alone, 60 people died in collisions with drunk drivers over the St. Paddy's Day holiday period, and odds are good that many more survived but suffered traumatic brain injuries or other catastrophic damage.

We're not telling you this to scare you off celebrating St. Patrick's Day. Quite the opposite! We want you to have a great time on March 17, but we also want you to be safe. Follow the three tips below to minimize your risk.

- PLAN TO SPEND YOUR WHOLE NIGHT IN ONE PLACE.** Skip bar-hopping and spend the entire night at your home or the home of a friend. Going out to multiple places poses a risk for COVID-19, and every time you have to jump in the car to get from bar to bar, you increase the odds of an accident. If you're celebrating at a friend's house and plan to drink, see if you can stay over.
- IF YOU'RE HOSTING A GATHERING, SERVE PLENTY OF FOOD WITH THE BEER AND WHISKEY.** Drinking on an empty stomach (or letting your guests do it) is a recipe for disaster, so be sure to have plenty of snacks on hand. Nutrition experts told Thrillist that yogurt, hummus, avocados, spaghetti, and chicken are smart ingredient choices to keep drunkenness at bay and help ward off a hangover.
- DRIVE DEFENSIVELY IF YOU NEED TO BE ON THE ROAD.** Last but not least, if you have to drive on St. Patty's Day, keep an extra-sharp eye out for sloppy drivers who could put you in danger. If you see someone clearly driving drunk or behaving erratically, move to the farthest lane you can and call 911.

THE ATTORNEY-CLIENT PRIVILEGE IN ESTATE AND TRUST DISPUTES

Most people are familiar with the attorney-client privilege, which generally shields communications between a client and their lawyer from disclosure. But did you know that, in estate and trust disputes, the attorney-client privilege often doesn't apply to communications between a decedent and their estate planning lawyer? That principle is commonly referred to as the "testamentary exception" to the attorney-client privilege.

In a dispute between heirs or beneficiaries under a decedent's will or trust, communications between the decedent and their estate planning lawyer can shed light on important issues. For example, an estate planning lawyer likely had conversations with the decedent about how they intended to divide their property. If the language of a will or trust is ambiguous, the estate planning lawyer may testify about those communications to shed light on the decedent's intent.

Estate planning lawyers may also possess knowledge relating to their client's mental capacity at the time they executed their will or trust, and these lawyers often have insight into whether the will or trust

might have been the product of someone else's undue influence. Under other circumstances, an estate planning lawyer might be called to testify about the creation or contents of a lost will. In older cases, Virginia courts have gone so far as to admit a lost will to probate without anyone presenting a paper copy when an estate planning lawyer was able to offer testimony reconstructing what the will said.



The Supreme Court of Virginia has applied the testamentary exception to the attorney-client privilege for over a century. It applies to wills and "other similar documents." Although the Supreme Court of Virginia has not specifically applied the testamentary exception to trusts, those are likely the sorts of "other similar documents" to which the court has referred.

The "testamentary exception" is an important consideration for anyone making a will or trust. While it is important to be open and candid with your estate planning lawyer, you should also be aware that, if a dispute arises between your heirs or beneficiaries after you're gone, they can likely discover communications with your estate planning lawyer that you thought were private.

SUDOKU

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SOLUTION

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7	5	3	9	4	2	8	1	6
0	1	8	2	4	5	9	6	7
6	7	4	2	3	5	9	8	1
8	3	5	1	9	6	7	2	4
2	1	9	4	7	3	8	6	5



TASTY THAI FRIED RICE

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 8 oz baby bella mushrooms, sliced
- 4 cups broccoli, chopped to bite-size pieces
- 4 cloves garlic, minced
- 5 cups jasmine rice, cooked and cooled
- 1/2 cup peanuts, chopped
- 2 tbsp soy sauce
- Toppings of choice for serving (sliced green onions, sliced cucumber, chopped peanuts, lime wedges, Sriracha, etc.)

DIRECTIONS

1. In a large nonstick skillet, heat the olive oil over medium heat. Add the onion and cook for 2-3 minutes, until softened.
2. Add the mushrooms and broccoli. Cook for 5-7 minutes, until the broccoli is tender.
3. Add the garlic and cook for 30 seconds, until fragrant.
4. Finally, add the rice and cook, stirring constantly, for 3-4 minutes.
5. Remove skillet from the heat and stir in the peanuts and soy sauce.
6. Serve garnished with your toppings.

Inspired by OhMyVeggies.com