

Potomac ALMANAC

Holiday
Entertainment
& Gift Guide 2012

A Salute to American Bandstand

NEWS, PAGE 3

Churchill's Singer Songwriter

PEOPLE, PAGE 2

River Needs Help

NEWS, PAGE 4

'Jolly Fat Man's Run'

NEWS, PAGE 8

Amy Dalrymple, Max Wolpoff, Gabe Snider, Mark Spang, Kathryn Kunkle, Sarah Eisler and Nick Tondravi perform in Blast 24: American Bandstand at Winston Churchill High School during the next two weekends.

Potomac Village Deli Catering

Breakfast • Lunch • Dinner Catering

301-299-5770

www.potomacvillagedeli.com



**Home of Your
Corporate & Residential
Catering Headquarters**

**Serving the
Community
for over
35 Years**



OPEN HOUSES IN POTOMAC DECEMBER 8 & 9

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents to Confirm Dates & Times

Bethesda (20817)

5523 Oak Pl.....\$825,000..Sun 1-4..Carmen Lovelace.....RE/MAX..301-540-2232

5819 Wyngate Dr.....\$715,000..Sun 1-4.....Tom Whiteman..Long & Foster..301-907-7600

Potomac (20854)

11421 Twining Ln..\$1,299,000..Sun 1-4.....Leslie Friedson..Long & Foster..301-455-4506

10313 Logan Dr.....\$949,900..Sun 1-4...Yasmin Abadian..Long & Foster..301-983-1212

**For an Open House Listing Form,
call Deb Funk at 703-778-9444 or e-mail
debfunk@connectionnewspapers.com
All listings due by Monday at 3 P.M.**

PEOPLE

Churchill's Own Singer Songwriter

**Mackenzie Testa
pursues singing
and dancing
career.**

BY TAZEEN AHMAD
THE ALMANAC

Mackenzie Testa, a Churchill High School sophomore, is gearing up to make it big in the pop music industry. Mackenzie, 15, who writes her own songs, recently released three new singles on iTunes and says she draws from things happening in her life for her songs.

"I write about the typical high school stuff, drama with friends, and drama with guys. I also write about my family," Mackenzie said.

Mackenzie's friends at Churchill are very supportive of her work. Sara McAlister, who cheers for the varsity team, says that when she thinks of Mackenzie she thinks of determination.

"When she wants something she is going to get it and she earns it 150 percent," McAlister said. "Ever since she decided to pursue her singing and dancing career she has worked tremendously and so hard and I think it's great. She is going to go so far with this, you can just tell," McAlister said.

Mackenzie's mom, Betsy Testa, takes care of everything behind the scenes. Until they find a manager for Mackenzie, Betsy Testa is filling that role.

"I am just there to support. It is great watching her develop. I am learning as we go," Betsy Testa said.

"Mackenzie is establishing her presence in the industry with her specific genre. This area lends itself to so much opportunity for music and the arts," Betsy Testa said. She says programs like the Strathmore CityDance program, which Mackenzie joined in sev-



Mackenzie Testa

enth grade, make this area a great place to be for what Mackenzie is trying to do.

The Strathmore CityDance is a program in which talented students from multiple genres can come into the program and advance. Lorraine Spiegler, director of CityDance, says Mackenzie is a highly talented student and is happy that Mackenzie has been able to be with the program.

"Mackenzie is a student that came in with a passion for hip hop but also a wonderful facility for contemporary dance. She loves to perform. She really comes alive when she is asked to learn new choreography and to perform in front of a live audience. She is beginning to combine her dance skills and her performance skills with her love of music and is looking forward to making some music videos," Spiegler said.

Mackenzie has been dancing since she was 4-years-old but over the last couple of years she says that she has developed a love for singing and song-writing. Mackenzie gets inspiration from artists like Taylor Swift and Demi Lovato.

"Taylor Swift is one of my favorite artists right now. Definitely because she writes all her own stuff," Mackenzie said. Demi Lovato is another favorite, "She just has an outstanding voice. I love her music too," say

Mackenzie. Mackenzie dances five days a week for two hours or more. She takes Fridays off to be with her friends or take in a football game. Sundays are mostly dedicated to

homework. Apart from singing, songwriting, dancing and home-work Mackenzie also babysits one night a week.

"I know I need to start paying for my own stuff. I asked my parents for a lot when I was little so I am learning the value of money along with all of this," Mackenzie said.

This month Mackenzie will perform in the Churchill High School production of American Bandstand, a Blast tribute in honor of Dick Clark. The show will be held this weekend.

Mackenzie plans to release her first album and a music video next summer. She plans to work on the album and video after the Blast is over.

"I want to keep performing, keep recording music and pursuing my dance because they are both just as important," Mackenzie said.

**Mackenzie
Testa with her
mother Betsy.**





Christina Hnatov, Jessica Gold, Shelley Austin, Rachel Weinstein and Anna Votaw.



Jessica Gold, Miranda Catsambas, Amanda Lotwin, Lindsay Feldstein and Michelle Ahn.

Blast 24 To Salute American Bandstand

A tribute by
Churchill's students
to an icon.

BY SUSAN BELFORD
THE ALMANAC

American Bandstand — the TV show that legitimized rock and roll, turned new artists into household names, and made the iconic Dick Clark famous — will be celebrated this December by Winston Churchill High School's Blast 24: American Bandstand. The production will include memorable music from all aspects of the American Bandstand era. The show ran from 1957 through 1987 and became the longest running variety show on television with an estimated audience of 50 million.

The show was popular for many reasons. It created a youth culture. It introduced recording personalities such as Ike and Tina Turner, Smokey Robinson and the Miracles, Stevie Wonder, Talking Heads, Paul Anka, Simon and Garfunkel, Frankie Avalon and many more vocalists and groups to national audiences. Blacks and whites performed on the same stage — and the live audience was desegregated. The show originally took place in South Philly and then moved to Los Angeles. Couples who danced daily became teen idols — and afforded America's teenagers and pre-teens the opportunity to learn the latest dances. Dick Clark, some-

Details

Blast 24: American Bandstand at Winston Churchill High School on Friday and Saturday, Dec. 7, 8, 14 and 15 at 7:30 p.m. and on Sunday, Dec. 9 at 2:30 p.m. Tickets can be found online at www.wchsarts.com or in the lobby box office outside the Bish Auditorium, 11300 Gainsborough Road, Potomac. Tickets are \$20. The box office will be open one hour before each performance.



Mackenzie Testa, Chrissy Lorica, Jackie Spang and Stephanie Rosenbloom.

times referred to as "America's Oldest Teenager" was able to present rock and roll to parents in a non-threatening style.

When Dick Clark died in April 2012, Carlos Barillo, Churchill choral director and Blast director, knew immediately what he had to do this year for Blast. "I am excited that we can bring American Bandstand to the stage and pay tribute to Dick Clark's vision," said Barillo. "It's really my love letter to the parents because American Bandstand holds a huge place in the hearts of so many."

"This show is also a history lesson for my students," said Barillo. "Some students have no idea who Clark was — or that American Bandstand even existed. They had never heard of some of the songs, nor did they know that this was an era where dances had names — the mashed potato, the twist, the locomotion, the hop. This show is a history of pop culture. It spans very important, yet controversial times in U.S. history — and the music reflects all that was taking place in these changing times. The '50s were a simpler time for everyone, but life quickly became more and more difficult and com-

plicated in the '60s and '70s."

The show will include songs from "Teen Idols" such as Ricky Nelson, Shawn Cassidy, Dion, Connie Stevens, Leslie Gore and others, "It's All Relative" (Everly Brothers, the Jackson 5, Beach Boys, Osmond Brothers and more), "Girl Groups" (Chiffons, Supremes, Pointer Sisters and others), "Color-Blind" (Commodores, Dionne Warwick, Stevie Wonder, James Brown, Temptations, Whitney Houston, etc.), "The British Invasion" (Dusty Springfield, Lulu, The Who and more), "The American Revolution" (The Village People, The Mamas and The Papas, Melanie, Jefferson Airplane, The Doors, etc.). The American Revolution includes music about the War on Drugs, the War on War, Women's Rights, Civil Rights and the Sexual Revolution. Another segment will include

dances of the era or as Barillo calls them — "dances with names."

Senior Chani Wereley has performed in Blast for the past three years. She will be singing several songs that she was not familiar with: "To Sir With Love," "House of the Rising Sun" and "The Greatest Love of All." She said, "I love these songs now. I'm glad I had a chance to learn and sing them. My mom loves all of them and is happy that I know them now."

It takes 175 students to produce Blast. Besides the students who sing in dance in the production, the technical crew builds the set, operates the microphones and the lighting and works "behind the scene." Other students perform in the band, help with publicity and the business end of the production. Some choreograph; others help with the costumes. Seniors Evan Cook and Emily Potter are the technical directors for Blast. Both plan to major in technical theater after graduation. "Being involved with tech direction at Churchill truly changed my life," said Cook. "I want to study sound design — and I have gained real-world experience here at Churchill. Blast required a lot of dimensions that we had to figure out — with-

out a lot of time."

Potter explained that the design of the set was all about balance: "We made the set asymmetrical to make it more interesting. We also have to be careful not to overshadow the performers but to show them off. We also had to keep in mind that this is a very dance-centered production."

Barillo said, "This show is wholesome, makes you smile, and is just fun. It takes me back in time — and reminds me of the age of innocence."

"It's really my love letter to the parents because American Bandstand holds a huge place in the hearts of so many."

— Carlos Barillo, choral director, Winston Churchill High School

River Needs Help

Pollutants identified, solutions mandated for Potomac River with 'barely passing' grade.

BY KEN MOORE
THE ALMANAC

The Potomac Conservancy released its sixth annual State of the Nation's River on Nov. 15, handing the Potomac River's health a "D" or "barely passing grade."

The report identifies consequences of the pollutants of the 405-mile-long waterway, and offers solutions for stronger protection of the river.

The Potomac Conservancy is a nonprofit whose mission is to safeguard the Potomac River and surrounding watershed. The Potomac River supplies drinking water to more than 5 million people and is "exquisitely sensitive" to events over a 14,700 square mile watershed.

While past pollution came primarily from factories and industrial sites, "today's pollutants have various sources, usually entering our waterways in the form of runoff from land," according to the Potomac Conservancy report.

"From farmers fertilizing crops to homeowners greening up their yards, people are pouring too many nutrients onto the landscape," according to the report.

And the region will add 2 million people for the next 20 years — with more buildings, road and homes — according to the "2012 Potomac Agenda," a companion document to the report. "We must take steps to ensure high water quality by preventing polluted runoff before development, by decreasing land disturbance, preserving vegetation and minimizing impervious cover," said Hedrick Belin, president of the Potomac Conservancy. "No one has a right to pollute someone else's water."

THE CONSERVANCY urges increasing funding for clean water programs, providing incentives and technical assistance to individual homeowners and strengthening regulations at the state and local level.

Watersheds in Montgomery County, for example, suffer from impairments caused

by harmful nutrients, poor habitats and PCBs in fish.

Poorly planned construction can cause sediments that bury fish spawning grounds, block sunlight and suffocate healthy organisms. The removal of streamside vegetation and forested tracks that soak up such sediments along the river and its streams make existing problems worse.

Recent studies show that widespread use of antibiotics in people and farm animals are making some bacteria resistant to treatment, causing "unintentional super bugs."

And a growing number of "exotic" chemicals from drugs, cosmetics and the industrial process have only recently begun to be tracked and researched, according to the report, including dozens of pesticides and herbicides, pharmaceuticals, and residues from shampoos and perfumes. Low levels of these chemicals can disrupt the endocrine system and appear to be contributing to the development of intersex fish in the Potomac River, including male fish carrying eggs.

The federal Clean Water Act celebrates its 40th anniversary this year and mandates action to create and maintain water quality needed to support the highest designated use. "The Clean Water Act has catalyzed dramatic water quality improvements across the nation," according to the report, but major challenges remain.

The report suggests that state and local governments take action by strengthening stream buffer ordinances and enacting strong storm water pollution controls.

Incentives and technical assistance to individual property owners would show homeowners and businesses how they can reduce impervious surfaces — such as the RainScapes program in Montgomery County. Educating farmers on how to best apply fertilizer to protect water quality and enhance their crops could reduce unwanted nutrients in the river.

Officials "have an obligation to provide sufficient financial resources to stop polluted runoff," said Belin.



PHOTO BY KEN MOORE/THE ALMANAC

The Potomac Conservancy reported on the health of the Potomac River, giving it a "barely passing" grade.

Why Does This Matter?

More acres of parks, more trees, more open space, protected stream valleys and stream valley parks are all a part of what gives Potomac its character. But these aren't here because this is where the money is. These amenities that residents enjoy are designed to protect the water quality in the Potomac River.



PHOTO BY KEN MOORE/THE ALMANAC

Bikers, joggers, walkers, huskies, beagles, traveled Sunday from Anglers to widewater and Great Falls without interruption after repairs were completed to the towpath damaged by 2008 Tropical Storm Hannah.

Breach Repaired

A 125-foot hole in the towpath at Anglers has been filled with 69,454 square feet of PVC liner and 1,007 yards of concrete during 335 days in the last year. The park service and C&O Canal Trust held a celebration of the completed at Anglers on Saturday, Nov. 17. The repairs — completed 31 days ahead of schedule — were finished in late October.

The breach occurred at Anglers on Sept. 5-6, 2008 when a sinkhole grew to a full-scale breach during Tropical Storm Hannah's downpours and runoff from the surrounding hillside.

"The park implemented a long-term sustainable solution to limit problems in an area where leaks have been a long-standing issue," according to the Canal Trust.

Funding received in September 2011 to repair the breach at Anglers was the product of a three-year collaboration of park staff, elected officials, the C&O Canal Trust and the community. The project became eligible for funding because of a \$100,000 donation given by the Trust, the park's official non-profit partner, on behalf of the community.

Maryland's Transportation Enhancement Program accounted for \$1.1 million of the total \$3.3 million required for the repairs, and the additional \$2.2 million necessary came from the National Park Service construction program.

"The restoration of the historical towpath and the rewatering of the canal, and thus the return of scenic views and recreational opportunities at Anglers, showcases the significant impact a community of supporters can have on the preservation and conservation of this national treasure in our backyard," said officials of the park service.

PEOPLE



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Zoe Vincent made a greeting card with a photo of her family dressed in Victorian outfits.

Victorian Workshops

The Clara Barton National Historic Site in Glen Echo offered free Victorian holiday greeting card workshops last

weekend. Participants dressed in period clothing and were photographed. Photos were then used to make holiday cards.



From left: Anna, Jillian and Faith Holmes



Lauren and Brad Holmes

Maravell Receives Federation's Community Hero Award

Sophia Maravell, founder of Brickyard Educational Farm, was honored with the Community Hero Award for the month of December from the Montgomery County Civic Federation.

Montgomery County Civic Federation President Peggy Dennis nominated Maravell: "It is rare that we have a young person whose vision and passion and energy have created a new and exciting resource for the county and particularly for our children. During its first year, the Brickyard Educational Farm has served over 1,600 children in public and private schools, homeschooling cooperatives, civic organizations and religious institutions through its on-farm programming, family farm volunteer days, and in class presentations."

Maravell's vision for Brickyard Educational Farm is to expand its



farm-to-school program to serve 5,400 students annually, grow 90,000 pounds of fresh, locally grown, organic produce

for school cafeterias, continue saving rare varieties of organic, heirloom, and GMO-free seed stock, and help train the next generation of young farmers. Save This Soil (www.savethissoil.org) is a citizen campaign established by Marylanders seeking to preserve the organic farm that has been safeguarding the 20-acre plot of school land along Brickyard Road in Potomac for the past 32 years. Save This Soil is working with Brickyard Educational Farm to develop agricultural education projects at the Brickyard site.

No Power? No Problem. Gas Logs on Sale for Immediate Installation Call for Free In-Home Professional Estimate!

Enjoy your fireplace without all the work!

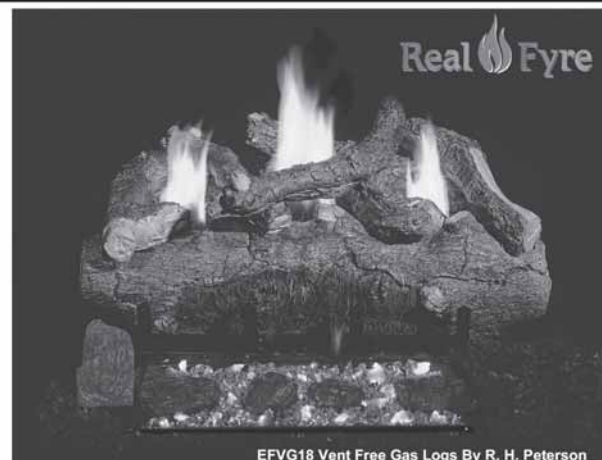
- No carrying wood
- No tending
- No lighting
- No clean-up!
- No damper worries
- Easy flame control by remote
- Beautiful efficient Heat

Evening Fyre Gas Logs are 99.9% efficient and you never lose heat through your chimney.

#1 In Safety

Come to the Fireplace Experts!!

Sales • Warranty Service • Installation
Family Owned and Operated Since 1957
We put safety first



EFVG18 Vent Free Gas Logs By R. H. Peterson

Save 10%*

On Anything in Our Showroom!

*Must present ad to redeem. Limit one per household. In-stock items only. Cannot be combined with any other offer or previous purchase. Offer expires 12/15/12.



#1 in
Safety and
Efficiency

THE *Fireplace*
EVERYTHING FOR THE FIREPLACE AND BARBECUE



Serving the
Washington
Metropolitan Area
Since 1957

301.990.6195

WWW.WASHINGTONFIREPLACE.COM

16165 Shady Grove Road • Shady Grove Plaza • Gaithersburg, MD 20877

THINGS YOUR
BIG BANKER
NEVER SAYS

- We listen.
- We lend.
- We love local businesses.



- Legal Lending Limit - \$45 million
- Customized Service to Meet your Needs
- Access to Local Decision Makers
- Lenders who Live and Work in the Communities we Serve

Committed to local businesses.



CARDINAL
Bank

703.584.3400

www.cardinalbank.com

PEOPLE

Gala To Support Israeli Montessori Schools

Alef Bet Montessori School merges languages, cultures.

BY SUSAN BELFORD
THE ALMANAC

On the evening of Dec. 6, the Alef Bet Montessori School will present “Education – Passport to the World” — a gala which will be held at the Potomac home of Amy and Alan Meltzer. The event will recognize the innovative program at Alef Bet — the only Jewish Montessori School in the area. The theme is also a salute to the school for the support they are giving Israeli Montessori schools by partnering to learn best practices from one another, through teacher and student cultural exchanges and through supporting Montessori teacher training in Israel.

Sally Oren, wife of the Israeli Ambassador H.E. Dr. Michael B. Oren, will be the honoree of the evening. Oren is involved in international aid and issues regarding women’s health and education in Israel. She serves as an advocate for children and for improved teacher training in Israel.

Alef Bet integrates a traditional Montessori curriculum with Judaic studies that include a Hebrew language program. Each classroom has a certified Montessori instructor along with an assistant who speaks fluent Hebrew. The school celebrates all the Jewish celebrations through which the children learn the meaning, the history and all the traditions of each holiday. The



Ayelet “Ellie” Lichtash, executive director and founder of Alef Bet Montessori School, with Shaya Ratner and Meir Herman, 18 months old.



Ellie Lichtash

program is for children 18 months through 6th grade.

Executive Director Ayelet “Ellie” Lichtash founded the school eight years ago. An attorney by training, Lichtash resided in Israel until she came to the U.S. with her husband when she was 30. After she observed her daughter’s success at the KMMS Kehilet Montessori, Silver Spring, she decided to establish Alef Bet because she felt it was what the community needed.

“I wanted to bring together Jewish people of all denominations to experience Jewish life through the Montessori Method,” said Lichtash.

According to its website, www.alefbetmontessori.org, “Alef Bet is the first of its kind in Maryland to offer Montessori education in the two curricula.

The program includes math, English, science, geography, art and music, along with Hebrew language, Chumash (Torah study), Mishna (Oral Law) and Tefila (prayer) in the hands-on, individualized, child-directed approach for which Montessori is known.”

There are 30 Montessori schools in Israel. Lichtash has been instrumental in starting the Montessori Administrative Association and through this group she has been in contact with administrators from the Israeli schools, discussing best practices, staffing issues and other educational and administrative topics. She is also working to create an affordable Montessori teacher training center in Israel. Lichtash has partnered with Ruth Yakir, director of international and graduate studies at Seminar Hakibutzim and Sally Oren in this effort.

“This is the first step in Alef Bet’s Global Education initiative to give students and teachers the opportunity for cultural exploration and development through exchange programs,” Lichtash said. “Alef Bet will be the model school and teachers from the Israeli programs will come here to learn. We are excited about the exchange program — within 5 years, you will see 5th and 6th graders traveling to Israel to study and live with an Israeli family for a few weeks. Teachers will come here to learn, and we will send our teachers there. The future of the program is going to be amazing.”

The gala will raise funds to support the mission of Alef Bet and will include a silent auction and an international cuisine. For more information and to register, go to the Alef Bet website or call Janel Herman at 301-881-9010 x 18, or Golda Rivkah Sanders at x 23.

Youth Promotes Awareness of Rocket Attacks in Israel

Project seeks 12,000 rubber bands.

BY SUSAN BELFORD
THE ALMANAC

How much is 12,000? While searching for a bar mitzvah project, Mory Gould of Potomac discovered that more than 12,000 rockets have fallen on Israel since 2001. That number was heartbreaking to him — and he became determined to do something to show the people in Israel that he cared “so they don’t feel so alone and helpless.”

During his research for his project, 13-year-old Mory and his mom Robin asked themselves how much the number 12,000 really represented.

They discovered that 12,000 rubber bands would stretch over 10 football fields. There are 12,000 minutes in 8.3 days.

Twelve thousand quarters would stack 69 feet high. Twelve thousand average-sized 13 year-old boys standing on one another’s



Mory Gould demonstrates his rubber band chain.

shoulders would reach 62,000 feet. Twelve thousand minivans would stretch 38 miles. Twelve thousand basketballs would over-

flow an Olympic-sized swimming pool.

“After I found out that there had been more than 12,000 rockets causing so much damage to Israel, my goal became to collect 12,000 rubber bands and to make a giant chain to show people just how much 12,000 is and to make them aware of the terrible damage that the rockets have caused in Israel,” he said.

“I am collecting the rubber bands for Operation Embrace, a non-profit organization that helps injured survivors of terror attacks in Israel.” Instead of gifts for his bar mitzvah on Oct. 27, 2012, Mory asked that his guests make donations to Operation Embrace.

Since the beginning of June, Mory has collected more than 6,000 rubber bands. He’s hoping to meet his goal by the end of next summer.

He placed boxes in his school, synagogue and solicited relatives, friends and neighbors for rubber bands. He created a sign which demonstrates how huge the number 12,000 really is — to make people understand how devastating the number of rockets has been to the victims of terror in Is-

rael.

“I hope to place my chain of rubber bands on display where others can see it and understand the terrible effects of the rocket attacks and how much of Israel has been destroyed,” Mory said.

“The idea of the rubber bands is that we will ‘band’ together like a rubber band does to support these people and give them strength to live their lives. We are also ‘stretching out’ to help Israel.”

Mory, the son of Robin and David Gould of Potomac, is an eighth grade student at the Charles E. Smith Jewish Day School. He loves sports and participates in soccer, basketball and diving. He traveled with his family to Israel several years ago where they visited Jerusalem, the Dead Sea, the Wailing Wall and many of sites of Israel — and his favorite part of the trip was the archeological dig.

Through his project, Mory has learned, “that one person, no matter how small you are, can make a big difference in the world. I want the Israelis to realize that we are not going to leave them out to dry — that we will always follow through to help them.”

HOLIDAY ENTERTAINMENT

Maryland Youth Ballet Presents The Nutcracker

Maryland Youth Ballet's professional students and children from the academy are preparing for the 23rd season of The Nutcracker. There is something for everyone in this engaging, classic version of The Nutcracker — giant mice, dancing snowflakes, cute little Ginger Snaps peeking out of a huge Mother Ginger skirt, a lovely Sugar Plum dancing with her handsome Prince, and many more characters in the Kingdom of Sweets. This year MYB will debut a new Christmas tree adorned with beautiful ornaments and sparkling lights that grows to high heights.

MYB also presents The Mini-Nut, an abbreviated version designed to introduce children to the magic of this family favorite. This holiday tradition with soaring music by Tchaikovsky promises to hold the attention of even the youngest theatergoer. Come see the Nutcracker turn into a handsome Prince, see the battle between the Nutcracker and the Seven Headed Mouse King, watch the sparkling Snow Queen float through her kingdom, and see the beautiful Sugar Plum Fairy and the magical residents of The Kingdom of Sweets. Suitable for all ages, this version is less than an hour and performed by cast members from MYB's full-length production.

THE NUTCRACKER

Dec. 14 and 21 at 7 p.m.
Dec. 15, 16, 22 and 23 at 1 p.m. and 5 p.m.

Robert E. Parilla Performing Arts Center
Montgomery College Rockville Campus,
51 Mannakee Street

Tickets are \$28 adults; \$23 children, students and seniors in advance; at the door, \$33 adults; \$28 children, students and seniors

To purchase, call the Box Office at 240-567-5301 or online at
www.montgomerycollege.edu/PAC

THE MINI-NUT

Dec. 8-9 at 11 a.m., 1 p.m., and 3 p.m.
Montgomery College Cultural Arts Center

Takoma Park/Silver Spring Campus
7995 Georgia Avenue, Silver Spring, MD 20910

Tickets are \$18 adults, students and seniors; \$12 children 12 and under
Available in advance at MYB studios or by mail:

926 Ellsworth Drive, Silver Spring, MD 20910 (Cash or Check only)



Clara and the Nutcracker.

PHOTO BY STEVEN BARANOVICS

CALENDAR

Email community entertainment events to almanac@connectionnewspapers.com.
Deadline is Thursday at noon. Photos and artwork encouraged.

ONGOING

Holiday Art Show and Sale.

Saturdays and Sundays through Jan. 6, 2013, 11 a.m. to 6 p.m. Browse and buy fine artworks at Glen Echo Park's annual Holiday Art Show and Sale, presented by the Glen Echo Park Partnership for Arts and Culture. The exhibition will feature works by resident artists, instructors and invited artists and will include glass, ceramics, jewelry, photography, painting, crafts and more. In Glen Echo's Popcorn Gallery at 7300 MacArthur Blvd. Call 301-634-2222 or visit glenechopark.org.

The Puppet Co. at Glen Echo Park has announced its 2012-2013 season. There are favorite fairytale princesses, an annual holiday tradition, and a special guest artist with a bilingual twist. 301-634-5380 or www.thepuppetco.org. **The Nutcracker**, through Dec. 30, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; **Toyland**, Jan. 18-Feb. 10, 2013, Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.;

THURSDAY/DEC. 6

Natalie Macmaster: Christmas in Cape Breton. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$28-\$58. Canadian fiddler MacMaster performs traditional Scottish and Irish holiday tunes. Call 301-581-5100 or visit www.strathmore.org.

Blues Dance. 8:15-11:30 p.m. Capital Blues proudly presents weekly Thursday night blues dances. A beginner workshop from 8:15-9 p.m. offers partnering basics for new dancers. The class is included with admission; no partner necessary. Dancing runs 9-11:30 p.m. to blues music from every corner of the genre. At Ballroom Annex at 7300 MacArthur Blvd. Admission is \$8. Email info@capitalblues.org.

THURSDAY-FRIDAY/DEC. 6-7

Annual Landon Greens Sale and Holiday Boutique. 8 a.m.- 5 p.m. Come celebrate the holiday season at Landon School located at 6101

Wilson Lane, Bethesda. Specialty wreaths and greens arrangements, boxwood, and holiday shopping. This year's Holiday Boutique will feature more than 40 vendors. Enjoy a treat from the Bake Sale and Café and visit the Landon Farmhouse, listed on Montgomery County's Historic Registry. General admission and parking are free.

THURSDAY-SUNDAY/DEC. 6-9

Tree Sales. 10 a.m.-7 p.m. Find a Christmas tree at the Landon Bear Tree Lot located near the football stadium, 6101 Wilson Lane, Bethesda. On Thursday and Friday, tree sales begin at noon and go until 8 p.m. General admission and parking are free.

DEC. 7, 8, 9, 14 AND 15

Annual Production of Blast. Blast 24: American Bandstand will be performed at Winston Churchill High School Friday and Saturday, Dec. 7, 8, 14 and 15 at 7:30 p.m. and Sunday, Dec. 9 at 2:30 p.m. Tickets can be purchased at www.wchsarts.com or in the box office outside the Bish Auditorium, 11300 Gainsborough Road, Potomac.

FRIDAY/DEC. 7

Contra Dance. 7:30-11:30 p.m. The Friday Night Dancers present Contra dancing as well as some square

dances and waltzes. Contra dance lesson 7:30-8:15 p.m., followed by the called dance to live music 8:30-11:30 pm. Beginners are welcome. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$9. Email info@fridaynightdance.org.

SATURDAY/DEC. 8

Concert. Stan Engebretson will conduct the National Philharmonic in Handel's Messiah on Dec. 8 at 8 p.m., Dec. 22 at 8 p.m. and Dec. 23 at 3 p.m. at the Music Center at Strathmore (5301 Tuckerman Lane). A free pre-concert lecture will be offered at 6:45 p.m. on Dec. 8. Visit www.nationalphilharmonic.org or call 301-581-5100. Tickets are \$28-\$81; children age 7-17 are free, must be purchased in person or by phone.

Swing Dance.

8 p.m.-midnight. Beginning with a Swing lesson from 8 to 9 p.m. with Marc Shepanek and Ellen Engle, followed by dancing. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$15. Email dance@flyingfeet.com.

Used Book Sale. 10 a.m.-1 p.m. All proceeds are for the library. At the Potomac Library located at 10101 Glenolden Drive, Potomac.

SUNDAY/DEC. 9

Kids Sunday Workshop. 9:30 a.m.-12:30 p.m. Ages 7-11. The Mansion

SEE ENTERTAINMENT, PAGE 9

Classical Joy

from the

Maryland Classic Youth Orchestras

Sunday, December 9 at Strathmore

Renowned NSO and BSO Concertmasters perform with today's best young musicians.

Nurit Bar-Josef
National Symphony Orchestra Concertmaster

Jonathan Carney
Baltimore Symphony Orchestra Concertmaster

3 pm—Chamber Strings, Young Artists, and Symphony
7 pm—Chamber Orchestra and Philharmonic,
featuring Nurit Bar-Josef and Jonathan Carney

STRATHMORE
The Music Center at Strathmore, 5301 Tuckerman Lane, N. Bethesda, MD. Parking complimentary with event ticket. Metro Red Line to Grosvenor-Strathmore

TICKETS: \$15 and up. Group rates: 301-581-5199
Strathmore Ticket Office: 301-581-5100 www.strathmore.org

www.mcyo.org

Season Greetings

from

= ROBERT BERNARD =

JEWELERS

Your Neighborhood Jewelers

1079 Seven Locks Road
Potomac, Maryland 20854
Potomac Woods Plaza
301.838.9696

TOYS UNIQUE

Creative • Fun • Educational
Toys, Games, Crafts & Hobbies

Located Right in the Village!
POTOMAC PROMENADE
9812 Falls Road • Potomac, MD 20854
301-983-3160

HAPPY HOLIDAYS! **Open 7 Days**

DOYLE

NEW YORK

We invite you to
Sell at Auction
in New York

DECEMBER 13, GEORGETOWN
By Appointment Only

Specialists from Doyle New York will evaluate your Asian Antiques, Jewelry, Watches, Sterling Silver and Paintings for auction consignment or outright purchase. Please contact Reid Dunavant, SVP at 202-342-6100 or email DoyleDC@DoyleNewYork.com

Chinese Gilt-Bronze Buddha
Qing Dynasty, Height 9 inches.
Sold for \$80,500

DOYLE NEW YORK
AUCTIONEERS & APPRAISERS
3256 PROSPECT ST NW
WASHINGTON, DC 20007
DOYLENEWYORK.COM

'Jolly Fat Man's Run' To Benefit Operation Second Chance

Annual fun run/
walk returns
Dec. 15.

BY SUSAN BELFORD
THE ALMANAC

For the past 17 years, Capital Crescent Trail enthusiasts have been shocked to see the "Jolly Fat Man" — and a pack of his followers — racing and walking down the trail. This year will be no different as The Sergeant's Program inspires recruits, friends and their hero — the "Jolly Fat Man" — to "give it their best" at its fun run/walk to benefit Operation Second Chance.

The holiday run/walk will begin at 8 a.m. on Dec. 15 when runners/walkers gather in front of Mon Ami Gabi, 7239 Woodmont Ave., Bethesda, for warm-up exercises and stretches. Unlike most charity races, participants can choose their distance. They can run or walk as far as they want on the Capital Crescent Trail — 3 miles, 7 miles or even 14 miles all the way to Georgetown and back. When they return, a hot breakfast will be provided by RiRa Restaurant in Bethesda — just a block from the start/finish.

It's just \$34 to register for this fun charity event and all participants will receive a long-sleeve tee shirt, a hot breakfast and a post-run party at RiRa. Raffle tickets will be available for \$5 for a chance to win prizes provided by sponsors and local merchants. The Early Packet Pick-up/Happy Hour is on Thursday, Dec. 13 at RiRa from 6-9 p.m. The restaurant is



Participants from an earlier "Jolly Fat Man's Run."

offering dinner and drink specials for all run attendees. On the run-day, the packet pick-up will be after the race.

Headquartered in Potomac, the Sergeant's Program is the original and oldest civilian bootcamp program in the country. It operates civilian military-style bootcamp classes throughout the Washington D.C. area. For 17 years, the organization has always selected and supported a charity that is connected to the military.

This year's charity, Operation Second Chance provides assistance to wounded, injured or ill combat veterans and their families while they recover in military hospitals. The organization builds relationships and supports the immediate needs of the Veterans and their families. It also promotes



Prior to the fun run/walk, participants warm up with push-ups.

Get Involved

Help make this year's "Jolly Fat Man's Run" a success. Register at www.sarge.com or email info@sargecorp.com for more information.

public awareness of the many sacrifices made by members and families of our Armed Forces.

Adam Kisielewski, Operation Second Chance vice president, is pleased that the Sergeant's Program is helping their cause: "Operation Second Chance does all it can to help wounded veterans and their families during their time of need. Through partnerships, like the one we have with the Jolly Fat Man, Operation Second Chance is able to focus on the veterans, instead of fundraising."

Rob Grimes, CEO and president of The Sergeant's Program said, "This is our first year supporting Operation Second Chance. There are many worthy causes that The Sergeant's Program could support, but we really wanted to focus on something that was based here in the Washington area and supported the local community. We also wanted to support a cause that we felt we could make a difference to by bringing attention to it through The Jolly Fat Man's Run, and that we could work with throughout the year."

Grimes added, "Operation Second Chance was a perfect choice for us and while it is not as well-known as some of the larger programs supporting our wounded soldiers, it fills a much needed gap in providing support and services as they go through rehabilitation which can take several years after their initial hospital treatments."

SPORTS BRIEFS



The Churchill junior varsity cheerleaders won "Best Overall Performance" at the Montgomery County Cheerleading Exhibition held at Magruder High School on Nov. 3. They competed against seven local high schools.

CONTRIBUTED PHOTO

Basketball Season Openers

Local basketball teams will open their respective seasons this week. The Churchill boys' basketball team will host Damascus at 7 p.m. on Wednesday, Dec. 5. The Bulldogs will also travel to face Sherwood at 7 p.m. on Saturday, Dec. 8. Churchill reached the 4A West region championship game for the first time in more than 30 years last season. The Churchill girls' basketball team will travel to face Damascus at 7 p.m. on Friday and will host Sherwood at 7 p.m. on Friday, Dec. 7.

The Whitman boys' basketball team will host Poolesville at 7 p.m. on Thursday, Dec. 6 and will travel to face Wheaton at 3 p.m. on Saturday, Dec. 8. The Whitman girls' team will travel to face Poolesville at 7 p.m.

on Thursday and host Wheaton at 3 p.m. on Saturday. The Wootton girls' basketball team will host Quince Orchard at 7 p.m. on Wednesday, Dec. 5 and will host Paint Branch at 7 p.m. on Saturday, Dec. 8. The Wootton boys' basketball team will travel to face Quince Orchard on Thursday and host Paint Branch on Saturday. The Bullis girls' basketball team will host Georgetown Day at 6 p.m. on Thursday, Dec. 6.

Bullis off to Winning Start

The Bullis boys' basketball team defeated Glenelg, 62-56, on Dec. 1 to improve to 1-0. The Bulldogs will face Roman Catholic on Friday, Dec. 7 during the DC Classic at Gonzaga.

ENTERTAINMENT

FROM PAGE 9

at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit www.strathmore.org. Go Crazy with Henna; Artist Trading Cards: Mini Masterpiece or Black & White Printmaking.

Holiday Glass Plate Workshops. 11 a.m.-1 p.m. Design and create a curved 5-inch square plate that is functional and decorative. \$40. Registration required. VisArts is located at 155 Gibbs St., Rockville. Visit www.visartscenter.org or call 301-315-8200.

English Country Dance. 2:30-5:30 p.m. Instruction and dancing to recorded music. Dancing runs 2:30-5:30 p.m. No partner required; newcomers are encouraged to be present at 2:30 p.m. At Ballroom Annex at 7300 MacArthur Blvd. \$10. Email michael@michaelbarraclough.com.

Argentine Tango. 6:30-11:15 p.m. Cost is \$15 for lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga, cost is \$10. Dance runs 8:15-11:15 p.m. No partner required. At Ballroom Annex at 7300 MacArthur Blvd. Email Ciaro8130@yahoo.com.

Contra and Square Dance. 7:30-11:30 p.m. There is a lesson at 7 p.m. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$12 for non-members, \$9 for FSGW member. Visit www.fsgw.org.

Christmas Concert. 5:30 p.m. The Many Moods of Christmas concert at Saints Peter and Paul Church, 10620 River Road. Donation \$25. Call 301-765-3400 ext. 0 or e-mail secretary@peterpaul.net.

Sing Along at Great Falls Tavern. 1-4 p.m. Drop in at the Tavern at Great Falls Park to hear Gilmore's Light Ensemble play period music and sing along to holiday favorites. 11710 MacArthur Blvd. Call 301-767-3714. Visit www.nps.gov/choh.

MCYO: Classical Joy, 3 p.m. The MCYO Junior Winter Concert Series, featuring Chamber Strings, Young Artists and Symphony Orchestra. Enjoy a pre-concert performance by the Harp Ensemble in Orchestra Lobby. The Music Center at Strathmore 5301 Tuckerman Lane. Visit <http://mcyo.org/>.

MCYO: A Daring Duo. 7 p.m. Mozart with NSO & BSO Concertmasters, Nurit Bar-Josef and Jonathan

Carney. Music from Mozart, Mahler and Tan Dun. The Music Center at Strathmore 5301 Tuckerman Lane. Visit <http://mcyo.org/>.

MONDAY/DEC. 10

Crowfoot 7:30 p.m. Crowfoot weaves musical influences from England, Ireland, Quebec, and the Appalachian Mountains. At Saint Mark Presbyterian Church located at 10701 Old Georgetown Road in Rockville. Tickets are \$12 in advance, \$15 at the door, \$9 for students with ID in advance, \$12 at the door. Call 301-960-3655 or visit www.imtfolk.org.

TUESDAY/DEC. 11

DIY Assemblage Brooch and Drinks. 7-8:30 p.m. Make fun accessories, plus red and white wine and snacks. Materials are provided. Bring ID to drink. Each workshop is \$15. At VisArts located at 155 Gibbs St., Rockville. Call 301-315-8200 or visit www.visartscenter.org.

WEDNESDAY/DEC. 12

Charm City Klezmer Band. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. Call 301-581-5100 or visit www.strathmore.org.

Children's Ceramic Ornaments Workshop. 4-5:15 p.m. Get clay and the tools to create ornaments. Glaze them and pick them up a week later. For children of grades K-5. Tuition is \$15. At VisArts is located at 155 Gibbs St., Rockville. Visit www.visartscenter.org or call 301-315-8200.

THURSDAY/DEC. 13

Violin Concert. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$25-\$55. Mark O'Connor shares the holiday songs of his childhood. Call 301-581-5100 or visit www.strathmore.org.

Mark O'Connor Strings Method For String Teachers. 2-3:30 p.m. For orchestra directors and string teachers. Mansion at Strathmore (Shapiro Music Room), 5301 Tuckerman Lane. Free, but registration required at www.strathmore.org.

Blues Dance. A beginner workshop from 8:15-9 p.m. offers partnering basics for new dancers. Dancing 9-11:30 p.m. At Ballroom Annex at 7300 MacArthur Blvd. \$8. Email info@capitalblues.org.

The Career Gateway, Jewish Council for the Aging's innovative job search training program, kicks off its next session. The Career Gateway is open to job seekers age 50 and over. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr., Rockville. Register for February or March classes also. Call 301-255-4215 or visit www.AccessJCA.org.

LET'S TALK Real Estate



by Michael Matese

Questions to Ask Before You Hire a Home Staging® Professional

So you want your home staged, but you don't think you could do it yourself. How do you find a Home Staging® professional? Here are some questions to ask once you've compiled your list of possible options.

1. Can I see your portfolio? Are the pictures attractive and presented well? Does the stylist's vision mesh with your home owners? Are many different styles presented across a range of homes? Do you feel the staging professional's work exhibits the ambiance you're looking to create in your home while it's on the market? How many of the homes presented in the portfolio closed quickly, and for what price?

2. What kind of training do you have? Largely unregulated, it's important to find out if the stager has any formal training and what kind of certification as well. Home stagers who carry the Home Staging® professional certification add an element of authenticity and peace of mind to their clients, who are able to trust in the stager's skills, experience and training.

3. Do you have a specialty? Many stagers have a specialty, whether it is lofts or condos, starter or luxury homes. Do your homework to make sure the stager's specialty is what both you and your Realtor® are looking for.

4. How do you communicate with home owners? Make sure you and the stager have a sense of diplomacy. Co-operation is going to be key in this endeavor, so it's important to establish an open, honest and tactful line of communication.

5. Do you have any other ideas to bring to the table? Some stagers see their role as going beyond just prepping a home and have other thoughts on strategies for stimulating sales. Ask if there are other ways of working together, if perhaps they'd be interested in co-hosting a staging class as a way to interest potential buyers.

For professional advice on all aspects of buying and selling real estate, call:

MICHAEL MATESE
Long & Foster Realtors

301-806-6829

Mike@michaelmatese.com

Preschool - Grade 12
Co-Educational
901-983-5200 | www.oursaas.org

Open Houses

Preschool (Age 2) - Grade 3
Thursday, Nov. 15
Saturday, Dec. 8
Potomac Village Campus
10033 River Road
Potomac, MD 20854

Grades 4-12
Monday, Nov. 12
Saturday, Dec. 1
Postoak Campus
8804 Postoak Road
Potomac, MD 20854

All Open Houses are 9 a.m. to 12 p.m., with tours at 9 a.m. & 11 a.m. and information sessions at 10 a.m. No reservations required.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon.

TUESDAY/DEC. 11

Bereavement Workshop. 1-2:30 p.m. "Winter Blues: Balancing Sorrow and Celebration while grieving." For anyone grieving the death of a loved one. Free and open to any Montgomery County residents. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required by calling 301-921-4400.

SATURDAY/DEC. 15

Pet Connect Rescue Adoption Cat Event. 11 a.m.-2 p.m. BARK! (Congressional Plaza) 1643 Rockville Pike. Visit www.petconnectrescue.org.

WEDNESDAY/DEC. 19

Bereavement Workshop. 6:30-8 p.m. "Winter Blues: Balancing Sorrow and Celebration while grieving." For anyone grieving the death of a loved one. Free and open to any Montgomery County residents. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required by calling 301-921-4400.

MONDAY/JAN. 14

Job Search Training for Seniors.

From
Nursery School
to
Rocket Fuel

A Strategic Curriculum That Prepares Students To Be Standouts.

WASHINGTON EPISCOPAL SCHOOL
Nursery through Grade 8

5600 LITTLE FALLS PARKWAY, BETHESDA, MD 20816
→ (301) 652-7878 → www.w-e-s.org

JOIN US at an OPEN HOUSE

Sun, Dec. 9 1 PM
Wed, Jan. 9 9 AM

KICKSkarate
Your Family Martial Arts Center

Our 48lb. Powerhouse!

www.kickskarate.com

Report Card

Discipline	A+
Focus	A+
Attitude	A+
Confidence ...	A+
Fitness	A+

FREE MONTH
Classes Forming! New Students Only!
expires: 12/31/12

PROGRAMS:

Tiny Tigers ages 3&4	Little Ninjas ages 5-7	Children's Karate ages 8-12
Teen & Adult Karate ages 13 & up		Kickboxing ages 13 & up

LOCATIONS:

Bethesda - 301.571.6767	Glen Echo - 301.320.3334	Potomac - 301.519.2200
Gaithersburg - 301.869.1400	North Potomac - 301.947.4700	Rockville - 301.869.4300
Germantown - 301.916.8000	Poolesville - 301.916.3663	Urbana - 301.874.4740

CLASSIFIED

ZONE 5: POTOMAC
AD DEADLINE: MONDAY NOON • 301-983-1900

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED • CHOOSE 1 TO 6 ZONES
E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT • CHOOSE 1 TO 6 ZONES
E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411

21 Announcements

21 Announcements

21 Announcements

Experience a Real Virginia-Grown Tree!

A Real Tree Experience grown and sold by the Virginia Christmas Tree Growers Association makes Christmas come alive!

A Real Virginia Christmas Tree connects grown-ups with cherished traditions of Christmas past and creates joy for children that lives on into Christmas future.

Use the website to find your tree!



www.VirginiaChristmasTrees.org

21 Announcements

21 Announcements

21 Announcements

MEDICAL CAREERS BEGIN HERE

Train ONLINE for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV authorized.

Call 888-354-9917
www.CenturaOnline.com

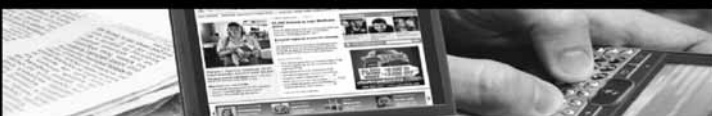
Centura
COLLEGE

21 Announcements

21 Announcements

21 Announcements

71% of Americans have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)



Make sure they're reading about you!

Virginia Press Services will run this business card size display ad across Virginia for one low price! For more details, contact Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

AIRLINE CAREERS BEGIN HERE



Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified – Housing available. Job placement assistance. SCHEV certified. CALL Aviation Institute of Maintenance 888-245-9553

HOME & GARDEN

POTOMACALMANAC.COM CONTRACTORS.COM
ZONE 5: POTOMAC
AD DEADLINE: MONDAY NOON • 301-983-1900

FIREWOOD

FIREWOOD

Mixed Seasoned Hardwood
\$130 half cord
\$220 full cord
Call Joe at 301-856-4436
301-602-9528 Cell

I'm a slow walker, but I never walk back.
-Abraham Lincoln

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!



HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia
703-296-6409

LANDSCAPING

LANDSCAPING

GARDENER

Energetic gardener, Speaks French & English. Fall Cleanup, weeding, planting, edging, mulching, maintenance. Excellent Potomac references.
301-980-8258

MASONRY

MASONRY

3dr Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

TREE SERVICE

TREE SERVICE

Charles Jenkins TREE SERVICE

Seasoned Firewood
Topping, trimming, Stump Grinding

Lic. & Ins!
540-829-9917 or 540-422-9721

Present Needing to be Accounted For



By KENNETH B. LOURIE

As a stage IV non-small cell lung cancer diagnosee/patient/survivor/anomaly, living long – whether prospering or not, is not the simple and presumptive proposition I had anticipated. No more do I anticipate living the same number of years and in the same relative good health that my parents (both deceased), experienced well into their 80s. Now, my life revolves around my oncologist and the CT Scans and lab work that precede our recurring appointments. Whether I think I feel, or hope I don't feel, or worry about what I do feel, or wonder if what I felt meant that my greatest fear has been realized: tumors growing, moving, medication not working and/or causing collateral damage to internal organs, visits (and I use that term loosely) with my oncologist will certainly cut through any emotional clutter.

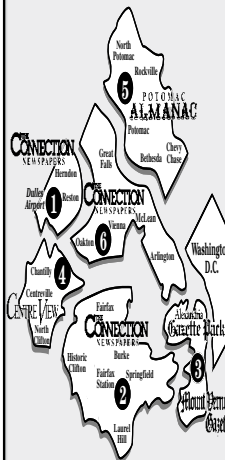
Presuming that this cancer thing (routine I now live) is unlikely to change, I probably need to enjoy the good reports/appointments as much as possible, because let's face it: this is an extremely serious situation I find myself in. However, just as it is said that fame is fleeting and money can't buy happiness, one "stable" CT Scan followed up by a widely grinning oncologist saying how "pleased" he is with my results does not a future guarantee or remission make. It is what it is: good, make that excellent news, but it's hardly a corner that's being turned, it's simply a road less traveled: that being a lung cancer patient outliving his original prognosis and beyond any protocols/clinical studies available to determine a prescribed/acceptable course of treatment. The short version: I'm still alive. Now what?

"Now what," for me, since I don't worry or second guess what my oncologist is advising/how I am being treated, is to embrace the highs more (and no, I've never been prescribed medical marijuana) and stop being so damn neutral anticipating the next low (tumors growing/moving) trying to maintain my even disposition. Intellectually, logically, it makes sense. Still, I can't get a particular Henry Youngman joke out of my head, that in my head, seems/feels relevant, especially given the various intervals of scans and appointments and all the associated medical expenses that I incur: "A doctor gave a man six months to live. The man couldn't pay his bill; the doctor gave him another six months."

Every day, every symptom, every lab result, every diagnostic scan might cause my doctor to tell me – as he did originally back in late February, 2009 ("13 months to two years") that I only have so many more months to live. And presumably, he won't be joking. For me however, finding humor somewhere, anywhere, during this whole cancer business has been how I've rolled. Perhaps it's time, 45 months post diagnosis, to consider the seriousness of my situation and when I receive some less-than-distressing-better-than-I have-a-right-to-expect scan results: love it, live it, appreciate it; don't joke about it. My oncologist was smiling when he saw me. That's not funny. That's amazing. I can worry – and be negative about, later – later. Right now is what counts. Tomorrow is promised to no one, especially terminal cancer patients. The future will get here soon enough. I need to savor the present. It probably won't kill me to do so.

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

Employers:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

Quick Relief for Holiday Stress

Simple strategies for bringing down anxiety levels in a hurry.

BY MARILYN CAMPBELL
THE ALMANAC

Whether you need to fulfill the wishes of each person on your gift list or find the time to decorate your home, the festive yuletide season can be stressful. In fact, a survey by the American Psychological Association showed that that 61 percent of Americans listed lack of money as the top cause of holiday stress, followed by the pressures of gift giving and a lack of time.

"The holidays can cause a lot of stress and anxiety," Michelle Walters-Edwards, Ph.D., department chair and associate professor of health and human performance at Marymount University in Arlington.

Indulging in excess food or alcohol is a stress-relieving strategy for some, say experts, but instead, Walters-Edwards suggests, "Try to remain on track ... by designating



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

Listening to music on an MP3 player during holiday shopping can help reduce anxiety in over-crowded stores.

time to relax and unwind."

Walters-Edwards and other experts offer suggestions for getting rid of stress in a hurry.

Turn on the tunes. "Play your favorite music all day," said Linda Berg-Cross, Ph.D., a Potomac, Md., resident. "Have dancing breaks with whoever is in the room with you – 'Gangnam Style' or otherwise."

"Listen to your favorite relaxation music on your iPod as you shop," Walters-Edwards added. "It can help reduce anxiety in over-crowded shops. Reserve time to relax or meditate at peak times of stress. Find a quiet location away from the holiday rush to calm yourself and relax those over-shopped muscles."

Pound the pavement. "Going for

a run outside may be a good solution," said Joel Martin, Ph.D. an assistant professor of kinesiology at George Mason University in Fairfax.

"It does not require any equipment and allows you to escape the stress at your home for a bit. Plus you get some fresh air."

Berg-Cross agrees that getting outside can reduce tension. "Try to learn something new about each guest or family member sharing the holiday with you with one-on-one walks or talks," she said.

Walters-Edwards underscores the importance of exercise and finding creative way to incorporate it into one's schedule, especially during the holidays: "Exercise is a proven way to reduce tension and stress in the body as well as prevent the onset of other adverse health issues," she said. "There are many apps available to download for exercise videos that you can take on the go [and] meditation timers to remind you to step out of the chaos and take time to unwind."

And finally, say experts, gratitude can relieve stress. "Go to bed thinking of what you are grateful for during the day, no matter how stressed you are walking into the bedroom," said Berg.

Preventing Holiday Weight Gain

Nutritionists say merriment doesn't have to lead to bulge.

BY MARILYN CAMPBELL
THE ALMANAC

Festive holidays are filled with sweet treats from egg nog and cider to fruitcake and chocolate bonbons. Unfortunately, there's a downside to consuming holiday treats: potential weight gain.

A recent study by the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases showed that during the holiday season, people who are overweight gain about five pounds, while those of normal weight gain one pound. The same study showed that most people never lose those pounds, and in fact, they accumulate over the years and could contribute to obesity.

Local nutrition experts underscore the importance of avoiding the slippery slope of holiday weight gain, and offer a few tools

in the battle of the holiday bulge.

Avoid missing meals to save calories. "Try not to skip meals for the sake of being able to indulge more at holiday parties," said Joel Martin, an assistant professor of kinesiology at George Mason University in Fairfax. "The drastic change in calorie intake will cause adverse effects to your metabolism that will contribute to the weight gain. Eating 3,000 calories spread out during the day is better than eating 3,000 calories all at once."

Avoid completely letting go of your healthy eating habits. "Don't plan to diet in the new year because it gives you the mental excuse to eat whatever you want during the last few weeks of the year," said Rosa Ganey, a nurse health educator for Fairfax County Health Network and a Burke, resident.

Beware of holiday drinks. "Make smart drink choices. Alcohol usually has empty calories and egg-nog can be fattening," said Ganey.



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

Nutrition experts say keeping healthy snacks on hand will help you resist the urge to load-up on sweets during the holidays.

"Try adding diet soda or tonic as a mixer to your alcoholic beverage or stick to wine or light beer. There are also low-fat eggnog recipes you can try."

Check your holiday calendar and plan ahead. "If you know that

you will indulge at a holiday function, exercise before the event. This will help speed up your metabolism and can also help reduce your appetite," said Michelle Walters-Edwards, department chair and associate professor of Health and Human Performance at Marymount University in Arlington.

Don't arrive at holiday celebrations on an empty stomach. "It helps if you eat something before going to a holiday party, even if it's a light snack, so you don't arrive starving," said Ganey. "Drinking water during your meal will make you feel fuller faster and will help you eat less."

Registered dietician Bonita Lillie of Dietetic Consultants of Northern Virginia in Alexandria said, "At the party, pick out 4-6 foods to enjoy in small portions. If you need to bring a dish, take something healthy and ask a friend to do likewise."

Finally, experts say to keep plenty of nutritious foods on hand. "Stock the kitchen with healthy quick meals, fruits and vegetables," said Lillie.

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

PUBLISHER

Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://www.facebook.com/MaryKimm)

EDITORIAL

PHONE: 703-821-5050

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman,
703-224-3015
jroetman@connectionnewspapers.com
[@jonroetman](https://www.facebook.com/jonroetman)

CONTRIBUTING WRITERS

Cissy Finley Grant, Carole Dell,
Kenny Lourie, Ken Moore,
Susan Belford, Colleen Healy

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly
Production Manager
Jean Card
Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://www.facebook.com/TheismannMedia)

ADVERTISING

For advertising information
e-mail:

sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 703-778-9425
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

Potomac Almanac is published by Local Media Connection LLC

Five Time First Place Award-Winner
Public Service
MDDC Press Association

Four Time Newspaper of the Year
An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

POTOMAC PIZZA LUNCH COMBOS

\$9.99 PIZZA COMBO

- ANY TWO SLICES OF PIZZA WITH UP TO 3 TOPPINGS EACH
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

\$9.99 SUB COMBO

- ANY SUB, SANDWICH OR WRAP*
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

*For veal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm.
Additional charge for priced condiments.
Good for dine-in and carryout only.
Not valid with other offers.

POTOMAC PIZZA.

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering
Serving Our Communities Since 1978

**IT'S TIME
FOR LUNCH!**



CHEVY CHASE CENTER
301 951 1127

POTOMAC PROMENADE
301 299 7700

TRAVILLE VILLAGE CENTER
301 279 2234

KENTLANDS MARKET SQUARE
301 977 9777