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Life

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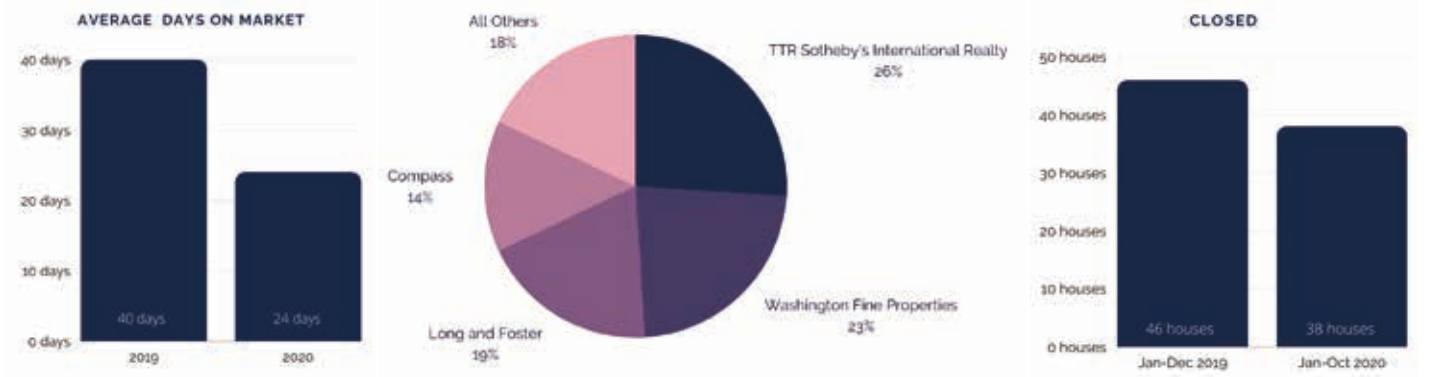
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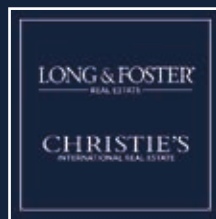


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publisher's note

This year has not gone the way any of us envisioned it would, and now it is time for our holidays where family and friends come together to share good cheer. It's still a time of faith, gift-giving, and love – and during this challenging time, we need all three more than ever. Though we might be fatigued, it's important to share the rituals of the season by connecting by phone, online or with a traditional card.

In our December issue, we thank Dr. Kurt Ela, Psy.D., for presenting welcome ways to increase meaningful and joyful connection. We also thank our new ANC 3D02 Commissioner Elizabeth Pemmerl; her husband, Drew Cantor; and daughter, Margaret, for sharing their family story and for introducing us to their beloved pets Bernese Mountain Dog, Ellie, and Jack Russell Terrier, Teddy. We meet another Teddie, a loving yellow English Lab part of Hunter and Brittany Gosnell's family. Our Unwrapped column, by Ashley Bronzcek and Candace Ourisman, features gift ideas from local artisans and companies. Daria Undeland writes about ways to help recently incarcerated women through Darnice's Place. Bob Heiss details the local history of the Wilson Line and its route to Mount Vernon and the Marshall Hall Amusement Park.

Finally, special thanks to all the sponsors of *Spring Valley Life*! As you know, this publication would not be possible without their support. We welcome several new sponsors this month – Freeman's Auctions, Lupo Verde Osteria, Anne Harrison of Compass, The Roth Team of Washington Fine Properties, and Dr. Negaar Sagafi, owner of Spring Valley Orthodontics and Bethesda Orthodontics.

This season requires us to think a little differently, a little more thoughtfully, as we can't rely on gathering to celebrate together exactly the same way we have in the past. Yet there's still so much joy to be had. Share family recipes, leaving a treat or dish at a neighbor's door. Become a maker, creating new gifts, decorations, and memories that will last through generations. Don't forget our local businesses and gift cards from our sponsoring restaurants since every busy family needs a dinner brought in now and then. And, when counting your blessings this year, it's a holiday tradition to share those, too, as the charity of your choice is in need of your love and support more than ever.

Cheers to joyful traditions – new and old,

Rita McWilliams and Pat Doran

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Elizabeth, Drew, & Margaret



cover story/
family spotlight

By Amy Lindberg

Elizabeth Pemmerl and Drew Cantor were living in Dupont Circle and eager to find a home with more space. They fell in love with Spring Valley because it offered a neighborhood feel and lots of green spaces. In 2012 they found their perfect house: a brick federal on Upton Street – sellers Joe and Kathleen Callahan moved to Upton Terrace – and in a few years Elizabeth and Drew welcomed Margaret, now age 4, to their family.

The family enjoys their daily walks in the neighborhood. Margaret rides her bright pink bike, and along the way Teddy, their Jack Russell Terrier, and Ellie, their Bernese Mountain Dog, often see their canine pals, Jet, Max, Tilly and Leela. The walks have become even more meaningful to the family during the pandemic, since so many other families are out, and everyone can exchange greetings from a distance.

Drew grew up near Hershey, PA, and graduated from Bucknell University, where he was the captain of the tennis team. Elizabeth is from the Providence, RI, area and graduated from Bates College, where she was the captain of the equestrian team. Elizabeth moved to Washington in 2010 to establish the D.C. office of software firm NIC. She hired Drew's firm in the process, and they got to know each other through countless Hill meetings on transportation issues. Their first date was a post-Christmas lunch in Georgetown and they celebrated their seventh wedding anniversary this year.

Drew is a partner at Peck Madigan Jones, a bipartisan lobbying firm downtown. He's been with PMJ for 10 years and works primarily with clients in the financial services and technology industries. Prior to lobbying, Drew worked on the Hill for Senate leadership including Sen. Rick Santorum (R-Pa.) and Sen. Connie Mack (R-Fla.) In 2019, Drew was named to *The Hill* "Top Lobbyist" list.

Elizabeth is a vice president at GitHub, a software company that provides a platform that developers use to write code. Elizabeth joined GitHub in

2015 to start the company's public sector business. GitHub was acquired by Microsoft in 2018, and today Elizabeth has responsibility for the global public sector and Microsoft integration business units. Elizabeth was named one of the 2020 "Top Public Sector Leaders to Watch" by WashingtonExec, which cited her recent achievements in helping agencies leverage the GitHub platform to support pandemic-related work. This included helping the Centers for Disease Control and Prevention create GitHub repositories to host a national genomics consortium focused on sequencing COVID-19.

The family appreciates that Spring Valley is so pedestrian-friendly. Elizabeth and Drew both like to run, and, pre-COVID, Elizabeth often took Margaret to school at Spring Valley Montessori by bike. They walk to Wagshal's to pick up dinner from Pam and team, or to Millie's or Pizzeria Paradiso for takeout.

At the time they purchased their house, they did not realize how much they would appreciate living near American University. "We get to enjoy the lovely campus, use the track and tennis courts, and interact with a diverse and vibrant community," Elizabeth explained. "We have met so many hard-working, responsible students who have helped our family with dog walking and babysitting. In fact, until the pandemic hit, AU women's rugby players had walked our dogs for six years straight!"

The family's interest in pedestrian-safety issues and their support of neighborhood businesses were motivation for Elizabeth to get more involved in community affairs. This year, she has participated in the DDOT Livability Study, American University's Campus Planning initiative and attended Advisory Neighborhood Commission meetings. She acknowledged with appreciation the significant work done by ANC 3D02 Commissioner Troy Kravitz – and when he decided not to pursue a third term, Elizabeth made the decision to run for the seat.



...

"I ran for ANC Commissioner because I love our neighborhood, and I want to be part of the conversations about Spring Valley's future. Change is inevitable. I'm interested to work with neighbors to balance growth and development with careful consideration of the impacts to traffic, noise, light and pedestrian safety," Elizabeth said. "Margaret entering Horace Mann, especially in such unusual circumstances, of course makes me very interested in topics related to D.C. schools."

Elizabeth and Drew play a lot of tennis. They enjoy playing together and also with a number of friends in Spring Valley. "There are so many great players in the neighborhood. We could organize a pretty competitive Spring Valley Championship tournament at Turtle Park," joked Drew.

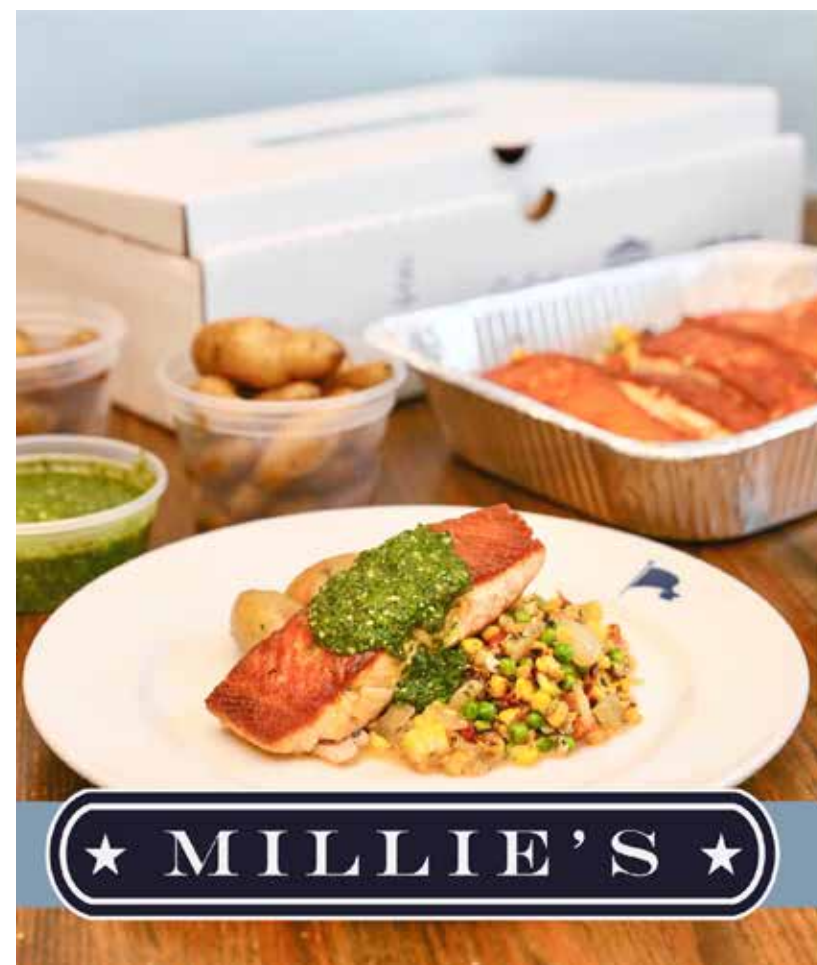
Like many other families, Margaret (and her parents!) really missed having the Halloween parade at Turtle Park this year, and of course the annual block party hosted by the Spring Valley Neighborhood Association. The family was able to host Elizabeth's family for Thanksgiving, which they look forward to every year. They are hopeful they can enjoy some of their favorite December traditions, like carols at the Willard Hotel, before heading to Hershey, PA, for Christmas with Drew's family.



Photography by Jane Love



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part of the family

teddie GOSNELL

Teddie is a loving yellow English Lab. After getting married in 2017, Hunter and Brittany Gosnell moved into Spring Valley in 2018 as first-time homeowners. Adding a puppy to the family was next on their list of things to do. After much research, they were able to welcome Teddie home at 8 weeks old in July 2018 to the corner of Upton and 49th Street. One of her first stops on her first night home was to Millie's (of course)! She's always been an extremely social puppy and loves to people watch. She's been a great way to meet friendly neighbors as she always needs to greet everyone she passes.

You might see her on your morning walk or run sitting outside on her leash in the front yard. Occasionally, she will bark, but that is because she is excited and wants to play or say hi. She is a friendly doggie that only has love to give. When she is not overseeing her kingdom, she enjoys taking long walks, playing with her best friends in the neighborhood, fetching her frisbee and balls, or swimming in whatever body of water she can find. "She truly is a water dog that loves to swim in the bay or pool nonstop while we are at our family summer home on the eastern shore," Hunter says.

Teddie has brought so much joy to the Gosnells and continues to do so in her new role as "big sister" to Barbie, whom the family just welcomed in September (see *Spring Valley Life*, November 2020).



Waiting for Santa

home and garden

By Michael Seay Jr, Michael Seay Homes



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Some Thoughts on Ways to Lessen Loneliness During the Holidays



the inkblot
By Kurt Ela, Psy.D.

With COVID-19 showing no sign of letting up its scourge on the world, many are left wondering if they might end up being alone for the holidays. Traditionally, the holidays have been a time for family and neighborly get-togethers. Unfortunately, the virus will interrupt the festivities just as it has upended everything else in our lives, here in Spring Valley and beyond.

Many of my older patients are considering whether it is worth the risk to fly to see their grandchildren or whether it is safe for their children's families to come to them. Many others have already decided that they will opt to stay home until there is a vaccine. While there are some guidelines from health experts, everyone must make these decisions based on their own comfort level.

Just how prevalent is loneliness due to the pandemic? One study from San Francisco found that 54 percent of older adults reported "worsened feelings of loneliness" due to Covid-19 (Kotwal et al., 2020). Our younger friends are not immune from these feelings of loneliness either. A study in the UK indicates that younger adults, those aged 18-24, are experiencing a

higher incidence of loneliness than any other age group (Groarke, et al., 2020). After all, this is the age range to explore new relationships at college or through professional connections. The pandemic has made this difficult, if not impossible, for many.

Since loneliness has been linked to high rates of dementia, depression, and even premature death, it is important to combat its negative impact. If you happen to be alone for the holidays, or any other time for that matter, there are some steps you might take.

Find Creative Connections

I realize technology is not for everyone, but there have been some leaps in recent years that make video calls and conferences easier. The response I often get with this suggestion is, "Well, it's better than nothing but not as good as the real thing." I agree. Still, "desperate times call for desperate measures," as the saying goes. Many recommend joining online forums in an area of interest. There are even quarantine dating sites. I would not have mentioned this last one except that a patient of mine found a good friend through one, and she talks with him regularly. Now is

also time to brush off any old postcards or stationery for someone who might be experiencing social isolation. A care package also would also brighten that person's day.

Find Meaning in the Separation

As author May Sarton said, "Loneliness is the poverty of self; solitude is the richness of self." Here in D.C., Iona Senior Services has launched 17 fitness classes, as well as book groups, current event groups, and technology workshops online. The Palisades Village also has many offerings such as Mindful Knitting, Storytelling, and Virtual Happy Hours. Finding purpose (or just distraction) in activities is one way to cope. Others are turning to creativity, either painting for the first time or returning to it. One patient of mine is working his way through the classic books he never got to.

These strategies are all imperfect, but loneliness is a dangerous byproduct of the pandemic. The truth is, everyone is different. What might work for one person might not for another. Please keep trying, as it is important to get through this difficult period without losing connection and meaning.



Do you have a topic you would like Kurt to address? If so, send us an email at springvalleylifemagazine@gmail.com.



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UNWRAPPED 2020 Holiday Gift Guide

We are thrilled to present a completely local gift guide, featuring unique items made by local artists and makers. Now more than ever, we are focusing on supporting our D.C.-area small businesses. It's hard to believe the holidays are around the corner, but fear not! This gift guide will be sure to help you check some loved ones off of your list. Enjoy!



Candace Ourisman and Ashley Bronczek

Pearl Mask Chain

The perfect accessory for these crazy times we are living in. This pearl mask chain is a fabulous gift for any pearl-lover in your life. Made from high-quality pearl beads, you can simply clasp the chain together, and voila! A classic pearl necklace.

Cost: \$65
secretlygifting.com



Portable Bonfire and S'mores Kit

City Bonfires is a mini, portable bonfire hand-made in Maryland with American-made materials by two dads whose jobs were impacted by COVID-19. This makes a fabulous gift for a family who is ready to get together and make some smores and memories!

Cost: \$39.95
citybonfires.com

Brake Ink Teacher Notepads

This year, we need to recognize our teachers more than ever as they help our children adjust to their new normal. These teacher notepads are a Secretly Gifting X Brake Ink collaboration, and we think every teacher needs one!

Cost: \$35
secretlygifting.com



Meg Biram Evil Eye Ornament

Hand-painted by a local artist and muralist, these glass ornaments are a colorful and artful addition to any tree. They come in a fabulous box, making them the perfect stocking stuffer or hostess gift as well!

Cost: \$26
megbiram.com



Lucy Grymes Vase Wraps

Chinoiserie flower vase wraps from Lucy Grymes are a great way to dress up any table, bookshelf, or desk. Just simply wrap these paper flower vases around any small container (a can, cut a water bottle, stemless wine glass, etc.). Turn your flower arrangements into a piece of art!

Cost: \$18 for 3
lucygrymes.com

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Oscar Heyman, Sapphire and Diamond Flower Clip-Brooch. Sold for \$43,750.
Tiffany & Co., Schlumberger 'Wing' Earclips. The Rosalind P. Walter Collection. Sold for \$9,375.



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Daria and her dad picking up contributions in Spring Valley on Father's Day



making a difference By Daria Undeland

Darnice's Place

To Help Recently Incarcerated Women Take Charge of Their Lives

Spring Valley resident Daria Undeland, a 12th-grader at the Washington International School, contributed this story.

Last summer, when the MeToo and Black Lives Matter movements were gaining much-needed attention, I felt it was important to do something to make things better around me. I wanted to contribute to a gender-empowerment cause because I have always felt strongly about women's rights, dignity, and freedom from violence. So I became active in an organization that is making a real contribution to addressing these issues - Darnice's Place, a D.C. volunteer organization providing emotional and material support as well as basic life-skills training to empower recently incarcerated women to take charge of their lives.

Darnice's Place was set up through the vision, energy, and passion of an amazing woman, Christine Yates. Christine started this organization because of her volunteer work in the Department of Corrections and her

personal experience with a family member who used drugs and ended up as a prostitute. These events impacted her greatly because she realized many women go through serious unrecognized trauma that affects their lives. In addition, she would hear stories about jail molestation and many women leaving incarceration unprepared to lead a stable life who quickly ending up back in prison. She decided to start Darnice's Place to help these women and give them a chance to succeed.

I was immediately attracted to the organization because Christine brings a passion to support women in ways that will help get them back on their feet and integrate into the community. She does anything and everything for these women because she really cares! Christine goes with her beautiful, kind smile into prison twice a week to meet the women to give them hope, love, and sense of direction. She helps them build confidence and strength to aim for a better life. Many of these women need support from all of us to free themselves from

unhealthy choices and to get educational and life skills to help them build strong and resilient lives. Christine is an inspiration to me and many others!

Darnice's Place helps women through:

- Conducting classes on parenting, life skills, referrals for job training and General Education Degree (GED) preparation
- Scheduling visits to treatment facilities, food banks, transitional housing
- Paying or subsidizing rent, food, transportation, and job training courses
- Helping reunite children with their mothers through legal procedures
- Donating clothing, schoolbooks, furniture
- Conducting Christmas Drives for gifts to children with incarcerated mothers
- Helping write resumes and preparing for job interviews

I first started helping this organization through clothes donations. I sent out an announcement in my neighborhood, as well as at my parents' workplace. It was incredibly successful, as many people were eager to help out. The person would first text me, send me their location and preferred time for pickup, and then I would pick up the donations. I have received many clothes but have stopped the drive because of physical contact, and providing physical donations to women is paused due to COVID. At this moment Darnice's Place prefers financial contributions which can go to cover various costs for the women they serve.

Eventually, other local students from different schools have joined me in this cause: Alexandra Jimenez-Hope, Serene Kanj, and Nikka Boyle. They were all touched by the important issues Darnice's Place addresses and wanted to help in any way possible. Thus, we began a team of high-school students who felt that we can do something to help. We help by organizing donations and cataloguing needs of various help centers for housing, clothing,

education, food, mental health consultation, as well as consultations on drug and alcohol abuse and domestic violence. Currently, we are working on improving the Darnice's Place website and fund-raising. Find them at: <https://www.darnicesplace.org/>.

Darnice's Place currently needs financial support to help maintain and grow its program to reach more women, help them get back on their feet, and become productive members of their communities!

For more information, please visit: www.darnicesplace.org/ or contact: darnicesplace@gmail.com.



Darnice's Place founder Christine Yates with Daria



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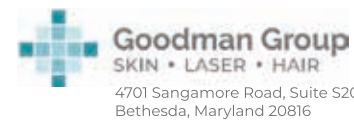
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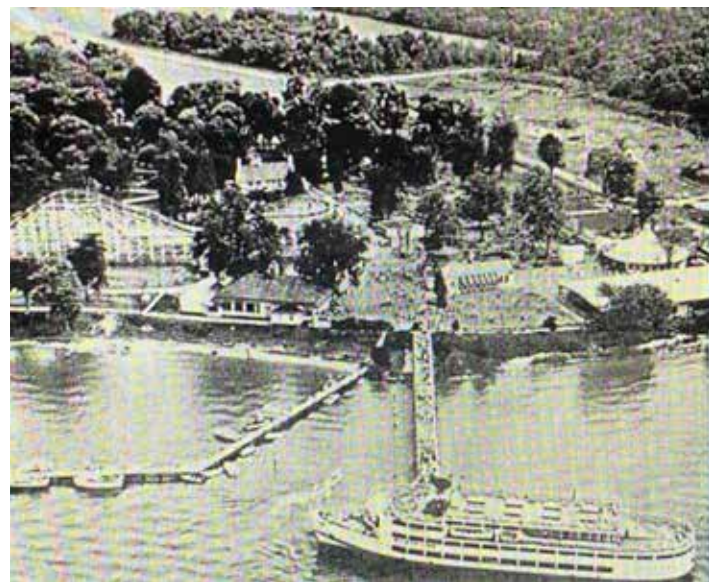
The Wilson Line to Mount Vernon

and

Marshall Hall

Amusement Park

... and an Early Visit on the Boat from Elvis



history

By Robert Heiss

Today, as in the past, a boat makes the round-trip cruise on the Potomac River to George Washington's mansion. Now it is the Spirit of Mount Vernon, but once it was the Wilson Line.

While the George Washington Parkway is a faster way to reach Mount Vernon, the leisurely trip along the river has long offered a special kind of enjoyment that still attracts Washingtonians. For most Spring Valley and other area youngsters and their parents, the trip to Mount Vernon — by car or boat — has been a mandatory educational experience.

The stately mansion, in the Palladian style, is situated on a hill overlooking the Potomac River. George and Martha Washington are buried there. Surprisingly, despite the iconic property's exceptional historical value as the home of our first president, the mansion has never been owned by the federal government. Instead, it is held in trust by the Mount Vernon Ladies' Association, who rescued it from ruin in 1858. During the Civil War, the mansion was treated as neutral ground, although the fighting was fierce nearby.

After its acquisition, the structure was restored. In recent years, the grounds have been enhanced with the restoration of surviving slave quarters, the construction of the new museum and education center, and the installation of a replica of the original distillery that existed on the property.

More than 60 years ago, the Wilson Line boat made the trip to Mount Vernon that the Spirit of Mount Vernon does today. Both have used piers on the Southwest Waterfront in the Washington Channel. The Waterfront provides the only nearby marina adjacent to the Potomac River that is south of the major city bridges crossing from Washington into Virginia. It is adjacent to Fort Leslie J. McNair, where the Army War College is located. A military reservation was first founded there in 1791, and it once held the conspirators in the assassination of Abraham Lincoln.

Today the recent Wharf high-rise development there makes the area almost unrecognizable to residents who took the Wilson Line in the past, and who remember the original Hogate's Restaurant and other long-time landmarks along the Waterfront. Still, the continued operation of the Spirit of Mount Vernon helps maintain a Washington tradition.

Even though the distance covered — approximately 15 miles — is actually quite modest, leaving from downtown Washington by boat affords the illusion of escape from everyday life and provides a sense of adventure. On the Virginia side, the cruise passes Old Town Alexandria and the Torpedo Factory (now an arts center). On the Maryland side, the boat goes by Fort Washington, which

was constructed to protect the city but was ultimately destroyed by its own garrison during a British advance in the War of 1812, when the British burned the White House in 1814.

In the past, Wilson Line passengers also had the option of stopping downstream at an amusement park called Marshall Hall. It was situated approximately across from Mount Vernon on the Maryland side. The amusement park was built on land that had been part of a plantation, Marshall Hall, which operated from the mid-1700s until it was sold in 1867. A few ruins and structures remain in Piscataway Park, owned by the National Park Service. The Park features the National Colonial Farm.

In 1889, the plantation land was purchased by the Mount Vernon and Marshall Hall Steamboat Company, which served Washington and Alexandria, along with Mount Vernon and Marshall Hall. To enhance revenue, the steamboat company developed a small amusement park at Marshall Hall in the mid-1890s. Boats stopped at the park twice a day.

The Wilson Line purchased the park in 1954. The amusements at Marshall Hall included a swimming pool, skating rink, Ferris wheel, carousel, and roller coaster. In 1958 the adult entertainment was enhanced with the addition of Happyland, which featured a snack bar, cocktail bar, and gambling hall for slot machines, which were then legal in Charles County. A picnic pavilion was also built.

Marshall Hall Amusement Park, like Glen Echo Amusement Park on the north side of Washington, was popular in the era before regional parks, like King's Dominion and Six Flags, captured the area market, and before the Disney properties drew a national audience. Both local parks were served by public transportation: Visitors could travel to Marshall Hall by boat or to Glen Echo by trolley car. Baby-boomer memories were made at these places.

In 1969, the park was sold to Joseph Goldstein, who proposed to develop a mega-park there on the scale of Disney World. When he started cutting trees along the shoreline, thus disturbing the historic view from Mount Vernon, the National Park Service bought the property from Goldstein, allowing him to continue operating the existing amusement park until 1980. By then, market changes had long since eclipsed its popular appeal. After the park closed, all the amusements were torn down.

During its heyday, the Wilson line was the scene of an early moment in rock-and-roll history. None other than The King, Elvis Presley, was booked for the moonlight cruise the night of March 23, 1956. It turned out to be the one and only time he played D.C. during his whole career

...



Unfortunately, the boat never sailed! The trip was billed as the early spring kickoff of the season of Country Music Moonlight Cruises. The weather was windy and cold, and the boat had sustained a broken valve that the crew could not repair. Many people clamored for the refund of their two-dollar fare — and received it. But the show went on. Those who stayed were entertained on board at dockside for three hours by Elvis and other acts.


For the occasion, Elvis tried out some new material, including “Heartbreak Hotel” and “Blue Suede Shoes.” Many fans of country music were largely unaware of Elvis at this point in his career, and many of those who had heard him on records or earlier on a 1954 Grand Ole’ Opry broadcast were not convinced his sound was even genuine country music.

Ahead in September was to be his first, sensational appearance on The Ed Sullivan television show. 1956 would be his national breakthrough year, with other hits as well, like “I Want You, I Need You, I Love You,” “Hound Dog,” “Love Me Tender,” “All

Shook Up,” and “Teddy Bear.” In December of that year, Elvis joined Jerry Lee Lewis, Carl Perkins, and Johnny Cash — the so-called Million Dollar Quartet — in the Sun Records studio in Memphis for a now-famous session.

Before the hour of the doomed cruise and show on March 23, Presley made an appearance at the Evening Star Television Center at Connecticut Avenue near Van Ness Street for a TV interview during WMAL-TV’s *Town and Country Time*. The host was a 27-year-old country singer named Jimmy Dean, better known today for the sausage company that still bears his name. Elvis later claimed to be intimidated by television at that time and gave an unresponsive interview. Years later Elvis Presley and Jimmy Dean appeared together on some bills in Las Vegas.

The contrast is nothing less than striking between the D.C. reception received by the then-unknown future sensation, Elvis, on the Wilson Line and the screaming, fan-mobbed arrival of The Beatles in 1964 for their first U.S. appearance, here at the Washington Coliseum.


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sponsor spotlight

By Amy Lindberg

Capital WorkSpaces



Many things about the way we work have changed in 2020, and to meet those changes, Capital WorkSpaces offers a different kind of office space. Whether you are a small business owner, an entrepreneur, or parents with kids at home virtually schooling Capital WorkSpaces may have the solution for your workspace needs.

Capital WorkSpaces Spring Valley offers 5,100 square feet of space, including 15 individual offices, 6 dedicated desks, a large conference room, and a shared galley kitchen. This is a quiet, distraction-free zone where you can work, make phone calls, meet with clients, and collaborate with other entrepreneurs. All physical details of a workspace – office furniture, printer/copier access, parking, cleaning, electricity, and internet service – are

included in your rental so that you can be free to focus on your business.

Additionally, Capital WorkSpaces Spring Valley offers mail and address service for business owners who have shifted their physical location to their home but want to keep a professional location for their business. With this service, you use the suite as your corporate address, then Capital WorkSpaces accepts and scans mail on your behalf. Each client will receive an email notification with what mail or packages have been accepted that day and you provide the staff instructions via an app to hold for pickup, forward, recycle, shred, etc. This service can be especially helpful for those who have moved entirely to a home office, travel, need to reduce the cost of a full-time office, or simply value the separation of home life vs. work life for privacy and security reasons.

Capital WorkSpaces Spring Valley opened early in 2020, in a building owned by the W.C. and A.N. Miller Development Company. Capital WorkSpaces also has a location in Bethesda, which has been serving businesses and entrepreneurs in the community for four years.

COVID has caused Capital WorkSpaces to change several policies and procedures, kitchen use is limited to allow social distancing, and community events are on hold. Cleaning now happens twice during the day, with a third cleaning overnight. In addition, Capital WorkSpaces is keeping up with best practices and new technologies for sanitizing and keeping the air clean. They have new NanoSeptic self-cleaning stickers on surfaces, an enhanced the air circulation system, is testing an ultraviolet device (UV Clean), and using thermal scanning technology, Certify SNAP XT PRO.

Many of the current office members of Capital WorkSpaces Spring Valley are neighbors who are professionals living within walking distance of the building. Because the building owner has been a local establishment for over 108 years, some of Capital WorkSpaces members also live in homes that were built by the Miller Company when they were real estate developers. The Miller family's commitment to the community shows in the office Buildings that they have developed and manage. Entrepreneurs, busy professionals, and small business owners can thrive in a space that allows you to grow your business with fewer hassles than a traditional office space.

When you are a Capital WorkSpaces member, you will, over time, discover a small community shared with those



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who share your workspace. Before the coronavirus, those conversations may have taken place over a cup of coffee, but now Capital WorkSpaces has expanded its online community to keep those connections. Your office community can encourage your entrepreneurial spirit and give you and your colleagues help in tackling whatever your business needs may be.

If you are ready to consider a Capital WorkSpaces office or desk, call to schedule a virtual tour. Contracts are available for month-to-month, semi-annual, or annual rentals. (During the pandemic, they have even offered week-long rentals for community members who had a temporary or emergency need.) If you find that your business outgrows your space here, Capital WorkSpaces is a part of the W.C. and A.N. Miller Development Company and will likely be able to help you transition to a larger, more permanent space.

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www.capitalworkspaces.com **Resident Catherine Onnen enjoys her workspace.**

recipe of the month

Classic North Carolina Eggnog



Two Ways:

One Naughty,

One Nice

- 6 egg yolks
- 1/3 cup sugar
- 1 cup rum
- 1 cup bourbon
- 1 cup brandy
- 2 cups whole milk
- 2 cups cream
- 6 egg whites
- Grated nutmeg

In a large stainless steel bowl, beat the egg yolks with a wire whisk until

very light and doubled in volume. Slowly add the sugar, beating constantly until ribbony, about 3 to 4 minutes. Continue to beat while carefully adding the liquors, one by one, whisking the whole time. Gently whisk in the milk and the cream. Wash and dry the whisk. In a medium bowl, beat the egg whites with the whisk until stiff. Gently fold the egg whites into the eggnog. Refrigerate several hours before serving. Garnish with fresh nutmeg.

Recipe adapted from Bill Neal's Eggnog.

- Kids' Eggnog Milkshakes
- 1 egg, well beaten
- 2 tablespoons sugar
- Pinch of salt
- 1 cup cold milk
- 1/4 teaspoon vanilla extract
- 1 cup cracked ice
- 2 cups vanilla ice cream
- 3/4 cup water
- 1 tablespoon ground cinnamon
- Pinch of nutmeg
- Peppermint sticks

Combine egg, sugar, salt, milk, and vanilla extract in a large mixing bowl. Using a rotary beater, whip until well combined and the eggs thicken, about 3 minutes. Transfer the beaten mixture to a blender. Add cracked ice, ice cream, water, ground cinnamon, and nutmeg. Pulse until smooth. Garnish with a peppermint stick



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ACTIVE	4849 Rodman St NW	80	4	4	\$1,549,500.00	
ACTIVE	4221 Fordham Rd NW	95	4	4/1	\$1,999,999.00	
ACTIVE	4934 Indian Ln NW	600	8	6/3	\$6,995,000.00	
CONTRACT	5101 Yuma Pl NW	8	4	4/1	\$1,545,000.00	
CONTRACT	4240 Fordham Rd NW	3	4	4	\$1,595,000.00	
CONTRACT	4400 50th St NW	7	5	5/1	\$1,875,000.00	
CONTRACT	3812 Fordham Rd NW	36	5	3/1	\$1,995,000.00	
CONTRACT	4965 Rockwood Pkwy NW	85	6	4/1	\$2,085,000.00	
CONTRACT	5212 Upton Ter NW	98	4	4/1	\$2,175,000.00	
SOLD	4936 Rodman St NW	1	5	4/2	\$2,220,000.00	\$2,220,000.00
SOLD	4624 Sedgwick St NW	1	4	1/1	\$950,000.00	\$970,000.00
SOLD	4723 Upton St NW	3	5	3/1	\$1,695,000.00	\$1,750,000.00
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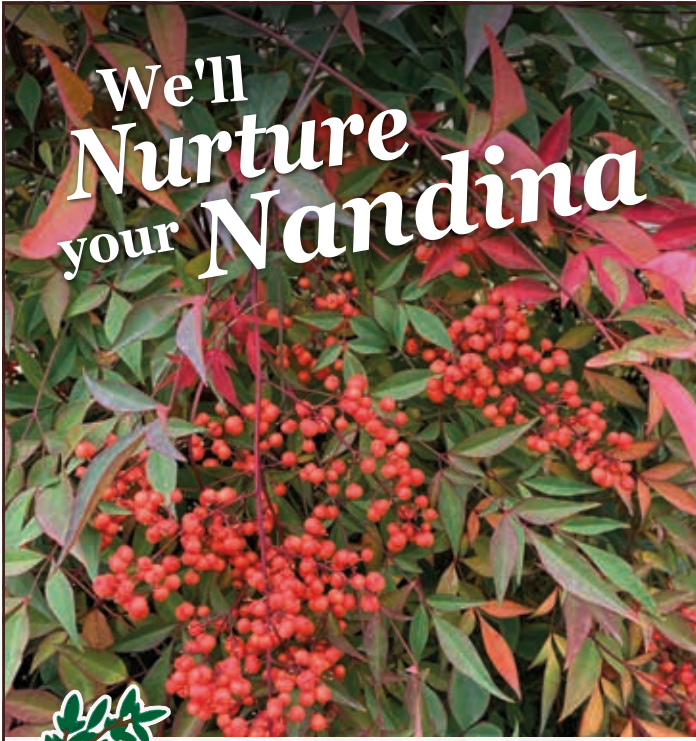


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At Compass Coffee in October – The Roth Team of Washington Fine Properties for collected a packed carload of winter coats for charity A Wider Circle.



Good Neighbors Day celebration on Warren Place. In September, Warren Place neighbors met for a socially distanced, impromptu get-together. Thanks to Ellen and David Warren for taking the initiative! Photo courtesy of Earle C. Horton III

in the neighborhood
UPDATES

Good Neighbor Day
On Good Neighbors Day in September, Warren Place neighbors met for a socially distanced, impromptu get-together. Thanks to **Ellen and David Warren** (*Avenel Living*, November 2020) for taking the initiative. And thanks to Spring Valley neighbor **Jim Healy** for encouraging small Good Neighbor Day gatherings this year (*Avenel Living*, September 2020).

Good Neighbors
Thanks to **The Roth Team of Washington Fine Properties** for collecting more than 200 winter coats for A Wider Circle, a charity that has declared a war on poverty. It aids individuals and families transitioning out of homelessness, fleeing domestic abuse, or otherwise living without the essentials of life.

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