

Potomac ALMANAC

Handcrafted Holidays

NEWS, PAGE 7

PAGES
3, 8 & 9
**Holiday
Entertainment
& Gift Guide 2013**

CLASSIFIED, PAGE 15 ♦ CALENDAR, PAGE 11 ♦ SPORTS 14

PHOTO BY DEBORAH STEVENS/THE ALMANAC

Entrepreneurship Book Targets Preschoolers

NEWS, PAGE 3

Whitman Girls' Basketball: Visions of Winning at UMBC

SPORTS, PAGE 15

Isabel Porras Silva with
Mexican Art & Craft shows
some of the handmade
crafts at the holiday shop-
ping bazaar at Holy Child.

So Much, So Near

GIFT GUIDE, PAGE 3

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HOLIDAY GIFT GUIDE

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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Ring In Holiday Season with Gifts from Potomac Village

So much, so near.

BY SUSAN BELFORD
THE ALMANAC

The shopping season is here — and it's time to find special gifts for everyone on your list. But instead of rushing to the mall, or heading to the outlets, this year, shop in Potomac. No jostling through crowds, waiting in lines, jockeying for a parking space or driving for an hour, only to find nothing on your list. The best news — shoppers can get lots of help locating that one-of-a-kind present just a few blocks away from where they live — in the stores of Potomac.

Here are some ideas for a variety of gifts for all ages — from tiny tots to grandma and grandpa. So head for Potomac, park the car one time — and get all the shopping completed in one afternoon. It'll support small businesses, help the Potomac economy and save time and stress.

JT Interiors, located just east of the Safeway in a house at 9906 River Road is is



A wealth of Christmas and Chanukah gifts can be found at JT Interiors.

dressed to the nines for Christmas and Chanukah — and manager Lauren Gregory will be pleased to help locate the ideal present. The store carries baby gifts — blankets, Christian and Jewish baby jewelry, tooth fairy pillows, burping cloths and more. Christmas ornaments especially designed for Potomac with the messages, "Christmas in Potomac" and "God Bless Our Wounded Warriors" are available. Shopping for that special man? Pick him up a humidifier, a flask or a wallet. The store also offers cook books, bowls, jewelry, fun food items, Hobo hand-

bags and tablet covers. Check its website at www.jtinteriorsinc.com or call 301-299-0485.

Next head to the Verizon store for tech gifts — and note that there is no line at this Verizon store. It carries all the latest smartphones and tablets. Give loved ones some of the coolest accessories — a keyboard for the iPhone, OtterBox and other cell phone cases every color, chargers, belt clips and more. Salesman Jermaine Boone likes the new Verizon Ellipsis Tablet with its 7" HD screen a 1.2 GHz quad-core processor and a massive 4000 mAh battery, 8GB of storage, 1GB of RAM, 3.2-megapixel rear-facing camera and a VGA front-facing camera. "The Ellipsis is really light and has great graphics. It has been

incredibly popular and a good alternative to the more expensive iPad," Boone said. Visit Manager Jason Vogel or salesmen Jermaine Boone, Luis Navarro or Luis Rivera for all one's tech needs. For more information go to www.WirelessWarehouse.net or call them at 301-641-5200.

Then wander across the street to the Potomac Promenade Shopping Center to



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Potomac Outfitter's manager Adam Klaffky is ready to run the rapids.

check out the newest store in the mall — Potomac Outfitters. Manager Adam Klaffky will help you select the perfect present for those rugged outdoor types. This store carries a variety of running shoes and clothing, kayaking and stand-up paddleboarding gear, and clothing for all outdoor sports. Some of the featured brands are Patagonia, Asics, Newton and Hoka One One. This store is owned by Sunny Pitcher who also owns Potomac Paddlesports. They offer whitewater summer camps, sea touring

SEE RING IN HOLIDAY, PAGE 9



Toys Unique features soft, cuddly Squishables for children of all ages.



Village Eye Center: the place to find the perfect sunglasses

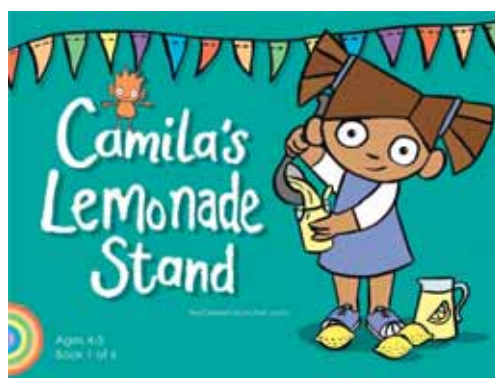
Entrepreneurship Book Targets Preschoolers

E-book released by Potomac's "MyCareerLauncher."

BY SUSAN BELFORD
THE ALMANAC

Potomac resident Brian Cunningham, chairman, co-founder and CEO of MyCareerLauncher Corporation as well as a veteran entrepreneur wants to inspire youth at the earliest age with stories of entrepreneurship that will spark their interest, capture their imagination, and teach them lessons along the way. "Camila's Lemonade Stand," a first-of-its-kind e-book for preschoolers, will be released on Amazon.com on Saturday, Dec. 7, in time for the holidays. The e-book is being introduced at \$4.99; the print version is \$9.99.

Cunningham, the father of nine and grandfather of 23 is adamant that young children should learn to think like entrepreneurs and be given the opportunity to "discover career paths where their passions



can shine."

Like a true entrepreneur, he put his focus into action and discussed his goals with colleague and friend Giles Jackson Ph.D. and associate professor at the AACSB-accredited Byrd School of Business at Shenandoah University. Together, they co-founded "MyCareerLauncher" to publish a series of career e-books for parents and grandparents to share with their children and grandchildren. Cunningham serves as CEO and Jackson as COO.

Cunningham who, in his own words, "floundered into successful career choices

merely by accident," regrets that he did not have more guidance. After barely making it through high school, he entered the University of Maryland and lasted 47 days before he was asked to leave. He entered the Navy and was assigned to a submarine. Here, he discovered his passion for physics, returned to college, graduated and began his career as a physicist at the Naval Ordnance Lab. He next became a project manager at NASA where he designed, fabricated, and helped launch scientific satellites for America's lunar program. In 1968, he left the public sector to found Electronic Sales Associates, followed by Computer Entry Systems Corporation (CES) which designed, manufactured, and sold hardware and software for processing bills for such institutions as National Geographic, C&P Telephone, and Riggs National Bank.

It was after welcoming his 20th grandchild that Cunningham began to reflect on the state of the school system and his own lackluster performance early in his development. He decided he wanted to save his grandchildren — and the nation's children from the same fate. After looking at the



Brian Cunningham

current fragmented landscape of career guidance and information, Cunningham and Jackson decided to create materials that will change the decision-making process for children ages 4 – 18 – and beyond. "It's never too early to inspire,"

said Cunningham.

"Entrepreneurship plays to the strengths of students," said Jackson. "It is the trunk of the tree. The idea that a student chooses one career for life is not happening in the 21st century. Students must be prepared to look at careers and be willing to creatively branch out — to pivot, change course and acquire new skills for the ever-changing job market."

Cunningham came up with the concept of "Camila's Lemonade Stand" based on an

SEE ENTREPRENEURSHIP, PAGE 8

POTOMAC ALMANAC ♦ DECEMBER 4-10, 2013 ♦ 3

LET'S TALK Real Estate



by Michael Matese

Hot Trends in Luxury Homes

The luxury home market is picking up momentum, gearing up for a strong showing in the 2012-2013 year. Here are some of the hottest trends that can take any high-end home up a notch and transform it into a luxury home, improving its overall appeal and value to prospective buyers. For homeowners already living in a luxury home—congratulations! Here are five new touches that can take your lifestyle to the next level of comfort, elegance and facility.

Warming Drawers

• Installation of heated warming drawers turns any bathroom into a spa, creating an ambiance and atmosphere of sumptuous relaxation. An electric chassis, installed along the drawer's bottom edge allows the heat to rise, warming up to four bath-sheet sized towels at a time. At a cost of under \$1,000, this is an elegant touch that can increase your home's overall comfort and long-term value that's affordable and investment-savvy.

Sliding Glass Windows

• Terrace space can be rare and expensive in areas of concentrated urbanism, leading many developers to search out inventive ways to offer outdoor living to prospective home buyers. One such solution to the problem is the installation of floor-to-ceiling windows that are electronically operated—if you can't offer entry to the outdoors, offer entry of the outdoors into your home! While definitely a pricey endeavor, to a luxury condominium without outdoor access, this option can be, both literally and figuratively, a breath of fresh air.

Custom Wine Cellars

• Forget the fridge or the shelves—if you've got a bottle of Toscana Tignanello Sangiovese, La Moutonne Chablis Grand Cru or Chateau Margaux, you're looking for a safer spot to store your treasures. If you're a connoisseur, protect your investment by constructing a custom-made wine cellar. Store your vino in style!

Outdoor Kitchens

• Why settle for a gas grill and picnic table, when you could splurge and entertain in style? Outdoor entertaining areas, complete with a functional, open-air kitchen are one of the hottest trends in the luxury home market, bringing your home's "square footage" into the great outdoors!

Smart Home Sensors

• Be done with timers—permanently! Installation of a programmed computer will ensure the completion of everyday tasks and eliminate the need to get out of bed and check to make sure that the doors are locked. Smart home sensors can be scheduled to allay the worries of your home appearing empty during times that you're away from it.

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

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OBITUARIES

K Warren Easley

K Warren Easley, 89, beloved husband of the late Margaret Mary (2004), and a Potomac resident for over 50 years, died peacefully on Nov. 19, 2013, at ManorCare Potomac, from complications of Parkinson's and pneumonia.

He was born in St. Louis, Mo., on Nov. 16, 1924, and raised in Troy, Ohio by his mother Helen, but when his father, Henry John Easley, a World War I veteran, died when Warren was three, his aunt Georgia and uncle Grover Buttweiler raised Warren as their own.

He received his B.S. degree in chemistry from Purdue University in West Lafayette, Ind. in February 1944. He began a lifetime career with Monsanto as an executive working in New York, Missouri, Massachusetts, Virginia, and finally Maryland.

It was at a Monsanto Christmas party where he met Margaret Mary Starke of St. Louis. They married the next year on Dec. 3, 1945, and raised three daughters together.



1960s, he became a member of the Congressional Country Club in Bethesda, where he enjoyed playing golf and tennis, plus team bowling and dancing with Margaret. He also loved table tennis, and whenever a neighborhood lake froze over, he'd surely be speed-skating, knowing that hot cocoa was brewing at

Warren was an avid sports enthusiast. He was on Purdue's tennis team, and later played tennis at Longwood Cricket Club in Massachusetts. When he moved to the Washington, D.C. area in the

home.

Very interested in war history, he met regularly at Congressional with a small group to honor the anniversary of Pearl Harbor Day. He deeply regretted not being a pilot during World War II and he found these meetings with veterans fulfilling.

Warren is survived by three daughters, Susan Simmons of Commerce Township, Mich., Diana Brady of San Francisco, and Nancy Easley of Potomac, four grandchildren and three great grandchildren.

Warren had a wonderful sense of humor that made him a delight to be around. He enjoyed sharing his first impression of Potomac's Brickyard Road of the 1960s. Although a main route home, it was still just a dirt road shared with many wild turkeys and quail.

RAPP Funeral and Cremation Services in Silver Spring have handled the arrangements and private services have been held.

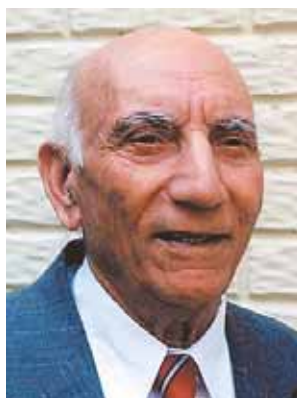
Dr. Abolghassem Ghaffari

Dr. Abolghassem Ghaffari, who had taught at Harvard and Princeton Universities, died Tuesday, Nov. 5, 2013 at 10:55 p.m. in Los Angeles. He was 106 years old. In the early part of his career, he was Albert Einstein's colleague at the Institute for Advanced Study at Princeton University under the direction of J. Robert Oppenheimer. On Oct. 12, he was honored at Harvard University for his lifetime achievements.

He lived in the D.C. area for about 50 years — most of them in the Bethesda/Potomac area — when he worked for the U.S. Bureau of Standards and NASA.

Born in Tehran in 1907, he was educated at Darolfonoun School (Tehran). In 1929, he went to France and studied mathematics and physics at Nancy University, where he took his L-es-Sc. in mathematics in 1932. After obtaining post-graduate diplomas in physics, astronomy, and higher analysis, he obtained in 1936 his doctorate from the Sorbonne (doctor of sciences with "Mention tres honorable") for basic research on Mathematical Study of Brownian Motion.

Dr. Ghaffari lectured as a research associate at King's College (London University), where he received his Ph.D. from the Mathematics Department on the "Velocity-Correction Factors and the Hodograph Method in Gas Dynamics." As a Fulbright Scholar, he worked at



Harvard University as a research associate to lecture on differential equations and to continue his research on gas dynamics.

He was a research associate in mathematics at Princeton University, and

at the Institute for Advanced Study, he worked in the early 1950s with Albert Einstein on the Unified Field Theory of Gravitation and Electromagnetism. J. Robert Oppenheimer, who headed the U.S. atom bomb program during World War II, was director of the Institute at the time and interviewed Ghaffari before the latter became a member of the Institute. Oppenheimer later befriended Ghaffari.

He has lectured as a professor of mathematics at American University in Washington, D.C. and at Tehran University, where he joined the Faculty of Sciences and was appointed full professor of higher analysis from 1941 to 1956.

In 1956, Ghaffari moved permanently to the U.S. to take up a position as a senior mathematician at the U.S. National Bureau of Stan-

dards. Part of his work there involved calculations of the motion of artificial satellites.

In 1964, three years into the manned space program, he joined, as aerospace scientist, the National Aeronautics and Space Administration (NASA) Goddard Space Flight Center, where he studied the mathematical aspects of different optimization techniques involved in the Earth-Moon trajectory problems, and different analytical methods for multiple midcourse maneuvers in interplanetary guidance. He later investigated the effects of solar radiation pressure on the Radio Astronomy Explorer Satellite Booms as well as the effects of General Relativity on the orbits of Artificial Earth Satellites.

He was awarded in Iran the Imperial Orders of the late Mohammad Reza Shah Pahlavi, and the U.S. Special Apollo Achievement award (1969) at a White House ceremony with President Nixon. He has published more than 50 papers on Pure and Applied Mathematics in American, British, and French, and Persian periodicals. In addition to two textbooks, he is author of the mathematical book "The Hodograph Method in Gas Dynamics" (1950).

In 2005, Ghaffari received the Distinguished Scholar award from the Association of Professors and Scholars of Iranian Heritage (APSIH) at UCLA. In 2007, he received a proclamation

SEE GHAFFARI, PAGE 6

Jose Naldo
Notary Public

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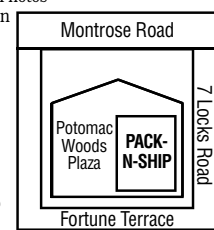


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PHOTO CONTRIBUTED

Joe Mornini of Team River Runners speaks to the audience about his program, after Christopher Gerken, the Whitman Drama director standing next to him, presented him with the donation.

Whitman Drama Supports Veterans

Students and staff in Whitman Drama at Walt Whitman High School showed their support for military personnel and veterans over the past few weeks through their production of "Miss Saigon."

In honor of Veterans Day, members of the cast performed for recovering military personnel and their families at Walter Reed Medical Center. In addition, Whitman Drama offered service members and veterans complimentary tickets to attend "Miss Saigon." The musical, performed on Nov. 21-23, explores issues arising from the Viet-

nam War during the 1970s in Saigon.

The cast and crew also raised more than \$5,000 for Team River Runners, a non-profit organization established to assist with the recovery of wounded active duty service members and veterans through a paddling program. The money included a portion of proceeds from its three performances, and collections of cash donations from audience members. Christopher Gerken, Whitman Drama's director, presented the donation to Joe Mornini, a co-founder of Team River Runners at the final performance.

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OPINION

WMCCA Opposes Rezoning of Tennis Club

GINNY BARNES
PRESIDENT

As a follow-up to the well-attended November General meeting, on Nov. 24 WMCCA sent a letter to Francoise Carrier, chair, Maryland National Capital Park and Planning Commission.

Dear Chair Carrier,

WMCCA has been contacted by Charles Maier of Maier and Warner, a representative of the Potomac Tennis Club property, seeking input on possible rezoning of the approximately four acre site located off Falls Road between Manor Care and the Falls Road Golf Course. On Nov. 13, he and Erin Girard of Linowes and Blocher discussed potential changes to the property. Over 65 people attended the meeting, many of them members of the popular tennis club for many years. Zoned RE-2, the property owner is exploring a change to RT - Residential Townhouses, using TDR's at four units per acre. Mr. Maier mentioned that both the Bullis School (across Falls Road) and the Revenue Authority which operates the golf course have been contacted and are interested in the property to continue use as a tennis facility.

Many long time members of the existing club expressed concern over loss of the facility and noted the significant value of the clay courts to older players. WMCCA has decided to oppose any rezoning of the site. We would like to see the property continue as a tennis club and we believe it is a viable option given the interest mentioned above. While WMCCA realizes we cannot prevent the property owner from utilizing the property to build two houses, we will strongly oppose any attempt to build townhouses on the site.

This puts our opposition in the public record before any plans to rezone are submitted. Any proposal from the property owner will need to go through review at the Planning Commission. Depending on the nature of the proposal, it may also need review before the Montgomery County Council and or the Board of Appeals. We urge individuals who wish to support retention of the Potomac Tennis Club to email Chair Carrier at: francoise.carrier@mncppc-mc.org.

Since the underlying zone on the site is residential housing on two acres, WMCCA is not in a position to object to use of the property for that purpose. We would, however prefer to see its use as a tennis club retained. Members of the public attending our meeting made a compelling case for the value of this centrally

Next Meeting

There will be no West Montgomery County Citizens Association General Meeting in December, but the public is invited to the General Meeting on Jan. 8, 2014, at 7:15 p.m. at the Potomac Community Center for a look at local water quality and threats to the drinking water supply.

If schools are closed because of inclement weather, the meeting will be cancelled.

located community amenity. Consultants to the current owner claim to have no set plans as of yet, but will be meeting with Planning staff in the near future. WMCCA will continue to provide any updates we receive.

Please plan to attend our Jan. 8 General meeting. In addition to updates on the issues we are following, we plan to focus on the public water supply. Within the Potomac Subregion, threats to drinking water are making headlines. On River Road, the WSSC Water Filtration Plant will be seeking to install a mid-river intake in the center of the Potomac River. Why? Because the Watts Branch stream, which feeds the current intake where it enters the river is so laden with sediment pollution that in peak storm flows, the plant cannot keep up with sediment removal.

Installing such an intake will cost \$25 million and represents a "last straw" effort to reach clean water that serves over 4.3 million people in the region. Further upstream, Seneca Creek has become the subject of a lawsuit to be filed by three environmental groups against the Washington Suburban Sanitary Commission (WSSC) for discharging pollutants from their solid waste treatment operation into Seneca Creek. The pollutants are then carried downstream to the Potomac River. The pollution discharge enters Seneca Creek and flows into the Potomac upstream of the filtration plant. The Environmental Integrity Project, Potomac Riverkeeper, and the Chesapeake Bay Foundation calculate the Seneca Creek facility has added 18 to 30 million pounds of material to the river over the past four years. Further upcounty in Clarksburg, Little Seneca Reservoir, source for our emergency drinking water, has come into focus as development threatens the three streams that feed it, including Ten Mile Creek, considered the "last, best creek" in Montgomery County. These watersheds are all linked. What happens to one affects another. They are critical to all life in this region. Wouldn't you like to know more about the water you drink? Join us in January. The public is always welcome.

GLEN HILLS AREA SEWER UPDATE

BY SUSANNE LEE

According to an official of the Montgomery County Department of Environmental Protection (DEP), the DEP staff recommendations regarding sewerage Glen Hills have been presented to DEP Director Robert Hoyt for consideration and decision. Director Hoyt's determination will then be transmitted to County Executive Isiah Leggett for consideration and submission to the Montgomery County Council for decision. The timing of this process is unclear, but so far DEP has made it crystal clear that they will not provide any information or opportunity to comment by the Sewer Study Citizens Advisory Committee members, let alone the general public, regarding the recommendations submitted to Director Hoyt, County Executive Leggett, or the County Council. It is likewise totally unclear what public process the County Council intends to follow, if any, to ensure public disclosure and participation in its decisions regarding sewerage Glen Hills. (susannelee1@hotmail.com; telephone 301-956-4535)

WMCCA ENTERS THE ELECTRONIC WORLD

BY BARBARA HOOVER

WMCCA is now encouraging our members and friends to accept electronic newsletters. You will still have access to the same excellent content each month, and now you can share articles of interest with your friends via email. Plus, electronic newsletters save trees and allow WMCCA to put more money in our legal fund to protect our "Green Wedge." Please email Membership@wmcca.org if you are willing to accept our newsletter in an electronic format.

At the same time, WMCCA is happy to announce that we are now accepting PayPal for membership renewals and contributions as an option to checks, stamps, and paper envelopes. We invite you to join us, the oldest and one of the most effective citizens associations in Montgomery County. Memberships are only \$25 for individuals and \$50 for families. Become part of a community organization that works to protect your quality of life here in Potomac.

Please consider supporting WMCAA by going to our website, www.WMCCA.org and clicking "Join Us". PayPal is a secure way to pay with your credit card without sharing your credit card information with us. We believe that both steps will streamline our operations and save trees.

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OBITUARY

Dr. Abolghassem Ghaffari

FROM PAGE 4

from former Beverly Hills mayor and current Goodwill Ambassador Jimmy Delshad acknowledging his numerous lifetime achievements. He also recently was appointed as a Hall of Fame inductee by SINA (Spirit of Noted Achievers) at

Harvard University.

He is also a past member of the Iranian National Commission of UNESCO. Ghaffari is a Fellow of the New York Academy of Sciences, the Washington Academy of Sciences, and the American Association for the Advancement of

Sciences and a member of the London Mathematical Society, the American Mathematical Society, The Mathematical Association of America, and the American Astronomical Society.

He is survived by his wife, Mitra, and his two daughters, Ida and

Vida. He is interred at Pierce Brothers Valhalla Memorial Park in Burbank, Calif. In lieu of flowers, his one wish was to have a scholarship in his name for young Iranians studying mathematics or science. Details on the scholarship will be soon announced.

GIFT GUIDE



Holiday Shopping

Holy Child hosted a holiday shopping bazaar on Saturday, Nov. 23. More than 70 vendors sold personalized clothing, handmade ceramic pieces and more.



**Laura Bristow
with Cindy's
Sensations.**



**Nicole Tierney
Weber with Ivy.**

PHOTOS BY
DEBORAH STEVENS
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HOLIDAY GIFT GUIDE

Celebrate Season in Park's 'Garden of Lights'

A holiday outing.

BY CAROLE FUNGER
THE ALMANAC

One of Montgomery County's premier park properties, Brookside Gardens, is a 50-acre public display garden situated about 20 minutes from Potomac within the Wheaton Regional Park. Now through Sunday, Jan. 5, the park takes on a new spirit as it is transformed into the Garden of Lights, a shimmering winter garden composed of thousands of holiday lights. A family favorite for 17 years, the exhibit draws over 40,000 visitors annually. To visit the display, drive to the parking lot and proceed on a half-mile walk through the gardens featuring more than 1 million twinkling colorful lights. The exhibit includes hundreds of illuminated trees, giant flowers and snowflakes as well as other glittering shapes in natural forms. The easily accessible paths wind through a landscape of



Gazebo with dolphins.

gleaming gazebos, luminous cascading fountains and individual displays in the shapes of wild animals. Moving displays

include an illuminated flock of geese in flight and a giant 11-foot giraffe covered with 9,000 lights. Along with the lighting

display, the park's Conservatory plays host December-January to an indoor plant exhibit of masses of bright-hued Bougainvillea shrubs, chenille plants, bellflowers and sage. Bold groupings of poinsettias in traditional reds and whites as well as other more rare colors, are complemented by silver colored Dusty Miller and deep purple ornamental peppers. Many of the tropical plants, a part of the permanent display, are also in bloom.

Weaving its way through the South Conservatory's lush holiday landscape is the Washington Virginia Maryland Garden Railway Society's holiday model train exhibit. The seasonal display includes a scale model of the outdoor Wheaton Ice Rink complete with moving skaters and music of the season. There are also performances by local musicians every evening at the Visitors Center Auditorium from 6:30 to 8 p.m. through Jan. 6.

For more information, call 301-962-1457 or go the park's website at www.montgomeryparks.org/brookside/garden_lights.shtm

PHOTO FROM BROOKSIDE GARDENS

Entrepreneurship Book Targets Preschoolers

FROM PAGE 3

episode in his own life. As a youngster, he never had any rich uncles handing out dollar bills, but he did have ingenuity and drive. A new construction project was under way on his street, the weather was unusually warm, and supplies of water were limited, all of which spelled opportunity to him. Fashioning a lemonade stand from an old orange crate and stocking it with lemons, ice and water, 7-year-old Brian set up shop near the site and sold all his stock on his first day. Through this project, he began to acquire the skills of an entrepreneur.

The story-line in "Camila's Lemonade Stand" correlates with Cunningham's personal experience. Since the price of admission on the Ferris wheel is more than the lint in her pockets, Camila decides to start a business. What happens when her buddy

Jaden opens a competing cookie stand? And Beth starts an ice cream stand next door? Are those dark clouds on the horizon going to rain out their fun — or will the heat melt the ice cream? Among the principles this book teaches are the need to dream big and embrace failure — both of which seem in short supply.

MCL's creative director is children's illustrator Lizzy Duncan (Tollins, HarperCollins). "The MCL crew is not afraid to take risks and make mistakes," she said. "If we can fail at something and learn from it, then we gain confidence in who we are and what we can offer the world. I believe that MCL will give students their own springboard of self-belief so they can achieve anything they set their mind to."



Giles Jackson

"In trying to protect children from failure," said space scientist Maggie Adertin-Pocock, "we are encouraging them to lower their sights just at the time when their imaginations should be fired."

Dr. Richard Rende, Brown University professor and blogger at Parents.com said, "There is huge potential in teaching children to think like entrepreneurs. And how

needed it is these days. MyCareerLauncher will help form linkages among parents and educators — and engage grandparents as well. I love the approach."

Next year MCL will complete its planned series of six preschool career guides.

Within five years, they will be offering career guides across the educational spec-

trum, from preschool through college. The goal is for children to grow up with the series, discovering "best-fit" career paths with the help of parents, grandparents, friends, teachers, counselors and working professionals.

"The heart and soul of our program is to inspire students from the earliest ages through high school — and beyond," Cunningham said. "Schools teach them reading, writing and arithmetic, but they don't spend enough time inspiring them. We hope that our book series will help students find the intersection between their interests, innate talents and passions — and then follow their hearts to the perfect career path."

"Camila's Lemonade Stand" is available on-line for an introductory price of \$4.99 at Amazon.com. For more information and to preview the book and series, visit www.mycareerlauncher.com.

Season Greetings

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HOLIDAY GIFT GUIDE



Run by Potomac Outfitters for running shoes in all colors — and for running clothing too.



Verizon salesmen Luis Navarro, Luis Rivera, Manager Jason Vogel and Jermaine Boone are available to help select the perfect tech gift.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC



Jarunee Chantraparnik, owner of Toys Unique, demonstrates one of the most popular gifts of the season — the Rainbow Loom.

Ring In Holiday Season with Gifts from Potomac Village

FROM PAGE 3

trips and instruction and beginner paddling instruction. To find out more, go to www.potomacpaddlesports.com or call 301-365-7151.

For your next purchase, drop by the Village Eye Center to select from their variety of sunglasses for that special person. Its most popular brands are Ray ban, Maui Jim, Chanel, Oliver Peoples and Robert Mac. New for this year are Sports Goggles – the perfect gift for skiers and snowboarders because the lenses can be ground to their prescription, thus eliminating the need to put goggles over glasses. These are made by Rec Specs. Dr. William McConarty is the optometrist to call for your eye check-up and new glasses, frames

or contact lenses. Give him a call at 301 - 299-6513 or go online at www.villageeyecenter.com.

It's time to make the perfect selections for children and Toys Unique is the place to go for advice on “what's hot for kids” as well as to find exceptional toys.

Owners Jarunee Chantraparnik and her husband are experts in finding just the right gift for Christmas, Chanukah — or birthdays. This year she recommends the Rainbow Loom for boys and girls ages 8 – 14, Squishables for girls and boys of any age, Klutz Tool

Box Jewelry for girls who like crafty gifts, Calico Critters School Bus for children 3-8 and Elenco Snap Circuits, an electronics kit for children ages 8 to 108. For more information, call them at 301-983-3160.

Also on the shopping list might

be gift cards for a meal from such Potomac Village restaurants, including Mix, River Falls Tavern, Hunter's Inn, Potomac Pizza, Vie de France, Fortune Garden, Old Angler's Inn, Normandy Farms, Tally Ho, Renatos, River Falls Market, Starbucks or Five Guys.



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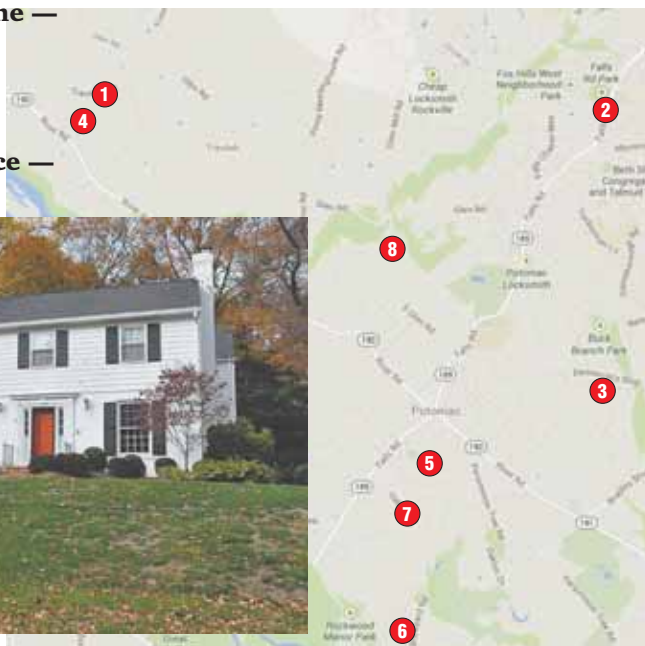


3 10105 Snowhill Lane — \$1,150,000



4 13321 Beall Creek Court — \$1,095,000

6 10401 Buckboard Place — \$1,065,000



© Google Map data



5 9404 Falls Bridge Lane — \$1,075,000



8 11311 Glen Road South — \$1,065,000

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1 12445 BACALL LN	4	...	4	...	1	POTOMAC	\$1,190,000	Detached	2.00 20854	STONE CREEK ESTATES	09/19/13
2 12530 FALLS RD	5	...	4	...	1	POTOMAC	\$1,165,000	Detached	1.13 20854	GLEN MILL KNOLLS	09/30/13
3 10105 SNOWHILL LN	4	...	4	...	1	POTOMAC	\$1,150,000	Detached	0.54 20854	KENTSDALE ESTATES	09/27/13
4 13321 BEALL CREEK CT	5	...	3	...	1	POTOMAC	\$1,095,000	Detached	3.12 20854	BEALLMOUNT	09/30/13
5 9404 FALLS BRIDGE LN	5	...	3	...	1	POTOMAC	\$1,075,000	Detached	0.53 20854	HERITAGE FARM	09/06/13
6 10401 BUCKBOARD PL	5	...	4	...	1	POTOMAC	\$1,065,000	Detached	0.38 20854	RIVER FALLS	09/20/13
7 10414 OAKLYN DR	4	...	4	...	1	POTOMAC	\$1,000,000	Detached	5.71 20854	POTOMAC OUTSIDE	09/04/13
8 11311 GLEN RD S	5	...	3	...	1	POTOMAC	\$1,000,000	Detached	1.30 20854	POTOMAC OUTSIDE	09/30/13

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ENTERTAINMENT

Email almanac@connectionnews.com. Deadline is Thursday at noon. Photos and artwork encouraged.

ONGOING

Christmas Tree Sale, Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org.

Santa on Fire Engines toy collection, run by the Cabin John Park Volunteer Fire Department. A procession of fire engines carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit www.cjpvfd.org.

Art Exhibit. See paintings depicting the C&O Canal and other Maryland scenes by Nancy Heindl at 8512 Victory Lane. Runs from Dec. 8-22. Free. Visit www.nancyheindl.com or 301-299-6176 for an appointment.

Friends of the Yellow Barn, 18th annual members show. Dec. 1 through Dec. 23. Visit www.glenechopark.org or www.yellowbarnstudio.com. Call 301-634-2222.

Theater Performance. See "The Nutcracker" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Nov. 29 through Dec. 29. \$10. There will be special ticket pricing on Dec. 7, 8. For those two nights, tickets will be \$3. Visit www.thepuppetco.org or 301-634-5380.

Theater Performance. See "The Twelve Days of Christmas" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Christmas celebrations are just around the corner and Shirley the Partridge has got some problems to solve. The French Hens are arguing, the six geese have flown to Florida for the winter and worst of all, someone has stolen the five golden rings. The performance runs Nov. 15-Dec. 30. Tickets can be purchased at www.adventuretheatr-mtc.org or 301-634-2270.

18th Annual Winter Lights Festival, a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Runs nightly Nov. 29 through Dec. 31 with additional events including walks and runs under the lights. Call 301-258-6350 or visit www.gaithersburgmd.gov.

Holiday Art Show and Sale. The Glen Echo Park Partnership for Arts and Culture is hosting exhibitors that will sell glass, ceramics, photography, crafts and more. The sale runs Nov. 29-Jan. 5. Hours are Saturdays and Sundays from 11 a.m.-6 p.m.; Thursdays and Fridays from 10 a.m.-2 p.m. through Dec. 20. Located in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Visit www.glenechopark.org or 301-634-2222.

Theater Performance. See "Aquarium" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs Dec. 17-Jan. 26. Appropriate for children ages 1-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Tickets can be purchased at www.imaginationstage.org, at the box office or 301-280-1660.

Theater Performance. Watch "The Nutcracker" at Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. The Maryland Youth Ballet will perform on Dec. 21, 22, 26, 28 at 1 p.m. and 5 p.m.; and Dec. 23, 27 at 1 p.m. Tickets are \$28/adult in advance; \$23/child, student or senior in advance; \$33/door, \$28/door. Visit www.montgomerycollege.edu/PAC or 240-567-5301 for tickets.

Plein Air Paintings Capture Potomac

An opening reception for the 38th exhibit of Nancy Heindl's most recent work is being held Sunday, Dec. 8. For more than 40 years she has been depicting Potomac and nearby Maryland scenes with oils and pastels. This year's show includes a new collection of oil pastels painted along the C & O Canal, as well as many other Maryland scenes. The opening reception will be held Sunday, Dec. 8, noon-4 p.m., at 8512 Victory Lane, Potomac. The show will run through the Dec. 22, and may be seen by appointment. Call 301-299-6176 or visit www.nancyheindl.com.



Nancy Heindl painting in Kensington.

PHOTO CONTRIBUTED

www.glenechopark.org for more.

CLASSES

Winter Classes. Children in grades 1-6 can take a class from 8:30 a.m.-5 p.m. at VisArts, 155 Gibbs St., Rockville. Classes are Dec. 23, 27, 30, 31. Visit www.visartscenter.org or 301-315-8200 to register.

Line, Color and Space Workshop. Thursday, Dec. 5 from 7-10 p.m. at VisArts, 155 Gibbs St. The workshop matches paint to taste and fragrance and includes painting a watercolor still life with lemons. Visit www.visartscenter.org or call 301-315-8200 to register.

Paint Your Pet. Saturday, Dec. 7 from 2-5 p.m. at VisArts, 155 Gibbs St. Send in a photo of your pet that will be hand sketched onto a canvas, then paint it. Visit www.visartscenter.org or call 301-315-8200 to register.

Palettes and Palates at Dawson's Market. Sunday, Dec. 8 from 9:30 a.m.-noon at VisArts, 155 Gibbs St. Paint food and beverages from Dawson's Market Cafe. Visit www.visartscenter.org or call 301-315-8200 to register.

THURSDAY/DEC. 5

Preschool Storytime. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive. For children 3-5 years. Free. Visit www.montgomerycountymd.gov/content/libraries or 240-777-0690.

Lecture. 7:30-9 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. John Borstel and Will Knipscher will discuss "Master of Fine Arts: Two Ways" Visit <http://glenechophotoworks.org/> for tickets.

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

FRIDAY/DEC. 6

Countryside Artisans Tour. 10 a.m.-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Annual Show & Sale. 2-9 p.m. at Garrett Park Town Hall, 10814 Kenilworth Ave., Garrett Park. Montgomery Potters will host the 44th annual show featuring over 40 functional and decorative ceramic artists. Free. Visit www.montgomerypotters.org for more.

Cool Cow Comedy. 8 p.m. at VisArts, 155 Gibbs St., Rockville. Jared Logan will perform. \$20/door. Visit <http://www.visartsatrockville.org/> for tickets.

Contra Dance. 7:30 p.m. lessons start; 8:15 -11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Crowfoot provides music. \$10/adult; \$5/age 17 and under. Visit

SATURDAY/DEC. 7

Annual Show & Sale. 10 a.m.-5 p.m. at Garrett Park Town Hall, 10814 Kenilworth Ave., Garrett Park. Montgomery Potters will host the 44th annual show featuring over 40 functional and decorative ceramic artists. Free. Visit www.montgomerypotters.org for more.

Countryside Artisans Tour. 10 a.m.-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Mini Performance. 11 a.m., 1 p.m. or 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Watch "The Mini-Nut" presented by the Maryland Youth Ballet. It is a shortened version of "The Nutcracker." Suitable for all ages. \$18/adult, student, senior; \$15/child. Visit www.marylandyouthballet.org for tickets.

Clara Barton Holiday Craft Show. 1-5 p.m. at Clara Barton Community Recreation Center, 7425 MacArthur Blvd., Cabin John. Meet 50 local artists, crafters and authors and browse items for sale, from jewelry and hand knit sweaters local honey and jam. Free. Visit www.friendsofclarabartoncommunitycenter.org or 301-365-1311.

Special Evening. 3-8 p.m. at Exhibit9, 10116 Lloyd Road. There will be holiday shopping specials of items from "Painting-Calligraphy," a collection of modern and traditional Persian calligraphy by Sina Goudarzi, Nematolah Nouri, Hossein Norouzi, Nahid Navab and Soraya Vahabzadeh. Visit exhibit9gallery.com for more.

Music Performance. 7 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. The Raleigh Ringers will perform. \$25 and must be purchased in advance at seatyourself.biz/bradleyhillschurch. 301-365-2850.

Music Performance. 8 p.m. at Christ Episcopal Church, 107 S. Washington St., Rockville. The National Philharmonic Singers will perform a free holiday concert. Donations accepted. Visit christchurchrockville.org or 301-762-2191.

Gallery Talk. 5-7 p.m. Grace Taylor will discuss her exhibit "Retrospective" at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. The solo exhibition is a comprehensive look at over 30 years of Taylor's photography. Free. Visit www.glenechopark.org.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Girls From Mars. \$18. Visit www.glenechopark.org for more.

Go Ape Park Friends Fundraiser. Go Ape, 6129 Needwood Lake Drive, Rockville, will offer a \$10 discount on all tickets and donate \$10 from

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During the last week of each year, the Potomac Almanac devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to:
smauren@connectionnewspapers.com

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Almanac, 1606 King Street, Alexandria, VA 22314.

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ENTERTAINMENT

Winter Wonderland Returns

The Bethesda Urban Partnership kicks off the holiday season at Bethesda's Winter Wonderland with a two-day celebration featuring holiday performances, a live ice sculpting presentation in Bethesda's Veterans Park and a visit from Santa Claus. Visit www.bethesda.org or call 301-215-6660.

Bethesda's Winter Wonderland begins Friday, Dec. 6 at 8 p.m. with a concert featuring four professional choral groups at Imagination Stage, 4908 Auburn Ave. Tickets are \$5-10 and can be purchased at www.bethesda.org.

Bethesda's Winter Wonderland continues on Saturday, Dec. 7, 1-4 p.m. in Veterans Park, at the corner of Woodmont and Norfolk avenues. Blocks of ice will be transformed into wintery works of art, followed by choral performances from local school groups. Santa Claus will make a visit to the park that afternoon, and holiday treats will be provided to children. Saturday's events are free.



each ticket to Montgomery Parks Foundation. Discount tickets are available online at www.goape.com or 1-800-971-8271 with the code "GIVERC." Reservations required.

SUNDAY/DEC. 8

Mini Performance. 11 a.m., 1 p.m. or 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Watch "The Mini-Nut" presented by the Maryland Youth Ballet. Shortened version of "The Nutcracker" is suitable for all ages. \$18/adult, student, senior; \$15/child. Visit www.marylandyouthballet.org for tickets.

Opening Reception. Noon-4 p.m. at 8512 Victory Lane. See paintings depicting the C&O Canal and other Maryland scenes by Nancy Heindl. Free. Visit www.nancyheindl.com or 301-299-6176.

Annual Show & Sale. Noon-4 p.m. at Garrett Park Town Hall, 10814 Kenilworth Ave., Garrett Park. Montgomery Potters will host the 44th annual show featuring over 40 functional and decorative ceramic artists. Free. Visit www.montgomerypotters.org for more.

Countryside Artisans Tour. Noon-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Ballroom Dance. 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit www.glenechopark.org for more.

Music Performance. 5 p.m. at The Episcopal Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Enjoy carols and more. Free. Visit www.redeemberbethesda.org or 301-229-3770.

Argentine Tango. 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit www.glenechopark.org.

Contra Dance. 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fsgw.org for more.

Go Ape Park Friends Fundraiser. Go Ape, 6129 Needwood Lake Drive, Rockville, will offer a \$10 discount on all tickets and donate \$10 from each ticket to Montgomery Parks Foundation. Discount tickets are available online at www.goape.com or 1-800-971-8271 with the code "GIVERC." Reservations required.

THURSDAY/DEC. 12

Potomac Cuddleups. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive. For children up to 11 months with caregiver. Free. Visit

www.montgomerycountymd.gov/content/libraries or 240-777-0690.

Lecture. 7:30-9 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Tim Hyde will discuss "The Art and Craft of Collecting Photography." Visit <http://glenechophotoworks.org/> for tickets.

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

FRIDAY/DEC. 13

Countryside Artisans Tour. 10 a.m.-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Contra Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Glen Echo Open Band provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/DEC. 14

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. 240-777-0690.

Countryside Artisans Tour. 10 a.m.-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Winter's Eve 2013. 6-9 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Enjoy performances, open studios, a hot chocolate bar and more. Free. Visit www.glenechopark.org or 301-634-2222.

Swing Dance. 8 p.m.-midnight in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Live music by the Daryl Davis Band. Lessons from 8-9 p.m., included in admission. \$18. Visit www.glenechopark.org for more.

SUNDAY/DEC. 15

Jingle Bell Jog 8K, 9 a.m. at the Rockville Senior Center, 1150 Carnation Drive. See www.mcrrc.org.

Countryside Artisans Tour. Noon-5 p.m. at art studios around the area. Meet with artists, browse their studios and find a handmade gift. Visit www.countrysideartisans.com for participating studios.

Holiday Concert. 3 p.m. at Christ Lutheran Church, 8011 Old Georgetown Road, Bethesda. The Georgetown Chorale will perform. \$20/advance; \$25/door. Visit www.georgetownchorale.org.

Cabin John Park VFD – Santa's Schedule

Santa and his firefighter elves will make their way through the streets of the community collecting toys for the National Center for Children and Families in Bethesda and the USMC Toys for Tots Program. Children who donate a toy will get a candy cane from Santa. The decked out and lit fire truck will be on the roads nightly from Dec. 7-20, 6-9 p.m. On Christmas Eve, Santa will deliver the collected toys to the National Center for Children and Families on Greentree Road, Bethesda. Presents may be brought out to Santa on the Fire Truck or to either Cabin John Fire Station. Visit www.cjpvfd.org.

SATURDAY/DEC. 7

Fox Meadow, River Oaks Farm, Potomac Farm Estates, Potomac Hills, Potomac Manors, Great Falls Estates, Potomac Falls Estates

SUNDAY/DEC. 8

Mountain Gate, Eagle Rock, Natelli Woods, Potomac Ranch, River Falls, Fawcett Farms

MONDAY/DEC. 9

No Runs. Meeting.

TUESDAY/DEC. 10

West Bethesda Park, Oakwood Knolls, Locust Ridge, Cohasset, Bradley Park, Burning Tree Valley, Frenchman's Creek

WEDNESDAY/DEC. 11

Arrowood, Bradley Hills Grove
Make Up Night for any missed area or for inclement weather thus far

THURSDAY/DEC. 12

Seven Locks Hills, Burning Tree Estates, Rose Hill Estates, Stonehurst Center, Smithfield

FRIDAY/DEC. 13

Congressional Manor, Carderock Springs, Clewerwall (the neighborhood), Glengarry, Carderock, The Palisades

SATURDAY/DEC. 14

Avenel, River Road Estates, Williamsburg Estates, Concord, The Village (the neighborhood), Williamsburg Gardens

SUNDAY/DEC. 15

Cabin John/Cabin John Park, Evergreen, Congressional Country Club Estates

MONDAY/DEC. 16

Alvermar Woods, Potomac Hunt Acres, Tara, Potomac View Estates

TUESDAY/DEC. 17

Merry Go Round Farm, Beallmount, Lake Potomac, Stoney Creek Farm, Saddle Ridge

WEDNESDAY/DEC. 18

Potomac Village, Camotop, Falconhurst, Bradley Farms, McAuley Park, Kentdale Estates, Bradley Blvd. Estates, Congressional Forest Estates

THURSDAY/DEC. 19

No runs. County Fire Association Meeting Night

FRIDAY/DEC. 20

Bannockburn, Bannockburn Estates, Al Marah, Wilson Knolls (1st due only)

DECEMBER 21, 22 & 23

Make up days for missed areas or inclement weather.

FRIDAY/DEC. 24

Santa Delivers Toys. Noon. Schedule is subject to change due to weather and immediate emergency response.

Holiday Blues: Cope, Prevent

Experts say being realistic and seeking support can help avoid stress.

BY MARILYN CAMPBELL
THE ALMANAC

While the holiday season is filled with parties, shopping, decorating and other festive activities, mental health experts say it often brings unwelcome guests as well: stress and depression.

While they can be difficult to manage when one is in the midst of a bout, with a few strategies one may be able to prevent both before they ruin the holiday season.

Frederic Bemak, Ed.D., a professor in counseling and development at George Mason University in Fairfax, said causes of stress and depression during the holidays can include difficult family dynamics or issues such as illness, death of family members or changes due to marriage or divorce.

"People need to have open and clear dialogues about those issues," said Bemak. "Anticipatory conversations about those issues in advance is better than arriving and then saying 'Now what do I do?'"

Bemak advises managing one's own issues first. Sometimes that means seeking professional help. "Gain an understanding of your issues and behaviors," he said. "If you have had a difficult relationship with a fam-



PHOTO BY MARILYN CAMPBELL

Bethesda-based psychotherapist Karen Soltes enjoys a conversation with her friend Linda Feldman. Mental health experts say spending quality time with friends can help relieve holiday-induced stress and depression.

ily member, you have to work on that for yourself and ask yourself 'How do I handle those things when these issues come up?' so you don't get pulled back into behavior patterns that are unhealthy."

Bethesda-based psychotherapist Karen Soltes, a licensed clinical social worker who treats military veterans, said while spending time with family can be challenging, a lack of familial connection can also pose obstacles. "During the holidays, it is hard for people who don't have family," said Soltes. "A lot of veterans I work with are disconnected from their families and are lonely because they don't have family to be with." Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said high expectations can lead to anxiety and sadness as well. "Some people feel this need to spend a lot of money, which can contribute to stress, especially with parents and children," she said. "They have unrealistic expectations which can lead to profound disappointment."

In addition to dealing with possible causes, recognizing the warning signs of stress and depression can help prevent serious bouts. "One big sign that your mood is being affected is trouble with sleeping," said Gulyn. "Senses of hopelessness, guilt,

regret or other kinds of negative feelings are signs, as well as overeating and alcohol or substance abuse. You're also more likely to be more agitated with other people."

Shorter days and less sunlight are other contributors. "The holidays happen to fall in winter where we're more likely to have our moods affected by lack of light," she said. "That is our brain's response to reduced sunlight, which we need very much."

If one feels the warning signs of stress or depression, there are behavior modifications that can help ward off both. "Watch the alcohol consumption," said Gulyn. "Get as much activity and sunlight as possible and try to modify your expectations."

However, Gulyn says that at the top of her list is social support. "Have interactions with other people who can keep you active or give comfort, advice, fun or joy," she said. "Exercise is great, meditation is great, but nothing beats spending quality time with friends."

Soltes said, "I tell people to put themselves at the top of their Christmas list and give as generously [to] and nurture themselves as they do others in their lives. That could mean having a 'staycation' like staying at home in your pajamas and watching your favorite movie on Netflix."

Holiday Recipe Makeovers

Strategies for keeping traditional treats healthy.

BY MARILYN CAMPBELL
THE ALMANAC

When Alice Jenkins saw her doctor two months ago, he diagnosed her with high blood pressure and high cholesterol, and suggested she change her diet and lose about 30 pounds. Lawson, 45, started a diet program and has lost nine and a half pounds, but now that she's in the midst of the holiday season, she's concerned about losing the strides that she's made with her dietary changes.

"I have a large family and we get together a lot during the holidays," said Lawson, who lives in Alexandria. "There is always sweet potato pie, macaroni and cheese, and deep fried turkey."

She's not alone. While the holiday season is a favorite time to celebrate with family and friends, for some it is also a time to overindulge in rich, fat-laden foods. However, local chefs say it is possible to recreate time-honored dishes that are often family traditions with less fat and fewer calories — and without sacrificing taste.

"The greatest piece of nutritional advice I might give a class or client would be to increase one's consumption of vegetables and whole grains," said Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda. "Within the framework of holiday foods, I'd suggest making the focus of one's holiday table whole grains and vegetables."



PHOTO COURTESY OF NICHOLE FERRIGNO

Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda, suggests making whole grains and vegetables the focus of one's holiday table.

Tweaking recipes for traditional holiday foods to make them heart-healthy and waistline-friendly is easier than one might think, says Ferrigno. "Many festive and traditional foods of the season are healthy at the core, but have been laden with processed sugars and refined carbohydrates to the point where they cease to have much nutritional value," she said. "Traditionally, we enjoy hearty, warming and nurturing foods this time of the year, which is adap-

tive behavior, as this is the time of the year when our bodies have greater calorie demands to keep warm."

Lenora Lawson, chef faculty at The International Culinary School at The Art Institute of Washington in Arlington, suggests alternative ingredients for dishes such as cranberry sauce and casseroles.

"When making cranberry sauce from scratch, a lot of recipes call for brown sugar," she said. "You can use agave or honey, or if you really want to get creative you can use pineapple juice."

To make eggnog more healthful, Lawson recommends using skim milk instead of whole milk. "If you want to go way outside the box, you can use almond milk or soy milk," she said.

She even has healthy techniques for fat-laden casseroles. "In sweet potato casserole, you can substitute butternut squash for half of the sweet potatoes," she said. "Instead of using sugar, you can use honey or agave. Instead of traditional marshmallows, use oats seasoned with orange zest sprinkled on top."

Lawson says that white rice is a nutrition culprit that can be replaced easily. "Rice is a holiday meal favorite," she said. "Substitute white rice for brown rice and use a pilaf method by sautéing onion in olive oil and adding vegetables like celery, carrots or peas. You can garnish it with dried cranberries to make it more festive."

Warming soups like roasted carrot-ginger, or mushroom barley are among Ferrigno's

recommended holiday menu items. Additionally, she said, "Think sweet potato pancakes instead of traditional potato latkes or arugula salad with roasted butternut squash, dried cranberries, pumpkin seeds, and shaved parmesan."

For those who love roasted meat, Ferrigno said, "I'd recommend going with a light poultry here, like chicken, turkey or Cornish hen. Keep everything fresh and unprocessed. Actually, a bit of fat is essential in any diet: most of our vitamins are fat soluble, plus fat is what creates satiety and satisfaction. Remember that lots of fiber will absorb excess fat and cholesterol in the blood, so eat lots of those veggies and barley."

Offering advice on holiday desserts, Ferrigno said, "Think gingerbread laced with lots of rich spices and molasses, [which are] high in iron and other trace minerals, pears poached in wine, fresh oranges and cinnamon sticks, or a flourless dark chocolate cake with a simple fruit sauce and a swirl of lightly sweetened Greek yogurt instead of whipped cream."

Lawson has a secret ingredient for an all-American dessert as well. "When it comes to apple pie, most crust is made with white flour and butter," she said. "You can substitute wheat flour and the only difference is that the crust is a little thicker. You can also substitute apple juice for sugar or cook the apples before making the pie and let them concentrate because apples are naturally sweet anyway."

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Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.

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"Scanticipation" Not So Much



By KENNETH B. LOURIE

As much as last week's column, "Scanticipation" was about my looking forward – in a non-foreboding way, to my scheduled CT Scan on the 27th and the presumptive positive (not negative) results, having to write a column for this week before having received those results makes this writing effort particularly challenging. Due to the Thanksgiving holiday on Thursday and the indeterminate staffing situation on Friday, not to mention possible vacation days taken by my oncologist, I have not heard back from my him as yet about my scan. Not totally unexpected, but the calm with which I wrote last week's column has been replaced with an uneasiness that I had not anticipated. Perhaps reality has set in, finally.

On the one hand, no news is good news – and I can certainly live with that, as you regular readers know. On the other hand, generally speaking, my oncologist would rather not share bad news electronically (although we have discussed this and he knows my preference for knowing vs not knowing). And on yet another hand, the information has simply not been communicated to me because of the holiday and there's nothing more to be read into it than that. Much easier written than actually accepted.

But accept it I must. Which really is no big deal since the exchange of information is basically out of any of my hands anyway. And as an experienced cancer patient familiar with the emotional demands of waiting for the life-and-death-type results a CT Scan can indicate, I should know better – and I do, however...what bothers me most is my attitude in last week's column. I think I anticipated disrespectfully, as if I was some kind of big shot simply because I had been through it all so many times before and moreover, I felt fairly asymptomatic and as such, somehow I knew better (not best, just better) and the sense that I had was that not much problematic with my lungs would be indicated when the results came back. And I may yet be correct, but last week's column smacked of a certain type of hubris (is there more than one kind?) thinking I knew something. Well, I didn't and I don't know anything. Cancer will do what it does and it probably doesn't consider what I think I feel or what I feel I think. Ultimately, as in many things in life, it's results that matter and I'm a little mad at myself for presuming/anticipating facts not in evidence. I should have expressed a healthier dose of respect and concern (and hope, always) and not taken any sides in the debate over whether feeling nothing was in fact as significant as I wrote it out to be.

Presumably, I will the know scan results soon enough, but not before this week's column needed to be submitted. I don't believe I necessarily crossed a line expressing confidence about an as yet unpublished result. But as a cancer patient, I really don't want to tempt fate, just in case anyone is paying attention, if you know what I mean? So I guess this column is an attempt to right a wrong, in arrears, if that's even possible. When you've outlived your original prognosis by as long as I have, introspecting becomes an occupational-type hazard. Still, life goes on, thankfully.

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

Whitman Girls' Basketball Has Visions of Winning at UMBC

Vikings lost by one point in last season's state semifinals.

BY JON ROETMAN
THE ALMANAC

Whitman girls' basketball coach Pete Kenah has had several teams make reaching the state tournament at UMBC a pre-season goal. After last season's experience, however, the 2013-14 Vikings became Kenah's first time to focus not only on getting to UMBC, but winning once they arrive.

"They're really putting a lot on this season ..."

— Whitman girls' basketball coach
Pete Kenah

Whitman won the 4A West region championship last year and reached the state tournament. The Vikings came up just short in the semifinals,

losing to Baltimore Polytechnic 33-32. It was the program's first trip to the state tournament since 2007. This year, Whitman returns several talented players, including senior starters Maddie Cannon, Avery Witt and Rebecca Ford, and has its sights set on another deep postseason run.

Last season's state tournament appearance has helped this year's returning starters "just from a confidence standpoint and a hunger standpoint," Kenah said. "They're really putting a lot on this season, being seniors."

Cannon, a 5-foot-4 point guard, is a brown belt in karate and Kenah described her as a tenacious player.

"She's ultra-aggressive, along with being fearless and very athletic," the coach said. "It makes her a terrific point guard."

Witt is a versatile player who at 5 feet 10 is also one of the team's top 3-point shooters. Ford is a 6-foot-3 post who has a major impact at the defensive end.

"She's an absolute defensive presence," Kenah said. "If she doesn't block your shot, she alters it."

Senior guard Marissa Cannon (5-4), Maddie's twin sister, junior



Senior guard Maddie Cannon, seen during a game last season, is one of three returning starters on this year's Whitman girls' basketball team.

PHOTO BY HARVEY LEVINE/THE ALMANAC

guard Nicole Fleck and sophomore guard Marie Hatch should also be impact players. Hatch is returning from a shoulder injury she suffered last season and had been the Vikings' best player in the preseason, Kenah said.

Senior center Ally Markel (6-0), juniors Annabelle Leahy (5-7, forward) and Alison Poffley (5-10, forward), sophomores Betsy Knox (6-0, forward) and Hannah Niles (5-8, guard), and freshman Abby Meyers (5-9, guard) are also on the team.

From an offensive standpoint, Kenah said he will value skill over size and position this season when it comes to deciding which athletes receive playing time.

Whitman will open the season at home against Good Counsel at 7 p.m. on Friday, Dec. 6. Good Counsel is one of two Washington Catholic Athletic Conference teams the Vikings will face this season. Whitman will travel to face Bishop McNamara on Saturday, Dec. 14. Kenah said while facing the tough competition might not help Whitman's record, it will provide the Vikings with the opportunity to play in front of college scouts.

BULLETIN BOARD

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

HOLIDAY SPECIAL

SoberRide Program. From 10 p.m.-6 a.m., Dec. 13-Jan. 1, Washington-metropolitan area residents can call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$30 fare), safe way home. AT&T users can dial #WRAP for the same service. More information about WRAP's SoberRide initiative can be found at www.soberride.com.

HOLIDAY NEEDS

Now through the end of the year, The Jewish Social Service Agency and community partners are collecting monetary donations and gift cards for its nonsectarian "Give-a-Gift" program. This program enables recipients in need to select unique gifts for loved ones, holiday foods, warm winter clothing, prescriptions, toys for the children, or special items that will make their holiday brighter and lives more comfortable throughout the year. The program supports newborns to 103-year-old adults including frail Holocaust survivors. Call 301-610-8342 or visit www.jssa.org for more.

SCHOOL NOTES

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

Daphne Friedman of Potomac played a leading role in the senior thesis production of "Asylum," directed by Hilary Leonard. This was the first production for Friedman, an anthropology major with a minor in drama at Washington College. She is also a member of the Gamers Guild and the Writers Theater.

WEDNESDAY/DEC. 4

Drop-In Discussion about Grief and Healing

6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Anyone who is mourning the death of a loved one. Free. Registration required, 301-921-4400.

Application Deadline. Montgomery County has kicked off its FY 2014 food recovery grant program to develop a sustainable distribution network of entities with excess food (e.g. restaurants, caterers) and connect them with qualified organizations currently engaged in food recovery activities that provide food to those in need. Any organization, institution or association that provides food recovery services or activities within the county is eligible to apply. To request an application or submit it, e-mail food.recovery@montgomerycountymd.gov.

Public Workshop. 7-9 p.m. at Walt Whitman High School cafeteria, 710 Whittier Blvd., Bethesda. Discuss the study evaluating the need for sidewalks and on-road bike facilities along Goldsboro Road. Free. E-mail greg.hwang@montgomerycountymd.gov with any comments.

THURSDAY/DEC. 5

Gala. 6:30 p.m. at Bolger Center, 9600 Newbridge Drive. BBYO Northern Region East's D.C. and Northern Virginia councils will honor Rachel S. Kronowitz, Mark Plotkin and Nelson Migdal. To register visit bbyo.org/dcgala or 301-348-3784.

FRIDAY/DEC. 6

Deadline. The county's Dr. Martin Luther King, Jr. commemorative committee is seeking entries for its literary arts contest and visual arts show, in observance of the life of Dr. King. The contest is open to all elementary, middle and high school students in Montgomery County. Written entries must be 150 words or fewer and in poetry or essay format. Entries for the visual arts show may include prints, posters, collages, murals, photographs or any other two-dimensional

visual art form. All entries should portray the 2014 theme, "Honoring the legacy: celebrate, serve, remember." Participating schools should submit a maximum of three entries per school to the MLK Essay Contest, c/o Montgomery County Office of Human Rights, 21 Maryland Avenue, Rockville, MD 20850. Call James Stowe, director of the Office of Human Rights, at 240-777-8491.

MONDAY/DEC. 9

Chronic Pain Support Group. 1-2:30 p.m. at 12320 Parklawn Drive, Rockville. For anyone with chronic pain, family and friends. Participants can bring pillows, mats, ice or hot packs to be comfortable. Visit www.painconnection.org or 301-309-2444.

TUESDAY/DEC. 10

Get a Handle on Grief. Males can get help grieving in a session led by male facilitators. Free. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Second session on Dec. 17. Registration required, 301-921-4400.

THURSDAY/DEC. 12

Bereavement Workshop. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard St. Learn how to balance sorrow and celebration while grieving. Free. Registration required, 301-921-4400.

FRIDAY/DEC. 13

Registration Deadline. All Montgomery County public, private and homeschool students can register for the Montgomery County Scripps Regional Spelling Bee. Visit www.spellingbee.com for details.

MONDAY/DEC. 16

Bereavement Workshop. 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard St. Learn how to balance sorrow and celebration while

grieving. Free. Registration required, 301-921-4400.

FRIDAY/JAN. 3

Application Deadline. Budding filmmakers can send in their film for consideration to be included in the Bethesda Film Fest. Visit www.bethesda.org or call 301-215-6660.

SUNDAY-TUESDAY/JAN. 12-14

Volunteer Training Program. 9 a.m.-4 p.m. at JSSA, 6123 Montrose Road. Learn how to become a volunteer for the Hospice and Transition programs. Volunteers must be over the age of 18. For more information on training, to register and start the interview process, contact Amy Kaufman Goott, Manager of Volunteer Services, at 301-816-2650, agoott@jssa.org, no later than 5 days prior to the start of the course.

ONGOING

County residents can drop off **bulky rigid plastic items** such as laundry baskets, kiddie pools, chairs, trash cans and pet carriers at the Shady Grove Solid Waste Processing Facility and Transfer Station. All items should be empty, rinsed and free of loose dirt, soil, etc.

Ride On monthly passes for Children. \$11 monthly Youth Cruiser SmarTrip® card is available to riders under 18. To buy the first card, parents must apply in person and show proof of age and county residence for the prospective riders. The cards can be purchased at the TRIPS commuter store in Friendship Heights (17 Wisconsin Circle), the one in Silver Spring (8413 Ramsey Avenue) or at the county's Division of Treasury (255 Rockville Pike, L-15, Rockville).

Connect-A-Ride offers low-priced transportation to medical appointments, pharmacies, grocery stores and more for low-income, disabled residents 50 and over. Contact the Jewish Council for the Aging at 301-738-3252.



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