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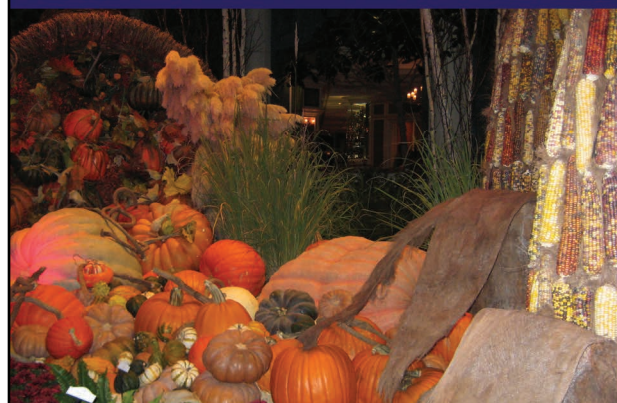
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## Silent Nights HELPING YOUR KIDS SLEEP DURING EXCITING HOLIDAY TIMES

by Malia Jacobson



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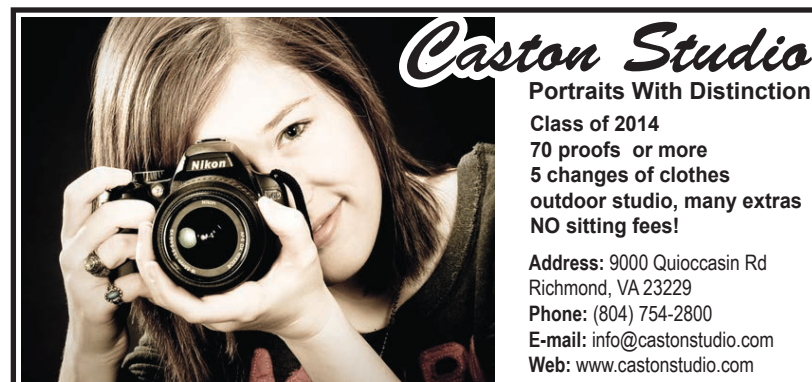
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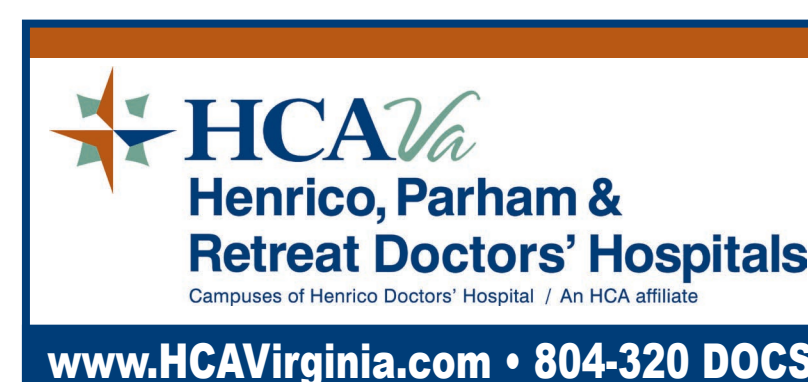
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## Richmond Parents Monthly Calendar

Richmond's family-friendly calendar is filled with things to see and do! With events and helpful reference info for our RPM readers, you'll want to keep the RPM calendar handy all month long! Find shows, activities, exhibits, concerts, and more in print and online at [fiftyplusrichmond.com](http://fiftyplusrichmond.com).

**The Fifty Plus calendar starts on page 14!**



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## RICHMOND PARENTS MONTHLY

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# The Golden Years

## BUILDING STRONG GRANDPARENT BONDS

by Malia Jacobson



Photo Credit (c): papsugr.com

Every time a child is born, a grandparent is born as well. The grandparent-grandchild relationship can be a source of joy for children, parents, and grandparents alike, and research links a strong to positive health outcomes for children. According to a study published in the journal *Family Relations*, a strong grandparent-grandchild bond is linked to a lower risk of depression for children of depressed mothers.

But great grandparent relationships don't happen by accident. Parents can take important steps to help foster these all-important bonds between their parents and their off-

spring, says Nicki Nance, Ph.D., a licensed psychotherapist in Leesburg, Florida. Doing so can lead to fewer parent-grandparent power struggles, better communication between members of a child's extended family, and a lifetime of warm memories.

### EARLY YEARS 0-5

#### Brand-new nest

Many new grandparents respond to the birth of a grandchild with gusto, sincerely eager to contribute to the child's care. But to vulnerable new parents, a grandparent's offers of help and advice may come off as overbearing at a time when the

fledgling family is trying to establish its own boundaries. Other times, a new grandparent may be unsure of his or her role in the care of a newborn. In either scenario, communication is key, says Nance.

Ideally, prospective parents should discuss their expectations about grandparenting before the child is born. Some issues to consider: Would you like your parent or parents to be present at the child's birth? What role do you see your parent or parents playing in the weeks following the birth of your child? And how often do you envision your child spending time with grandparents on a regular basis?

Pondering these questions together can help avoid wounded feelings and boundary violations and get the grandparent-grandchild relationship off to a strong start

### ELEMENTARY YEARS 6-12

#### Going the distance

Per US Census data, only four in ten Americans remain in their hometown for life. This means that for many families, long-distance grandparenting is unavoidable. For Julie Gates, co-host of "The Gene & Julie Show" on the Triangle's Mix 101.5/WRAL-FM in Raleigh, exploring her family's cultural heritage

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# Horn of Plenty

## A CORNUCOPIA OF FALL FRUITS, NUTS AND BERRIES

by Lela Martin



Bellagio Cornucopia 10-foot opening

Fill your cornucopia with the fruits and nuts of the season. Consider planting trees and shrubs in your own yard to provide fall visual interest. Give special consideration to native plants as they are typically more pest- and disease-resistant than non-native options. These plants produce food for people and/or wildlife while improving our soil, water, and air. Native plants are noted with an asterisk (\*).

### Fruits

Although many fruits ripen in the summer, here are a few that you can harvest this time of year. There are many types of fruits including berries and drupes (a fleshy fruit with a center stone containing the seed). The \*American persimmon (*Diospy-*

*ros virginiana*) is a small- to medium-sized tree. The plum-sized persimmon fruits of this native plant ripen in autumn, typically around the first frost of the season. Although bitter before ripening, the ripe fruit can be eaten fresh or used in breads, puddings, cakes, and cookies.

The \*pawpaw (*Asimina triloba*) is our other native fruiting tree. Pawpaw fruits typically ripen in September or October. The small tree or suckering shrub prefers moist, fertile, slightly acidic soil. With a custard-like texture and a flavor similar to a blend of banana, pineapple, and mango, pawpaws are a good substitute for bananas in almost any recipe.

Crabapples (*Malus* species) have attractive small fruits, which vary in size, color (green, pink, red), and persistence (lasting up to several

months). Many crabapple cultivars bear heavy fruit loads every other year. The crabapple provides food for many birds including robins, bluebirds, cardinals, and finches. Two notes: 1) Do not plant a crabapple near the native Virginia red cedar (*Juniperus virginiana*) as crabapples are a host for Cedar Apple Rust; and 2) Uncharacteristic of typical native plants, the two species of crabapples native to Virginia are not disease-resistant.

Although distantly related to the orange, the Osage orange (*Maclura pomifera*) bears large round drupes with a very distinctive citrus smell on a large tree with a short trunk and orange-brown bark. The rough outer surface of the fruit looks brainlike. The Osage orange fruit is decorative, only its seeds are edible by people. Nuts: There are many different ed-

ible nut species found in the wild of Virginia, such as hickory (Shell-bark-Shagbark, *Carya* species), butternuts (*Juglans cinerea*), and even acorns (*Quercus* species). Chestnut (*Castanea dentata*), once a plentiful native tree, is rarely found in the woods due to Chestnut Blight Disease. Nut trees typically take 7-12 years to come into full bearing and can easily produce for 40 years or more.

\*Black walnut (*Juglans nigra*) is a large shade tree with chocolate brown bark. Its nut looks much like the English walnut but has a different flavor. It is used in cookies, cakes, brownies, and ice cream. It is difficult to grow certain plants under its canopy because it emits a compound called juglone, a growth inhibitor.

\*American hazelnut (*Corylus Americana*) is a shrub or small tree. The tree prefers well-drained soils. Its nut can be used in any hazelnut recipe. It is especially good for baking and in granola.

\*Shagbark hickory (*Carya ovata*) is a medium to large tree characterized by its grey shaggy bark. Its small nuts, although difficult to open, can be used in any recipe as an alternative to walnuts or pecans. There are many varieties of hickories that produce edible nuts.

\*White oak (*Quercus alba*) is a huge tree that produces acorns enjoyed by Eastern cottontail, white-footed mouse, Eastern gray squirrel, blue jay, Northern bobwhite, wild turkey, mallard, Eastern chipmunk, raccoon, and deer.

### Berries

All berries are fruits, but not all fruits are berries. With a range in color from white to orange to crimson to purple, berries delight us in the fall. Although most of the ones on this list are not eaten by humans, they provide sustenance to wildlife when summer fare is gone.

\*Common Wax Myrtle or Southern Bayberry (*Morella cerifera*, for-

(cont. to page 10)

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### “The Golden Years”

continued from page 6

with 11-year-old daughter Sophia has helped build a long-distance grandparent bond. “Part of our family tree traces back to Ukraine, so when Sophia had the opportunity to select a country for a school project we jumped on it. Looking at photos and hearing stories of life in Ukraine for her family many generations ago was incredibly bonding for Sophia and her Papa. He loves doing the family tree work and enjoyed sharing his favorite hobby with his granddaughter,” she says.

Gates also embraces the Danish heritage from her mother’s side, serving rice pudding (*Risalamande*) and Danish pancakes (*Æbleskiver*) for Christmas. Continuing these beloved traditions with Sophia makes her grandparents feel honored and respected, she says. “We feel connected to both our heritage and two people we love with all our hearts.”

### TEEN YEARS 13-18

#### Tech talk

Teens may seem busy, moody, and more interested in a device than in spending time with family. But fostering a strong grandparent bond through the teen years can pay off: A University of Oxford study found that for children 11-16, strong grandparent relationships were linked to fewer behavioral and emotional problems.

To encourage a stronger bond between your teen and your parent or parents, think digital. Technology can be a bridge between teens and grandparents, says Nicki Nance, particularly when grandparents are willing to embrace texting, chat, and social media platforms popular with teens. Even if a grandparent is a whiz with an iPhone, it still doesn’t hurt to ask a teen to show him the ropes: When grandparents ask teens for help with their computer, tablet, or smartphone, it gives the teen a chance to shine and can help start a meaningful, memorable dialogue, she notes.

**Malia Jacobson** is an award-winning health and parenting journalist and mom of three. Her latest book is *Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades*.

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“Horn of Plenty” continued from page 8

merly *Myrica cerifera*) has berries in late summer through winter. The grayish-white fruits are small (1/8 inch wide), heavily coated with wax, and massed in clusters on the stems of the previous season’s growth. Wax myrtle plants are either male or female. Only female plants bear berries.

\*American beautyberry (*Calli-carpa Americana*) has a profusion of bright purple berry clusters that provide a pop of color in the landscape. \*Winterberry (holly) (*Ilex verticillata*) is a hardy deciduous shrub that provides scarlet berries, which are an important food source for overwintering birds. Group several female plants such as ‘Sparkleberry’ with a male pollinator (e.g., ‘Apollo’) to produce the glossy red berries. The berries will persist throughout the winter often to early spring.

\*Possumhaw (*Ilex decidua*) berries last even longer than those of the winterberry. Another deciduous tree or shrub, its berries also form on female trees. Opossums (hence, the name), raccoons, other mammals, songbirds, and gamebirds enjoy its fruit.

*Nandina* (*N. domestica*) is an ornamental plant that grows well here. The clusters of berries are typically bright red; however, ‘Alba’ has creamy white fruit. Take note, however, in the warmer parts of Virginia and states to the south, *nandina* has proven to be invasive.

Although the spring flowers of firethorn (*Pyracantha* species) have an unpleasant smell, the clusters of orange-red berries in the fall make up for this. Most berries last until late

winter. It is best to plant *pyracantha* bushes in the fall. If berry color is important, buy the plants when they have fruit. Resist transplanting *pyracantha*. ‘Teton’ is a particularly abundant and disease-resistant species.

The slender, wiry twigs of \*Snowberry (*Symphoricarpos albus*) bear inconspicuous flower clusters followed by large, snow white drupes, which eventually turn brown. Be aware that the fruits are poisonous (with low toxicity, however).

\*Black chokeberry (*Photinia melanocarpa*) is a small, mound-shaped shrub with glossy, dark green foliage that turns crimson-red in fall. Black chokeberry has persistent blackish-purple berries. Plant it in naturalized areas where its suckering and spreading habits are well-tolerated. Although astringent, its fruits are sometimes used in jams and jellies.

Many species of native \*viburnum, such as nannyberry (aka blackhaw) (*V. lentago*), arrowwood (*V. dentatum*), and American cranberry bush viburnum (*V. trilobum*), have gorgeous winter-persistent berries. They range in color from red to yellow to blue or black. These are typically easy-to-grow shrubs that attract a variety of birds.

Cones

All conifers produce cones, which are often incorrectly called pinecones since not all conifers that produce cones are true pines. Cones are made up of



Pyracantha.JPG

scales attached to a center stalk. In between the overlapping scales, the seeds can be found.

\*Eastern red cedar (*Juniperus virginiana*) is a large conical native tree. Its cones are berry-like and are pale blue-green to dark blue with a silvery bloom. They are borne on female trees only. The tree tolerates drought and poor soil. The wood and foliage are very aromatic. Fill your horn of plenty with the beauty of fall’s bounty. If you find what you believe are edible fruits or nuts, carefully identify the plant first. Make sure you have permission from the owner of private property before harvesting fruits and nuts for food or decor. As you forage, treat plants with care so you don’t harm them. And save some food for the wildlife. Happy Thanksgiving!

**Lela Martin** is a Master Gardener with the Chesterfield County office of the Virginia Cooperative Extension.

Web Resources

“Edible Fruits and Nuts on Virginia Tech Campus”

<http://urbanforestry.frec.vt.edu/campusfruitmap/>

“Native Fruit and Nut Trees and Shrubs of the Virginia Mountains and Piedmont,”

ANR-23NP, by Katie Trozzo, John Munsell, and James Chamberlain, Virginia Cooperative Extension: [https://pubs.ext.vt.edu/ANR/ANR-23/ANR-23NP\\_pdf.pdf](https://pubs.ext.vt.edu/ANR/ANR-23/ANR-23NP_pdf.pdf).

“Selecting Landscape Plants”

Broad-Leaved Evergreens, 426-607, by Diane Relf, and Bonnie Appleton, Virginia Cooperative Extension: [https://pubs.ext.vt.edu/426/426-607/426-607\\_pdf.pdf](https://pubs.ext.vt.edu/426/426-607/426-607_pdf.pdf)

“Specialty Crops Profile: Introduction to Walnuts, Pecans and Other Nut Crops,”

2906-1377, by Tony Bratsch, Virginia Cooperative Extension: [https://pubs.ext.vt.edu/2906/2906-1377/2906-1377\\_pdf.pdf](https://pubs.ext.vt.edu/2906/2906-1377/2906-1377_pdf.pdf)



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# Silent Nights

## HELPING CHILDREN SLEEP WELL DURING THE HOLIDAYS

by Malia Jacobson



Photo Credit (c): [www.reverie.com](http://www.reverie.com)

Parents' holiday wishes are simple: children tucked snug in bed, dreaming of sugar plums. But for families with small children, the winter holidays aren't always sleep-friendly. From late-night parties and holiday travel to school performances and visiting relatives, the holiday season is packed with sleep disruptions. Unfortunately, this can leave children tired and cranky during holiday celebrations—just when parents are looking forward to relaxed family time.

Happily, parents can support sounder sleep during this hectic time of year, and doing so can make the holidays more enjoyable for all family members, says Charles Shubin, M.D., pediatrician with the University of Maryland Medical Center in Baltimore, Maryland. Read on for age-appropriate tips to keep holiday nights silent and restful, so kids can enjoy a merry season.

### Tuckered-out traveler

When holiday travel spans the nighttime hours, plan ahead for a smooth bedtime on the airplane or

rounding a child with familiar comforts at bedtime reduces the stress of travel and helps children fall asleep more quickly and wake less often.

### Cabin fever

Don't expect children to bed down easily at night when they've spent the day cooped up in a vehicle or airplane, particularly if they've been napping during the trip, says Hobbaugh. Kids

in the car. An on-the-go bedtime routine should mimic your child's at-home bedtime routine. Michael Hobbaugh, M.D., Ph.D., president of the medical staff at La Rabida Children's Hospital in Chicago, says. Familiar bedtime rituals serve as cues for sleep, easing a child into peaceful slumber. "Bring a child's regular pajamas, toothbrush, storybooks, and anything else used in the bedtime routine at home," Hobbaugh says. "On an airplane, go to the bathroom and brush teeth and wash up, and read bedtime stories as usual. This serves as a transition to bedtime and helps children understand that it's time to sleep."

### Sleepy scene

Similarly, if a holiday trip has your family sleeping at a hotel or relative's home, create a familiar sleep scene for your child by bringing a few bedroom elements from home, like a special blanket, pillow, nightlight, even a special framed photo for the nightstand. Children crave routine and familiarity, says Shubin. Travel means new faces and new places, which can equal stress and poor sleep for little ones; sur-

rounding a child with familiar comforts at bedtime reduces the stress of travel and helps children fall asleep more quickly and wake less often.

### Bedtime bend

Attending a long-awaited holiday party that you don't want your child to miss? It's OK to bend bedtime rules on special occasions, says Gary Feldman, M.D., medical director of the Stramski Developmental Center at Miller Children's Hospital in Long Beach, California. "It's not fair to ask children to miss out on the excitement of the holidays, but you don't want them to stay awake to the point of exhaustion, either," he says. Keep the party fun for all, and a child's daily routine intact, by altering a child's bedtime slightly without completely disregarding it. For children under ten, set a "party" bedtime up to an hour later than a child's normal bedtime. Bend bedtime by two hours or more, and you may be asking for a meltdown.

### Morning after

When children stay up later than normal, parents may be tempted to let them "sleep it off" the following morning, says Hobbaugh. But allowing children to sleep in hours later than normal can throw off that night's bedtime, resulting in a routine that's off-kilter for days. The morning after an exciting holiday party, let children sleep in up to 30 minutes later than normal, and accept that they'll be tired that day. Plan for an appropriately early bedtime that evening; a good night's sleep will help children bounce back from party-induced overtiredness quickly—and help everyone enjoy all the season has to offer.

**Malia Jacobson** is an award-winning health and parenting journalist and mom of three. Her latest book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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# Parting Ways

## SMART TIPS ON SOOTHING SEPARATION ANXIETY

by Sarah Lyons



Photo Credit (c): healthconnect.bannerhealth.com

It is normal for your child to feel nervous when it's time to stay with a caregiver. Separation can be difficult for both the child and the parent, but children can begin to feel comfortable and separation anxiety will improve with these strategies. Prepare

Before it's time to leave the child, discuss what will happen. Let him know you will leave him with a babysitter, what you will be doing while you are gone, and assure him you will be back. If possible, plan something fun the child and the caregiver can do together. If a child knows what to expect, they have the opportunity to ask questions and ease some of the apprehension they may feel. Practice

Young children, especially infants, benefit from easing into a new routine. Try leaving the child for short periods of time before going back to work full time. By slowly increasing the length of time, the child will be able to develop a relationship

with their caregiver and adjust to being away from the parent.

### Be consistent

Do your best to use the same caregiver each time you leave so that the child feels more comfortable. Your child will spend a lot of time with the babysitter, especially if the parents work full time outside the home, and it is important that children feel safe and comfortable with them.

### Choose the best time

A child who is sick, hungry, or tired is more likely to struggle with separation anxiety. Make sure she is fed and rested before it is time for you to leave.

### Keep it familiar

If possible, have the caregiver come to your home where your child feels most comfortable. If that is not possible, have the child bring something from home that makes him feel comfortable such as a special stuffed animal or blanket, a photo of the

family, or a favorite toy. Another idea is to have the caregiver bring a special toy along with her that the child will recognize and associate with her each time, helping to create consistency and comfort for the child.

### Set a time limit

When it is time to leave, give your child a time you will return. Toddlers do not understand the concept of time, but you can let them know they can expect you after a specific activity. Explain that you will be home after lunch, when nap-time is done, or when the movie is over (let the caregiver know when to start the movie). This will help the child understand what time you will be home and relax when you to leave.

### Leave quickly

When it is time to go, even if it is as hard for you as it is for the child, leave without fanfare. Say goodbye, give one last kiss or hug, remind them you will be back soon and leave. Quickly! Of all the tips this is

probably the simplest and the most important. Your child is looking to you for how to react to the situation and if you are calm, happy, and confident, they will begin to feel that way too.

### Develop a goodbye ritual

Developing a special goodbye with your child creates consistency and it is also fun. A goodbye ritual is when you and your child say goodbye the exact same way each day. This routine can make the child feel comfortable when you leave and confident you will return.

Separation anxiety is age appropriate for children from infancy to around 3 years old. These coping strategies can help both you and your child feel at ease when it is time to leave him with a caregiver. In time, children do outgrow their anxiety over separation. Most parents will tell you that one day they are surprised to find their child happily walks into school without shedding a tear, while they themselves still tear up a little.

### Goodbye Rituals

Creating a goodbye ritual with your child can help give them a sense of comfort because they know what to expect. They will feel safe in their surroundings and have confidence their parent will return, as always. Here are some ideas to start your own goodbye ritual.

- Read a book together then leave
- Draw a picture together then leave the picture with the child
- Have the child wave at the window
- Give one last kiss and one last hug
- Create a special wave or handshake
- Sing a goodbye song
- Give her kisses to keep in her pocket for later and ask for some for your pocket

**Sarah Lyons** is a mother of six children, including 2 year old triplets. She will try some of these tips as her triplets head off to Mother's Day Out this year.

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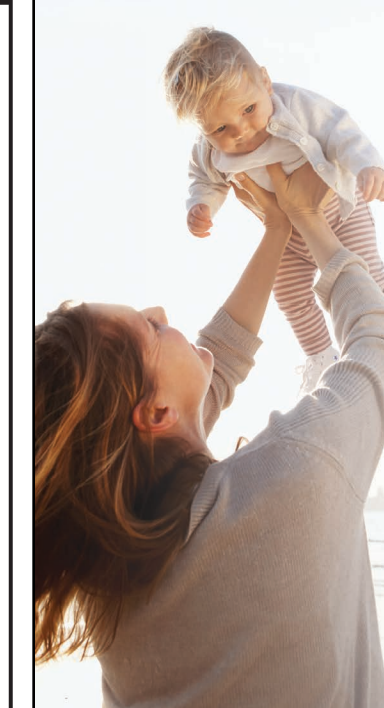
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# Let's Go! November 2016 Calendar

## UPCOMING

### Holiday Classics: Presented by The Richmond Men's Chorus and the Richmond Women's Chorus

-SUNDAY, DECEMBER 4TH, 4PM-6PM  
-TUESDAY, DECEMBER 6TH, 7PM-9PM  
GINTER PARK PRESBYTERIAN CHURCH

Join us this holiday season for a celebratory selection of holiday songs performed by the Richmond Men's Chorus, under the direction of Josh Wortham and the Richmond Women's Chorus, directed by Anthony Blake Clark. Address: Ginter Park Presbyterian Church, 3601 Seminary Avenue, Richmond, VA 23227

- Advance Tickets: Adults \$15 Students/Seniors (55+) \$10
- Tickets at the Door: Adults \$20 Students/Seniors (55+) \$15
- To purchase tickets, visit [www.monument-citymusic.org](http://www.monument-citymusic.org)

## ONGOING

### ADHD: A Parent's Tool Kit MEADOWDALE LIBRARY

Dates: Tuesdays, Nov. 15-Dec. 13, 6:30-8 p.m.  
This is an evening course for parents or caregivers of elementary-school-aged children diagnosed with ADHD. Topics include talking to children about ADHD, helping children develop positive behaviors and decrease negative behaviors, teaching children to manage their feelings, and supporting children in being successful at school. Participants have an opportunity to talk with other parents about common concerns in an informal atmosphere. Address: Meadowdale Library, 4301 Meadowdale Blvd., North Chesterfield. Information: Pre-registration is required. The fee is \$50 per family. Contact: Sherry Callear, 717-6404, [callears@chesterfield.gov](mailto:callears@chesterfield.gov) or visit <http://parenting.chesterfield.gov> and click on "Parent Education Classes."

### Christmas Open House

LAVENDER FIELDS HERB FARM  
FRIDAY, NOVEMBER 25, 9 AM - 5 PM  
SATURDAY, NOVEMBER 26, 9 AM - 5 PM

The day after Thanksgiving...experience a peaceful pace of unique shopping and fun activities for you and your friends at our annual Christmas Open House on Friday and Saturday 11/25 & 11/26 at the farm! Come out for the whole day or just a visit but don't miss out on



## ONGOING

### Adventure To Santa

CHESTERFIELD TOWNE CENTER

Chesterfield Towne Center once again will be hosting Adventure to Santa – A DreamWorks DreamPlace, an immersive and interactive journey to the North Pole for the entire family, this holiday season. Adventure to Santa magically combines the time-honored tradition of meeting Santa Claus with technological wizardry to deliver a very special and immersive holiday experience. This season, the all-new attraction lets you and your family join Po and the entire Kung Fu Panda cast for interactive games and an immersive, cinematic journey that transports guests to the North Pole for your private meeting with Santa. Adventure to Santa, which is being sponsored by the Martial Arts World and the Richmond Ballet, will be open starting Friday, November 4, and will operate during the mall's regular operating hours, running until December 24. Chesterfield Towne Center is the only location in Virginia and the surrounding states to most this one-of-a-kind, can't miss attraction so don't miss out and reserve your reservation today!

this great event! Free parking & Free admission. Open 9am-5pm. See you at the farm rain or shine. More details at [lavenderfieldsfarm.com/](http://lavenderfieldsfarm.com/) Christmas-open-house. (804) 262-7167  
[Lavenderfieldsfarm.com](http://lavenderfieldsfarm.com)

### Thanksgiving Centerpiece

LAVENDER FIELDS HERB FARM  
NOVEMBER 17, 10:30 - 12PM  
NOVEMBER 18, 1 - 1:30PM  
NOVEMBER 19, 1 - 1:30PM

TAKE PART IN OUR MOST POPULAR CLASS: HOLIDAY EDITION! Come out to the farm and make a fresh Thanksgiving Centerpiece from our gardens. Learn easy design techniques along with care tips to get the most out of your centerpiece. Glean useful information as we peruse the gardens to cut additional material to make your centerpiece pop. Take home your unique creation and enjoy it for weeks to come. \$30 pp. Online registration at [lavenderfieldsfarm.com](http://lavenderfieldsfarm.com)

SUNDAY, NOV. 6

BOOK SIGNING: "ABC's by Jesus and Me"  
SAINT BRIDGET CATHOLIC CHURCH

After attending mass at Saint Bridget Catholic Church, be sure to stop by and grab a signed copy of the beautifully illustrated children's book, "ABCs by Jesus and Me," and chat with both the author, Liz Grapes, and illustrator, Beth Scolaro! They will be selling and signing copies of their book after mass at 10:00 a.m. and noon on Sunday, November 6. In "ABCs by Jesus and Me," a spiritual journey through the alphabet, children are invited to join in and celebrate the wisdom and teachings of God. This book guides young readers through each letter, imparting Christ's love and lessons along the way. Author Elizabeth Grapes weaves powerful meaning into simple, easy-to-understand definitions for kids and parents to explore, while Elizabeth Scolaro's vibrant illustrations accompany every letter and

deepen the experience from the first page to the last. Event Location: St. Bridget Catholic Church, 6006 Three Chopt Rd, Richmond, VA 23226, USA  
<https://goo.gl/57vknv>

WEDNESDAY, NOV. 9

Minimizing Holiday Debt  
CHESTERFIELD COUNTY COOPERATIVE EXTENSION

9:30-11:30a.m.  
This workshop will offer tips on helping families take charge of holiday spending as it relates to setting goals, building and monitoring a holiday budget and reducing overall debt. To avoid getting in too far over your heads during the holidays, plan ahead and take the stress out of holiday buying and post-holiday bills by mapping out your spending strategy in advance. Address: Chesterfield County Cooperative Extension, 6807 Mimms Loop Chesterfield. Information: This workshop is free and open to the public.

## Let's Go November 2016

Pre-registration is encouraged. Contact: Linda Cole, Family and Consumer Sciences Extension Agent, at 751-4401 or email [licole2@vt.edu](mailto:licole2@vt.edu).

## SATURDAY, NOV. 12

### Hops In The Park

HENRICUS HISTORICAL PARK

Henricus Historical Park is proud to host the second annual Hops in the Park Fall Festival on Saturday, November 12. In collaboration with Chesterfield Economic Development, the Henricus Foundation presents this exciting event that will showcase agri-business activities related to the manufacturing of craft beer in the Com-

monwealth of Virginia. A one-of-a-kind, premiere harvest festival in Chesterfield County, Hops in the Park will be filled to the brim with live music, beer tasting, food, a Mickael Broth Art Gallery, and good from Virginia Grown farmer's market. With the ability to interact with re-enactors and learn what it was like to live on the banks of the James River more than four centuries ago, visitors will immerse themselves in the history of beer, hops farming, operating a farm brewery and so much more.  
[hopsinthepark.com](http://hopsinthepark.com)

### Family Day – Revolutionary War, the Birth of the Marine Corps

## GFCFS 2016 JINGLE BELL BAZAAR

December 6 & 7, 2016

To benefit Goochland Free Clinic & Family Services

*Also featuring Holiday Fashion Show & Luncheon*

Goochland Free Clinic & Family Services (GFCFS) is hosting the 2016 Jingle Bell Bazaar on Tuesday, December 6th and Wednesday, December 7th at the Richmond Country Club. One of the premiere holiday events in Goochland County, Jingle Bell Bazaar is FREE and open to the public.

Looking for a unique gift for that special someone? Last minute shopping? Check out the numerous exhibitors offering holiday gifts, clothing, jewelry, artwork, food, toys, glasswork, and more. All About the Beverage, Boo Bug Jewelry, Rivah Breeze Gifts, Stella and Dot, Karen's Glass, Claville Fashion Truck, Karen Wright Jewelry, Horse Hippie, and many more will feature fabulous and one-of-a-kind selections.

*"Jingle Bell Bazaar is one of Goochland Free Clinic & Family Services' signature fundraising events," said Karen Wright, co-event chairperson, "with proceeds going to support eleven critical assistance programs."*

*"Jingle Bell Bazaar is a great way to kick off the holidays while helping over 2,000 Goochland County residents who struggle with food insecurity, poor health, and unsafe living conditions," added Margaret Nuckols, event co-chairperson.*

Avoid the mall mayhem. Relax and shop Jingle Bell Bazaar Tuesday, December 6th, 10 am to 8 pm, and Wednesday, December 7th, 9 am to 1 pm.

Enjoy Happy Hour Shopping featuring hors d'oeuvres and cash bar, Tuesday evening between 5:30 pm and 8 pm.

Also on Tuesday, join us for luncheon and a holiday fashion show. First seating 11:30 am – 12:30 pm. Second seating 1 pm – 2 pm. Tickets for the luncheon and fashion show are \$25 per person and reservations are required. Contact Cheryl Kosakowski at (804) 556-6260 or [ckosakowski@goochlandva.us](mailto:ckosakowski@goochlandva.us).

Richmond Country Club is located at 12950 Patterson Avenue (just off 288) with plenty of free and easy parking.

Jingle Bell Bazaar benefits Goochland Free Clinic & Family Services, a non-profit organization that provides access to health care and basic human services to Goochland residents in need. GFCFS is a private, 501(c)(3) non-profit corporation supported by individuals, churches, corporations, grants, and businesses who share its vision. For more information, visit our website [www.GoochlandFreeClinicAndFamilyServices.org](http://www.GoochlandFreeClinicAndFamilyServices.org) or find us on Facebook at [www.facebook.com/gfcfs](http://www.facebook.com/gfcfs).



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Let's Go November 2016

NATIONAL MUSEUM OF THE MARINE CORPS  
9:00am-5:00pm. Happy Birthday Marine! Explore the birth of the U.S. Marine Corps in Philadelphia in 1775. This all-day event will include living history demonstrations and hands-on activities and crafts. Brownie Girl Scouts can earn the Celebrating Community badge! Please email Becky Super at helen.super@usmcu.edu for more information. Admission to the Museum and parking are always FREE! Address: 18900 Jefferson Davis Highway, Triangle, VA 22172

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Event starts at 7:00p.m. Tickets for sale online at www.ticketmaster.com or call Ticketmast Express at (866) 448-7849 or (800) 745-3000.

SATURDAY, NOV. 19

POP UP SHOP Holiday Market  
The Caring Clothes Closet will be hosting over 25 one-of-a-kind vendors in the third annual Pop Up Shop Holiday Market on Saturday, November 19th from 9 am - 2 pm, at Shady Grove United Methodist Church. Find unique and handcrafted items perfect for holiday gift giving. Vendor space benefits the Caring Clothes Closet, a free clothing ministry that helps at risk kids, single moms and the homeless. Address: .4825 Pouncey Tract Road, Glen Allen, VA 23059  
Questions? Contact Sara Fender at cccdirector@shadygroveumc.net or 804-360-3907, ext. 51  
www.caringclothescloset.org

Northside Artists' Holiday Artwalk

ARTWALK CENTRAL  
9:00AM-5:00PM  
A proud Northside tradition for 27 years, the Northside Artists' Holiday Artwalk features local Richmond artists and artisans in an Open House format show and sale. Timed to kick off your holiday shopping season, this year's event will be held on Saturday, November 19th from 9:00am to 5:00pm. Artwalk is held in an Open House format including Ginter Place and eight historic Ginter Park, Laburnum Park, and Sherwood Park homes, all within a four block walk through the crisp fall air! After two years with a smaller footprint, this year's event will showcase a return to its former size and heralds the addition of several first-time homes to the tour. We are excited to see the return of many show favorite artists as well as a selection of new artists whose addition keeps the show fresh and invigorating year-to-year. From locally made soaps and lotions, sweets and treats, and beautiful handmade jewelry to locally turned woodwork, hand-thrown pottery, fiber arts, photography, and much, much more, this year's selection of nearly 50 artists will offer something for everyone on your holiday shopping list! Shop local, support RVA art, and think outside the standard gift-giving box. Ironclad Coffee Roasters will have coffee

and breakfast goods, and Firehouse Bar-B-Que food truck will be on hand providing soup and sandwich options to sustain you through your shopping spree. Admission is FREE! Address: Artwalk Central, 3323 Gloucester Road, Richmond, VA 23227  
Below is the complete list of homes on this year's Artwalk tour:  
1601 Brookland Parkway  
1518, 1516, 1514, and 1508 Westwood Avenue  
3323 Gloucester Road  
Ginter Place (1350 Westwood Avenue)  
1411 and 1400 Palmyra Avenue  
Event Contact: Liza Forness  
ArtwalkPlanning@gmail.com  
(804) 257-7254

CALENDAR ENTRIES

Entries are subject to change; call to confirm dates and times. Entries for the December calendar are due November 9. Send items to: calendar@richmondpublishing.com.

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TAKE NOTE

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It all began in 1936 when the real Santa Claus first chose the landmark Miller&Rhoads Department Store in Downtown Richmond for his seasonal headquarters, thrilling scores of youngsters and launching a tradition that would become as rock solid as the city's framed monuments. From that time forward, no Christmas was complete until your mother, in her hat and gloves, took you in your holiday best to see Santa at Miller&Rhoads. Other stores and malls had Santas, but they were only the "helpers" of the real Santa at Miller&Rhoads.

Visiting the real Santa at Miller&Rhoads was a magical childhood experience like no other. There on the grand throne was the genial Santa, with red cheeks and a flowing white beard, accompanied by the beautiful Snow Queen. Children could have Tea with Santa-complete with reindeer cakes- and even shop at their own pint sized Fawn Shop.

When Miller&Rhoads closed in 1990, Legendary Santa moved to the nearby Thalhimers department store, and then to the Richmond Convention Center. Then, on the day after Thanksgiving, 2005, Legendary Santa moved one last time to his new, permanent seasonal home at the Children's Museum of Richmond. All the trappings of the original Santa Land are in place here at CMO&R: the ornate velvet chair, the chimney and fireplace, the souvenir photos and the festive holiday music.

Legendary Santa's followers come from across the town, as well as across the country. They all make their pilgrimage, from near and from far, because of one pure and endearing belief: that this is the real Santa.

With your visit, you become part of the rich tapestry of magic and tradition Legendary Santa has brought to generations of families.

For the most current Legendary Santa information, please visit www.c-mor.org/legendary-santa



Relive the story of Captain John Woodliffe's journey from Bristol, England to the north bank of the James River, where he and a crew of 35 men arrived about 20 miles upstream from Jamestown on a site now known as Berkeley Plantation. The group's charter required that the day of arrival-December 4, 1619-be observed "annually and perpetually" as a "day of thanksgiving". On that first day, over a year before the pilgrims landed at Plymouth, Captain John Woodliffe celebrated *The First Official Thanksgiving* in Virginia.

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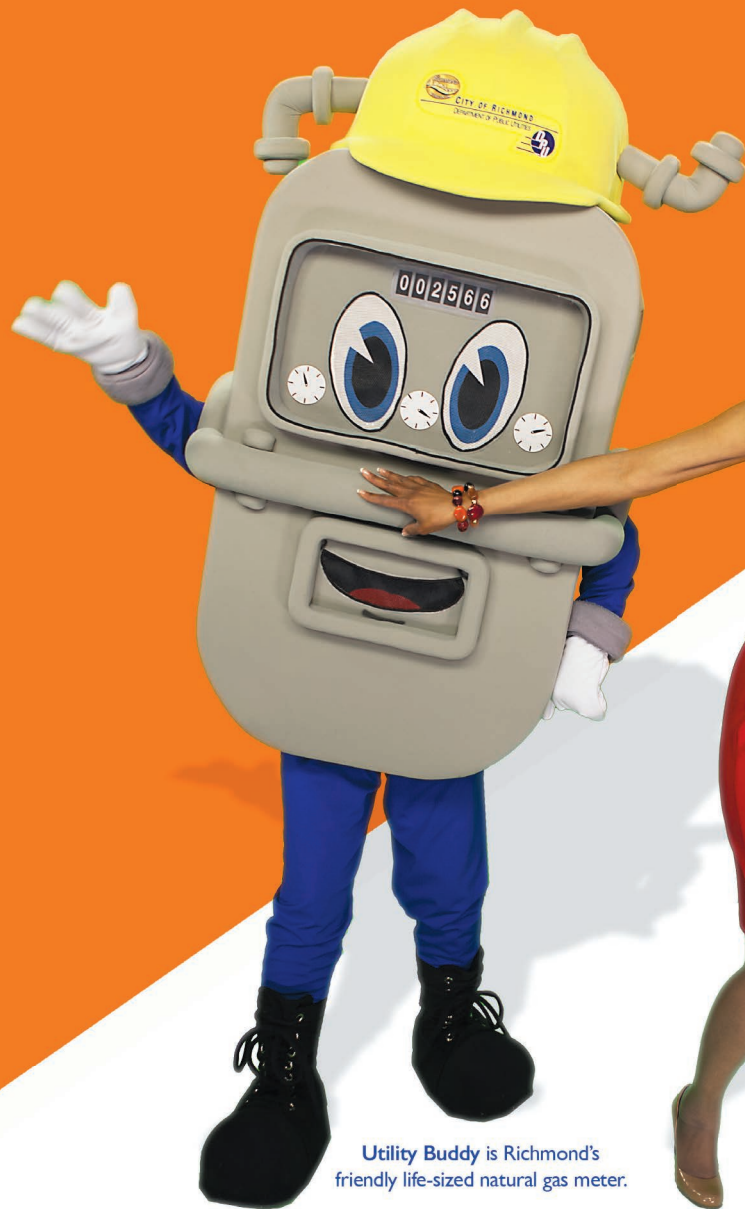
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