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PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Arlington's Jeff Kloha, chief curatorial officer, speaks about the exhibit. "This artifact is a window into an era, a millennium ago, that serves as a basis for how we understand and still talk about the Bible today."

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Better Watch Out Sunrise toy drive set for Dec. 7.

Holiday elves are hard at work at Sunrise of Arlington as part of its annual toy drive in partnership with the Fraternal Order of Police Lodge 35.

Sunrise staff and residents are collecting toys for children of all ages in preparation for a visit from Santa and his motorcade on Dec. 7. The visit with Santa will include hot chocolate, cookies and a sing-a-long of holiday favorites.

Wrapped toys should be labeled for a boy or girl and include the appropriate age range. Santa's motorcade will pick up the toy donations for delivery to children at Easter Seals.

Toys can be donated during the visit from Santa on Dec. 7 from 9-10 a.m. at Sunrise of Arlington, 2000 N. Glebe Road. For more information, call Sunrise of Arlington at 703-524-5300.

— JEANNE THEISMANN



Gathering gifts for a visit from Santa's motorcade to Sunrise of Arlington are Amanda Sylvester Williams, Lisa Johns, Bora Bisimwa and Lauren Webster. The toy drive motorcade will arrive Dec. 7 between 9-10 a.m. and will benefit Easter Seals children.

PHOTO BY JANET BARNETT/THE CONNECTION

FLOURISHING AFTER 55

Arlington Office of 55+ Programs 12/8-14/19

55+ 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.

55+ Travel American Holiday Festival, DAR, D.C., Army Band, Sunday, Dec. 8, \$5; Festival of Lights, Upper Marlboro, MD, Tuesday, Dec. 10, \$12; Riverside Christmas Spectacular, Fredericksburg, Wednesday, Dec. 11, \$59 (includes lunch); National Museum of African American History and Culture, D.C., Friday, Dec. 13, \$6; National Theatre, D.C., "Fiddler on the Roof," Saturday, Dec. 14, \$110. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Van Gogh and Japan, illustrated lecture, Monday, Dec. 9, 1:30 p.m., \$6, Aurora Hills. Details, 703-228-5722.

Easy, elegant side dishes, Monday, Dec. 9, 11 a.m., Walter Reed. Details, 703-228-0955.

Line dancing, absolute beginners, Mondays, 10:30 a.m., TJ Community Center. Free. Details, 703-228-4771.

55+ Biking group seeking rotating leaders for trips on local bike paths, trails, neighborhoods. Details, 703-228-4771.

Writers session, Tuesday, Dec. 10, 11:30 a.m., Lee. Details, 703-228-0555.

Personal safety advice, Tuesday, Dec. 10, 1 p.m., Arlington Mill. Details, 703-228-7369.

Singles Holiday Party, wear ugly sweater, Wednesday, Dec. 11, 6:30-8:30 p.m., Arlington Mill. Register, 703-228-7369.

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NEWS



Pastor Ashley Goff and the Arlington Presbyterian Church Congregation



Members of the Arlington Presbyterian Church share Communion

Arlington Presbyterian Church Returns Home

On Sunday, Nov. 17, Arlington Presbyterian Church celebrated their homecoming.

APC returned to their former site opening a new worship, office and multi-use space on the ground-floor of Gilliam Place, a 173-unit affordable housing community developed by the Arlington Partnership for Affordable Housing (APAH) along Columbia Pike.

APC's move back to their former property where they worshipped for over a century, completes an 8-year journey for their congregation in discerning new ways they might be called to be church in the community. After their bold decision to sell their existing church building and property to APAH for the development of

affordable housing in 2014, the congregation returned to lease a portion of the ground-floor retail space from APAH in the completed building. "APC's new worship space is a communal, Spirit-filled gathering area that invites participation, creativity, and equality for the sake of South Arlington," said Pastor Ashley Goff.

The brand-new multi-use building is named in honor of Ronda A. Gilliam, APC's first African-American elder, a community leader and clothing ministry founder.

In the spring of 2017, APC purchased back from APAH two single-family home lots preserving open space for the neighborhood. APC is committed to using this space as gathering, garden and prayer

space available for all the neighbors to use.

"We were called to create a sacred green space for our neighbors and our community. Our garden is an evolving landscape. Our desire is to offer this garden as a place of restoration: a place where life, people, and native plants can find stillness, peace, and healing," said Susan Etherton, Elder.

APC also looks forward to strengthening their support of La Cocina VA, a nonprofit, bilingual culinary training program for low-income individuals, who will move in next door to APC on the ground floor of Gilliam Place. "We discovered in La Cocina, a like-hearted, mission-oriented non-profit who along with us desires South Arlington to be a

place of zero barriers to justice and equality. We're excited to grow alongside them," said Susan Etherton.

For over 100 years, Arlington Presbyterian Church has been a place where people of vision, connected with the community, have heard and responded to the needs of our neighbors along Columbia Pike. Arlington Presbyterian Church is also a More Light congregation working towards the full participation of LGBTQIA+ people in the life, ministry, and witness of the Presbyterian Church (USA) — and in society. For more information on Arlington Presbyterian Church, visit www.arlingtonpresbyterian.org, for more information on Gilliam Place and APAH, visit www.apah.org.

A-SPAN Announces Retirement of President & CEO

A-SPAN announces the retirement of its President & CEO, Kathy Sibert. After leading the organization for 11 years, Sibert will continue her role through Jan. 31, 2020.

Sibert became the President & CEO of A-SPAN (Arlington Street People's Assistance Network, Inc) in 2008. Beginning with a budget of only \$800,000, Sibert has expanded the now four-million-dollar organization from one site providing Day and Outreach services, to a multi-program organization providing a continuum of services 24/7, 365 days of the year, for homeless individuals and veterans. This culminated in the award of the Homeless Services Center contract and its Grand Opening Oct. 1, 2015. The County's Homeless Services Center is much more than a shelter. It has a day

and outreach program, 50-bed shelter program, a 25-bed additional winter shelter program, a 5-bed medical respite and nursing services program, a full production kitchen serving 3 meals/day, and has all A-SPAN's housing programs located in one place. The Center is a national best practice model to end homelessness as it facilitates moving someone quickly from being homeless into a home. A-SPAN has been instrumental in reducing Arlington County's homelessness population by 60% in the last 7 years. The organization has been recognized locally, regionally, and nationally as being a leader in solving homelessness issues.

"Kathy has inspired us to support those less fortunate from streets to stability," said Michael Garcia, Chair, A-SPAN Board of Directors and Agent for State Farm Insurance. "Kathy has done an outstand-

ing job building the organization into an invaluable resource for our community and beyond, and she will certainly be missed, but she leaves the organization on sound footing with a strong future."

Sibert has received numerous awards for her achievements. She was selected locally by Arlington County's Commission on the Status of Women for its Women of Vision award in 2012 and was honored by the Center for Nonprofit Advancement for the regional 2015 EXCEL Award. Harvard Business School admitted her for the Strategic Perspectives in Nonprofit Management course in 2017 and Bank of America chose her to attend their Neighborhood Builders Leadership course in 2019.

Under her direction, A-SPAN has won several awards including the Arlington Chamber of Commerce Best Nonprofit Award in 2010 and the Leadership

Center for Excellence Legacy Award in 2014. The organization received Honorable Mentions for the Washington Post Award for Excellence in Nonprofit Management 2015 and Center for Nonprofit Advancement AIM Award 2016. In 2018, A-SPAN was awarded Bank of America's prestigious Neighborhood Builders award with a grant of \$200,000. In addition, the A-SPAN Board of Directors won the coveted Center for Nonprofit Advancement Board Leadership Award in 2015.

Sibert has an MBA from the Thunderbird School of International Management and is a graduate of the Leadership Arlington Class of 2010 and Leadership Greater Washington 2017.

The Board of Directors has identified Betsy Frantz as Interim President & CEO as of February 1, 2020.

THANKFUL

Ashlawn Students Share Thanksgiving Traditions

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Seventeen students at Ashlawn Elementary from 1st-5th grade gather with Principal Breonna McClain on Friday, Nov. 22 to talk about what Thanksgiving means to them.

What are you grateful for at Thanksgiving? Hands shoot up in the air.

The majority of the students said they are most grateful for friends and family. But in the case of Sanam Chokshi, family means her mom and dad and six brothers. "I'm the only girl."

And for Reem Elbazouni, it means her mom and dad, two brothers, 2 guinea pigs, 2 kittens and one bunny.

Veronica D'Ambrosio says she is grateful for having a roof over her head "because everyone doesn't."

And Keshav Maripuri is grateful "for being on this planet."

Most of the students are visiting family or friends nearby or having cousins, aunts, uncles and grandparents come to their homes.

But Selis Yavus says, "My grandparents live less than a block away and I get to see them all the time."

Paula Houle says, "We usually go to my grandparents in Juno Beach, Florida where we help my grandparents volunteer at turtle rescue, but this year we are going to Portugal."

Gabby Wilson is going to Wintergreen Resort.

Ellie Fox is going to Jacksonville, Florida to see her cousins and aunt and uncle.

Keshav Maripuri is getting on a plane to visit his cousins in St. Paul. "Traveling is my favorite part this year."

Turkey is on the menu at most houses, but not necessarily the traditional roasted bird.

Finn Sporer says, "We make a turkey shape on a plate out of figs and all kinds of mixed fruits with blueberries for eyes."

Ellie says, "My grandpa goes to a bakery and gets a turkey made out of chocolate stuffed with chocolate popcorn. It's really delicious."

Anise Smith says they have vol-



Ethan Bellavia, 1st grade



Veronica D'Ambrosio, 3rd grade



Damien Kaczor, 4th grade



Paula Houle, 2nd grade



Reem Elbazouni, 5th grade



Gabby Wilson, 5th grade



Keshav Maripuri, 2nd grade



Angelyn Alvarado, 5th grade



Finn Sporer, 3rd Grade



Ellie Fox, 1st grade



Ashler Langsdale, 3rd grade



Divya Konduri, 4th grade

cano shaped mashed potatoes where you pour gravy on the top and it squishes out when you dig in.

Reem says her mother thinks a turkey is way too big so they have chicken instead.

Gabby Wilson says they go out to eat and usually have fish be-

cause her father is allergic to turkey.

Veronica D'Ambrosio says they have vegetable potpie because "Our family likes to go vegetarian when we can."

What about dessert? Aura Lambe Morales says they have lava cake and flan, a Mexican dessert.

Pamela Pool says, "We have two pies. I make the chocolate and my 11-year-old sister makes a pumpkin."

Divya Konduri eats chocolate ice cream at the end.

Selis says her mom and grandmother split the dinner and her grandmother makes the pies while

Angelyn Alvarado doesn't usually have pie because she doesn't like it.

Reem sometimes helps her mother make the dinner and they have pumpkin pie.

Holiday entertainment extends from Divya Konduri playing board

SEE ASHLAWN, PAGE 5

PHOTOS BY SHIRLEY RUHE
ARLINGTON CONNECTION

A-SPAN To Celebrate Community Efforts to End Homelessness

BY SHIRLEY RUHE

It isn't just any trip being raffled at the Friends of A-SPAN Celebration Dec. 6. The live auction VIP Experiences in-

clude an Outer Banks, NC vacation home, a Hilton Head Island, SC Beachfront home and a week in Spain on the Mediterranean Sea.

A-SPAN strives to end homelessness in Arlington through

a comprehensive approach which includes housing and ongoing case management as well as life skills training, job skills training and job search assistance and free medical visits. At their special event

they will celebrate over 25 years of success in working to end homelessness in Arlington.

A-SPAN is offering early bird discount tickets for \$100 through Monday, November 25. The

evening will include a festive evening including light dinner stations, wine and beer and the live auction. The event will be held at the Washington Golf and Country Club from 6-9:00 p.m.

THANKFUL

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



Anise Smith, 5th grade



Selis Yavus, 4th grade



Ayane Mizutani, 4th grade



Ashlawn Elementary Principal Breonna McClain

Ashlawn Students Share Thanksgiving

FROM PAGE 4

games at her friend's house to Ethan Bellavia watching a Thanksgiving movie and Damien Kaczor watching football. He says the Rams and Redskins are his favor-

ite teams. Sanam Chokshi volunteers she watches the Macy's Thanksgiving parade because it's fun or a favorite activity is hanging out with friends.

Veronica says, "there are so

many things that I love. This year it will probably be just celebrating in my new house."

Ayane Mizutani says they don't celebrate Thanksgiving. She and her dad play tennis after lunch,

and she just started with Washington Ballet this year. Their performance is on Thanksgiving Day.

Ashler Langsdale sums it up when he says he likes it "because I wake up and then it's a weekend."

Grand Opening of Gilliam Place

A new development in Columbia Pike Town Center will provide 173 affordable apartment homes and a new home for Arlington Presbyterian Church Opening ceremony.

The culmination of a seven-year effort by APAH and Arlington Presbyterian Church to put its faith into action and the property into mission service, was Thursday, Nov. 14.

The new \$71 million mixed-use property features:

- ❖ 173 affordable apartment homes, including 15 barrier-free units to accommodate residents with disabilities

- ❖ A new worship space for the Arlington Presbyterian Church

- ❖ A new training center, business incubator and public cafe for Arlington's culinary academy, La Cocina VA, and

- ❖ A community green space

The development, a partnership between Arlington Partnership for Affordable Housing and the Arlington Presbyterian Church, is part of a growing movement in the region to redevelop church properties to accommodate the need for more affordable housing units



– a trend that has gained momentum as the housing affordability crisis grows.

APAH's mission is to develop, preserve, and own quality, affordable places to live; to promote stability and opportunity for our resi-

dents; and to advocate with the people and communities we serve. Founded in 1989, APAH now helps more than 1,800 households live in stable, secure and affordable rental homes.

APAH is working to bring more

than 800 additional affordable apartments to the DC metro area over the next 5 years. Its newest project, Columbia Hills Apartments, received the 2019 ULI Washington Trends Award for Excellence in Affordable Housing.

BULLETIN BOARD

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

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Fund. These canopy trees are generally 2 inches in trunk width and 7 feet high and will be awarded to Arlington homeowners, civic and homeowner associations, property managers, community nonprofit organizations, civic service clubs, school-related groups, neighborhood groups and places of worship.

Applications are due by Friday, Dec. 20. Complete this application (<https://www.ecoactionarlington.org/community-programs/trees/tree-canopy-fund-application-for-spring2020/>) to request a large tree. Applicants will be notified in January and trees will be planted in spring 2020. Learn more about the Tree

Canopy Fund Grant Program at <https://parks.arlingtonva.us/grants-to-plant-or-maintain-trees-on-private-property/>

HOLIDAY TOY DRIVE

Help make the holidays bright for SEE BULLETIN, PAGE 10

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PHOTO COURTESY OF THE ARLINGTON TURKEY TROT

Mimi and Rob Mortimer will be among thousands of runners at the 14th annual Arlington Turkey Trot.

Ready to Trot Seniors among those joining turkey trots on Thanksgiving.

BY MARILYN CAMPBELL
THE CONNECTION

As part of a world-wind trip, Mimi and Rob Mortimer flew from Ethiopia to Paris last week before heading back to Arlington. They wanted to spend Thanksgiving at home with family. Their holiday tradition however, involves more than turkey and dressing. At the crack of dawn, long before the feast, Mimi, 81, and Rob, 82, will lace up their running shoes and join thousands of other runners at the 14th annual Arlington Turkey Trot.

"We first began running in our early 30s," said Mimi. "We started doing 10k races years ago but now do only the Arlington Turkey Trot with our family, children and grandchildren."

The Mortimers are proving that age doesn't limit their ability to pound the pavement on Thanksgiving morning to raise money for charity. In fact, the number of older runners has increased over recent years, says Arlington Turkey Trot race director, Mark Riley, as have donations with runners raising more than \$120,000 for Arlington nonprofits that provide food and clothing for those in need.

"We see people who range in age from babies in strollers to 90 people who are in the 90s," he said. "This is a well-regarded festival and there are people who've been doing it for years."

Alexandra Danza, who is 72, ran in the Bethesda Turkey Chase last year, but will be in Florida this year for the Seniors First Turkey Trot. "I love doing turkey trots and this one will be fun because people

will be dressed in costumes or hats with a Thanksgiving theme," she said. "There's even an award for the oldest runner."

Marsha Edgell is also hoping to do a turkey trot. Two years ago she was out of shape and overweight. Her fitness program entails cycling, hiking and yoga.

"I did a hike in Scotland," she said. "I never could have done that two years ago."



PHOTO COURTESY OF MARSHA EDGELL

Marsha Edgell who hopes to run in a turkey hikes and cycles to stay in shape.

"We see people who range in age from babies in strollers who are less than a year old up to 90 people who are in the 90s."

— Mark Riley, Race Director, Arlington Turkey Trot

"20-30 years ago I'd run the occasional 5k charity race for fun," continued Edgell. "I got in shape be-

cause I want to be capable and able to [run in a turkey trot] if I feel like it."

Riley says that older runners are motivated by different factors. "For some it's become a family holiday tradition," he said. "Running each year preserves that tradition."

"We're motivated by the love of the sport," said Mimi. "Will continue as long as we can."

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ON THE COVER

A Millennium Old Hebrew Bible on Display

Area residents help bring 1,000-year-old Washington Pentateuch to Museum.

BY DENISE LEW
THE CONNECTION

The Washington Pentateuch, an ancient Hebrew Bible, was revealed for the first time in a thousand years to the public in “A Fence around the Torah” special exhibit at the Museum of the Bible earlier this month. An Arlington resident, Jeff Kloha, who is chief curatorial officer at the Museum of the Bible, headed the team.

The Washington Pentateuch, dating back to the 10th or 11th century, contains the first five books of the Jewish Torah. The leather-bound artifact is the only intact Hebrew Bible manuscript on public display in the U.S. and features the Masoretic Text, which is “the authoritative text of the Hebrew Bible in Jewish and Western Christian tradition, said Herschel Hepler, a curator at the museum.

“This artifact is a window into an era, a millennium ago, that serves as a basis for how we understand and still talk about the Bible today. Everyone who has the opportunity to come and see this exhibit will witness a significant thread in the Bible’s history; one that has endured for more than a thousand years,” said Kloha.

The Arlington resident has been instrumental in leading the exhibition teams and curators in analysis, planning the exhibit, and development programs at the museum. “We have a talented and amazing team at the Museum of the Bible, many of whom live in northern Virginia,” said Kloha. Another team member, Allison Mullins, is a Springfield native who works as an education program developer at the museum.

Future plans for the museum include continued sponsorship with the Washington Theological Consortium, which the Virginia Theological Seminary in Alexandria takes part in. Kloha and his team are already planning events for the spring. “We hope that this important artifact will provide

another reason for people to come to visit the DMV and see the amazing history and culture that is unique to the area,” said Kloha.

For more information on “The Fence around the Torah” special exhibit on display through Nov. 25, 2020, please visit www.museumofthebible.org.



DENISE LEW/THE CONNECTION

The Washington Pentateuch on display.



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HOLIDAY ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Visions 2019, Student Art Exhibition Grades

9-12. Now through Dec. 7. At Cody Gallery, 1000 North Glebe Road, 2nd Floor, Arlington. Sponsored by Marymount University Department of Fine Arts and School of Design, Arts, and Humanities. The Cody Gallery presents the juried high school student exhibition "Visions 2019." The show highlights high school talent from the City of Alexandria, and Arlington and Fairfax counties. Juried by the former Director of the Cody Gallery, Meaghan Kent, this exhibition will present a variety of media including painting, drawing, photography, ceramics, and sculpture. Email cgallery@marymount.edu or call 703-908-7782.

Musical Theatre & Movement. Through Dec. 14, 11 a.m. to 12 p.m. At Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Musical Theatre and Movement is a youth dance class open to ages 6-11. In this class, students will work with music from popular musicals. The group will develop characters and a simple storyline. Tuition: \$105 for 6 class session. Visit the website: <https://www.janefranklin.com/classes>

Re/Seen Photography Exhibit. Through Dec. 21, 12-5 p.m. At Fred Schneider Gallery of Art, 888 N. Quincy Street, Suite 102, Arlington. Re/Seen: Photographs by Jason Horowitz presents a "then and now" collection of work representative of how the artists' interests in abstraction and representation have continued throughout his career as the technology he uses to create the work has evolved. The exhibit shows Horowitz's earlier still-life photographs which resemble underwater space scenes. Inspired by his pet fish in their aquariums, micro-photography, among other things, Horowitz suspended plants and flowers in gelatin as if they were trapped in amber. Visit the website: www.fredschneidergalleryofart.com

Art Exhibit: Borrowed from Dust. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center presents Borrowed from Dust, a solo exhibition of new work by AAC resident artist Marissa Long. This exhibition is Long's first solo show in AAC's Wyatt Resident Artists Gallery. Borrowed from Dust is a meditation on memory, loss, and impermanence. Visit www.arlingtonartscenter.org or call 703-248-6800.

Regional Biennial: Assembly 2019. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center is pleased to announce Assembly 2019, AAC's inaugural regional biennial. This new exhibition program will explore current material and conceptual trends among artists in the region, and will feature work by young and emerging artists alongside new work by artists with longstanding connections to the Mid-Atlantic region and its art scenes. Visit www.arlingtonartscenter.org or call 703-248-6800.

A Chorus Line. Through Jan. 5, 2020. At Signature Theatre, 4200 Campbell Ave., Arlington. Winner of nine Tony Awards and the Pulitzer Prize, overflowing with sensational ballet, tap and jazz dance numbers, this non-stop showcase features the acclaimed songs "At the Ballet," "The Music and the Mirror," "What I Did for Love" and more. With one of the largest casts in Signature history, A Chorus Line is the one singular sensation for the holiday season. Choreographed by Denis Jones and directed by Matthew Gardiner. Visit www.sigtheatre.org.

Forty+ Dance Project. Through Jan. 14, 2020, 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Cost is \$160. Forty+ Project is an eight week series of creative rehearsals to develop new dance work. Directed by professional dance choreographer, Carly Johnson, Forty+ celebrates the collective creativity of people past the age of 40. Forty+ is frequently seen in concerts presented by Jane Franklin Dance and for organizations serving older adults. This project culminates with a

performance at Theatre on the Run on Jan. 25, 2020. The project is open to people of all physical facilities. No previous performance experience is necessary. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

Holiday Entertainment

NOW THRU DEC. 24

Festival of the Trees. At Fashion Centre at Pentagon City, 1100 S. Hayes Street, Arlington. Will include a variety of Christmas trees decorated by local nonprofits, including Arlington Food Assistance Center, Animal Welfare League of Arlington, Doorways for Women and Families, Arlington Artists Alliance, District Veteran Braintrust, Simon Youth Foundation, Susan G. Komen and the White House Historical Association. Every Saturday from 5-7 p.m. a different charity will be featured where guests can meet with organization representatives, warm up at the hot chocolate station, create cheerful crafts, enjoy live music and more. Visit simon.com/fashioncentrepentagoncity

WEDNESDAY/DEC. 4

Rosslyn Cheer. 11 a.m. to 7:30 p.m. At Central Place Plaza, 1800 N. Lynn Street, Arlington. Gather 'round the glow of the tree lighting ceremony in Rosslyn. During the afternoon, from 11 a.m. - 1:30 p.m. H-B Woodlawn choir will sing carols while they give cookies to those who turn in an article of clothing for the annual A-SPAN Clothing Drive. Cookies will also be on sale. Come back at 5 p.m. when a local band starts playing your favorite holiday tunes. The H-B Woodlawn Choir returns at 6 p.m. when they officially light the tree. This will coincide with the lighting of string lights on the tops of buildings across the Rosslyn skyline. The band plays tunes from 6:30 - 7:30 p.m. while you enjoy our mobile bar and food truck offerings. Visit the website: <https://www.rosslynva.org/>

FRIDAY/DEC. 6

Christmas with the Washington Men's Camerata. 8-9:30 p.m. At the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. A Washington-area tradition for over 35 years, WMC presents Christmas with the Camerata. Enjoy perennial holiday classics, along with new and inventive arrangements of some of your favorite songs of the season. These concerts are perfect for the whole family, so join us to get your December off to a beautiful and festive start. Cost is \$25. Visit the website: www.camerata.com

WEDNESDAY/DEC. 11

Gingerbread Design and Creative Cocktails. 5-8 p.m. At Ritz Carlton, Ambassador Room, 1250 S. Hayes Street, Arlington. Sleigh Belles Extravaganza: Grab your gal pals and expand your creativity with gingerbread decoration as well as creative spirits (cocktails) of the season. Festive hors d'oeuvres and wines round out the evening. Enter the raffle drawing for a chance to win an exquisite gift basket or a complimentary stay. Sleigh Belle attire encouraged. Cost is \$99. For reservations or information, contact Analili.Kilroy@RitzCarlton.com or 703- 412-2721.

SATURDAY/DEC. 14

GRUMP Holiday Market. 11 a.m. to 4 p.m. At Crystal City Shops, 2100 Crystal Drive, Arlington. GRUMP is back for its 9th year. At GRUMP you can shop local from 50 artists and makers, stop for a photo op with one of our many Yetis, and participate in our full day of creative workshops. Free. Visit the website: <https://www.crystalcity.org/do/grump>

Holiday Cheer Concert. 7:30-10 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. NCE's Holiday Concert will bring classical masterpieces and holiday favorites together for the whole family. The Outstanding Young Artist - piano

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HOLIDAY ENTERTAINMENT

competition winners perform. The concert concludes with a Carols Sing-Along to get everyone in the holiday spirit. Cost: \$36 for adults, \$18 for students. Visit the website: <https://www.nationalchamberensemble.org/>

Events in Alexandria

FRIDAY-SATURDAY/DEC. 6-7

The Scottish Christmas Walk Weekend. At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

SATURDAY/DEC. 7

Boat Parade of Lights. Parade begins at 5:30 p.m.; Docksides festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit AlexandriaVA.com/boatparade Schedule in Old Town (2 to 8 p.m.)

- ❖ Holiday music and giveaways from 97.1 WASH-FM
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)
- ❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

TUESDAY/DEC. 31

First Night Alexandria. 6 p.m. to 1 a.m. At venues throughout Old Town Alexandria. This 25th Anniversary Celebration is the largest New Year's Eve party in the D.C. region that is safe and fun for the entire family and culminates with a fantastic fireworks finale over the Potomac River at midnight. Kids Karnivals: 6 to 9 p.m. at four warm indoor venues in Old Town, Del Ray and the West End. Live Entertainment: 7 p.m. to 11 p.m. at warm indoor venues throughout Old Town Alexandria. Rockin' on the River: 10 p.m. to 1 a.m. at Waterfront Park, 1 King St., Alexandria. Midnight fireworks: Potomac River at the foot of King St., Alexandria. All Access Admission: \$25 through November 30, 2019; \$30 December 1-30, 2019; \$35 December 31, 2019; Kids Karnival is \$5 for children ages 2-12 and free for parents and infants. Call 703-963-3755 or visit firstnightalexandria.org.

Arlington Calendar

NOV. 25 TO JAN. 15, 2020

Mah Jongg Cards. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. 2020 Mah Jongg cards for sale. Cards will be mailed to the address on the order in late March or early April. Cost: \$8 standard card; \$9 large card. Visit the website: <http://bit.ly/mahjonggcards2020>. Contact Iva Gresko, iva.gresko@gmail.com.

NOV. 28-DEC. 1

Black Friday Hours. Fashion Centre at Pentagon City, 1100 S. Hayes Street, Arlington. Shoppers can present their receipts during Santa's Grab Bag at select times throughout Black Friday (Nov. 29) for a chance to reach into Santa's bag



The Gingerbread Design and Creative Cocktails event takes place at the Ritz Carlton Pentagon City on Wednesday, Dec. 11.

Gingerbread Design and Creative Cocktails

WEDNESDAY/DEC. 11

Gingerbread Design and Creative Cocktails. 5-8 p.m. At Ritz Carlton, Ambassador Room, 1250 S. Hayes Street, Arlington. Sleigh Belles Extravaganza: Grab your gal pals and expand your creativity with gingerbread decoration as well as creative spirits (cocktails) of the season. Festive hors d'oeuvres and wines round out the evening. Enter the raffle drawing for a chance to win an exquisite gift basket or a complimentary stay. Sleigh Belle attire encouraged. Cost is \$99. For reservations or information, contact Analili.Kilroy@RitzCarlton.com or 703- 412-2721.

to win prizes like retailer gift cards, Simon American Express Gift Cards and more. Guests can also enjoy hot chocolate and freshly baked cookies, while supplies last. Hours are Thursday, Nov. 28: 5 p.m. – 1 a.m.; Friday, Nov. 29: 6 a.m. – 9:30 p.m.; Saturday, Nov. 30: 10 a.m. – 9:30 p.m.; and Sunday, Dec. 1: 11 a.m. – 6 p.m. Visit simon.com/fashioncentreatpentagoncity

THURSDAY/NOV. 28

Arlington Turkey Trot. 8 a.m. At Christ Church, 3020 N. Pershing Drive, Arlington. A-SPAN is proud to be a beneficiary of the #1 rated local community race in the DMV. The Turkey Trot is a 5K unlike all others with colorful costumes and fun for the entire family. Canine friends are welcome as well as baby trotters and their strollers. Visit arlingtonvaturkeytrot.org to register, volunteer or sponsor the Trot.

NOV 29-30

Alonzo Boddin. At Arlington Drafthouse, 2903 Columbia Pike, Arlington. Friday, November 29, 7:30 p.m. and 10 p.m., \$22; Saturday, November 30, 7 p.m. & 9:30 p.m., \$27 at 7 p.m. and \$22 at 9:30 p.m. For tickets call: 703-486-2345 or order online at www.acdh.arlingtondrafthouse.com.

SATURDAY/NOV. 30

Shopping Passport Event. A group of Arlington and Falls Church businesses will participate in a shopping "Passport" program designed to help area shoppers discover unique shops, find deals, keep their shopping dollars local and be eligible to win prizes. Led by One More Page Books, the Passport enables shoppers who are looking to participate in the national #shoplocal effort to easily discover small businesses near them. By visiting at least five of the businesses on the list, shoppers are eligible to win one of three Grand Prize baskets of goods and gift certificates and to collect a free Advanced Reading copy of a book from One More Page. For a list of participating businesses, visit www.onemorepagebooks.com.

DEC. 3, 10, 17

Mah Jongg Lessons. 1-4 p.m. At Temple Rodef

Shalom, 2100 Westmoreland Street, Falls Church. Three-session classes for beginners. Register now. Send checks made out to WoTRS: Temple Rodef Shalom, ATTN: Iva Gresko, 2100 Westmoreland St., Falls Church, VA 22043. Include email and telephone numbers. Cost of \$98 includes three sessions (nine hours) of lessons. Includes needed card and needed handouts. Contact Iva Gresko: iva.gresko@gmail.com.

WEDNESDAY/DEC. 4

Northern Virginia Bird Club Walk. 8:30 - 11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join members of the Northern Virginia Bird Club for informal walks through Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535.

FRIDAY/DEC. 6

Outer Space Storytime. 10:30-11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 2 and up. Register child only, but caregivers must attend. Blast off with stories that are out of this world. Call 703-228-6535.

DEC. 6-15

"CSI: Christmas Scene Investigators." At Gunston Arts Center — Theatre Two, 2700 S. Lang Street, Arlington. Santa Claus is missing. During the last rehearsal for the annual Christmas Show, the action comes to a screeching halt when the cast discovers that the Santa Claus statue has been stolen. Mrs. Dickens calls in the Clue Club — a group of eccentric students who take mystery and detection into the realm of science. Full of more surprises than a fruitcake, the Clue Club finds they have successfully fulfilled their duty as "Christmas Scene Investigators" when they discover the true meaning of Christmas. Show times are Fridays, December 6 and 13, 2019 at 7:30 p.m.; Saturdays, December 7 and 14, 2019 at 11 a.m. and 3 p.m.; Sundays, December 8 and 15, 2019 at 3 p.m. Recommended for ages 4 and older. Tickets \$15 for Adults, \$12 for Children, Students, Military, and Seniors. Group discounts

are available. Tickets are available online at www.encorestage.org or by calling the box office at 703-548-1154.

SATURDAY/DEC. 7

Fort C.F. Smith Park Walking Tour. 9 - 10 a.m. At Fort C.F. Smith, 2411 24th Street, N, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll 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.

Guerilla Gardening. 10 a.m. to 12 p.m. At Walter Reed Community Center, 2909 16th Street South, Arlington. See your yard anew through fresh, guerilla gardening eyes. Learn how those difficult, abandoned, or underutilized parts of your yard can be transformed into successful garden spaces that provide natural beauty, healthy foods, and important support for pollinators and other beneficial insects. We'll show you best practices, tools, and techniques to transform your yard's missed opportunities into attractive and productive gardens by working with Mother Nature and not against her. This class is offered by Extension Master Gardeners. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

Holiday Wreath Workshop. 1-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Using all-natural items, we'll create some delightfully decorative crafts you can use to spruce up your home or give as special gifts. We'll provide music, refreshments, basic instruction and enough materials for each participant to make at least two wreaths. Participants should bring hand pruners or wire cutters (if you have them) and any extra materials or special decorations you may wish to add. Cost is \$30. Teens ages 12 and up are welcome but must be accompanied by a registered adult. Call 703-228-6535.

Fort Ethan Allen Park Walking Tour. 2 - 2:45 p.m. At Fort Ethan Allen Park, 3829 N. Stafford Street, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. 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. We'll 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.

Fort Scott Park Walking Tour. 4 - 4:30 p.m. At Fort Scott Park, 2800 Fort Scott Drive, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built. Call 703-228-4775.

SUNDAY/DEC. 8

Forest Meditation Walk. 12 - 2 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Inspired by the Japanese Shinrin-yoku, or "Forest Bathing", we will explore the forest through a meditation style walk. This is a two-hour class that will take participants off the beaten path and move slowly, experiencing the forest through our senses with mediation. Participants should be ready to sit on the ground and be outside rain or shine. Call 703-228-6535.

Notable Nature. 3 - 4 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. Join us for lessons in nature journaling and sketching. We'll construct our own nature journals, hone our writing and drawing skills and talk about the season while hiking. Call 703-228-6535.

¿Como Se Dice? Bilingual Campfire. 5 - 6 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 3 and up. Register children and adults; children must be accompanied by a registered adult. Learn a few animal terms in Spanish and English while you meet our live animal friends in this bilingual campfire. Call 703-228-6535.

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NEWS

Arlingtonians Fill Cruisers With Toys for Needy Children

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Five police cruisers with flashing lights and a pick-up truck sit in the parking lot at Harris Teeter at Harrison Shopping Center waiting to be loaded with toys on Nov. 21. Corporal Beth Lennon with the Community Outreach Section of Arlington County Police Department (ACPD) says, "Last year we had so many toys we had to go dump them in our warehouse and come back to fill the cruisers up again. So this year we brought more vehicles."

She says last night they were at Our Lady of Lourdes Catholic Church on S 23rd Street for a similar event and they had a fire truck there to entertain the kids. Friday, Nov. 22 they will be at Fashion Center at Pentagon City. This is part of the fifth annual holiday "Fill the Cruiser with Toys" drive sponsored by the ACPD.

It is 6 p.m. and already the parking lot is congested with cars lining up to donate their toys. Betsy B says, "I came straight here from buying them." She unloaded a Barbie airplane, a large box of matchbox cars and Frozen figurines. "It's such a nice thing for kids and for the police to do."

An SUV pulls up and the side door rolls open. Squishmallows, the plush toy of the year for 2019, are squashed into every spare space along with boxes of popular toys. Yvonne Zecca loads up her arms and hands the boxes to a line of officers waiting to assist.

BULLETIN BOARD

FROM PAGE 5

Arlington County children in need by donating to the Fill the Cruiser Holiday Toy Drive. The Arlington Police Department is asking community members to donate new, unwrapped toys to bring holiday cheer to children ages newborn - 17. Donations will be distributed throughout the month of December. Officers will collect toys at the following location:

- ❖ Friday, Nov. 29, from 2 to 4 p.m.
 - ❖ The Fashion Centre at Pentagon City - 1100 S. Hayes Street
 - ❖ A cruiser will be located in the food court next to the Christmas tree
- Those wishing to donate toys, but unable to attend the *Fill the Cruiser* events can drop off donations at Police Headquarters, located at 1425 N. Courthouse Road, until Friday, Dec. 13, 2019 at the 2nd Floor Administrative Support Unit Front Counter.

TUESDAY/DEC. 3

NVTA Policymakers Breakfast. 7:30 a.m. At National Capital Landing Marketing Center, 241 18th Street, S,



PHOTOS BY SHIRLEY RUHE

Corporal J. Green and Officer Glenn Foust join a team of seven Arlington County Police officers manning their police cruisers Thursday night at Harris Teeter parking lot.



Yvonne Zecca pulls out a squishmallow plush toy and hands it to a ACPD officer for their toy collection drive.

Zecca opens the back hatch and pulls out another zebra striped squishmallow. Her driver com-

ments, "She just loves giving things away."

Emma Kamanova stands behind her grandmother as she shyly hands a package to Lt. Kip Malcolm. He says, "I'm in the Criminal Investigation Section. I used to be in the Community Outreach Section, but everyone likes to come out and get involved." There are seven officers scattered across the lot helping load packages into their vehicles.

Those wishing to donate toys who were in unable to attend the Fill the Cruiser events can drop off new unwrapped toy donations for newborn-17 at Police Headquarters located at 1425 N. Courthouse Road until Friday, Dec. 13 at the 2nd floor Administrative Support Unit.

Arlington. Attend the Northern Virginia Transportation Alliance's December Policymakers Breakfast: Transforming Transit, hosted by JBG Smith. Featuring Paul Wiedefeld, General Manager, WMATA; Jennifer Mitchell, Director, DRPT; and Andrei Greenawalt, Head of Public Policy, Via; and moderated by Robert McCartney of The Washington Post. To be a sponsor, contact the Alliance at 703-883-1830.

WEDNESDAY/DEC. 4

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. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit [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.](http://health.arlingtonva.us/opioid-</p>
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FRIDAY/DEC. 6

Arlington Chamber Meeting. 11:30 a.m. to 2 p.m. At Sheraton Pentagon City Hotel, 900 S. Orme Street, Arlington. Amazon's Brian Huseman, Vice President of Public Policy at Amazon, will serve as the keynote speaker at the 95th Annual Meeting. With 300 attendees anticipated, the 95th Annual Meeting is a key event for the Arlington business community that will celebrate the Chamber's 2019 accomplishments, while looking ahead to 2020. Visit www.arlingtonchamber.org.

TUESDAY/DEC. 10

Conversations with Abner Mikva. 7:30-8:30 p.m. At Shirlington Library, 4200 Campbell Ave., Arlington. Free. Featuring Sanford D.

SEE BULLETIN, PAGE 11

BULLETIN BOARD

FROM PAGE 10

Horwitz, Author of "Conversations with Abner Mikva" which lets us listen in as the veteran political reformer and unreconstructed liberal reflects on the world as it is was, how it's changed, what it means, and what really matters. Speaking in no uncertain terms, but with an unerring instinct for the comic, Mickva has something to say and something well worth hearing about his bouts with the Daley political machine, the NRA, and the Nazis who marched in Skokie. Whether recalling his work as a judge on civil rights, describing his days as White House counsel, decrying the most activist Supreme Court since the Civil War, expounding on our rigged political system, or assessing the Obama presidency, Mikva is eloquent deeply informed, and endlessly interesting. Visit the website: <https://arlingtonva.libcal.com/event/6014630>

DROP-OFF SITES FOR GLASS

Arlington residents have three more drop-off sites for recycling used glass jars and bottles. Customized purple-and-green bins now stand ready at:

- ❖ Aurora Hills Community Center/Branch Library, 735 18th St. S.
- ❖ Cherrydale Branch Library, 2190 N. Military Rd.
- ❖ Lee Community Center, 5722 Lee Highway.

Residents are now formally asked to keep glass out of single-stream "blue cart" recycling collected weekly at the curb. (Other troublesome items to keep out of the blue carts: plastic bags, shredded paper, wire hangers and garden hoses. Try the County's Where Does It Go? database for a particular type of item.)

ONGOING

Digital Photo Map of Arlington in 1920. The Arlington Historical Society has unveiled the first-ever interactive "StoryMap" showcasing photos of how Arlington looked in 1920, the year a state law changed its name from Alexandria County to Arlington. Coordinated by local columnist and history enthusiast Charlie Clark and numerous volunteers, the StoryMap shows homes, schools, churches, government buildings, stores and transportation infrastructure that would have been encountered by an Arlingtonian traveling local streets in 1920. The StoryMap uses the software created by Esri of Redlands, Calif., to present vintage and modern photographs in a format that allows the user to adjust sizes and zoom in on locations. The StoryMap can be found at <https://arlingtonhistoricalsociety.org>.

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

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.

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Lost in the Shuffle



By KENNETH B. LOURIE

As difficult as the last few weeks have been, with Chino's at-home hospice-type care and ultimate passing, and the "Catch-22 A" realities of "reverse-mortgaging" my house "perplexed" by the "derelict" stable/shed on my property, my upcoming quarterly CT scan hasn't even "blipped" the radar. Though it will have occurred already by the time this column prints, it's quite possible, due to the Thanksgiving holiday, its results won't be known for much longer, 12 days in fact, than has been customary. And so far, between my wife, Dina and I, none of this has even been discussed. Yet, as I sit and write on Sunday, the scan is on Wednesday, three days away. Close enough to where it should have been front and center instead of where it's been: back and off to the side.

But so what, really? My attitude is, and has always been, to quote John, a close friend: "It is what it is, and it will be what it will be." By the time I slide forth and back under the CT scan's arch, or earlier I imagine, the damage to my body such as it is - or isn't, will have been done. Either the cancer has grown/spread or it hasn't. Certainly hearing and/or reading results from the oncologist will confirm facts at present not in evidence but there is, without being particularly negative about my circumstances, an inevitability to it. One day, my amazing nearly 11-year run is going to come to a walk and eventually to a lie-down. And I will deal with it when the time/results come. In the interim however, this next scan is merely another stop on the less-than Merry Go 'Round.

I don't mean to make light of an extremely heavy burden that we cancer patients have to carry: the prospect of death. As Lee J. Cobb said in "The Exorcist:" "I only mention it in passing." Cancer causes enough internal problems (physically), one doesn't need, if possible - and so far for me, it has been possible, to cause external (emotional) problems as well. Maybe it's a kind of resignation or some kind of accommodation or acceptance of reality that has enabled this one to have lived so long beyond my original "13 month to two-year" prognosis (offered up on Feb. 27, 2009), an accomplishment I am proud to say occasionally has led to my oncologist showing me off to his medical students; his prize cow I call myself.

Honestly, what's the point, really? I'm only in control of so much. Focusing on things I can't control seems a waste of time and energy. Life is precious. Why dwell on things beyond my reach? Grasping at straws, if you can even find one, is likewise counter-productive. And setting oneself up for failure or disappointment is counter-intuitive almost. Why do that? The cancer is already causing enough havoc in your body. Don't let it affect your mind too. "Piling on," as the NFL referees used to call this major infraction. Now I believe its called "Unnecessary Roughness." For cancer patients, doing anything, physically or emotionally to hasten your demise/adversely affect your quality of life is most definitely unnecessary roughness and should be penalized.

Learning to live with what ails you seems a more prudent plan than "woeing" is me or bemoaning the process. Sure we'd all love to be on the President's plan where you're examined in the morning, scanned in the afternoon and operated on in the evening. But none of us are on the plan and wishing we were, to quote Jean Luc Picard from "Star Trek: Next Generation," is not going to "Make it so." But I can live with that. I have lived with that - for almost 11 years now, and counting. I'll learn the results from my scan soon enough. Good or bad, life goes on. To quote my friend John's daughter, Melanie: "Whatever."

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

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