

Potomac ALMANAC

Jake Land of Potomac is cast as Harold Hill in Bravo@Kat theatre for young artists' production of "The Music Man" at the Olney Theatre Center this weekend. Josie Weinberg is Marian Paroo and Cole Edelstein is Winthrop Paroo.

New Theatre For Young Artists

NEWS, PAGE 3

Trekking for A Cause

NEWS, PAGE 3

Churchill Boys Basketball Beats Walter Johnson

SPORTS, PAGE 9

CALENDAR, PAGE 6 ♦ SPORTS, PAGE 6 ♦ CLASSIFIED, PAGE 10

PHOTOGRAPHY BY ERICA LAND

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



NEWS



Logan (Dog)- F, 4 yrs., 41 lbs., spayed, Shepherd mix - Logan is a gentle soul with a funny "lion mane" cow lick down her neck that gives her character. She likes other dogs, seems OK with cats and has learned a lot of tricks from her vet. Logan is a smart soul that is ready to share the life of a kind, sympathetic adopter.



Teddy (Dog)- M, 5 yrs., 13 lbs., neutered, Shih Tzu - Teddy is the epitome of a sweet canine gentleman, with his wonderful manners and love of life. The little guy loves people and snuggling, likes other dogs and enjoys a romp in the yard. Teddy would love to be your companion for a car ride, walk or a nice snuggle at home.

Pets for Adoption

To learn more about the organization, the pets shown, volunteer, or make a much-needed, tax-deductible donation contact Partnership for Animal Welfare at www.paw-rescue.org, call 301-572-4729, or write PAW, P.O. Box 1074, Greenbelt, MD 20768.

SCHOOL NOTES

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

Lauren Markham performed in the annual St. Olaf Christmas Festival in Northfield, Minn. Markham is a member of the Manitou Singers and is a music major. She is the daughter of David and Karen Markham.

Marietta College student **Hannah Platt** has been named to the fall 2012 dean's high honors list.

Maria Samantha Pugeda graduated from Rochester Institute of Technology with a master of business administration degree in business administration in the summer 2012 quarter.

Elizabeth Berriman, a current first-year student at Gettysburg College, was awarded a David Wills Scholarship by the College.

William Christopher Arabe graduated with a bachelor of science degree in management with a general management emphasis from Clemson University.

MICHAEL ARAM

JULISKA

ANALI

TEA FORTE'

THYMES CANDLES
AND SCENTS

KAT BURKI CANDLES

STONEWALL KITCHEN

GOURMET GIFTS

SAXON CHOCOLATES

YOLKA CHOCOLATES



INTERIORS

Full Service In-house
Interior Design Services
available

JT INTERIORS AT POTOMAC HOUSE

Hours: Monday-Saturday 10-6 PM, Sunday 11-5 PM

9906 River Road, Potomac, MD 20854

301.299.0487

Climbing to New Heights

“Trekking For Kids” supports projects in developing countries.

BY SUSAN BELFORD
THE ALMANAC

In 2010, Bridgit Fried of Potomac and Cindy Stuart of Bethesda signed up to climb to the base camp of Mt. Everest with a group called “Trekking For Kids.”

“I’ll go if you go,” they told each other with trepidation.

“For me, it was a way to get to Everest — an obsession that I have always had,” said Fried.

“I had done international relief work at the U.S. State Department, but had never participated in an outdoor adventure program that gives back to needy children all over the world like TFK,” Stuart said. “Once we promised each other we would go, we couldn’t back out. We started training and preparing for the climb to 18,500 feet — a trek that would change both of our lives forever.”

Since the day they decided to travel to Nepal, both Fried and Stuart have become committed to TFK — a non-profit 501© (3) that “organizes purpose-driven treks for socially-conscious hikers in some of the world’s most remote and iconic location.” The group raises funds to provide sustainability projects for orphanages in developing countries. They make repairs to facilities, build new buildings, provide furniture, livestock, education, school supplies — and even a grocery store. Its motto is “Improving Today, Securing Tomorrow ... One Step at a Time.”

Founded by Jose Montero and his sister Ana Maria Montero, TFK volunteer trekkers have impacted the lives of hundreds of children on four continents. Stuart is now the executive director of TFK, and Fried is responsible for communications and marketing.

Once again, Fried and Stuart will endure



Mt. Everest, at sunset.

bone-chilling cold, an exhausting trek to a higher altitude than they have ever before been to, moments of doubt, asking each other why they committed to such a brutal climb — and reminding one another that they are there because they “chose” to be.

THEY WILL BE ACCOMPANIED by 15 committed individuals, including two mountaineers, Len Stanmore and Luis Benitez. Stanmore is a global explorer who has conquered the highest mountain on each continent, skied to the North and South Pole and run across the Four Deserts. Benitez is one of the foremost high altitude mountaineers in the world. He climbed with the blind athlete Erik Weihenmayer to his historic 2001 Everest summit, chronicled in the feature film “Farther Than The Eye Can See” and also in Weihenmayer’s book “Touch the Top of the World.” He has reached the top of six of the famed “Seven Summits” a cumulative 32 times.

When asked what they fear about the

trek, Fried answered, “I am intimidated by the last day of the hike, where we get up at midnight and arrive at the top in time for the sunrise. Trekking in the dark is scary in that altitude. You have to stay in the moment.”

Stuart commented that when one is cold, tired and scared, “it is mind over matter. You go beyond your comfort zone. You think you can’t take another step, but then you force yourself to continue on. You learn how mentally tough you can be. It’s empowering. When we come down, the children are inspired by our accomplishment and they learn that they can also be strong and strive for anything they desire.”

On Feb. 15, the TFK group will journey to Mt. Kilimanjaro to trek the highest free-standing peak in the world — 19,340 feet.

SEE NEW HEIGHTS, PAGE 4



Bridgit Fried (left) and Cindy Stuart in front of Mt. Everest.

PHOTOS COURTESY OF CINDY STEUART

New Theatre for Young Artists To Perform ‘Music Man’

Local students in Bravo@Kat theatre for young artists’ production.

BY SUSAN BELFORD
THE ALMANAC

There may be trouble in River City — but at the new Bravo@Kat theatre for young artists, there’s only the excitement and thrill of the inaugural performance of Meredith Wilson’s play, “The Music Man.”

On Jan. 19 and 20, the Olney Theatre Center’s historic stage will reverberate with familiar tunes from “The Music Man” while 35 young performers from Montgomery County entertain and delight their audi-

ence.

Bravo@Kat is a new musical theatre program designed for children in grades 3-8. As a part of the award-winning Kensington Arts Theater, the program focuses on teaching the art of musical theatre — as well as imparting a love for this American art form.

“We make sure that the children are having a blast while they learn to work together as a cohesive and supportive cast,” Executive Producer Laurie Levy Issembert said. “While they are learning the tools of the craft — music, lyrics, choreography, staging and blocking — they are also becoming

the next generation who will keep the Broadway tradition alive, if not onstage, then as well-versed audience members.”

Director Darnell Morris said, “The Music Man’ is as American as apple pie and with its classic approach to musical theatre, it’s a perfect introduction to the genre we are so proud to represent — the Golden Age of Broadway.”

Issembert points out that this “All-American” play is being presented the same weekend as the U.S. Presidential Inauguration. The show is geared for an audience of children — but all ages will enjoy this produc-

When & Where

“The Music Man” will be performed this weekend at the Olney Theatre Center’s Historic Stage, 2001 Olney Sandy Spring Road, Olney. The show will be performed three times on Saturday, Jan. 19 and three times on Sunday, Jan. 20. Show times each day are 1, 4 and 7:30 p.m. Tickets can be purchased online for \$18 or for \$20 at the door.

tion. The show is the junior version of “The Music Man” and will run approximately one hour.

POTOMAC is well-represented in the cast of “The Music Man.” Jake Land, a freshman
SEE ‘MUSIC MAN,’ PAGE 5

for putting more green in your pocket.

Get up to

\$100

Take advantage of one, two or three rewards:¹

- Get \$50 when you open a select new PNC Personal Checking Account with qualifying direct deposit.
- Get \$25 when you make purchases with your PNC Bank Visa® Check Card.
- Get \$25 when you use our Online Bill Pay.²

Get up to \$100 at the new PNC Cabin John Branch.

Thinking green? So are we. PNC has more newly constructed LEED®-certified green buildings than any company in the world.³ But being green is also about you: Stop in today and ask how you can get up to \$100. Not to mention Free PNC Bank ATMs, guidance to grow your money, and a greener state of mind.

Now Open!

PNC Cabin John Branch

7711 Tuckerman Lane

(located in the Cabin John Shopping Center,

to the right of California Tortilla®)

Potomac

Call: 301-299-1290

Great Hours

Lobby: M-F 9-6 • Sat 9-4

Drive-Thru: M-F 9-7 • Sat 9-4

for the achiever in your
 **PNC BANK**

1. New Performance, Performance Select Checking Account, or a Virtual Wallet with Performance Spend account must be opened between 1/1/13 and 1/31/13. To qualify for a \$50 direct deposit reward, a qualifying direct deposit must be received within 60 days of account opening. To qualify for a \$25 Check Card reward, a PNC Bank Visa® Check Card must be issued to you and at least 10 purchases made with your Check Card must post to your new checking account within 60 days of account opening. To qualify for a \$25 Bill Pay reward, a minimum of 5 payments must be completed via PNC Online Bill Pay, within 60 days of account opening. Your checking account must remain open in order for you to receive any or all of the rewards, which will be credited to the eligible account within 60 days after all conditions have been met and will be identified as "Cash Trans Promo Reward" on your monthly statement. A qualifying Direct Deposit is defined as a recurring Direct Deposit of a paycheck, pension, Social Security or other regular monthly income electronically deposited into a Performance or Performance Select Checking Account, or the Spend Account of a Virtual Wallet with Performance Spend. The total amount of all qualifying direct deposits credited to your checking account must be at least \$750. The Direct Deposit must be made by an employer or an outside agency. Transfers from one account to another, or deposits made at a branch or ATM, do not qualify as Direct Deposits. New account will not be eligible for offer if any signer has signing authority on an existing PNC Bank consumer checking account or has closed an account within the past 90 days. For this offer signing authority will be defined by the customer name(s) and social security number(s) registered on the account. PNC Bank customers with an existing consumer checking account are not eligible for this offer. In the event that we determine in our sole discretion that your account does not meet the eligibility criteria or the activity on your account does not qualify as a Qualifying Direct Deposit, we will not be obligated to credit your account with the payout. 2. There may be fees for certain optional services. 3. Source: U.S. Green Building Council, November 2010. ©2013 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank, National Association Member FDIC [13883A]

NEWS



PHOTO BY CINDY STEUART

Bridgit Fried and Cindy Steuart's group on its way to Mt. Everest.

Climbing to New Heights While 'Trekking for Kids'

FROM PAGE 3

But one of the most important and memorable parts of the trip will be spending time getting to know 28 orphaned children and working to improve their facilities before the trek. After their climb, they will finish uncompleted projects, take the children on a field trip, and celebrate their time together with food, music and dancing.

Each hiker is required to raise \$1,000 that is 100 percent designated to the orphanage projects. Most of the trekkers will garner far more for their cause. The money raised will fund several projects including a perimeter fence around the Kili Centre land, expansion of the existing chicken coops and flock, and a rainwater-harvesting program that will enable the center to collect water and reduce the monies currently spent on water delivery. The children's bunk beds and mattresses will be repaired, and new sheets and blankets will be purchased. In addition, each child will receive a new school uniform, shoes, backpack and school supplies — and their school fees will be paid for the entire year.

The group will begin their trek on Feb. 19, hiking 11 miles the first day to the Machame Camp. They will continue for six more days, finally summiting the Uhuru Peak, the highest point on Mt. Kilimanjaro on Sunday Feb. 24. Fried said, "I'm motivated to reach the summit because of the children."

Steuart, who has hiked six 14,000-ft. peaks in Colorado and traveled with TFK to Peru, Romania and Nepal explains why these trips are meaningful to her: "It's really is a life-changing experience in so many ways. It's giving back, but it's also realizing that the world is bigger than my world — and learning that there is so much each of

us can do to make a difference. It makes me think of the quote by Rudyard Kipling that expresses how insular life can be, 'And what they know of England who only England know.'"

"I came back a humbled and changed person," said Fried. "I look at the world differently. The experience was empowering. I think about what I accomplished, how difficult, cold and miserable I was at times, but I made it through. I realize that the kids we are helping make it through each day without the things that we deem as necessities. They have smiles on their faces, and each found a way to give us a present — a piece of them to bring back. It really puts our lives in perspective."

LEN STANMORE'S philosophy is simple:

- ❖ We are stronger than we think.
- ❖ You don't know what you can do until you try.
- ❖ The pain and discomfort is temporary, but the feeling of accomplishment when you reach your goal will last a lifetime.

There is still room for more people who would like to join this trek to Kilimanjaro. The cost of the two-week trip is \$2,850 plus airfare. Each participant must raise donations of a minimum of \$1,000 for TFK.

In July 2013 TFK will sponsor a high school trekking trip to Romania in which youths will receive college credit or student service hours. A family trip to Peru is scheduled in June and a trip to Mt. Everest will take place in the fall.

To learn more about Trekking For Kids, go to www.trekingforkids.org or e-mail cindy@trekingforkids.org or bridgitfried@gmail.com. Donations are appreciated, and corporate sponsorships are encouraged.

New Theatre for Young Artists To Perform 'Music Man'

FROM PAGE 3

at Wootton High School is double-cast as con-man/traveling salesman Harold Hill as well as Hill's best friend Charley. Fourteen-year-old Land is no stranger to the stage. His professional credits include roles in NBC's "30 Rock," Ford Theatre's "A Christmas Carol," Shakespeare



Jake Land

Theatre's "Strange Interlude," Round House Theatre's "A Wrinkle in Time" and more. He previously played the part of young Winthrop in the 2011 Potomac Community Theater's production of "The Music Man."

What does he like about "The Music Man"? "I love the simple story of good overcoming bad and I also really love the music in this show. The songs are as fun for me today as I imagine they were 50 years ago when the show first came out. I really enjoy working with all of the actors in our cast and the directors and artistic team too," he said.

Other Potomac performers include Shira Minsk and Hannah Marill, students at the Charles E. Smith Jewish Day School, Hoover students Josie Weinberg, Sam Nasar, Isabel Namath and Ethan Miller and Amanda Primosch who attends Robert Frost. Younger siblings of the cast members are also performing as members of the "Boy's Band."

The students love participating in the performances and even appreciate the practices. Twelve-year-old Josie Weinberg is enjoying playing Marian. She said, "I get to do some real acting since she is a more complex character than the previous roles I've played. And I get to sing some great songs!"

Ethan Miller plays the humorous character, Marcellus Washburn. "I feel this character fits me well because I enjoy joking around and making people laugh," he said.

Shira Minsk is pleased that her role as Zanetta includes being a featured dancer, even though the dances are challenging. She explains how she feels about performing in the play: "I think one of the most rewarding things is seeing people smile at the end of the show. When they smile and clap, it makes me smile too. Also, just being on stage is rewarding and fun, and knowing that I put in so much hard work to make a great production, and when it all comes together on stage it really makes me feel good."

Tobi Baisburd also plays the part of Marian. The Ridgeview Middle School student finds it rewarding to be a part of this cast. "I'm always very excited to go to rehearsal to be with all of my friends," she said. "I also love seeing the play finally come together as a whole. It's amazing to see it



Zachary Conneen is Harold Hill, Tobi Baisburd is Marian Paroo and Eli Schulman is Winthrop Paroo.

grow from just reading the script to a full production with a wonderfully talented cast. I enjoyed playing Marian because of how strong a character she is. Marian sticks up for what she believes in and I admire that, so being able to play this strong female role was a great experience. The show is filled with fun-loving songs and dances that I think children of all ages will enjoy seeing."

The performers must be organized to maintain their school-work, grades, vocal

and dance lessons as well as their other activities and commitments to friends and family. All seem to be thrilled with performing in musical theatre — and most are hoping to have a Broadway career in the future.

When asked why children will like this show, performer Josie Weinberg said, "Children should come see this musical because it's a story about how music can change someone's life."

Ethan Miller said, "The cast is very talented — and it will be an amazing show!"

Issembert is well-known for her contributions to the arts in the area. For the last 14 years, she has produced Broadway musicals with local lower, middle and high school students, many who have gone on to work in the entertainment industry. Issembert's former career included feature films in Hollywood on the production side and news and documentaries for local, national and international television.

"We will be auditioning for 'Fiddler on the Roof' on Sunday, Jan. 27 from 12-4," said Issembert. "The cast size will be 35-45 students in grades 3-8, although some roles may be double cast and others may be played by older or younger students."

Auditions will be held at The Dancing Cub, 5050-D Nicholson Lane, Rockville. E-mail Issembert at tlg22@gmail.com for an appointment and go to www.katonline.org for more information.

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



Real Fyre

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 1/26/13.



THE *Fire Place*
EVERYTHING FOR THE FIREPLACE AND BARBECUE



#1 in Safety and Efficiency

301.990.6195

WWW.WASHINGTONFIREPLACE.COM

Serving the Washington Metropolitan Area Since 1957

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

SUN DESIGN INVITES YOU TO OUR REMODELED HOME TOUR IN RESTON!

Saturday, January 26th, 10am-4pm

10915 Thanlet Lane, Reston VA 20190



Celebrating 25th Anniversary

Reinvent Your Home to Enrich the Way You Live.

Come see first hand how redesigning existing and adding space created better function, flow, and light in this remodeled home to include a more functional office space, and an elegant kitchen with relocated windows to enhance the lighting.

Special Thanks to Our Sponsors:



CLOSETS • GARAGES • PANTRIES

Todd Carter
703-707-0009



LOVE THE SPACE YOU'RE IN

Sandra Hambley
703-599-0648

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces

703-425-5588 SunDesignInc.com info@SunDesignInc.com

DOYLE

NEW YORK

We invite you to Sell at Auction in New York

WEDNESDAY, JANUARY 23, GEORGETOWN
By Appointment Only

Specialists from Doyle New York will evaluate your Jewelry, Watches, Rare Books and Documents, American and European Art and Sterling Silver for auction consignment or purchase. Please contact Reid Dunavant, SVP at 202-342-6100 or email DoyleDC@DoyleNewYork.com

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



THE POTOMAC CHAMBER OF COMMERCE

in partnership with



Normandie Farm Restaurant



invite you to a

NETWORKING EVENT!

Thursday, February 7th, 2013
4:00 PM – 6:00 PM
10710 Falls Road
Potomac, MD 20854

Cost: Potomac Chamber Members: \$10.00

Non-Members: \$15.00

Cash Bar available

NORMANDIE FARM IS GENEROUSLY PROVIDING
HORS D'OUERVES FOR YOUR ENJOYMENT!

To reserve your place and/or for additional information,
Call the Potomac Chamber of Commerce:
301-299-2170

Or reserve your spot online at www.potomacchamber.org
R.S.V.P. by February 4, 2013

Bring your business cards and plenty of conversation!



If you would like to donate a door prize,
please call Jennifer at the Chamber office.



ENTERTAINMENT

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

ONGOING

Mommy & Me (& Daddy, Too).

Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me. The Library, First Floor: Jan. 22, Feb. 19, March 19, Nov. 19 and Dec. 17. On the Square: April 16, May 21, June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

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. **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.; **Alice in Wonderland**, Feb. 14-March 10, 2013, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; **Jack and the Beanstalk**, March 14-Apr. 21, 2013, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; **Cinderella**, Apr. 25-June 9, 2013, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

Art Exhibition. The Art Glass Center Gallery's ongoing exhibitions feature the work of resident artists Diane Cabe, Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit www.artglasscenteratglencho.org.

Glassworks. Saturdays, 11 a.m.-4 p.m. Glassworks is the D.C. area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit www.innervisionglassworks.com.

Photoworks. Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit www.glenechophotoworks.org.

Yellow Barn Studio & Gallery. Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is for sale. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-371-5593 or visit www.yellowbarnstudio.com.

Science & Nature. Saturdays and Sundays, 10 a.m.-3 p.m. Weekend Nature Programs at Living Classrooms Children's Museum Living Classrooms Children's Museum at Glen Echo Park presents engaging science and nature activities for the family. Encounter live animals, take an interpretive hike, explore the indoor anthill and tree slide and more. Free for members/children under 2; \$5 for non-members. At Glen Echo Park, 7300 MacArthur Blvd. Call 202-488-0627, ext. 242 or visit

livingclassroomsdc.org/Site-BasedPrograms.html.

SilverWorks Studio & Gallery.

Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition and sales of the work of artist-in-residence Blair Anderson. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2228 or visit www.silverworksglenechopark.org.

SATURDAYS THROUGH FEB. 2

Big Kids and Clay. 9-10:30 a.m. at VisArts, 155 Gibbs St., Rockville. Students will learn to pinch pots, coiling and soft slab working techniques. \$75/child. Visit www.visartscenter.org or 301-315-8200 to register.

MONDAYS THROUGH FEB. 7

Getting to Know Clay. Children will get to work with kiln-fired clay to create works for ceramic art. 4-5 p.m. at VisArts, 155 Gibbs St., Rockville. \$40/child. Visit www.visartscenter.org or 301-315-8200 to register.

TUESDAYS THROUGH FEB. 12

Dare to Draw. Children in grades kindergarten through grade 2 can draw with charcoal, pastels, ink, markers and pencils while learning age-appropriate drawing techniques. 5-6 p.m. at VisArts, 155 Gibbs St., Rockville. \$75/child. Visit www.visartscenter.org or 301-315-8200 to register.

SATURDAY/JAN. 19

Recital. Pianist Brian Ganz will perform an all-Chopin recital with the National Philharmonic at 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Children are free, but must be purchased by phone or in person. Visit nationalphilharmonic.org or 301-581-5100.

Dare to Draw. 9:30 a.m. at VisArts, 155 Gibbs St., Rockville. Children in grades K-2 can learn techniques on how to draw. \$75 for a six-week class. Visit <http://www.visartsatrockville.org> to register.

Dare to Draw. 11 a.m. at VisArts, 155 Gibbs St., Rockville. Children in grades 3-5 can learn techniques on how to draw. \$75 for a six-week class. Visit <http://www.visartsatrockville.org> to register.

Theater Performance. Bravo@KAT presents "The Music Man, Jr." at Olney Theatre, 2001 Olney Sandy Spring Road, Olney at 1 p.m., 4 p.m., and 7:30 p.m. Visit www.katonline.org for tickets.

Draw 'til You Drop. 9 a.m.-9 p.m. at VisArts, 155 Gibbs St., Rockville. \$25/advance; \$30/door allows for all day drawing and creative exploration. Easels are provided in a first come, first serve basis. Bring own drawing supplies. Ages 14 and up, under 18 needs guardian permission. Register early at www.visartsatrockville.org.

SUNDAY/JAN. 20

Waltz Dance. Starts at 2:45 p.m. with a dance lesson. Social dancing goes until 6 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Features Karen Collins and the Backroads Band. \$10/perso. Call 301-634-2222 or visit www.waltztimedances.org.

Theater Performance. Bravo@KAT presents "The Music Man, Jr." at Olney Theatre, 2001 Olney Sandy Spring Road, Olney at 1 p.m., 4 p.m.,

and 7:30 p.m. Visit www.katonline.org for tickets.

TUESDAY/JAN. 22

Singing the Truth. 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane. Hear Angelique Kidjo, Dianne Reeves and Lizz Wright celebrate the legacies of legends Miriam Makeba, Abbey Lincoln and Odetta. Tickets range between \$38-\$78. Enjoy a free pre-concert lecture at 6:30 p.m. Visit www.strathmore.org for tickets.

WEDNESDAY/JAN. 23

Talk and Dinner. 6:30 p.m. at Normandie Farm Restaurant, 10710 Falls Road. Potomac Kiwanis hosts Cal Thomas, op-ed columnist, commentator and author. \$35/person includes dinner. Reservations must be made by Jan. 19 to David Drake at Ddrake5@verizon.net or 301-580-0631.

THROUGH JAN. 23

Art Exhibit. See "Signatures: A Student-Faculty Photography Exhibition" at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. This exhibit celebrates 40 years of Photoworks. The gallery is open Saturdays 1-4 p.m. at Sundays 1-8 p.m.; when a class is in session; or by appointment. Visit www.glenechophotoworks.org or 301-634-2274.

FRIDAY/JAN. 25

A Cappella Music. Ladysmith Black Mambazo will perform at Music Center at Strathmore, 5301 Tuckerman Lane. \$25-\$65/person. Visit www.strathmore.org or 301-581-5100 for tickets.

Opening Reception. 7-9 p.m. Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, presents "Deconstructed Dance" featuring works by Madeline Smith, a sophomore at Bethesda-Chevy Chase High School. A series of black and white silver prints created for the Middle Years Program. Free. Visit www.glenechophotoworks.org.

JAN. 25 THROUGH FEB. 4

Exhibit. Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, presents "Deconstructed Dance" featuring works by Madeline Smith, a sophomore at Bethesda-Chevy Chase High School. A series of black and white silver prints created for the Middle Years Program. Free. Open Saturdays from 1-4 p.m. and Sundays from 1-8 p.m. Visit www.glenechophotoworks.org.

SATURDAY/JAN. 26

Comedy Performance. 8 p.m. at VisArts, 155 Gibbs St., Rockville. See Jeff Maurer and Tyler Richardson perform. \$15. Visit www.visartsatrockville.org.

MONDAY/JAN. 28

Raising Confident Kids. Parents often worry about children's problems and misbehavior. In this talk Emory Luce Baldwin focuses on how parents can encourage children to develop what they need to feel confident and successful in life. Call 301-468-9343.

WEDNESDAY/JAN. 30

Music Performance. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. Deborah Bond and her band Third Logic will perform new music. \$15. Visit www.strathmore.org for tickets.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Snapshot

Fog in River Falls on Jan. 13.

LETTER TO THE EDITOR

Move Forward on Rink Modification

To the Editor:

The following open letter was addressed to Gabriel Alborno, Recreation Director for Montgomery County.

Dear Mr. Alborno:

As the current chair of the Friends of the Potomac Community Center, Inc., as well as a long-time Potomac resident, it saddens me to hear the negative feedback coming from a very few neighbors concerning the proposed modification of the current roller rink.

This roller rink provides an outstanding opportunity to transform the current structure into a safe and flat surface for persons with various disabilities. It should also

be considered a moral obligation for this county. As a disabled person myself, it appalls me to think a few neighbors could stop such a project that would be very well received by the ever-growing disabled population of this county. This sports area would serve the young and old, individuals in wheelchairs, and individuals on crutches or using prosthetics.

If our nearby neighbors are not happy with this level of activity generated by a community center, they should have thought twice prior to purchasing.

Larry Chloupek

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://twitter.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://twitter.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://twitter.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

SHILLELAGHS
THE TRAVEL CLUB

SEE TOM HANKS ON BROADWAY! March 19-20,\$489
Includes Motorcoach from Vienna or Rockville, Overnight Novotel, Ticket for "Lucky Guy" with Tom Hanks, Porterage.

BERMUDA CRUISE FROM BALTIMORE May 3 - 10,\$664
Includes 7-Nights Cruise on RCCL's Grandeur of the Seas" With All Meals & Entertainment, Transfers from Vienna & Rockville to Baltimore Pier and return will be available.

IRELAND, April 2-9,\$2395
Includes Air from Dulles, 6-Nights Hotel, Daily Breakfast, 5 Dinners, Daily Sightseeing - CALL FOR ITINERARY.

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180

703-242-2204 1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

Allow Us To Show You
Our Proven Home Selling
Strategies And Results-Driven
Approach To Real Estate

Low Inventory and Historically
Low Mortgage Rates Have Created
More Demand Than Supply...

It's a Great Time to Sell
For Top Dollar!

For a Complimentary Consultation
Call Team LAURA

301-299-0500



LAURA GILLEY
"From Condos to Estates"

30+ Years of Proven Results
Direct: 301-299-0500

Email: lg@mris.com
www.PotomacHomes.com



Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN OCTOBER 2012, 40 POTOMAC HOMES SOLD BETWEEN \$2,110,000-\$404,000.



October 2012 Sales from \$1million~\$1.29million

2 10001 Meyer Point Terrace, Potomac — \$1,275,000



3 11507 Board Green Drive, Potomac — \$1,250,000



4 11204 TARA Road, Potomac — \$1,225,000



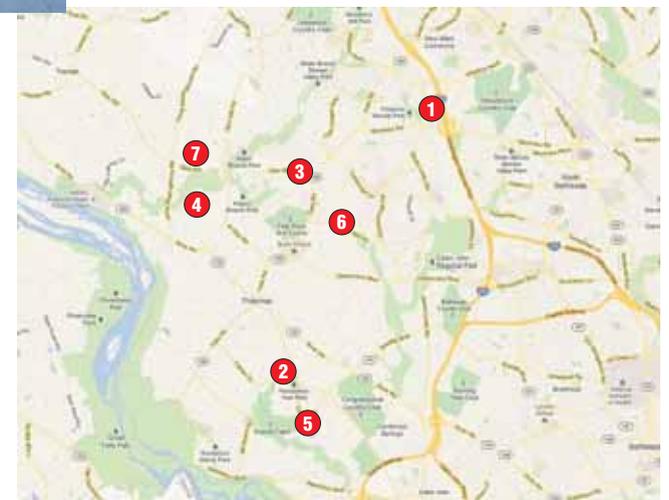
7 11001 Homeplace Lane, Potomac — \$1,100,000



6 11108 Willowbrook Drive, Potomac — \$1,129,000



5 9480 Turnberry Drive, Potomac — \$1,172,500



© Google Map data

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC.	PostalCode	Subdivision	Date Sold	
1 12500 PARK POTOMAC AVE #501N 2 .. 2 . 1				POTOMAC	\$1,287,000	Hi-Rise 9+ Floors	20854	PARK POTOMAC	10/15/12	
2 10001 MEYER POINT TER	4	..	4 . 1	POTOMAC	\$1,275,000	Detached	.. 0.46	20854	AVENEL	10/23/12
3 11507 BROAD GREEN DR	5	..	5 . 1	POTOMAC	\$1,250,000	Detached	.. 0.29	20854	CLAGETT FARM	10/10/12
4 11204 TARA RD	5	..	4 . 1	POTOMAC	\$1,225,000	Detached	.. 2.38	20854	POTOMAC VIEW ESTS	10/19/12
5 9480 TURNBERRY DR	3	..	3 . 1	POTOMAC	\$1,172,500	Arth/Row Hse	0.16	20854	AVENEL	10/17/12
6 11108 WILLOWBROOK DR	5	..	5 . 1	POTOMAC	\$1,129,000	Detached	.. 0.34	20854	NORMANDY HILLS	10/23/12
7 11001 HOMEPLACE LN	6	..	4 . 1	POTOMAC	\$1,100,000	Detached	.. 2.15	20854	PINEY GLEN FARMS	10/25/12

COPYRIGHT 2012 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF NOVEMBER 15, 2012.

SPORTS

Churchill Beats Walter Johnson

Strong effort on the glass has Bulldogs tied for division lead

The Churchill boys' basketball team used a balanced scoring attack along with opportunistic defense and a dominating performance on the boards to defeat Montgomery County 4A South Division rival Walter Johnson 71-53 on Jan. 11 at Churchill.

The win propelled the Bulldogs (9-3 overall) into a three-way tie for first place at 4-1 in the 4A South Division halfway through division games.

Churchill got started early against the Wildcats, building a 17-12 first quarter lead into a 42-25 halftime advantage and never looked back. Junior guards Malik Harris (16 points) and Allen Njumbe (16 points, 10 rebounds) along with sophomore forward Jesse Locke (16 points, four 3-pointers) paced the Bulldog attack. Churchill's defense disrupted Walter Johnson forcing 17 turnovers. But the story of the evening was the strong Churchill effort on the glass where the Bulldogs racked up an impressive 36-19 advantage that included 13 offensive rebounds.

"We did a lot of good things tonight," Churchill head coach Matt Miller said after the game. "But I was most impressed with the way the entire team went after rebounds. We really limited WJ to single-shot possessions and that was a huge key to our victory."

Senior guard Dominique Williams continued his strong play of late with 14 points while Churchill also received strong contributions from senior Bryant Wheatley (seven rebounds) and junior Dylan Mervis.

"Tonight was probably our best team effort of the season on both ends and everyone contributed something," Miller said. "I liked the way our kids came out early and took control of the game in the second quarter. It was a physical game and we didn't back down. We need to build on this win because every game is going to be critical from this point forward — not only for the



PHOTO BY HARVEY LEVINE/THE ALMANAC

Bryant Wheatley, seen earlier this season, and the Churchill boys' basketball team defeated Walter Johnson on Jan. 11.

division but for possible playoff seeding as well."

Churchill will have most of next week off during the semester exam period and will return to action against B-CC on Friday, Jan. 18.

"This is a good time for the kids to get healthy and to take care of those semester exams so that we can prepare for the stretch run over the next month or so," Miller said. "We are still not consistently playing at the level we think we can so we are going to have a few days to get some things corrected in practice."

In junior varsity action Friday evening, Churchill snapped a three-game losing streak with a 86-76 victory over Walter Johnson raising the Bulldog JV record to 7-5.

— CHURCHILL BOYS' BASKETBALL PROGRAM

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: 1/31/13

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
Galthersburg - 301.889.1400	North Potomac - 301.947.4700	Rockville - 301.869.4300
Germantown - 301.916.8000	Poolesville - 301.916.3663	Urbana - 301.874.4740

A TOTALLY RAD SMILE

www.radsmile.com

RAD ORTHODONTICS 301 299 3993
SPECIALIZING IN ADULTS & CHILDREN

invisalign
Straight teeth. No braces™

Dr. Rad is an Elite Provider of invisalign, meaning he is in the top 1% of providers in the world!

- So invisible, you'll be the only one who knows.
- No braces. Nothing to hold you back.
- Proven results behind great smiles.

2012
TOP 1% OF NORTH AMERICA

Rad Orthodontics

10122 RIVER ROAD - SUITE 210 | POTOMAC, MD
7201 WISCONSIN AVE - SUITE 500 | BETHESDA, MD

OPEN HOUSES IN POTOMAC JANUARY 19 & 20

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)

7017 Barkwater Ct.....\$829,000.....Sun 1-3..Theres Kellermann.... Long & Foster..301-365-0037

Potomac (20854)

10017 New London Dr....\$2,075,000.....Sun 1-4.....Stacey Sauter.... Long & Foster ..301-252-9705

10100 Meyer Point Terr...\$1,375,000.....Sun 1-4.....Wendy Banner.... Long & Foster ..301-365-9090

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

11624 Swains Lock Terr..\$1,075,000.....Sun 1-4.....Debbie Leyba.... Long & Foster ..240-672-6628

8428 Fox Run.....\$849,950.....Sun 1-4.....Rita Liptz..WC & AN Miller..240-305-6496

6 Blueberry Ridge Ct.....\$729,500.....Sun 1-4.....Nita Neri.....Weichert..703-893-1500

Rockville (20850)

2405 McCormick Rd\$549,500..Sun 12-3:30.....Dick Stone.....Reist..240-366-7802

736 Beall Ave\$486,000.....Sun 1-4.....Andy Alderdice..WC & AN Miller..301-466-5898

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.

ZONE 5:
• POTOMAC

HOME & GARDEN

POTOMACALMANAC.COM CONTRACTORS.com

301-983-1900
ZONE 5 Ad DEADLINE:
MONDAY NOON

EMPLOYMENT

ZONE 5: POTOMAC
Ad DEADLINE: TUESDAY 11 A.M. • 301-983-1900

CLEANING CLEANING

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

IMPROVEMENTS IMPROVEMENTS

A&S Landscaping
• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing



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

Do what you can, with what you have, where you are.
-Theodore Roosevelt

BUSINESS OPP BUSINESS OPP

TELEPHONE TELEPHONE
A great opportunity to WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

IMPROVEMENTS IMPROVEMENTS

R&N Carpentry
♦ BASEMENTS ♦ BATHS ♦ KITCHENS
Foreclosure specialist/Power washing
♦ Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

703-863-7465
LICENSED
Serving All of N. Virginia

LANDSCAPING LANDSCAPING

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

Freelance Reporter
To cover news plus events features in Mount Vernon. Rewarding, flexible work, pay is nominal.
Email letter, resume plus clips to
mkimm@connectionnewspapers.com



"Let us help you Re-imagine your Home"
703.373.7278
"The Best Homes are Built by US"
Design/Build
Large Additions, Second Story Additions,
Whole House Remodeling & Custom Homes.
www.ushc.info
US Home Construction
320-B Maple Ave. East, Vienna, VA 22180

3rd 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.masonyspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

ROOFING ROOFING

Falcon Roofing
Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com



Advertising Sales
Work part-time in and near your home office
Enjoy commissions and flexible hours
Great opportunity for outside sales person to work primarily in and near your home. Use relationship selling to create and expand community print and internet advertising campaigns to local businesses for Connection Newspapers, Northern Virginia's best-read community newspapers and websites.
Keep productivity high and commuting low while working close to home. After a short training period, travel to our Old Town Alexandria headquarters and production facility required only once or twice a week during off-peak traffic hours. Call 703-778-9431 for details.



ZONE 5:
• POTOMAC

CLASSIFIED

301-983-1900
ZONE 5 Ad DEADLINE:
MONDAY NOON

21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements

AMERICA LAW GROUP, INC. with 14 Virginia offices
"Plain & Simple" **DIVORCE*** Start with just \$85
No need to appear in court. No-terms, cooperative divorce must be separated one year. Call: 804-245-7848. Start your case documents with \$85 paid. Easy payments of \$100 per month. Total cost: \$585.
BANKRUPTCY*OR DEBT ADJUSTMENT*
Yes, we do **File 13s with only \$9 paid** on attorney fees and \$281 court fee. First trustee payment at signing. Our fees paid through your plan payment. Debt Relief Agency *Call for fees and restrictions.
For help call 804 Debt Law (332-8529) anytime 24/7
© America Law Group Inc. 2800 N. Parham Rd. Richmond 23294 Jfellows,Hfrice

17th ANNUAL HORSE WORLD EXPO
January 18 - 20, 2013 Free Parking
MARYLAND STATE FAIRGROUNDS • TIMONIUM, MD
Retail Trade Show - Hundreds of Vendors Selling a Variety of Horse Products/Services
• Products & Services for All Ages and Every Discipline • Educational Seminars
• Mounted Demonstrations • Stallion Avenue • Parade of Breeds
SEMINARS & DEMONSTRATIONS BY:
Jac Aristotle Ballou • Craig Cameron • Amie Fulks • Kenny Harlow
Gary Lane • Steuart Pittman • Jessica Ransehausen
Missy Ransehausen • Tom Seay • Julie Winkel ... and many more!
Fri: 12 - 8
Sat: 9 - 7
Sun: 9 - 5
www.horseworldexpo.com • 301-916-0852



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

AIRLINE CAREERS BEGIN HERE
AM
AVIATION INSTITUTE OF MAINTENANCE
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



HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online
CLASSIFIED
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411
EMPLOYMENT
DEADLINES
Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411
ZONES
Zone 1: The Reston Connection
The Oak Hill/Herdon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

A new option for people with Macular Degeneration
Find out if the new implantable miniature telescope can help you see better.
Call for a FREE phone consultation with Dr. Armstrong, Optometrist
Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
(866) 321-2030
Dr. David L. Armstrong VirginiaLowVision.com



THIS AD FOR SALE!
Reach across Virginia with this ad!
No other media offers the audience of loyal, local, repeat readers you'll reach through community newspapers!
71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)
Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price.
For more details, call Adriane at 804-521-7585.
Virginia PRESS Services

CLASSIFIED

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

If tomorrow were never to come, it would not be worth living today.
-Dagobert Runes

The New Year, Same as the Old Year?

By KENNETH B. LOURIE



As I scan (no pun intended) my living-with-cancer horizon, my focus isn't long term, nor is it short term. It's somewhere between intermediate and immediate. I haven't received any discouraging news, thank God!; I've just taken stock – as the new year approaches, and have to decide how I want to invest in my future, cancer-care wise. Are there changes I need to make to my diet? Is it beneficial to commit to – and buy – organic whenever possible? Can I even afford to increase my food expense that much or am I being penny-wise and extremely pound-foolish (narrow minded) by assuming that what's kept me alive so long (relative to my original prognosis) is likely to continue to do so in the future – just because? And ultimately – and most importantly, do I need to recommit to the many non-traditional methods I've employed to fortify my immune system and continue to fend off the ravages of cancer? And if I do so, will the stress of assimilating/modifying/indoctrinating "Royal Jelly," as but one example, into a new routine, create yet another alternate universe for me to inhabit, the stress of which might upset the entire apple cart? Moreover, is making – or even considering to make, any New Year's resolutions likely to make me more resolute in my adherence to keeping Kenny-with-cancer alive and reasonably well? Or should I not give a hoot and try to find joy (meaning minimal stress; stress is the enemy in this fight) wherever I can and throw caution to the wind and let the cancer chips fall where they may? I want to live but I'm not sure I want to die trying.

I want to live my future by staying as true to my convictions as possible without neglecting alternative approaches, make that changes; changes which could possibly enhance/improve a diagnosis-to-date, above-average quality of life that I've been EXTREMELY FORTUNATE to live. As Stella (Linda Hunt) said to Paden (Kevin Kline) in the classic Western "Silverado:" "The world is what you make of it friend, if it doesn't fit, you make alterations." So my continuing dilemma is: do I in fact make alterations or do I get back on the horse I rode in on – so to speak?

I want to be open to change, really I do, especially if it's a change that might save my life. However, if that change creates new stresses in my life – the effect of which is particularly difficult for terminal patients, is the change worth it? Is a maybe – with all its uncertainty and unknowns, worth the risk when the definite changes I've already made have gotten me so much further than one – or many, had initially anticipated? I agree that change is good, healthy even; but in my circumstance, I wonder: Is it better? And I need better. And given the fact that there are very few guarantees offered to stage IV non-small cell lung cancer patients, I see no tangible benefit to making any resolutions to change because (A) I don't need the additional pressure (pressure being the first cousin to stress) of having to do anything I don't feel comfortable and committed to doing and (B) Having survived almost four full years from the date of my original diagnosis/prognosis doing what I've done, all I should feel is: that anything is possible. I'm living proof.

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

NEWS



Learning about Nature

Sarah Wesenfelder touches the Painted Aquatic Turtle at the weekend nature program, Science & Nature, at the Living Classrooms Children's Museum at Glen Echo Park.



Johannah Groner touches the Eastern Box Turtle.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Anna Bled, educator at the museum holds a Bearded Dragon. For more information on the nature programs, see livingclassroomsdc.org/Site-BasedPrograms.html or call 202-488-0627.

BULLETIN BOARD

WEDNESDAY/JAN. 30

Open House. 8:30-10:30 a.m. at Our Lady of Mercy School, 9222 Kentsdale Drive. For parents of prospective students. 301-365-4477.

SATURDAY/FEB. 23

Mini-Conference. Montgomery County Master Gardeners is holding its conference at Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Enjoy a day-long event with workshops, door prizes, networking and more. Registration ends Feb. 15. \$50 or \$90/two people. E-mail mgminiconference@gmail.com.

ONGOING

Alzheimer's Association support groups

provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Zumba at Village Yoga

An easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Classes are Tuesday nights, 7:15 p.m. and Saturdays 11:30 a.m. 10154 River Road. Call 301-299-1948.

Beginner's Yoga Classes at Village Yoga

Village Yoga is adding a new Beginner's Yoga Class, Mondays, 8 p.m. Continues our Thursday, 7:30 p.m. Beginner's Gentle Flow class as well. 10154 River Road. 301-299-1948. Visit www.villageyogayogi.com.

Fenton Street Market

10 a.m. - 4 p.m. Saturdays through Oct. 27. The market is located in downtown Silver Spring at One Veterans Plaza, intersection of Fenton and Ellsworth streets. It will not be open on Sept. 22.

Members Wanted.

The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book

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

groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the Washington, D.C. area. Visit www.potomacnewcomers.com
Free Parent-Child Playgroup. Every Monday at 9:30 a.m. at the Har Shalom Early Childhood Education Center. Meet new friends as you and your child play with age appropriate toys. Call 301-299-7087.

VOLUNTEERS WANTED

The Bethesda Urban Partnership is looking for volunteers to help assist with various local festivals including Taste of Bethesda on Oct. 6. E-mail info@bethesda.org.
CANTER-Mid Atlantic to open a racehorse rehabilitation program with donations from Delaware Park and the Delaware Thoroughbred Horsemen's Association earmarked to serve

Delaware Park trainers and owners. To find an ex-race horse, volunteer, or make a donation, visit www.canterusa.org/midatlantic.
 To become a volunteer **Bike Patrol member** on the C&O Canal, contact Norman Liebow at liebow@comcast.net or 301-714-2218.
The Greater Chesapeake and Potomac Blood Services Region of the American Red Cross is seeking volunteers to assist its blood collections staff at blood drives and blood donor centers. Call the American Red Cross Volunteer Office at 1-800-272-0094, ext. 1, or e-mail karloff@usa.redcross.org.
 Volunteers are needed to assist sexual assault victims and their families through the **Victim Assistance and Sexual Assault Program** of the Montgomery County Department of Health and Human Services. To schedule an interview visit www.montgomerycountymd.gov/vasap or 240-777-1355.

Visitors from Spain



McLean School of Maryland families hosted seven teenage Spanish Exchange Students from Colegio Europeo Madrid for a month. The students lived with families and attended classes as a cultural and language exchange. One Spanish student commented: "I always wanted to ride on a yellow school bus, and have my own locker. You only see this in the movies."



COME CELEBRATE “THIRSTY THURSDAYS” AT POTOMAC PIZZA!



4:00PM-CLOSE

\$2.00 BEER

1/2 PRICED BOTTLES OF WINE

Dine-in only. Please drink responsibly.

CHEERS!

POTOMAC PIZZA.

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering

Serving Our Communities Since 1978

CHEVY CHASE POTOMAC TRAVILLE KENTLANDS

