

PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 8 ❖ CLASSIFIEDS, PAGE 14



# Sharing Holiday Joy

HOLIDAY GIFTS, PAGE 12

## Celebrating Adoption, Foster Care Program

NEWS, PAGE 3

## Learning about Virginia Cooperative Extension

NEWS, PAGE 12

Alex Carr chooses a bird treat at Wild Birds Unlimited from a table of animals that can hang on the birds' Christmas tree in the backyard.

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# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SOBER-RIDE FOR THE HOLIDAYS

**Free Sober Rides.** 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP's Holiday SoberRide promo code will be posted at [www.SoberRide.com](http://www.SoberRide.com).

## HOLIDAY DONATIONS

**Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYWdZm4tPw2](http://goo.gl/forms/s2FuFdaYWdZm4tPw2)

**Toy Drive.** Each year from October to December, OAR hosts a Toy Drive to collect new, donated toys and gifts

for children of parents incarcerated, ages newborn to 18 years, as a part of OAR's Project Christmas Angel in December. OAR does this in an effort to bridge the gap between those involved in the criminal justice system and their children. Donation boxes set up at businesses and organizations throughout the D.C. metro area. To find the list of all donation sites and for more details about OAR's Annual Toy Drive and how to get involved, visit [www.oaronline.org/archives/6591](http://www.oaronline.org/archives/6591).

**Fill the Cruiser.** Help make the holidays bright for Arlington County children in need by donating to the fourth annual Fill the Cruiser Holiday Toy Drive. The Arlington County

Police Department is asking community members to donate new, unwrapped toys to bring holiday cheer to children ages newborn-17. Drop off donations at Police Headquarters, 1425 N. Courthouse Road, until Friday, Dec. 14.

**Toy Drive.** Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to [www.weichert.com/offices/](http://www.weichert.com/offices/).

**Secret Santa.** Through Dec. 21, donate

gift cards to the Department of Human Services' Secret Santa Program and help some of Arlington's most vulnerable residents. Visit [publicassistance.arlingtonva.us/secret-santa](http://publicassistance.arlingtonva.us/secret-santa) for more.

**Food Drive.** Through Jan. 6, all 10 County Fire Stations are collecting food for the Arlington County Food Assistance Center (AFAC). Learn what's most in need and drop off details at [fire.arlingtonva.us/2018/11/acfd-collecting-food-for-afac/](http://fire.arlingtonva.us/2018/11/acfd-collecting-food-for-afac/).

## WEDNESDAY/DEC. 12

**Narcan Training Sessions.** 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](http://health.arlingtonva.us/opioid-awareness/) for available training sessions. Registration is not required but it is recommended. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) to register.

**School Board Work Session.** 7 p.m. at Syphax Education Center, 2nd FL School Board Room, 2110 Washington Blvd. Topic is Academic Performance Data. Work sessions are open to the public but no public comments are accepted. Visit [www.apsva.us/about-the-school-board/](http://www.apsva.us/about-the-school-board/) for more.

## THURSDAY/DEC. 13

**From Layoff to Launching a Business.** 11 a.m.-1:30 p.m. Carr Workplaces Rosslyn, Lincoln Boardroom, 1001 19th St. North, Suite 1200. Join the Spiggle Professional Luncheon & Workshop Series to discuss how to leave a corporate gig, voluntarily or not, and start a dream business. The event is free and open to the public, but limited seating is available. RSVP at [www.spigglelaw.com/event/how-to-go-from-layoff-to-launching-your-own-business](http://www.spigglelaw.com/event/how-to-go-from-layoff-to-launching-your-own-business) or visit [www.spigglelaw.com](http://www.spigglelaw.com) for more.

**Governor's Latino Community Forum.** 6-8 p.m. at Faith Lutheran Church, 3313 Arlington Blvd. Governor's Latino Community Forum about Medicaid Expansion: What it Means for LatinX Communities, hosted by Virginia Latino Advisory Board. Includes dinner. Pre-register here. Event in English and Spanish. Visit [www.vlab.virginia.gov](http://www.vlab.virginia.gov) for more.

**James B. Hunter Awards Ceremony.** 7-9 p.m. in the County Board Room, 2100 Clarendon Blvd. 20th annual James B. Hunter Awards Ceremony, hosted by Arlington County Human Rights Commission. Visit [commissions.arlingtonva.us/human-rights-commission-hrc/james-b-hunter-award/](http://commissions.arlingtonva.us/human-rights-commission-hrc/james-b-hunter-award/) for more.

## SUNDAY/DEC. 16

**Christmas Pageant.** During the 10 a.m. service, St. John's Episcopal Church, 415 S. Lexington St. St. John's will have a Christmas pageant on Sunday. Participants will act out the Christmas story and sing carols. Children 5 and up who want to participate in the pageant can call the church at 703-671-6834 or email [familyprograms@stjohnsarlingtonva.org](mailto:familyprograms@stjohnsarlingtonva.org).

## MONDAY/DEC. 17

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Jan. 7-March 29 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams free. Visit [www.apsva.us/reep](http://www.apsva.us/reep).

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This proposed community plan has been submitted to Public Hearing for final approval.



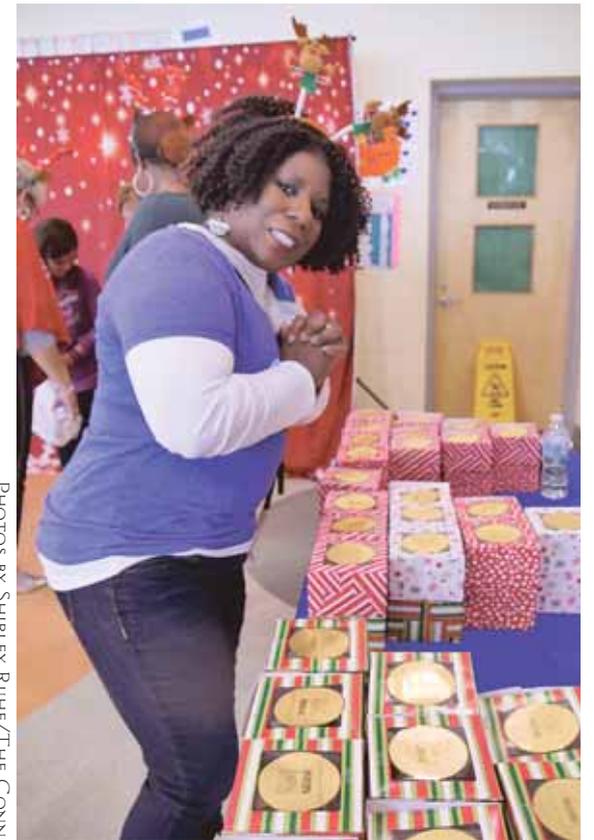
**Twila Mack and her two adopted sons, Ben and David, are attending the annual Arlington County Department of Human Services Adoption/ Foster Care Holiday party at Kenmore Middle, School Dec. 8.**



**Members of the Yorktown High School Choir entertain the group with traditional holiday songs.**



**Elias Marique, a DHS employee, announces the latest winner of a gift basket at the Adoption/Foster Care party.**



**Jennifer Campbell of Nestlé's Community Affairs Department said their employees spent all day Friday baking 500 cookies for the holiday event. Nestlé was the sponsor of the holiday party.**

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

## Celebrating Adoption/Foster Care Program

### Yorktown High School choir adds to the festivities.

BY SHIRLEY RUHE  
THE CONNECTION

**T**wila Mack is heading for the food line while her two adopted sons, 10-year-old Ben and 7-year-old David, are making Christmas surprises for her at one of the craft tables.

The DHS Adoption/ Foster Care Holiday Party celebrated its 16-plus years on Saturday, Dec. 8.

Kimberly Bonham says, "We have 71 foster families in the program, one of the highest we've ever had; we're really proud of it." She adds, "If you count the youth center 18-21 year olds, we have 84."

But Lisa Friedman, bureau chief for Child Welfare, says, "We could have 60 kids and 80 homes so it seems like enough. But if you need a Spanish speaking home or the child is allergic to pets, and children have other specific needs so you narrow the field

of options." She says the biggest need is foster homes for teenagers.

Mack explains this is the first time she has adopted children. "I learned about the great need for foster care so what happened was I saw a child mistreated and that's what made my decision." She said, "My younger son is delightful. His parents just wanted a better life for him."

"When I got the placement for my older son he had already been in a number of foster homes. I couldn't stand the thought of him going into another one that could make him or break him so I adopted him."

Are there issues? "Oh yeah. He is a 'special ed' kid for behavior problems. But I felt like it was now or never. If he had been rejected one more time, he would have just given up. Knock on wood."

Rebecca and Mark Goodheart currently have an 18-year-old foster son. Rebecca Goodheart says, "We've had 15 other foster children over the last 8 years. We love it. We'll keep doing it until we get to 100, like the woman standing by the door." Mark Goodheart says, "I don't know that there

SEE CELEBRATING, PAGE 14

## Healthy and Nutritious, But Delicious Just the Same

### A trifle in a bowl.

BY SHIRLEY RUHE  
THE CONNECTION

**"T**he challenge," according to Caryn Wagner, "is to do holiday treats that are healthy and nutritious. The two (treats and healthy) don't always go together but they can." She is giving a demonstration on Holiday Sweets and Treats along with Nancy Broff and Cyndi Gadhia. Both Wagner and Broff are Master Food Volunteers with Virginia Cooperative Extension, and Gadhia is a volunteer assisting with the demonstration Dec. 4 at Langston Senior

Center.

"Today we're going to make spiced nuts with just a pinch of cayenne," Wagner says. A little spicy. And a simple trifle, with yogurt instead of custard, some fruit, gingersnaps and optional candied ginger or pinch of lemon curd."

Broff shakes the pecans into an electric skillet. They decide to halve the recipe for the small group of seniors in attendance at today's demonstration. "You'll begin to smell it in a few minutes. You have to keep a close eye on the nuts because they can burn quickly." She says, "We have a nice mix of spices here — cinnamon, cumin, smoked paprika, kosher salt, optional orange peel, cayenne pepper." But she adds the cayenne

is too spicy for her taste so she substitutes chili powder. "And you can substitute all kinds of spices and use any kind of nuts."

The spices cook until fragrant and then two tablespoons of butter melt and mix with the nuts. "Then we let the nuts bloom."

Broff adds some brown sugar and water to caramelize the nuts.

Gadhia stirs the nuts continuously with a large wooden spoon.

Broff says, "You need to keep it moving pretty fast." Then the nuts are dumped out onto aluminum foil to cool. "You wouldn't want to eat them now." Broff says they would be good for munching before a holi



**Nancy Groff, Master Food Volunteer, tosses pecans in an electric skillet for the spicy pecan holiday recipe.**

SEE NUTRITIOUS, PAGE 14

# OPINION

# Give Locally in Arlington

For tens of thousands of families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

Almost 8,000 of Arlington's 27,300 students, or 29.25 percent, are poor enough to qualify for subsidized meals. More than 9 percent of children in Arlington live below the poverty line.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts

and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

## Give Locally in Arlington

❖ **Arlington Free Clinic** provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. [www.arlingtonfreeclinic.org](http://www.arlingtonfreeclinic.org) 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ **Arlington-Alexandria Coalition for the Homeless**, 703-525-7177, [www.aachhomeless.org](http://www.aachhomeless.org)

❖ **A-SPAN** provides services for Arlington's street homeless. Its mission is to secure permanent housing for one of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210, 703-820-4357, [www.a-span.org/](http://www.a-span.org/) and [www.facebook.com/aspan.org/](http://www.facebook.com/aspan.org/)

❖ **Arlington Thrive** provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, [www.arlingtonthrive.org](http://www.arlingtonthrive.org)

❖ **Doorways for Women and Families** provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, [www.doorwaysva.org](http://www.doorwaysva.org), 703-504-9400.

❖ **The Arlington Food Assistance Center** provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA 22206, [www.afac.org/](http://www.afac.org/), 703-845-8486.

❖ **Habitat for Humanity of Northern Virginia**, Arlington, 703-521-9890.

❖ **Arlington Partnership for Affordable Housing**, collecting toys and gifts for children ages newborn-18 who call an APAH community home. These gifts will make up a holiday gift shop where parents can choose a gift for each of their children. A donation will ensure children receive a gift during the holiday season. [www.apah.org](http://www.apah.org)

❖ **Shirlington Employment and Education Center (SEEC)** an employment and education center in Arlington. In addition to facilitating employment for workers, SEEC offers vocational, English and job-related courses to build the skillsets of the worker pool. The center consists of two facilities; employers are able to visit either to find a worker for jobs to be performed. The center has staff at both sites, ready and willing to coordinate the pairing of workers and employers. Main Office: 2706 South Nelson Street, Arlington, VA 22006 Daily 7 a.m.-11 a.m. Pavilion (corner of Shirlington Road and 27th Street) Daily 7 a.m.- 4 p.m. Phone: 703-933-1101 Email: [atobar@seecjobs.org](mailto:atobar@seecjobs.org); <http://www.seecjobs.org/>

❖ **AHC Inc.**'s mission is to produce and preserve affordable housing for low- and moderate-income families and to build strong futures for our residents through onsite educational programs. Supporting the work of AHC means providing award-winning educational programs and services to neighbors who need help most. AHC Inc., 2230 North Fairfax Drive, Suite 100, Arlington, VA 22201 703-486-0626 [www.ahcinc.org](http://www.ahcinc.org)

## EDITORIAL

❖ **Culpepper Garden**, Affordable Senior Living. A gift to Arlington Retirement Housing Corporation, nonprofit owner of Culpepper Garden, helps achieve its mission of providing and advocating for high-quality, affordable housing, services and programs that allow lower-income older persons to thrive. No assisted living resident has ever had to leave their home here due to inability to pay. Volunteers of all ages provide activities, programs and entertainment that build community and encourage wellness. 4435 North Pershing Drive

Arlington VA 22203, 703-528-0162 [culpeppergarden.org](http://culpeppergarden.org)

❖ **Northern Virginia Family Services**, 571-748-2500, [www.nvfs.org](http://www.nvfs.org), Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. [oarnova.org/christmas](http://oarnova.org/christmas)

❖ **Second Story** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, [second-story.org](http://second-story.org). Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)

❖ **Neighborhood Health Clinics** [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org), Improving health and advance health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ **Literacy Council of Northern Virginia**, 703-237-0866, [www.lcnv.org](http://www.lcnv.org), Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ **The Community Foundation of Northern Virginia** works to respond to critical need and seed innovation in our region. Consider a 2018 year-end gift to its Community Investment Fund to support its signature grant cycle responding to critical need in the region. [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)

❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

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Suspect in Dec. 8 malicious wounding.

## Help Identify Suspect

**Suspect captured on surveillance image.**

Arlington County Police are seeking the public's assistance identifying a malicious wounding suspect captured on surveillance image.

At approximately 6:47 p.m. on Dec. 8, police were dispatched to the 1600 block of Fort Myer Drive for the report of an assault. Upon arrival, it was determined the female victim was walking in the area when she was approached by an unknown male suspect. The suspect brandished a knife and stabbed the victim before fleeing the scene on foot. The victim was transported to an area hospital in stable condition.

## Beware of Holiday Scams

The Arlington County Police Department is urging residents to remain alert for scams this holiday season. Scammers may use various techniques to fool potential victims. Avoid becoming a victim by following these practices:

- ❖ Be suspicious of any unsolicited phone calls, emails or in-person solicitations which request funds or claim that you owe money.
- ❖ Avoid providing your personal information to organizations you are unfamiliar with.
- ❖ Stop and think before you provide personal banking information or hand anybody cash.
- ❖ Take your time. If you are requested to act quickly or there is a stated emergency, it may be a scam. Scammers create a sense of urgency to get you to act impulsively.
- ❖ If it looks too good to be true,

The suspect is described as a black male, approximately 5'10" and weighing 160 pounds. He was wearing a long black trench coat and a white hat at the time of the incident.

Anyone with information related to this incident is asked to contact Detective G. Seibert of the Homicide/Robbery Unit at 703-228-4199 or gseibert@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers Hotline at 1-866-411-TIPS (8477).



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

## Talk about Handwriting on the Wall ...

Following demolition of Lubber Run Community Center, 300 North Park Drive, this month, excavation for the building foundation, and pouring of concrete will begin. The County Board approved a \$37 million contract in July 2017 to build the center and park. The new building will provide programs for youth, adults and seniors including a pre-school, senior center, gymnasium, and fitness center and multi-purpose rooms for recreation programming and community use. It also will house about 70 Department of Parks and Recreation employees and provide one level of structured parking.



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# 'Claude Moore' To Die Dec. 21

Colonial educational farm is victim to inaction.

BY MICHAEL  
MCMORROW  
THE CONNECTION

Northern Virginia is awash with the plantations and magnificent homes of upper-class colonials, such as Mount Vernon. However, only one location reconstructs the lifestyle of the common yeoman farmers who were pushing back the edges of an unsettled frontier. A visitor can find a humble home, shelters for living animals, the animals themselves, a tobacco drying shed and gardens and fields with crops common in those long-ago days. Costumed docents transport the guests to the days before the American Revolution began. The place is referred to simply as "Claude Moore" or "The Farm."

Sitting on 69 acres of land owned by the Federal government, off Route 193 in McLean, administrative oversight is provided by the National Park Service, Department of the Interior (NPS). After several early years run by NPS, reduced funding threatened the future viability of The Farm. Local community members offered to operate it as a nonprofit cooperative. In 1981, The Farm was entrusted to Friends of Turkey Run Farm, Inc.

The expiration date stated in the formal management agreement, as amended, between NPS and The Farm is Dec. 21, 2018.

Under that agreement, organization has been responsible for funding, maintaining, improving, staffing and operating The Farm. A recent annual operating budget exceeded \$400,000. Over the life of the agreement, more than \$8 million in private funds have gone into operations and another \$2 million spent on capital improvements. The Farm has welcomed more than 2 million visitors to view life as lived in the late 1700s



Visitors speak with docents at Claude Moore Colonial Farm in McLean.

before the nation became a nation.

A year or so ago, NPS anticipated the scheduled end of the NPS-Claude Moore agreement, and noted that the language of its terms and conditions was out of step with standardized language common with its other public-private relationships. NPS insisted on revising its agreement with The Farm to bring it into conformity with those other agreements and requirements.

NPS offered a 10-years extension coupled to conditions, such as: approval of goods sold in the gift shop; more financial reports; writing annual work plans; drafting guidelines for operation of the on-site pavilion; and compliance with federal concession laws, workplace safety standards financial audits and other requirements.

The leaders of the nonprofit found the

proposed restructuring of the agreement would be unduly burdensome and expensive and would contribute not at all to continuation and expansion of educational programs and facilities at The Farm. The absence of any suggestion of impropriety by the corporation itself or any of the volunteers conducting operations for more than 37 years was underscored.

After numerous exchanges of views, NPS would not change its position and began pointing to the coming expiration date of the entire management agreement. The nonprofit turned for help to its federal legislators. The Farm is situated in the district of U.S. Rep. Barbara Comstock (R-10). She introduced a bill transferring title to the property to the nonprofit organization, subject to Federal government reversion if use as an 18th century farm ever ceases. With ownership in the private corporation, numerous NPS policies and regulations and requirements for government contracts would be applicable no longer. Costs to NPS would be reduced to less than negligible. The non-

profit was confident that transfer of title would allow it to operate and make capital improvements in the most efficient manner that guarantees the stable, long-term future of a local and national treasure.

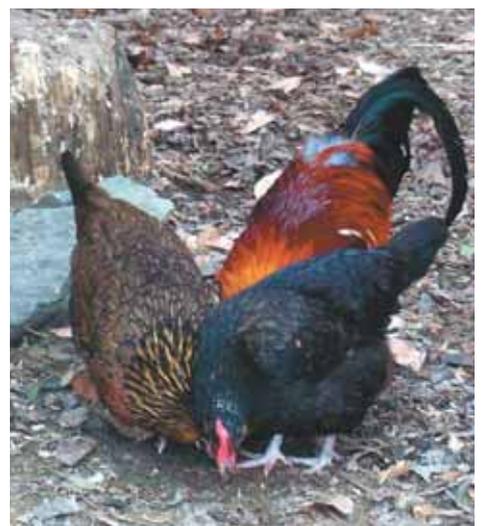
Comstock's bill was favorably reported out of committee last September, with The Farm described as having "a uniquely independent status in the National Park System" and "a model of a successful public-private partnership." However, the proposal never reached the entire House of Representatives for a vote.

Multiple recent contacts were made to Comstock's office to learn whether any last-minute legislative efforts would be made to save The Farm. No response was received.

SEE FARM CLOSES, PAGE 7



Karen Harris, who began volunteering in 1985, is now assisted by son Alexander.



Permanent residents at the park.

## LETTER TO THE EDITOR

### Time Is Running Out To Save the Farm

To the Editor:

With only days left, I am writing to urge you and your readers to help save The Claude Moore Colonial Farm at Turkey Run in McLean. The National Park Service intends to "terminate" (their word) the Farm on Dec. 21, 2018. For over 40 years, this special place has been a very important part of my life and so many others. Its loss would be huge for the community at large.

While it began as a National Park, the

Farm was turned over to the Friends of Claude Moore Colonial Farm in 1981 and has been a successful, private endeavor ever since.

The Farm portrays the life of a lower-class, homesteading Virginia family during the late Colonial period. It offers a unique historical perspective and opportunities to engage in colonial living experiences.

As a Fairfax County Public School teacher, for years I took my fourth grade classes to the Farm to live three days and two nights

in the year 1771. It truly was "living history." This program continues to this day as schools from Virginia, Maryland and D.C. bring students to participate in colonial encampments.

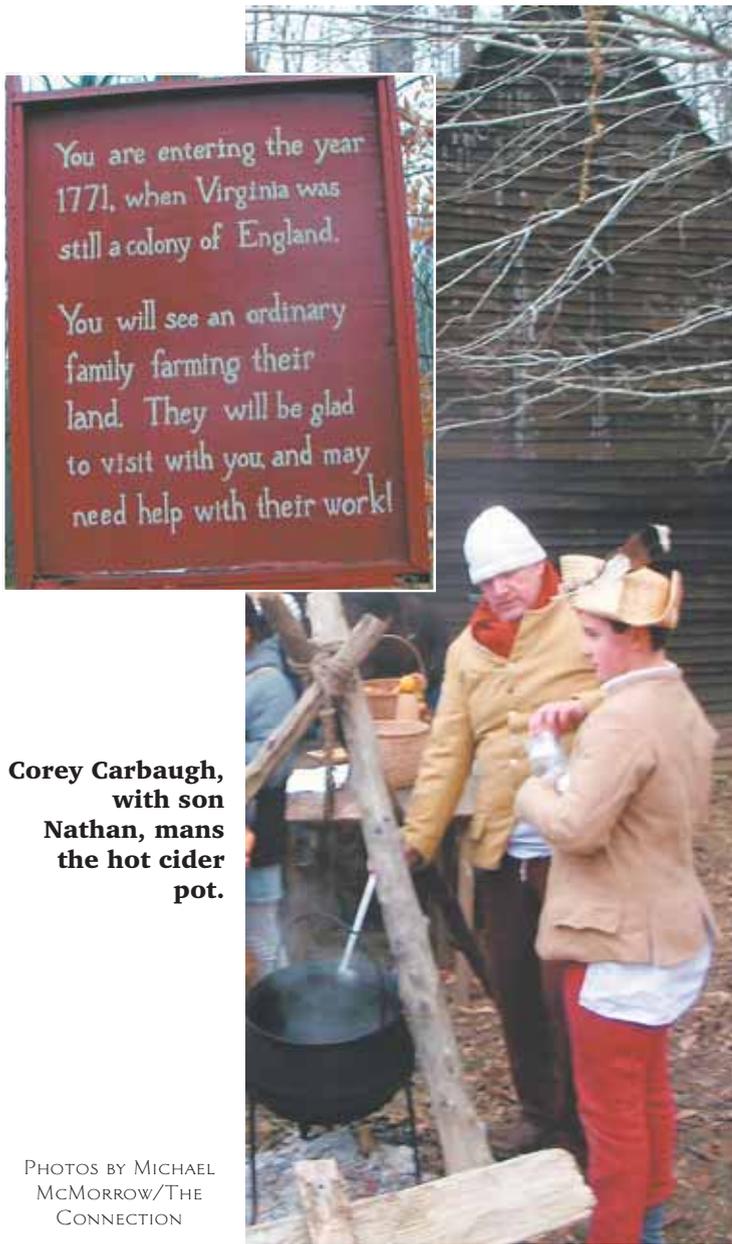
As a mom, I was one of many who took their children there to learn about colonial life at Market Fairs and through many other farm events.

To date, more than 12,480 people have signed the Save the Farm petition. Information on how to help can be found on the

Farm's website— <http://1771.org/savethefarm> While legislation has moved to the floor in the House of Representatives, no legislation has even been introduced in the Senate by the Virginia Senators. Legislation must pass the Senate by Dec. 14. Time is running out.

The historical learning experiences offered by the Farm are so worth saving.

**May Ohman**  
Arlington



**Corey Carbaugh, with son Nathan, mans the hot cider pot.**

PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

## Farm Closes Dec. 21

FROM PAGE 6

Even less success was had with Virginia's U.S. Senators, Mark Warner and Timothy Kaine.

Neither senator introduced a legislative solution to The Farm's imminent demise. The final words from Warner's office were that he had spoken to both the acting director and the current nominee for director of NPS to encourage both sides to agree on an extension of the management agreement: "[A]t this juncture, a mutual agreement is the best productive path forward."

At this time, nine days remain

until the NPS-Claude Moore management agreement expires. Absent a last-minute reprieve — a short extension of the management agreement to permit re-introduction of bills in the new Congress — The Farm will be closed and NPS will allow a reasonable period for the nonprofit to remove all structures and other property from the premises.

NPS will then dispose of any items abandoned and the land will revert to the barren field and fringe forest of the landfill existing in the 1970s. NPS has given no hint of possible future uses for the acreage.



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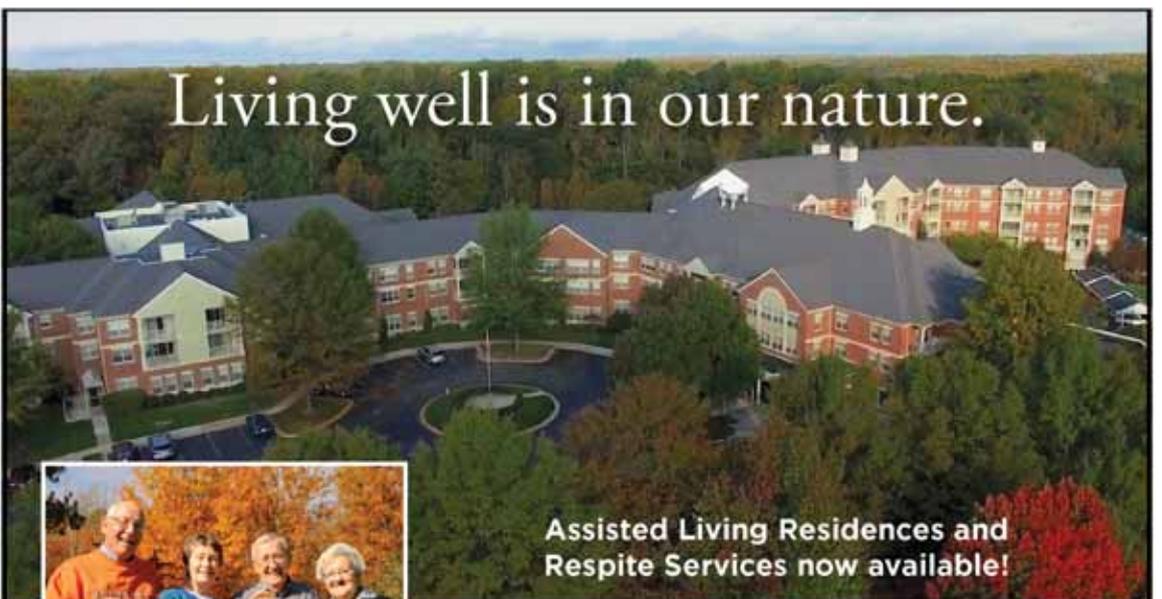


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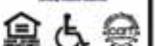
The retirement lifestyle you deserve is shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with the security of a full continuum of care.

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# HOLIDAY ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## ONGOING

### Fall SOLOS 2018 Art Exhibit.

Through Dec. 15 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Dawn Whitmore: A house is like a mind that holds everything is a 5-channel immersive sound installation that delves into the relationship between the mind and the house as metaphorical dwellings. In a constructed room that reads as a simple domestic residence, the artist's voice, reading from various classical texts, emanates from multiple points in the room, becoming almost unintelligible at times as the recordings are layered on top of one another. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Red Cross Fundraiser.** Through Saturday, Dec. 15 at Craffhouse, 901 N. Glebe Road, Arlington. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross - California Wildfires Fund to assist those affected by the wildfires in California. Call 571-483-0421 or visit [www.craffhouseusa.com](http://www.craffhouseusa.com).

**Adult Dance Technique.** Through Dec. 22, 9:30-11 a.m., Saturdays, at Arlington Cultural Affairs Bldg., 3700 S. Four Mile Run Drive, Arlington. Improve balance, range of motion, strength, coordination and interact with friendly people. Drop-in for a class or enroll for a series. Join at any time. The class instructors are Jane Franklin Dance company members, all experienced professional educators. Tuition: \$110 for six class card/\$60 for three class card/\$25 single class. Enroll at [www.janefranklin.com/adult-dance](http://www.janefranklin.com/adult-dance) or call 703-933-1111.

**"Billy Elliot The Musical."** Through Jan. 6 at Signature Theatre, At 4200 Campbell Ave., Arlington. All 11-year-old Billy wants to do is dance. While the 1984 miners' strike squeezes his family and splits his town, Billy's passion for ballet first divides, then ultimately unites, the community - and changes his life in extraordinary ways. Tickets are \$40-\$102. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**"My Father's Dragon."** Through Jan. 6, at Synetic Theater, 1800 S. Bell St., Arlington. Dragons are real and imaginations soar in this wordless Family Theater Production directed and choreographed by Company Member Tori Bertocci. Adapted by Company Member Ryan Sellers, "My Father's Dragon" is based on the book of the same name by Ruth Stiles



PHOTO BY JOHNNY SHRYOCK

## 'My Father's Dragon'

Dragons are real and imaginations soar in this wordless Family Theater Production directed and choreographed by Company Member Tori Bertocci. Adapted by Company Member Ryan Sellers, "My Father's Dragon" is based on the book of the same name by Ruth Stiles Gannett. The story follows the adventures of Elmer Elevator as he stows away with a new cat companion to Wild Island in an attempt to rescue a captive baby dragon. Through Jan. 6, at Synetic Theater, 1800 S. Bell St., Arlington. This production is a part of Synetic's Family Theater series and is recommended for ages 5 and up. Tickets are \$20 and can be purchased online at [www.synetictheater.org](http://www.synetictheater.org) or via phone at 866-811-4111.

Gannett. The story follows the adventures of Elmer Elevator as he stows away to Wild Island in an attempt to rescue a captive baby dragon. This production is a part of Synetic's Family Theater series and is recommended for ages 5 and up. Tickets are \$20 and can be purchased online at [www.synetictheater.org](http://www.synetictheater.org) or via phone at 866-811-4111.

**Arlington's Holiday Kitchens.** Through January 2019, at Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity. Some artifacts will be like what today's kitchens have while others you may ponder what they would have been used for. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

## WEDNESDAY/DEC. 12

**Arlington Neighborhood Village Talk.** 10 a.m. At Walter Reed Community Center, 2909 South 16th St., Arlington. Cindi Shore, from ShoreFit in-home personal training specializing in working with seniors and rehab clients, will give us some fitness tips. Call 703-509-8057.

**Sip & Jingle Holiday Party.** 5-7 p.m. at the Ballston BID Office, 4600 N. Fairfax Drive, Suite 100, Arlington. This festive twist on Ballston's favorite happy hour will feature holiday-themed music, games, treats and more. Guests will enjoy specialty cocktails by Belle Isle Moonshine, beer and wine, and beats by DJ Touch Basis. Enter the ugly sweater contest by wearing your best take on the ugly sweater trend. Register early at [tinyurl.com/y7uz9oel](http://tinyurl.com/y7uz9oel).

**Friends of Urban Agriculture.** 6:30-8:30 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. "Celebrate Arlington Urban Ag - Look how far we've come." Learn about the accomplishments of the past five

years since the County's Urban Ag Task Force Report was issued and honor outstanding achievements in urban ag in the community.

**Equal Rights Discussion.** 7 p.m. At Phelan Hall, Marymount University, 2807 N. Glebe Road, Arlington. Part of the November Program - Arlington Committee of 100. The Equal Rights Amendment was passed by Congress in the 1970s and now needs only one more state for passage. Could Virginia be the state that ratifies it as an amendment to the Constitution? Speakers Julie Tanner, ERA Advocate, and Sen. Barbara Favola, Virginia State Senate, will discuss what passing the ERA would mean and the obstacles it faces in Richmond. Visit [www.arlingtoncommitteeof100.org/get-involved/make-a-reservation/](http://www.arlingtoncommitteeof100.org/get-involved/make-a-reservation/).

**Winter Concert.** 7:30 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington (Black Box Theatre). Presented by Arlington Community Chorus; directed by Melodie Henderson and accompanied by Laura Lindsay, the group will perform a wintery mix of songs, including "Winter Wonderland" and "Sleigh Ride." There also will be an audience sing-along of some holiday favorites. Admission is free, and the program is suitable for the entire family. Visit [www.apsva.us/adulted](http://www.apsva.us/adulted) or call 703-228-7200.

## WEDNESDAY-TUESDAY/DEC. 12-18

**Lions Citrus Fundraiser.** At the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, (lower entrance off John Marshall Drive). Fresh Citrus, Pecans, and Maple Syrup for sale: Wednesday, 4:30-8 p.m.; Thursday, 7 a.m.-3 p.m.; Friday, 10:30 a.m.-3:30 p.m.; Saturday, 9:30 a.m.-2:30 p.m.; Sunday, 11:30 a.m.-3:30 p.m., Monday, 10:30 a.m.-3:30 p.m.; and Tuesday, 7 a.m.-4 p.m. Call 703-528-1130.

## THURSDAY/DEC. 13

**Turtle Lunch.** 10:30-11:30 a.m. At

Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Help make lunch for the nature center's turtles. Kids can prepare the food for recovering hospital turtles and watch them eat, then give them worms for dessert. Ages 3-6. Free; registration required. Register online using activity code 622919-Y at [parks.arlingtonva.us](http://parks.arlingtonva.us).

**Made In Arlington.** 11 a.m.-2 p.m. At Plaza Branch Library, 2100 Clarendon Blvd., Arlington. Made in Arlington returns just in time for the holiday season. A pop-up retail market dedicated to unique things beautiful, wearable and edible from innovators and artisans in Arlington.

**Deep Dive: Wintertime Economics.** 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Adults. Take a Deep Dive into a natural history topic that scratches more than just the surface. What are the trade-offs to winter survival strategies? How much does a tiny chickadee need to eat to survive the cold winter nights? What are the advantages for cold-blooded animals that spend winter underwater? There's more to surviving winter than just eating or sleeping a lot. Call 703-228-3403. Cost \$5. Register online using activity code 622849-D at [parks.arlingtonva.us](http://parks.arlingtonva.us).

## FRIDAY/DEC. 14

**Parents Night Out.** 6-10 p.m. At Walter Reed Community Center, 2909 16th St. S., Arlington. Monthly Parents Night Out event, sponsored by The Teens Making a Difference Club (T-MAD). Youth participants will enjoy an evening of games, art, and fun. \$25 per person. Ages 4-11. Register online using activity code 720119-C at [parks.arlingtonva.us](http://parks.arlingtonva.us).

**Harpisichordist Performs.** 8-9:30 p.m. At St. George's Episcopal Church, 915 North Oakland St., Arlington. Renowned Harpischordist, Elisabeth Wright joins the Vivaldi Project in a performance titled "Les Gouts Reunis," a celebration of the French and Italian Union of Styles.

\$20, \$10 students. The following morning, Saturday, Dec. 15 at 10 a.m., Elisabeth Wright will present a masterclass at St George's Episcopal Church. Admission is free.

## SATURDAY/DEC. 15

**Christmas Bird Count.** The Christmas Bird Count is a long-standing program of the National Audubon Society, with over 100 years of community science involvement. It is an early-winter bird census, where thousands of volunteers across the U.S., Canada, and many countries in the Western Hemisphere go out over a 24-hour period on one calendar day to count birds. Participants must join an existing CBC circle by contacting the compiler in advance of the count day. Visit [www.audubon.org/conservation/join-christmas-bird-count](http://www.audubon.org/conservation/join-christmas-bird-count).

**Nauck Holiday Community Fellowship.** 9:30 a.m.-1 p.m. At Drew Model School and Community Center, 3500 S. 23rd St., Arlington. Breakfast with Santa Fellowship and Santa Secret Shop. Invitation required for families in need. Call 703-486-0058 or email [ncaarlington@gmail.com](mailto:ncaarlington@gmail.com).

**Families Unplugged: Gingerbread Houses.** 10 a.m.-noon or 1-3 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Participants will get creative while they build and decorate a gingerbread house as a family. All materials are provided. This program is open to all ages, but recommended for ages 3 and older. Children must register with an adult. \$8 person/non-resident \$9.20. Register online using activity code 730019-G at [parks.arlingtonva.us/locations/arlington-mill-community-center/](http://parks.arlingtonva.us/locations/arlington-mill-community-center/).

**Children's Makers Fair.** 11 a.m.-1 p.m. At Arlington Central Library, 1015 N. Quincy St., Arlington. Come see what the kids have made, take part in hands-on activities, and take a free Lego-Robotics class, hosted by Silver Knights. There will be demonstrations, as well as items for sale, all made by the children. Open to the public. Presented by the Arlington County Montessori PTA.

**Gift Mania.** 12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Students (ages 4-6 and 7-10) will create a handmade gift for a loved one to be kept secret until a big reveal during the holidays. Parents, gifts will be wrapped, so no peeking. \$50. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Holiday Drop and Shop.** 5-9 p.m. at Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive. Drop off children for an evening of activities (obstacle courses, tumble tramp, foam pit, games and more) at Barcroft Sport & Fitness Center while finishing holiday preparations. Pizza and drink will be provided. \$40 per child. Ages 4-6. Register using activity code 110510 at [parks.arlingtonva.us/events/holiday-drop-and-shop/](http://parks.arlingtonva.us/events/holiday-drop-and-shop/).

**Holiday Concert.** 7-9 p.m. At St. Peter's Episcopal Church, 4250 N. Glebe Road, Arlington. Celebrate the holiday season with the World Children's Choir 29th Annual Holiday Concert. The family-friendly program includes beautiful carols, Hanukkah, secular, and new year songs from around the world. The concert includes an audience sing-along. Cost is family (parents and children)/\$30; adults/\$20; seniors and students (12+)/\$15. Contact Sondra Harnes at [worldchildrenschoirinfo@gmail.com](mailto:worldchildrenschoirinfo@gmail.com). Visit [www.worldchildrenschoir.org/tickets.html](http://www.worldchildrenschoir.org/tickets.html).

**Family Game Night.** 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Join in the



## Gift Mania

Students (ages 4-6 and 7-10) will create a handmade gift for a loved one to be kept secret until a big reveal during the holidays. Parents, gifts will be wrapped, so no peeking. Saturday, Dec. 15, 12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. \$50. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

# HOLIDAY ENTERTAINMENT



## Holiday Concert

Celebrate the season with The World Children's Choir 29th Annual Holiday Concert. The family-friendly program includes carols, Hanukkah, secular, and new year songs from around the world. The concert includes an audience sing-along. Saturday, Dec. 15, 7-9 p.m. at St. Peter's Episcopal Church, 4250 N. Glebe Road, Arlington. Cost is family (parents and children)/\$30; adults/\$20; seniors and students (12+)/\$15. Contact Sondra Harnes at worldchildrenschoirinfo@gmail.com or visit [www.worldchildrenschoir.org/tickets.html](http://www.worldchildrenschoir.org/tickets.html).

fun at St. John's family game night. Games will be available, but participants are welcome to bring a favorite too. Bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org).

**"Holiday Time Warp" Concert.** 7:30 p.m. At Unitarian Universalist Church, 4444 Arlington Blvd, Arlington. National Chamber Ensemble (NCE) presents classical masterpieces, seasonal favorites, a performance by area string students and the winner of NCE's Outstanding Young Artist Achievement Award. The evening concludes with a Carols Sing-Along, led by tenor Patrick D. McCoy. Tickets are \$36 for adults and \$18 for students. Group discounts for 10 at 703-685-7590. Tickets are available online at [www.nationalchamberensemble.org/tickets.htm](http://www.nationalchamberensemble.org/tickets.htm).

**SUNDAY/DEC. 16**

**R.I.P. - Remove Invasive Plants.** 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Restore habitat and increase species diversity right here in Arlington. The monthly work parties are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Ages 8+. Free. No registration required. Call 703-228-6535 or email [longbranch@arlingtonva.us](mailto:longbranch@arlingtonva.us).

**Celebrate Christmas.** 10:30 a.m. At Walker Chapel United Methodist Church, 4102 N. Glebe Road, Arlington. The Walker Chapel Choir, an ensemble from the Falls Church Concert Band, other instrumental musicians, and readers will lead this celebration of the season with a program of music and readings. Everyone is invited to attend the annual tradition of Lessons and Carols. That evening at 5 p.m., with the help of Boy Scout Troop 641, Walker Chapel will host a Yule Log. Join in caroling and refreshments on the front steps. Call 703-538-5200 or visit [www.walkerchapel.org](http://www.walkerchapel.org).

**MONDAY/DEC. 17**

**Meet the Speaker: Benito Perri.** 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St. Ben Perri will lead a guided meditation and discuss several important aspects of Buddhism. He is

an ordained Catholic priest who studied with Buddhist scholars and is nearing completion of an intensive two-year program to become certified as a Mindfulness Meditation Teacher. In addition, Encore Learning instructor Dwight Rodgers will describe the Mindfulness Club available to Encore Learning members. The public is invited. Call Encore Learning at 703-228-2144.

### WEDNESDAY/DEC. 19

**Talk on Home Care Services.** 10 a.m. At Walter Reed Community Center, 2909 South 16th St., Arlington. Alexandra Johnson, Director of Marketing and Community Outreach for Old Dominion Home Care, will describe how a wide range of "home care services" can help with daily living.

### FRIDAY/DEC. 21

**Solstice Hike & Campfire.** 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Celebrate the longest night of the year with candle making and roasting marshmallows for s'mores at Gulf Branch Nature Center. Then take a night hike under the full moon. \$5 per person. Ages 3 and older. Register using activity code 622859-H at 703-228-4747 or [registration.arlingtonva.us](http://registration.arlingtonva.us).

### SATURDAY/DEC. 22

**Last Chance Holiday Bazaar.** 10 a.m.-4 p.m. At Lyon Village Community House, 1920 N. Highland St., Arlington. Skip the crowds at the mall and support area artisans and entrepreneurs, including handmade soaps and lotions, jewelry, framed watercolors, gel candles, hand decorated glassware, hats and silk scarves, spice mixes, fair trade imported textiles and accessories, alpaca wool socks, stocking stuffers and more. Pick up some sweets and pet gifts from the bake sale table supporting Homeward Trails Animal Rescue, and have a slice of pizza for lunch to support the Washington and Lee Winter Guard.

**Yoga at Long Branch.** 10-10:45 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Start with a fun short walk, return to the nature center to practice poses representing the plants and animals found, then end with a short relaxation. No prior experience needed, bring a yoga mat if possible, but not required. Ages 7-

10. \$5. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us) using #622929-A.

**Tree ID Hike.** 11:15 a.m.-12:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. The leaves are gone but trees still share clues to identify what tree it is. Learn to identify the trees of Arlington by their bark and shape. Wear weather appropriate clothes, group will be outside the whole time. Ages 14+. \$5 per person. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us) using #622949.

**Gifts for Wildlife.** 2:30 - 4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. This time of year is the giving season. With food being scarce the local birds and wildlife could use some kindness too. Make edible garlands and ornaments to hang on trees outside. Make an ornament to take home for the wildlife in the backyard. Call 703-228-6535.

**Flying Squirrel Lore & More.** 5-6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Flying squirrels are found throughout the wooded neighborhoods of Arlington, although they are seldom seen. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. Ages 4+. Register children and adults; children must be accompanied by a registered adult. \$5 per person. Register using #622959-A at [registration.arlingtonva.us](http://registration.arlingtonva.us).

### WEDNESDAY/DEC. 26

**Holiday Concert.** 6-7:30 at The John F. Kennedy Center for the Performing Arts, 2700 F St., NW, Washington, D.C. Featuring local Encore Chorale groups from Alexandria, Arlington, Fairfax, and Reston. Encore Creativity for Older Adults, the nation's largest choral program for singers 55+, will present the combined talents of more than 250 Encore Chorales and Encore ROCKS singers in concert. Free, the public is invited and no tickets are required. Call 301-261-5747 or visit [www.encorecreativity.org](http://www.encorecreativity.org).

### THURSDAY/DEC. 27

**Flying Squirrel Lore & More.** 5-6



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# HOLIDAY ENTERTAINMENT

p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Flying squirrels are found throughout the wooded neighborhoods of Arlington, although they are seldom seen. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. Ages 4+. Register children and adults; children must be accompanied by a registered adult. \$5 per person. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us) using #622959-B.

## FRIDAY/DEC. 28

**Free Play Day.** 10-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Give children unstructured time with a chance to explore the woods, make snow forts, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Free. Ages 5-9. Register using #622829 at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Sneak a Peek.** 1-2 p.m. at Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6 to 10. Curious about what's behind the scenes? So are scientists. Try out some ways naturalists spy into the secrets of the natural world – from spotting scopes to observation hives. And explore some of the nature center's secret spaces too. Call 703-228-3403.

## SATURDAY, DEC. 29

**Animal Tracks.** 2-3:30 p.m. at Long Branch Nature Center 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult.

Winter is a great time to see animal tracks in the snow or mud. Make plaster animal (or people) feet and while they set, hike the forest looking for tracks. Call 703-228-6535.

## WEDNESDAY/JAN. 2

**Northern Virginia Bird Club Walk.** 8:30-11 a.m. At Long Branch Nature Center's Parking Lot, 625 S. Carlin Springs Road, Arlington. Free. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if available. Call 703-228-6535.

## SATURDAY/JAN. 5

**Fort C.F. Smith Park Walking Tour.** 9-10 a.m. At Fort C.F. Smith Park, 2411 N. 24th St., Arlington. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

**Summer Camp Open House.** 10 a.m.-12 p.m. At Encore Stage & Studio, 4000 Lorcom Lane, Arlington. Encore Stage & Studio invites families in the community to its first-ever Summer Camp Open House. Students will experience a 30-minute sample class of Encore's various summer camps. Camps are available for ages 3 through 18, with options of one, two and three week sessions.



PHOTO BY SUZANNE ROUSSO

**Elisabeth Wright performing with The Vivaldi Project in Durham NC. The Vivaldi Project is a period instrument ensemble consisting of Elizabeth Field (violin) and Allison Nyquist (violin) and Stephanie Vial (cello). In this performance, The Vivaldi Project was joined by cellist Lisa Like-Doorandish.**

## Vivaldi Project Performs

Renowned Harpsichordist, Elisabeth Wright joins the Vivaldi Project in a performance titled "Les Gouts Reunis," a celebration of the French and Italian Union of Styles. Friday, Dec. 14, 8-9:30 p.m. at St. George's Episcopal Church, 915 North Oakland St., Arlington. \$20; \$10 students. The following morning, Saturday, Dec. 15 at 10 a.m., Elisabeth Wright will present a masterclass at St George's Episcopal Church. Admission is free.

This is a free event, families must register online to reserve their space for the open house classes at [www.encorestage.org](http://www.encorestage.org) or by calling the office at 703-548-1154.

**Civil War Discoveries: Infantry Drills.** 11 a.m.-noon at Fort C.F. Smith Park, 2411 N. 24th St., Arlington. Ages 7-11. Drill like Union soldiers by practicing marches and

turns, as well as how to "load in nine times" with replica wood rifles. Call 703-228-4775.

**Civil War Discoveries: Artillery Drills.** 1-2 p.m. At Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. Ages 7-11. Work as a team practicing the steps to load and aim a replica Civil War cannon. Talk about different types of artillery and test new skills. Call 703-228-4775.

**Winter Secrets Revealed.** 2-3 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. With leaves off the trees and the forest plants dormant, many of the secrets of the forest are revealed. Take a hike in search of bird and squirrel nests, fox dens, insect homes, snow fleas and other forest secrets one can only glimpse during the winter. Call 703-228-3403.

**Fort Ethan Allen Park Walking Tour.** 4-4:45 p.m. At Fort Ethan Allen, 3829 N. Stafford St., Arlington. Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. Explore the earthworks and discuss how and why the fort was built. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

**Keeping Warm Campfire.** 6-7 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Cost \$5. Spend a chilly evening by the warmth of our campfire while making S'mores. Learn how animals have adaptations to stay warm and survive winter outdoors. Call 703-228-3403.



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PHOTO BY HOME ON CAMERON

**Todd Martz of Home on Cameron in Old Town Alexandria suggests adding a decorative mirrors for a quick bathroom update.**



PHOTO COURTESY OF ANNE WALKER

**Potomac designer Anne Walker used Thibaut wallpaper to make the room a “fabulous, joyful place to visit,” she said.**

## Preparing for Holiday Guests

### Sprucing-up a bathroom without a renovation.

BY MARILYN CAMPBELL

Amid the tree-trimming, wreath hanging and stocking stuffing in an effort to deck the halls in anticipation of holiday guests, there’s one space that can be forgotten: the humble bathroom. While not as festive as hanging garland, a few simple tweaks can transform a bathroom from glum to guest ready.

“Hands-down, the easiest way to spruce up a bathroom with little or no expense is to de-clutter,” said Anne M. Walker of Anne Walker Design. “You’ll be amazed how beautiful your bathroom looks if you clear away all of the items sitting on the countertop and around the room.”

To help with that effort, Walker suggests investing organizational items such as Lucite or bamboo trays and drawer inserts so that personal items can be kept out of sight.

For those with a budget and time to allow for it, Walker suggests a fresh coat of paint or new wallpaper. “That can make a huge visual impact in a bathroom,” she said. “Since the space is so small, and it’s a room where you don’t spend long periods of time, you can have fun with interesting colors and patterns.”

Also think about painting just one wall as an accent or the ceiling,” said Todd Martz of Home on Cameron in Alexandria. “[Add a new] mirror, such as a decorative or colorfully framed mirror or one that runs from floor to ceiling, for a fresh look.”

He also suggests updating a bathroom’s lighting to make the space feel bright and airy.

Another practical tip that Walker offers is a good, old-fashioned scrub-down. “Clean like you’ve never cleaned before, she said. “Use a surface cleaner with bleach, like Krud Kutter, which is my personal favorite, a strong brush, and your elbow grease to remove dust, grime and dirt from tile grout, caulk, and cor-

ners of the room.”

Among the more mundane tasks is to visually inspect the bathroom’s grout to check for cracks and stubborn, unsightly mold. Re-grouting might be necessary, says Chuck Khiel, vice president of Fred Home Improvement. “When making a repair, it is very important to remove all of the cracked grout in the joint so that the full edge of the tile is exposed,” he said. “The new grout can then bond to the full thickness of the tile edge. Simply smearing a thin layer of new grout over old grout will not work.”

Once the room is sparkling clean and totally decluttered, Walker suggests adding display on a countertop or in a shower niche. “A vase full of bamboo, pretty soaps in a rattan basket or a Lucite tray filled with beautiful guest towels are just a few suggestions for fresh objects that will lend an air of tranquility to your bathroom.”

For guests who might cringe at the thought of shared guests towels, Martz suggests adding a tray of disposable hand towels. He also encourages engaging one’s sense of smell by, “adding some scented candles like those by Rigaud’s Cypres and Cythere.”

Another simple fix is to buy fresh new bath linens, says Walker. “No matter how hard you try, towels and shower curtains get dingy over time,” she said. “There are so many places to buy lovely linens, and many of them are very low cost.”

With the right accessories, even the most modest spaces can be made to feel like a spa, suggests Walker, recalling a bathroom in which she added a Turkish towel, striped shower curtain which became transformative. “Even though the bathroom, itself, is modest, the beautiful shower curtain makes it feel like a resort,” she said. “By adding just a couple of colorful accessories on the countertop, it pulls the whole room together.

Installing new fixtures such as a shower head can quickly transform a bathroom from outdated to updated. “There are many types of shower heads on the market these days,” said “Some offer a variety of water streams and different features, [and] most manufacturers make it so that changing a shower head is fairly simply.”

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## HOLIDAY GIFTS

# Make Everyone Happy for the Holidays Toys and food for animal friends.

BY SHIRLEY RUHE  
THE CONNECTION

**P**ut a smile on your dogs, cats and birds by filling their Christmas stockings with a special surprise. Regan Chinn, area manager for Kriser's Natural Pet located in the Lee Harrison Shopping Center, said their products are 100 percent natural alternatives for animals. Select from the chew tower, a large or small chewy in salmon, pork or venison that is made with all rice flour, dipped in protein then rolled and baked. Your cat can munch small crunchy bites of Vital Cat in ahi tuna, chicken giblet or chicken breast. "Minnow is very popular."

Christmas toys are displayed inside the front door — stuffed elves, reindeer and penguins or a large red Naughty dog bone for tossing and retrieving. And as you leave you can donate food or a toy to be shared with Lucky Dog Shelter.

Just down the way in the same shopping center at Wild Birds Unlimited 4-and-a-half-year-old Alex Carr examines the birdseed owl from a tableful of choices that would attract the backyard chickadees, wrens, and nuthatches. If you want to please your woodpeckers, get a couple of cranberry, PB&J or BugNuts suet cakes.

Mark Rohlf, a store employee, points out they sell large 5.2 pound bird seed cakes that "are harder for the birds to get at so you can get to see the birds longer." And while you are watching, you can work the



**Regan Chinn, area manager for Kriser's Natural Pet, points out some of the favorite Vital Cat cans. "Minnow is very popular."**



**Make birds happier for longer with a 5.2 pound cake of hot pepper or safflower seeds and choose a suet cake from 10 different flavors including PB&J, cranberry and BugNuts.**

PHOTOS BY  
SHIRLEY RUHE  
THE CONNECTION

1,000 piece bird puzzle, "a real bargain at \$19.99."

Make it easy while you are shopping for yourself at Trader Joe's, stop by the pet aisle and pick up a box of gingerbread flavored dog treats and a package of chicken and cranberry recipe dog treats.



**Head for the pet aisle at Trader Joe's for some traditional gingerbread and cranberry flavored treats for your dog.**



**Head for the chew tower and make every size and breed of dog happy. "They really smell and the stronger, the better for most dogs."**



**John McGuinness, Master Finance Volunteer, says their Money Smart Buy program teaches basic financial skills like how to create a budget, how to start some savings, cash flow, paying your bills on time. Teresa Germann, another Master Finance Volunteer, says she is starting a new program in January aimed at seniors on how to live well in this area on a fixed income.**



**Becky Halbe, a Master Gardener volunteer, hands out radishes and spinach seeds perfect for growing inside as microgreens. "They are popular right now and full of nutrition and vitamins. Here we have a balcony display. Many neighbors are urban dwellers and they need something they can do."**



**The Master Food volunteers have prepared a healthy brunch for the crowd attending the 2018 Extension Showcase. A selection of crustless spinach feta crustless quiches with apple bread and cranberry-walnut pumpkin bread with gluten-free crackers with small slices of brie with a dollop of quince jam assure that all tastes are satisfied.**

## Learning about Virginia Cooperative Extension

### Showcase describes programs.

**T**he Virginia Cooperative Extension (VCE) Arlington and Alexandria branches held their annual 2018 Showcase on Friday, Dec. 7

at the Fairlington Community Center. The value of extension volunteer hours in Arlington County and the City of Alexandria is \$1,173,148.

For every \$1 invested, Arlington and Alexandria VCE return \$11.67.

Arlington County Board Chair Katie Cristol told the group it's clear how much the government values their efforts: "You are a force multiplier."

— SHIRLEY RUHE

# BUSINESS



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## Regional Leaders Launch Firm Devoted to Region

**Fisette, Berliner lead DMV Strategic Advisors LLC.**

A team of bipartisan leaders from across the region has formed DMV Strategic Advisors LLC, “to assist the private sector, non-profits, and local governments advance projects and policies aligned with the overarching goals of our region, goals that we helped define and advance over decades of service to the region,” according to its press release.

Roger Berliner of Montgomery County and Jay Fisette of Arlington County lead the firm. Berliner and Fisette were both awarded with the region’s highest honor for “outstanding regional leadership.” Berliner served as president of the Montgomery County Council. Fisette served as chair of the Arlington County Board. They are joined

by a team of advisors, all of whom have a track record of serving the region, including:

- ❖ Susan Bell, former director of Arlington’s Department of Community Planning, Housing and Development;
- ❖ Caroline Cunningham, former founding president of the Trust for the National Mall and vice president for Partnership, Greater Washington Board of Trade;
- ❖ David Harrington, former state senator and Prince George’s County councilmember, and current Prince George’s County Chamber of Commerce president;
- ❖ Thomas Himler, former deputy chief administrative officer for Prince George’s County;
- ❖ Mary Hynes, former Arlington County

Board member;

- ❖ Tom Rust, former Virginia delegate and mayor of Herndon;
  - ❖ Bob Sweeney, founder and president of the DC 2024 Olympic bid and the Greater Washington Sports Alliance;
  - ❖ Harry Wingo, former senior policy counsel for Google and former president and CEO of the D.C. Chamber of Commerce.
- According to Berliner and Fisette: “What sets our firm apart is that we know this region and we know how to get things done. We know how to successfully engage the multiple levers required to make positive change happen. And we are committed to doing so for our extraordinary region.”
- The firm also offers services to its clients through its Strategic Partners, two national



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firms with expertise in the areas of transformative leadership and affordable housing: Healthy Companies and Enterprise Community Partners, Inc.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

**-Werner Heisenberg**

**Obituary**

**Bernice Marie McGee Anglin** known to her family and friends as (Mom, Mama, Grandma Bea, Aunt Bea or just Bea) passed at the age of 96 on November 24th, 2018 in Fredericksburg, Virginia.

Born July 9th, 1922 in Weldon, NC. to John Henry McGee and Berta Conwell McGee of Weldon, NC. She was baptized at the age of 9 in Weldon, and when her family moved to Arlington, Virginia in 1938 she became a member of the First Baptist Church of Clarendon, (now known as the Church of Clarendon) where all 7 of her children were baptized. When women were first allowed to serve as Deacons in the Baptist Church she became one of the first. Throughout her life with the Church besides being a Deacon, she served as Sunday School Director a Sunday School teacher, and the Wednesday night dinner coordinator.

Bernice was a 1940 graduate of Washington & Lee High School, Arlington, Virginia. On December 7, 1943, she married her childhood sweetheart Murray Edson Anglin also of Weldon, NC. He was a veteran of the United States Navy during WWII, and predeceased her on March 2nd, 1974.

From 1963 until her retirement in 1990 she was employed as a telephone operator/receptionist with IBM of Northern Virginia. After her retirement she gave freely of her time, volunteering for over 27 years at the Virginia Hospital Center, delivering Meals on Wheels for over 25 years and was a long standing member of Happy Hearts of Arlington, Virginia.

Her favorite bible verse was: Raise up a child in the way he should go and when he is old, he will not depart from it. Proverbs 22 : 6

She is survived by 6 living children: Nancy Ruth Wolford of Edinburg, VA, John Edson Anglin (Vivian) of Washington, Mo., Ronald McCrea Anglin (Kathy) of Fallon, NV, Martha Anglin Hamilton of Fredericksburg, VA, David Murray Anglin (Jennie) of Haymarket, VA., Walter Ray Anglin, predeceased, and Wanda Anglin Buettner (Raymond), Falls Church, VA.,

14 grandchildren: Cherie, Stoney, Sean, Andrew, Matthew, Adam, Seth, Chad, Dane, Jeffrey, Thomas, Jessica, Michael, Charles, and 19 great grandchildren.

She was preceded in death by her siblings: Estelle Taylor, Lucy Ferguson, and Claud McGee. She leaves behind numerous nieces, nephews, and beloved friends.

Any donations may be sent to the American Cancer Society or the American Heart Association.

Services were held Thursday November 29, 2018 at National Memorial Park 7482 Lee Highway, Falls Church, VA 22042. The family accepted visitors at 10:00 am, services were held at 11:00 and burial at noon.

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**ABC LICENSE**

Good Company Operations, LLC trading as Good Company Doughnuts & Cafe, 670 North Glebe Road, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Owner Charles Kachadoorian, authorized this advertisement. 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.

**Legals**

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Imam Gozubuyuk trading as Maya Grill INC., 5649 Lee Highway, Arlington VA, 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises AND Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Imam Gozubuyuk, the executive chef. 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.

**Obituary**

**NEWS**

**Nutritious and Delicious**

FROM PAGE 3

day dinner or if chopped up would make a good topping for the trifle.

Next as the nuts cool they turn to the trifle which is British and very decadent but has come to mean anything you can put in layers. Wagner says, "We're going to use two flavors that go well together — ginger and lemon." She explains that trifles are traditionally made in a glass container so that you can see the layers. "I like to do individual ones so today we'll make a trifle in a large bowl and one in an individual glass so you can see what it looks like."

Broff puts some gingersnaps in a plastic bag and firmly closes the bag, then begins crushing them by pounding with a metal bowl. "Whack, whack, no fancy tools needed. And if you're stressed, go to it."

At the other end of the table Gadhia is cutting canned pears into bite-sized pieces. "They are in extra light syrup." She sprinkles some crushed gingersnap crumbs into a glass and then adds a layer of yogurt with a dash of lemon curd, another layer of gingersnaps, then a layer of pears. A bit of crystallized ginger, some Cool Whip if you have it and Gadhia decides to finish it off with a spiced nut. "We have the recipe for the crystallized ginger if you want to make it yourself."

The large bowl of trifle is complete, and Wagner holds it up so the audience can see the layers.

Broff says you could also use holiday colors. "Sometimes I use pistachios and fresh raspberries would be very nice." In addition, if you don't like the strong taste of gingersnaps you can substitute vanilla wafers or graham crackers. "I make homemade granola and always have it around," Broff says, "so sometimes I substitute it for the gingersnaps."

Then the best part. The audience each receives a small plastic dish of spiced nuts. Appreciative comments filter around the room. Then a taste of trifle. "Hmmm; this is really good."

Virginia Cooperative Extension builds local rela-



PHOTO BY SHIRLEY RUBE/THE CONNECTION

**Cyndi Gadhia layers a glass with gingersnap crumbs, yogurt, pears and crystallized ginger to make a healthy and nutritious but delicious holiday trifle. She is assisting Master Food Volunteers Caryn Wagner and Nancy Broff with the demonstration at Langston Community Center.**

tionships and collaborative partnerships helping people put scientific knowledge to work through the Commonwealth's land-grant universities.

These demonstrations are part of the series offered by the Arlington County Parks and Recreation included in their Over 55 Program offerings.

**Celebrating Adoption/Foster Care**

FROM PAGE 3

was any specific thing that made our decision to start becoming foster parents." Rebecca Goodheart says, "We were talking about it one day and went to an information session."

Rebecca Goodheart adds, "Some are definitely easier than others. But even when they are driving you crazy, it's hard to let them go. But the goal of the program is to return them home or to a relative."

Elias Marique, a DHS employee, blasts out from the microphone on the stage. "And the next winner of our gift basket is Noelle. What an appropriate name for the season."

Today's event was sponsored by Nestlé whose employees had helped set up at Kenmore Middle School, provided the food from the company's caterer, and decorated the stage with blow-up snowmen and menorahs. Jennifer Campbell of Nestlé's Community Affairs Department said their

employees had made the wreaths decorating the tables on Thursday and had spent all day Friday baking 500 chocolate chip, oatmeal and sugar cookies and assembling them in decorative boxes as take home gifts. "We collected 422 toys and gift cards, and we have 30 employees here today volunteering."

Campbell said when Nestlé moved their home office from California to Arlington, they were looking for a community connection. "I am in the process of becoming a foster parent and when they talked about what they do for the holidays, Nestlé decided it was a good connection for us."

Friedman says, "The county has a new policy prohibiting the Department of Human Resources from soliciting donations anymore so when Nestle came to us to offer this, it was a great benefit."

The room quiets as the Yorktown High School choir files in to the front of the room. "This is an event we like to do each year."

"We sing songs of cheer. Christmas is here. Ding, dong. Ding, dong."

**"FLOURISHING AFTER 55"**

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 26-29.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed,

2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St. Senior centers will be closed Monday, Dec. 24 and Tuesday, Dec. 25.

**Senior trips:** Potomac Mills outlet mall, Woodbridge, Thursday, Dec. 27, \$8; Horseshoe Baltimore Casino, Balti-

more, Friday, Dec. 28, \$7; Arena Stage, matinee performance of "Indecent," Saturday, Dec. 29, \$72. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

SEE FLOURISHING, PAGE 15

# Beware off Holiday Scams

FROM PAGE 5  
it probably is.

When approached by a charitable solicitor, whether by phone, online, or in-person, follow these practices:

- ❖ Research the cause and organization you are considering donating to.
- ❖ Ask questions of the solicitor such as:
- ❖ Whether they are from a telemarketing company or work directly for the charity
- ❖ What programs are conducted by the charity
- ❖ How much of your donation will be used for a charitable program
- ❖ How much the solicitor guarantees to the charity
- ❖ See it in writing. Ask the solicitor for additional information about the charity, including its annual report or a brochure outlining its accomplishments.
- ❖ Never use a phone number or website address provided to you from the solicitor to verify their credibility.
- ❖ Check an organization's reliability by calling the Consumer Protection Hotline – Handled by the Office of the Attorney General, VA toll free at 800-552-9963 or at 804-786-2042.

To find out more about the charitable organization and how much your contribution will be used for charitable purposes, call the Office of Charitable and Regulatory Programs (OCR) within the Virginia Department of Agriculture and Consumer Services at 804-786-1343.

Secure your Personal Information.  
If you find that you were a target of victim of a scam, file an online police report at <https://police.arlingtonva.us/online-police-reporting-system/>

## "FLOURISHING AFTER 55"

FROM PAGE 14

### NEW PROGRAMS:

**Senior ice skating**, MedStar Capitals Iceplex, Ballston Mall, level 8, Wednesdays, 7:30-8:30 a.m. Details, 703-228-4771.

**Drop-in badminton**, Wednesdays and Thursdays, 10:15 a.m., Walter Reed. Details, 703-228-0955.

**The Rocking Chairs**, grown up rock 'n roll band, Wednesdays, noon, Lee. Details, 703-228-0555.

**Drop-in volleyball**, experienced and newcomers, Wednesdays and Fridays, 1:30 p.m., Langston-Brown. Details, 703-228-6300.

**Arlington Walking Club** for seniors will visit War Memorials, D.C., Wednesday, Dec. 26, 9 :30 a.m., \$4. Register, 703-228-4771.

**DHS rep discusses services available**, Thursday, Dec. 27, 10 a.m., Walter Reed. Register, 703-228-0955.

**Woodcarvers group** meets Thursdays, 1 p.m., Lee. Loaner tools and wood available. Details, 703-228-0555.

**Senior Trekkers** from Arlington Mill walk along the W&OD Trail, Thursdays, 9 a.m. Details, 703-228-7369.

**New Year's resolution exercise using vision boards**, Friday, Dec. 28, 11 a.m., Arlington Mill. Register, 703-228-7369.

**Lee Walkers** will walk along Alexandria Urban Trail, Friday, Dec.28, 10 a.m., \$4. Register, 703-228-0555.

**Fast-paced walking group** to meet at Aurora Hills, Friday, Dec. 28, 9 a.m. Details, 703-228-5722.

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## Still Scared to ...



By KENNETH B. LOURIE

As a follow up to last week's column: "Scared to ...," let me provide a bit more context for the fear and anxiety I wrote about; as well as some history for you readers to appreciate the emotional challenges some of us cancer patients experience.

It all began with the initial Team Lourie meeting on Feb. 27, 2009 when we met my oncologist for the first time.

After exchanging pleasantries, such as they could be, I was examined by my oncologist in an adjacent room. After he completed his exam, we all re-assembled in his office where he reviewed the results of my most recent medical history dating back to Jan. 1, 2010 when I first showed up at the Emergency Room complaining of shortness of breath.

Subsequently, there were two sets of X-Rays, one CT scan, one P.E.T. scan and then a surgical biopsy to confirm the previous findings. It was nearly eight weeks to the day that I learned my diagnosis: non-small cell lung cancer, stage IV. And so my oncologist began to talk. I'm semi-quoting, but clearly remembering the substance:

I can treat you, but I can't cure you. Your prognosis is 13 months to two years. The percentage of patients who live beyond two years is 2 percent. Could you be the one who lives beyond two years? Absolutely. This is extremely serious. You should begin chemotherapy as soon as possible. Next week if possible.

Then our questions began – after we gathered our composure that is. I mean, hearing these words directed at you is as surreal as it gets, and with limited knowledge on the subject and the circumstances, we had difficulty starting a conversation.

This is as much as I remember hearing that day. Could there have been more? I'm sure. Unfortunately, we were ill-prepared for the occasion.

Though there were three of us: my wife, Dina, my brother, Richard, and myself – collectively, what went in all of our ears went out in different directions.

What was said, what was heard, what was understood, what was remembered, was all a jumble. No one thought to take notes or bring in a recording device, two suggestions which have been subsequently made and that I now pass on to you.

My oncologist answered our questions about surgery, radiation, treatment, drugs, side effects, schedule, etc., all of which was difficult to absorb.

He then attempted to describe what my life would be like going forward, offering no guarantees of anything particularly hopeful, which now explains the reasons for these two columns: death and progression from dying/symptoms getting worse. He used a staircase as an example.

My health would steadily decline, as if walking down a flight of stairs. As my health deteriorated/symptoms manifested (down a couple of steps), he could stabilize me there by trying new treatment. But he could never bring my health back to its previous place. Then after a while the new treatment would become unsuccessful (down a few more steps), and again, he could stabilize me but he couldn't bring me back. And on and on until ... I think I can remember another visual he offered: playing with a yo-yo as I descended the stairs; down, down, down.

Amazingly, this has not happened to me despite a week's long hospitalization five-plus years ago.

HOWEVER, per my understanding of my condition (I wasn't diagnosed as "terminal" for nothing), I anticipate stepping down at some point. And any time – every time – I experience symptoms uncharacteristic of my semi-normal existence, I ALWAYS wonder if this is the beginning of my end.

And as much as I want to stay one step ahead, it's hard for me (practically impossible) to not think that when new symptoms occur, cancer is stepping up its attack.

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

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